

HAPPENINGS

a publication of  Advancing Senior Care
in the Jewish Tradition

WINTER/SPRING 2023



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Seacrest Residents Get FIT

Photos from our Golf, Tennis & Pickleball Day

San Diego Opera Comes to Seacrest, and other Resident Activities

The Sima and Joseph Oppenheimer Religious and Education Program

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in the Jewish Tradition

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All proceeds from this event benefit the residents of Seacrest Village



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Seacrest Village will soon celebrate 80 years of service to our San Diego community. That's quite an accomplishment made possible because of the many before us who had the vision and fortitude to create a place where we could *Honor Thy Father and Thy Mother*.

The organization's humble beginning started in a house located on 4th Avenue, where just ten older adults resided and were cared for by volunteers. From there, the land on 54th St. was purchased and after several expansions, the San Diego Hebrew Home for the Aged, as it was called, was able to serve approximately 100 older adults and offered residential and skilled nursing care.

In the mid-1980s, the Board of Trustees determined that even more space was needed and made the monumental decision to purchase a 10-acre parcel of land in Encinitas, which was then a small beach town further north. At the time it seemed far from everything. That property became known as Seacrest Village.

From 1989 to the present, Seacrest Village proudly serves approximately 250 older adults in independent living, assisted living, memory care, and skilled nursing. In addition, we now provide home care services through Seacrest at Home to those both in our Seacrest community and in our greater San Diego community.

With the vision of those before us and your ongoing support, we are able to provide these services and also help the many who could not otherwise afford to live at Seacrest.

As I reflect on the organization's history, I am grateful that our Jewish community came together to support this important endeavor to care for our older adults, an endeavor that continues to this day.

Our Board of Trustees is committed to excellence in senior care and is determined to meet the growing needs of older adults in our community. We will continue in the footsteps of the visionaries before us to Honor our Fathers and our Mothers.

I hope you will join us as we celebrate the Hebrew Home's 80 years of service—along with Pam Ferris' 35 years of dedicated leadership—on July 8, 2023, at the Park Hyatt Aviara Resort. I am sure it will be a delightful evening where, together, we can honor each of you who help make our organization what it is today and to look to the future with a sense of great pride on just how far we've come the past 80 years.



*Pam Ferris, President/CEO
Seacrest Village Retirement Communities*

I had a dream recently that I was making an argument with someone about the importance of nursing homes, despite the many challenges they are currently facing across the country.

Staffing shortages in nursing homes, a trend that has increased significantly since the pandemic, has a direct impact on every nursing home's ability to accept admissions. Long term care providers can't compete with the wages offered to nurses and caregivers in acute care hospitals. Government reimbursement for the Medi-Cal program has not kept up with inflation. Nursing programs are expensive, difficult to get into, and lack enough nursing instructors, which, unfortunately, has caused a severe shortage of nurses nationwide.

A recent study conducted by the Administration on Aging, also chronicled by the Washington Post, indicates that "some 17 percent of people living in the US, or more than one in six, were 65 or older in 2020. This represents 55.7 million people, a 38 percent increase of 15.2 million people 65 and above since 2010 compared with just 2 percent growth in the under-65 population. It also reflects a consistent increase in the nation's older population since 1900, when there were just 3.1 million Americans 65 and older."

One can only wonder why our nation isn't better prepared, given the increased number of older adults has been known for years and often referred to as the "Silver Tsunami." My experience has led me to believe that our society is in complete denial, so much so, that we are seriously ill-prepared for what's to come.

Even with all the challenges facing nursing homes, and Seacrest Village is no exception, having our 58-bed skilled nursing Joseph & Dorothy Goldberg Healthcare Center is essential for us to be able to serve those who need post-acute rehabilitation services (Physical, Occupational or Speech Therapy) and/or long-term nursing care. I am proud that our Goldberg Healthcare Center has a five-star rating from the Center for Medicare and Medicaid Services (CMS). I will be forever grateful for the incredibly kind, compassionate, and loving staff who work in our healthcare center, and in all our operations, to provide the highest quality of care that our residents so deserve.

Yes, our Goldberg Healthcare Center is an important part of our continuum and, most definitely, a vital one at that.

In my dream, I was able to shed light on the challenges facing nursing homes today. I take pride in the fact that our Goldberg Healthcare Center continues to provide outstanding care, even in the midst of these unfortunate circumstances.

Pam

Gratitude Corner



Lois Segel and her mother, Fay Blinder Segel

As a lifelong New Yorker, it was hard for me when my mom left New York, her place of birth, and moved so far away, to San Diego where my sister was already living. When I first met Pam Ferris, I began to feel more comfortable and to experience the beautiful, welcoming environment in which my mom was now living. Your staff was so caring and friendly, and your warm, loving residents became my mom's new friends. Seacrest Village became my mom's new home and community, and it flowed with a generosity of spirit that made me feel so safe and happy for her and for me. From 1994 - 2002, I visited my mom four times a year at Seacrest Village, and I will be forever grateful for the very special new home you made possible for her and our family. It is now 20 years later, and I continue to be a loyal and proud supporter of Seacrest Foundation so that Seacrest Village can be the vital, caring, and supportive home for families today and future generations of families to come, just like ours.

*—Lois Segel, Seacrest Foundation
211 Club Member*



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Happy 10th Anniversary to Seacrest at Home! It has been one decade of fulfilling our mission of serving the Jewish community at large, as well as serving the residents of Seacrest Village Retirement Communities. When we started 10 years ago, we grew quickly to meet an unmet need which was to serve those in our San Diego County. We were frequently in Escondido, Poway, downtown San Diego, Del Cerro, Lake Murray, and as far East as Bonita—and of course, North San Diego County.

When the pandemic hit, our team of 65 caregivers soon became a team of 45 caregivers. That said, the demand is higher than ever, and we are slowly working our way back to having enough staff to meet the growing and changing needs of our San Diego community. The ripple effect of COVID-19 is still upon us with limited available caregivers, fewer people entering the caregiving profession, and many leaving or have left the profession. Clearly, the healthcare staffing crisis is not unique to Seacrest at Home or to caregiving. All levels of health providers are feeling this staffing pain, including CNAs, LVNs, and RNs at hospitals, clinics, urgent care centers, and home health agencies. To combat this issue, we are working closely with local colleges, and adult education and health-related programs. In addition, members of our community are spreading the word to those who may want to work in the field. We appreciate the referrals. We currently serve coastal areas from Oceanside to La Jolla, and as we onboard new staff, we plan to expand to other areas as well.

We have hired five new staff members over the past several weeks and we remain optimistic about the future while we are keenly aware that the pandemic has taken a toll on so many.

One thing is for certain, Seacrest at Home only hires those whom we believe are dedicated to the profession and who will serve the community well.

We share all of this with you, our readers, so that you understand what is taking place in our industry. While we need more staff to provide for each caller in need, we are doing our best to meet the needs of as many people as possible. We know that Seacrest at Home is a desired service, and we want to take care of as many people as possible. Thank you for your patience as together we continue to care for one another.

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Seacrest at Home is hiring Caregivers to provide assistance to the elderly in their homes. If you are a caring and dependable person who is eager to find a company who values its employees like family, **come work with us!**

Fill out an application today!
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Get your heart pumpin'!

Did you know that Seacrest Village has a Rehabilitation Center on campus that provides Physical Therapy (PT), Occupational Therapy (OT), and Speech-Language Pathology (SLP) services? An additional program called FIT (Focused Individualized Training) provides 1:1 exercise sessions tailored to the needs and preferences of the resident, helping residents maintain or improve their physical and cognitive capabilities.

Eva Zenger, fitness instructor extraordinaire (with a BS in kinesiology), works with therapists to determine a plan of care to meet the residents' needs. Eva leads these one-on-one sessions, and—because of her unique talents and compassionate nature—she has made special connections with residents that translate into happier, healthier lives for them. She is a gift to the residents, their families, and our entire Seacrest Family. Rehab Program Director, Jalinda Bastian, says, "Eva was the perfect person for the FIT position when she joined our team in September 2020. Her FIT program has grown to five days a week; families appreciate her continued feedback on how their loved ones are benefiting."

Eva says she really likes to "get into the bubble" with whom she is training. She wants to find out about their passions, what sports they played, what they gravitate to, and then designs the workout around what she has learned. She incorporates music and a whole lot of fun. After all, the best exercise is the one the person is willing to do and enjoys!

Eva's favorite way to get moving is yoga, so she thoroughly enjoys her sessions with Howard Schwartzberg, one of her clients in The Katzin Residence.

When Howard first moved to Seacrest's Lee & Frank Goldberg Residence Court in our Independent Living community in 2014, he was an avid exerciser, and he inspired others to join him in different fitness programs. He was featured in the Seacrest fitness magazine, telling us he was a jogger and a walker for many years. He became interested in yoga while visiting an ashram in Massachusetts. He enjoyed it so much that he took a month-long teacher-training course and began teaching yoga. Howard called this time the "highlight of his life." He gained a "sense of joy and accomplishment" while teaching yoga and helping others to experience the many benefits of yoga.

In their weekly sessions now, Eva visits Howard in his new home in The Katzin Residence and helps him figure out what poses he used to enjoy. They find modifications, as he struggles with balance issues, but with her help, he can do them in a chair or standing near a wall outside in the fresh air (weather permitting).

"My dad looks forward to his weekly sessions with Eva and talks about her all the time. It has improved not only his balance, but also his socialization, and total quality of life, making a huge impact on his happiness," Gerri Beth Borga, Howard's daughter shares.

Cynthia Cranmore, director of The Katzin Residence, says, "We see the joy in the smiles, chuckles, and laughter these residents all have on their faces while working out with Eva. They love the one-on-one attention, and it is very apparent that they are enjoying the time spent with her. The staff who care for these residents also find joy in watching the residents so content and happy!"

Another client loves classical music and played soccer when he was young. He and Eva blast Beethoven while he holds on to a wall and kicks the soccer ball back and forth with her.

Vaughan Rachel, a resident of Seacrest's Lee & Frank Goldberg Residence Court now for eight years, has been taking advantage of FIT sessions for over two years. Eva and Vaughan have become quite close, seeing each other twice weekly in Vaughan's apartment, where they work on shoulder mobility as prescribed by Vaughan's therapist. "You don't need a lot of room to work out; you just need a great coach," Eva says, smiling. After a warm-up of chair marching, leg and back stretches, and more shoulder and knee-safe exercises, they use a wooden rod and foam pool noodles to build shoulder strength, taking breaks as needed. Vaughan shares, "Eva is definitely a great coach, and I am blessed she is working with me; we are a good team. All my experiences in the Rehab Department have been exceptionally good."

Through these exercise sessions with all her clients, Eva focuses on balance, joint health, mobility, strength for daily activities such as walking, core strength for a healthy back, coordination, and concentration for mental stimulation, as well as relaxation techniques and stretching for flexibility. Eva states, "This program is wonderful for seniors who want to stay as flexible and strong as possible. Fewer aches and pain; more smiles." We love seeing the determination and positivity flow from the residents when they are with her. Getting to move does so much good for one's heart and soul, and we encourage everyone to do a little something today to get their hearts pumpin'!

For more info on the FIT program, contact the rehab/therapy department at 760.516.2036.



Eva Zenger and Howard Schwartzberg



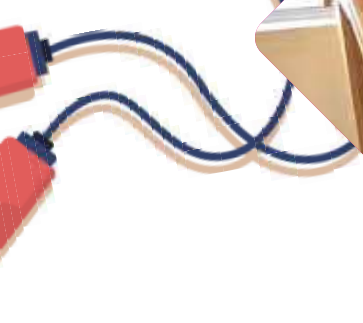
Eva and Resident Debbie Simmons



Cynthia Cranmore



Vaughan Rachel



Sima Oppenheimer Spends Time with Robin Israel discussing Life, Love, and Leaving a Legacy

Interview by Robin P. Israel, Chief Foundation Officer

Sima and Joe (z"l) Oppenheimer have been an important part of Seacrest Village for decades. Sima came to work in the Marketing office when the Seacrest campus was in its infancy stages; she was responsible for helping to fill the first building on the campus, the Lee & Frank Goldberg Residence Court. Sima was beyond talented, and everyone who encountered her felt peaceful and safe—she just had that way about her. To say she filled the building with love, care, and concern is an understatement. When speaking with her recently, Sima reminded me, "You know, Robin, I didn't suggest that each person I toured should move in. Some people were too young, and I knew it wasn't time for them, so I would suggest they get an apartment near the Jewish Community Center for 2–3 years and spend their days there." She went on to say that she only wanted people to move in who were going to benefit from what Seacrest had to offer and that many stayed in touch with her. Now living in a retirement community herself, she knows she did the right thing—in my eyes, she always did.

Sima and Joe had been dating for several years when she came to work for Seacrest. Eventually, they married, and a wonderful life began. After a while, Joe wanted her to retire so they could travel, so she did. Seacrest missed her dearly, as did the residents, many with whom she had such a strong connection. However, Sima's heart was also at Seacrest, and she really wanted to continue to be a part of the Seacrest team. I remember she called me to tell me about the great compromise she made with Joe. She decided to come back and work part-time and also

be able to travel and semi-retire with him. That lasted a while and then Joe won the retirement lottery, and Sima fully retired. At the time, Sima and Joe were very attached



to their synagogue; Joe was the Gabai at Congregation Beth El. Later they also became very involved with Congregation Beth Israel and were regular participants in the Torah Study and Minyan groups each Saturday.

While Sima and I would go without contact for stretches of time, we always kept in touch. We no longer worked together, but the life

lessons she taught me made me a better person and a decidedly better leader. Decades have passed, and we



have remained friends and a mutual support system. I recall attending Joe's second bar mitzvah, which was so special for both my husband and me. And Joe was also in attendance at my dad's second bar mitzvah, something I recently learned.

When Joe passed in 2020, our entire community felt a great loss. He was a true mensch. At his funeral he was honored by the Armed Services for his work in the Pentagon. It was not a surprise to me when Sima and her children phoned to say that they wanted to honor Joe in a significant way by leaving a legacy gift to Seacrest. Given his love of Judaism, the importance of teaching, and his

desire to help others, The Sima and Joseph Oppenheimer Religious and Education Program was created.

Sima shared with me, "This gift is so meaningful because Joe came to the United States from Germany in 1935 at the age of seven. His parents put him in kindergarten, and the teachers were so helpful; he quickly took to learning.

Joe loved everything about education, and though his parents never really adjusted to life in the United States, he flourished. While his parents worked very hard and did fine for the family, Joe saw his way to life through education.”

Joe went to Washington University in St. Louis. He was an international writer and newspaper reporter. He also had an uncle who was a principal in the Oppenheimer Funds, and Joe worked for him for a year, after which he went to work for Standard and Poor’s.

Sima and Joe moved to Wesley Palms Retirement Community in 2018. Our personal connection continued as my cousin and his family bought their beautiful home when they made the move to retirement community living. Joe would be

happy to know that they are raising their children in this home in a continuing legacy of Jewish life. While Joe never had a pet before he met Sima, they eventually had two dogs, Shavu and Mazel. Because of their love for dogs, they named the dog park at Wesley Palms “In Honor of Joe and his love for his faithful dog, Shavu.” (The dog was named Shavu because they rescued him from an organization on Shavuot.) Sima and Joe also started a Friday night service at Wesley Palms when they moved, which Sima still attends on Zoom. Sima still has her dog, 11-year-old Mazel, who brings her luck and love every day.

Sima’s 85th birthday is coming up, and the family of 16 has rented a house to celebrate during Pesach. If you met Sima, you’d think she’s 50—but she reminds me, “I’m 85 and I have had a very full life with many chapters, and I

am grateful for every day.” During our conversation, Sima told me stories that I had never known and that, once again, gave me an even more intense respect for her when I thought it couldn’t be any deeper. Sima exudes positivity through her dynamic personality. Her voice remains strong and beautiful and encouraging.

“I have some very nice friends, but most of the time, since the pandemic began, it’s Mazel and me.” Sima went on to say several times that “the timing of this article is perfect.” When I told her that made me sad, she said not

to be sad, that she’s okay, and that no one lives forever. But if I know Sima, she still has much more to write in this chapter. As we signed off, I said, “I love you, Sima,” to which she replied, “I love you, honey.” What you don’t know, Sima, is that you always called me “honey”



when we worked together, and it always made me feel so special. And when you would tell people I was your boss, I would think to myself, “No, Sima, you are my boss and one of the greatest teachers of my life. You were the colleague who wanted to see people succeed, you were wonderful with your wisdom and advice, and you knew how to correct me when I was wrong—and you made me feel good about learning to be a better leader.”

The Sima and Joseph Oppenheimer Religious and Education Program will live in perpetuity as a legacy to Seacrest and bring joy and wisdom to the residents for generations to come. And just as Joe would want, it will fulfill residents’ needs for enhanced education and religious programs—which, apart from the love of his life, Sima, were two of the most important things in the world to him.

Please consider including Seacrest Foundation in your will/estate plan and let your legacy gift make a difference for those in need for generations to come. For more information and/or a personal visit to learn more, please contact Robin Israel at 760.516.2018. Visit seacrestfoundation.org/LegacyofPromise for a complete Legacy of Promise listing.

Golf, Tennis & Pickleball Day

Guardians of San Diego's 30th Annual Golf, Tennis, and Pickleball Day presented by Seacrest Foundation, with presenting sponsor, William Gumpert Foundation, raised over \$160,000. Proceeds from "Take a Swing for Seniors" held October 24, 2022 will benefit the Resident Assistance Fund of Seacrest Village.

Seacrest Foundation hosted over 100 golfers, tennis players, and pickleball players at the Park Hyatt Aviara Resort and Golf Club in Carlsbad. Dozens of additional supporters attended the post-tournament reception and awards ceremony. Aviara Golf Club is San Diego's only golf course designed by Arnold Palmer. The all-day event started with a BBQ buffet lunch and included a raffle drawing with a \$1,000 first prize, a "wine putt" activity, where guests pay \$30 to putt towards bottles of wine valued from \$30-\$100, and a large online auction. Hot items in the auction included golf at the Grand Del Mar, Hillcrest Country

Club, The Crosby, and Morgan Run, along with Las Vegas vacation packages, a staycation at Hilton Torrey Pines, date nights, shopping, beauty packages, jewelry, and fun experiences all over San Diego. Following the tournaments, all players and guests congregated at the Golf Club for an outdoor cocktail reception and awards ceremony.

The first-place golf foursome included Elliot Feuerstein, Charles Wax, Daniel Wax, and Marshall Wax. First and second place tennis players were Steven Kavy and Paige Press, respectively. First and second place pickleball players were Dave Kirschen and Merle Brodie, respectively. Each of the individuals above will get their names engraved on the perpetual trophy housed at Seacrest Foundation.

This year's committee was led by chair, Devin Chodorow, and included members Earl Altshuler, Cindy Bloch, Mary Epstein, Robert Haimsohn, Marty Ehrlich, and Larry Weitzen. Thank you to all who attended!



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seacrestfoundation.org/golftennis



Please save the date for our next
Golf, Tennis, & Pickleball Day on
MONDAY, OCTOBER 16, 2023!

Resident Activities



The San Diego Opera came to Seacrest and gave an incredible performance for residents, in honor of long-time Seacrest supporter and friend, Lee Goldberg



Heart health awareness week



Charlotte Marx, Resident, 103 years young



Anne Nagorner, Lee Goldberg, and Esther Fischer visited Seacrest to attend the performance



Assisted Living residents enjoying lunch in the sukkah



The Seacrest Village Book Club



New Year's Eve 2022: "Around the World" theme with every table designed to be a different country. Esther Azera, Marilyn Saxe, Marianne Pearlman, Evelyn Banks

Legacy Of Caring, 08/01/22 – 01/31/23



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Gerald J. Rosen
Arlene Rosen ✨

Elsie Roth
Claire & David Ellman
Sonia & Jose (Pepe) Schwartz

Judy Rothman
Janice & Steve Boner ✨

Lee M. & Esther B. Sangor
Joy Lane

Dr. Anthony Sank
Jonathan Borok

Nancy Savage
Marla Benjamin
Avrille Copans
Marla Goodman
Debbie & Sol Kempinski
Donna Lopez
Cathi Marx
Kristin O'connor
Gail & Larry Rice
Howard Somers

Carolyn Schaer
Janice & Steve Boner
Virginia & Bernard Frogel

Ida Shreiber
Renée Levine

Barry Siegel
Carol & Matt Shakter

Joan Solomon
Carol & Matt Shakter

Pessie & Gerry Sonabend
Rochelle Temkin

Betty Spivack
Ellen & Ernie Addleson

Our parents, Rosalie & Harvey Kern and Clara & Hal Stern
Marcia Kern & James Stern

Florence Stone
Jill Stone

Tamara Strauss
Mary & Jon Epsten ✨
Michael Levinson ✨
Susan & Jim Morris ✨
Shelle Orlansky & David Belenzon

Eliezer Strich
Ruth Strich

Joseph & Lena Treger
Marilyn & Dr. Mark Treger

Sidney Vogel
Karen Vogel
Robin & Dan Vogel

Hanna Wasserman
Nataliya & Norm Turoff

Lillian Weiner
Mary & Jon Epsten ✨

Rabbi Mel & Sonny Weinman
Anita & Dr. Jordan Waldman
Arlene Weitzen
Mary Lynn & Larry Weitzen
Claire Winer
Anonymous
Mary & Mark Warmbrand

THANK YOU

Ed Burr
Anonymous
Seacrest Foundation
Jewish Federation of San Diego County
Staff of Goldberg Healthcare
James Pazzanese
Nancy Strassner
Donald Thornhill
Debby Stauber
Nila Modeste
Frances & Roy Berlin
Seacrest Maintenance Dept
Frances & Roy Berlin

CHANUKAH WISHES
The August Family
Pat Stein
Doris Heller Cramer
Elaine & David Heller
Evelyn Sherman
Susan & Pack Warfield
Ruth Strauss
Vivian Rich

GET WELL WISHES

Barbara Brown
Renee & Allen Tepper
Rabbi Wayne Dosick
Anonymous
Lee Goldberg
Mary & Jon Epstein
Shirley & Harold Pidgeon
Zona Pidgeon
Linda Platt
Barbara & Norman Rozansky
Helene & Allan Ziman
Meryll Page
Ruth Strauss

HAPPY ANNIVERSARY WISHES
Ellen & Ernie Addleson
Renee Feinswog

HAPPY BIRTHDAY WISHES

Helen Dover
Renee Feinswog
Norma Dreifuss
Ellen & Ernie Addleson
Mrs. Lee Goldberg
Mary & Jon Epstein
Helene & Allan Ziman
Mort Goodman
Ellen & Ernie Addleson
Norma & Werner Dreifuss
Jack Jacobs
Adele Rabin
Rodney Sacks
Sandra Katz
Bernie Schaffer
Lynn & Michael Greenstein
Evelyn Sherman
Marcia Fellner

Joe Weiner
Shirley & Harold Pidgeon
Howard Weiner
Shirley & Harold Pidgeon
Duke Wisper
Elaine Leon
Joanne Mark
Deanna Ruttenberg

SPECIAL THOUGHTS

Renée Levine
Anonymous
Bea Sklarewitz
Anonymous
Ruth Strauss
Anonymous

YAHRZEIT

Mildred Stauber
Debby Stauber

HONOR THY FATHER AND THY MOTHER TRIBUTE WALL

Marlene Forney & Janine Gilles
Donna Gilbert
Roanne Gotthelf
Renee Parker

LEGACY OF PROMISE

Judith Abeles & Beverly Miller
Ron Fox Trust
Arlene & Louis Navias
Sima & Joseph* Oppenheimer
Sharon & David Wax
Stuart Weiss

WISH LIST & SUSTAINING GIFTS

Jacqueline & Maury Levin
Ellen Chodorow
Public Property Financing Corp
**Of Blessed Memory*
☼ Funds granted through the Jewish Community Foundation of San Diego
In formation 1/31/23
We regret any inadvertent error or anyone who may have been omitted due to our print deadline.

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 residents of Seacrest Village and clients of Seacrest at Home. 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. Below is a list of items that would be meaningful to residents:

Seacrest Village – Leichtag Foundation Campus

“Rendever” Senior Virtual Reality Headsets/subscription: With Rendever, residents simply put on a headset, and they’re immediately transported into an immersive experience. They can travel to all corners of the world, together. The experience is incredibly powerful, particularly among older adults experiencing cognitive decline, impaired vision, or mobility restrictions. Starter Package includes two (2) Headsets, one (1) Tablet Controller, and three (3) years of service \$13,800

Leichtag Family Assisted Living Residence

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

Joseph & Dorothy Goldberg Healthcare Center

New Smart Television for the Guardians Activity Room: The TV is used many times each day for enriching activities, PowerPoint presentations, music, movies, Seacrest Village TV livestreams, and more. . . . \$3,000

Our gratitude goes to Ellen Chodorow, Jackie & Maury Levin, and Public Property Financing Corp. of California for their generous contributions to help Seacrest purchase four new NuStep Recumbent Cross Trainers, which appeared on the Seacrest Wish List. Now there is just one NuStep machine still needed for our Seacrest Village campus (\$6,000 Wish List Item).

These exercise machines are used by residents in the Fitness Center, Rehabilitation department, Assisted Living, and Independent Living communities. Residents in all levels of care will glow from a good workout!

Pictured is Jackie Levin and her happy and healthy mother, Judy Wangerin, Seacrest resident, in the Esther & Bud Fischer Aquatics and Fitness Center.

Jackie shares, “When meeting the fitness instructor Kristen last month, it was wonderful to hear how much happiness the new machines brought to the Seacrest Fitness Center. More people can participate at one time, bringing an element of fun, socialization, and fitness. It is my mother’s favorite exercise! We are so happy this gift provides joy for her and the other residents.”



Visit www.seacrestvillage.org/wishlist to see more items on the Resident Wish List, and please contact Shona Borevitz 760.516.2003 to make a resident wish come true.

Ways to Give

seacrestfoundation.org/give-now

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 charitable programs support 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 may have nowhere else to turn to for help.

A gift to Seacrest Foundation directed to the **Seacrest at Home/Seacrest Home Health Charitable Care Program** helps provide for those in financial need 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 and the Seacrest at Home/Seacrest Home Health 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, Happy Birthday, Mazal 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 Day, which is a favorite of sports enthusiasts and partygoers alike. The Women's Auxiliary of Seacrest Foundation plans the annual Gala. These dedicated volunteer groups are led by a mission to nurture and enrich the quality of life of the residents of Seacrest Village Retirement Communities. Membership dues are \$50 annually or \$1,800 for a lifetime membership.





Cindy Bloch
President, Board of Directors



Advancing Senior Care
in the Jewish Tradition



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

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Foundation Associate

Karen Moy, PhD
Special Events Manager

Assistant Editors:
Sheryl Portnoy
Matthew Schiff

Thank you seems so simple to say. Those two words flow very easily and politely, often without even thinking—it is almost a rote transaction. And so, as we write the words Thank You in this letter, we hope that each of you receives our gratitude knowing it is truly and deeply heartfelt.

Our last letter to you was about Time...when would be the appropriate time to return to some sense of "normal." Since then, just like each of you, Seacrest Foundation, as individuals and collectively as a Board, has created a new normal for how we meet the needs of the entities we serve. It's critical that we meet those needs within specific time constraints and, because of your support, we have been able to do so. Thank you.

At the time of this writing, the weekend brought Seacrest an outbreak of COVID-19 cases in our Assisted Living Community. As if the first three or four weren't enough, the weekend ended with eight more positive cases and more expected in the days to follow. Just when we thought we were getting past some of the surging, we were shown that our time was not just yet. And so, the staff continue to rally and pull together and show the residents, families, and our community that there is no time like the present to care for those who count on us the most. Again...time... and just like each time, we thank those of you who called right away to see if additional funds would be needed to get through this.

At the time of this writing, Robin is getting ready to participate in the Jewish COMMUNITY trip to Israel, which takes place while celebrating Israel's 75th Anniversary. Along with 200 members of the community, she will have the opportunity to share the good work of the Seacrest Foundation, San Diego Hebrew Homes (Seacrest Village), and Seacrest at Home, while learning and experiencing the work of colleagues—all in the sacred space of Israel.

Collaboration and community are two words that resonate with Robin at this moment in time. She returns to celebrate San Diego Hebrew Homes' 80th Anniversary and the honoring of Pam Ferris for her 35 years of service to the organization. Time...how precious. It brings abundant change and opportunity for growth.

Just as Cindy, many in our community are celebrating life's precious moments with children and grandchildren while also caring for aging parents. We all try to walk the talk, by caring for those who came before us as our foremost goal. Our Foundation board is filled with tremendous leaders whose vision is to make it possible for San Diego Hebrew Homes (Seacrest Village) and Seacrest at Home to have the critical resources required to take care of those in need in our community. There is no time stamp on that need. The COVID-19 pandemic only enhanced the need for funds, but in no way did it slow down the work of the Board as they move forward and find new ways to engage our supporters.

Whatever the case may be, we are all adapting to a new normal. We are resilient as a Jewish community...just as our people have been for thousands of years.

So as we write the words Thank You in this letter, we hope with all our hearts that everyone reading feels our gratitude.

Respectfully and with ever continuing commitment to the future of aging in our San Diego Jewish Community, we wish you a Happy and Healthy Passover.



Advancing Senior Care
in the Jewish Tradition

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If you would like an online/digital version of *Happenings* instead of, or in addition to, a printed copy, or if you wish to no longer receive fundraising communications from Seacrest Foundation, please contact Shona Borevitz at sborevitz@seacrestfoundation.org or call 760.516.2003.

Seacrest Foundation

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

Seacrest Village Retirement Communities

- Leichtag Foundation Campus
- 760.632.0081 | info@seacrestvillage.org
- The Melvin Garb Foundation Presidential Chair
- Alan Wexler Finance Chair
- The Haimsohn Family Holiday Program
- Irwin & Joan Jacobs Cultural Program
- Irwin & Joan Jacobs Transportation Program
- The Galinson Family Rehabilitative Therapy Program
- The Merrill & Robert Haimsohn Alzheimer's Program
- Lipinsky Family Foundation Nursing Program
- The A. Wexler, R. Simon & E. Addleson Family Assisted Living Program
- The Sima & Joseph Oppenheimer Religious and Education Program
- Arthur & Sophie Brody Main Entry Plaza
- 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 2023

- April 5.....First Passover Seder
- April 6..... First Day of Passover and Second Seder
- April 7..... Second Day of Passover
- April 13..... Last Day of Passover
- April 18.....Yom HaShoa
- April 25.....Yom HaZikaron
- April 26..... Yom HaAtzmaut
- May 25..... Erev Shavuot
- May 26-27..... Shavuot
- July 8..... Ruby Jubilee 80th Anniversary Gala
Honoring Pam Ferris
- July 27 Tish B'Av

If you have an idea for an article in our Happenings magazine or a suggestion of any kind, we would like to hear it. Please contact Shona Borevitz at 760.516.2003 or sborevitz@seacrestfoundation.org.

Seacrest Foundation Mission

The mission of Seacrest Foundation is to obtain funding in support of San Diego Hebrew Home and Jewish Home Care Services, Inc. whose activities are designed to advance senior care and enhance healthy living by providing housing and supportive services.

For additional news, photos, stories about activities, and so much more please follow Seacrest Foundation, Seacrest Village and Seacrest at Home on Facebook and Instagram.



Seacrest Foundation has received the highest rating (4 stars) from Charity Navigator, the world's largest and most trusted nonprofit evaluator.



Seacrest Foundation has also earned the highest rating, a Platinum Seal of Transparency, with Candid. You can support our critical work with trust and confidence.