

# COMMUNITY BENEFIT REPORT



FYE JUNE 30, 2011

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# BACKGROUND

## DESCRIPTION OF FACILITY

Founded in 1871, the Jewish Home of San Francisco is a private nonprofit geriatric center dedicated to the care and treatment of older adults who are typically over the age of 65 and who primarily reside in the greater Bay Area. In some instances, individuals are accepted from out of state. The Jewish Home has grown into a complex with five distinct buildings, serving approximately 400 residents from different populations and with diverse care needs. Non-residential care is offered through the Home's on-site short-term and rehabilitation services program (STARS) and acute geriatric psychiatry hospital.

The Jewish Home is licensed by the California Department of Health as a skilled nursing facility for long-term care, and is certified for both Medicare and Medi-Cal. Under licensing by the Department of Public Health, the Home also offers acute short-term stays to voluntary and involuntary patients in its acute geriatric psychiatry hospital. With a trained staff of over 700, the Home provides a comprehensive range of personal and healthcare services primarily for cognitively and/or physically frail older adults, as well as for those who have behavioral issues.

Services include:

- Medical, nursing, nutritional, and social services programs, with an emphasis on prevention as well as treatment;
- Daily social, cultural, spiritual, educational, creative arts, and recreational activities;
- Housekeeping services;
- Special treatment programs, including short-term and rehabilitation services; an acute geriatric psychiatry hospital that offers both voluntary and involuntary inpatient care and consultation services; and the Alzheimer's Garden Unit dedicated by the Mark Ross Foundation, which is specifically designed to treat residents with Alzheimer's disease and related disorders.

## MISSION

Enriching the quality of life of older adults

## DEFINITION OF COMMUNITY

In general, the Jewish Home serves the most medically/cognitively frail, as well as financially indigent elders (85 percent of Jewish Home residents are indigent and/or Medi-Cal recipients who do not pay the full cost of care), with an average age of 86. It provides professional and comprehensive programs that include personal and health care to the elderly who primarily reside in the greater San Francisco Bay Area.

## COMMUNITY NEEDS ASSESSMENT

The Jewish Home is a member of Building a Healthier San Francisco (BHSF), a collaboration of San Francisco hospitals, the Department of Public Health, United Way, human services providers, philanthropic foundations, and numerous community-based organizations.

Building a Healthier San Francisco is committed to working toward improving the health status of all people in San Francisco. To that end, BHSF needs-assessment process utilizes the best secondary data available on selected indicators of the health or conditions affecting the well-being of San Francisco's population and subpopulations, and seeks feedback and input from the community to guide the assessment and direct the call to action.

## COMMUNITY BENEFITS PLANNING PROCESS

The Jewish Home is one of a number of Jewish agencies in the Bay Area that serves the elderly. The following organizations are affiliated with the Jewish Community Federation & Endowment Fund of San Francisco, the Peninsula, Marin and Sonoma Counties, and are responsible for providing services to the elderly Jewish population in the Bay Area:

- Jewish Community Federation & Endowment Fund of San Francisco, the Peninsula, Marin and Sonoma Counties: provides grants to Jewish communal agencies serving the elderly for various initiatives, such as senior transportation services
- Jewish Community Centers of San Francisco, the Peninsula, and Marin: adult day services
- Jewish Family and Children's Services: counseling; meals-on-wheels; in-home support; job training
- Jewish Vocational Service: job training
- Menorah Park, San Francisco: HUD housing
- Rhoda Goldman Plaza, San Francisco: assisted living facility
- Moldaw Family Residences, Palo Alto: independent and assisted living apartments, and assisted living memory suites

These organizations frequently collaborate to coordinate planning, fundraising, and service initiatives to address the needs of the region's Jewish population. Ad hoc meetings are convened to address issues that may include:

- Social welfare and healthcare benefit changes
- New program planning
- Transportation services
- Housing, with support services

In addition, each agency routinely appoints staff from other Jewish organizations to planning committees, thus ensuring coordination among the various entities.

Community needs of the Jewish Home's target population are continually being assessed. The following is a brief summary of these activities:

1. Jewish Home staff and board members participated in the planning committee for Rhoda Goldman Plaza, a residential care, assisted living complex in San Francisco that primarily serves a middle-income elderly Jewish population. A close working relationship results in the smooth transfer of residents between the facilities, as well as coordination of programs and resources.
2. Menorah Park is a 160-unit HUD development in San Francisco sponsored by the Jewish community. Ongoing discussions between Jewish Home staff, board members, and Menorah Park have resulted in the coordination of medical services and enhanced transfer procedures for residents requiring skilled nursing and psychiatric services. Closer collaborations between the Jewish Home and Menorah Park are currently being actively pursued.
3. The Jewish Home (and other organizations serving the Jewish community) is committed to the coordination of the scarce resources available to the expanding under-served and elderly community throughout the Bay Area. These efforts are ongoing, as they have been for almost a century and a half.
4. The Jewish Home, in partnership with the Palo Alto Jewish Community Center and the Jewish Community Federation, has developed the Taube Koret Campus for Jewish Life in Palo Alto, Calif. This multigenerational campus fulfills in part the Home's longtime vision of providing care and services to older adults in the South Peninsula. Housing services accommodate those of means, as well as those who require financial subsidization. An initiative of the Jewish Home of San Francisco, Moldaw Family Residences at 899 Charleston – a new concept in senior living that opened in the fall of 2009 on the Taube Koret Campus for Jewish Life – provides its residents with unique connections to the South Peninsula, Jewish life, neighborhood living, and wellness support for the future. It offers a total of 182 apartments for independent living, along with 11 individual apartments in the secure memory care suite for Alzheimer's or dementia care. Currently, six assistance in living units are being utilized, with possibly six more units to be dedicated as such in the future as the population ages. 899 Charleston has been issued a permit to accept deposits by the California Department of Social Services.
5. In early 2004, leadership of the Jewish Home launched a collaborative and community-wide strategic visioning initiative to:
  - Assess the changing needs of the Bay Area's older adults and the Home's capacity to better serve those needs.
  - Examine how and where the Home delivers programs and services, and its ability to refine, improve, and redefine these services.

- Consider ways to alter the methods and locations in which the Home delivers programs and services in the future, so as to serve a broader constituency of older adults – as well as new and emerging markets – who are looking for different types of senior living environments.
  - Review and update the organization’s vision and strategic plan to ensure that the Jewish Home remains responsive and relevant as a provider in a rapidly changing network of services for older adults in the community.
  - The Jewish Home developed a summary report /brochure of its visioning and strategic planning initiative in June 2007. Entitled *A New Vision for the Future*, this ‘report back to the community’ highlighted the findings of the strategic visioning process, and detailed the Home’s progress as it explores and creates new opportunities and strategies to better serve the needs of the community’s older adults.
  - The report was shared with trustees and senior staff of the Jewish Community Federation of San Francisco, the Peninsula, Marin and Sonoma Counties at a presentation by the Jewish Home’s president & CEO and director of Corporate Planning & Communications. They provided an update on the visioning process, key findings, and next steps. Thereafter, the publication was broadly disseminated to key community constituents and shared with other organizations interested in initiating strategic planning processes.
  - An outcome of the strategic visioning process was the creation and adoption of a new “vision statement” for the Jewish Home: To become a regional resource as an integral part of a continuum of care throughout the Bay Area that provides senior adults with a variety of life-enriching programs and services that are accessible, promote individual dignity, encourage independence, connect them to their community, and reflect the social, cultural, and spiritual values of Jewish tradition.
6. In 2009, the Jewish Home initiated its site master plan. The goal of a transformed Jewish Home is to bring it into alignment with the prospect of health care reform and the way in which care will be delivered in the future. To accommodate seniors’ diverse and changing wishes, needs and interests, the Home anticipates serving a greater number of older adults across a broader cross section of the caring continuum – such as independent living, assisted living, memory support units, and community-based health care services – even as it continues to provide the best care and services possible to its key population of frail elders.

# COMMUNITY BENEFITS

The Jewish Home provides a wide range of programs and services to benefit the elderly in the greater San Francisco Bay Area. In recognition of the comprehensive scope of these programs and services and the lifestyle the Home affords its residents, the Jewish Home holds the highest five-star rating by the Centers for Medicare & Medicaid Services (CMS), the agency that ensures effective, up-to-date healthcare coverage and promotes quality care for beneficiaries. This rating is achieved by combining data from the annual survey by the Department of Public Health, from nursing home staffing, and from quality measures.

Additionally, the Jewish Home holds Independent Charities of America's Seal of Excellence. This Seal is given to the members of Independent Charities of America and Local Independent Charities of America that have, upon rigorous independent review, been able to certify, document, and demonstrate on an annual basis that they meet the highest standards of public accountability, program effectiveness, and cost effectiveness. These standards include those required by the United States government for inclusion in the Combined Federal Campaign, probably the most exclusive fund drive in the world. Of the million charities operating in the United States today, it is estimated that fewer than 50,000 (or 5 percent) meet or exceed these standards, and of those fewer than 2,000 have been awarded this Seal of Excellence.

## ALZHEIMER'S DISEASE AND OTHER DEMENTIAS

An increasing number of beds at the Jewish Home are dedicated to residents suffering from this disease. Innovations on the Jewish Home's Alzheimer's Garden Unit include an enclosed garden accessible only to this living environment and the creation of a more homelike setting in order to better serve these individuals. In addition, the careful, selective use of the WanderGuard (a signaling device that alerts when a person wearing one is about to exit the facility) enables the Home to care for many more residents with Alzheimer's, as they may then safely reside on other living environments located on the campus. This also affords these individuals greater freedom to enjoy a variety of secure areas and outdoor spaces

With a focus on being in a position to always provide the highest level of care, attendees at a Jewish Home-based in-service, led by a professional training/education specialist for the Alzheimer's Association, shared new approaches and helpful techniques and mediums for communicating and connecting with people who have dementia, ways to effectively manage difficult behaviors, and the importance of delivering person-centered care and according respect.

## COMMUNITY HEALTH EDUCATION AND PROMOTION

- The Jewish Home's president & CEO and the Home's chief advancement officer were in attendance at the American Association of Homes and Services for the Aging's annual conference in Los Angeles, Calif., in November 2010. AAHSA members (the Jewish Home is included in this body) are committed to providing a full continuum of housing, care, and services for older adults. The significance of this lies in the fact that the future of aging services means providing services people need, when they need them, in the place they call home.
- The president & CEO of the Jewish Home was invited to speak at the American Society on Aging 2011 Conference, *Aging in America*, which took place in April 2011 in San Francisco. He joined a panel of presenters as they discussed long-term care policy, which included how Community Living Assistance Services and Supports (CLASS) program, the new Medicaid provisions, transition benefits, and several demonstration projects will improve, change, and/or create opportunities for aging services' providers. This week-long conference is the largest gathering of a diverse, multidisciplinary community of professionals from the fields of aging, health care and education. As such, it provided an excellent opportunity to highlight the care, programs, and services provided by the Jewish Home.
- The Home's president & CEO, chief advancement officer, chief administrative officer, and community liaison director attended *Jewish Values & Innovative Approaches: Building on 50 Years of Success*, Association of Jewish Aging Services' annual conference, held in Atlanta, Ga., in April 2010. Attendance at this event provided the opportunity to learn about trends in senior living, which may help inform the Jewish Home's determination of how to best meet the changing needs and desires of the older adults and the community it serves.
- The Jewish Home's chief administrative officer attended Aging Services of California's public policy conference in Sacramento, Calif., in March 2011. She joined other members of the more than 400 nonprofit providers of aging services represented by this public-interest association to, amongst other issues, lobby against the proposed cuts in Medi-Cal reimbursement.
- Serving on Aging Services of California's Health Services and Planning committees enables the Jewish Home's chief administrative officer to collaborate on evaluating legislation and regulations that impact skilled nursing, intermediate care and hospital-based distinct part facilities. Reviewing and updating Aging Services of California's strategic plan, coordinating the implementation of the association's goals and objectives, and overseeing revisions to its bylaws are also made possible.
- The Jewish Home's chief administrative officer is also a serving member on Aging Services of California's Policy Committee. Furthermore, she is a participant in an Aging Services' "learning circle" covering Accountable Care Organizations. (ACOs are a group of healthcare providers that work together to manage and coordinate care for a distinct population.) Aging Services has convened this series of telephonic "Thought Leader Learning Circles" to assist members learn about new opportunities surrounding health care reform and discuss how they might play leadership roles in relevant new initiatives.

- It was meeting on, and from, the international arena when the Jewish Home's medical director joined other well-known experts in the field to present at, and participate in, a symposium on testamentary capacity and undue influence at the International Meeting of the International Psychogeriatric Association in Santiago de Compostela, Spain, in September 2010. He then went on to coordinate an international exchange visit of a group of nursing home physicians and administrators from the Netherlands in November 2010. Included in the itinerary was a tour of the Jewish Home and visits to many other Bay Area long-term care facilities.
- The Jewish Home had a significant presence at the annual meeting of the American Medical Directors Association in Tampa, Fla., in March 2011. The Home's medical director coordinated and taught a day-long intensive course entitled *Mental Health in the Nursing Home*. In addition, a team from the Jewish Home, comprised of a physician's assistant, with expertise in circulation monitoring, a nurse practitioner, an RN and wound specialist, and a podiatrist unveiled their poster detailing the Home's new edema clinic. This well-defined, effective, economically sound solution to managing edema, a common and chronic problem in geriatric patients, is being enthusiastically utilized by the Home's physicians who refer residents for treatment and management of the condition. In-services for nursing staff, involving both lectures and hands-on educational skills lab, complement the clinic's comprehensive assessment tools and treatment plans.
- *Where ignorance is not bliss! Managing your medications* was the title of the topic the Jewish Home's medical director discussed when he appeared on a Sacramento-based television program in April 2011. This 16-episode series addressed areas associated with aging, caregiver issues, and advances in assistive technology, and was broadcast on RCCTV, Sacramento. In his discussion, the medical director drew upon studies undertaken by the Home's research director, such as decreasing adverse multidrug interactions and establishing safer medication dosage levels.
- Associate medical director of the Jewish Home was invited to participate in the invitation-only *Longevity, Music and Memory* conference at Stanford University in October 2010. The goal of this interdisciplinary conference (the Stanford Center on Longevity, along with the Stanford Center for Computer Research in Music and Acoustics) was to bring together experts on music and memory in order to examine the possibility of using music to improve memory in older adults and to establish a collaborative research agenda.
- The Jewish Home's associate medical director was awarded a Merck/AGS 2011 New Investigator Award. Recognizing individuals who are committed to a career in research on aging, these awards are presented to individuals whose original research – as presented in a submitted abstract to the annual national meeting of the American Geriatrics Society – reflects new and relevant research in geriatrics.
- Director of the Jewish Home's Center for Research on Aging has participated in a number of public education and information seminars, and serves as a member and safety officer on the Data Safety and Monitoring Board, on the Addiction Pharmacology Research Program, California Pacific Medical Center, and as core faculty for the UCSF Clinical Pharmacology Program. She also authored a chapter on geriatric cardiology in Braunwald's textbook on cardiology, thus providing education and self-assessment

modules for physicians, and participated in the development and dissemination of the *Essentials of Cardiac Care for Older Adults*, making it accessible to all physicians training in accredited cardiology programs.

- One of the Jewish Home physicians certified in Hospice and Palliative Medicine by the American Board of Hospice and Palliative Medicine (ABHPM) was invited to be a speaker at the California Association of Long Term Care Medicine 36th annual meeting, *Creating a Culture of Patient Safety*, in Los Angeles in July 2010. This conference highlighted critical strategies to improve nursing home patient safety and provided techniques and tools for the interdisciplinary team to adapt to their own facility needs. This physician lectured on *A Holistic Approach to Palliative Care in the Nursing Home* and served on a panel entitled *Integrating Palliative Care into Long Term Care*.
- Attesting to the caliber of the Jewish Home's staff, its chief nursing officer was recognized by San Francisco State University in October 2010 when he received the 2010 Kenji Murase Distinguished Alumni award. Dr. Murase taught at SFSU for over two decades and was among the first professors at the university's Graduate School of Social Work and Social Research.
- The Home's chief nursing officer holds a series of lectures at the Home and at various similar facilities that focus on nursing retention in nursing homes. This involves studying values, organizational resources and recognition, and the effect these factors have on nursing homes' success in retaining nurses, as well as satisfaction among nurses employed by these facilities.
- The Jewish Home's reputation – not only in the community but abroad, too – means that it has become a destination point for various groups and entities wishing to tour the facility and learn about the services it offers. The following three overseas visits exemplify this trend:
  - High-ranking healthcare delegates from Sweden – the head of support processes for the municipality of Umea, the head of real estate management for the municipality of Ornskoldsvik, and a strategic developer from Helsingborg – toured the Home in October 2010. Focusing on the breadth and depth of services and activities the Jewish Home provides, they were able to use these as comparative measures with their country's concentration on smaller care-settings and home-based services. They also benefited from hearing about the U.S. healthcare system and, in particular, long-term care.
  - In December 2010, staff shared their expertise and showcased the organization for a group of Chinese delegates and government officials from Chaoyang, the central business district of Beijing. Led by the Home's chief nursing officer, the contingent heard and learned from the departments of rehabilitation, pharmacy, spiritual life, on-site clinics, creative arts, recreational activities and recreation therapy, nutritional services, and fundraising.
  - Learning about the Jewish Home and touring its campus in June 2011 was a senior management team delegation from the Agency for Integrated Care (AIC), a Singapore-based entity that works toward meeting their country's future healthcare needs, including the growing needs of its aging population.

- Associate director of nursing for the Home's acute geriatric psychiatry hospital attended the American Psychiatric Nursing Association's annual conference held in Louisville, Ky., in October 2010. Participating in education sessions ranging from violence prevention seclusion and restraint reduction to suicide prevention, knowledge gleaned from this conference was shared with Jewish Home staff and implemented within the Home's geropsych hospital to ensure that patients from the community are benefitting from professional, expert care. All acute geriatric psychiatry staffers continue to receive training on managing the behaviors of patients requiring this type of care.
- In attendance at the April 2011 gathering in Philadelphia of the American Occupational Therapy Association was one of the Jewish Home's occupational therapists, who also holds the position of assistant director of rehabilitation. On display was her poster presentation of the innovative flow arts program she instituted at the Home in 2010. Flow arts blends meditation, dance, exercise, and play into a fun and healthful activity that improves self-image, dexterity, focus, coordination, body awareness, self-confidence and spatial skills, and promotes brain plasticity. Some of the Jewish Home residents and short-stay patients who are engaged in studying this dance-art form had the added benefit of showcasing their talents at an exposition in San Francisco's city center in April 2011.
- Rehabilitation services staff enhanced and refreshed their skill levels, and hence their treatment approaches, by taking continuing education courses such as low vision workshops and courses on physical agent modalities as adjuncts to comprehensive plans of therapy care.
- A six-part educational series, entitled *Fusion of the Maturing Mind*, co-sponsored by the Jewish Home and AgeSong Institute, a program of Pacific Institute, was enhanced through presentations by three Jewish Home staff and a Jewish Home lay leader/volunteer. In February 2011, the director of the Home's Center for Research on Aging discussed *HIV and Aging*. A co-presentation in April 2011 included the Home's director of Integrative Medicine, while *Medical Factors that Contribute to Making the Difficult Client Difficult* was the topic covered by the Home's medical director in May 2011.

## COMMUNITY ADULT EDUCATION

- Over the past 38 years, the Jewish Home has partnered with San Francisco City College in offering several adult education classes to the general community. Approximately 20 to 25 students enroll each semester in the *Creative Arts* class at the Jewish Home, a weekly all-day endeavor of nine months' duration. As this class includes resident artists, a spirit of collaboration and participation between the Home and the community is fostered and strengthened. Tai-chi Chia® *Mind/Body/Spirit/Health* is another course provided through City College that meets weekly at the Home each semester. It is also open to the general community and has an enrollment of 15 to 20 students. Three separate classes were held this past fiscal year, so as to accommodate residents who are higher functioning, those who are lower functioning, and those for whom Russian is their primary language. The Home receives no compensation for the space made available for these community classes.

- The Jewish Home's rabbi regularly teaches in the Jewish community and participates in both educational and leadership development programs with other agencies, such as Jewish Family and Children's Services, Union for Reform Judaism, Bay Area Jewish Healing Center, and Bay Area congregations. He is often invited to make presentations to chaplains, Jewish professionals, and lay people on the use of poetry and sacred texts in pastoral care, and on spiritual issues related to aging, illness, and death. He holds the title of Senior Rabbinic Fellow, received upon completion of his three years of study at the Shalom Hartman Institute's Center for Rabbinic Enrichment in Jerusalem – a high-level educational/ leadership program designed to bring together North American rabbis of all denominations.
- The rabbi's articles entitled *God Is in the Text: Using Sacred Text and Teaching in Jewish Pastoral Care* and *Psalms, Songs & Stories: Midrash and Music at the Jewish Home of San Francisco* are now widely used in seminary classes on pastoral care and by students in the field of clinical pastoral education.
- The rabbi serves on the advisory board of the Bay Area Jewish Healing Center and its Hospice Committee, which has led to a great deal of creative collaboration between the Home and the Healing Center. He also serves as the community representative on Stanford University Medical School's Conflict of Interest Committee.
- The rabbi's community teachings, his studies, and his work at the Jewish Home enhance and complement one another. His article, *Doorways of Hope: Adapting to Alzheimer's*, was accepted for publication by the Union for Reform Judaism Press in a forthcoming volume on the subject of Judaism and dementia. His chapter combines rabbinic experience at the Jewish Home with scholarship on Jewish tradition, dementia, and the literature of pastoral care.
- Along with three other rabbis, the Jewish Home's rabbi was appointed to the editorial core team assigned to co-edit a new Reform Judaism prayer book for the High Holy Days, to be published by the Central Conference of American Rabbis. Although much has already been accomplished since the work began in January 2010, this ambitious undertaking is projected to take the team up to five years to complete. In addition to his editorial endeavors, the rabbi is the prayer book's lead translator and is composing original prayers, study texts, and poems for inclusion.
- Having devoted significant time to the writing of a chapter for a book that followed on the groundbreaking work of the 2009 conference *Midrash and Medicine: Imagining Wholeness*, the Jewish Home's rabbi saw the publication of his contribution in 2011. *Psalms, Songs & Stories: Midrash and Music at the Jewish Home of San Francisco* is paired with a chapter written by the volume's editor.
- In November 2010, the Home's rabbi taught a session at a conference on spirituality, *Day of Spirit: Spirited Aging*, sponsored by the Northern California Presbyterian Homes & Services. Entitling his session *Poetry and the Inward Pilgrimage*, the rabbi invited participants to explore poetry as a creative resource for elders' spiritual reflection. Noting that good poets ask hard questions, articulate uncertainty, embrace ambiguity, do not preach, and most important of all, are imaginative, poetry functions as a strategy for reflecting on the complex experience of aging, as older adults seek hope and wisdom.

- The Jewish Home's rabbi was the keynote speaker at the December 2010 *Good Grief: A Mo(u)rning Conference in the Morning*, a program alliance between Bay Area Jewish Healing Center and Sinai Memorial Chapel. In *I have lost you ... Giving Voice to Grief through Poetry*, the rabbi spoke about how professionals engaged in grief work can effectively utilize poems in their practice and reflection. In addition to providing networking opportunities for synagogue clergy, staff, and lay leaders who support the mourners in the community, the conference offers an excellent educational program, exposing attendees to new ways to support those in grief.
- *Spirituality, Poetry & Aging* was the topic on which the Jewish Home's rabbi addressed attendees at the February 2011 meeting of the San Francisco Senior Roundtable, hosted by the Jewish Home. Not only do members of the Senior Roundtable network at these monthly gatherings, but having guest speakers, such as noted above, ensures that informative and/or educational components are part of the schedule.
- The Jewish Home's senior development & gift planning officer prepares a thrice-yearly Gift Planning Update, which is e-mailed to more than 150 attorneys, CPAs, financial planners, and other allied professionals in the San Francisco area. Unlike commercially prepared updates, the Gift Planning Update provides local practitioners with state-specific guidance on matters pertaining to estate planning, charitable giving, and issues facing the elderly. These materials provide allied professionals with the technical expertise to assist their clients in meeting both their family and charitable goals. Notable in the update's summer issue was a discussion of the time-sensitive tax planning opportunities for charitable giving due to recent Congressional enactments.
- In October 2010, the Home's senior development & gift planning officer gave a presentation to the Pathways Hospice Board of Trustees on UPMIFA (Uniform Prudent Management of Institutional Funds Act), which are California accounting principles related to endowment funds. Some provisions of the Act are technically precise, and thus education concerning a board's due diligence is critical.
- In March 2011, the Jewish Home's senior development & gift planning officer presented a two-hour seminar entitled *The Buck Stops. Hear? Planned Giving and the Rise of the Phoenix* for the Northern California Planned Giving Council. The planned giving and allied professionals in attendance received continuing professional education credits, and had the opportunity to share in a discussion on changes in the tax laws relevant to charitable giving and learn how best to advise donors and clients in this changing environment.
- The Home's senior development & gift planning officer is a member of the San Francisco Estate Planning Council, a by-invitation membership organization of estate planning professionals who meet five times annually. Based upon the materials he created for the mandatory in-service on elder abuse he conducted at the Jewish Home in February 2011, the gift planning officer has shared current legal and administrative compliance information about elder abuse awareness with professionals attending the council meetings. He has also provided summary information to assist attorneys in recognizing and handling elder abuse issues as they arise.

## SERVICES TO RUSSIAN ÉMIGRÉS

The influx of elderly Russian émigrés to the Bay Area had a significant impact upon San Francisco's Jewish community. The Jewish Home continues to address this population's need for residential care, programs, and services. With the assistance of full-time Russian-speaking staff in a range of disciplines and departments, over 125 Russian-speaking residents benefit from the robust Russian services program offered by the Home.

## KOSHER NUTRITION PROJECT: CONGREGATE AND HOME-DELIVERED MEALS FOR SENIORS

The Jewish Home is one of the only kosher kitchens in the Bay Area capable of preparing meals for upwards of several hundred people in any given week. To that end, the Jewish Home has collaborated for more than nine years with the San Francisco Jewish Community Center (JCC) to provide hot, nutritious, kosher meals to community-dwelling seniors. For many of our elders, this community meal program represents the main meal of their day, and the only opportunity for them to spend time socializing with others.

The Home prepares approximately 15,000 meals per year (about 1,250 a month) for the JCC. Not only does the Home prepare hot meals, but this past year the JCC also requested that the Home prepare meals that are then frozen, so they may be delivered to seniors who are unable to go to the center due to illness or injury.

In addition, the Jewish Home ensures that our community seniors are not forgotten or alone during special times. That means preparing tasty, traditional meals for 11 important holidays throughout the year.

## INFORMATION AND REFERRAL SERVICES

- In fiscal year 2010/2011, the Jewish Home's Admissions department admitted 28 long-term care residents, 303 short-term care patients, and 116 individuals requiring acute psychiatric hospitalization.
- The Jewish Home's director of Social Services and Admissions held a place on a panel at Congregation Emanu-El in June 2011 to discuss *Parenting Your Parents*, part 2. Moderated by the temple's senior rabbi, the forum covered the red flags to watch for relating to the aging process; the emotional impact on the caregiver and recipient; having "the conversation" regarding driving and mobility; managing finances; resources for palliative care; strategies and resources for managing issues when family members live far away; and available local and national resources.
- The Jewish Home's community liaison director continues to inform Bay Area professionals about the Home's on-site short-stay programs, which comprise short-term and rehabilitation services and an acute geriatric psychiatry hospital. The following reflect the range of this past year's undertakings:

- The patient management team – made up of directors of case management (discharge planners) from San Francisco’s acute hospitals and the senior vice president of the Hospital Council of Northern and Central California – had the benefit of learning about the Jewish Home’s short-stay programs from the Home’s community liaison director and director of Utilization Management in July 2010.
- The Jewish Home’s psychiatric services were at the forefront of the community liaison director’s presentation to San Francisco General Hospital’s director of psychiatric emergency service and his team, as they were when he addressed the chief of the department of psychiatry at Kaiser Permanente San Francisco Medical Center and related staff. Both short-term rehabilitation and psychiatric services were communicated at a clinical collaborative with On Lok and the Department of Aging and Adult Services.
- In the interests of further cementing the partnership between California Pacific Medical Center (CPMC) and the Jewish Home, and promoting the Home’s short-stay programs, the Home’s community liaison director and chief nursing officer met with CPMC’s department of outcomes management at their Pacific campus in November 2010. CPMC’s case managers and social workers learned how their patients can benefit by being referred to the Home’s short-term and rehabilitation services program and acute geriatric psychiatry hospital.
- Led by the Home’s community liaison director, a cohort of members from the case management and discharge planning departments of CPMC (Davies campus) were treated to a tour of the Jewish Home in March 2011. This was followed by case managers and discharge planners from St. Mary’s Hospital coming on site to get the specifics on the Jewish Home’s services and programs.
- The Home’s community liaison director attends San Francisco Senior Roundtable meetings, informing agencies serving San Francisco’s aging adult population of the programs and services provided by the Home. Additionally, he enjoys a symbiotic relationship with a number of senior-focused agencies. One such is Legacy, run in collaboration with the American Society on Aging. This forum is dedicated to raising awareness about the needs of the aging community, the importance of networking with peers, and the enabling of professional development through educational presentations and community service.
- The Jewish Home was once again a participating agency at community vendor and health and wellness fairs, as well as at a number of Bay Area Jewish festivals where information and referral services were provided to attendees.
- The Jewish Home’s director of Integrative Medicine provided educational training and in-services to community organizations such as AgeSong, an assisted living care provider, as well as to nursing staff and residents of the Home. Topics covered included the benefits of Traditional Chinese Medicine for the elderly and how common medical issues such as pain management, insomnia, gastrointestinal problems, upper respiratory conditions, diabetes, anxiety, depression, and eye disease/macular degeneration may be treated by this medical system. She also discussed the medical

modalities of Chinese Medicine, which include acupuncture, medical massage therapy (*tui na*), and the effectiveness of herbs. In concert with the Jewish Home's physicians to discuss patients' needs, and in collaboration with these physicians, as well as nurses, acute psychiatric services and physical rehabilitation, allopathic and Chinese medical modalities are integrated with established care methods at the Home.

- The Pharmacy department continues to be an informational resource with respect to changes to the Medicare-sponsored prescription drug program.
- In collaboration with medical staff, the Home's pharmacy developed treatment guidelines in the areas of pain management, Epoetin prescriptions, psychotropic drugs, and palliative care.
- With respect to medications and pharmacy services, the pharmacy continues to maintain programs that ensure even greater quality and safety, such as the addition of warning labels for high-risk drugs and the use of tall man letters in drug labeling (for example, HumaLOG and HumuLIN). This type of lettering, which draws attention to the differences in otherwise similar drug names, safeguards against dispensing or administering the wrong drug.

## COMMUNITY SERVICE AND LEARNING

- The Jewish Home partners with local high schools that aim to involve youth in their community by encouraging them to fulfill needs in their respective milieus. Mutual goals include the promotion of civic responsibility and the development of leadership skills. By volunteering at the Home, students gain valuable life experiences and acquire volunteer time required for college admissions. During this past fiscal year, students from Archbishop Riordan High School, Leadership High School, and Saint Ignatius completed their community service requirements at the Home.
- The Home also partners with local colleges to host service-learning programs, which combine experiential learning with community service. The purpose of service-learning is to enhance classroom instruction by providing students with practical field experience while, at the same time, meeting the needs of the community partner. This past year, students from City College of San Francisco and San Francisco State University were placed at the Home.
- Regarded as one of the premier training sites for rabbinic interns specializing in geriatric work, the Home continues to provide training and supervision to rabbinic students from Hebrew Union College – Jewish Institute of Religion in Los Angeles, Calif. (in cooperation with the Kalsman Institute on Judaism and Health), and Hebrew Union College – Jewish Institute of Religion (HUC-JIR) in New York. The students gain knowledge about aging and the illnesses associated with old age from residents, staff members across all departments, volunteers, and family members. Through this essential on-the-job training, the students learn about collaboration, discover how a large institution works, and how a rabbi functions within this kind of setting. These internship opportunities also enable Jewish Home residents to experience the

gratification of being mentors to young rabbinic students. The Jewish Home's rabbi regularly attends continuing education sessions for internship supervisors at HUC-JIR in Los Angeles in order to improve his skills and grow as a mentor.

- Second-year medical students from University of California, San Francisco are hosted by the Jewish Home's rabbi every January as part of the students' essential core curriculum. In fiscal year 2011, eight medical students chose to attend this particular session at the Jewish Home. The program helps the medical students appreciate the challenges and rewards of working with patients and families during serious and terminal illness. The students observe the rabbi's style of visitation with Jewish Home residents, study texts and poems with him, and reflect on ways in which pastoral care may be integrated into a physician's practice.
- The Jewish Home is an approved work site for the Mayor's Youth Employment and Education Program, a city-wide program that provides after-school and summer employment to youth, with the goal of developing job skills and providing work experience that increases career awareness and future employability.
- A year-round, four-year high school scholarship and enrichment program for underserved, low-income minority students, Project ACHIEVE opens a world of possibilities by providing students with access to quality education – including cultural, career, and community service experiences. A total of 32 ACHIEVE students from Archbishop Riordan High School and Mercy High School participated in an academic-year program at the Jewish Home, where they assisted residents of the Home with a variety of activities, ranging from Oneg Shabbat (post-Sabbath) services to acting as companions. Partnerships and interactions such as these result in a deeper understanding and appreciation of both generations' perspectives, life experiences, and challenges.
- Students from University of California, San Francisco, Samuel Merritt College, Dominican University, San Jose State, and San Francisco State University (SFSU) continue to intern with the Jewish Home's physical, occupational, and speech therapists. In this past fiscal year, speech therapy students enrolled in SFSU's Master of Science program (communication disorders) enhanced their academic learning with a rotation at the Home.
- Throughout the academic year, the Jewish Home offers internship opportunities for recreation therapy students to take their academic knowledge and, under the supervision of state and nationally certified recreation therapists, apply it to gaining clinical experience. With its focus on promoting healthy leisure choices and quality of life, recreation therapy services uses a creative therapeutic approach, leisure education (either adapting old leisure interests or exploring new ones), and participation to respond to long-term or acute physical, social, emotional, and cognitive changes. The Home's clinical internship provides a comprehensive overview and hands-on experience of the skills needed in recreation therapy: the intern attends interdisciplinary team meetings, plans and implements programs, and executes documentation and case studies. The intern is also required to complete a special project that will encourage their continued learning, as well as positively impact the

Jewish Home, specifically in the area of recreation and leisure. During fiscal year 2011, the Home provided an internship to one recreation therapy student, who fulfilled her clinical requirements by undertaking a 40-hour, 14-week program with the Home's senior population.

- The Home frequently participates in joint educational programs with religious and non-religious youth groups, ranging from kindergarteners to those attending middle school. Teachers from synagogues often request visits to the Home when they wish to introduce their students to the wider Jewish community, educate them about the cycle of life, and respect for elders. Their visits are also intended to promote the concept of community service. The Home collaborates with, among others, Bay Area Mitzvah Corps, Brandeis Hillel Day School, Congregation Beth Am, Congregation Beth El, Congregation Beth Sholom, Congregation Emanu-El, Congregation Kol Shofar, Congregation Sha'ar Zahav, Congregation Sherith Israel, Mercy High School, Peninsula Beth El, Peninsula Jewish Community Center, and Peninsula Temple Sholom.
- The Young Adults Division (YAD) of the Jewish Community Federation provided community service at the Jewish Home by celebrating the Jewish holidays with the Home's residents and patients. These undertakings make for rewarding and enjoyable interactions across generations.
- Attendance by the Jewish Home's director of Volunteer Services at the February 2011 California Association of Hospitals and Health Systems (CAHHS) Health Care Volunteer Leadership Conference in Los Angeles, Calif., enabled her to participate in a variety of workshops and roundtable discussions, which covered topics ranging from human resources and legal issues as they pertain to volunteers, to volunteers in patient-centered care such as hospice. Given the extent to which "traditional" volunteering has changed, with volunteers wanting to be more involved in the process, it is understandable that organizations need to modify current placements or create new placements for volunteers. It is also incumbent upon organizations to look at new ways to recruit, retain, and engage volunteers. New and innovative means to bolster the Home's volunteer program will benefit by input from staff, residents, and volunteers themselves.

## **DONATED SPACE AND SUPPLIES**

The Home regularly opens its doors to professional organizations and community groups, offering them free meeting space, continuing education credits when appropriate, refreshments or more elaborate fare.

- The Jewish Home's community liaison director successfully lobbied for the Home to host the January – June 2011 San Francisco Senior Roundtable meetings. Membership in this group includes case managers, fiduciaries, social workers, doctors, dentists, financial planners, physical therapists, healthcare professionals from retirement housing, assisted living, hospitals, nursing homes, dementia/Alzheimer's care facilities, home health, caregivers, those involved in elder law, etc. These meetings provide

valuable networking opportunities, while useful information, usually in the form of a guest speaker, provides the educational component.

Hosting these monthly meetings strengthened community partnerships, increased the Home's exposure to a variety of agencies, and promoted awareness of the Home's short-stay rehabilitation and acute geriatric psychiatry services as valuable resources to the community.

- Medical social workers, hospital discharge planners and other geriatric specialists gathered at the Jewish Home in October 2010 for the Home's 10th annual hosting of the Bay Area Social Workers in Health Care event. This much-anticipated occasion once again featured a reception, a dinner, and an enlightening hour of continuing education. *How to explore the meaning behind our symptoms: An introduction to a very different understanding of human pathology* was the title of the evening's address, presented by the president and CEO of an assisted living care organization and founder of a nonprofit educational organization.
- The Jewish Home was pleased to host the May 2011 conference of the Northern California Council of Activity Coordinators. In so doing, the Home supported this nonprofit membership organization's efforts to cultivate excellence in the provision of activity programming for geriatric and special populations; its advocacy to and for the individuals providing those services; and continuing education opportunities and supportive services to its members.
- Promoting the efforts of the Jewish Home's Ecology Committee to help green the Home, as well as to satisfy community needs, medical equipment was donated to a company that reuses all functioning parts while recycling those that are unusable. Similarly, functional but unused furniture was donated to Goodwill.
- The Home continues to host health and disaster preparedness fairs, welcoming vendors and representatives from wellness centers and safety agencies to its campus, and thus equipping both community members and staff with the information and tools to help them lead healthier, safer lives.

## MEDICAL CARE SERVICES

### Charitable Care

Remaining responsive to the need for residential services for a frail, elderly population who have very little or no financial resources, the Jewish Home's admission's policy facilitates admission to the neediest, regardless of their ability to pay. Almost 85 percent of the Jewish Home's residents are indigent and/or Medi-Cal recipients who do not pay the full cost of care.

For fiscal year 2011, the charity adjustment for Medi-Cal recipients was approximately \$12 million. The Jewish Home had an operating deficit of \$6.2 million.

## Short-Term and Rehabilitation Services

STARS, the Jewish Home's short-term and rehabilitation services program, is designed for those age 65 or older who require temporary skilled oversight – including medical rehabilitation and management by on-site physicians, nursing care, and physical, occupational and speech therapies – usually following discharge from an acute hospital or an acute illness, with the goal of returning to the community. In response to the greater need for short-term and rehabilitation services, the Home has significantly expanded the number of beds initially allotted to this type of care.

## Acute Psychiatric Care Service

When the Jewish Home's remodeled acute geriatric psychiatry hospital opened in April 2010, it became the only psychiatric unit in the city dedicated to serving not only a senior but a geriatric population. Under licensing by the Department of Public Health, the Home is able to admit both voluntary and involuntary patients for acute, short-stay needs, thus filling a huge gap in medical care for elders.

The Home offers individualized treatment and support services for family members. Seniors with psychological concerns also benefit from the collaborative arrangement the Home maintains with Kaiser Permanente, who will refer their patients to the Home's psychiatric hospital for treatment, as well as with California Pacific Medical Center, San Francisco General Hospital, and On Lok, who, through the auspices of the City and County of San Francisco's Department of Public Health, may make similar referrals.

## Coordinated Care

Through its coordinated care effort, the Home is integral in supporting seniors' ability to live longer within the general community.

- The Jewish Home provides medical direction externally, and is an integral part of a continuum of care throughout the Bay Area. The Home's medical director serves as a consultant to staff of an assisted living community in Danville, Calif. Additionally, the Home's nurse practitioners and physician's assistant coordinate care, perform physicals and TB tests, train staff in assessment, and review medications for residents of a subsidized housing community in San Francisco.
- The Jewish Home participates in the influenza prevention and Tdap (tetanus, diphtheria and pertussis) vaccination program, inoculating its residents, staff, and volunteers, as well as residents of the above-mentioned subsidized housing community.

## **BENEFITS TO VULNERABLE POPULATIONS**

### **Employment Plus**

This nonprofit agency seeks both paid and voluntary employment for adults with developmental disabilities and provides on-the-job support through job coaching. The long-term goal of the program is to have individuals become fully integrated, participatory, and contributing members of the community in which they work and live. The short-term goal is to maximize each individual's self-reliance, independence, and productivity. The Home serves as a work site for four adult participants in this program who perform duties in the Home's Environmental Services department one and a half hours per day, four days a week, accompanied by a job coach.

## **SOCIAL ACTIVITIES**

Numerous social activities and events take place annually at the Jewish Home, which have the benefit of involving members of the greater community – either through their attendance as guests at these events, or through their direct participation.

### **Arts and Entertainment Programs**

The broad range of programs are a feature of the Jewish Home, involving community groups who share their resources, talents, artistry, expertise, and skills for the enjoyment and instruction of the Home's residents and patients. Programs span performances by Bread & Roses, screenings from the San Francisco Jewish Film Festival, appearances by the Jewish War Veterans, and concerts by the San Francisco Conservatory of Music, preparatory division.

## **BENEFITS TO THE BROADER COMMUNITY**

### **Employer**

The Jewish Home is a mid-size employer in the city of San Francisco and provides employment to more than 700 employees each year, ranging from skilled labor to executive-level positions. The total payroll for fiscal year 2011 was approximately \$37 million.

### **Promoting health, wellness, and safety**

The Jewish Home has heightened its concentration on promoting the health, wellness, and safety of staff.

- Wellness and safety columns, covering a broad and pertinent range of topics, are published in the Jewish Home's monthly staff newsletter.

- Furthering the goal of disseminating information and putting on programs in support of a healthier workforce, the Jewish Home ran a two-month weight-loss program for staff. Over 30 employees participated in the program, which included tips on health, diet, and fitness. Participants reported that this enterprise motivated them to follow a healthier diet and become more active.
- Access to the Home's on-site fitness center and a weekly dance-fitness program support and encourage staff's desire to improve their health and increase their physical regimen.
- The Home's expanded Emergency Management Committee is responsible for ensuring that both residents and staff are primed, equipped, and safe during any expected (and unexpected) crisis, and that all are educated as well. This committee also partners with community agencies, attending external meetings with other hospitals to share policies and ideas, and participating in citywide table-top drills. This enables hospitals, skilled nursing homes and San Francisco's first-responders to practice emergency preparedness in a larger, citywide response mode.
- In October 2010, the Jewish Home hosted its annual disaster preparation fair. With representatives from the Red Cross and SPCA on hand to answer questions and impart information, staff, residents, family members, volunteers, and members of the community learned what they should do in the event of a disaster, how to formulate a necessary plan, care for domestic animals, and what precautions to implement in their home.

## Donations to Food Bank

Staff of the Jewish Home supported the efforts of the San Francisco Food Bank by hosting and participating in a food drive at the end of 2010. The Home's efforts helped the San Francisco Food Bank supply food to over 400 food programs operated by partnering community service agencies and food pantries throughout the city that serve low-income families, senior citizens, and other individuals in need.

## Neighborhood and Local Vicinity Involvement

- The Jewish Home successfully partners with local organizations, fostering dialogue, collaborations, and ongoing communications with its neighbors. Since the inception of the Excelsior Street Festival nine years ago, the Home has served as a major sponsor of this annual event.
- As an exponent of celebrating aging as a positive experience, the Jewish Home was pleased to be a supporter of Age March. In August 2010, people of all ages, races, genders, sexualities, and economic walks of life gathered for this one-mile march, with the aim of raising age awareness and a breaking down of the myths, stereotypes, and social pressures causing age discrimination, shame and negative attitudes toward aging in our culture. Participating in this community-building activity was the Home's

community liaison director, who took this opportunity to share information about the care, services and programs offered by the Home.

- The Jewish Home was a sponsoring participant in a resource faire put on by the San Francisco LGBT Community Partnership in December 2010. The LGBT Community Partnership is part of a larger San Francisco partnership effort dedicated to improving access to quality services for older adults and adults with disabilities, and addressing issues of aging, disability, HIV, service quality, advocacy, networking and collaboration.
- “Team Jewish Home” gathered in September 2010 at San Francisco’s Mission Creek Park for the Alzheimer’s Association’s 2010 Memory Walk. Some members of the Home’s team walked for a dear Jewish Home resident who has Alzheimer’s. Some walked for a loved one they had lost to Alzheimer’s. Everyone walked in this nationwide movement to stop this devastating disease.

## HEALTH RESEARCH, EDUCATION AND TRAINING PROGRAMS

### Medical Research

The Jewish Home’s Research department was formed in 2001. The overall goal of research conducted at what is now known as the Jewish Home of San Francisco Center for Research on Aging is to improve the care and quality of life of older people, especially the frail elderly. Opportunities are provided for intellectual scholarship, clinically based research, and basic research into the mechanism of age-related processes, disability, and disease – making this cooperation of investigators, staff, study volunteers, and their families an investment in the future welfare of the community.

In 2008, the Jewish Home entered into an affiliation agreement with the University of California, San Francisco (UCSF), Clinical Translational Research Institute as a community partner, to promote efforts to translate research findings into clinical therapies and disseminate them throughout the community. The UCSF Harris M. Fishbon Distinguished Professorship for Clinical Translational Research will be based at the Jewish Home.

- The director of the Jewish Home’s Center for Research on Aging and her co-investigator from UCSF’s Division of Geriatrics continue to study how multiple medications affect elderly Americans who suffer from multiple diseases, and how to improve their treatments. This ongoing study is made possible through funding by a National Institutes of Health challenge grant, an award garnered by the Jewish Home’s research director through the American Recovery and Reinvestment Act.
- The Julian S. Davis Memorial Lecture was created to provide enhanced opportunities for both the Jewish Home and UCSF’s Division of Geriatrics to be exposed to leaders in the world of gerontology and geriatric medicine; for a broader audience to share the expertise of those committed to improving life for the elderly; for the Jewish Home to

benefit from such expertise and have access to local and academic colleagues; and for programs and facilities at the Home to receive increased exposure.

- As an appointee to UCSF's Clinical Translational Research Institutes Regulatory Knowledge and Support Advisory Committee, the Home's research director continues to help educate and assist researchers with UCSF and federal regulations for clinical research and therapy development; identify processes and areas of clinical research administration that could be improved and performed more efficiently at UCSF; and identify specific improvement initiatives proposed for the next National Institutes of Health application for funding for the Clinical Translational Research Institute.
- The Home's director of research continues to serve her four-year term as a member of the National Institutes of Health's Aging Systems and Geriatrics Study Section, Center for Scientific Review. Members are selected on the basis of their demonstrated competence and achievement in their scientific discipline, as evidenced by the quality of research accomplishments, publications in scientific journals, and other significant scientific activities, achievements, and honors. Membership on a study section represents a unique opportunity to contribute to the national biomedical research effort, as grant applications submitted to the NIH are reviewed, recommendations are made to the appropriate NIH national advisory council or board, and the status of research in their fields of science are surveyed.
- In order to identify areas for future research, the director of the Jewish Home's Center for Research on Aging attended and was a plenary speaker at the 1st International Workshop on HIV & Aging in Baltimore, Md., in October 2010. With an aging HIV-infected population – and suggestions that HIV itself may cause conditions normally associated with aging – the workshop presented a unique and much-needed platform for international scientific exchange on the increasingly recognized problems of HIV and aging. Gathering a cross-disciplinary team of experts and trainees in an interactive and science-focused setting, the latest developments were reviewed and evaluated in order to identify important topics for future research, develop better approaches to treatment, and create a strategic agenda for future management problems associated with HIV and aging.
- Findings of a research paper – the culmination of years of research by University of California, San Francisco Allergy and Immunology Research director, and which lists the Jewish Home's research director as one of the co-authors – received extensive coverage, ranging from University of California, San Francisco's print and online sources, to Science Blog and newspapers in Canada and the United Kingdom. The research team's findings – that extremely low doses of the drug lenalidomide can stimulate the body's immune-cell protein factories (which decrease production during aging) – could lead to a daily pill to boost immunity in the elderly.
- The Home's research director was in attendance at the March 2011 annual meeting of the American Society for Clinical Pharmacology and Therapeutics (ASCPT) in Dallas, Texas, when she presented the William Abrams Award in Geriatric Clinical Pharmacology. The largest scientific and professional organization serving the discipline of clinical pharmacology, ASCPT is committed to promoting and advancing

the science and practice of human pharmacology and therapeutics for the benefit of patients and society, by focusing on improving the understanding and use of existing drug therapies, and developing safer and more effective treatments for the future.

- In April 2011, the Jewish Home's research director was present at the American College of Cardiology's annual scientific session and expo in New Orleans, La. The College is a leader in the formulation of health policy, standards and guidelines, and is a staunch supporter of cardiovascular research.
- In addition to addressing the Women's Interagency Health Study on vitamin D, the Jewish Home's research director of its Center for Research on Aging is serving as a faculty member and consultant to the Greater NY Consortium for the training of cardiologists in geriatric principles.
- Under the leadership of the Jewish Home's research director and University of California, San Francisco Allergy and Immunology Research director (with funding from the UCSF School of Medicine Dean's Office), a medical student embarked upon a study of immunosenescence (aging-associated changes in immunity). Attention is being focused on changes in effects of T-cell function in women, and particularly women with HIV, to compare with healthy controls and healthy men as well as men with HIV.
- The American Geriatrics Society meeting in Washington, D.C., in May 2011 was the venue for a poster presentation on the work being done by the Jewish Home's director of research, her co-investigator, and the Home's research assistant on polypharmacy (the use of multiple medications) in the elderly.
- Published research-related articles, covering topics such as gender and cardiovascular medications and altered immunologic responses, provide the healthcare profession with access to information and findings that are incorporated into the care of older patients.
- Research and reports of research done at the Jewish Home are presented at local, national, and international meetings, while multiple publications are in print – thus relaying the research work undertaken by Jewish Home medical staff and making known their expertise across a broad platform.

During 2010/2011, a number of research projects utilized the resources of the Jewish Home, while the Home served as a site for research trainees.

The following research projects were ongoing:

Janice B. Schwartz, M.D. *Older Persons and Drugs: effects of age, sex, and race*. Funded by the NIH with the goal of improving medication therapy for older people.

Janice B. Schwartz, M.D. *Genetic Determinants of Drug Responses*. Funded by the NIH to determine genetic contributors to drug responses and their incremental value to age, sex, size, and environmental exposure information.

Janice B. Schwartz, M.D. *Effects of vitamin D on CYP3A substrate clearance*. Funded by the NIH with the goal of determining the effect of vitamin D supplementation on medication and cholesterol concentrations. The preliminary phase was completed and a paper describing the results has been accepted for publication.

Theresa Allison, M.D. *Maintaining Relationships and Quality of Life After Institutionalization for Dementia*. Funded by the Alzheimer's Association, this project seeks to identify moments of meaningful connection between caregivers and nursing home residents, and to explore the underlying processes that foster relationships and social connections. The significant information gained from learning how caregiving relationships work with end-stage dementia residents at the Jewish Home can be applied to improve care for similar individuals at other facilities.

Laura B. Dunn, M.D. *Proxy Decision-Making for Alzheimer's Disease Research*. Funded by the NIH, with the goal of developing effective treatments for Alzheimer's disease.

Edward J. Goetzl, M.D. *Etiological Roles of Functional Anti-T Cell Auto-Antibodies and Th17 Cell Cytokine Abnormalities in Immunosenescence*. Funded by Intramural Funds, the purpose of this study is to better understand the effects of aging on different types of human white blood cells.

Janice B. Schwartz, M.D. *Improving Medication Therapy for Older Patients with Common Co-morbidities*. Funded by the NIH, the overall goal is to improve the use of medications for older people with multiple medical disorders.

## Acute Psychiatry Hospital Training

The Jewish Home's ongoing educational programs for staff assigned to the Home's acute geriatric psychiatry hospital aim to increase the knowledge and skill levels of the interdisciplinary team responsible for providing care to both voluntary and involuntary clients with acute psychiatric disorders. All levels of staff who may work in this area have undergone special training on how to manage various types of patient behavior in order to best serve this population.

## Clinical Training

- In collaboration with the San Francisco-based American College of Traditional Chinese Medicine, the Home serves as a weekly on-site acupuncture clinic, helping acupuncture students gain experience in treating elders and providing residents who choose to manage their treatment through this modality with the opportunity to do so in a convenient setting and manner.
- Geriatric fellows from the University of California, San Francisco receive training at the Home one to two days per week for five months each year. As part of their ICD 131 *Foundations of Patient Care* class, first- and second-year medical students from UCSF are in attendance at the Home approximately twice a month. Family Practice residents from San Francisco General Hospital's program attend four days a month, while Internal Medicine residents from UCSF attend weekly. Internal Medicine residents

from California Pacific Medical Center are in attendance approximately twice a month. Additionally, students from the University of California, Berkeley, Samuel Merritt College, and the University of California, Davis, had rotations at the Home, introducing them to aspects of geriatrics.

- Fourth-year pharmacy students at UCSF spend 12 hours a week, in 12-week rotations, in the Home's Pharmacy department. Through its affiliation with the Home, six to seven Touro University School of Pharmacy students per academic year receive six-weeks' training in long-term care pharmacy. They learn how the geriatric patient processes drugs differently from a younger population, are exposed to how drugs are dispensed and utilized, and gain an understanding of third-party payers.
- As part of their essential core curriculum, a group of second-year UCSF medical students being trained in the care of the seriously ill came on-site in January 2011 for an extensive session on end-of-life care. The Jewish Home's efforts to further the students' education addressed multiple areas on this subject: A presentation on the resident, the family, and the interdisciplinary team was given by the Home's director of Social Services. Pain management, which also included monitoring pain in those with advanced dementia, was covered by the Home's director of Education. The pharmacy director addressed the pharmacology of narcotics and the debunking of pharmacological myths. Also shared with the students were the essential role of activities, and complementary and alternative therapeutic approaches such as Healing Touch, the Jewish Home's extensive end-of-life/hospice volunteer program and the role played by spiritual care partners in this program. The students appreciated the Home's commitment to end-of-life care, and noted how invested the Home is in providing comprehensive educational opportunities that draw upon the knowledge and expertise of staff from a range of disciplines and departments.

## Healing Touch

As a complement to traditional medical care, training in Healing Touch is given to a varied and interdisciplinary group – including nurses, social workers, recreation staff, administrative personnel, volunteer services staff, and volunteers from the Home's end-of-life care program. This energy-based therapeutic approach to healing uses gentle, non-invasive hands-on touch and energy techniques to balance and align the human energy field. Healing Touch impacts the body, emotions, mind and spirit, and has proven to be a particularly good tool for decreasing agitation in residents with dementia or Alzheimer's disease. Additional benefits may include deep relaxation and stress relief; reduced anxiety and depression; pain relief; a stronger immune system; support during life transitions, medical treatments and end-of-life care; ease of acute and chronic conditions; and the enhancement of a sense of well-being.

This award-winning program has been enthusiastically embraced by the Home's culture, by the medical community, and beyond.

## End-of-Life and Hospice Care

At the initiative of the Jewish Home's rabbi and director of Jewish Life, the Home implemented *Kol Hanesama: Jewish End-of-Life/Hospice Volunteer Program* – a program of volunteer and staff training that the Jewish Home co-sponsors with the Bay Area Jewish Healing Center. The Home and the Healing Center have worked in close partnership with the Zen Hospice Project, a nationally recognized innovator in the training of volunteers for end-of-life care. Spiritual care partners (volunteers), which include Jewish Home employees and community members, receive training in end-of-life care, and participate in continuing biweekly and monthly community service learning co-sponsored by the Jewish Home and the Healing Center. A number of spiritual care partners have chosen to use their newly acquired skills in careers in the chaplaincy, and in pastoral and health-related fields. In addition to the interagency cooperation that exists between the Jewish Home, the Bay Area Jewish Healing Center, and the Zen Hospice Project as a result of this program, numerous families have benefited from knowing their loved one formed a close relationship as they approached the end of their life.

The needs that this award-winning, nationally recognized program addresses is enhanced by the work of the Home's Palliative Care Committee, an interdisciplinary group that looks beyond symptom management to the psychosocial and spiritual aspects of the end-of-life and dying residents and their families.

# CONCLUSION

The Jewish Home has a 140-year history of community benefit to the elderly population of the Bay Area. Objectives to continue this history of service are a fundamental part of the Home's organizational philosophy and strategic planning initiatives. Specific activities to address community benefits include:

- Coordination with new and established residential care facilities and programs throughout the Bay Area;
- Exploring collaborations with organizations whose missions are similar to that of the Jewish Home's, with the intent of extending the breadth of care, programs, and services so as to better serve constituent members;
- Increased fundraising initiatives to ensure continued ability to serve the frail and indigent elderly in the future;
- Initiation of a site master plan for the Jewish Home of San Francisco, with the goal of better serving existing residents and ensuring the future relevancy of the Home's campus, as well as its future financial viability/sustainability;
- Coordination of services among Jewish organizations;
- The Jewish Home and Menorah Park senior housing have identified opportunities and are actively pursuing options for closer collaborations;
- Program development as the needs of residents change;
- Partnering with the Palo Alto Jewish Community Center and the San Francisco-based Jewish Community Federation in developing the Taube Koret Campus for Jewish Life in Palo Alto, including independent and assisted living services to the South Peninsula;
- Along with Jewish Home & Senior Living Foundation, establishing Jewish Senior Living Group to develop a broad and integrated network of senior living communities and services in the Bay Area.

The board of trustees of the Jewish Home is committed to its long tradition of service to the entire community and, in particular, the underserved. It will continue to identify and plan for needs as the ages and demographics of both members of the community and the Home's residents undergo change.