RHF®
Today
A Retirement Housing Foundation Publication

Photo by Ray East, RHF National Board Chair
the Virginia countryside
No Room In The Inn

The year has gone by quickly, and the celebration of Christmas is almost here. As a child, one of the phrases from the Christmas story which always stood out for me is, “there was no room for them in the inn.” Caesar Augustus had ordered the first census, and everyone had to return to their place of origin to be registered; thus all the places of temporary lodging in Bethlehem were occupied. So a stable was the only answer.

I was thinking about that phrase this week. As I travel around the country, in most cities I see more people living in tents on the street overpasses, under bridges, and in parks, and even along waterways. Night before last we had rain in southern California, and there was a story about people needing to be rescued because they were living along the waterways and were swept away by the sudden heavy downpour.

This morning I met with a gentleman from Portland, Oregon about a potential project and he mentioned that a bicycle/walking trail had miles of people living along the trail so that bikers and hikers had a hard time using the path.

Many of you have heard about how, when we opened a 60-apartment low-income family community in Los Angeles, we had 1,600 families that applied; and how when we opened the waiting list for Angelus Plaza at 9 am on a Monday morning, people started lining up at 7 pm Sunday night. We distributed about 2,600 applications. Nationwide, for our 185 communities, we currently have almost 23,000 applications—over 17,000 older adults and almost 5,600 families.

We have just come through a very difficult election but I did not hear any mention of affordable housing. There were lots of comments about healthcare but nowhere was there a recognition that good housing is a basic factor in good health, consequently reducing health care usage and costs. Several years ago, California eliminated the Community Redevelopment Agencies which took away one billion dollars a year from affordable housing construction. Four years ago, HUD said it was taking a one year hiatus on new 202 awards. Four years later that hiatus continues. When asked about it at a conference, one HUD official acknowledged what had happened but asked, “Where is the public outcry?”

We are going to respond to that question. Please read the article on the next page about a public policy advocacy effort through which we and many other LeadingAge members hope to make a case that, as a nation, we must address the shortage of affordable housing. As a nation we care about all people and a decent place to live is the foundation of good health, education, and opportunity. I hope that all of our residents and team members join in this letter writing effort. I wish for all of you a wonderful holiday season and 2017!

And if you happen to be in a place where you hear the words, “no room in the inn,” I hope it reminds you of the importance of this effort! Peace and best wishes!

Dr. Laverne R. Joseph
As a new administration prepares to take over the reins of government, one thing is becoming increasingly clear . . . there will be change.

And that change has the potential of impacting all of us – whether you are young or old, rich or poor, healthy or chronically ill.

Your elected officials, at both the state and federal levels, are expected to make decisions on issues that will affect you for years to come. They want to know, they need to know, your opinion on those issues.

**Giving You A Voice**

RHF is working with LeadingAge (a national association of non-profit organizations who provide housing and services to older adults) to promote the Seniors Action Network (SAN) – a grassroots movement organized to give America’s seniors a greater voice in public policy.

The purpose of SAN is to advocate, with one voice, for policies that ensure the best care for America’s elderly. Its current goals are; 1) to preserve existing affordable housing communities and to construct affordable housing to keep up with the growing need; 2) quality nursing home care; 3) removing barriers to Medicare/Medicaid, and; 4) financing services and support.

**Participating In SAN Keeps You Informed**

It is impossible to keep up with everything happening in Washington, D.C. but SAN will help you stay on top of issues being addressed in Congress that will directly impact you. It will give you an easy way to be able to communicate with your elected officials – even on issues not related to SAN – and it will also let you know when action needs to be taken on issues that are important to you.

**It’s Easy to Register For SAN**

It is easy to register on-line for SAN updates. Just go to http://www.leadingage.org/Seniors_Action_Network.aspx, or text “Seniors” to 52886. You’ll be asked your name, e-mail address and zip code . . . then tell them you are affiliated with RHF. After that, all you have to do is hit the submit button. This is an easy way for you to keep on top of issues being addressed in Congress that could impact you directly. You will get an e-mail when there is legislation being considered where action needs to be taken. You will also have easy and convenient access to communicating with your elected representatives on any topic you want to discuss with them.

**What if you don’t have on-line access?** For residents in an RHF community, you can sign up with your executive director/manager/service coordinator and they will make sure you are notified of any issue that might require you to send a letter or make a call to your elected officials on a topic. Just contact your communities’ administrative staff and they can register you for SAN.

If you don’t live in an RHF community, you can call 256-257-5100, leave your contact information and someone will call you back to help you become a part of this important grassroots effort. And you don’t have to be a senior to register on the Senior Action Network; your concern for issues facing our seniors is reason enough to get involved.

**We Need You**

As a country, we need to make issues facing America’s seniors important for this administration and that is why we need you. Your life, your voice, your opinion does matter. Giving decision makers the opportunity to hear you and learn what is important to you is crucial if we expect them to make the right decisions.
RHF Keeps Growing

Growing and Going Green

In recent months, RHF has opened two more tax credit, affordable family communities in California.

**Paloma Terrace is RHF’s 14th Community in Los Angeles**

It had been more than 100 years since Angelenos had seen a stagecoach and horses travel down the streets of Los Angeles, but that is just what they experienced at the Dedication of Paloma Terrace in south central Los Angeles in September.

Wells Fargo Bank, the tax credit investor and construction loan funder, provided their stagecoach to transport speakers to the event. Among those in the stagecoach were State Assemblyman Reggie Jones-Sawyer, Deputy L.A. Mayor Brenda Shockley, and RHF CEO and President, Dr. Laverne Joseph.

More than 150 people celebrated the opening of this 59-unit building which includes one, two, and three bedroom apartments.

The apartments are arranged around a central landscaped courtyard that includes children’s play equipment, a synthetic turf lawn and picnic area with barbeque.

There is a large community room with a kitchen, as well as a library/computer lab, a media room, a teen activity room and a children’s playroom.

**Sonata at Riverpark is RHF’s 66th Community in California**

In October, RHF celebrated the opening of Sonata at Riverpark, its first community in Oxnard, California. Speakers at the event included California State Senator Hannah Beth Jackson and Ventura County Supervisor John Zaragoza.

This 53-unit tax credit, affordable community for families also has one, two, and three bedroom apartments. The apartments feature a fully-equipped kitchen, living room, bathroom, and dining area.

The shared areas of this community feature a recreational space for children, sitting areas for the residents, and office space for on-site management staff. There is a communal multi-purpose room with a kitchen, tables and chairs, and a computer area. Laundry facilities and locked mailboxes are also amenities in this community.

**RHF is Committed to Energy Efficiency**

Both communities demonstrate RHF’s commitment to reducing energy usage in its overall portfolio of communities by 20 percent and are in the process of being designated LEED Certified.

Both buildings incorporate a multitude of green building features, including a high-efficiency HVAC system, dual pane windows, and a drip-line irrigation system with a moisture sensor controller that stops watering when rain is detected. The units are equipped with high-efficiency lighting, low flow toilets, faucets and shower heads, and Energy Star® appliances.

In addition, Paloma Terrace has solar panels, located on the roof of the building, generating electricity resulting in lower energy bills and saving residents hundreds of dollars annually. There is a storm water management system in place, and the landscaping is made up of drought tolerant plants and uses drip-line irrigation technology.
With October designated as Breast Cancer Awareness Month, many RHF communities decided to use this time of year as an opportunity to honor family, friends and fellow residents who have been affected by cancer and help raise awareness about this heartbreaking disease.

Longfellow Plaza

At the beginning of October, Longfellow Plaza set up their Tree of Hope in their community room. Some of the residents gathered to hang pink ribbons on the tree in recognition of those who have fought this disease.

Later in the month, residents were given the opportunity to become better educated about breast cancer risk factors, ways to increase chances of early detection, genetic testing, and general breast health thanks to a visit and presentation from Pam with the Community Hospital of Anderson, Indiana. All participants were treated to cupcakes and punch.

Mesquite Gardens and Crescent Manor

In October, neighbor communities Crescent Manor and Mesquite Gardens in Mesquite, Texas held their Annual Pink Out day which included a pink balloon release in honor of loved ones affected by breast cancer.

The next month, these communities held a “Wear a Mustache Day” event to show support and to draw awareness to prostate cancer with an emphasis on the importance of early detection.

RHF is now on Twitter!

Make sure to follow @RHFoundation on Twitter! Our Tweets cover everything from news within our communities and our organization to news from our affiliates to advocacy and calls to action.
**Spooky Celebrations**

**Trick or Treating at Yorkshire Place**

It is an annual tradition for Yorkshire place to host a Halloween event at their community with students from the neighboring Country School dressed in costumes attending as their guests. These students treat the Yorkshire residents and staff to some Halloween-themed songs they’ve prepared, while residents and staff, in turn, provide candy and goody bags to the visiting trick or treaters.

This tradition started 17 years ago when Yorkshire Place’s manager met with the prior director of the school. These students also visit the community during the Christmas season and sing carols.

**Lakeview Manor Parties with College Students**

Buena Vista University, a 4-year college located near Lakeview Manor in Storm Lake, Iowa, paid residents of the community a visit and made sure to bring some Halloween cheer with them. These students, who are currently enrolled in a class to enhance their socialization skills with older adults, hosted a party at Lakeview Manor which included delicious food, pumpkin painting, games, cookie decorating and some very creative and festive costumes.

**Festivities at the RHF National Office**

RHF’s National Office staff in Long Beach, California looks for any excuse to have a party. We make Halloween an all-day event!

Many members of our office team come dressed in costumes that are incredibly elaborate and creative. All the staff gathers for a parade featuring their costumed coworkers, then they vote for their three favorites. The winner of the costume contest is announced at the luncheon, which included food from El Pollo Loco this year. Our 2016 first place winner was Elsie Tec in Healthcare Accounting with her scary “zipper face” makeup.

Housing Accounting staff brings in pumpkins they’ve decorated or carved for a department competition. You can see the three winners displayed here for the whole office to come and view.
Recognizing RHF’s Veterans

With more than 1,000 veterans living in RHF communities all around the country, it has become an annual tradition at many of our communities to hold celebrations throughout the month of November to thank not only that community’s resident veterans, but all veterans for their service.

For the fourth year in a row, Auburn Ravine Terrace decorated their bus and participated in Auburn, California’s annual Veteran’s Day parade, an event that has been held each year since 1919. Auburn Ravine Terrace had seven veterans participate in the parade. Participants were then treated to a lunch at the fairgrounds and another celebration back home.

Longfellow Plaza, in Anderson, Indiana, which is currently home to 10 veterans, held a luncheon event for residents and their families. Service photos were displayed and lunch was followed by cake and ice cream courtesy of the resident council.

LaFontaine Center, in Huntington, Indiana, volunteered its beautiful grand ballroom as a venue for the Veterans Expo held every year by the local Veterans Services office. This event included 15 informational booths, music, snacks, and giveaways for veterans and their families. LaFontaine Center established a booth to give the veterans information about housing for low-income older adults.

Follow Us On YouTube
Visit Retirement Housing Foundation’s YouTube channel for a chance to get to know some of our residents and hear their stories.

Like Us On Facebook
Do you want to hear the latest on what is happening at RHF? Interested in knowing what is going on at a number of RHF’s communities? Check out these community Facebook pages to keep in touch with the latest that is going on at RHF:

Retirement Housing Foundation
Auburn Ravine Terrace
Bixby Knolls Towers
Colonial Heights and Gardens
DeSmet Retirement
Gold Country Retirement and Healthcare
Mayflower Gardens Retirement Community
Plymouth Square
Sun City Gardens
The Gateway
Angelus Plaza
Bishop’s Glen Retirement Community
Cloisters of Deland (The Cloisters)
Courtenay Springs Village
Gaslight Apartments
LaFontaine Center Apartments
Park Place Assisted Living
St. Catherine Retirement Community
The Carolinian
Westminster Village
Community News

Esperanza’s Wonderful Neighbors

High school students from Seattle Urban Academy, a school just across the street from Esperanza Apartments in Seattle, Washington, recently paid residents of that community a visit as part of the community service program that the school has established. These students planned a game day event for the residents with Chess, Checkers, Sorry, and Scrabble matches. There were also raffles and great food.

Also across the street from Esperanza is Union Gospel Mission. Four times a year, volunteers from the mission provide a delicious luncheon for the residents and neighborly friends. Over 50 people attended this year’s luncheon.

Vets Helping Vets

The members of the Project H.A.N.D.S.® group from Loess Hills Estates in Glenwood, Iowa partnered with the Combat Veterans Motorcycle Association to collect personal care items for backpacks for the homeless and completed several crocheted plastic mats for their Homeless Veterans Project. This group of volunteers spent many hours cutting, tying, and crocheting plastic sacks into sleeping mats for the homeless. The ladies presented the completed projects to the members of the Nebraska Chapter 16-3 of the Combat Veteran’s Motorcycle Association in late summer. After the presentation, everyone gathered for a dinner at the Loess Hills Estates community room.

The ladies of Loess Hills Estates plan to continue to collect donations and crochet more sleeping mats to donate to the group as they continue to achieve their motto of “Vets Helping Vets.” The ladies welcome any donation of clean plastic sacks and personal care items to assist in this project.

The Cloisters Shows their Appreciation for DeLand’s Finest

A police appreciation day was a great success at the recent gathering at The Cloisters in DeLand, Florida. Many members of DeLand’s police force came for a lunch that gave them the opportunity to become acquainted with The Cloisters’ residents. Representatives of all divisions of DeLand’s finest were on hand, including patrol officers, motor officers, detectives, animal control, and victim advocate officers. The event was planned to demonstrate support for the men and women in blue and to let them know that members of the community are highly supportive of their work.

Some of the featured guests at the event included DeLand Mayor Robert F. Apgar, The Cloister’s Executive Director Randy Yost and Chaplain Rick Chandler of The Cloisters’ New Light Church. Chaplain Rick related a story of extraordinary police service he had witnessed which highlighted the spontaneous community involvement of police officers whenever and wherever it is required.
Angelus Plaza and UCLA Work Together

In September of this year, over 100 UCLA volunteers paid a visit to the residents of Angelus Plaza to provide hands-on assistance. The eager volunteers served as computer lab assistants, helped tend the community garden, worked on various community beautification efforts, and participated in intergenerational activities such as Zumba, Tai Chi and paper quilling classes.

Jeffrey Winston, who works in Community Relations for Angelus Plaza, stated that this event, “was a win-win situation for everyone.”

Lending a Hand in La Morita

Project H.A.N.D.S.® volunteers from Rio Vista Village, Culver City Rotary Plaza, and Angelus Plaza combined their philanthropic efforts and, in less than three weeks, created more than 150 handmade fleece blankets to donate to families with children who live in poverty in La Morita, one of the most disadvantaged villages in Tijuana, Mexico.

Miryam Ruvalcaba, Social Services Coordinator for Rio Vista Village, visited Tijuana as a volunteer earlier this year and observed the living conditions of these families. In response, Miryam worked with the Covina Rotary Club and OMIUSA to arrange this donation.

Harvest Pointe Hosts a Wellness Week

Harvest Pointe in Loveland, Colorado hosted an Aging Wellness Week at the end of September. The five-day event included daily classes and information sessions, including a Balance and Strength Class and a discussion about eye health entitled “Your eyes through the years.”

As a conclusion to the Aging Wellness Week, Harvest Pointe hosted a Vendor Fair complete with snacks and door prizes. Vendors included Covell Care and Rehabilitation, LLC, InnovAge Colorado, Larimer County Office On Aging, EnSight Skills Center, Hearing Rehabilitation Center, Discovering Health, CBD, Pathways, Ability Home Health Care, and Volunteers of America Northern Colorado.

The Farmer’s Market comes to Benson Manor

Benson Manor, in Smyrna, Georgia, was lucky enough to have an all organic Farmer’s Market visit them recently to provide a beautiful assortment of seasonal fruits and vegetables right in the comfort of their own community room. Each participating resident was given a voucher worth $20 to use at the market. More than 20 Benson Manor residents shopped during the event.

Benson Manor also had about 15 residents attend the much larger farmer’s market that is put on by the county at the local senior center.
As the holidays approach, we are all reminded of what we have to be thankful for. Whether it is a loving family, good friends, a roof over our heads or food on our table - we all have something in our lives to be grateful for.

Whatever your faith tradition might be, know that all 2,900 RHF team members wish you a wonderful holiday and Happy New Year!

1) Accounts Payable (L to R) Back Row: Manuel Valdez, Lisa Sok, Cassandra Harvey, Teressa Johnson, Phil Mosqueira, Jacqui Chew, Rosa Lara, Leo Corpuz, Front Row: Chany Bunkhong, Staisy Sok, and Channy Chhem.


7) **Healthcare Operations** Gloria Galeano, Peter Peabody and Jenny Adams. (Absent: Gus Azero and Bill Meert)

8) **Financial Services** (L to R) Back Row: Frank Rosello, Chris Purcell and Mike Vukovich. Front Row: Vina Dao. (Absent: Lori Phelps)

9) **Administrative Services** (L to R) Back Row: Joshua Garza, Alyssa Gauss, Dr. Laverne Joseph and Lisette Guevara. Front Row: Chris Ragon, Cheryl Howell, SeeSee Young and Alexis Vasilchak.

10) **Philanthropy** (L to R) Rachel Gould, Stephanie Titus and Alexis Vasilchak. (Absent: Stephanie Milano)

11) **Occupancy** (L to R) Back Row: Joanne Silva, Belen Manfredi, Crystal Torres and LaToya Dodson. Front Row: Maria Guerrero, Ryder Majko, Aurelia Ramirez and Martha Palafox.


Happy Birthday To You, Happy Birthday To You . . .

Colonial Gardens (Florence, KY)

Anna Rabidoux was the second youngest of 8 children (4 girls, 4 boys). She was born in Winooski, Vermont, and turned 102 in October. She married Wilfred “Peter” Rabidoux who died in 1968. They had one son, Michael, who lives close to Colonial Gardens with his wife Debbie.

Anna was a caregiver to her mother who lived with her until her death at the age of 95. She was an avid gardener who gave away most of what she grew to neighbors or anyone in need.

She enjoys the social interaction at Colonial Gardens, especially Bingo and the exercise facility and she is happy and thankful for the wonderful care she receives from the staff.

Gateway Gardens (Poway, CA)

As a young woman, Pauline Acquarelli and her friends went to see a fortune teller. The fortune teller told Pauline two things: she’d live a long, long, long time and that she’d marry a man from far away. Both of those predictions came true.

Pauline was born in 1914 in Pennsylvania, lost her mother when she was a teen, and took on the responsibilities of caring for her siblings and running the house. After her family moved to Connecticut, a young man came from the West Coast to visit his cousins and the rest was history. Pauline married Harry Acquarelli, a college athlete from California and moved to Pasadena to join Harry’s large close-knit Italian family. At last count, she had three children, ten grandchildren and twelve great-grandchildren.

Doris Millen was born in September, 1915 in Philadelphia, Pennsylvania. She has seven children. She moved to California in 1987 and has lived at Gateway Gardens since 2013.

Harvest Pointe (Loveland, CO)

Chloie Moore, a resident of Harvest Pointe since 2009, will be turning 100 years old in mid December. Born in Kansas and raised on a ranch, Chloie is known for her exceptional sewing skills, which she uses to contribute to Harvest Pointe’s yearly craft sale, and her sharp sense of humor. When asked what she is going to do when she turns 100, Chloie says, “Keep going and have fun doing it.”

Courtenay Springs Village (Merritt Island, FL)

Martha Eastep turned 102 in September. She plays bridge three times a week, along with various other games. She is very active at Courtenay Springs and attends most of the activities at the community.

Auburn Ravine Terrace (Auburn, CA)

Carl Flournoy has lived at Gold Country since February of 2012. He will be 101 in January. He has 2 daughters and 4 grandchildren. He was born in Healdsburg, California, and lived there his whole life. He worked, delivering the Examiner, Chronicle, and Call Bulletin for 30 years. He also worked at the local drug store during that time where he met his wife.

He loves to watch sports on T.V. He has a very good sense of humor and loves to tease everybody.

Evelyn Tietsort was born on Halloween in 1914 at Two Harbors, MN on the shores of Lake Superior. She married Tim Lukonen June 19, 1936. They had two children, Mary Ann and John, and have 5 grandchildren. She later married Charles Tietsort. After retiring, she pursued a degree in Political Science and graduated in 1989 from Long Beach City College at the age of 75. She has been happy to have made wonderful friends at Auburn Ravine Terrace.
Bishop’s Glen Retirement Community (Holly Hill, FL)

Fran Anglea was born in a log cabin on the banks of Caney Fork Creek in Tennessee. In the late 1920’s her family moved to Florida but, after surviving a hurricane “where trees just popped out of the ground” and which devastated the area, the family moved back to Tennessee. She finally returned to Florida in 2001 moving immediately into Bishop’s Glen’s Independent Living apartments; now she resides in the Healthcare Center and continues to consider Bishop’s Glen her home.

Fran was a housewife and mother nonpareil. Her skills in these areas were only eclipsed by her amazing cooking skills where baked goods were her specialty and her breads melted in your mouth. Having always been a woman of Christian, faithful compassion, she continues to find compassion easy to recognize and reward in others around her.

Sun City Gardens (Menifee, CA)

Elsie Valek turned 104 years old in October and says she has always had a very happy life. Even wheelchair bound today she still smiles every day and says life is great. She came from a generation of people that never lets life get them down. As a young woman she started her career of 30 years in a box factory with her older sister Wanda. Sometime during those years at the factory she met her husband Edward.

In her apartment she has a history of pictures on the wall that she started collecting in 1936. And she can tell you whatever you want to know about each of those pictures. She is a remarkable woman and it is an honor for anyone to know her.

Urwin Kraut turned 104 in November. Urwin and his wife Doris moved into Sun City Gardens in 2005. For 11 years Urwin has enjoyed his garden view, and has just moved into the Assisted Living wing. Urwin and Doris raised their family of 5 children in Stamford, Connecticut and Urwin commuted to New York City daily for work. But Southern California was their retirement destination!

He enjoys daily visits from his local daughter, Gina, and regular visits from his children who live in the states of Colorado, Virginia, New York and Maine.

The Cloisters (Deland, FL)

Madeline Cooper joined the Cloisters Family February 1, 2012. She turned 100 years old this past September.

Ruth Threlkeld joined the Cloisters family March 31, 2005. She turned 103 years old in November.

Gwendolyn Sanz joined the Cloisters Family November 10, 2004. She will be 101 years old, in January of 2017.

Binnall House (Gardner, MA)

Helen Frenney will be 101 in January. She was born in Gardner (MA) and has lived there her entire life. She was married to the late Albert Frenney. She has 2 daughters, 1 grandson & 4 great-grandchildren.

Helen enjoys watching TV and going out to church and out to eat with her friends. She can often be found in the lobby sitting by the window enjoying the outside.
Auburn Ravine Terrace (Auburn, CA)

Martha Roesner has lived at Auburn Ravine Terrace since August of 2013. Born in Brookeville, Pennsylvania, in January of 1915, she briefly worked in Washington, D.C., after high school and then followed her older sister to California in search of work.

Martha became an adept Bookkeeper working in small businesses and Placer Water Agency before retiring. Martha met her husband, Robert, in Grass Valley and was married to him for 62 years. She has two children (a daughter and a son) and five grandchildren.

Gold Country Retirement Community (Placerville, CA)

Liz Griffin retired in the Placerville area with her husband of more than 30 years. Today she enjoys spending time with her “bestie” her daughter, Susan, with whom she is very close and the two of them can be seen jetting around town shopping, getting their nails done or having a lovely lunch at GC together. She has lived at GCRC for 11 happy years. She recently celebrated her 101st birthday in August.

Elizabeth Schneider just celebrated her 105th birthday. She has lived at GCHC for over 9 years and finds joy in her surroundings. She states, “The staff treats me well and I couldn’t ask for more.” She has a great quality of life. Every day she wakes up and reads her devotional and any historical novel that family, friends, staff and the Cameron Park Librarian bring to her.

Living at Gold Country Health Center brings Elizabeth a sense of security. Her granddaughter, family and friends visit often. Her belief in God is strong. She states, “I am very aware of the beautiful environment and all that nature provides. I look out my window and see birds, cats, and squirrels.”

Nona Bliss was born in Duncan, Oklahoma. She found the love of her life when she was 28 years old and has two children and a large family. She states, “I have lived a very interesting long life. I’m grateful for every bit of it. The good and the bad. The bad parts, I endured those and I was encouraged.” She loves getting hugs from the right people, reading, eating hamburgers, and she remembers her husband fondly. She turned 105 this year.

Blanche Andrews was born in January, 1916 in Lowell, Indiana. She was the youngest of five children. The family relocated to California when Blanche was seven, traveling across country in a school bus. The family settled in Glendale, California where Blanche grew up and met her future husband Paul Andrews. They married in 1940 and had two children.

Over the years, Blanche developed a love for early American antiques, especially primitives, and spent a lifetime researching, learning, buying and selling. Widowed in 2001 and fully retired from the antique business, Blanche moved into Gold Country apartments, then into assisted living, and later into skilled nursing.

Asta Myers was born in November of 1913 in Maloy, Norway, a fishing village, and that is where her love of animals stems from. Asta loves any type of animal that visits the community. When the miniature pony comes to visit once a month, she lights up. She enjoys watching the facility cats, participating in crafts, exercise, and musical events.
And They Cook, Too!

Alice Sexton, RHF Advisory Commission Chair and one of the key collaborators responsible for the creation of In the Kitchen with RHF, urged the members of the RHF National Board to explore the many wonderful recipes included in the book, choose a favorite, and make that recipe in their own kitchens. Not surprisingly, they had a great time and all raved about the delicious results of their efforts.

In the Kitchen with RHF is a unique collection of over 80 time-tested recipes contributed by residents and culinary staff of RHF communities. While sampling these tried-and-true recipes, the reader can learn a little about each resident and the RHF community that they call “home.”

In the Southern California city of La Palma, California, David Ethington masterfully recreated the recipe for “Flavorful Apple-Filled Oatmeal Cookies” featured on page 127 of the book. This recipe was contributed by Josie Morales of Guadalupe Senior Apartments (Denver, CO).

Dr. Darryl Sexton, who resides just a few miles from the RHF national office in Long Beach, California, chose to prepare the incredibly tempting recipe for “Twice Baked Potatoes Casserole” found on page 41. This recipe came from Catherine Lyle, a resident of Mesquite Gardens (Mesquite, Texas).

Dr. Jack Bauman, a resident of beautiful Southport, Maine, used the kale he grows in his own garden to prepare the “delicious and nutritious” recipe for “Sauteed Florida Citrus Kale” that was submitted by Scott Dahl, a chef from Bishop’s Glen Retirement Center (Holly Hill, FL). This recipe can be found on the “Vegetables and Side Dishes” divider.

Ray East, National Board Chair, of Charlottesville, Virginia, decided to try the recipe for “Easy Cube Steak and Gravy” that was contributed by Viola McClain of Towers at Southdale (Anderson, IN). Ray assured us that this dish was “outstanding.” You can find this recipe on page 63.

We highly suggest that you consider the gift of In the Kitchen with RHF for that hard-to-shop-for family member or friend. Orders received through the end of December 2016 will be gift wrapped. Visit our website at www.RHF.org and click on the “Recipe Book” link under the “Spotlight” tab to order your copy. RHF community residents can also ask the Manager or Executive Director of their community about ordering their copy.

This project supports RHF’s Resident Benevolence Fund, which provides rent assistance and benevolence programs to RHF residents.

We are incredibly thankful to U.S. Bank for generously supporting this project.
As Christmas approaches, we ask that you remember Retirement Housing Foundation in your holiday plans. While preparing for holiday celebrations with your friends and family, it’s important to stop and reflect on the joy and blessings in your own life while also being aware that not everyone is so fortunate.

For 55 years we have provided affordable housing and services to those in need. We believe that everyone deserves a safe, secure, and affordable place to call home and invite you to join our work through a gift to RHF Charitable Foundation this holiday season. This year, we helped strengthen families and communities by:

- Opening two family communities in southern California - Paloma Terrace, 60-units in Los Angeles, which received more than 930 applications, and Sonata at Riverpark, 53-units in Oxnard, which received over 660 applications; and
- Investing over $1.5M in upgrades at five communities across the country; and
- Giving $125,000 back to our family communities for community renovations and educational scholarships.

We also enhanced the independence, well-being and dignity of older adults by:

- Finishing construction on two senior communities in Texas - Darson Marie Terrace, 55-units in San Antonio and Sagetree Apartments, 65-units in Houston, which received 99 applications; and
- Investing more than $3M in upgrades to 10 healthcare communities and over $5.5M in upgrades at 30 senior communities across the country; and
- Giving $75,000 back to our senior communities in benevolent care, programs, and personal care packages.

What better way to celebrate the holiday season than by sharing what you have with neighbors who are in need of assistance to meet their basic needs? Your gift will change lives and impact people who are in need, as well as the larger community.

Please consider making a gift to RHF Charitable Foundation before December 31st. Simply use the enclosed envelope or donate online at www.rhf.org/donate-to-rhf. On behalf of the 20,500 residents and 185 communities we serve, thank you for your donations to help make our work possible.

Sincerely,

Dr. Laverne R. Joseph
RHF President & CEO

P.S. There can be substantial tax advantages to making a charitable gift of appreciated securities. For questions or information on making a gift to RHF Charitable Foundation, please contact our Philanthropy office at (562) 257-5141 or by email at philanthropy@rhf.org.
Charitable Giving

RHF Team Givers

Our staff members perform important daily duties to make shelter and service a reality for the people we serve. Staff members who additionally choose to voluntarily support RHF through monetary donations are contributing to the fiscal health of our mission. We are extremely grateful for their optional financial commitment as well as the investment they already have made with their hearts, lives and careers.

Teresita Abenojar
Carlos Adame
Collen Adams
Mario Alaniz
Andrea Alvarez
Robert Amberg
Shana Anders-Hastings
Jonas Angeles
Anonymous Donors
Jennifer Applegate
Jose Arroyo
Christine Baca
Christina Bagley
Karín Barrett
Nada Battaglia
Duncan Brädbury
Marc Braun
Natalie Brautigam
Deborah Brown
Jeannie Bryan
Nancy Bullock-Brake
Sheila Cañado
Martha Camacho
Gabriela Cardenas
Adele Carrasco
John Chandler
Heather Cline
Inez Codeus
Penelope Cook
Stephen Dalton
Ashley Davila
Philamena Decker
Connie Denhoff
Chantal Denny
Dina Di Mambro
Andres Diaz
Jacqueline Dizon-Ng
Nancy Ellis
Eduardo Enriquez
Robert Esquer Jr.
Nora Fannin
Bob Fard
Mary Filer
Cheryl Fontenot
Marlene Ford
Gloria Galeano
Diana García
Josh Garza
Kevin Gilchrist
Perry Glenn
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Virginia Goldstein
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Theresa Goris
Rachel Gould
Maria Guerrero
Lissette Guevara
Delores Harris
Melanie Harris
Jennifer Hart
Stuart Hartman
Cassandra Harvey
Sandra Haskins
Grisel Hernandez
Emily Hidalgo
Christopher Hill
Thuy Hoang
Evet Howard
Cheryl Howell
Candy Hubberd
Sal Ingrao
Melissa Jackson
Connie Jenkins
Kerry Jennings
Pamela Jennings
Araceli Jimenez
Angela Johnson
Psycy Johnson
Linda Jones
Dr. Laverne Joseph
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Arnold Kim
Diane King
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Sandra Koss
Pearl Le
Karen Ledbetter
Ri Ji Lee
Marco Lemus
Patricia Lendzior
Cathy Levario
Flori Lew
Dawn Lewis
Lynn Lichtenstein
Tess Liwanag
Karen Lomeli
Jeeloa Looney
Rafael Lopez
Keela-Jade Lujano
Daniel Lumsden
Cynthia Lyons
Brian Magnone
Ryder Maiko
Mark Malloy
Genia Manapat
Belen Manfredi
Bill Meert
Rosa Mendez
Emma Miano
Stephanie Milano
Celestina Mohabir
Stacey Montero
Rosaura Morales
Monique Muldrow
Darlene Nelson
Elise Oberdorf
Barbara Olivas
Doreatha Page
Martha Palafox
Helen Park
Peter Peabody
Gloria Pedregon
Michelle Pelham
Delores Peters
Lori Phelps
Taylor Pierce
Gloria Plaza
Pamela Power
Larethia Prince
Diana Pro
Dolores Quijano
Chris Ragon
Aurelia Ramirez
Rosemary Ramirez
Juanita Keyna
Denee Rhymer
Peggy Ricano
Samantha Robbins
Tina Robinson
Cindy Rodriguez
Maria G. Rodriguez
Gloria Ruiz
Jacqueline Salmon-Munn
Ruth Satterfield
Barba Scherer
Jennifer Schmoldt
Leah Schultz
Wendy Scott
Sibia Seth
Judy Shaw
Luella Shelton
Stephen Sherard IV
Floyd Shewmaker
Steve Shroka
Harry Shrum
Scott Siehr
Amador Sierra Jr.
Neil Smart
Jeannie Smith

In burgundy = Sterling Club members-donation via payroll deductions

“You don’t have to be a millionaire to make a significant difference; even small donations have the potential to drastically improve an individual’s quality of life. I choose to give back as an RHF Team Giver because I can see the difference we make.”

~ Lisa Stark

Talia Smith
Josue Sonido
Annie Southerton
Margaret Spiller
Jennifer Staley
Tabitha Stannard
Lisa Stark
Ed Steadmon
Katrিনa Stevenson
Joy Stone
John Stonecipher Sr.
Deborah Stouff
Elise Tec
Karleen Thorpe
Stephanie Titus
Thao To
Mia Tomei
Crystal Torres
Hector Torres
Lance Transfiguration
Marcos Uribe
Lorna Valencia
Miriam Valencia
Alexis Vasilevich
Fidel Ventocilla
Jeanette Villa
Michael Vukovich
Bailey Walker
Florence Webb
Perry Weiker
Keitha White
Deborah Whitehead
Joella Willey
Nelis Wink
Jill Yamuta
Judith Yost
Randall Yost
See See Young
Sharon Young
Chelsea Zepeda
Teresita Zurbano
Christmas is Just Around the Corner

Every child deserves to have a gift to open during the holiday season. Each year through the generous donations of residents, staff, and in partnership with Mattel’s charity discount sales program, toys and gifts are given to the more than 1,000 RHF children living in our 15 affordable family communities across the country.

Playing “RHF Santa” is a big job - making our list and checking it twice to ensure each child gets something to open. We even have our own team of “elves” - The Wrappers, a group of RHF volunteers including staff, residents from Klein Manor and Bixby Knolls Towers, and Advisory Commission Members, who donate their time to sort, wrap and send these gifts across the country to our family communities.

Since 1996, through the generosity of our RHF family and friends, we have been privileged to provide gifts to thousands of children during the holiday season. While this year’s holiday season may still seem a ways off, it is not too early to make a donation to Toys for RHF Kids. For many of our RHF children, the only present they receive may be the one made possible by people like you! To help light up the face of an RHF child this holiday season, make a donation using the gift envelope in this issue of RHF Today and designate your gift to Toys for RHF Kids.

RHF Circle of Friends

The RHF Circle of Friends is our legacy society. There are many ways to qualify for membership, such as RHF gift annuities that provide lifetime income to the donor, life insurance, real estate gifts, charitable remainder trusts, and gifts from pension fund assets and/or simply including RHF in your Will or Trust. For more information in confidence and without obligation, contact our Philanthropy Department, at (562) 257-5141.

We are grateful for our RHF Circle of Friends members:

Karolla Brice*
Rev. Dr. Norma DeSaegher
& Ret. Col. John DeSaegher
Raymond E. East
Dr. and Mrs.* Charles Fain
Dolores Foga*
Toshiko Okazaki Fukuda*
Wanda Haudek*
Rev. Dr. Teruo and Kiko Kawata
Eveleth “Evie” Miller*
Major Fitzhugh L. O’Neill*
Virginia Paddocks*
Eric H. Pierson*
Barbara Gray Richley
Rev. Charles G. Schepel
Joan Sullivan*
Elsie Valek
Anna Mae Wakefield*
William L. Warrick
Norman A. Whaley*
Lydia Cervany*
Jean G. Dremstedt
Bernice E. Elkin, M.D.
Robert Fliehmann*
Burton L. French
Alice R. Good*
Rev. Dr. Laverne R. Joseph
Catherine Mackeris*
Jean Moore Warrick*
Jean H.P. Oppenheimer
Edythe Patterson
Marian Rhame
Elisabeth A. Ruff*
Jane Shenbarger*
Helga Tixel*
Miriam P. Vandenbush*
Richard Walinch*
Eleanor J. West
Vera Wolpert*

(*indicates members who have passed away)

If you have named Retirement Housing Foundation as a beneficiary of a planned gift, please allow us to honor you as a member of the RHF Circle of Friends. If you would like more information about how to include RHF or an RHF community in your will, or structure a life income gift that benefits you and your family, please call (562) 257-5141.
Surprise, surprise! The In-N-Out® burger truck was a huge hit with RHF’s National Headquarters staff last year so we brought them back for the 2016 Holiday Toy Drive luncheon. For a minimum donation of $7 or an unwrapped toy, staff could enjoy lunch from the truck, dessert and a chance to win fabulous door prizes.

This was the Philanthropy Department’s third year hosting a luncheon to kick-off the RHF Toy Drive. More than 90 percent of the National Headquarters staff participated, donating 70 toys and more than $2,100 towards its $10,000 campaign goal.

RHF currently has over 1,000 children living in its communities across the country. Our goal is to provide each RHF child with at least one gift this holiday season - toys and clothing items for the smaller children and a gift card for the older kids. RHF Charitable Foundation is truly grateful for the support of all our donors who have made this happen for more than a decade now and who have helped make the Holiday Toy Drive an RHF tradition.
RHF’s newest community is an acquisition from Immanuel United Church of Christ in Evergreen Park, Illinois. Evergreen Park borders the south side of the city of Chicago.

Immanuel Residences for the Elderly was one of the first buildings to be constructed through the HUD 202 program and sits directly across the street from Immanuel United Church of Christ.

This 24 unit, older adult community has studio, one and two bedroom apartments with features that include a full kitchen and safety features in the bathroom. The building amenities include a controlled entry access system, outdoor patio and garden area, on-site parking, and storage lockers for the residents’ use. It is in close proximity to public transportation, two major hospitals, numerous grocery and drug stores, and retail shopping.

We want to thank Immanuel UCC for entrusting Retirement Housing Foundation with your vision that began more than 56 years ago. This new relationship will be celebrated at a worship service at 10 am on January 22, 2017 at Immanuel UCC (9815 Campbell Avenue, Evergreen Park) followed by a luncheon.