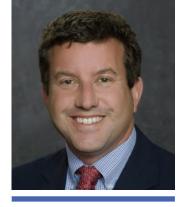
HAPPENINGS



SUMMER/FALL 2021











San Diego Hebrew Homes Board of Trustees

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Bradley Blose, CPA Chief Financial Officer Alan Wexler Finance Chair

Heidi Kvitli Chief Human Resources Officer I am honored to serve as Chair of the Seacrest Village Board of Trustees. On behalf of the Board, I would like to express my appreciation to David Gilbert for helping to lead us through the COVID-19 pandemic. The pandemic brought unprecedented challenges, both in protecting the well-being of our residents, and the financial stability of our organization. We could not have been more blessed than to have David at the helm for the past two years. His extensive experience in finance, and the concern he has shown towards our residents and staff is a blessing we should all celebrate.

The pandemic continues to present challenges. While our vaccination efforts have brought the virus under control at Seacrest, we are not out of the woods. We continue to see a handful of positive test results, even from those who have been fully vaccinated, as the Delta variant has taken hold across the country. Pam and her leadership team have taken a proactive approach and we have the utmost confidence that they will lead us to the light at the end of the tunnel.

The pandemic also presented challenges in maintaining our budgeted occupancy rates. We saw many prospective residents hesitant to move in due to the restrictions imposed to combat COVID-19. As those restrictions have been relaxed, we are now seeing increased interest, more move-ins and we anticipate this to continue.

As we look to the future, we are working on a revised master plan for our campus. The coming year will bring more clarity as we understand the needs of the community.

I would like to acknowledge the extraordinary efforts of Brad Blose, C.P.A., our Chief Financial Officer. Brad was instrumental in securing emergency funding from the federal government which helped tremendously during this time of uncertainty. I would also like to thank and recognize Seacrest Foundation. Their efforts to secure critical funds is what made it possible to take care of the needs of, not just the residents, but the staff as well. Seacrest Foundation has embraced the community's support, and we are extremely grateful for all they do to sustain Seacrest Village and Seacrest at Home.

Finally, we are honored to have two new Board members joining us, Joyce Nelson and Orna Wittenberg. We look forward to working with them in the coming years.

Wishing you a happy and healthy New Year,

On the cover (photo by Arlene Neuman): Debbie Simmons and Nancy Marcus on a walk in "Annette's Village Square" at Seacrest. Nancy and Debbie were roommates in the Joseph & Dorothy Goldberg Healthcare Center. Nancy says, "Debbie was the best thing that ever happened to me. She was my inspiration. She told me, "If I can do it, you can do it!"" See article on page 12.

Special thanks to the entire Seacrest Rehabilitation team for their care, love, support, and great ideas: Jalinda Bastian, Program Manager, Speech/Language Pathologist; Lindsey Thornton, PRN Speech/Language Pathologist; Wendy Knutsen, Physical Therapist; Arlene Neumann, Physical Therapy Assistant; Edith Arguelles-Dewart, PRN Physical Therapist; Amy Gonzales, PRN Physical Therapist; Cody Newell, PRN Physical Therapy Assistant; Shelby Bumbulsky, PRN Physical Therapy Assistant; Parisa Ostovari, PRN Physical Therapy Assistant; Jacqueline Hoff, Occupational Therapist; Maridale Orpilla, Occupational Therapist; Amy Stark, Certified Occupational Therapist Assistant; Athena Onorato, Certified Occupational Therapy Assistant; Regula Eva Zenger, Wellness Coordinator.



Pam Ferris, President/CEO Seacrest Village Retirement Communities

I have always worked in the field of aging. Perhaps it was a calling after so many positive experiences with my grandparents, all of whom lived in the small town where I grew up. If you speak with those in the industry, they might share a similar story, yet others, until they find themselves working with older adults, have no idea how rewarding it can be. This happened recently with one of our associates.

Sammi, a young adult recently out of college with a degree in Marketing, joined our Life Enrichment team just a couple months ago. Like many, she quickly became quite fond of our residents.



Two of our dedicated Seacrest staff members: Katie Park, Director of Campus Life Enrichment and Sammi Cohen, Life Enrichment Coordinator

And then this happened: a resident beloved by us all, was hospitalized and died just four days later. When she told her mom, who also works at Seacrest, how saddened she was by this loss, her mom asked whether she felt this profession was a good fit for her. She told her mom, "Absolutely, and in fact, this experience, as sad as it is, makes me want to be here more because it gives me so much purpose."

I'm proud to say Seacrest is blessed with hard-working associates who are not only skilled at their jobs, but kind and caring individuals who are very passionate about serving seniors. Since the pandemic began almost 18 months ago, this remarkable team has been through so much. And because many may not know what goes on behind the scenes, here's just a glimpse of what happens when a positive COVID-19 case is confirmed.

It begins like this: Zoom calls with key staff occur immediately to determine first and foremost where the individual has been, and with whom. Whether an employee or resident, we need to first understand how widespread the exposure is, and we do that by conducting contact tracing. In which department does the staff person work? When did they last work? Who else worked alongside them? Where were they on the campus? Were they in more than one building? Did they provide direct care to residents? If so, for whom did they care? Is the individual having symptoms? Is it necessary to quarantine, isolate, or change the type of Personal Protective Equipment (PPE) used? What are the current requirements of the CA Department of Public Health, Department of Social Services, and the recommendations of the CDC and SD County's Epidemiologists?



Our dedicated culinary team

Time is of the essence. Once all this information is known, further decisions are made which need to be implemented and then communicated to our stakeholders.

This happened routinely, and for well over a year, our team lived with the uncertainty of never knowing when our next case might be, how widespread it might become, or when it would all end.

And just when we thought we made it to the other side ... we recently experienced a few more positive cases, a reminder that COVID-19 is still very much a threat.

I would like to dedicate this article to our associates because I am inspired by them. They will forever be my heroes because of what they do every day to care for our residents; they treat them with kindness and compassion, and above all, do their very best to keep them safe.

Kol a kavod, (All the respect) TEAM SEACREST!













Kelli Denton, RN Director, Seacrest at Home and Seacrest Home Health

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Help Wanted: Big-Hearted Caregivers

July marks the ninth anniversary of my husband and me arriving in California. Each year we celebrate this occasion because we both realize how blessed we are to have been given this opportunity to live here. Nine years ago, when Seacrest at Home was started, I remember receiving an abundance of applications. Interviews and orientations for new hires were happening fast and furious. At one orientation in 2015, we had 30 new caregivers attend, and that group pushed my total staff number to near 100. Today, I say to myself, "Those were the days, my friend."

While that heyday has never been replicated, in the years since, we could still find wonderful people who wanted to provide a service to our seniors and were proud to be caregivers. We averaged 65+ caregivers on staff, and only occasionally did we experience a staffing shortage or inability to provide service due to the client's location. We were so busy! And then came March 2020.

Throughout the pandemic our team dwindled caregiver by caregiver, yet calls for service came every day. Today we have approximately 40 caregivers, many of whom are per diem with very limited time availability. We are currently experiencing a "wait list" for home care inquiries, not because we are so busy, but because people are leaving or have left the profession of caregiving. Many people still want to serve seniors, but there are more lucrative opportunities elsewhere.

I wonder, "How will we entice care staff back into this humble profession?" This is the question that keeps me up at night. It is the main question at other homecare agencies as well. I accept the challenge to continue to serve seniors, as do many of my committed home care team. I am grateful for my dedicated team of caregivers, and our home care manager, Martin Perez, who celebrates his eighth year with Seacrest at Home.

On a "good" side, we are not alone, nor is this staffing shortage unique to Seacrest at Home. Most home care agencies regionally and nationally are feeling the same post-pandemic staffing shortage. I am hopeful that as people return to the profession, they will be the big-hearted, love-to-serve people, not simply those looking for a job. Maybe we are already turning a corner. We have hired six new caregivers within the last month, and I am confident that Seacrest at Home and Seacrest Home Health will be strong and available to continue to serve those at Seacrest Village and the general community.





Rabbi Leah M. Herz, MAHL Director of Spiritual Life



Rabbi Leah recently became Bubbie to darling little Emmett Bodhi Shapiro. Emmett Bodhi and his parents, Ashley and Seth, created a tile for the Viterbi Family Children's Wall. His 4-month-old handprint will bring joy to the Seacrest campus for generations to come.

Every year at about this time, we generally hear one of two refrains; it is either, "the High Holy Days are so early this year," or, "the High Holy Days are so late this year." The invisible line that denotes early or late is

purely subjective of course and depends entirely upon the point of view of the speaker. This year, with Selichot on the evening of August 28th and Erev Rosh HaShana on Labor Day, we might certainly be justified in saying the Holidays are early. How dare they cut into our summer plans this way when there is still so much fun to be had?

Some of my earliest memories as a kid go back to sitting in a stifling hot sanctuary in Chicago before the days of central air conditioning, during the years when the Holidays were "early." It felt like a blast furnace and the humidity was so oppressive that I used to think this was

God's way of punishing me for my sinful behavior throughout the year. My mother Elaine, of Blessed Memory, sang in the Temple choir for 35 years and I remember those early days when she sang for not one, but two lengthy services, wearing a blue polyester robe. How did she do it? When we reached the part of the service where we intoned the Une Tahne Tokef (who by plague, who by fire, who by drowning, etc.), I remember

thinking to myself, "and who by schvitzing to death in this sauna called a shul."

Despite our protestations, we cannot change the dates or the seasons of the High Holy Days and they are neither early or late. They are in fact, right on time! The Hebrew calendar marks the first of the month of Tishrei as, "Hayom Harat Olam," or "this is the birthday of the world," the day on which God created our universe and all that it is in it. The night is pitch dark as there is a New Moon and just two short weeks later, when we celebrate Sukkot, we do so under a full, bright Harvest Moon. The Hebrew calendar, so inexorably linked to the natural ebbs and flows of the moon, gives us clues throughout the month as to just exactly where we are. You can guess with almost 100% accuracy, the day of the Hebrew month just by looking up into the sky. No printed calendar necessary and everything is always right on time, neither early nor late!

May the coming year, 5782 be filled with an abundance of blessing for you and yours. May families and friends continue to embrace the joy of celebrating together, understanding the privilege of health and well-being. May God grant you "Shana Tovah u'metukah," a good and a sweet year.

The Viterbi Family Children's Wall

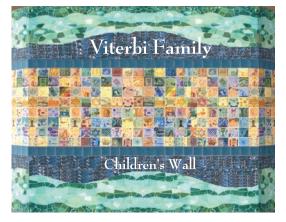
Sunday, September 12, 2021 is Grandparents' Day, but every day is Grandparents' Day at Seacrest.

The children's tile wall project was created to raise awareness of Seacrest Village Retirement Communities throughout all generations.

Thanks to the tremendous generosity of the Viterbi Family, this project began in the spring of 2008, when a beautiful mosaic tile wall resembling the ocean came to life at Seacrest. Since then, tiles have been designed and decorated by individuals age 2-102!

All funds raised through the purchase of tiles help Seacrest Foundation make it possible for Seacrest Village to provide the highest quality of care in a warm, loving, and dignified environment for those in need, regardless of their ability to pay.

Tiles are available to be purchased and painted.



Visit seacrestfoundation.org and choose "Give Now". We invite you to consider creating a special tile for a grandparent that you love in honor of Grandparents' Day. If you would like information please contact Shona Borevitz, Seacrest Foundation, Director of Philanthropy at 760.516.2003.













WOMEN'S AUXILIARY

SUMMER REUNION

June, 2022 (Jala)

We look forward to being reunited with our Seacrest Family once again!

Details to follow.



Advancing Senior Care in the Jewish Tradition

This event will take place only if it is safe for all of our dear supporters

All proceeds from this event benefit the residents of Seacrest Village.

Legacy Of Caring, 3/1/21 - 6/30/21

In Honor of

Trudie Bohm on her 95th birthday

Anonymous

Lev Dolinka on his BrisBritt & Stuart Rubenstein

Rabbi Leah Herz for her Yiskor Service

Bea Sklarewitz

In Memory Of

Martha Trejo Amparan – Mother of Martha Morales

Robin & Ron Israel Kathy & Kent Sanger

Kate Buda

Gillian Kirkpatrick

Frances Caminer

Judy & Kent Bricker Michelle Hose Marcia Kern & James Stern JerylAnne & Richard Kessler Maureen Keys Alexis & Steven Larky

Rita & Marvin March
Maureen McCrea

Arlene & John Murphy Ellen & Dick Ravreby

Ruth Strauss

Nancy Swanton Nancy Witt

Beate Zinck

Jeanne Detsky

Michele Mindlin Arthur Mindlin

Eunice Goldberg Greene

Joann Rice

Rohna Grossman

Barbara Abramovitz

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Daniel Orlansky

Joan & Jeremy Berg
Sherry & Larry Delsen
Norma & Werner Dreifuss
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Esther Fischer
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Lori & Gary Goldberg
Beth & Jan Goren

Lynn & Michael Greenstein Kathy & Paul Roberts Robin Samit Robert Smith

Ruth Strauss Sheri Tuchman

Joan Rines

Vaughan Rachel

Dorik Rozanski

Irene Borevitz*

Lee M. Sangor & Esther B. Sangor

Joy Lane

Sydney Selati

Susan & Richard Ulevitch

Mother of Carol Shakter Genie & Jeff Hersh

Herbie Simmons

Ellen & Ernie Addleson

Matthew Singer Abrams Joyce & David Abrams

Barry Sinkoff

Robin & Leo Eisenberg

Susan Sobel

Martha Price

Austin Strauss

Donna & Bob Gans Lynn & Michael Greenstein

Anniversary of Loved One's Passing

Bella Dalin

Hedy & Rabbi Ralph Dalin∗

George Levine

Meryll & Chris Page

Ryle Sonduck

David Zeligson & Michael Sonduck

Thank You

Pam Ferris

Vaughan Rachel

Carl Measer

Vaughan Rachel

Seacrest Staff

Kathy & Kent Sanger

Father's Day Wishes

Sidney Vogel*

Julie Levine

Get Well

Roy Berlin

Anonymous

Happy Anniversary

Norma & Werner Dreifuss Ellen & Ernie Addleson

Happy Birthday

Ernie Addleson

Norma & Werner Dreifuss

Ellen Addleson

Norma & Werner Dreifuss

Richard Borevitz

Robert Berton Irene Borevitz*

Jon Epsten

Angela & Harris Steinberg

Jackie Fagan

Phyllis & Howard Levin

Nancy Geist

Ellen & Ernie Addleson Norma & Werner Dreifuss

Frank Goldberg

Toby & Howard Cohen Barbara & Mo Winicki

Beverlee Greene

Norma & Werner Dreifuss

Karen Vogel

Julie Levine

Allan Ziman

Alana & Jared Ziman



Mazal Tov

Rabbi Leah Herz on the Birth of her Grandchild

Barbara Appleby Mary Blackman Ann Fichman Ruth Strauss

Marisa & Logan Yanoff on the Birth of their Baby

Vaughan Rachel

Honor Thy Father and Thy Mother Tribute Wall

Frances & Jack Caminer*

Judy Caminer

Eleanor Fein*

David Fein

Carole Hershorin*

Norman Hershorin, Glenn & Barbara and Richard Bortnick, and Grandchildren Christina, Justin, Blake & Griffin Bortnick

Ethel Rothenberg*

Andrew & Jordan Rothenberg

Yahrzeit Memorial Wall

Frances Caminer

Judy Caminer & Roger Marks

Carole Hershorin

Norman Hershorin

Legacy of Promise

Judith Fisher*

Arnold and Angela Margulis Family Trust

Shapov Trust

Phil and Ruth Slonim Estate

Wish List and Sustaining Gifts

Lael* & Jay Kovtun*

Legacy Of Caring, 3/1/21 - 6/30/21

Seacrest Foundation Named Funds

Manuel & Nettie Fisher
Memorial Fund

Foster Family Charitable
Care Fund
The Melvin Garb Foundation
Charitable Care Program
—In Memory of Stephen J. Cohen

Lee & Frank Goldberg Family
Charitable Care Fund
Marilyn Kayes and
Haimsohn Family
Charitable Care Fund
Renée K. Levine Fund
Judith Silverman
Memorial Fund

- * Of Blessed Memory
- Funds granted through the Jewish Community Foundation of San Diego

In formation 06/30/21:

We regret any inadvertent error or anyone who may have been omitted due to our print deadline.

Seacrest Foundation



TRIBUTE PROGRAM

66 I'm looking for a gift that's different and really matters

When you want to do something memorable for...

- Birthdays
- Holidays
- Weddings
- Anniversaries
- Mother's Day or Father's Day
- A thank you
- Graduations
- Yahrzeit memorial gift
- Bar and bat mitzvahs
- Your very own special occasion

How it Works:



RELAX! We make it very simple to make a meaningful gift. Call 760.516.2019 or visit seacrestfoundation.org and click "Give Now" to send a tribute card.



ACKNOWLEDGING YOUR GIFT. You're officially thanked by Seacrest Foundation (including a record for your tax files).



WHAT A WONDERFUL GESTURE! The person you've honored with your gift to Seacrest Foundation (or their family) receives a special, distinctively designed, handwritten card from us. The card says that you have made a gift, explains how it helps those in need, and includes your personal message.



A HEARTFELT THANK YOU. Both your honoree and you, as the contributor, are recognized by Seacrest Foundation in our bi-annual newsletter, *Happenings* magazine.

All funds raised support Seacrest Village's Resident Assistance Fund and the Seacrest at Home/Seacrest Home Health Charitable Care Program. To send a Tribute Card or for more information please contact Seacrest Foundation at 760.516.2019.





Golfers, Tennis & Pickle Ball Players, and Spa Lovers

Seacrest Foundation and Guardians of San Diego typically have a summer Golf, Tennis, Pickleball & Spa Day. Due to current safety concerns, we are postponing our 2021 event and planning an extra special, in-person *Take a Swing for Seniors* event for 2022. We hope you will be there with us. We promise it will be a fantastic day!



Su you in 2022!

Presenting sponsor.

William Gumpert Foundation





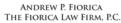




The deRose Foundation









Lisa & Gary Levine







Dr. Karen Helrich & Dr. Bertram Edelstein







Ellen & Stuart Naliboff













Eric Weitzen





Photos are from past "Take a Swing for Seniors" events.

This event raises funds for Seacrest Village residents in need. If you would like to make a gift to help care for those who may have nowhere else to turn, we would greatly appreciate your support.

Visit SeacrestFoundation.org and click "Give Now".



on Swingin

Seacrest Foundation would like to thank the above generous contributors for their "Take a Swing for Seniors 2021" gift. Their ongoing support helps to change the future for Seacrest Village residents in need.



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Resident Spotlight: Debbie Simmons

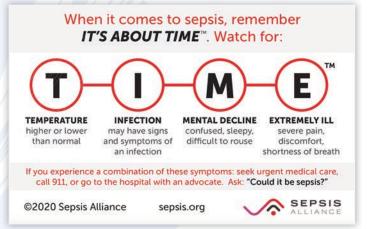
For me, it's all about perspective, keeping positive and moving forward by focusing on the good, not allowing the negative to have any power over me.

Meet Deborah (Debbie) Simmons, an incredibly inspirational Seacrest resident in the Joseph & Dorothy Goldberg Healthcare Center. Debbie grew up in Indiana, and when she was 27, she converted to Judaism; she felt called to it. She married Stuart Simmons who was the Assistant Director of Wilshire Boulevard Temple in Los Angeles. They moved to San Diego where he served as the Executive Director of Congregation Beth Israel for 20 years. Debbie worked there as well during that period. They endured the extremely painful experience of losing their son at 2 ½ years old. They attended counseling and learned that you must let the grief come in, so you can let it go. Their experience allowed them to help others suffering through the death of a child. Debbie is one of the most positive people you will ever meet; she glows with a light from inside and, in her presence, one feels instantly at ease with her. She is also a quad amputee. And she shares her journey with all of us. Debbie is very open and willing to share her story. At the end of 2020, she had an undiagnosed urinary tract infection that went septic. She, like so many of us, said, "Oh it is just a little back pain, no big deal. I don't need to go to the doctor." Later that day she was comatose. Sepsis happens very fast. Debbie wants to carry this message loud and clear - do not delay going to the doctor, and know the facts about sepsis.

Sepsis is the body's overwhelming and life-threatening response to infection that can lead to tissue damage, organ failure, and death. In other words, it's your body's overactive and toxic response to an infection. Like strokes or heart attacks, sepsis is a medical emergency that requires rapid diagnosis and treatment (Sepsisalliance.org).

Debbie was in a coma for two weeks and almost died three times. When she woke from the coma, she looked down and saw two black hands and two black feet that looked like charcoal, and wounds down her legs; she was horrified. The doctors explained to Debbie what had happened, and she realized if it were not for those doctors, she would not have made it. Then she looked up and saw her husband and daughter Emily on a large screen (on Zoom as this was during the depths of COVID-19). She saw agony on their faces.

"I looked up at them and I thought to myself that the only thing I could do to honor the doctors' efforts to keep me



alive, as well as help my family and myself to move forward, was to commit to try, keep a positive outlook, and fight to regain my life."

Her extremities had to be amputated, after which she was admitted to the Joseph & Dorothy Goldberg Healthcare Center for rehabilitation. Debbie says, "There is no place else I would want to go. Seacrest, via our work at Congregation Beth Israel here in San Diego, has always been part of our lives." When she came to Seacrest, she felt she was coming home, and she says she "felt safe." She cannot say enough good things about the staff at Seacrest and the bonds she has formed with her caregivers have meant the world to her.

Debbie shares that she had to grieve the loss of her limbs; she has been through grief before. She let it come when it did, so she could let it go, and focused on moving forward. She has been working closely with the Seacrest Rehabilitation team of Occupational Therapy (OT) and Physical Therapy (PT) staff and says all her successes are really a team effort. In her own words from a recent Instagram post:

While undertaking this new journey to learn how to live as a quad amputee, I've had many epiphanies and received many gifts. The gifts are not what you think, lol, but I can't think of another word to use. For example:

Through a good portion

of this journey to date, while having been totally dependent on other people to help me, feed me, bathe me and more, I found several gifts... those being that life slowed down enough that I could have conversations with my caregivers, create friendships, learn about their dreams, their families, to be happy for them... to find that I really cared for them. To cheer them on towards their own goals, to express my thanks and appreciation for what they do. And



Over 270,000 Americans die each year from sepsis. The faster you get care the less likely you are to be physically damaged.

Globally, maternal sepsis is estimated at 5.7 million cases each year. An illness or even a simple paper cut can become septic.

the biggest epiphany I had was recognizing all that they gave to me, their unconditional support, their cheers when I succeeded, their encouragement when I was depressed, the time they took to talk with me and listen to me when I was discouraged... all while working to complete the tasks they were responsible for.

When the wounds healed after many months in bed, Debbie got prosthetic legs. Here is her account of her first walk:

First Walk!

My prosthetic legs arrived on April 12, 2021. Much to my and the therapist's surprise, I was able to get up and walk quite a distance. The picture is me standing at my true height for the first time in nine months.

As of this posting I have only had my legs for two weeks, working very hard with the therapists every day. I can now walk back-and-forth to the therapy

room as well as participate in balance exercises and sit to stand practice so I'm not trying to fling myself forward like a 'Flying Debbie,' which they jokingly call me when I try to use my arms to propel myself upwards to get up. I'm learning how to stand up from a chair or wheelchair like a real person LOL.

When I first stood up on the legs, I felt this absolute NEED to move, to walk, like a string was attached and pulling me forward. I could not deny it! I stepped off, walked around the bedroom, and headed out the door to the sound of my physical therapist yelling to my prosthetist, "Grab the wheelchair... she's headed out the door," lol. I walked down to the nurse's station and then sat in the wheelchair. And then walked again a little later after they took my legs off to check for marks and put them back on.

Debbie Simmons
Seacrest Village

Debbie's first walk

Later on I realized why I felt that need to walk... it was to ESCAPE... WALK AWAY from the beds I have been tethered to for the last nine months.

Debbie says "No matter how bad things seem to be – I believe that perspective is what makes all the difference. Your attitude has tons to do with it. You have more setbacks than you do wins sometimes, but you must keep going forward. To me, if I can do it, you can do it."

In addition to walking on prosthetic legs, Debbie has also learned to plug in the iPhone charger to the phone using her residual limbs, learned to use scissors from a YouTube video by another bilateral upper limb amputee, and clearly, she has learned to communicate and post via voice-to-text

This quote has helped Debbie tremendously:

Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying, "I will try again tomorrow."

—Mary Anne Radmacher

and a stylus pen that is fastened to her arm with Velcro. She says, "The OTs, PTs and I have spent hours creating tools for me to use such as cuffs to wear that hold a stylus, toothbrush, pen, hairbrush, fork and spoon, and more, which are created from existing items that must be modified to meet the needs of an amputee."

Debbie's very first roommate in Goldberg Healthcare center was Nancy Marcus, who was recovering from hip surgery. The two became friends quickly and encouraged each other daily. Debbie was Nancy's cheer squad, telling Nancy she could do it and kept up the positivity as they both learned to walk again. At Passover, Nancy's daughter, Rabbi Devorah Marcus, dropped by Debbie's room to thank her for being her mom's roommate and for the support she showed her. Debbie shares that Nancy's son would call Nancy on her iPad late every afternoon so that she could participate in the nightly bedtime ritual for her grandson. As her roommate, Debbie enjoyed listening to story time and the dad's singing and the laughter shared by all of them. Nancy also became very familiar with Debbie's husband, Stuart, and daughter, Emily, via Debbie's conversations on her voice activated phone as both sides of the conversations were out loud, which later led to happy visits with Debbie and Stuart or Emily on several occasions by the koi pond.

Debbie has truly inspired not only other residents in our Goldberg Healthcare Center but also staff and visitors. "I don't care if people look at me, let them look. I hope it inspires them to do something

they thought they couldn't do." We are honored to have

Debbie as a shining member of our Seacrest Family, and we say ... take some of Debbie's passion, heart, and chutzpa and get out there and do it!

Debbie with daughter Emily, and son-in-law, Ascencion, during a recent visit.



Join the Seacrest Family!

We know the pandemic has caused many people to rethink their priorities. Many have chosen early retirement or are searching for a new opportunity. If you or someone you know is thinking of making a change, the field of aging is a rewarding one to consider! In addition, we have a very robust volunteer program, and are always looking for dedicated people to join our team!

—Pam Ferris, Seacrest Village President & CEO

Caregiving, as a profession, is noble and rewarding. Being a caregiver with Seacrest at Home means having the support of an organization that has been serving seniors for over 75 years as well. Flexible schedules, interesting clients, and rewarding work, that's Seacrest at Home.

> —Kelli Denton, RN, Director Seacrest at Home and Seacrest Home Health

> > Knowing I just

might make someone's day by helping them out

or bringing a smile

to their face.

I really do love

my job although

rewarding to help my residents.

What Made You Want to Come to Work Today?

happy here!! Because this is my second home. 20 years.

Because I know that I can make a difference helping people heal, and because I work with some amazing staff.

My boss, Katie.

I come depend on me to

Because the staff and food both are the best!

Career Opportunities are available at

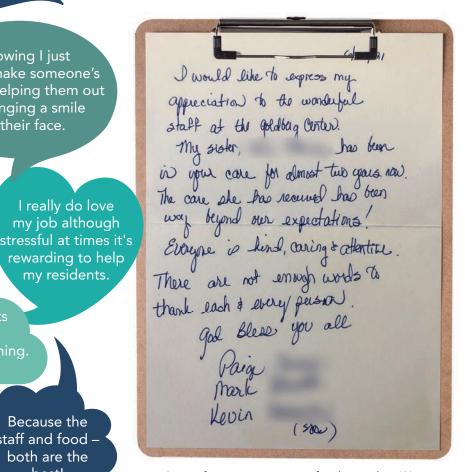








Seacrest Heroes (L to R) Kat Madden, LVN, Jesus Solorio, CNA/RNA, and Ritchelle Federico, CNA/RNA



A note from an appreciative family member. We are looking for more kind, caring, and attentive people to join our incredible team!









Creativity Nurtures the Soul

On Sundays in the Leichtag Family Assisted Living Residence, residents enjoy beading, painting, and crafting. Each week is something new. Stephanie Herrera, Seacrest Assisted Living Life Enrichment Specialist says, "We have made greeting cards for the holidays, painted wind chimes, and made bird houses. We decorated sun visors for the residents to wear with flowers and designs. I have also brought in succulents to plant in small pots that the residents have decorated themselves.

Debby Stauber, resident, shares, "While beading, I have made napkin holders, beaded lanyards to hold my glasses, and beautiful necklaces and earing sets. I love it!"

Stephanie shares, "I love spending time with the residents and seeing how they use their imagination and skills to decorate something, put together different beads and make necklaces, and I love how they make an idea or suggestion into their own when it comes to painting. I give them a sample painting, and they make their own unique version. I enjoy seeing how they help each other and give words of encouragement."



Left, top to bottom: Muriel Berger, Rita Kaplan, Debby Stauber, Ida Shreiber; Right, top to bottom: Residents expressing their creativity, Rita Kaplan, Barbara Borga, Annette Winter and Nancy Marcus.

Photos by Stephanie Herrera









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

Seacrest Village – Leichtag Foundation Campus
New 36-Passenger Bus For transportation to outings, medical appointments, essential services, and more
(Multi-family gift – 4 families at \$15,000 each – please call for additional information) \$60,000
New Cinema / Theater Equipment Bring the joy of a good film to the residents
Bose Portable PA System (2 units) For entertainment and music events on the Seacrest campus
Electric Vehicle For comfortable and economic transportation to medical appointments and essential services. Seacrest has multiple EV charging stations on campus. (Multi-family gift – 3 families at \$15,000 each – please call for additional information)
Leichtag Family Assisted Living Residence Beauty Salon Furnishings & Equipment A little pampering to help residents feel beautiful!
Resident Outings to the San Diego Botanic Gardens Tour & Lunch Series Being in nature is scientifically proven to lower blood pressure, reduce stress, and contribute to overall wellbeing – and our residents love these outings!
The Katzin Residence Digital Wheelchair Weight Scale The scale would be a helpful addition for the residents in The Katzin Residence
Joseph & Dorothy Goldberg Healthcare Center Wooden Pergola or Sail Shade/Umbrellas Provide shade for the patio so residents can gather comfortably for BBQ's and group activities
New Smart Television for the Guardians Activity Room

Seacrest Village TV livestreams, and more. A new Smart Television would make the residents very happy! \$3,000







The Kovtun Family recently gifted fireside furnishings to Seacrest Village so that residents may have a comfortable and wonderful place to sit and enjoy the beauty of the world around them, and the company of one another around the fireplace, a central meeting spot in Annette's Village Square, the "heart" of Seacrest Village. Jay Kovtun shares, "Lael and I were always so impressed with how much Seacrest provides for the Jewish community and we are happy to do our part in contributing to Seacrest's efforts."

Far right: Lael* & Jay Kovtun *Of Blessed Memory

The TV is used many times each day for enriching activities, PowerPoint presentations, music, movies,

Welcome to our newest Seacrest Foundation Board Member

Jean Gaylis has served as President of United Jewish Federation of San Diego's Women's Philanthropy, served on the executive and general boards of UJF, the San Diego Jewish Academy, the Agency for Jewish Education, her synagogue, the Lawrence Family/Jacobs

Campus Jewish Community Center, Hillel of San Diego, the Women's fundraising arm of Grossmont Hospital Foundation, as well as other community boards and committees.

Jean has been supporting Seacrest for 25 years and is a leader in both the San Diego Jewish community and the robust South African Jewish community. She is the founder of the popular outreach program, Shalom Baby, housed at the JCC, which welcomes and immerses Jewish families into our San Diego Jewish

community. Jean and her husband Franklin have played a prominent role in educating the community about Jewish

hereditary genetic disorders, and they are passionate about preserving the memory of the Holocaust.

Their daughter and son-in-law, Jackie and Todd Kirschen, are very close to Seacrest as Todd's Nana, Evelyn Sherman, is a beloved resident at Seacrest Village.

Seacrest Foundation benefited greatly from Jean's creativity and passion when she served as Co-chair, together with Foundation Board President, Cindy Bloch, of the 2021 Hearts of Gold Virtual Gala, raising over \$3 million to preserve hope during the pandemic and beyond for our community's seniors.

Jean has been the recipient of the "Pauline and Stanley Foster Young Leadership Award" and is a Fellow of the prestigious Wexner Jewish Heritage Foundation program. She cares deeply

about family, community, Israel and Jewish Education, and together with Franklin, are the proud Savti and Sabi (grandparents) of Ashton and Tori.



Leaving a Legacy During Your Lifetime

Renée Levine has been a cherished resident of Seacrest Village for 12 years. Before moving to California, her home was in Columbus, Ohio. After the death of her husband, George, in 2009, she realized and accepted that she could not spend another winter there alone, so she began coming to Seacrest as a "Seacrest Snowbird" staying in a different apartment with each visit. Her granddaughter has lived in the area since 2002 and she looked forward to being near family. This ultimately helped make her decision to move. She recalls touring several different places, but just like Goldilocks, she said she knew "This one was just right."

Renée had experience with senior housing and healthcare communities in the past, having had close family members who suffered from Alzheimer's and other dementia related diseases, and her experience was not positive. When she came to live at Seacrest, she visited The Katzin Residence (memory care) and discovered a wonderful, loving, and beautiful environment. She recalls that she felt assured she was now living in the best community possible.

Renée leads the Welcoming Committee at Seacrest and ensures that new residents enjoy a warm and friendly transition into their new home. Her committee introduces each newcomer to other residents with common interests and assists them in navigating the buildings in order to attend the variety of activities offered at Seacrest.

Philanthropy has always been an important part of Renée's family; in moving to Seacrest, she has chosen to generously support the work of Seacrest Foundation. She is a part of our *Legacy of Promise* program, a Legacy from her and a Promise from Seacrest Foundation to always help Seacrest meet the needs of residents. Renée says she most enjoys giving during her lifetime so she can see and experience the positive changes that can be made through her philanthropy. She has set up the Renée K. Levine Named Fund at Seacrest Foundation and the earned income from this Fund will continue to provide for the care of Seacrest Village residents in need for generations to come. The Fund will support the charitable care needs of those who may have nowhere else to turn for help. She said, "This is my home. All of my friends are here." She wants to be sure that Seacrest will always be a home filled with friendship, love, and security, and her legacy will help to achieve this.

Visit **seacrestfoundation.org/LegacyofPromise** for a complete Legacy of Promise listing. 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.





How Your Gifts Were Put to Use:

To support the residents of Seacrest Village, the clients of Seacrest at Home, and our entire Seacrest Family community. Seacrest Foundation grants to Seacrest Village and Seacrest at Home make all the following possible.

Provide charitable care for Seacrest Village residents who may have nowhere else to turn for help. Recipients of this care receive:



A safe and warm home, surrounded by the love and compassion of Seacrest caregivers and staff



Peace of mind for family members, especially the past year



Three kosher meals daily



Several recipients of charitable care are Holocaust survivors, and they now receive the special attention they require and deserve

Provide charitable care for Seacrest at Home and Seacrest Home Health clients. Recipients of this care receive:



Love and expert care from Seacrest at Home caregivers who are trained in Jewish customs and traditions



Assistance with the activities of daily living while remaining in their own home



Medical support at home

And during this past 18 months, your gifts have helped provide:



PPE to keep staff and residents safe



Technology to keep residents/clients connected to family near and far



Staffing for six on-site COVID-19 clinics, vaccinating nearly 700 residents, staff, and others



Ongoing COVID-19 testing of all residents and staff

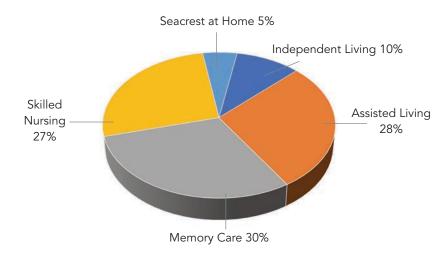


Daily meals for Seacrest staff for a year, helping to prevent unnecessary exposure



Meals sent home for staff and their families once per month

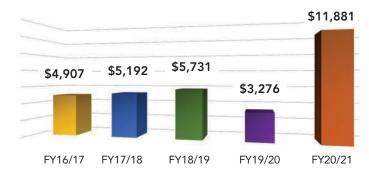
Distribution of Charitable Care Funds FY20/21



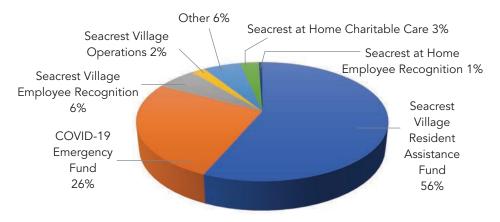
Grants to Seacrest Village and Seacrest at Home (000s)



Seacrest Foundation Revenue (000s)



Programs Supported by Grants FY20/21



Seacrest Foundation Financial Statements 2019–2021

STATEMENT OF FINANCIAL POSITION

ASSETS	FY 20/21 UNAUDITED	FY 19/20	FY 18/19
Cash Investments	\$ 563,269 40,155,855	\$ 189,226 32,121,726	\$ 513,557 30,503,766
Pledges receivable	305,690	426,129	501,959
Prepaid expenses	11,250	35,713	79,522
Interest receivable	79,074	75,893	47,764
TOTAL ASSETS	\$ 41,115,138	\$ 32,848,687	\$ 31,646,568
LIABILITIES AND NET ASSE	TS		
Accounts payable	\$ 34,603	\$ 19,225	\$ 19,000
Accounts payable - related party	y 51,263	327,661	35,083
Deferred revenue	22,080	101,624	147,710
TOTAL LIABILITIES	\$ 107,946	\$ 448,510	\$ 201,793
NET ASSETS			
Without donor restriction	\$ 28,271,331	\$ 21,920,592	\$ 22,001,337
With donor restriction	12,735,861	10,479,585	9,443,438
TOTAL NET ASSETS	\$ 41,007,192	\$ 32,400,177	\$ 31,444,775
TOTAL LIABILITIES & NET ASS	ETS \$ 41,115,138	\$ 32,848,687	\$ 31,646,568
	<u> </u>	<u> </u>	<u>, , , , , , , , , , , , , , , , , , , </u>
STATEMENT OF ACTIVIT	ΤΥ		
REVENUE AND SUPPORT			
Investment Return	\$ 7,925,455	\$ 669,521	\$ 1,673,298
Contributions to Seacrest Founda	ation 3,955,654	2,606,007	4,057,914
TOTAL REVENUE AND SUPPO	PRT \$ 11,881,109	\$ 3,275,528	\$ 5,731,212
EXPENSES			
Fundraising and administrative	\$ 619,094	\$ 679,604	\$ 623,178
Grants	2,655,000	1,640,522	1,824,461
TOTAL EXPENSES	\$ 3,274,094	\$ 2,320,126	\$ 2,447,639
CHANGE IN NET ASSETS	\$ 8,607,015	\$ 955,402	\$ 3,283,573

2020-2021 Fiscal Year Contributors

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Emma & Leo Zuckerman

Beate Zinck

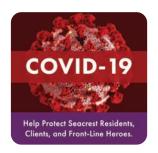
- * Member of The 211 Club: These compassionate contributors are a prestigious group of community leaders who are the cornerstone of a tremendous fundraising effort.Their contributions of \$1,000 or more annually to support charitable care for residents of Seacrest Village and/or clients of Seacrest at Home help to ensure the greatest possible quality of life for the frail and elderly.
- ²⁵ Contributor to Seacrest for 25+ years
- * All or partial funds granted through the Jewish Community Foundation of San Diego
- M Monthly Contributor
- Unrestricted Contributions over \$1,000

Reflects giving from July 1, 2020 through June 30, 2021

seacrestfoundation.org/give-now

We are grateful for your support. Currently, we still need funds for the Seacrest Foundation COVID-19 Emergency Fund to help ensure the safety of residents, clients, and staff during this continuing time of uncertainty.

Even as critical funds are needed to fight the COVID-19 pandemic, our mission to support seniors in financial need remains at the forefront of our work. We continue to ask for your help to support the Resident Assistance Fund for Seacrest Village and the Charitable Care Program for Seacrest at Home and Seacrest Home Health. 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.

Legacy of Caring

Tributes

We offer a variety of tribute cards — In Honor Of, Happy 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.

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.

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.

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.

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



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. Membership dues are \$50 annually or \$1,800 for a lifetime membership.









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

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Because of You

As we write this article, friends and families are beginning to come together. Some are making travel plans, parents are gathering with their small children, who are perhaps experiencing their first play date, and grandparents may be seeing their children and grandchildren for the first time in a year and a half. So much is new, and yet so much remains the same.

This past year has shown us that we are more resilient than we thought. We have learned to lean on people whom we may not have turned to before. And we have learned once again that in times of crisis our community is steadfast in protecting one another and one another's agencies. We have seen just how much of an immediate impact was made because of your financial support. And the safety of the Seacrest residents is proof of the impact your current support is providing as we continue to fight COVID-19 in our Seacrest community.

Seacrest Foundation has a sole purpose: to provide the financial support required by Seacrest Village and Seacrest at Home. Our staff and lay leaders continue to work with strength and determination, just as they have throughout this pandemic, to assure that all needs are met for those under the care and supervision of Seacrest Village and Seacrest at Home. Because of you, resources continue to be available to assure proper PPE is on hand, meals are sent home for employees and their families once a month, and technology to keep residents and their families connected is readily accessible along with staff members to make it all happen. Because of you, we are where we are today. And we still need you.

We must make sure that resources are available to help those who are alone and isolated so that they can move to the supportive environment that Seacrest offers. We must find a way to bring them security and peace of mind; with your support we will continue to do just that.

Because of you, Seacrest Foundation held an incredibly successful virtual Gala, raising critical funds to keep our seniors safe and protected. During a global pandemic, more funds were raised than in almost any other year in the history of the organization.

This is all because of you. Thank you.

When will we gather in person at another Seacrest Foundation event? As of the initial writing of this article, we were planning our annual 211 Club Patron Recognition Party. Our tentative plan was for October 2021.

And then, just as fast as last March 2020 came, so did three new cases of COVID-19 at Seacrest Village. After months of feeling like things were becoming safer, and after just three short weeks of families being allowed in the buildings, in the 24-hour period of July 7-8, a dear resident and two employees tested positive, all of them fully vaccinated...and all things became a bit more uncertain. News of the anticipated spread of the Delta variant began to unfold and masks were once again emerging. While more people are gathering, we, with 500 residents and staff under our Seacrest roof, have quarantined the campus. And just like that we are in that state of angst again. Resilient we will be.

Guarded, indeed, we were with our optimism, we now sit and wait as the Seacrest campus once again joins arms in fighting this virus.

Resilient is our leadership, resilient are the Seacrest residents, resilient are the Seacrest families, and resilient are all of you who support Seacrest Foundation in its effort to provide for the future of Jewish Aging in San Diego.

As we enter the coming High Holy Days, we know that some may gather in shul, while others will once again participate in other ways. Whichever you choose, we offer wishes for a time of renewal, an opportunity to seek a better and brighter future, and a time to embrace the values of Bittachon, Emunah, and Tikvah—Trust, Faith, and Hope.

And we hope that we are all safely gathering together soon, as our united resilience will have carried us there.

We wish each of you and those whom you hold dear a Shana Tova U'metuka,





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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

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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

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

Seacrest Home Health

760.473.2914 | inquiries@seacresthomehealth.org

Calendar of Events 2021–2022

September 6	Erev Rosh HaShana
September 7	First Day Rosh HaShana
September 8	Second Day Rosh HaShana
September 12	Grandparents' Day
September 15	Erev Yom Kippur (Kol Nidrei)
September 16	Yom Kippur
September 20–22	Sukkot
September 27–29	Shemini Atzeret / Simchat Torah
November 9	Kristallnacht
November 28	First Night of Chanukah
November 28 – December 6	Chanukah
January 16-17	Tu B'Shevat

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

Seacrest Foundation

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



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