

## JANUARY 2007



### From The Executive Director

In 1996, Dr. Phil Goodman, Arlene Sarver, Merle Sarvers-Lutz, and Norman Barnett created the Rossmoor Founders of the New Jewish Home. Once the doors of Reutlinger Community for Jewish Living opened and

it was thriving, the group disbanded. The commitment and support for RCJL did not wane. Now, a little over ten years later, the Friends of RCJL at Rossmoor has been reinstated. On January 28, 2007 at noon at the Stanley Dollar Clubhouse in Rossmoor, the Friends of RCJL will have its first meeting. After a brief welcome by Rose Belzer, former Board president and Board emeriti, Ken Begun, attorney and Board member, and Janice Corran, Executive Director of RCJL, lunch will be served. Keynote speakers will be Sandy Cohen and Roger Cormier of the Cohen-Cormier Group who will discuss "Reaching Out for Resources: Unknown and Hard to Find Community Resources".

Rossmoor residents and their friends are cordially invited to join us for this informative meeting. Reservations to Sue at 925-964-2094 by January 21<sup>st</sup>.



### Stagebridge Theatre to Perform Civil Rights Tales

It couldn't be more appropriate than to have this one-hour play performed on Martin Luther King's birthday. Civil Rights Tales is directed by Liz Nichols and is a moving collection of stories and songs shared by the people who lived them. Stagebridge storytellers trace the struggle for racial justice from its painful beginnings through the heady days of the 1960's and its aftermath. "Civil Rights Tales" engages all ages and cultures. We invite family and friends of Reutlinger residents to join us on:

Monday, January 15<sup>th</sup>, Show time: 2:00 p.m.  
Assisted Living: 1<sup>st</sup> Floor  
Need More Info? Call: (925) 964-2076



### A Note From the Administrator:

Many thanks to all who made such generous donations to our Employee Recognition Fund. We are happy to report that each member of our staff received a generous holiday gift. It is your support alone that allows us to do this. On behalf of all our staff, thank you again.

Suzanne Sloane

### Thank You Thank You Thank You

Many thanks to David Gurman from Brentwood who has lovingly donated a 65" Hitachi high definition television, DVD player and Sony Camcorder. Dave called me and asked if "we could use something like this." Without hesitation, I said "yes". We have located the television in the second floor performance center. As one resident said, "This is truly like being at the movie theatre". Dave remembers the Home in Oakland when he lived in Alameda. We are so grateful that he 1) decided to remodel his home and 2) called RCJL with this fabulous donation.



### Donation to Resident Art Program

Jack Jeger, husband of the late Jeanette Jeger and his daughter Helen Loewenstein have donated "an artists dream of materials" to the Resident Art Program. Mrs. Jeger was an artist and well loved member of Temple Beth Abraham in Oakland. This gift of canvases, paints, new brushes, and more will be quickly put to use by our resident artists. Many thanks for your much appreciated gift.



If you are receiving the Express for the first time, you may wonder, "why?"- Your name was given to us as someone who might like to know more about RCJL.

**FYI- Contacts at RCJL**

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[frontdesk@rcjl.org](mailto:frontdesk@rcjl.org) 925-648-2800

**In Memory of President Gerald Ford**

Four presidents – Ronald Reagan, Gerald Ford, Herbert Hoover and John Adams – have lived into their nineties. Ronald Reagan surpassed John Adams as the longest living president on October 11, 2001; Gerald Ford then surpassed Reagan on November 12, 2006.

Gerald Rudolph Ford, Jr. (July 14, 1913 – December 26, 2006[1]) was the 38th President (1974–1977) and 40th Vice President (1973–1974) of the United States. He was the first person appointed to the Vice-Presidency under the terms of the 25th Amendment; and, upon succession to the presidency, he became the only president in U.S. history to fill that office without having been elected either President or Vice-President. Gerald Ford was the longest-lived president.

The Ford administration saw the withdrawal of American forces from Vietnam, the execution of the Helsinki Accords, and the continuing specter of inflation and recession. Faced with an overwhelmingly Democratic majority in Congress, the administration was hampered in its ability to pass major legislation, and Ford's vetoes were frequently overridden. Ford came under intense criticism for granting a pre-emptive pardon to President Richard Nixon for his role in the Watergate Scandal, and was subsequently defeated by Democrat Jimmy Carter in the 1976 presidential election.

**A Farewell to Dr. Raumer**

After more than seven years of service Dr. Sheila Raumer, our Medical Director will be leaving. Dr. Raumer has provided excellent guidance and direction for RCJL. Her experience and knowledge of the long-term care industry has served us well. We wish her good luck in her semi-retirement.



Dr. Malani has been affiliated with RCJL, as Co-Medical Director since we came to Danville. We are happy to announce that he will be assuming the full role of Medical Director. He as well, brings many years of experience and knowledge in our field and I am confident that under his direction RCJL will continue to provide the levels of care and service you have come to expect.

While are sorry to say good bye to Dr. Raumer, we look forward to the new relationship with Dr. Malani.

Suzanne Sloane



**Completing the Circle of Life With Love and Dignity**

A free panel discussion on:

Thursday, February 8, 2007; 6:30 pm - 9:00 pm  
 Contra Costa Jewish Community Center Auditorium  
 2071 Tice Valley Boulevard in Walnut Creek

Please RSVP by January 25th to:  
 925-887-5678 (Space is limited)

Panel:

- Donna Foliart, M.D.
- Tom Rupert, R.N.
- Jim Stark, M.S.W., M.P.H.
- Rev. Laurie Adams, M.Div.
- Two family members-caregivers for their loved ones

Moderated by Pauline Jones, R.N.

Sponsored by:

- Central County Senior Coalition
- Contra Costa Jewish Community Center
- Hospice & Palliative Care of Contra Costa

## A Healing "Angel" to Speak This Month

We look forward to welcoming Dr. Paul Quintana, and viewing slides of his work in some of the Third World countries of children born with birth defects. Dr. Quintana, a pediatrician, has traveled repeatedly to Vietnam, Peru, Mexico, Chile, Guatemala and Burma, providing free medical treatment to children and spending about two to three weeks per visit. His travels take him to the most remote and most impoverished mountain villages, as Quintana's slides will show. It will certainly be enlightening to see and hear about the works of someone who brings healing to children at sacrifice and discomfort and even danger to himself.

Thursday, January 4<sup>th</sup>  
1:30 p.m.

Assisted Living  
2<sup>nd</sup> Floor Performance Center

### **Jewish Film Maker to Visit Reutlinger... Mini Jewish Film Fest**

Bonnie Burt has been documenting Jewish life for 20 years. Her videos have been seen at the Museum of Modern Art, Lincoln Center in N.Y., in film festivals world wide and on television. Bonnie will be showing the following films:

#### **A Home on the Range: The Jewish Chicken Ranchers of Petaluma**

53 minutes

"A Home on the Range", tells of the challenges all American Jews face of maintaining a Jewish identity in America today. Jack London, California vigilantes, McCarthyism, the Cold War and agribusiness all come to life in this quintessential American story of how a group of immigrants found their new home.

#### **Song of a Jewish Cowboy**

18 minutes

Not many cowpokes roam the West singing social justice songs – fewer still do it in Yiddish!

There will be a Q and A with Bonnie following our mini film fest.

**Please join us on:  
Thursday, February 1<sup>st</sup>  
1:30 p.m.  
2<sup>nd</sup> Floor Performance Center**

## Keep the Ten Commandments, the Easy Way

Bernie and Esther were not the most religious Jews and in fact they really only went to Temple once a year. As they were leaving the Temple, the Rabbi said, "Bernie, it sure would be nice to see you and Esther here more than once a year!"

"I know," replied Bernie, "but at least we keep the Ten Commandments."  
"That's great," the Rabbi said. "I'm glad to hear that you keep the Commandments."

"Yep," Bernie said proudly, "Esther keeps six of them and I keep the other four."

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## New Years Resolution...Anyone?

How about making one of your New Year's Resolutions for the upcoming year to be a volunteer at RCJL. Our residents and staff would certainly welcome your services. You will enrich yourself as well as the RCJL community. If interested please contact Irma Voorhees, Volunteer Coordinator to discuss the varied opportunities available. She can be reached at 925-964-2098.

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## Volunteer Opportunities

We are desperately seeking a volunteer(s) to fill in at our receptionist desk from 4:30 to 5:00pm on Tuesday's and Thursday's. If interested please contact Irma Voorhees, Volunteer Coordinator at 925-964-2098. This help would be greatly appreciated!

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## Welcome To RCJL

This month we say welcome to:

Adeline Claudio  
Marvin Kamen  
Shirley Shatzen  
Lorraine Taylor

May your days be filled with joy at RCJL.

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## Employee of the Month

RCJL is proud to announce that Sofia Odonkor is our December 2006 Employee of the Month.

## SPECIAL HAPPENINGS IN JANUARY AT RCJL . . .

### TRADITIONS

- January 4 Entertainer Ciro Vargas - 11:00 a.m.  
January 10 Evening Outing-Dinner & Movie  
January 11 Ed Davin Performs - 11:00 a.m.  
January 19 Outing to Oakland Museum  
11:00 a.m.

. . . and more

### SUKKAT SHALOM

- January 1 Harp Recital With Catherine  
10:00 a.m.  
January 4 Music Therapy, 1:30 p.m.  
January 26 Spirit Clay Workshop  
January 30 Feldenkrais Workshop - 1:45 p.m.

### ASSISTED LIVING

- January 11 & 31 Storytelling Workshop  
With Sally Holzman - 1:30 p.m.  
January 15 Stagebridge Theatre Presents:  
Civil Rights Tales 2:00 p.m.  
January 17 Guest Author, Donna Rosenthal,  
The Israeli - 10:30 a.m.  
January 30 Guest Speaker John Rothman 10:15 a.m.  
Scholar-Olli: Dr. Nozik Presents:  
Happiness: If not now, when? 1:15 p.m.

. . . and more

RCJL is proud to announce that the 2006  
Employee of the Year is Emma Esperon.

## *Jewish Heritage Museum at RCJL*

Featuring:

An Exhibition of Dreidles  
And Hanukkah Lamps

Ruth and Max Eis  
Collection of Judaica

Gerda Mathan: Photography

OPEN TO THE PUBLIC  
Private Tours Upon Request  
(4 person minimum per tour)  
To arrange a tour  
please call Alice Prager  
museum & exhibit docent  
925-932-0396

Donna Rosenthal,  
Author/Journalist to Visit Reutlinger

Rosenthal, award winning journalist and is the author of THE ISRAELIS: Ordinary People in an Extraordinary Land. Called the best book about Israel in decades, the book has more than 100 excellent reviews across the religious and political spectrums. THE ISRAELIS tells the dramatic stories of the clandestine human airlift that brought more than 14,000 Ethiopians out of Africa in thirty-six hours, to the avalanche of former Soviets (during the 1990's, more than one million arrived in Israel). Interweaving hundreds of personal stories with intriguing new research, THE ISRAELIS presents Israel the way its own people see it. This book is one of the most original books about Israel in decades.

We invite family and friends of Reutlinger residents and the community at large to meet the author on:

**Wednesday, January 17**

**1:30 p.m.  
Assisted Living  
1<sup>st</sup> Floor  
Seating is Limited**

**For reservations, call Carol  
at 925-964-2076**



RESIDENTS ENJOYING 25<sup>th</sup> Anniversary SOLID GOLD BALL AT THE ROUNDHILL COUNTRY CLUB IN ALAMO ON NOVEMBER 4, 2006



**New Museum Cabinets Installed**

In March of 2006, Bill Epstein and Judy Endelman, children of the late Mimi Epstein, presented the Jewish Heritage Museum with a donation in honor of their mother to build new Museum display cabinets. The cabinets were handcrafted in Santa Cruz and in December were installed. Our museum continues to expand. Under the direction of Judy Greif, chairperson of the Museum Committee, the expansion and quality of our exhibits continues to grow. This photo doesn't begin to show the beauty of these new cabinets, so we suggest that you visit the Jewish Heritage Museum at RCJL and see them. We once again thank Bill and Judy for their generosity and dedication to enhancing the lives of those who live and visit the Reutlinger Community for Jewish Living.

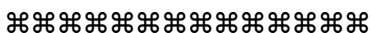
Happiness: If Not Now, When?

Our next course presented through Scholar-Olli , (Osher Lifelong Learning Institute), will be presented by Robert Nozik, M.D. and author. In this course we will look at the role of "happiness science" and "positive psychology" and delve into the 12 Keys for developing "Ideal Happiness." We will learn how to use a powerful new method for making the personal changes for developing true happiness. Family and friends of Reutlinger residents may register by calling

Kathleen at (925) 602-6776  
(There is no charge for Reutlinger residents)  
January 30; February 6 & 13  
Tuesdays, 1:15 - 2:30 p.m.  
Assisted Living  
1<sup>st</sup> Floor  
(provided by the Charlotte Kaufman Fund)



Items on display from the Eis Collection



## Computer Center Upgrade

Two new computers have been installed in the Computer Lab located in the Activity Room on the 2<sup>nd</sup> floor in Assisted Living. They are equipped with Windows XP and residents may use them anytime there is not another activity going on in the room. Volunteer computer assistants are available to answer questions or help residents learn how to use the computers. If you wish assistance, please inform Carol Goldman and she will relay your request to the volunteers.



## Large Print Library Additions

I Shouldn't Even Be Doing This by Bob Newhart  
Snow Blind by P.J. Tracy  
Thirteen Moons by Charles Frazier  
Dreams from My Father by Barack Obama  
The Mephisto Club by Tess Gerritsen  
The Goodbye Summer by Patricia Gaffney

Our Large-Print Library continues to grow. We welcome donations of fiction and non-fiction Large Print books. You may leave them with our Concierge, Pauline Hubbard.

## ***SUPPORT THROUGH YOUR IRA***

If you or someone close to you would like to support RCJL, you can now do so with a tax-free gift of IRA assets. Some of the features of gifting your IRA we suggest you discuss with your financial advisor are:

- ❑ At the time of the donation you must be 70 ½.
- ❑ You may distribute from an IRA up to \$100,000 per year tax-free through December 31, 2007.
- ❑ Distributions must be made directly by the IRA trustee to a qualified public charity or non-profit, such as the Reutlinger Community for Jewish Living.
- ❑ This amount will be excluded from your gross income, provided the distribution would otherwise be taxable to you.
- ❑ Contributions to charitable remainder trusts, pooled income funds and charitable gift annuities do NOT qualify.

This opportunity may not yet be appropriate for you, but it may be for friends and family. Please share this information with them. This is a golden opportunity to relieve your tax burden while supporting RCJL.

## ***Tree of Life***

Tu B'Shevat Shev 15, 5767 Sat, Feb 3, 2007

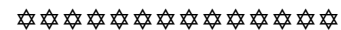
Our tree of Life continues to "bloom" as the community honors the memory of loved ones or celebrates memorable occasions. This is a meaningful way to celebrate Tu B'Shevat. If you wish to add a leaf to our tree, please contact Sue Zic at 925-964-2094.

Brochures with forms are also available.

## **jcc maccabi GAMES**

The Contra Costa JCC will be sending a delegation of athletes ages 13 through 16 to the 2007 JCC Maccabi Games at the Orange County JCC in August 2007. The first informational meeting will be held at the CCJCC on Thursday, February 1<sup>st</sup> at 7:30pm.

For the first time the East Bay will be represented in the JCC Maccabi Games! Phone Carrie Roberts at 925-938-7300 for more information.



## ***It's a Small, Small World!***

This fall our building was filled with joyful visits from a variety of children's groups. It always brings us much happiness to hear singing voices, musical talents and engage in youthful visits from children. We thank each and every student, teacher and parent who help to make Reutlinger a little brighter.

Beth Chaim  
B'nai Shalom, Sunday School  
B'nai Tikvah, B'nai Mitzvah students  
Chabod of Tri-Valley  
Contra Costa Jewish Day School  
Girl Scouts, Sycamore Valley School  
Jeans Piano School, San Ramon  
Quarry Lane School, Danville  
The Kleztones, Temple Isaiah  
Temple Sinai pre-school

If you are affiliated with a youth/teen/pre-school group and would like to arrange a visit us please call (925) 964-2076