

RHF[®] Today

A Retirement Housing Foundation Publication

The Dog Days of Summer have arrived and staff at the national headquarters decided to enjoy some puppy therapy.

President & CEO Stuart Hartman got some up close and personal time with Snowy and Thor, 9 week old St. Bernard puppies.



Planning For The Future

There is a saying, "When you are up to your neck in alligators, it's hard to remember that your initial objective was to drain the swamp."

When you are dealing with a pandemic, it is hard to remember that there was life before anyone ever heard of COVID-19 and there will surely be life after we get this horrible episode behind us. Even as we deal with the additional burden it has put on our communities, our focus has been and remains keeping our residents and staff safe and healthy. Secondly, remaining focused on our Mission and ensuring that RHF continues to be strong and viable for the future.



In my first year as President and CEO, I have outlined three areas we will be focusing on:

1. Strengthening RHF's Commitment to Our Team Members

While our residents are the reason for our Mission, our staff is what makes our Mission a reality. Day in and day out, they provide the services to our residents and ensure that they are in the best possible environment.

While we feel that RHF has a strong benefits package for staff, in our annual review of the healthcare insurance that we offer, we have improved our vision and dental benefits and will be switching health insurance in October for a more robust plan. While there will be an increase in cost to RHF, there will be no additional cost to staff.

This year we also implemented an additional paid holiday for staff, Martin Luther King's birthday in January.

Striving to enhance the work environment for our staff is an ongoing effort and I hope to announce additional changes over the next year.

2. Strategic Planning

In August, RHF's National Board and Executive Staff began the Strategic Planning process with the intention of mapping out RHF's next five years.

The initial meetings have already taken place. In the next month, the plans are to interview various national and regional staff, and conduct surveys with team members in the communities to find out what they perceive to be important priorities for RHF's future.

The plan is to have a finalized draft of RHF's Strategic Plan to present to the National Board of Directors before the end of the year.

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RHF Today is published periodically for residents, families of residents, the United Church of Christ and also co-sponsor congregations, staff, local board members, and friends of Retirement Housing Foundation, 911 N. Studebaker Road, Long Beach, CA 90815-4900, Telephone (562) 257-5100/FAX (562) 257-5200, TDD (800) 545-1833, ext. 359. www.rhf.org - e-mail: info@rhf.org.

Retirement Housing Foundation is a nonprofit California corporation dedicated to planning, sponsoring, building, preserving and managing housing for older adults, low-income families, and persons with disabilities. We are a member of the Council for Health and Human Service Ministries of the United Church of Christ, and also co-sponsor housing communities with other denominational, civic and community organizations. RHF is a member of LeadingAge and its state affiliates. RHF serves and employs without regard to race, creed, color, sex, sexual orientation, national origin, religion, ancestry, marital status, physical disability, age, medical condition (including pregnancy), or familial status.

President and Chief Executive Officer: Stuart Hartman

BOARD OF DIRECTORS

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Directors: Dr. John Bauman, Andrew Bunn, Catherine Collinson, Raymond East, David Ethington, Brian M. Koide, Christina Potter and Dr. Darryl Sexton.

RHF Charitable Foundation provides financial resources through gifts and managed funds that assist the mission of Retirement Housing Foundation.

Explaining Why

There has not been, in recent memory, a more polarizing topic than COVID-19 in our society. The only thing everyone seems to agree on is that we all want it to end. How to get to that goal is where opinions tend to differ.

Recently, RHF made a decision that a growing number of companies/organizations/government entities are making – that all our staff (including vendors who work in our communities) need to be fully vaccinated from COVID-19. Exemption from this mandate (for medical or religious reasons) is possible, but in order to get an exemption, staff must fill out paperwork requesting the exemption and submit it to a committee at the national headquarters for approval.

RHF's decision to mandate vaccinations is due to a number of facts:

- 1) Federal and (some) state mandates that required healthcare workers be vaccinated.
- 2) A Federal mandate that organizations receiving federal funding (Medicare, etc.) would lose funding if they could not prove that all staff had been vaccinated.
- 3) The overwhelming number of COVID cases (specifically the Delta variant) who were hospitalized or had died were individuals who had NOT been vaccinated.
- 4) The FDA had granted full approval of the Pfizer-BioNTech COVID-19 vaccine.



Staff will need to provide proof of being completely vaccinated by September 30, 2021 or be terminated from employment (unless they are granted an exemption).

Those who are granted exemptions must be tested weekly, in some case twice weekly, depending on federal, state or local agencies whose jurisdiction their community falls under.

Vaccines have been the answer to other public health crises (Polio, Smallpox, etc.) our nation has faced and data indicates that the vaccines that have been developed to fight COVID are successful at mitigating the symptoms of this disease.

From the onset of the COVID pandemic, given all its many uncertainties, RHF has been committed to doing the right thing with its #1 priority being to protect the health and safety of its residents and staff.

This pandemic is only going to end when we work together towards that goal.



Vaccination clinics were scheduled for residents and staff. Above - a resident in one of our communities gets vaccinated. Stuart Hartman received his vaccination at our Bixby Knolls Community

SARS-CoV-2 Vaccine Risks vs. Benefits

Maria E. Napierskie, RN, MSN-IPC, CIC



Along with vaccination clinics, RHF hosted Town Hall Meetings for staff to voice their concerns about being vaccinated.

Síntomas del coronavirus (COVID-19)

Conozca los síntomas del COVID-19, que pueden incluir:



Los síntomas pueden ser de leves a graves, y aparecer de 2 a 14 días después de la exposición al virus que causa el COVID-19.

Busque atención médica de inmediato si alguien tiene signos de advertencia de una emergencia del COVID-19

- Dificultad para respirar
- Dolor o presión persistentes en el pecho
- Estado de confusión de aparición reciente
- No puede despertarse o permanecer despierto
- Labios o cara azules

Esta lista no incluye todos los síntomas posibles. Llame a su proveedor de atención médica si tiene cualquier otro síntoma que sea grave o que le preocupe.



Centers for Disease Control and Prevention
National Center for Emerging and Zoonotic Infectious Diseases

cdc.gov/coronavirus-es

CDC posters/flyers were posted at all of our healthcare communities (in a number of languages) to help residents and visitors understand COVID.

Community News

Saying Goodbye to Lynne **Los Arcos - Poway, CA**

Here you can see photos from a recent event held in honor of Lynne, the longtime manager of RHF's Los Arcos in Poway, CA, who retired from her position in mid July. We know the Los Arcos staff will miss

Lynne terribly, but we wish her all the best for her next chapter.

If you have been to RHF's National Office, you may have noticed the beautiful quilts that line some of the walls, which Lynne helped to create.

The event included an auction of useful items that could be bid on with Los Arcos bucks only; this is a currency that Los Arcos residents earn for participating in events or helping out around the community. We would like to thank Bridlewood Insurance, Innovation Landscape and all of the individuals who helped to make this wonderful event possible.



Learning Self Defense Skills **Angelus Plaza - Los Angeles, CA**

Angelus Plaza recently hosted a self-defense seminar to give seniors an opportunity to learn how to protect themselves if they are a victim of an attack.

With the increase in hate crimes against elderly Asian Americans that we have seen around the country, many have expressed that they have become terrified to go out in public, making this education opportunity incredibly important. We are very proud to be able to host vitally important education sessions like this one in our communities.



A Farmers Market Right Outside Their Door **Charles Major Manor - Shelbyville, IN**

Featured here are photos from the recent Neighborhood Farmers Market at RHF's Charles Major Manor, something the residents of the community look forward to every year. Sponsored by Major Health Partners and Healthy Shelby County, this event gives the residents an opportunity to buy a bag of fresh, local produce from Harker Family Farms for just \$1!





Pizza For His Pen Pal **Westminster Village Kentuckiana - Clarksville, IN**

The third grade class from St. Anthony's Catholic School in Clarksville has a Pen Pal program and a student named Spencer writes letters back and forth with a Westminster Village resident named Shirley Barnhart. After receiving a letter from Shirley that mentioned pizza, Spencer asked his mom if he could bring Shirley a pizza. However, it then occurred to Spencer that some of Shirley's fellow Westminster residents might also want pizza, so he decided to think bigger. Spencer and his mom started a fundraiser and, with the entire third grade class joining in to help, they raised enough money to bring everyone at Westminster Village Papa John's Pizza. Here you can see photos from this extra special party delivery, which took place on May 28th.

A Socially Distanced Meal Together **Towne Creek Apartments - McKinney, TX**

Towne Creek Apartments recently celebrated the re-launch of their congregate site meals in the community room through the Meals on Wheels program. Activities like this were put on hold for nearly a year due to COVID-19 restrictions. As you can see, social distancing and other precautions are still being enforced.

Barbara, Towne Creek's Meals on Wheels volunteer, brought plenty to celebrate, including balloons, cupcakes, popcorn and a gift of hand soap for the residents!

Towne Creek residents also have the option to have Meals on Wheels delivered right to their apartment door.



Wellness and a Healthy Lifestyle Through Eating **The Towers at Crooked Creek - Indianapolis, IN**

The Towers at Crooked Creek began a monthly resident activity over the summer called "Wellness and A Healthy Lifestyle Through Eating"

Here in this photo is resident Nadine Seals, who came up with this inspired idea, presenting her fellow residents with fruit and yogurt parfaits.

Community team members praised Nadine for her presentation skills and the valuable information she provided to the attendees.

Planning For The Future (continued)



3. Preserving Existing Affordable Housing

Preserving existing affordable housing has always been an important part of RHF's mission and I do not see that changing during my tenure. While it is a well publicized fact that not enough money is being spent on the construction of new affordable housing, what isn't being discussed is the amount of existing affordable housing that is in danger of being lost because their contracts with HUD are expiring and existing owners are selling their properties.

As a faith-based, mission driven nonprofit, RHF is committed to keeping our inventory of communities affordable. Not every organization who gets funding to build affordable housing communities plans to keep them affordable after their contract with HUD expires.

As a country, we are at a crucial point in regards to 40 year HUD contracts maturing and owner/operators being able to "opt out" of their commitment of an apartment building being affordable. By some estimates, more than 40,000 units a year are in danger of being lost in the affordable apartment industry as owners convert them to market rate apartments or condominiums to sell.

RHF is committed to aggressively identifying those apartments in danger of conversion and, when possible, purchasing them to keep the housing affordable.

Our #1 Priority

As stated above, our #1 priority continues to be, will always be, the health and safety of our residents and staff.

By the time this newsletter reaches you, our entire workforce will be vaccinated (except for those who have a medical or religious exemption) against COVID-19. This pandemic is a public health crisis that can only be defeated if we work together in our efforts. Vaccines are responsible for ridding the world of a number of devastating diseases throughout our history and it is everyone's hope that it will be just as successful in ridding us of COVID-19.

If you are vaccinated, we thank you! If you are considering vaccination, we encourage you!

Be safe!

Stuart Hartman
President & CEO 

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
The Cloisters
Courtenay Springs Village
Farrfield Manor
The Gateway
LaFontaine Center Apartments
Park Place Assisted Living
Plymouth Square
Sun City Gardens

Angelus Plaza
Bishop's Glen Retirement Community
The Carolinian
Colonial Heights and Gardens
DeSmet Retirement
Gaslight Apartments
Gold Country Retirement and Healthcare
Mayflower Gardens Retirement Community
Pioneer House
St. Catherine Retirement Community
Westminster Village

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

Bixby Knolls Towers - Long Beach, California

Mickey Beland was born in 1919, he is a retired surgeon. He served in the Navy during WWII. He and his wife circumnavigated the world from 1979 through 1982 in their 37-foot sailboat.



Mickey
Beland

Pioneer House - Sacramento, California

Florence Palmer was born in July of 1918 in Ogden, Utah. She grew up in the city taking care of her father. Married at the age of seventeen, she has one son John, and a stepdaughter. She has five grandchildren, but prefers all staff to call her grandma. She has lived at Pioneer House for six years. In her spare time she reads the Bible, enjoys having visitors, making jokes, and loves cats, jewelry and music.



Florence
Palmer

Shirley Gomez celebrated her 102nd birthday in July. She was born into a large family (seven children) in Arizona. She has one daughter and two grandchildren. She enjoys sewing and eating good food.



Shirley
Gomez

Mildred Roberts will celebrate her 104th birthday in September. She loves going to church and when she isn't working on word search puzzles you can find her striking up a conversation with everyone she meets.



Jane
Simpson

The Cloisters - DeLand, Florida

Jane Simpson turned 100 in June of this year. She (and her late husband) moved into The Cloisters in 1994. She attributes her longevity to staying active in the community, enjoying life and her love for the symphony.

Gateway Gardens – Poway, California

Don Sweet turned 100 in August. Don has been with Gateway for just over 4 years, and is truly an inspiration to so many of us here at the Gateway Gardens. He participates in many of the activities, and always has an opinion, which encourages others to do the same. Don is an avid reader, particularly American history.



Mildred
Roberts

He still goes out monthly for lunch with his "Lunch Bunch", which he and his friends have been doing for many years.

Courtenay Springs Village - Merritt Island, Florida

Mabel Busch was born in Albany, Indiana in June of 1915 and was raised by her grandmother and grandfather after her mother passed away in 1918 from the flu pandemic. Mabel has one daughter, three grandchildren and one great grandson.



Don
Sweet

Mabel has many favorite things in life, including Christmas, the color Red and Bingo! She also LOVES noodles and gospel music, too. Mabel said her favorite invention has to be the television, she only had a record player and a radio before she had a television. Mabel watches reality T.V. and anything with drama, it's her guilty pleasure. Her favorite saying is "tell me something".



Mabel
Busch

Milestones

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

Josephine
Russ



Courtenay Springs Village - Merritt Island, Florida

Josephine Russ turned 100 in July. She was born in Staten Island and lived in New York most of her life. She moved to Merritt Island, FL two years ago in November. She's what you call an island girl! She loves to play BINGO and other card games (and is usually VERY lucky.) She also enjoys live music that she can dance to and movies when she's feeling a little more on the mellow side.

Norma Dixon was born in September of 1919. Norma grew up alongside her 3 sisters in Oklahoma then moved to Florida in 1969. Norma worked as a bookkeeper, secretary and floor manager throughout her life. She likes to garden and get lost in a good book. She also loves crossword puzzles, enjoying a good chocolate bar & visiting with her son!

Norma
Dixon



Colonial Heights - Florence, Kentucky

For the last five years **Jerry Guenther** has lived independently at Colonial Heights and will turn 103 in September. Jerry has had a wonderful life and has two sons who appreciate their delightful mother. She loves the activities and all of the friends she has made at the community.

Mare Puro turned 101 in June and has lived at Colonial Heights for 10 years. She has two daughters, 8 grandchildren, 5 great-grandchildren and 2 great-great-grandchildren.

Mare tries her best to stay busy. She loves to read and play cards. She also likes to play Bingo and do Crossword Puzzles. She absolutely loves living at Colonial Heights. She states that everyone is friendly and easy to get along with.

Jerry
Guenther



Mare
Puro

Auburn Ravine Terrace - Auburn, California

Bill Somers turned 100 on this past June. He was born in Southern California when it was mostly farm land. He joined the Army during WWII and served with the Signal Corp in Electronics.

He moved to the Auburn area after the war, and he married a woman from Canada. They travelled there several times and his family enjoyed the area. They raised 4 children and Bill worked for AT&T. His family looks after him very well and he considers himself very lucky to be living here at ART and having the care of his loving family.

Angelus Plaza - Los Angeles, California

Jih Teng will turn 100 this year and has lived at Angelus Plaza for over 18 years. He was born in China but spent most of his adult life in Taiwan before achieving his dream of living in America.

In Taiwan, he was a military instructor and eventually taught at a local university. Jih is an avid stamp aficionado and uses his computer to research the history and background of the stamps he comes across. Although he is retired from teaching now, he spends his free time with learning and expanding his knowledge.



Bill
Somers



Jih
Teng



Gold Country Retirement Center – Placerville, California

Clara Neilsen was born in Camino, CA and lived in Camino, South Lake Tahoe and Georgetown during her youth before graduating from El Dorado High School in 1938. She described herself as a “mountain girl” growing up. Shortly after high school, she married her husband, Robert, who took her fishing for their first date.

In 1972, the couple donated more than 100 acres of land for the Sugarloaf Fine Arts Camp to use. She remained a board member of the organization for more than 50 years. She also founded the Placerville Emblem Club more than six decades ago. The organization annually provides holiday food baskets to those in need, a Christmas Party for Head Start children, backpacks for young children in need, scholarships for local high school seniors, gifts to seniors in residential facilities for Mother’s and Father’s Day and packages for soldiers serving overseas.

Ray Snider was born in Idaho in July of 1920. After graduating from high school, Ray joined the Army Air Corp where he served mostly in Belgium during WWII. After the war, Ray married Marie and began an engineering career. He and his wife retired to Placerville because they wanted the small town life, but liked being close to the big city of Sacramento. Although his wife passed away in 2011, Ray says he still loves this area and has many friends here, including the staff and residents at Gold Country Health Center.



Clara
Neilsen



Ray
Snider

Symphony Plaza West – Boston, Massachusetts

Ms. Shun Oi Chiu was born in September of 1921. She moved from Hong Kong to the United States in 1980. She has lived in Symphony Plaza West for 11 years. She has two children, 5 grandchildren and 4 great-grandchildren.

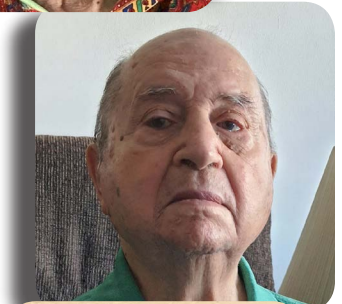
She enjoys crochet and using her GrandPad for video chats with her family and playing games. Her children uploaded hundreds of family photos to the GrandPad for her. “I don’t take any medications, and I still have a very good memory. I remember everyone in these photos,” Ms. Chiu said pointing to her GrandPad.

The Concord – Pasadena, California

Ernesto Natale has lived at The Concord for 27 years and this year he celebrated his 100th birthday in August. Ernesto and his wife Ana, who was originally from Argentina, have a son who has four children and five grandchildren, all but one is still living in Argentina. The whole family came to Pasadena to celebrate his birthday this year.



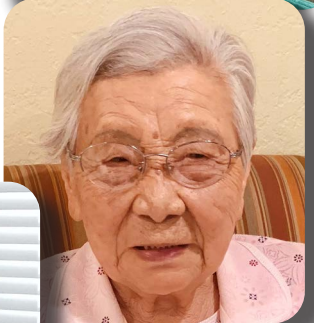
Shun
Oi Chiu



Ernesto
Natale

West Valley Tower – Van Nuys, California

Dong Sook Lee celebrated her 100th birthday in June. Her family (which included her husband and six children) first immigrated to Chile in 1940 and, after her husband’s death, then came to the United States in 1993. She has been a resident at West Valley Tower for 11 years. Her family attributes her long life to her generous spirit, positive outlook and active lifestyle.



Dong
Sook Lee

Westminster Village Kentuckiana – Clarksville, Indiana

Helen Tinsley turned 101 this past August. She attributes her longevity to “Loving everyone no matter who they are, praying and, lastly, dancing in happy times and sad times.”



Helen
Tinsley



Project H.A.N.D.S.[®]

(Helping Angels National Donated Support)

Give with
your heart
to our hands...



Each year hundreds of RHF residents and staff participate in our Project H.A.N.D.S. program, creating handmade items that are then donated to local shelters, hospitals, schools, first responders, and other organizations serving those in need.

This program is completely funded through donor support. While many communities receive in-kind donations of yarn, fabric, and other materials, monetary donations to this program provide our communities with the money to purchase additional supplies and tools needed for their projects.



*Make a donation to our Project H.A.N.D.S. fund by October 31, 2021 and receive a special handmade heart as our "thank you."
(handmade hearts vary in material and style)*

RHF Charitable Foundation

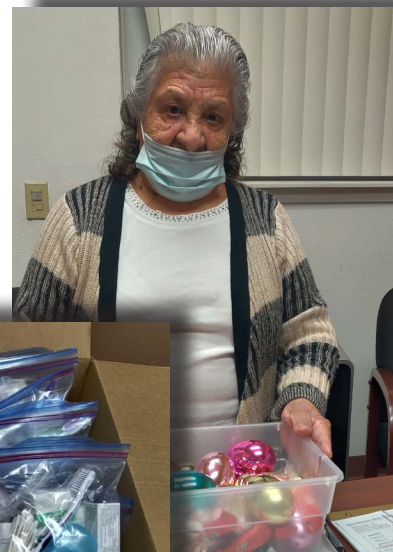
For The Greater Good

If you're interested in learning more or becoming involved with Project H.A.N.D.S.[®], please visit the RHF website at www.rhf.org. When you place your cursor over the "Charitable Foundation" tab at the top of the page, a drop-down menu should appear with a link to the Project H.A.N.D.S.[®] page.

Do you want updates on our Project H.A.N.D.S.[®] groups all year long? Make sure you follow RHF on Facebook!

The group from Mabel Meshack White Manor put together dozens of hygiene bags for Streetside Showers, which is an organization that has mobile showers that park in different locations throughout the week to allow the homeless population get a shower and some other hygiene items they may need.

To be as safe as possible, residents assembled the bags within their own units and didn't meet as a group.



Mabel Meshack White Manor in Dallas, TX



MacArthur Park's Project H.A.N.D.S. volunteers previously donated their knitted carnations to local nursing homes for Mother's Day gifts for about three years running. Feeling that their fellow residents may be experiencing more stress and isolation at this time, the group distributed the carnations they had knitted to the community residents for this last Mother's Day. The residents greatly appreciated the generosity of the Project H.A.N.D.S. volunteers and, as a token of appreciation, some residents donated cash for the group to purchase more yarn and other supplies for future projects!

The volunteers from MacArthur Park also distributed masks, emergency safety alarms, and lunch boxes to the residents when the community received donations from outside agencies.

(Above) MacArthur Park Towers in Los Angeles, CA

(Right) Olson Rotary Village in Delano, CA



H.A.N.D.S. group members at Olson Rotary Village have been making tie knot blankets out of receiving and swaddling blankets that can be used in a variety of ways, such as nursing covers, changing covers, and more.

The residents wanted to try something different that didn't require knowledge of sewing or crocheting. The community Manager and Service Coordinator suggested this project after seeing the idea on Pinterest.



"We make a living by what we get. We make a life by what we give."

Winston Churchill

We are grateful to the following people and agencies that have volunteered, donated or participated in our Project H.A.N.D.S. program from 7/1/20 to 6/30/21. Though we strive to list every person involved, this list may not be all-inclusive:

**Adam & Bruce Apts. Bexton Place
Fort Wayne, IN San Antonio, TX**

Geraldine Bard
Bernadette Becker
Janice Davis
Tina Gil
Oak Street Health

**Angelus Plaza
Los Angeles, CA**

Kwok Yuk Chan
Kwai Mui Chan Tsang
Jeannette Chiang
Ok Ja Han
Choi Hung
Kyung Soon Kim
Xi Yuan Liu
Lai Tim Lo
Jung Ja Park
Tsin Hsia Pu
Hsiumei Wei
Sui Ling Yu

**Auburn Ravine
Terrace
Auburn, CA**

Maxine Babel
Carnation Demartini
Marie Green
Mary Spurgeon
Ellen Zimmerman

**Benson Manor
Smyrna, GA**

Lucinda Afolabi
Christine Brown
Makini Harvey
Carmen Rodriguez

**Binnall House
Gardner, MA**

Teresa Allain

**Bishop's Glen
Holly Hill, FL**

Phyllis Coiner
Margaret Frost

**Capitol Towers
Hartford, CT**

Florentina Alegre
Juana Arroyo
Rene Dejesus
Alicia Franco
Marie Luciano
Eduviges Ortiz
Ellen Traut

**Cimarron Court
Kearney, NE**

Dana Chavez
Mary Ann Freeling
Lu French
Merna Giffin
Michelle Peterson
Barbara Pitcher
Wendee Rush
Irene Thies
Fay Williams

**Colonia Jess Lopez
Los Angeles, CA**

Nora Beltran
Enedelia Meza
Maria Moreno

**Colonial Heights
Florence, KY**

Helene Amelang
JoAnn Armstrong
Bernice Craft
Joan Edgington
Betsy Fay
Aurelia Fitzpatrick
Betty Garrison
Jane Gillem
Nancye Helmer
Joyce Hughes
Teddie Jones
Mary Nicholl
Joyce Osseforth
Mae Puro
Ruth Schweitzer
Glenda Snyder
JoAnn Stephenson
Shirley Wilmhoff
Theda Wilson

**The Concord
Pasadena, CA**

Yang Hi Choi
Ren Min Sun
Li Juan Zou

**Cornerstone Gardens
Houston, TX**

Betty Blanks
Mary Lou Brown

**Cornerstone Gardens Desert Sage Manor
Houston, TX Hermiston, OR**

Susan Enlow
Maxine Hurt
Leonor Jimmenz
Patricia Nance
Maryann Neukom
Cleo Toney
Delores Young

**Courtenay Springs
Village
Merritt Island, FL**

Grace Bryant
Jane Whitfield
Eunice Zelle

**The Towers at
Crooked Creek
Indianapolis, IN**

Randa Austin
Diana Finley
Julie Griffith
Gracie Johnson
Nellie Ross
Doris Simmons
Merita Kurl Smith

**Darson Marie Terrace The Gateway
San Antonio, TX & Gateway Gardens**

Sylvia Espinoza
Charlotte Gardner
Rosei Gomez
Maria Jaramillo
Virginia Velez

**Deaconess
Perry Center
North Royalton, OH**

Alberta Slusarczuk

Mysty Boyd
Bonnie Engle
Susan Frank
Hermiston
Police Department
Lifeways
Mary Mallory
Susie Nardi
Geri Nunnenkamp
Gloria Stephens
Darleen Strid
Doneena Vandecar
Jeanie VanFoeken
Leota Vollmer
Pat Williams

**Dogwood Apts.
Milledgeville, GA**

Linda Arnold

**Fajardo RHF Housing
Fajardo, Puerto Rico**

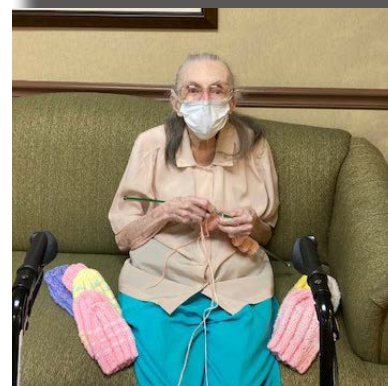
Cenaida Charria
Juana Jurado
Sonia Martínez
Saida Rosario

Poway, CA

Lori Clenney
Mary Beth Doss
Josephine Durham
Barbara Elliott
Betty Golubski
Carol Levi
Bonnie Miller
Pat Prasher
Lila Shapiro
Trisha Van Matre



(Left) H.A.N.D.S. group members from Towne Creek Apartments in McKinney Texas work on cards for a local nursing home.



(Right) Bishop's Glen (Holly Hill, FL) resident Phyllis Coiner makes over 100 items a month for Project H.A.N.D.S.!

**Guadalupe
Senior Apts
Denver, CO**

Lyn Hope
Susan Vayo

**Harbor Tower
San Pedro, CA**

Olivia Stram
Pamela Valles

**Harvest Pointe
Loveland, CO**

Virginia Anderson
Tedi Boro
Chris Brunmeier
Sherry Decker
Dottie Hack
Connie Mcfarlen
Chloie Moore
Modena Sandersfeld
Carol Shearer
Loretta Siefken
Sam Smith
Betty Tri

**The Heartland
Peoria, IL**

Carol Bryant

**Independence
Square
Evansville, IN**

Judy Berry
Beverly Burris
Vera Gilbert

**Independence
Square
Evansville, IN**

Alice Isenberg
Cinda Stonecipher
Pat Tapp
Dorrinda Wallace

**Lakeview Manor
Storm Lake, IA**

Bev Koster
Jan Rodesch
LeAnn Wittmaack
**La Mirada Vistas
La Mirada, CA**
Clara Alives
Rosamaria Carcamo
Bertha Castaneda
Angelo De La Cruz
Joey Kim
Kun Ja Kim
Kyung Son Kim
Steve Nahm
Marlene Olsen
Gloria Pedregon
Ibis Valdes

**Las Alturas
Los Angeles, CA**

Elizabeth Barba
Susan Ceja
Carmen Gallardo
Cleofas Garcia
Leo Hernandez
Rafaela Medina
Ursula Mendez
Rosa Navarro

**Las Alturas
Los Angeles, CA**

Cruz Ortiz
Maria Ramirez
Maria Sotello
Rosa Tovar
Elena Villanuva

**Longfellow Plaza
Anderson, IN**

Patricia Guzik
Penny Hilligoss
Karen King
Nancy Taylor

**Los Arcos
Poway, CA**

Agustina Acosta
Maria Bernales
Jean Berntsen
Nhel Cepeda
Marie Crisanti
Pauline Disney
Mindy Hagen
Dorothy Huffman
Mary Li
Suman Mahendru
Cynthia Moore
Dung Nguyen
Sandy Paesel
Paradise Sewing
Tuong Pham
Elisabeth Sant'Ana
Ella Sun
Refka Tadros
Karin Turett
Yamileth Vargas
Sharon Young

**Lowell Place
Bakersfield, CA**

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"We are not just neighbors at Project H.A.N.D.S., we are family.
I am going through a health crisis and Project H.A.N.D.S. helps
distract me from the pain and to have hope."

Raquel Jimenez, Rio Vista Village

(Translated from Spanish)



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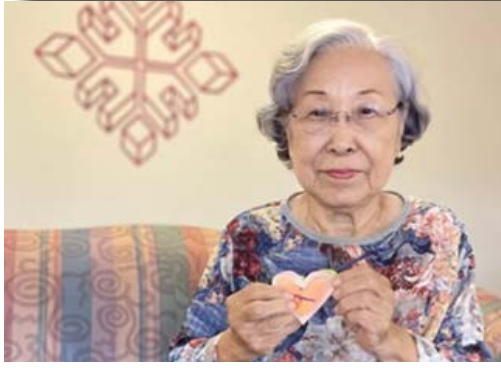
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"I am thankful to everyone who makes Project H.A.N.D.S. possible because during COVID-19 it helped me cope with stress."

Susan Lee, La Mirada Vistas

(Translated from Korean)

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Who Knew The Boss Could Cook Too?

It's widely known among the RHF- family members that new CEO Stuart Hartman wholeheartedly embraces his new role and energetically tackles everything RHF - projects, concerns, the pandemic, etc.

Not many know, however, that his energy level does not skip a beat at home where he and wife Celeste (a member of RHF's Advisory

Commission) enjoy not only raising herbs, fruits and vegetables but regularly barbecuing and cooking everyday specials and gourmet treats.

Celeste's filled cookbook cupboard has a new title sitting in a prime front position - yes, RHF's In the Kitchen With RHF.

A family favorite, the Lemon Chicken recipe from the cookbook caught the couple's eye.

Utilizing their very own home-grown basil, thyme and lemons, together they prepared and delectably consumed this delicious dish.

Hartman energy well-spent, mmm good.

Thanks to Alice Sexton, the President of RHF's Advisory Commission, for writing this article.



The Hartman Garden includes the herbs and lemon that is a part of this recipe.



Stuart Hartman

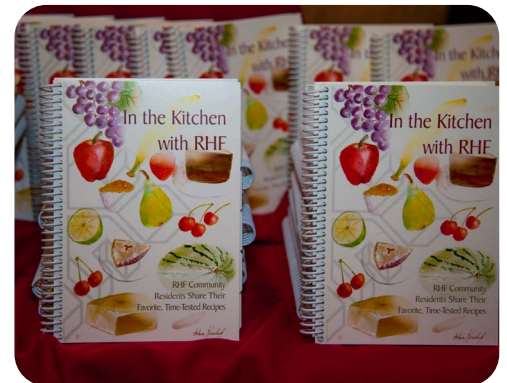
Need to Come Up With a Great Gift This Year For The Holidays???

In the Kitchen with RHF, a collection of time-tested recipes from RHF communities all over the country, is available to order. This book contains over 80 recipes ranging from tempting appetizers to scrumptious main dishes to delectable desserts that have all been submitted by residents of RHF communities. While sampling these tried-and-true recipes, the reader can also learn a little about each resident and the RHF community that they call "home."

This book is offered for \$10 for residents of RHF communities and \$15 for non-residents. You can order your very own copy by visiting the RHF website (www.rhf.org) and clicking on the Spotlight section.

Residents can also speak to the Executive Director or Manager of their community to order their copy.

Are you looking for a great gift? You're in luck! All orders received between September 1st and November 15th will be wrapped for holiday gift-giving!



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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.

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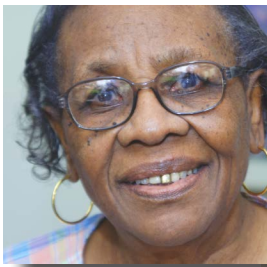
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Congratulations, Bob!

It takes a lot of work to keep a non-profit the size of RHF running smoothly. For more than 30 years, Robert Amberg has been overseeing the Legal Department of the organization. Recently Amberg was promoted to Executive Vice President and General Counsel.

His areas of responsibility include Human Resources, Corporate Compliance, Risk Management and the Law Departments. He frequently advises the board of directors, corporate staff and field management in a wide variety of legal and business issues.

His duties include supervising any legal consultants RHF might need to retain to resolve any legal issues it faces in any of the 29 states it has communities in.

Nationally, Bob's commitment to affordable housing is evident by the number of organizations whose Boards he serves or has served on. LeadingAge, the Council of Health and Human Service Ministries and the Caring Communities Risk Retention Group are just a few of those groups.

Congratulations, Bob, on a promotion well-deserved.