



JEWISH HOME

# CONNECTIONS

FALL 2018



## IN THIS ISSUE

- 2 A MESSAGE
- 4 MY JEWISH HOME STORY
- 5 AROUND THE HOME
- 6 ASK DR. MARCO
- 7 PIONEERING DEVELOPMENT IN HOME HEALTH
- 8 HEALTHY EATING FOR SENIORS
- 10 INTRODUCING THE OUTPATIENT REHABILITATION PROGRAM
- 12 CALENDAR



### How to Contact Us:

Jewish Home: 818.774.3000  
 Connections to Care: 855.227.3745  
 Fund Development: 818.774.3324  
 Marketing Department: 818.757.4460

*On the cover: Resident Jesse Cooperman  
 Photographers: Steve Cohn, Jodye Alcon*

Visit us at [www.lajh.org](http://www.lajh.org)



## A MESSAGE FROM OUR CHAIR AND CEO-PRESIDENT



Two thousand eighteen is flying by fast. With more than half the year now behind us, we can look back at the significant progress we have made and look ahead to exciting developments still to come. Our

growth at the Jewish Home is paving the way for us to serve more seniors, in more locations, throughout Southern California.

At Grancell Village, we continue planning for two new five-story buildings that will significantly expand our capacity. The Polak Family Building and the Harriet & Benjamin D. Bagno Towers will transform our flagship San Fernando Valley campus, adding nearly 200 apartments and a broad range of services and amenities. Those include a community geriatric medical clinic, deli, computer center, library, wellness center, and much more. We are tremendously grateful to you, our partners in creating this vision of the future, for joining hands and hearts with us to make it all possible.

This reimagining of Grancell Village coincides with an explosive increase in the demand for Jewish Home programs and services. As seniors live longer, they are facing new and unique challenges: caring for aging bodies, keeping minds sharp, and lifting spirits high. With your assistance, we are laying the critical groundwork to meet these needs, equipping seniors with vital tools to promote their long-term health and wellness.

One element of our approach has been spreading the Jewish Home's umbrella of care to West Los Angeles with the opening of our new Westside campus. In addition, we continue to strengthen our signature Connections to Care®, which gives seniors and their families direct access to the Home's comprehensive offerings via one easy, toll-free phone call.

Your generous commitment to this work distinguishes the Jewish Home as a place where donors come together to form a mutually supportive family. Through joyous collaboration, we have built something special: a warm, compassionate, nurturing community that honors our seniors and empowers them to enjoy some of the best years of their lives. Thank you for sharing your precious time, talent, and resources to help make our Home truly extraordinary.

Sincerely,

Andrew Berman  
 Chair, Board of Directors

Molly Forrest  
 CEO-President



## ANDREW BERMAN NAMED CHAIR OF THE BOARD OF DIRECTORS

Andrew Berman, an entertainment industry veteran with over 35 years of experience in global sales, marketing, and content acquisition, assumed a two-year term as Chair of the Board of Directors of the Los Angeles Jewish Home on July 1st.

A native Angeleno, Berman has a long history of philanthropic involvement in his local community. His work with the Jewish Home has particular resonance. "I believe it's an obligation to give back, and I've always had an affinity for seniors," Berman says. "I'm thrilled and honored to have this role."

Jewish Home CEO-President Molly Forrest points to Berman's record of success in business and his longstanding commitment to strengthening nonprofits as key assets to the Home's growth and development.

"Andrew is a distinguished leader with a proven ability to get results," she says. "We are delighted he will be applying his knowledge and expertise on behalf of the thousands of seniors we serve."

In addition to his work with the Jewish Home, Berman has served in a volunteer capacity with organizations including the Crohn's and Colitis Foundation of America (past president, Board of Trustees), Didi Hirsch Mental Health Services (Capital Campaign Committee), and Stephen Wise Temple (Board of Directors) and Connecting to Cure (Board member.)

"The Jewish Home makes a significant difference and impact in seniors' lives every day," Berman notes. "How many other organizations can say that?"

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## BOARD OF DIRECTORS

Andrew Berman  
*Chair*

Richard Bender

Joyce Brandman

Joyce Eisenberg-Keefer

Edward Friedman

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## CORPORATE OFFICERS

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Molly Forrest  
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*Vice President, Jewish Home Foundation*

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*Chief Medical Officer*

Arnold Possick  
*Chief Strategy Officer*

Ilene Silberman  
*Chief Financial Officer*

Larissa Stepanians  
*Chief Operating Officer*

## MY STORY

# MY JEWISH HOME STORY

For the past 20 years, I've worked in the Jewish Home's Fund Development Department, where I am a Development Coordinator. I support the head of the department and also plan some of our annual events, such as the Mother's Day Celebration and Longest Day of Golf. I've always felt we are all one family here at the Home. On January 4, 2017, my mother, Bobbee Maslen, suffered a massive stroke. That's when I knew without a doubt that we truly are family.

My mom loved to entertain, volunteer, cook, and, of course, take care of her family. She lived life to the fullest. Mom's stroke changed her life – and ours – forever. After nine days in the hospital and 10 days in rehabilitation, she came to the Ida Kayne Transitional Care Unit (TCU) at the Home. The care she received here in rehab was phenomenal. The therapists worked with my mom five days a week for many months, sometimes twice a day. And they helped her with more than exercises – they regularly took the time to talk with her and offer encouragement. Mom was extremely frustrated, angry, and upset she couldn't go home, but she never gave up, even through the tears. Today, she lives in the Joyce Eisenberg-Keefer Medical Center (JEKMC), where she walks using a walker with the assistance of staff. Her goal is to be able to walk with the help of a walker without staff assistance. My mom is busy all day long, participating in every activity she can, and has made many incredible friends. She now considers the Jewish Home her home.

Before the stroke, my mom took care of my stepdad, Morrie, who had worked as an extra in movies and TV since his retirement. Even though Morrie was self-sufficient, he was having some heart problems and memory issues. Overall, his health was just okay. Because my mom took such great care of him, we didn't realize the extent of his medical issues until after her stroke. Morrie was able to stay at home with the help of caregivers for a while. He then moved to residential care at the Home's Eisenberg Village and finally to JEKMC to get the help he needed. Morrie is a kibbitzer, talking and telling jokes to everyone and flirting with all the women. He and my mom are together and that is what matters most.



Denise Horowitz with Bobbee and Morrie

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My mom is busy all day long, participating in every activity she can, and has made many incredible friends. She now considers the Jewish Home her home.

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The staff in the JEK building are all amazing, thoughtful individuals who care about each and every one of the residents. They always took time to listen and to offer advice when I was at the end of my rope. They made my mom feel special and at home. The support they gave her and my family was, and continues to be, exceptional.

When you work on a Jewish Home campus you are around residents all the time. Being a relative of a resident is a totally different experience. My department and friends around the Home were unbelievably supportive. They comforted me when I cried and helped me to reason through some very difficult situations. I couldn't have survived this past year without their love and understanding. I will always be extremely grateful. The Home is where my heart is!



## AROUND THE HOME

VOLUNTEER  
KEVIN EGLIN

Kevin Eglin has volunteered at the Jewish Home for more than 20 years. Volunteering in the fiscal department, he works closely with payroll staff to help ensure Home employees get paid on time – a critical job! Kevin enjoys his responsibilities, and the friendships he has made here are very important to him. He also enjoys the food at Gerald's Deli!

In his free time, Kevin loves to go to the movies, particularly sci-fi. About 12 years ago, he became interested in oil painting and now paints in the styles of artists such as Van Gogh, Picasso, and Monet. Kevin collects football, hockey, basketball, and baseball cards, and, of course, his favorite team is the LA Dodgers! He is also a member of a bowling league.

In 2017, Kevin received the Howard Kayton Memorial Volunteer Service Award for his dedication to the Home. He encourages people to volunteer here because it is a safe, friendly, great place to be. Thank you, Kevin, for sharing your talents and your time with us!

RESIDENT AMBASSADOR  
EDITH FRANKIE

Edith Frankie moved into the Jewish Home's skilled nursing center after her husband George became a Skirball Hospice patient. When George passed away, Edith had trouble living without him, but she gratefully recalls how much support the Jewish Home rabbi and caregivers gave her. "I made new friends and slowly began to enjoy life again," she says.

Edith's friends appreciate her humor, compassion, and charming Hungarian accent! They say her joyous outlook – especially considering her past as a Holocaust survivor – restores their faith in humanity. They also admire her discipline: As part of her physical therapy regimen, she exercises on the elliptical machines and takes walks once or twice each day.

Edith loves to help new residents make friends and get acquainted with the Home's many services. She is a resident ambassador and was recently elected president of the resident council.

## ASK DR. MARCO

*“I’ve always taken good care of my teeth. Now that I’m getting older, I’m wondering: Is there a connection between dental hygiene and overall health?”*

Our dentists urge us to brush regularly, and with good reason! Studies show a connection between oral health and overall health. In addition to the things we might imagine resulting from poor dental hygiene (cavities, missing teeth, gum disease), there may be other potential consequences including an elevated risk of both cardiovascular disease and diabetes. In fact, some authorities maintain that the presence of common problems in the mouth (such as gingivitis, cavities, and missing teeth) are as accurate at predicting heart disease as cholesterol levels.

Research also suggests periodontitis (gum disease) is associated with a higher risk of heart disease and people with chronic gum disease have increased thickness of their neck blood vessels. In addition, there is a definite correlation between diabetes and cardiovascular disease, as well as data showing that diabetics benefit from professional teeth cleanings.

According to research from the National Institutes of Health (NIH), nearly 19 percent of seniors no longer possess any natural teeth – and tooth loss can adversely impact well-being. Often, seniors who have lost most or all of their teeth avoid fresh fruits and vegetables, which can be difficult for them to chew. Without these basic components of a balanced diet, their health can suffer a dramatic decline. Toothlessness can also trigger embarrassment and loss of self-esteem, potentially contributing to social isolation and loneliness.

In older adults, poor oral health has also been linked to pneumonia: By breathing in bacterial droplets from the mouth to the lungs, seniors are especially susceptible to this condition. Taking care of our mouths is an effective way to combat these harmful bacteria.

The American Dental Association notes that seniors suffering from dementia and other cognitive impairments are at particular risk of oral infection. Because of these seniors’ diminished capacity to engage in proper home oral care, education (of both the seniors and their caregivers) is an important part of prevention and disease management.

Here are some basic tips for keeping your mouth healthy if you are over age 65:

- Floss every day.
- If you wear removable dentures, keep them clean.
- Stay hydrated.
- Limit your intake of soda and other sugary drinks.
- If you are missing one or more teeth, ask your dentist about dental implants.
- Maintaining good oral health is essential as we age. If you have specific concerns, make sure to share them with your dental care provider.

Please submit questions you may have to “Ask Dr. Marco” at [marketing@jha.org](mailto:marketing@jha.org).



Noah S. Marco, MD, Chief Medical Officer,  
Los Angeles Jewish Home.

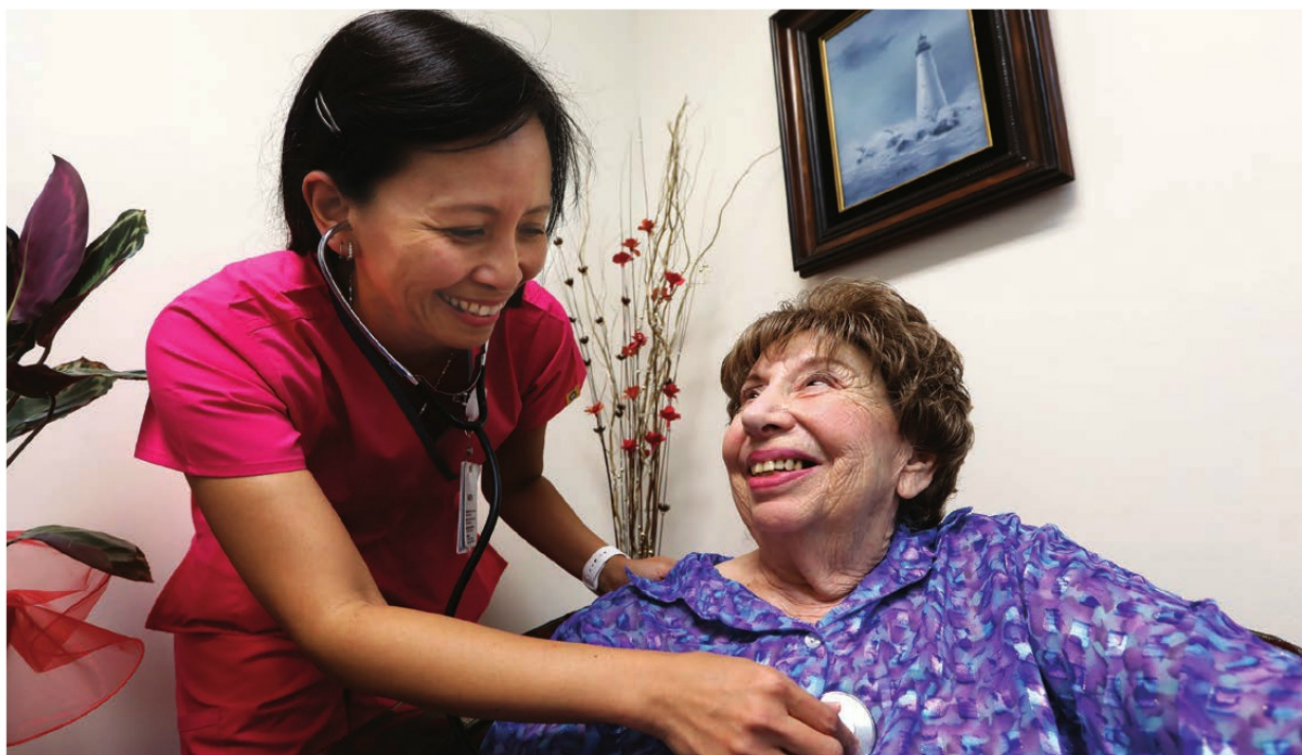
### DENTAL HYGIENE TIPS

Here are some basic tips for keeping your mouth healthy if you are over age 65:

- Floss every day
- Keep dentures clean
- Stay hydrated
- Limit soda and sugar
- Ask about implants

 A graphic illustration of a hand holding a red toothbrush. Overlaid on the image are several circular icons and text boxes providing dental hygiene tips. The tips include: 'Floss every day' (with a flosser icon), 'Keep dentures clean' (with a hand holding a denture over a cleaning solution icon), 'Stay hydrated' (with a glass of water icon), 'Limit soda and sugar' (with a soda can icon and a red prohibition sign), and 'Ask about implants' (with a hand holding a toothbrush icon). The background is a light blue gradient.





## PIONEERING DEVELOPMENT IN HOME HEALTH

The Jewish Home has launched an innovative telehealth initiative to expand the range of high-quality, convenient healthcare services available to Southern California seniors. In partnership with Reflexion Health, a digital healthcare company, the Home is bringing physical therapy directly into seniors' homes as a way to help them remain active and stay out of the hospital.

As part of the program, a digital assistant called VERA (Virtual Exercise Rehabilitation Assistant) is installed in the homes of seniors about to undergo total hip and knee replacements. VERA has multiple functions: It captures data measuring seniors' ability to function prior to surgery, and it assists seniors with rehabilitative therapy once the surgical procedure is complete. "The goal," says Karine Keshishyan, Executive Director of Jewish Home Care Services, "is for our clients to recover their previous level of functioning – and then to keep getting better."

VERA coaches seniors on the right way to exercise, monitoring their progress as they rebuild strength and mobility. When the seniors make mistakes (for instance, not bending properly, or lifting a leg too high), the system offers specific instructions to correct their movements.

"Patients using VERA have dramatically increased adherence to their treatment regimen, experience fewer in-person visits to the hospital or physical therapy clinic,

and rave about how much they love the on-demand convenience that saves them time, steps, and money," says Dr. Joseph Smith, Reflexion's CEO.

Karine points out that, "VERA is a supplement to in-person physical therapy, not a replacement for it. But by encouraging seniors to exercise regularly and building their confidence about their technique, the system can play a big role in the healing process."

Statistics show that technology like VERA significantly improves patients' rehabilitation. The Home's program, notes Molly Forrest, has done wonders in shortening recovery times and ensuring that seniors maintain higher activity levels. "Anything we can do to empower individuals to recover at their speed helps us," she says.

The Jewish Home currently has an exclusive contract with Reflexion, making it the sole VERA provider in the San Fernando Valley. According to Arnold Possick, the Home's Chief Strategy Officer, this collaboration is part of the Home's ongoing effort to serve seniors wherever the need might arise. "We recognize the movement in healthcare to provide as much in-home care as possible," he says. "Growing our list of in-home services means we are able to reach more seniors, more often, which ultimately strengthens our entire community."





In addition to being one of life's great pleasures, eating delivers crucial nutrients to the body. However, with age, dining may lose some of its appeal making it challenging for seniors to meet their nutritional needs. Choosing good-tasting, healthy foods can benefit people at any stage of life and is particularly important in the senior years.

### Make Foods Count

Older adults tend to have smaller appetites and eat less because their bodies need fewer calories. This makes it important that the foods they eat pack a nutritional punch. "Seniors need protein at every meal," says Cindy Cordon, the Jewish Home's Director of Food Services, a registered dietician and certified specialist in gerontological nutrition.

One good source of protein is fish. "Salmon, herring, sardines, albacore, and white fish are all good sources of omega-3 fatty acids, which help reduce inflammation,"

8

Cindy says. She advises seniors to avoid smoked or pickled fish which are high in sodium.

Chicken is another healthy option when prepared baked or broiled without the skin. "Three ounces of chicken contains 21 grams of protein," Cindy notes. Other good sources of protein include lean meat (less than 10% fat), low-fat dairy products, and eggs. Low-fat yogurt does provide healthy probiotics which are bacteria that promote digestive health, though the yogurt can be loaded with sugar.

Protein-packed foods include beans, peas, lentils and a variety of other legumes. These make good meat alternatives because they contain very little fat and no cholesterol while supplying significant amounts of B vitamins, folic acid, iron, zinc, calcium, phosphorus, potassium, and fiber.

Whole grains also provide fiber, which helps promote proper bowel function and may reduce blood cholesterol levels and lower risk of heart disease, according to the





U.S. Department of Agriculture. In addition, whole grains contain the B vitamins thiamin, riboflavin, and niacin; these play a key role in metabolism. Folate from whole grains helps the body form red blood cells. Whole grains include brown rice, barley, buckwheat (kasha), farro, oatmeal, and quinoa. Conversely, refined grains like white flour and white rice offer little in the way of fiber, vitamins or minerals.

Fruits and vegetables contain fiber and many other nutrients including colorful pigments referred to as polyphenols. These have shown antioxidant properties in the laboratory. For example, dark leafy greens supply B vitamins, vitamins A and K, carotenoids, calcium, and iron. Deep blue and purple foods (like grapes and blueberries) provide anthocyanins. Cindy recommends having at least five fruits and vegetables daily.

### Foods That Detract

The human body needs some fat to function, but fats are high in calories – and some are healthier than others, according to information from Harvard Medical School. Saturated fats (found in meats and whole milk products) and trans fats (found in processed foods) both raise LDL, or “bad,” cholesterol, which can increase the risk of heart disease and Type 2 diabetes. Examples of healthier fats include olive, canola, and sunflower oils. Less healthy fats are butter, shortening and other fats that are solid at room temperature.

Sugary foods are extremely caloric and have little nutritional value. Like fat, sugar can negatively affect cholesterol levels and is also associated with inflammation.

Seniors, as well as young people, are advised to limit their sodium intake. This means avoiding processed or packaged foods because of their high sodium content and limiting the use of table salt. Nutrition experts urge particular caution when it comes to packaged soups, soup bases and baked goods. They also suggest consumers read labels and familiarize themselves with the sodium content

of different items. Other foods high in sodium are cheese and processed luncheon meats.

### Special Concerns

Seniors may have difficulty getting the nutrition they need due to a variety of reasons. It is an interesting fact that older adults account for the majority of malnutrition cases in the U.S. according to the National Council on Aging.

“Many seniors have difficulty chewing, and some have difficulty swallowing,” Cindy says. “Raw fruits and vegetables can be pureed, cooked fruit can be chopped, and meat can be ground and served with extra liquid.” While cooked or canned foods may also be softer, these may be higher in sodium.

Seniors may also feel a decline in their sense of taste and smell. Healthy seasonings such as herbs, spices and lemon juice can add flavor.

Seniors who live alone may lose interest in cooking and eating. People tend to eat more when dining with others! Eating the requisite nutrients can be a problem for seniors who live as part of an organized community, as well. According to Cindy, the biggest dietary risk for seniors living in facilities is not eating enough calories. For that reason, she advocates liberalized diets, which emphasize choice over diet limitations.

Further complicating nutritional challenges for older Americans is that the sense of thirst tends to decline with advancing age. This makes dehydration a common problem. Seniors should drink water throughout the day, even when not feeling thirsty! The amount of water needed does vary from person to person, and individuals with medical conditions (such as heart failure or kidney disease) may need to limit their fluid intake.

### Two Reminders

Cindy recommends having small, frequent meals rather than large ones. For snacks, she suggests high-protein foods such as nuts, peanut butter, or fruit with cheese—keeping in mind that cheese is high in sodium, so not too much!

Cindy encourages switching things up as variety makes eating more enjoyable. The Jewish Home uses a four-week meal cycle that changes quarterly. “We make changes within the cycle based on resident feedback,” she says. “Our menu is constantly evolving.”



Nancy Sokoler Steiner is a freelance writer and author based in Los Angeles. Her work has appeared in *Los Angeles Times Magazine*, *Westways*, and *The Jewish Journal of Greater Los Angeles*, among other publications.





## AT HOME IN THE COMMUNITY INTRODUCING THE OUTPATIENT REHABILITATION PROGRAM

The Los Angeles Jewish Home has launched an Outpatient Rehabilitation Program (ORP). This new program extends the excellent care given in our short-term, inpatient Ida Kayne Transitional Care Unit (TCU) to members living in the community. Outpatient rehab is another example of the Home reaching out and meeting the needs of seniors living nearby the Home's two Valley campuses.

Kathleen Glass, Executive Director of the Eisenberg Village Campus, considers the ORP the natural next step beyond inpatient rehabilitation and home health care. "It creates a triangle of care from the Kayne TCU to Jewish Home Care Services to ORP," she says. "Because of our positive outcomes in Kayne TCU, discharged patients are able to function without visits from Home Health Care. They can

enroll directly into outpatient rehab." ORP patients may be served at either the Eisenberg Village or the Grancell Village Campus in Reseda.

Our highly trained rehab team includes licensed physical therapy, occupational therapy, and speech therapy staff. ORP patients work with them to develop customized plans of care to meet their specific needs. Therapists address physical impairments that may cause pain and reduce function and mobility. They also promote independence with self-care and facilitate participation with the meaningful activities of daily life. Additionally, they can improve communication skills and the abilities to eat and swallow. Therapists also work with patients needing cognitive rehabilitation.





Therapists utilize evidence-based interventions, including manual therapy and massage with targeted therapeutic exercise. Their work often relies on the same state-of-the-art machines used by professional sports franchises. For instance, a shortwave diathermy machine creates a heating effect in tissues which increases blood flow, heals wounds, and relieves arthritis pain. Another therapy machine generates gentle electrical stimulation to help reeducate muscles, reduce muscle spasms, and increase range of motion. Other equipment in the rehab centers includes free weights, parallel bars, and recumbent (seated) stepping machines. Therapists use medical devices to monitor patients' oxygen saturation levels, blood pressure, and heart rate while they are exercising.

"The therapists are very closely involved with the patients," says Dr. Michelle Vannoy, a physical therapist and the Home's Senior Facility Rehab Director. "Most of the time it's a one-to-one ratio of licensed therapist per patient session." ORP patients receive the same well-thought-out therapy management as the Home's inpatient Kayne TCU residents. "I'm very excited about bringing more community members into our continuum of care for their short-term rehabilitation needs," Michelle says.

A physician's order is required for the Home's Outpatient Rehabilitation Program. For more information on how to enroll in this new program, please call 818.774.3386.





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## CALENDAR OF EVENTS

### NOVEMBER

- 8 The Guardians Men's Only Scotch & Cigar Night, Private Home, Bel Air, address provided upon ticket purchase. For more information, contact Jessi Cazary at [jessi@laguardians.org](mailto:jessi@laguardians.org).
- 11 The Benefactors Pre-Thanksgiving Event, Luxe. For more information, contact Linda Cohen at [linda.cohen@jha.org](mailto:linda.cohen@jha.org).
- 19 The Associates Play Day, El Caballero Country Club. For more information, contact Debbie Fishel at [debbie.fishel@jha.org](mailto:debbie.fishel@jha.org).
- 20 The Executives Networking Group, El Caballero Country Club. For more information, contact Cheryl Kater at [cheryl.kater@jha.org](mailto:cheryl.kater@jha.org).
- 29 The Executives Speaker Series with Dr. Adam Darby of UCLA Health, El Caballero Country Club. For more information, contact Cheryl Kater at [cheryl.kater@jha.org](mailto:cheryl.kater@jha.org).

### DECEMBER

- 9 The Guardians Hanukkah Party, Los Angeles Jewish Home, Eisenberg Village Campus. For more information, contact Jessi Cazary at [jessi@laguardians.org](mailto:jessi@laguardians.org).
- 18 The Executives Networking Group, El Caballero Country Club. For more information, contact Cheryl Kater at [cheryl.kater@jha.org](mailto:cheryl.kater@jha.org).
- 20 The Associates resident Holiday celebration, LAJH Eisenberg Village Campus. For more information, contact Debbie Fishel at [debbie.fishel@jha.org](mailto:debbie.fishel@jha.org).

### JANUARY

- 15 The Women's Group of The Executives – Women & Healthy Aging: Longevity, Memory, Dementia and More with Gary Small, MD, Director UCLA Longevity Center, El Caballero Country Club. For more information, call 818.774.3332.
- 15 The Executives Networking Group, El Caballero Country Club. For more information, contact Cheryl Kater at [cheryl.kater@jha.org](mailto:cheryl.kater@jha.org).

- 22 The Associates Installation of Officers, El Caballero Country Club. For more information, contact Debbie Fishel at [debbie.fishel@jha.org](mailto:debbie.fishel@jha.org).
- 26 A Comedy Night for the Ages Celebrating 80 Years of The Guardians of the Los Angeles Jewish Home, The Palladium. For more information, contact Jessi Cazary at [jessi@laguardians.org](mailto:jessi@laguardians.org).
- 31 The Executives Speaker Series, El Caballero Country Club. For more information, contact Cheryl Kater at [cheryl.kater@jha.org](mailto:cheryl.kater@jha.org).

### FEBRUARY

- 7 The Associates Author's Day luncheon, Luxe Sunset Hotel. For more information, contact Debbie Fishel at [debbie.fishel@jha.org](mailto:debbie.fishel@jha.org).
- 12 The Women's Group of The Executives – Cancer Diagnosis, Treatment & Breakthroughs: What Every Woman Needs to Know with Sandy T. Liu, MD, Oncologist, El Caballero Country Club. For more information, call 818.774.3332.
- 19 The Executives Networking Group, El Caballero Country Club. For more information, contact Cheryl Kater at [cheryl.kater@jha.org](mailto:cheryl.kater@jha.org).

### MARCH

- 3 The Executives Poker Tournament, Woodland Hills Country Club. For more information, contact Cheryl Kater at [cheryl.kater@jha.org](mailto:cheryl.kater@jha.org).
- 5 The Women's Group of The Executives – Bone Up on Bone Health for Women with Deepashree Gupta, MD, Endocrinologist, El Caballero Country Club. For more information, call 818.774.3332.
- 19 The Executives Networking Group, El Caballero Country Club. For more information, contact Cheryl Kater at [cheryl.kater@jha.org](mailto:cheryl.kater@jha.org).
- 25 The Longest Day of Golf, Woodland Hills Country Club. For more information, contact Denise Horowitz at [denise.horowitz@jha.org](mailto:denise.horowitz@jha.org).