From The President

What Do We Get In Return?

As I was thinking about my article for this edition of RHF Today, Charley Smith, a member of Peace Memorial United Church of Christ and long time friend, sent me a Thai video.

In it a young man pushes a dying plant under flowing water, provides money several times for a mother and little girl who are begging in the street supposedly for school money, hangs a bag of bananas on an elderly neighbor’s door, shares food with a dog and helps a lady push a heavy cart. Meanwhile onlookers show their disapproval as to how someone could be so dumb.

The question is then raised, “What did he get in return?” Not money or fame or an appearance on TV. What he received was inner happiness, knowledge that he helped make the world more beautiful as a plant comes back to life and blooms, the little girl appeared in school uniform with a backpack, the elderly lady gives him a hug and the dog considered him a friend for life.

He had the satisfaction of knowing that his actions made a difference.

Once a year the RHF Board and Advisory Commission tour communities to see the mission of RHF at work in person. This year in June they visited four Northern California communities: Auburn Ravine Terrace, Auburn; Gold Country Retirement and Health Center, Placerville; Pioneer House and Pioneer Tower, Sacramento.

Many times residents mentioned what a difference the RHF mission makes in their life and team members talked about the satisfaction they get from helping to provide services.

And our 19,000 residents are not only recipients of quality housing, they also make the world a better place. One evidence of this activity is the Project H.A.N.D.S.® Helping Angels National Donated Support, featured in this issue. Another is the many programs that reach out into the community and the many organizations that reach into our communities with services that make a difference.

What do we and they get in return? The inner joy and satisfaction that we have made life a little better for someone.

Thanks for what you do and keep it up!
Barringer Gardens will be a 48-unit, HUD 202 community for older adults, with a number of units designed specifically for the mobility impaired. North Carolina is the 28th state where RHF has a community located.

As with all of RHF’s new construction projects, this community will utilize many energy saving amenities including fully-equipped kitchens with energy efficient Gold Star appliances.

There will be a community room with a party kitchen, crafts room, exercise room, laundry room, secured resident storage areas, and library with computers for all residents to use.

At the rear of the community there will be a covered patio area for barbeques and other resident outdoor activities. The community will have a security system, two elevators, interior mailroom, and trash chutes on each floor.

Breaking ground were Dr. Laverne Joseph, architect Craig Cabrey, Project Supervisor Justin Carlton, General Contractor Alan Wiggins, Anders Plett (RHF), Josh Ward (Senator Richard Burr representative), Charlotte City Councilwoman LaWana Mayfield and Charlotte City Councilman David Howard.

Financing for the development, construction, and operation of Barringer Gardens has been provided by the Department of Housing and Urban Development.

King’s Grant and Essex Village Complete $5.2 Million Rehab
North Kingstown, Rhode Island

Originally constructed in 1973 and 1978 respectively, King’s Grant and Essex Village provide critical affordable housing resources for the citizens of North Kingstown, Rhode Island.

Officials from all levels of government joined the residents to celebrate the completion of a $5.2 million renovation project on these two communities that included replacing windows and sliding glass doors with energy saving materials.

Dorman Hayes, Jr. (pictured on the right) in the red jacket, Essex Village resident had the honor of cutting the ribbon at the re-dedication. He was joined by other dignitaries who were at the event.

Essex Village consists of 109 garden-style apartments reserved for older adults and disabled residents. King’s Grant is a 156-unit family community with garden-style apartments comprised of 61 one-bedroom and 95 two-bedroom apartments located in 13 three-story, vinyl-sided buildings.

Financing for the acquisition and rehabilitation of these communities was provided by Rhode Island Housing, R4 Capital (Low-Income Housing Tax Credit equity), the Angelus Trust, and the Department of Housing and Urban Development.
A Healthy Lifestyle

Ingleside Manor - Macon, Georgia

Flossie Ware has been a resident of Ingleside Manor since 2012. She is 67 years old, and proud of it! She is the mother of five children, a former model, an ordained minister, a published author, and a Certified Personal Trainer in Fitness.

After being interviewed on a local TV station about being an active older adult, she was approached by a resident at Ingleside Manor about teaching the residents how to exercise. Flossie was honored and said that she would give it a try and see if it could work.

They began the exercise class in January 2014 and, from the very first class, she has had an average of 18 residents at each class. Flossie has been a great inspiration to the residents here. They exercise every Monday, Wednesday, and Friday for 45 minutes. Flossie stated that she has noticed their breathing getting better and they are getting stronger physically and mentally.

Gladys Young participates in the class and stated that it has been fun and she has noticed a big difference in herself; she stated “my knees are better and I have less pain now”.

To inspire others to get in shape, regardless of age or ability, the group has now gone viral! They have put one of their exercise classes on YouTube and titled it “New Bodies by Flossie”!

Abbey Apartments - Indianapolis, Indiana

A select group of Abbey Apartment residents were asked to participate in a special program that was funded by a grant at the Indiana University (IU) Center for Aging Research. IU received this grant from the National Institute on Aging.

Dr. Chiung-ju (CJ) Liu, an assistant professor at IU Department of Occupational Therapy, School of Health and Rehabilitation Sciences is the Principal Investigator of this program. She developed the exercise program which is called 3 Step Workout for Life to help seniors stay active and live an independent life.

Seven Abbey residents were chosen for this special 10 week project. The exercise class led by Personal Trainer Robin Depperschmidt-Williams meets every Monday and Thursday for an hour.

She states “strength, balance, endurance, but most of all independence are only a few of the health benefits achieved through regular exercise!”

This class consists of a fun warm-up with dance steps that includes standing strength and balancing movements. Using chairs, the residents perform strengthening exercises, Pilates, stretching, and ends with standing and seated Yoga Postures. Incorporating hand weights, Bender Balls, Pilates rings, bands, and music that is selected by the members makes this class more challenging and exciting.

Resident progress is monitored throughout the project and residents and Dr. Liu are seeing increased physical fitness.

All those participating are hoping that this program will get additional funding so it can continue.
Celebrations

If it seems to you like RHF has been celebrating it’s 50th Anniversary forever . . . well you might be right. Since the summer of 2010 you have been reading about RHF anniversary celebrations throughout the country.

When you have 173 communities, it takes a while to get around to all of them.

Good Food and Great People
This April saw Dr. Joseph visiting the last three communities to hold their 50th celebrations.

Yorkshire Place (Cape May, NJ), Cocalico Place (Ephrata, PA) and Bennett Place (Pittsburgh, PA) hosted resident parties that included great food and great people. It is great to see the vital role our communities play in the cities where they are located. The need for affordable housing is only growing.

And just think, a year from now we plan to start celebrating RHF’s 55th Anniversary in our communities . . .

Another Anniversary Celebration
Los Arcos (Poway, CA) celebrated its 10th Anniversary in true, Southern California style, with a Mexican-themed party entitled “Fiesta de Los Arcos.”

Over 100 residents and their families attended the event. That sultry Saturday afternoon, we enjoyed chicken, pork and beef tacos on homemade corn and flour tortillas with all the toppings, and an authentic dulce la leche cake. Residents made colorful, Mexican tissue-paper flowers that adorned the tables. A rainbow piñata was created especially for Los Arcos and greeted our guests as they entered our front doors!

Mad Hatter Tea Party
What better reason can you have for throwing a party than to throw it for no particular reason at all??

Then, to make it more fun . . . encourage people to wear costumes. And then . . . invite everyone you know and even those you don’t know. Residents and their families, staff and the general public were all invited to attend Courtenay Springs Village’s Mad Hatter Tea Party.

Heritage Days
On June 20th, the LaFontaine Center (Huntington, IN) invited the public to celebrate the 1920s at an Open House event. The Open House took place during Huntington’s Heritage Days festival which was themed “Flourishing in the 1920s”; a perfect time to show off one of RHF’s most beautiful buildings. The LaFontaine Center in Huntington, Indiana was originally built as a hotel in 1925 and is proudly listed on the National Register of Historic Places.

There was live 20’s era music, an historic slide show, group tours of La Fontaine’s Ballroom, Brick Room, Summer Room, and resident apartments. Approximately 300 people attended the event.
Community News

Opening Our Doors
North Capitol at Plymouth - Washington, D.C.

In the Washington, D.C. area Seabury Resources for the Aging (formerly known as the Urban League) plans and delivers direct services to residents (age 60 and older and their caregivers) in Wards 5 and 6. Seabury provides services such as nutrition sites, case management, social events and transportation to non-emergency medical appointments.

June Daly, manager of North Capitol at Plymouth, approached Seabury with the idea of hosting a nutrition site program at the building a number of years ago. That site opened this past May and is serving on average 35 seniors each day (both residents of North Capitol at Plymouth and seniors living in Washington, D.C.’s Ward 5).

The nutrition site operates on weekdays from 10 to 2. The residents are given a calendar each month listing the activities (trips to local shops, bingo or entertainment) as well as a calendar that lists the planned meals for each day.

A Community Garden
Pinewood Manor - Bremerton, Washington

Tiny as it was, the first radish of the season recently was pulled up at Pinewood Manor to the delight of Zora Davis. “It was only about three fourths of an inch thick,” said Davis, a resident there. “But it’s just the beginning.” The 85-year-old is one of the most passionate gardeners at Pinewood, a 38-unit community for low-income seniors and the disabled.

Seven gardening beds are planted full of maturing fruits and vegetables. About 18 of the residents have, like Davis, taken to developing their green thumbs. The garden has added to the camaraderie of the building. Each resident got to select from a list of fruits and vegetables they wanted to see grown.

When someone came to Inman-Cowell with an idea to start a garden, she began pursuing some grant funding to get the effort started. But it wasn’t until Bremerton Mayor Patty Lent visited Pinewood about a year ago that the ball got rolling, Inman-Cowell said, namely by connecting the facility with Bremerton Foodline Executive Director Patti Peterson.

Peterson helped Pinewood find donors around the community and pitched in herself to make the garden a reality. The residents learn a lot about gardening and about each other in the process. Raising their own food comes with an added benefit for those on a fixed income. “We’re growing our own food, growing our own produce,” said Candy Currey, another resident and volunteer in the garden. (Excerpt from the Kitsap Sun newspaper.)

Fulfilling A Dream
Mill Pond Manor - Saline, Michigan

Olive Russell married just after World War II. Her husband was commissioned to move to Zimbabwe to start a farm as part of the British colonization of that country. When the nationals took the country over in the 1980s, Olive had already lost her husband and daughter.

The nationals climbed the walls surrounding her compound, tied her to a chair and took everything! She was left with nothing but the clothes on her back.

She made her way to England and then followed her son to the United States, who was in medical school in Ann Arbor, MI.

Olive is extremely proud and grateful to become a citizen at the age of 86! (Kathy Mammel, manager at Mill Pond Manor, helped Olive study for her test and she will tell you that it’s a tough test!) Olive is also extremely grateful to RHF and Mill Pond Manor for giving her peace and security along with a “family” in Saline.
Recognizing Stellar Contributions

Los Angeles, California

For nearly 11 years, Angelus Plaza resident Catalina Pu, has diligently volunteered at its Senior Activity Center. Ms. Pu has logged over 24,000 hours of devoted service as a Chinese interpreter, computer lab assistant and newsletter sorter. In addition, she is a frequent special event hostess and server.

Catalina was honored for her extraordinary contributions by the L.A. County Commission for Older Adults. The ceremony took place during the 49th Annual Older Americans Recognition Day on May 27th at the Dorothy Chandler Pavilion in Los Angeles.

Ms. Pu has also been recognized by the City of Los Angeles, HUD’s Neighborhood Networks Program and the Evans Community Adult School. Her active involvement, keen sensitivity, willingness to help and pleasant demeanor, has positively impacted the lives of her fellow residents and those in surrounding neighborhoods.

Rialto, California

In recognition of National Volunteer month, Southpointe Villa hosted a Volunteer Luncheon. Olive Garden catered the meal and raffle items were donated by area merchants. Volunteers received a certificate of appreciation from the property and a special recognition certificate from Senator Norma Torres and the State of California.


Placerville, California

Gold Country Retirement Community and the Healthcare Center are blessed with an enthusiastic group of volunteers that work throughout the year to make life for the residents exceptional. Recently, 100 volunteers, staff and residents were honored for their efforts at an afternoon event. A 20-piece Ukulele Orchestra played for an hour and everyone was singing along and having fun. Volunteers were awarded certificates and the residents made gift bags filled with chips, notepads and seeds. Our theme was “Volunteers are our Natural Resource” (Hence the seeds).

Volunteer of the Year for the Health Center were the Grace Homeschoolers and Millie Chandler was recognized as Volunteer of the Year in the Independent community.

Like Us On Facebook

Do you want to hear what is happening in RHF communities? Go to these community Facebook pages to keep in touch with the latest that is going on at RHF:

Retirement Housing Foundation
Mayflower Gardens Retirement Community
Gold Country Retirement and Healthcare
Auburn Ravine Terrace
Courtenay Springs Village
The Gateway Retirement
Bishop’s Glen Retirement Community
Park Place Assisted Living

Plymouth Square
Angelus Plaza
Cloisters of Deland (The Cloisters)
Westminster Village
Bixby Knolls Towers
Gaslight Apartments
DeSmet Retirement
**Milestones**

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

**Symphony Plaza East - Boston Massachusetts**

*Rose Kenney* is proud to turn 100 years old! She has even tried to learn new things in recent years, such as taking the saxophone class taught right in Symphony Plaza East by a Berklee College of Music Professor. She also enjoys being taken out to lunch by family members and all of the recent centenarian acknowledgement. She has lived at Symphony Plaza East since July 1, 1996.

**Bishop’s Glen - Holly Hill, Florida**

*Bernard Waller* was born in June of 1914 in Cologne, Germany. He went to Business School and worked in sales all his life. At the age of 24, he fled the impending Holocaust (where most of his family perished) first to Bolivia and then to Santiago, Chile. Bernard immigrated to New York in 1972. Bernard and Estelle were married in 1978 and moved to Daytona Beach after he retired in 1986 then to Bishop’s Glen in 2009. He became an American Citizen in 1999. Bernard has two children, four grandchildren and six great-grandchildren, all living in the United States. Bernard loves people and has a great sense of humor.

*Irene McLendon* lives in The Abbey Assisted Living community at Bishop’s Glen. She will celebrate her 102nd birthday in August. She was a homemaker and was married for over 50 years. She has one son and two grandchildren. Irene volunteered at church and led a very health conscious life. She has a love of music and played the piano, harmonica and organ. Irene is described by her son as being, “an absolutely amazing person who led an interesting and fun life.”

**Angelus Plaza - Los Angeles, California**

*Yu Kam Chan* at age 100, Ms. Chan remains fresh, like her flowers. She has resided at Angelus Plaza for 34 years. Prior to that, she worked in the garment industry. Ms. Chan believes her longevity is the benefit of simple, healthy living. She has a daughter and a son.

*Yung Ding* and his wife have lived at Angelus Plaza for the past 22 years. Before retiring, Mr. Ding was an elementary and high school principal in Taiwan. Mr. Ding enjoyed walking, swimming and exercising, prior to becoming wheelchair bound. He is a robust eater.

**Westminster Village - Clarksville, Indiana**

*Harry Ehringer* lives independently with his wife, Dottie at Westminster Village. He exercises and walks almost every day . . . not bad for a gentleman of 104! Harry says of himself and his wife, “No two people are happier than us.”

*Ethel Dunn* is 104 years old, born in August of 1910. She was a piano teacher for 85 years. She was always involved in community church and charity events. Her role as a devoted member of 97 years to the DePaul Methodist Church was to visit the sick and shut in members.

When asked what is her secret to living for 104 years she said, “I wonder myself sometimes.”
Colonial Heights - Florence, Kentucky

Bill Easley born in Gunnorsville, AL will be celebrating his 101st birthday in November. He is a veteran of WWII and served in the South Pacific. He moved into Colonial Heights in 2006 and enjoys spending time with his family.

Courtenay Springs Village - Merritt Island, Florida

Helen Barnini has been a resident of Courtenay Springs since April, 2000. She turned 101 years old this past June. She is an avid reader, loves to play bingo and enjoys spending time with her family and friends. Helen continues with her morning breakfast with the group and still enjoys reading and listening to our entertainment. She goes out twice a week with her daughter in law.

Capitol Court - Corydon, Indiana

Rita Bales turned 103 on May 11th. She was born in 1911. Rita is still active and is in excellent health. Rita enjoys reading and doing the crossword puzzles in the daily paper. Rita loves to speak of her childhood and how much things have changed since then. Rita has been a resident of Capital Court since 2003.

Gold Country - Placerville, California

Leamel Comparette is 104 years old this year, born in May of 1910 in Montrose, CO. In 1923 she got on the HF Alexander ship and cruised over to Long Beach, CA. She moved to Placerville in 2007 and has enjoyed the mountain views and scenic location of Gold Country Retirement Community. Her favorite color is pink, she loves pink roses and poems.

Francis Sutter was born in July of 1914 in New Mexico, the youngest of five children (with 4 older brothers!). Francis met and married her husband, Raymond in San Francisco and had two children, Tom and Gail. She has three grandchildren and three great-grandchildren. She has lived at Gold Country the past two years.

Crescent Manor - Mesquite, Texas

Zeffie Greenlee was born in July of 1913 in Stafford AR. She married Elige “Pete” Volley Greenlee who served in World War II. Zeffie was known for her cooking skills and would sometimes sell homemade pies to help supplement her family's income. Zeffie continues to be that great cook, with an awesome meat loaf at every pot luck!

Pioneer Towers - Sacramento, California

Lena Brown was born in Leedey, OK and will turn 100 in September. She has lived at Pioneer Towers for 20 years.

The Heartland - Peoria, Illinois

Clarence Walker was born in Vicksburg, Mississippi in April of 1912. After retiring Clarence devoted his time to music, playing in local establishments in Peoria, Illinois. He taught himself how to play the piano, even though he was unable to read or write. Clarence played the piano in the Heartland’s Community Room for many years, entertaining the residents.
Project H.A.N.D.S.®

**Touching The World - One Community At A Time**

Project H.A.N.D.S.® (Helping Angels National Donated Support) is the award winning brainchild of Judy Shaw, RHF’s National Service Coordinator Manager.

It is created on a very basic premise . . . service to the community you live in . . . everyone has the ability to contribute to betterment of their community - if they want to.

In 2013, more than 4,000 RHF residents in 87 communities throughout the country contributed more than 68,000 hours and partnered with more than 1,000 local organizations, businesses and agencies to provide more than 24,000 items for their neighbors in need.

**Tacoma, Washington**

Marymount Manor’s H.A.N.D.S.® group has named themselves the Knit & Purls group. In November of 2013, this group distributed hats, scarves and gloves to an elementary school in Pierce County, Washington. Unknown to the group, on the same day the local fire department was distributing winter coats to the same elementary school. The event was so well received by students, teachers and parents that the fire department has asked the residents to team up with them again in 2014 and the group has been working all year for the upcoming event.

**Tallahassee, Florida**

Lake Ella Manor doesn’t have a lot of knitters, arthritis has had an impact on this group! But that hasn’t stopped them in the slightest. Residents partnered with Hugs For Soldiers, an organization that gathers uplifting messages, toiletry kits and other items that they send to soldiers in Afghanistan.

**Pasadena, California**

Residents at Pilgrim Tower North have a talent for making beautiful, warm and cozy blankets. They have partnered with Project Linus, a local organization, to deliver blankets to area hospitals, police departments and foster agencies.

**Smyrna, Georgia**

Due to aging and turnover of residents, Benson Manor’s H.A.N.D.S.® group has transitioned from making receiving blankets for newborns for Cobb Pregnancy Services to making inspirational cards that are distributed monthly by the local Meals on Wheels program.

**Manitowoc, Wisconsin**

The residents at Valley View Apartments have gained notoriety for all of the contributions their H.A.N.D.S.® group has made to the community - to the point that a mysterious women’s group in the area is now dropping off seasonal treats and gifts for the group.
"Many small people, in many small places, do many small things, that can alter the face of the world."

Anonymous

We are grateful to the following people or agencies that have volunteered, donated or participated in our Project H.A.N.D.S.® program from 6/1/13 to 5/31/14:

300 Main
Estacada, OR
Beatrice Bolton
Celina Garcia
Janice Glover
Joan Hale
Evelyn Hammond
The Mennonite Community of Estacada

Adam & Bruce Apts
Fort Wayne, IN
Monica Christy
Mabel Clark
Lillian Mooney
Berdia Oquin
Ruth Smeltzer
Rebecca Springer
Ann Thomas
Mary Thompson
Willie Woods
Woods, Willie

Anciano Tower
Montrose, CO
Alice Amato
Frieda Arthur
Deanna Bell
Sharon Dikeman
Don Fleming
Pat Gatheraux
Rose Hamilton
Wanda Howard
Margaret Pierce
James Russell
Lillian Smith
Dana Zappala

Angelus Plaza
Los Angeles, CA
C.J. Keeley
Hyung Suk Kim
Kyung Soon Kim
Susan Kim
Sumiko Kirk
Bong Do Lee
Charlene Lee
Chueh C. Lee
Kap Lee
Song Hwa Lee
Anna Lucas
Chun Sook Park
Jung Ja Park
Ok Ja Park
Bong Yi Ramsey
Christina Rodriguez
Alice Shin
In Hee Song
Hang Ja Yoon
Hyo Soon Yoon

Benson Manor
Smyrna, GA
Ginger Ader
Joan Clark
Judith Correa
Ruth Dobson
Fran Eversley
Betty Hatfield
Life Hope
Baptist Church
Kathy Parker
Mary Seard
Ingrid Shaw
Frank Sposato
Elaine Summers
Jan Tobelmann
Veleta Todd

Bishop’s Glen
Holly Hill, FL
Anna Mae Burchill
Children’s Home Society
Gloria Flatley
Halifax Hospital
Helen Pickens
Pregnancy Crisis Center
Jewell Sandora
Virginia Sapp
Enis Valorose
Evelyn Wilson

The Carlin
Arlington, VA
Alease Brooks
Dutchess Donaldson
Helga Henson
Andrea Lara
May McWilliams
Mercedes Roldan
Iris Rosario
Olga Rosario
Salvation Army
Karleen Thorpe
Bing Fen Zhen

Casa de Pinos,
Prescott, AZ
Catherine Colver
Gloria Hedgpeth
Jean Krietemeyer
Barbara Thompson

Charles Major Manor
Shelbyville, IN
Karen Raymond

Cimarron Court
Kearney, NE
Mary Jane McLaughlin
Kathy Zyla

The Concord
Pasadena, CA
Guadalupe Carrillo
Yang Hi Choi
Ann Lo
Ren Min Sun
Xiuran Wang

Cocalico Place
Ephrata, PA
Anonymous
Jean Armantrout
Geraldine Boyer
Joe Keefer
Michelle Kready
Sharon Reed
Esther Schaeffer

Colonia Jess Lopez
Los Angeles, CA
Maria Echevarria
Agripina Estrada
Maria de Los Angeles Jimenez
Sara Mendez
Martha Quinones
Hyun R. Park
Jung Seo
Maria Tovar

Cornerstone Gardens
Houston, TX
Betty Blanks
Nathadine Blanks
Mary Lou Browne
Emma Butler
Dao Duong
Susana Guerra
Alberta Hargis
Jose Izquierdo
Elizabeth Jaeger
Alberta Jones
Mei Lang Lee

Cornerstone Gardens
Houston, TX
Pearlie Love
Irma McCall
Helen Mikel
Lona Mize
Kay Moore
Rhenda Neitsch
Kiet Phan
Qingsen Shi
Louise Smith
Annie Toliver
Catharine Urban
Shirley Williams
Delores Young

Crescent Manor
Mesquite, TX
Sharon Atteberry
Ruthanne Babbs
Nellie Coleman
Ida Escochea
Brenda Eubanks
Sue Eva Gorrell
Evelyn Hale
Louise Hanes
Frances Harris
Margaret Hogan
Judy Johnson
Wanda Jones
Janet Lankford
Marceline Layton
Carmen Leon
Betty Little
Mary Lucas
Bessie Marshall
Debi Meck
Andrea Ortega
Nancy Paluszewski
Norma Pitman
Barbara Shelton
John Robert Shelton
Mary Louise Utley
Hollye West
Martha WestBrook
Colonial Heights residents knit, crochet and sew items for the Northern Kentucky Women’s Shelter.

Los Arcos residents make items for a nonprofit that provides temporary emergency shelter for children.

Westminster Village residents make baby blankets, booties, hats, scarves and lap blankets and distribute them to 11 southern Indiana nonprofit organizations.

Project H.A.N.D.S.

Farrfield Manor
Columbus, GA
Georgie Esters
Neda Lopez
Inell Bennett
Juanita Martin
Bernice Mitchell

Guadalupe Senior Apts
Denver, CO
Patricia Cook
James Lewis
Maria Robles
Jean (“Nena”) White

The Heartland
Peoria, IL
Elizabeth Boles
Brenda Crowe
Alice Hogan
Janie King
Enda Mitchell

Independence Square
Evansville, IN
Paulette Alvarez
Pat Bogard
Donna Carrico
Vera Gilbert
June Kellough
Doris Opperman

Ingleside Manor
Macon, GA
Leanna Bentley
Elisie Dixon
Kathy Skates
Mattie Taylor
Mozella Walker

Kemet House
Chesapeake, VA
Alberta Bagley
Elfriede Sorey

LaFontaine Center
Huntington, IN
Norma Branham
Charlene Davis
Vickie Kirkpatrick
Rosetta Koontz
Janet McGuire
Roberta Rector
Norma Ritenour
Barbara Thorn

Lake Ella Manor
Tallahassee, FL
Mildred Agree
Zilpa Boyd
Betty Busey
Peggy Harbert
Wendy Kissane
Ramona Leon
Lois Maxwell
Mary Parker
Ruby Roe
Lucy Seaman
Adelle Sistrunk
Carol Thigpen

The Towers at
Crooked Creek
Indianapolis, IN
Helen Bratton
Mazel DeLay
Debra Harrell-Jackson
Lucille Jordan
Nellie Ross
Doris Simmons
Stella Williams
Jackie Winston

The Heartland
Peoria, IL
Elizabeth Boles
Brenda Crowe
Alice Hogan
Janie King
Enda Mitchell

Independence Square
Evansville, IN
Paulette Alvarez
Pat Bogard
Donna Carrico
Vera Gilbert
June Kellough
Doris Opperman

Ingleside Manor
Macon, GA
Leanna Bentley
Elisie Dixon
Kathy Skates
Mattie Taylor
Mozella Walker

Kemet House
Chesapeake, VA
Alberta Bagley
Elfriede Sorey

LaFontaine Center
Huntington, IN
Norma Branham
Charlene Davis
Vickie Kirkpatrick
Rosetta Koontz
Janet McGuire
Roberta Rector
Norma Ritenour
Barbara Thorn

Lake Ella Manor
Tallahassee, FL
Mildred Agree
Zilpa Boyd
Betty Busey
Peggy Harbert
Wendy Kissane
Ramona Leon
Lois Maxwell
Mary Parker
Ruby Roe
Lucy Seaman
Adelle Sistrunk
Carol Thigpen

Lakeview Manor
Storm Lake, IA
Casey’s General Store
Dale Brunning
BVRMC
Darlene Evans
Sue Ferrin
Karen Gollahon
Jessica Gotto
Amber Jessen
Peggy Miller
Jo Murphy
Lorna Newell
Margaret O’Connor
Jan Rodesch
Wyanda Smith
Sparkys One Stop
Sharon Starks
Leann Witmaack

La Mirada Vistas
La Mirada, CA
Bertha Castaneda
Patricia Choi
Inez Codeus
Barbara Flores
Virginia Frani
Luz Gomez
Maria Martinez
Lee Olsen
Marlene Olsen
Adoracion Pantilo
Ernesto Pantilo
Gloria Pedregon
Susie (Xiomara) Pena
Ramon Robles
Ronald MacDonald House
Delia Rodriguez
Sandra Ruiz
Ibis Valdes
Maria Valdivia
Women & Men First
Day Shelter
Los Arcos
Poway, CA
Zoila Baños
Norma Broadnax
Nhel Cepeda
Jeneva Clement
Marie Crisanti
Girl Scouts
Jan Kreitz
Lynne Lichenstein
Alice Lisi
Laura Lopez
Elisa Lupin-Jimenez
Esperanza Manaligod
Judith McGinnness
Mary Ann Nasternak
Mary O’Neill
Poway High School
Cheryl Robinson
Merle Wagner
Lorraine Wall
Westview High School
Thelma Whitehead
Sharon Young

Lowell Place
Bakersfield, CA
Vera Fielding
Ana Henthorn
Esther Hernandez

MacArthur Park Tower
Los Angeles, CA
Keum Bok Choi
Kil H Chung
Chang Sin

Malone Manor
Lincoln, NE
Mary Chandler
Sandra Molton
Vicki Nogle

Maple City Square
LaPorte, IN
Lorraine Coleman
Jeanette Heard
Megan Maroney
Sandra Molkhe
Norma Morley
Judith Shepherd
Richard Sullivan

Marple Manor
Modesto, CA
Maria Calsadillas
Irma Fonseca
Randhawa Harcharan
Mary Rezendes
Dorothy Serpa

Marymount Manor
Tacoma, WA
Nadine Abbott
Charlene Bowman
Udella Burnham
Judie Denoo
Gudrun Evans
Diane Hamel
Judy Kelley
Brenda King
Sheila Marcy
Julie Murphy
Mary Lou Rebelez
Tamara Resop
Barbara Riffe
Georgie Springer
Debra Walters
Sharon Worra

Mayflower Gardens II,
Quartz Hill, CA
Sandra Ball
Lillian Mary Carter
Jeanne Ellis
Rose Flynn
Nanette Harvey
Sharon Lump
Eula Manning
Audrey Miller
Sharon Paschol
Virginia Schmidt

Mesquite Gardens
Mesquite, TX
Betty Jones
Rita Langdon
Lucy Limbaugh
Donna Little
Catherine Lye
Leonor Marin
Frances McCallum
Betty Medrano
Darlene Milligan
Minnie Nicolet
Estaline Nixon
Joyce Rogers
Harriett Taylor
Carol Theisen
Vickie Vakidis
Jane White
Juanita Williams
Delores Wood
Jack Wood

Mill Pond Manor
Saline, MI
Shirley Armbruster
Freida Heck
Jean Hildebrandt
Susan Johnson
Joyce Goupill
Doris Goble
Diana Leggat
Linda Melnik
Mildred North
Quilting Season
Catherine Savage
Margaret Service
Shirley Slagle
Marian Youngs

Independence Square residents make hats and scarves for ten non-profits in the Evansville, IN area.

Lake Ella Manor resident, Ramona Leon, holds bears that the H.A.N.D.S.® group makes for soldiers in Afghanistan to hand out to children.

La Fontaine residents focus on making winter hats for babies and area school children.
Crescent Manor & Mesquite Gardens residents make tie blankets for a local children’s hospital.

Pilgrim Tower North residents created tie blankets for a local nonprofit.
Bishop’s Glen residents knit and crochet items for newborns at Holly Hill’s local hospital.

Benson Manor residents write inspirational messages that are placed on the trays delivered by the local Meals on Wheels program.

Stone Creek Village
Phoenix, AZ
Jane Benton
Amanda Costa
Ramona Costa
Diana Davis
Alicia Galindo
Sharon Martin
Taiba Mobarez
Jacqueline Fantin
Sandra Ramey
Dolly Spiesman

Towne Creek Apts
McKinney, TX
Nelma Hyde
Doris King
Rosa Martinez
Diana Roberts
Sat Singh
Bonnie Vincent
Billie Wilson
Fen Yen

Valley View Apts
Manitowoc, WI
Anonymous
Nancy Anderson
Anne Bruchert
Wendi Butkovitch
Jean Gunzel
Karen Jacobson
Pauline Jagemann
Rosemary Jandrey
Florence Luecker
Doris Mattie
Janice Neff
Mary Lou Shawgo
Ethan Siehr
Scott Siehr
Peg Steele

Villa at Sacred Heart
Indianapolis, IN
Linda Hammer
Patricia Dorsey
Tonya Stokes
Brenda Vester

Towne Creek Apts
McKinney, TX

Village Pointe
Norfolk, VA
Maurice Covington
Dennis Dukes

Village Pointe
Village Gardens
Norfolk, VA
Inez Dunston
Food Bank of SHR
Freemason Baptist Church
Marva Lewis
Old Dominion University
Patricia Winfield

Virginia Park
Des Moines, IA
David Baker
Janet Barnard
Nancy & Bob Battin
Sandy Bennett
Lissa Blake
Sharon Brunley
Wacille Higgins
Annette Jennings
Jack McCue
Tim McMullin
Mary, Jason & Lizzie Moranville
Deanna Morgan
Wendy Nelson
Roger Phelps
Richard Seals
Ronnie Sockritter
Linda Wheeler

Vistas
Van Nuys, CA
Byung Cho
Mizan Gezahen
Jung Han
Jung Kang
Ke Kim
Bo Ko

Vistas
Van Nuys, CA
Myong Lee
Sun Oh
Marietta Robey
Teresita San Diego
Maria Sandoval
Soon Shin

Westminster Village
Clarksville, IN
Norma Boehme
Fred Briscoe
Helen Bube
Marty Burrell
Algene Busse
Kim Condra
Dottie Ehricke
Mary Sue Fisher
Shelba Gaspensor
Erna Giordano
Mylle Grant
June Hanger
Jean Hargreaves
Evelyn Hire
Brenda Holbrook
Christina Leach
Cathy Shain
Edith Thornberry
Dolly Waggoner
Virginia Weber
Stasia Zurchemeide

Westover Manor
Cedar Rapids, IA
Darlene Sterns
Rosalie Walsh

Vistas
Van Nuys, CA
Young Sok An
Maria Barajas
Maria Franco

West Valley Towers
Van Nuys, CA
Sue Goluban
Bong Kang
Har Soo Kim
Irene Morales
Mansurel Nikkhani
Carmen Paresnuela
Violet Peters
Angela Rocha
Dimlay Tran
Chung Hee Yoon

The Whittier
Los Angeles, CA
Angelina Hernandez
Carla Montano
Sandra Najar
Rafaela Zapata

Wilshire House,
Santa Monica CA
Sima Arnorovna
Rina Brener
Efrem Broitman
Elena Eydel
Tamara Kolesnikova
Adelya Voronchuk

Yellowwood Terrace
Clarksville, IN
Betty Bognar
Ella Mae Freeman
Deborah Rager
Yorkshire Place
Cape May, NJ
Joan Cox
LaRelida Frederick
Edith Ott
Rose Tittor
Charitable Giving

Does Your Estate Plan Need a Makeover?

Most of us tend to think of reviewing our estate plan only when we decide to add or delete a specific beneficiary. However, there are many other life events that can prompt a planning review. Take a few moments to review the life events listed below and note whether the event applies to you. At the end of the document, suggestions on what your responses may indicate for your current estate plan are offered.

Marital Issues - Since you completed the most current version of your estate plan...
- Have you married, divorced, or been widowed?
- Have you signed a prenuptial agreement?
- Have you formalized a separation?

Parenting (and Grandparenting) Issues - Since you completed the most current version of your estate plan...
- Have you (or one of your children) adopted a child?
- Have you experienced the birth of a child or grandchild?
- Have you experienced the death of a child or grandchild?
- Have any of your children turned 18?
- Have any of your children married, remarried, or separated?
- Have you added dependents such as aging parents or children returning home?
- Have you loaned money to your children or grandchildren?

Asset/Ownership Issues - Since you completed the most current version of your estate plan...
- Have you significantly increased or decreased your net worth?
- Have you acquired new property such as a vacation home?
- Have you started a business?
- Have you purchased life insurance?
- Have you started a retirement plan, IRA or 401k?
- Are the liabilities your estate will face on your death greater than the liquid assets?
- Have you started to receive income from a trust?

Giving Issues: Charitable and Otherwise - Since you completed the most current version of your estate plan...
- Have you thought about making a charitable bequest but not yet followed through?
- Have you used cash or other assets to make a substantial charitable gift, either outright or through a life income arrangement such as a charitable remainder trust?
- Have you received an inheritance or significant gift?
- Have you made a significant gift to family members?

Estate Planning Team Member Issues - Since you completed the most current version of your estate plan...
- Has your executor, guardian, or anyone given Power of Attorney (POA) moved?
- Is your executor (or anyone given POA) now unwilling or unable to perform the appropriate duties?
- Does it look like you will outlive your executor or someone to whom you have given POA?
- Is the person named as guardian now unable or unwilling to perform the duties of guardian?
Residence and Health Issues - Since you completed the most current version of your estate plan…

- Have you moved to a new state?
- Have any of the beneficiaries of your estate plan predeceased you?
- Have you or your spouse contracted a debilitating disease such as Alzheimer’s?
- Have you considered what would happen to you and your loved ones if you were suddenly incapacitated by stroke, major heart attack, or coma?

So is it time for a review of your estate planning documents?

If you had no real changes: Isn’t it great to feel that you are truly prepared? That you have provided for yourself and your family’s needs? But an estate plan is just like your automobile or your home: it needs maintenance. We suggest that you keep this Estate Revision Checklist and review the items every 18-24 months. And if you’ve not had a chance to consider what role philanthropy can play in your future, perhaps now is the time.

If you had 1-4 changes: There probably isn’t a need to call the attorney’s office this week, but you may wish to put your estate plan on your “watch list.” Keep this checklist. Don’t file it away in a drawer; put it with business papers you consult regularly and review it every 6 months. If you have 2 or more additional significant changes, it’s time for a legal checkup. The plan may no longer be as effective as you would like.

If you had 5-7 changes: If you’ve had 5-7 significant changes since you created your estate plan, you DO need a legal check-up. Your check-up (which should be conducted by a qualified estate planning attorney) may not reveal that your entire estate plan needs revision; there may be selective issues that you and your attorney can address together. Use this checklist to highlight what has been impacted in your original plan; then visit your chosen attorney with the highlighted plan and the checklist in hand. If one of your significant changes is relocation to a new state or country, you may need a new attorney.

If you had more than 7 changes: With more than 7 significant changes, you are facing a choice that only you can make: do you try to overhaul the plan or simply start with a blank sheet and create a new one? Changes that are likely to indicate a “blank sheet” include things like a change in spouse (death, divorce, or remarriage), a major increase or decrease in wealth, and any significant changes in the number and/or identity of beneficiaries.

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Charitable Giving

I am a Team Giver because I believe in the RHF mission.

It’s a privilege to give of my resources and while I work this mission every day, sometimes my money can do more than my employment can. My donation may be small but when we all do a little, it turns into a lot and the mission can help those where it’s needed the most.

Emily Hidalgo
North Central Regional Manager

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.

Collen Adams
Robert Amberg
Shana Anders
Jonas Angeles
Anonymous
Benjamin Aquino
Merlina Baethe
Christina Bagley
Nada Battaglia
Duncan Bradbury
Natalie Brautigam
Donna Bunkhong
John Castro
Christina Cerrato
John Chandler
Jacqueline Chew
Patrick Clark
Anthony Cleveland
Heather Cline
Inez Codeus
Mildred Collins
Penelope Cook
Janette Cooper
Leonardo Corpuz
Carmen Cuvarubias
Philamena Decker
Chantal Denny
Christopher Despirito
Andres Diaz
Conrad Dungca
Maggie Engelberg
Eddie Enriquez
Jeffrey Ferguson
Deborah Fischer
Marshal Fischer
Celina Flores
Gema Flores
Perry Glenn
Cathy Gonzalez
Delores Harris
Jennifer Hart
Stuart Hartman
Emily Hidalgo
Christopher Hill
Gregory Hook
Evet Howard
Cheryl Howell
Donna Huneke
Melissa Jackson
Kerry Jennings
Pamela Jennings
Laverne Joseph
Ken Kaser
 Lorri Kavich
Judith Keithley
Teresa Kennedy
Arnold Kim
Deborah Kindle
Deborah Kirkseyr
Karen Kostrzebski
Dina-Marie Kulzer
Kathy Larson
Charlene
Lawrence-Rice
Emma Laycock
Lan La-Yip
Su-Jung Lee
Diana Lespron
Cathy Ann Levario
Lynn Lichtenstern
Teresita Liwanag
Lisa Lopez
Brian Magnone
Mark Malloy
Lee Mayfield
William Meert
LaVonne Mickelson
Stacey Montero
Christopher Mullen
Rachel Murphy
Leah Nelson
Linda Newsome
Jacqueline Ng
Jannetta Page
Dejuan Parker
Peter Peabody
Gloria Pedregon
Michelle Pelham
Denisha Pepper
Delores Peters
Gloria Plaza
Laci Price
LaRethia Prince
Janus Quiambao
Dolores Quijano
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Rosemary Ramirez
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Isabel Reyes
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Tina Robinson
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Jessica Rosales
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Frank Rossello
Gloria Ruiz
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Katrina Sadangsal
Melchor Sambrano
Dorothy Sanders
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Luella Shelton
Charles Skaer
Neil Smart
Pwint Soe
Margaret Spiller
Jennifer Staley
Lakisha Steed
John Stonecipher
Deborah Stouff
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Shannon Sutton
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Lorna Valencia
Jeanette Villa
Florence Webb
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Brian Williams
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Wilma Wilson
Diane Wink
Sharon Young
Patricia Zappone
Rebecca Zaricor

In red = Sterling Club members—donation via payroll deductions

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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 Charitable Giving Department, at (562) 257-5141.

We are grateful for our RHF Circle of Friends members:

Karolla Brice
Rev. Norma DaSaegher
Raymond E. East
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Elsie Valek
Anna Mae Wakefield*
William L. Warrick
Norman A. Whaley*

(*)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 have not yet done so, but would like more information, or you would like to receive specific details about how to include RHF in your will or structure a life income gift to RHF or your RHF community that benefits you and your family, please call 562-257-5141.

National Headquarters Donors

The following made gifts to the RHF designated funds (see donor form) through our national office from 3/1/2014 to 6/30/2014:

Aging Disabilities Charities America
Brian Breamer
Charles Buck
Chaim E. Chung
Dr. Norma De Saegher
Jean G. Dremstedt
Mr. & Mrs. Raymond E. East
Sandra Farley

Vivian Frost
Helen Heidenreich
Mr. & Mrs. Frank G. Jahrling
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Rev. & Mrs. David S. Moyer
Beverly Northrup

Partners For A Better World
Steve Protulis
Barbara Gray Richley
Ernest G. Shields
Cynthia Stahler
Dr. & Mrs. John E. Trnka
U.S. Bank
Richard Wilson

In Honor of . . .

. . . Staff at Capitol Towers
Mary Urgitis

In Memory of . . .

. . . Kris Amberg
Anonymous
. . . Gloria Caster
Isabel Reyes

. . . Rev. Harvey Kandler
Family of Rev. Harvey Kandler

. . . Mary Ellen Kilsby
Elizabeth Tigner

. . . Elizabeth Moncrief
William H. Moncrief
Dina Marie Kulzer has worked at RHF’s national headquarters for more than seven years. She has been a published author for longer than that. Her latest book (under her pen name of Dina Di Mambro), True Hollywood Noir: Filmland Mysteries and Murders, has earned a 2014 Independent Publisher Book Awards bronze medal. DiMambro took the award in the 2014 IPPY E-Book Awards Best Adult Non-Fiction Informational category, in which the best titles from around North America and Australia/New Zealand are judged based on their quality and regional significance. She was presented with the award at a ceremony on May 28th in New York City.

True Hollywood Noir features stories of infamous unsolved murders and mysteries, revealing the often-intertwined world of the West Coast mob, city and police corruption during the Golden Age of Hollywood. The book draws from new research of trial transcripts and exclusive, never-before-published interviews with the subjects’ family members, friends and associates, and sheds new light on a number of mysteries and murders that have gone unsolved for decades.

Congratulations, Dina!

An Award Winning Author In Our Midst

By day, she works as a paralegal in RHF’s Legal Department at its Long Beach offices . . . by night she slaves away at a computer screen, writing about murder mysteries in Hollywood from decades past.

Stephanie Titus, M.B.A., CFRE V.P. of Philanthropy Retirement Housing Foundation
562-257-5141 stephanie.titus@rhf.org