

HAPPENINGS

a publication of



Advancing Senior Care
in the Jewish Tradition

WINTER/SPRING 2020

Seacrest Foundation

LEGACY OF LIGHT & LOVE GALA





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Seacrest's 2020 Vision

Some months ago, Seacrest Village engaged in a community-wide feasibility study to better understand the trends and desires of older adults and how we can best serve them in the future. In the coming months we will conduct focus groups with those who expressed an interest when completing the survey. We will hear firsthand the ideas people have for their own aging journey and get their feedback on "Seacrest's 2020 Vision." If you haven't taken the survey and would like to participate in our focus groups, please call 760-632-0081 and let us know.

While we've been planning for Seacrest's future, we've also been undergoing a major renovation of our kitchen and laundry facilities, expanded the dining room, living room and lounge, and have remodeled many of our independent living apartments. I am pleased to share with you that this project is almost complete and the results are beautiful.

We hope you will come for a tour and perhaps consider experiencing life at Seacrest by staying for several days. We always encourage those considering a move to spend a few days with us to participate in our life enrichment programs, enjoy our delicious meals, and meet others who have made the decision to join the Seacrest family. Very often residents express that they wish they had moved in sooner. They share that life is easier without the worries of shopping, preparing meals and cleaning and that, instead of those activities, they now enjoy the many programs Seacrest offers.

Our services are expansive and growing. Along with independent living, assisted living, memory care and skilled nursing, we now provide in-home care services to many people throughout San Diego through Seacrest at Home. In the near future, we will also introduce Seacrest Home Health, which will allow us to serve more people, offering them specific healthcare and medical services in their own homes.

In my youth, I recall visiting my grandmother in the Omaha Jewish Home. That experience most definitely impacted my decision to get involved with Seacrest as an adult. As Board Chair, I have had the opportunity to see firsthand the wonderful work that our employees do in caring for our residents. I continue to learn about the senior living industry and am proud, along with our entire Board and staff, to be a part of the future of Seacrest Village.

Best regards,

On the cover: Seacrest Residents, Muriel Berger, Mary Blackman, Evelyn Sherman and Jeanne Shenkman enjoying themselves at the 2020 Legacy of Light and Love Gala.



Pam Ferris, President/CEO
Seacrest Village Retirement Communities



Rabbi Leah M. Herz, MAHL
Director of Spiritual Life

Many older adults not only embrace technology, they are charmed by it. Alexa, for example, has become a household name for many. And, in fact, some consider Alexa the most delightful roommate – demure, polite and ever so helpful.

Meanwhile, emergency alerts have been replaced with Apple watches that can track steps, blood pressure and emails.

Older adults also manage their smart phones; they facetime with grandchildren and navigate Uber rides.

While many are quick to adapt to technology, the senior community is equally nimble in responding to the ever-evolving needs of the aging population. This is crucial because demographic studies of older adults indicate tremendous growth is on the rise. And with Medicare and Medi-Cal reimbursements at risk, providers are finding innovative ways to manage care by reinventing community-based services.

For instance, gone are the days of previous health care models, particularly in nursing homes where the length of stay was far longer than it is today.

Acute hospitals are discharging patients quickly, expecting nursing homes to provide post-acute care following heart surgeries, strokes, hip and knee replacements, etc. These stays serve to help elders gain strength before returning home, often with home care and home health services.

It is not uncommon for Seacrest’s Goldberg Health Care Center to have 25-30 admissions a month, serving older adults requiring speech, occupational and physical therapies. This is the new normal for our health care center. Over the past year, it has been under contract with Scripps Health as a preferred provider. Patients can come from other hospital networks, too, so if you or someone you know may need post-acute care, please don’t hesitate to call us. Also, be sure to tell the case manager at the hospital your choice is to receive your post-acute care at Seacrest’s Goldberg Health Care Center.

If you’ve never been to Seacrest or haven’t been in years, I urge you to pay us a visit. I’m sure, like me, you will feel a sense of pride that this incredible resource is here for our community.

Have questions about Medicare, home care, home health, long term care insurance, or any other aging concerns? Call us. It’s all part of the incredible resource that’s here to serve you!

Seacrest is proud of the work we do to serve our community. It is an honor to care for those who came before us and to plant seeds for those who will come after.

Our determination to give the best care possible is unwavering, and to do this we simply emulate our residents; we follow their lead in adapting to our ever-changing circumstances with resilience and grace.

Warmly,
Pam

Hillel, the great Jewish religious leader, sage and scholar, was born, according to tradition, in Babylon and lived into the first decade of the Common Era. Among the myriad pieces of wisdom attributed to him, there is possibly none that sums up so beautifully what he believed to be the mandate to the Jewish people; “Al tifrosh min ha zibur...do not separate yourself from the community.”

Judaism is a religion steeped in a deep tradition of community and almost every part of Jewish life is done in partnership with others. Jewish worship takes place in a synagogue or other prayer space with at least ten people gathered together. There are, in fact, parts of a prayer service which are not done or must be recited silently if a minyan is not present, indicating that the ideal way to worship is in a group and not alone. Jewish study ideally takes place in a chevrotah, a partnership of two or more people who learn together in order to discuss, pull apart, and argue a text. Anyone who has ever walked past a yeshiva in Jerusalem recognizes by the decibel level of the conversation that serious community learning is taking place. Jewish lifecycle events, whether a wedding, Bar or Bat Mitzvah, funeral or Brit Milah, always take place in community, with many people in attendance in order to honor, remember, or celebrate. And perhaps one of the best examples of Jewish community happens during meals. It is certainly far more enjoyable to attend a large Pesach Seder or Chanukah party while eating in the company of others than it is to dine alone.

Having a supportive community, at every stage of life, is critical to one’s physical, emotional and spiritual well-being, something which the great sage Hillel certainly understood. Life at Seacrest Village exemplifies this ideal of community in all that it does. Our residents worship with others, study in chevrotah, celebrate and mourn as one, and dine together daily. So much of this is made possible because of the involvement of the “greater” Seacrest community. Through the ongoing work of our dedicated staff, tireless volunteers, and generous donors, we are able to continue to offer a vibrant and award-winning community for San Diego’s seniors. We are grateful that you are part of our community.

Rabbi Leah



Stanley Pappelbaum, MD
Chair, Board of Directors
Seacrest at Home



Kelli Denton, RN
Director, Seacrest at Home

Seacrest at Home Board of Directors

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760-942-2695

seacrestathome.org

New Location, Same Vocation, and Other Contemplations

Humans are social creatures, seeking the comfort and warmth that comes with an honest, inter-personal exchange. Lately, all of Seacrest at Home’s staff are feeling this love, as in late December we completed our relocation from the tranquil Stein Center in the southeast corner of the Seacrest Village campus to the bustling activity of the Lee & Frank Goldberg Residence Court. As you know, our caregivers serve many residents throughout the Seacrest campus. Now, management staff can also enjoy the delightful daily interactions our caregivers and the Seacrest Village staff have enjoyed all along. It’s not only personally enriching, but also serves as good word-of-mouth marketing for the many services we provide as we chat with residents and their families when they pass by, contributing to our continuous growth.

On that note, our requests for service never stops. We are up 62% in client inquiries from this time period last year. We’re beyond proud of this fact given we set a very high employment bar, ensuring our caregivers are the kind of people we’d feel comfortable having in our own homes. Our caregivers are expected to exhibit professionalism and compassion in all that they do. We will never slacken our fastidious selection process, and we continue to identify unique hiring strategies to ensure we can serve all clients at the highest level possible.

I am pleased to share that Jewish Home Care Services, Inc, which has the dba Seacrest at Home, will soon have another dba, Seacrest Home Health. Our home health license has been approved, and, once the State’s on-site visit is complete, we will be open for business. This couldn’t come at a better time as it is estimated that the US home healthcare market is projected to grow about 7% annually from \$103 billion in 2018 to \$173 billion by 2026 — outpacing growth in all other care types, including hospital care (+5.3% annually) and physician services (+5.6% annually). Seacrest Home Health will be able to serve patients whose care requires physician orders for care services like wound care and medication refills, while Seacrest at Home will continue to serve clients who are in need of assistance with activities of daily living and companionship.

As you can see, there is much positive activity with Jewish Home Care Services. We are excited for the opportunity to expand our services and be able to offer home health care to clients. We take great pride in being able to serve the residents on-site and out in the greater community as well, and I invite you to visit both our Seacrest at Home and Seacrest Home Health offices, now located in the Lee & Frank Goldberg Residence Court. And please tell your friends about us. If anyone you know is looking to maintain their independence, or is recovering from a surgery or injury, we can help.

With good health and happiness to all in the upcoming year,

Kelli Denton, RN
Director, Seacrest at Home

Grandparents' Day 2019



Top Row, L-R: Rising Leader Volunteer Todd Kirchen pouring champagne for our guests of honor: the residents of Seacrest; Jacob Israel and grandpa, Dr. Larry Krause; Evelyn Sherman, Marilyn Saxe and family. Middle Row, L-R: Pauline Singer and family; Seacrest family and friends making tile memories; Mona and Ashley Platt.

Grandparents Day, Sunday, September 8, 2019 at Seacrest Village was a beautiful day filled with family, live music, champagne, and chocolate all in celebration of the grandmas and grandpas at Seacrest! Many of us created special hand-made tiles for the Viterbi Family Children's Wall, in honor of grandparents we love. All funds raised from the tiles support the Resident Assistance Fund at Seacrest Village.

Tiles are available to be purchased and painted. Visit seacrestfoundation.org and choose "Give Now". Tiles and memories will live forever on The Viterbi Family Children's Tile Wall at Seacrest Village.

For more information please contact Shona Borevitz, Seacrest Foundation, Director of Philanthropy at 760.516.2003.

Legacy Of Caring, 7/1/19 – 1/31/20

In Honor of

Keri Copans

Avrille Copans

Jessie & Ben Elovitz

Bobbie & Howard Strauss

Lee & Frank Goldberg

Stacy & Donald Rosenberg

Edie Greenberg

Marcia Stern & James Kern

Charles "Chuck" Hayman

Andrea Hayman, Amy Hayman, and Alissa Weiss

Rabbi Leah Herz & Sukkot

Barbara Newman

High Holy Days

Trudi Kranitz

Larry Krause

Muriel Berger

Hammy Loeb, for his

95th Birthday

Pam & Walter Ferris

Jesus Marrero

Liz Wolfson

Charlotte Marx

Susan & Richard Braun

Nini Medina

Brian Pearl

Faye Polstein*

Neil Polstein

Gloria Pushker*

Melissa Soriano

Vaughan Rachel

Amy Mezey

Kathy & Kent Sanger's Granddaughter's Birth

Phyllis & Howard Levin

Nancy Savage

Avrille Copans

Hal Small's 75th Birthday

Helene & Allan Ziman

In Memory Of

Fred Ahadian

Farzaneh Ahadian Faramarzi

Evelyn Alpert

Michael & Iva Abrams

Esther Fischer

Sandra Fisher*

Risa Teitelbaum &

Leonard Fisher

Marcia Stern & James Kern

Sheryl & Jerry Portnoy

Irene Barton

Dorrie & Arthur Wenner

Ann Baum

I.A.T.S.E.

Robert Beck

Ellen & Ernie Addleson

Lee Weiss

Harriet & Alan Shumacher

Arnold Belinsky

Esther Belinsky*

Keith Boesky

Mary & Jon Epsten

Alice Brand

Jeanne Detsky

Leslye & Scott Lyons

Lillian Braverman

Helen & David Braverman

Barbara & Larry Brown

Evie & P.J. Cohen-Weiss

Linda & Charles Freidenberg

Jill & Andy Goldwater

Merle & Allan Horowitz

Ms. Johnston

Sharon & Nat Koren

Mr. Pantilione

Parke Bank

Annette &

Celestino Pennoni

Betsy & Gene Rockower

Ruth & Steven Segal

Binnie Brooks

Shirley & Harold Pidgeon*

Ellen Charo's Mother & Father

Lynn & Michael Greenstein

Maurice Clavin

Betsy & Alan Epstein

Pauline & Irv Clayton

Anita & Jordan Waldman

Selma Cohen

Phyllis & Howard Levin

Stanley Cohen, beloved Uncle

Robin Samit

Martin Feller

Beth Printz

Frima Fenster's Mother

Lynn & Michael Greenstein

Bud Fischer

Linda Weir

Nettie Fisher

Risa Teitelbaum &

Leonard Fisher

Carol Goodman

Ellen & Ernie Addleson

Maurene Black

Toby & Howard Cohen

Norma & Werner Dreifuss

Suzi & Bernie Feldman

Lee & Frank Goldberg

Jennifer & Robert Handler

Dean Menegaz

Beverly & Al Mutchnik

Barbara & Norman Rozansky

Linda Weir

Thomas Zonaras

Sylvia "Geri" Grossman

Linda & Marvin Epstein

Carl Hodous

Jody Leshner

Ann Jacobs, my Mother

Jenny Jacobs

Mark Jacobson

Carol & Matt Shakter

Rosali & Harvey Kern, our beloved Parents

Marcia Stern & James Kern

Darrel Kitaen

Rosalee Kitaen

Doris "Dutchie" Kossy

Susan & Harold Small*

Jack Kravitz

Selma Leighton

Don Kroopkin

Carol & Matt Shakter

Mel Leventhal

Barbara Diamond

Evelyn Kern

Barbara Meyers

Joan Rines

Irene Shapiro

Evelyn Sherman

Eileen Mehlman

Tammy & David Gillies

Anabel & Ted Mintz

Martha & Jerry Krasne

Dorothy Mitchell

Kathy & Paul Roberts



Anita "Cookie" Morse

Beverly Dolin

My Mother

Katherine & Rick Ross

Ruth Nathan

Robin Seigle

Barry Pidgeon

Lee & Frank Goldberg

Evelyn & Milton Roberts

Kathy & Paul Roberts

Ronnie Robinson

Gail Schwartz

Sylvia Roller

Linda & Larry Okmin

Lee M. Sangor &

Esther B. Sangor

Joy & Fred Lane

Lillian Scharlin

Barbara & Norman Rozansky

Sonia & Cantor

Nat Schechter

Rosalee Kitaen

Judy Scheinbaum's

Mother, Sylvia

Phyllis & Howard Levin

Fay Blinder Segel

Lois Segel

Florence Seltzer

Suzi & Bernie Feldman

Bruce Sinykin

Jill & Tony Edlin

Susan Sobel

Beverly Berger

Gina Tapper

Lenore Starr

Sandra Herz

Nadine Starr King

Rabbi Lenore Bohm &

David Phillips

Robin Rubin

Lauren, Michael, Ryder &

Harper Sherman

Betty Steinman

Kathy & Paul Roberts

Legacy Of Caring, 7/1/19 – 1/31/20

Ideal & David Stotsky
Trinka & Howard Soloway

Eli Strich
Ruth Strich

Sidney Vogel
Robin & Dan Vogel
Karen Vogel

Eleanore Waxman
Donna & Jacob Bardin

**Rabbi Mel & Sonny
Weinman**
Anita & Jordan Waldman

Anniversary of Loved One's Passing

Louis Fester
Bea Sklarewitz

Charles Sklarewitz
Bea Sklarewitz

Thank You

**Goldberg Health Care
Staff**
Meryll & Chris Page

Rabbi Leah Herz
Mary Blackman

Hollie & Chuck Kunin
Sharon & Douglas Kunin

Joanna Martinez
Mary Blackman

Marisa Rosenberg
Mary Blackman

Wendy Vurik
Mary Blackman

Get Well

Toby Cohen
Susan & Harold Small ✨

Toby & Howard Cohen
Shirley & Harold Pidgeon ✨

Shirley & Saul Glickman
Joe Seller

Happy Anniversary

Toby & Howard Cohen
Shirley & Harold Pidgeon ✨

Shirley & Harold Pidgeon
Cassi & Dean Birnbaum ✨

Happy Birthday

Geoffrey Alpert
Dave Alpert

David Alpert
Anonymous
Ruth Strauss
Rabbi Lenore Bohm &
David Phillips

Stanley Alpert
Dave Alpert

Thomas Alpert
Dave Alpert

Barbara Appleby
Dave Alpert

Rabbi Lenore Bohm
Dave Alpert

Howard Cohen
Barbara & Norman Rozansky
Susan & Harold Small ✨

Irene Fox
Shirley & Harold Pidgeon ✨

Anna Hancha Galicot
Helene Galper

Alan Goldfarb
Shirley & Harold Pidgeon ✨

Mort Goodman
Ellen & Ernie Addleson
Norma & Werner Dreifuss

Carole Hall
Dave Alpert

Carole Kantor
Carol & Matt Shakter

Renée Levine
Barbara Appleby
Dave Alpert

Sivia Mann
Helena Galper

Alice Morawetz
Rabbi Lenore Bohm &
David Phillips
Dave Alpert

Mindy Myers
Dave Alpert

Warren Odenheimer
Barbara Newman
Joe Seller
Evelyn Sherman

Eve & Howard Reiss
Bryna Haber

Dee Rudolph
Dave Alpert

Joe Seller
Dave Alpert

Evelyn Sherman
Susan & Pack Warfield

Bea Sklarewitz
Shirley & Saul Glickman

Hal Small
Jacqueline & Barry Seidman

Ruth Strauss
Dave Alpert

Mazel Tov

**Pam & Walt Ferris,
on the Birth of their
Granddaughter**
Gina Tapper

Jordan Hochburg
Staci Tiras-Jones

Julian & Jennifer Katz
Doris Kramer

Larry Krause
Rabbi Lenore Bohm &
David Phillips
Shirley & Saul Glickman

Bob Kramer & Family
Doris Kramer

Brian Kramer & Family
Doris Kramer

Robin Layton
Shirley & Saul Glickman

Lauren Lesser
Doris Kramer

Nahmias Family
Doris Kramer

Susan Saltzman
Doris Kramer

**Leslie Kramer &
Dr. Miles Weinberger**
Doris Kramer

Special Thoughts

Trudie Feder
Barbara Newman

Merrill Haimsohn
Sharon & Nat Koren

Honor Thy Father and Thy Mother Tribute Wall

Susan "Grammy" Sobel*
Robin, Ron, Talia &
Jacob Israel

Muriel & Irving Roston*
Ellen & Michael Roston

Wish List and Sustaining Gifts

Marsha Moss-Linehan &
Robert Linehan
Genesis Franco &
Martin Perez
Diane & Todd Salovey

Yahrzeit Memorial Wall

Mel Leventhal
His friends at Table 21

Elaine & Heinz Herz
Rabbi Leah Herz

Legacy of Promise

Sandra Fisher ✨
Renée Levine
Shapov Trust
Ellen Roston
Michael Roston
Dorothy Steyer*

* *Of Blessed Memory*

✨ *Funds granted through
the Jewish Community
Foundation of San Diego*

*In formation 1/31/20:
We regret any inadvertent
error or anyone who
may have been omitted due
to our print deadline.*



Seacrest Foundation held its 42nd Annual Women's Auxiliary Gala, *Legacy of Light and Love*, at the Hyatt Regency La Jolla on Saturday, February 22, 2020 with Mary Epstein and Alana Ziman serving as Co-Chairs, along with Honorary Chairs Sheila and Jeffrey Lipinsky. The event honored the legacy of our San Diego Jewish community and the love and light the community brings to Seacrest Village. It was a spectacular evening attended by nearly 400 guests. All proceeds raised will support Seacrest Village Retirement Communities' Resident Assistance Fund.

As guests approached the ballroom, they were wowed by a 20' tall tree with hanging twinkle lights and orchids bringing to life the gala logo, a tree with solid branches and beautiful roots, symbolizing the connectedness of this strong San Diego Jewish community. Inside the ballroom, guests were met with 7' tall light up letters around the room spelling out "LEGACY," "LIGHT," and "LOVE," and

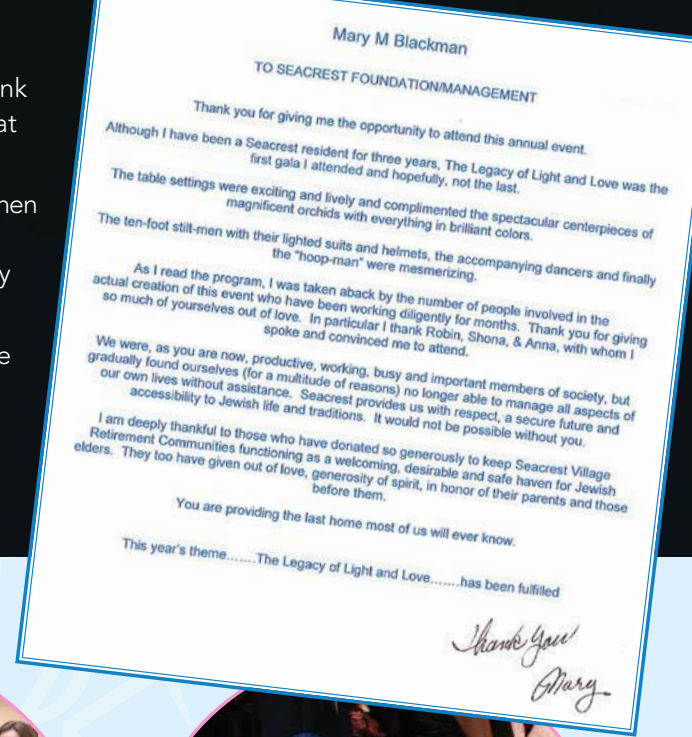


For more photos and videos of the gala, please visit seacrestfoundation.org/2020gala.

brehtaking orchid and rose florals with branches and strings of blue and pink LED lights twisted to perfection. Guests were blown away by a light show that was a special treat at this year's event.

The program continued with an exciting live auction that raised over \$25,000 and then a heart-warming video featured residents from Seacrest and many families sharing what legacy means to them, emphasizing the critical need to ensure that the legacy of Seacrest continues for generations to come; just as it has for the last 75 years.

We are so grateful to everyone who joined us to raise critical funds to benefit the residents of Seacrest Village Retirement Communities. The entertainment was electrifying, but what really lit up the room was the communities' outpouring of love for Seacrest! What a joy it was to see generations of supporters dancing together into the night; now, that is a legacy of light and love!



For more photos and videos of the gala, please visit seacrestfoundation.org/2020gala.



A Formula for Creating Community, Staying Healthy, and Thriving

by Carl Measer, Chief Operating Officer, Seacrest Village

There is a unique formula for decisions around retirement: we subtract the responsibilities of work, and perhaps the duties of home ownership, and we add activities of leisure. For residents of Seacrest Village, the addition of an enriching environment makes for an easy decision to move to a retirement community.

Loss is an inevitable part of the aging journey. We lose family, friends, loved ones, independence, health, and even cognitive ability. Research suggests that the potential resulting feelings of loneliness pose significant health risks: "Loneliness acts as a fertilizer for other diseases. The biology of loneliness can accelerate the buildup of plaque in arteries, help cancer cells grow and spread, and promote inflammation in the brain leading to Alzheimer's disease."¹

At Seacrest Village, we believe that the answer is not simply living in a

retirement community but thriving in the *right* retirement community. "Our activities aren't designed just to keep residents busy," explains Marisa Rosenberg, Director of Life Enrichment at Seacrest Village. "We develop programs tailored to each level of care so that every resident is actively engaged with their peers and their community in a meaningful way."

With offerings ranging from outings to the symphony, seasonal visits to neighboring San Diego Botanic Gardens, to a journey through the prayer book, Seacrest provides vital opportunities for residents to share their knowledge and explore emotions, key interventions in combatting loneliness.

Before joining the Seacrest Family, one of our newest residents lived less than 10 miles away. While the physical distance she moved seems insignificant, the transformation in her quality of life was

remarkable. Despite weekly card games, and visits with local family, she felt lonely. The loss of her spouse and isolation in her empty two-story house of three decades was overwhelming.

Since moving to her one-bedroom apartment at Seacrest, she has made new friends, enjoyed stimulating activities, and — perhaps most importantly — observed a remarkable increase in feeling "connected" and part of a caring community.

Your support empowers our residents to overcome loneliness, and we have many opportunities to get involved. Whether you contribute to Seacrest Foundation to ensure that outings are available to all, or volunteer your time in our community, you directly impact and improve the lives of our Seacrest family!



SEACREST VILLAGE
RETIREMENT COMMUNITIES

¹Steve Cole, Ph.D., director of Social Genomics Core Laboratory at the University of California, Los Angeles <https://www.nia.nih.gov/news/social-isolation-loneliness-older-people-pose-health-risks>

Pump the Brakes

Give your aging adult's driving skills an inspection

Let's face it. As we age, some things just become harder to do. Bending, stretching, lifting, running, walking, and climbing — our mobility and reflexes decrease with time. While the aforementioned activities affect only the individual doing them, other activities that are impeded by decreased mobility can cause harm to others — the most significant of which is driving a car.

It's how we get from point A to point B, but it's also representative of independence. Therefore, when the time comes to take the keys away, it should be done with respect and with candor about the liability and injury seniors could face. Combined with diminished hearing and vision, slower reflexes can turn driving into a very dangerous activity. So, if you know of a senior who may be getting to this point, here are some tips:

Keep vigilant for things like:

- gas pedal/brake confusion
- lifting the whole leg (instead of just the foot) to switch between pedals
- ignoring or missing stop signs and other traffic signals
- lane straddling
- slow driving that impedes others (people honking or trying to get around the senior's vehicle)

If you do notice these things:

- start a conversation early before someone gets hurt (AAA has some great resources for getting the process going)
- propose slight amendments to their driving privileges at first (daytime driving or for short trips only)
- avoid an intervention (don't bring the whole family to discuss)

If you're still considering your options, as always, you can contact Seacrest at Home and they can help. Do not hesitate to reach out to Director of Home Care, Kelli Denton RN at (760) 942-2695.





Wish List

The Wish List is a frequently changing list that is composed of furniture, fixtures, and equipment that enhance the quality of life for all residents of Seacrest Village. This list includes gifts of medical equipment, religious articles, and lifestyle-enriching technology. Gifts of \$2,500 to \$24,999 are permanently recognized on the **Sustaining Gifts Wall**. Single or multi-contributor gift, please call 760.516.2003 for additional information. Below is a list of items that would be meaningful to residents:

Seacrest Village – Leichtag Foundation Campus

New Cinema / Theater Equipment
Bring the thrill of a good film to the residents \$23,000

New 36-Passenger Bus
For transportation to outings and more! (3 gifts of \$20,000) \$60,000

Bose Portable PA System (2 units)
For entertainment and music at parties and events on the Seacrest campus \$2,500

Ellen & Ingram Chodorow Synagogue

Portable Ark
To bring synagogue services to outdoor patios and garden areas across the Seacrest Village communities. \$15,000

Two High Quality Wireless Microphones
Help prayers come through crystal clear \$2,500

Annette’s Village Square

Fire Pit and Patio Furnishings
Annette’s Village Square is a gathering place and social hub of Seacrest \$18,000

Leichtag Family Assisted Living Residence

Beauty Salon Furnishings & Equipment
A little pampering to help residents feel beautiful! \$7,500

Resident Outings (San Diego Botanic Gardens Tour & Lunch Series)
Being in nature is scientifically proven to lower blood pressure, reduce stress, and contribute to overall wellbeing .. \$2,000

The Katzin Residence

Grandfather Clock
Bring a touch of familiarity and comfort into the residents’ new home. \$2,000

Joseph & Dorothy Goldberg Healthcare Center

Beauty Salon Furnishings & Equipment
A little pampering to help residents feel beautiful! \$7,500

Four (4) Chromebooks @ \$200 each \$800

iPad \$350

Portable DVD player \$100

The above will be used to provide non-pharmacological pain management measures to rehabilitation and custodial patients such as downloaded/online guided imagery and relaxation and meditation CDs.



Todd & Diane Salovey with residents on an outing to the San Diego Botanic Gardens

💬

We are so glad we could do something meaningful, that my Dad would have loved, to enhance the lives of his friends and all the residents of Seacrest.

—Todd and Diane Salovey

💧

Legacy of Promise

Our gratitude goes to those whose commitment and dedication ensures the future of Seacrest Village and Seacrest at Home for generations to come. Thank you to these generous visionaries who have named Seacrest Foundation in their legacy plans.

Ellen and Ernest Addleson
Bess and Harry Agulnik*
Annette* and David Alpert
Ida Ascher*
Gladys and David Block*
Renee Schor and Benjamin Boyd
Martha and Joseph Brod*
Brodie Price Fund
Sophie and Arthur Brody*
Carolyn Brooking
Hattie Brooks*
Howard W. Brotman
Ruth and Arthur Cagan*
David Chalif
Ellen and Ingram* Chodorow
Toby and Howard Cohen
Betty* and Melvin Cohn
Estelle Addleson-Dunst
and Lou Dunst*
Claire and David Ellman
Lynn and Bert* Epsten
Inge Feinswog
Foster Family Fund
Mary Felix*
Pam and Walter Ferris
Esther and Arnold* Fischer
Sigrid and Jack Fischer*
Carol and Ron Fox
Joan and Guy* Gardner
Max M. and Jane V.
Gauchman Trust
Madeline and Milton Goldberg*
Frances and Sanford Goldman*
Carol* and Morton Goodman
Charlotte Haas*
Merrill and Robert Haimsohn
Eleanor B. and Arthur Herzman*
Hannah Ruth Heyman and
Arthur Heyman*
Herman Hindel*
Samuel Hindel*
Hymes Family*
Robin and Ronald Israel
Cecilia and Benjamin Jacobson*
Tauba and Sidney Kaderlan*

Jodie and Robert Kaplan
and Family
Avra and Barry Kassar, MD
Sofia and Leon Kassel
Ilse Katz*
Miriam and Jerome Katzin*
Karine Seigel Koplar and
David Koplar
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* Of Blessed Memory
In formation March 4, 2020

Please consider including Seacrest Foundation in your will/estate plan and let your legacy gift make a difference for those in need. For more information and/or a personal visit to learn more, please contact Robin Israel at 760.516.2018.

Ways to Give

We are grateful for your support. Our current greatest needs are funds for our **Resident Assistance Fund** for Seacrest Village and the **Charitable Care Program** for Seacrest at Home. These are both charitable programs for current and future residents or clients who have depleted their financial resources.

A gift to Seacrest Foundation directed to the **Seacrest Village Resident Assistance Fund** helps provide for seniors who have lived long lives and now find themselves without anyone to care for them and/or without adequate funds to pay for such care. It is for those whose savings have been depleted due to illness or injury, or for any reason, and for those who simply have nowhere else to turn to for help.

A gift to Seacrest Foundation directed to the **Seacrest at Home Charitable Care Program** helps provide for those who wish to remain in their own home and need companionship or assistance with activities of daily living.

The 211 Club

A group of generous patrons whose individual gifts of \$1,000 or more annually to Seacrest Foundation support the Seacrest Village Resident Assistance Fund or the Seacrest at Home Charitable Care Program. The 211 Club honors patrons at the Emerald, Sapphire, Ruby and Diamond levels. All members are invited to our annual Patron Recognition Party.



Yahrzeit Remembrance Wall

Honor the memory of your loved ones with a plaque on the beautiful Yahrzeit memorial wall housed in the Ellen & Ingram Chodorow Synagogue at Seacrest Village. Plaques are \$180, and all funds are directed to help Seacrest Village Retirement Communities provide for those in need.



Legacy of Caring Tributes

We offer a variety of tribute cards — In Honor Of, Birthday, Mazel Tov, Get Well, Thank You, and In Memory Of — to help you express your sentiments in a very meaningful way. Each dollar generated goes directly to support charitable care.



Leave a Legacy

Join our "Legacy of Promise" program—a Legacy from you and a Promise from Seacrest Foundation to always endeavor to meet the needs of seniors. By leaving a legacy gift to Seacrest Foundation in your will/estate plan you will ensure that the Seacrest legacy of caring for those in need continues on for many generations to come. For more information and/or a personal visit to learn more, please contact Robin Israel at 760.516.2018.



Honor Thy Father and Thy Mother Tribute Wall

This wall is a beautiful dedication to our loved ones here and to those who live in our memories. Inscriptions begin at \$1,000 and all funds are directed to help Seacrest Village Retirement Communities provide for those in need.



Join or Renew Your Membership

Seacrest Foundation Guardians plan the annual Golf, Tennis, Pickleball & Spa Day, which is a favorite of sports and spa enthusiasts and partygoers alike. The Women's Auxiliary of Seacrest Foundation plans the annual Gala. Both of these dedicated volunteer groups have been led by a mission to nurture and enrich the quality of life of the residents of Seacrest Village Retirement Communities and clients of Seacrest at Home. Membership dues are \$50 annually or \$1,800 for a lifetime membership.





Robert Haimsohn
President, Board of Directors
Seacrest Foundation



Advancing Senior Care
in the Jewish Tradition

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seacrestfoundation.org

It is with great pride that I write this article as President of Seacrest Foundation. In the past four years we have built a dedicated Board of Directors whose main purpose is to assist in raising funds and awareness for the important work of Seacrest Village and Seacrest at Home. There are 18 dedicated and passionate people on our board who understand that Seacrest Foundation is the lifeblood of these two entities, and it is our responsibility to make sure that they have the funds available to meet the changing needs of the community and its seniors. I am humbled and proud by the work we have accomplished. And still, we have a long way to go.

As I head into my last year as President of Seacrest Foundation one of the things we will remain focused on is legacy giving. Many families have named Seacrest Foundation in their estate planning and we are beyond grateful for their forward thinking. We will continue to honor these families at our legacy dinners and in many other ways. There are also many families who have created Named Funds at Seacrest Foundation restricting the earned income to support the charitable mission of Seacrest Village and Seacrest at Home. Our increased ability to help Seacrest Village and Seacrest at Home to care for as many people as possible is due to the generosity of these families.

One of our greatest annual achievements in the past four years was our 75th Anniversary Gala in June 2018, reaching out to the entire community to raise over \$3.3M as we honored Lee and Frank Goldberg for their tireless efforts spanning more than five decades. Our 75th Anniversary Visionaries helped to create an incredible evening and their names are now forever etched on a beautiful wall at the entrance of Seacrest Village. Another great accomplishment, and truly remarkable evening, was the Legacy of Light and Love Gala just last month. We had the privilege and honor of showing our gratitude to Honorary Chairs Sheila and Jeffrey Lipinsky whose light and love have guided the Homes and Seacrest Foundation for generations. This family has personally taught me, and our community at large, the truest meaning of legacy and I am grateful for their unwavering leadership. In the words of Sheila Lipinsky, "Seacrest has become what it is now because we cared then. And Seacrest will be there for you then, because you care now."

Most Sincerely,



Advancing Senior Care
in the Jewish Tradition

Robin P. Israel, MPA
Chief Foundation Officer
Arthur & Sophie Brody Philanthropy Chair

It's Saturday morning, and I am sitting in Torah Study at Congregation Beth Israel. I had never been to Torah Study until my mother passed away, one year ago. It's a new experience, and I'm not quite so comfortable with my own knowledge base as others share their perspectives and commentary on this week's Torah portion. The intimidation factor grows when I realize that on this particular day seven of the 25 people with whom I am studying have parents or relatives currently residing at Seacrest Village. Great, I thought. I will for sure appear to know not a thing besides philanthropy to these people who know me. My cover is blown: I work for a Jewish agency, but my knowledge of Torah is so limited. My reason for being here is good. I am here with the love of my mother's life. She unexpectedly passed away but was blessed by God to have spent the last two years of her life with the man who completed her. So to honor both of them, and because I love spending time with him, I joined the Saturday Torah Study group.

Going around the room taking turns reading the passages, I quickly count ahead to see which portion I will be expected to read. I make sure I know how to pronounce each word (try it, we have some very challenging words in our Torah). There are seven people ahead of me, and my turn is getting closer. And then, just as it's about my turn, I am blessed (and I mean blessed) as the Rabbi moves on to another discussion. I'm free—no reading—well, at least until next week.

Another blessing befalls me as Rabbi continues. The topic becomes "**Rituals.**" Home run—I get this topic. I grew up with a mom who had a million rituals, and we have so many of them at Seacrest Village and Seacrest Foundation. My mind begins to wander. Ok, I'm ready. If Rabbi glances my way, I have something to say. I begin to think of all the Seacrest rituals. First, all new residents and family members go through a resident orientation. All staff also go through an operations orientation, learning about Jewish holidays, customs and the laws of kashruth. Then there's the celebrating of each resident's birthday, which leads me to think about the rituals of taking care of the residents' and families' physical and spiritual needs. Seacrest has a "no one passes alone" ritual. Everyone is surrounded by love and comfort as they pass. When family members are not present, Seacrest becomes the family. Indeed, when my own mother, my best friend, passed away suddenly in her beautiful Seacrest apartment last February, it was one of the worst days of my life, but thankfully, the Seacrest rituals were in full force. Within 60 seconds of my call to a colleague, the hall in front of Mom's apartment was filled with staff members and other residents. What ritual was that you may be wondering—the ritual of taking care of one another no matter what—the ritual of showing up. On that day which is indelibly etched into my memories, the Seacrest rituals provided my family the support we had no idea we needed. What then followed within moments were calls from our San Diego Rabbis and my colleagues from other Jewish agencies—another ritual—as Jewish Communal Professionals we have a unique bond to help one another. I quickly become aware that I'm still in Torah Study... *but I haven't yet been called upon to offer a comment. I can continue thinking while attempting to pay attention.*

My thoughts turn to Seacrest Foundation. We have one ritual after another. As colleagues we celebrate each accomplishment and milestone as we grow the work of the Foundation, but of utmost importance is the way we seek to honor each gift that arrives and the contributor who made the gift. At Seacrest Foundation we have one board member who has, for years, led a D'var Torah at the October Board Meeting. Each year we look forward to hearing David Ellman's words. This ritual is so meaningful, as David has been most important in the growth of Seacrest Foundation. And then there is the ritual of honoring those who came before us—honoring our fathers and our mothers. Which then leads me to think about the recent Gala of which Seacrest Foundation Board Members Sheila and Jeffrey Lipinsky were the honorary chairs. The Lipinskys have been instrumental in leading the way for San Diego Hebrew Homes and the Seacrest Foundation. What part of that is a ritual? The ritual of *dor l'dor*—generation to generation: Jeffrey and Sheila do this because their parents and grandparents did it and because...as we are taught...it's the right thing to do. Rituals. They are everywhere and make what we do somewhat predictable but also overwhelmingly meaningful. Ok, I have a lot of things to say, so call upon me Rabbi! I am ready to speak. I've got this topic.

Torah Study ends for the day. As we head into the minyan service, I realize I have a new ritual. That of attending Saturday morning Torah Study and then Saturday Morning Minyan with my dad, my mother's gift from God. Pretty cool ritual (*and I didn't even have to read today*).

Robin



Advancing Senior Care
in the Jewish Tradition

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Seacrest Foundation

760.632.0081 | info@seacrestfoundation.org
Arthur & Sophie Brody Philanthropy Chair

Seacrest Village Retirement Communities

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- Ellen & Ingram Chodorow Synagogue
- Esther & Bud Fischer Aquatics and Fitness Center
- Joseph & Dorothy Goldberg Healthcare Center
- Lee & Frank Goldberg Residence Court
- The Katzin Residence
- Leichtag Family Assisted Living Residence
- Bernard & Dorris Lipinsky Administration Building
- The Ottenstein Vitality Center
- The Simon Pavilion
- Sam & Rose Stein Adult Day Services Center

Seacrest at Home

760.942.2695 | inquiries@seacrestathome.org

Calendar of Events 2020

- March 10.....Purim
- April 8.....First Passover Seder
- April 9..... First Day of Passover and Second Seder
- April 10..... Second Day of Passover
- April 16..... Last Day of Passover
- April 21.....Yom HaShoa
- April 29..... Yom HaAtzmaut
- May 28..... Erev Shavuot
- May 29 & May 30 Shavuot
- July 12 211 Club Patron Recognition Party
- July 20Guardians of San Diego Golf, Tennis, Pickleball & Spa Day**
- July 30..... Tish B'Av

Seacrest Foundation

The mission of Seacrest Foundation is to obtain funding in support of Seacrest Village Retirement Communities and Seacrest at Home whose activities are designed to advance senior care and enhance healthy living by providing housing and supportive services.

For photos and stories of activities and happenings, please follow Seacrest Village and Seacrest at Home on Facebook and Instagram.

