

Sentinel



SEVEN ACRES

JEWISH SENIOR CARE SERVICES

SINCE 1943

Honor and Nurture, Together



WE THANK OUR SEVEN ACRES HEROES

DURING THESE CHALLENGING TIMES, OUR DEDICATED STAFF ARE AT SEVEN ACRES EVERY DAY - SEVEN DAYS A WEEK, TWENTY-FOUR HOURS A DAY, CARING FOR THE COMMUNITY'S MOST FRAIL AND VULNERABLE SENIORS.



Please Help Us Honor and Nurture Together

by Joining Seven Acres' Acts of Responsible Kindness (A.R.K.) Initiative

Dear Friends,

For over seven decades, Seven Acres has been steadfast in its mission to embrace the Fifth Commandment, "*Honor thy Father and thy Mother.*" We hope you will partner with us to care for our seniors who have limited resources. Seven Acres provides exceptional quality care and life for the frailest and most vulnerable elderly in our community, regardless of their financial station in life.

Honor and Nurture, Together



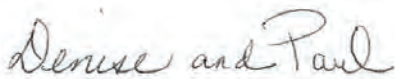
Throughout the decades our many families, friends and numerous community partners have given selflessly through financial resources, time and talent to ensure that Seven Acres is not just a campus, but truly a home. It is through your generosity that we are able to provide a caring, secure and safe environment to our residents.

Please consider a donation to our Annual "Acts of Responsible Kindness" (A.R.K) Campaign. Your commitment to be a partner is now more critical than ever to help us write the next chapter in the story of how Seven Acres continues to provide a high quality of care. If you have already contributed to the 2020 A.R.K. Campaign...*thank you!*

For your convenience, you may use the enclosed envelope. As always, your donation is tax deductible. We promise it is truly needed and will make a difference in the lives of our Seven Acres residents.

Our residents, leadership and staff thank you for your generous support!

With Abundant Gratitude,



Dr. Denise Rashti and Dr. Paul Horwitz
A.R.K. Initiative Chairs

Pauline Sterne Wolff Campus
Jean and Jerry Moore Center for Jewish Living
The Medallion Jewish Assisted Living Residence
713-778-5700



Honor and Nurture, Together

To donate online please visit www.sevenacres.org

Thank you to those who have already donated to Seven Acres' annual fund, our *Acts of Responsible Kindness (A.R.K.) Initiative*. If you would like to support this year, please use the enclosed envelope to mail your gift today. We are so grateful for every donation which helps provide compassionate and professional care to our vulnerable seniors during these most challenging times.

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Keeping Residents Active and Engaged

Seven Acres' families may be wondering how their loved ones are faring during this unprecedented time of social distancing. So many of them live just minutes away but cannot come into the buildings on the campus to visit. They rely on the folks on the front lines with the residents, the medical professionals and other essential staff who are working hard keeping the Home running and everyone as healthy as possible.

Among the essential staff are the Activity professionals in charge of life enrichment, who may not be providing medical care but are every bit as essential to the well-being of the residents. They are integral to making sure that the residents have the best quality of life in this unusual time. It can be quite a challenge to provide life enrichment activities to large groups of residents when social distancing is now the norm. But leave it to the creativity of these talented individuals to devise ways for the residents to keep engaged.

Number one on the list is everyone's favorite activity – bingo. The newest version of this game is called Hallway bingo for obvious reasons. Because of its popularity, it is played several times a day at Seven Acres. Residents are able to sit just inside the doorway to their room using a tray table while the bingo numbers are called over the loudspeaker. Each resident has their own supply of bingo cards and chips in their room. Hallway bingo also gives residents the ability to wave at their neighbors next door

and across the hall from a safe distance.

“Berta Roth, one of our residents on the second floor, was interested in joining the first-floor hallway bingo,” remarked Jill Newman, Life Enrichment Director at Seven Acres. “Her family had dropped off an iPad that she can use to communicate with them. Our Life Enrichment supervisor, Phyllis Kemp calls the bingo game and she was able to connect to Berta on her iPad so that she could join the game.”

Residents are learning how to socialize with their loved ones via technology. Many have cell phones, iPads, or computers in their rooms where they can not only make calls, but they have learned to use text message, Skype, Facetime and even Zoom. The activity departments have been available for anyone who needs a little help getting online. “At Seven Acres, our staff is going from room to room with iPads and rolling computers to help everyone connect with families,” Ms. Newman explained.

Several years ago, the activity professionals at Seven Acres and The Medallion were given the new title of Life Enrichment professional. At the time of the name change the new label seemed rather too long and a bit formal. But in this time of social distancing where the residents cannot receive visits from their loved ones or gather in groups, life enrichment seems like a fitting description for what these devoted professionals are providing for our residents.



Resident Stuart Chatkin is set up and ready to play Hallway Bingo.

Life Enrichment staff Kira Walton (left) and Phyllis Kemp transmit the bingo numbers over FaceTime on the iPad and call the numbers over the public address system.

Seven Acres resident Berta Roth plays bingo in her room joining the rest of the players via FaceTime with Life Enrichment supervisor Phyllis Kemp.

in a Time of Social Distancing



Life Enrichment Supervisor Phyllis Kemp led a group of residents in a lively game of "Hallway Hockey" using pool noodles and balloons. Photo at left: Bob Altshuler. Photo above: Lorraine Press hits a balloon toward June Diamond.



Rita Behrendt has always enjoyed doing beading in the craft room. Now with social distancing the beading class has come to her. The activity staff brought all the supplies to her room so that she could create something beautiful!



Lila Prager has her bingo card ready for Hallway Bingo.



Physical Therapy Assistant John Hamilton practiced using a walker with Lorraine Press.



Seven Acres Campus Celebrated Passover a Little Differently this Year

Every resident at Seven Acres had a seder meal along with all the Passover symbols delivered to their room.

For as long as anyone can remember, Seven Acres and The Medallion have always celebrated Passover in a big way. Every year, the whole campus prepares, beginning with the housekeeping, maintenance and dietary staff cleaning the kitchens, the wheelchairs and rooms according to Jewish custom. Volunteers come to help prepare the symbols and the auditorium and dining rooms are decorated beautifully. Even after Hurricane Harvey, Seven Acres and The Medallion were able to open their doors to loved ones who wished to celebrate at the large Passover seders with the residents.

This year, the full cleaning was done once again, but with an extra goal of sterilizing and disinfecting because of the corona virus. The large family seders that have become a tradition at both facilities had been canceled in the interest of social distancing. Due to the creativity and energy of the staff, seders took place, only in a slightly different manner.

Medallion Residents took part in seders in their own apartments and followed along as resident Rabbi Bernard Rich read the Haggadah over the PA system. Each resident had been given a special seder plate placemat to decorate earlier in the week and the symbols were brought to them to place on their "seder plate" along with their own Haggadah. The Medallion Director of Community Relations, Stephanie Barrocas, made both evenings festive by preparing flower arrangements for every resident and ensuring that everyone was enjoying the holiday as much as possible. "Passover is a special holiday that is usually spent with family," Ms. Barrocas remarked when asked about the celebration at The Medallion. "Our residents and their families are very important to us. Since they could not be with their own families, we wanted them to celebrate both nights of seder with their Medallion family. We were thankful for the help of Seven Acres Chaplain Rabbi Mark Urkowitz who prepared the Haggadah for us. We also want to thank Rabbi Bernard Rich who read the Haggadah both nights while the residents used their Passover symbols to observe the holiday in the comfort of their own apartments."



Seven Acres resident Bob Altshuler celebrated his first Passover seder away from his family in forty-nine years but was able to connect with them via Skype.



Got Matzah? The dietary staff cleaned the kitchens and prepared all the meals for Passover this year without the help of the volunteers and community helpers who are usually available to lend a hand.



The Medallion Director of Community Relations, Stephanie Barrocas, arranged for flowers to be taken to every apartment along with the seder plate and meal.



Medallion resident Yolande Dauber followed along with the reading of the Haggadah in her apartment.

Medallion resident Barbara Mishael enjoyed the two seders and observed when asked, "We tried hard and it wasn't easy, but under the circumstances everyone did 100%, plus more."

At Seven Acres, residents who had access to a computer, tablet or cell phone were encouraged to Skype, Facetime or Zoom with family and friends. Rabbi Urkowitz made a Passover table card for each resident that had a seder plate depicted. With each dinner that was delivered to their rooms, residents received that card along with small cups containing the symbols. Everyone enjoyed the traditional Passover foods like matzo ball soup, gefilte fish and a main course. As always, all meals served campus-wide for the full eight-day holiday are Kosher for Passover.



Rabbi Bernard Rich lead the first Medallion seder over the public address system while the residents followed along in their apartments.

Bob Altshuler, President of the Seven Acres Residents Club, celebrated the seder over Skype with his wife, Tammi, and daughter, Laine, using one of Seven Acres rolling computers. "Bob and I have celebrated forty-nine Passover seders together and I think this was the most meaningful, especially with Laine by our sides," Tammi Altshuler remarked when thanking the staff after the seder.

"The thought of not being together this year was really hard, but Seven Acres found a way for us to celebrate and enjoy another holiday. Thank you again for making this one so special for the three of us. There was a lot of reminiscing but this one will be at the top of our list. I hope whatever holidays are being celebrated this year by everyone, they will make new memories the way we did." -Tammi Altshuler

The Medallion *a symbol of distinction*



Shirley Tudzin relaxed in the central courtyard while catching up on her reading.



Wellness Coordinator Althea Scott leads a hallway fitness class every morning.



Florence Weitzner participated in a Zoom video class led by the Jewish Federation Shlichah, Hadas Levy. She spoke about Israel Independence Day and led a lively game of "Israel Bingo".

Despite these challenging times when The Medallion residents are required to stay in their own apartments, the staff has managed to keep them incredibly busy with a full packed schedule of activities. Senior staff that includes Executive Director Annette Betz, Community Relations Director Stephanie Barrocas, and Life Enrichment Director Jennifer Barnes, with assistance from Wellness Coordinator Althea Scott, have managed to keep the residents active and engaged, with support from their devoted nursing, housekeeping, maintenance and dietary staff.

Ms. Scott has been conducting doorway fitness classes on weekdays as well as giving in-room fitness instruction over the public address system. Reminders to hydrate also go over the PA system several times a day.

The staff now has a dedicated iPad for the Medallion Activity Department that will be used for residents to Facetime with loved ones. Staff members arrange an "appointment" for residents whose families wish to take share photos and/or videos that are sent each week. Students from the Beren Academy "Better Together" program sent videos to The Medallion that were shared on the iPad with their particular buddy. Of course, many of the residents have their own smart phones, computers and tablets in their rooms and they use them as their lifeline to the outside world. The Medallion also has options for residents to take online Torah zoom classes with Rabbi Traxler, as well as other programming online like the symphony, the opera, virtual tours of museums, aquariums, National Parks, etc.

Just because residents cannot congregate in the living room, the library, the dining room or the Oolam doesn't mean that they cannot hold a party. The resident Happy Hour takes place Wednesday afternoons every week where residents keep their doors open, music is piped into the rooms, and staff goes around with the snack and drink cart visiting with each person.

The Activity staff has come up with projects that can be done individually in each person's room such as beading, word game activities, coloring. For those who miss being out in the fresh air, residents can sit outside in the Edelman Garden courtyard that is located between the living room and dining room of The Medallion.

in assisted living



Lilli Sigel and Barbara Mishael took advantage of the beautiful spring weather to visit out in the courtyard while practicing safe social distancing.



Wellness Coordinator Althea Scott demonstrated leg lifts for Barbara Mishael during the morning exercise class.



Elaine Seibel took advantage of her time outdoors to play a game of Jenga.



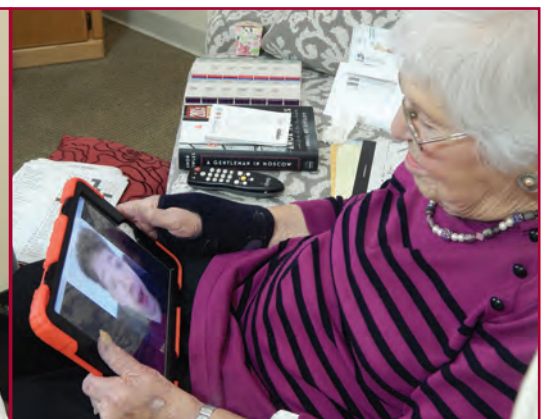
Resident Bess Gaines used The Medallion iPad to Facetime with one son and a cell phone to speak to another son on her birthday.



Maria Leon was happy to, once again, be making Challah for Shabbat.



Lissa Streusand shared her family photos of her son and great grandchildren on the Medallion iPad.



Doris Perlberg watched the video on The Medallion iPad that was sent to her from her "Better Together" buddy, Jeremy Morgan.

AN OPEN LETTER TO OUR COMMUNITY

Although we have been communicating on a very regular basis to our residents, family members, staff and Board of Trustees regarding Covid-19, we feel it also important to share information, with you, our broader community as to the status of Seven Acres and The Medallion.

First of all, we want to thank all of you for your many calls of support and best wishes for our home, the residents and our incredible staff who reside and work on our campus.

As with any health care organization of our size and kind, Seven Acres operates 24 hours a day, seven days a week, serving the most senior and frail residents in our community who require highly specialized care. We want you to know that we are attempting to do so at an appropriate level under the current circumstances. Obviously, we are doing this in a very different way than ever before as we focus our new priorities on health services and prevention in accordance with our established protocols and professional practices. Access to our campus is extremely limited only to those essential staff who provide care to our residents. Without exception, all persons who can enter the campus must agree to have their temperatures taken by qualified staff members and fully complete a form as to their travel and health status. Additionally, in order to minimize the spread of Covid-19, staff are utilizing acceptable standards of Personal Protective Equipment and other approved infection control procedures. Physician care continues to be on site, and we are utilizing our tele-medicine communication systems. We are admitting residents from the community on a case by case basis only. Our residents are receiving services in their rooms and are communicating with family members using Skype, Zoom and Facetime. We are making every attempt to provide them with other activities, as well as in room dining to increase social distancing.

Without question, as do all of you, we feel the stress and emotional pressure relating to this unprecedented situation. Please keep in mind that our teams are working diligently to protect our campus against an enemy that is invisible, in this new normal world in which we find ourselves.

We want you to know that your strength is our strength, and just as the Home's eternal light continues to shine, so will the future for us all.

With kindest regards,

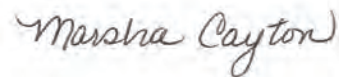


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*(Listing reflects donations to May 6, 2020.
Seven Acres' fiscal year: Sept. 1, 2019 -
Aug. 31, 2020)*

Roaring into the 20s Gala Raised Funds to Purchase Two New Wheelchair Vans for Residents

Roaring into the 20s was an unforgettable gala evening that took place on Saturday, February 8, 2020 at the Hilton Americas Houston Hotel raising over \$1 million for the community's frail elderly. The gala honored community leaders Judy Yambra and Evelyn Reichenthal with the Joyce Proler Schechter Spirit of Life Award for their many years of service and support of the Houston community and Seven Acres. Judy is a dedicated Board Member and Past President of Seven Acres. Evelyn is a long-time volunteer.

This year's live auction appeal raised funds to cover the cost of purchasing two new wheelchair vans. "One of the quality of life programs we want to focus upon this year is helping our residents participate in the world outside of our walls," Board President Bradley Rauch announced as he began the live auction. "Escorted safe transportation for our residents requires handicapped vans which can accommodate wheelchairs and specialized safety seating to accommodate not only their needs but regulations as well. "



Co-chairs and Honorees for the 2020 Gala. Left to right: 2020 Gala co-chairs Max and Susan Reichenthal, honoree Evelyn Reichenthal, honoree Judy Yambra, co-chairs Andrea and David Stein.

"We thank our generous donors who stepped up and contributed to our wheelchair fund, as well as our gala sponsors."

*-Seven Acres President
Bradley Rauch*

Front and back view of Wheelchair Transit Van



Seven Acres Funds and Tributes

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*Tribute Gifts
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David Gertner

Nancy and Richard Freed

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Gertrude Barnstone

Allen Black

Francis Blankfield

Ysabel Body

Barbara Edwards

Helen Faour

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Seven Acres and The Medallion celebrated “Nurses’ Week” by showing appreciation, to not just nursing, but to all the staff who have been on the frontlines working with the residents since the beginning of the pandemic. Thanks to support from the Jewish Federation and a generous donor, management was able to express their appreciation to essential staff with gift cards to Walmart and James Coney Island. On Thursday, May 7, CEO Malcolm Slatko, COO Barry Goldstein and Board President Brad Rauch handed out the gift cards, plus a piece of cake, and thanked everyone personally.

“Our dedicated staff is the reason why we are maintaining our residents’ high quality of life,” COO Barry Goldstein remarked. “The leadership at Seven Acres recognizes that all of our staff are heroes. That is why we have decided to recognize not only our nurses but all of our staff.”

“Our staff comes here, leaving their own families, working with our residents 24 hours a day, 7 days a week under very difficult circumstances,” added Malcolm Slatko. “We are very proud to honor them every day, but especially during this difficult time.”

In conclusion, Brad Rauch stated, “The work and the effort that our staff has put into this place is absolutely incredible. The fact that we have been able to keep our residents healthy and continue to operate at full staff is a real testament to our staff and administration.”



Left to right: President Brad Rauch, COO Barry Goldstein, Riah Smith, CEO Malcolm Slatko, Peter Nyabando, Bernadette Jackson, Adrienne Morris, Julie Limon and Claudia Tehrani.

Malcolm Slatko hands a piece of cake and gift cards to Darlene Francis. Emanuel Nwaiwu is in the background.



Human Resources Coordinator Tammy Buster (far right) and Human Resources Director Dominique Murray (seated) passed out gift cards and cake to staff in the Seven Acres auditorium. Left to right: CNA’s Affiong Umoette and Velena James.