Volume 113 - Issue #1 - 5784 - Winter 2024

Chai Lites

ARE YOU PREPARED FOR THE UNEXPECTED?





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OUR MISSION

A *living* commitment, inspired by *Jewish* values, to provide *exceptional* senior care by *exceptional* people...every day, in every way, for *every* one.

OUR VALUES

COMPASSION • RESPECT • EXCELLENCE DIGNITY • INTEGRITY • TRADITION

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INNOVATING FORWARD

by Jeffrey D. Cohen

As we begin 2024, I'd like to extend a heartfelt thanks to every person that has offered continued support to Kline Galland. It is your dedication, compassion and generosity that allows us to fulfill our mission of providing exceptional senior care every day, in every way, for everyone.

2024 also begins a new term for Kline Galland's Board Chair position. Irene Fisher's two-year service as Board Chair has been powerful—adeptly navigating the challenges we face with thoughtfulness and precision, while keeping Kline Galland's mission and goals at the forefront. In her stead, we welcome Bob Simon as our 24-25 Board Chair, and are excited to continue our work with his leadership and passion. We are grateful to them for their dedication and service to Kline Galland.

Senior care continues to face a multitude of issues—patients are coming to us frailer than ever, a continued shortage of skilled nursing employees, and a mounting senior population. Innovations in care like community-based services and investments in technology will allow us to meet the ever-evolving needs of seniors. In the first of this two-part Chai Lites, we explore preparation you can do for yourself and your household–expanding your toolbox in preparation for a time of need. While we are unable to predict the future, we hope you'll join us in focusing on preparation to ease the burdens that loom—as we aim to do the same for our organization.

Thank you for being part of our community. Together, we can continue building a future where seniors thrive.



Jeffrey D. Cohen Chief Executive Officer



2024 EXECUTIVE TEAM

JEFFREY D. COHEN Chief Executive Officer

MIN AN Chief Operating Officer

TRACEY GROSCOST Chief Financial Officer

NATHAN NUSBAUM Chief Philanthropy Officer

SHELLY RYAN Chief of Human Resources

ERIN SHERIDAN

General Counsel/ Chief Compliance Officer

2024 BOARD OF DIRECTORS

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We are pleased to welcome our newest Kline Galland board members, **Emily Alhadeff** and **Barry Goren**!



PREPARING FOR AN EARTHQUAKE OR A NATURAL DISASTER

PREPARING YOUR DIGITAL PRESENCE

n an emergency like a natural disaster, preparation can make all the difference. A safety kit that's fully stocked and ready is your best insurance policy against putting yourself and your family at risk following an unforeseen event. In an emergency like an earthquake, power and water could be lost for hours, or even days, so making sure the essentials are within reach is truly a basic necessity.

Here are some items that should be in your kit:

- Water-one gallon per person, per day, to cover several days
- Food-at least a three-day supply of non-perishable food
- Radio-battery-powered or hand-crank
- Flashlight
- Extra batteries
- First aid kit
- Whistle-in case you need to signal for help
- Dust mask
- Moist towelettes
- Garbage bags and plastic towels
- Screwdriver and hammer

- Wrench, pliers and/or gas shut off wrench-to turn on/off utilities
- Manual can opener
- Local maps
- Cell phone charger
 Prescription medication
- Non-prescription medicationspain relievers, anti-diarrhea, antacids, laxatives
- Prescription glasses, contact lens solution
- Pet food and extra water
- Blankets/sleeping bags
- Change of clothing
- Mess kit
- Cards, board games, activities
- Water purification pills

As you can see, it's important to cover all the basics. But it's equally important that you stock those items that are essential to the particular needs of each member of your family-especially prescriptions, eyeglasses, and if you have pets...extra water and pet food. Make sure to keep your kit in a designated place so it always at the ready with all family members knowing exactly where to find it. And be prepared to rest just a little easier. Unce the physical emergency kit is fully stocked, it's best to get an online emergency kit ready as well. In this case, if the emergency turns out to be a fire that destroys your home, you'll have copies of important documents, bank account and insurance information, passwords, etc. resting safely in "the Cloud." It's a simple process:

- 1. Create a new file on your computer.
- 2. Create a document on your computer and fill it with important information like your passwords, bank accounts, insurance information, etc.
- 3. Use your phone or a digital camera to take photographs of essential documents, like your passport, your birth certificate, marriage license, etc. and download to the same file that holds the document with your passwords and bank accounts.
- 4. Save this file to the cloud (Google Drive, Apple Cloud, etc.) and you'll be able to access it at any time or anywhere. So even if you lose your passport while traveling,



you'll have quick access to a copy. Here's a list of items you should have digital copies of:

- Bank accounts and passwords, including credit card numbers
- Insurance information and account numbers-make sure to take photos of your house "as is" so if you ever need to list out what you own for insurance purposes, you'll have a photo reminder
- $\boldsymbol{\cdot}$ Digital login and passwords
- Key documents-marriage license, passports, titles, deeds, auto registration, etc.
- Healthcare informationmedical bills, emergency numbers, doctor's numbers, etc.
- Medications and prescription information
- Water and power account information





Falls are the number one cause of injury – including fatal injury – for older adults. Every year, approximately one in four seniors take a tumble; more than 75% of falls happen at home or close by. Around three million elders are treated in the ER due to a fall annually. Despite the numbers, falls are not a normal part of aging. Most importantly, falls can be prevented!

Wherever you call home, evaluate these three areas to reduce your risk of falling.

Anybody who has stumbled in the middle of the night only to run into a table knows that our most familiar settings can be treacherous minefields in the dark. Research has shown that certain nightlights can help reduce falling (by up to 43%!) without disturbing sleep. So:

- Make sure that all lights have working lightbulbs; replace any that burn out
- Place nightlights that turn on automatically from the bed to the bathroom; if possible, place them low so they are less likely to prevent additional good sleep

- For stairways, have access to lighting at both the top and bottom of the stairs; overhead lighting that can be switched on from either place is the best
- Ensure there's a way you can turn a light on if you're lying in bed
- Double-check the lighting outside your front and back doors; you want to see where you'll be stepping. Motion-sensor lighting is particularly useful, so you don't have to juggle getting inside with turning on a light



You don't have to always keep your home pristine, but you do want to ensure that you aren't unintentionally creating hazards. A recent review of 22 studies found that decluttering had the most benefit in reducing fall risk by nearly 30%. Take time to:

- Clear the floor of anything that can impede your path. Books, clothes, and other items should be in their designated space – or at least off the floor
- Secure any rugs with no-slip strips. Rugs may add to the decor, but they are tripping hazards when they bunch or move. Better yet, ditch the small or throw rugs
- Create easy paths. Rearrange furniture to provide easy ways around, with plenty of space
- Clean up any spills on the floor immediately
- Carry items all the way into the home. Our entryways usually end up being the dumping ground for mail and packages, shopping, bags, and shoes.
 Find a new home for each of these items away from the door and off the floor

3 REACH

Every trip up a ladder or stepstool comes with a risk of falling, especially as we reach outward for something or step back and down. According to recent research, age matters more than height when it comes to injuries; although the elderly fell from lower heights, they had more severe injuries. Make sure to:

- Organize your kitchen and other cabinets so the items you need and use most frequently are the easiest items to reach. Between your waist and shoulder height is optimal placement
- Make showering and bathing easier by adding grab bars; add non-slip rugs as well. Use handrails when going up and down stairs
- Remember the three points rule: have three places of contact (like your two feet on the ground and one hand on a rail) when moving
- Use a step stool that has a bar to hold on to. Never use a chair in place of a step stool





One last thing you can do at home to prevent falling: exercise! Activities like tai chi make your legs stronger and lower your chances of falling.

EMPLOYEE SPOTLIGHT

arrison Tran started working at Kline Galland as a **Certified Nursing Assistant** before leaving to attend fulltime nursing school. Once he graduated from nursing school, he came back to Kline Galland to work as a RN Charge Nurse. Said Harrison, "I chose Kline Galland because of the support from the nursing team and the great working environment. love working with my amazing coworkers, and the community of Kline Galland is special and unique." We are proud of his accomplishments and so happy to have him back on Team Kline.



(L) Harrison Tran, RN and (R) Meriane Dumaguing, KGH Director of Medical Records

US NEWS AWARD



We are pleased to share that Kline Galland Home was rated Best Nursing Home for 2024 by U.S. News, and additionally honored as High Performing for our TCU/Rehab Unit.

Our organization is deeply proud of this honor, as our staff work diligently every single day to care for our residents and patients and provide them with the best care.

Thank you to all of our incredible employees for making this possible.

HOSPICE FOCUSED CARE UNIT DEDICATION

Vine Galland dedicated its new Hospice Focused Care Unit in July of 2023 at the Kline Galland Home in Seward Park. This unit is first of its kind in the Pacific Northwest, and offers compassionate high-quality end-of-life care designed to meet the needs of Hospice Patients and their families in a beautiful, modern setting.

We are grateful for the support of Frankie and Dick Loeb, who's transformational gift of \$3,000,000 made this new unit possible.

HOSPICE GARDEN 2024 OPENING

N estled within the heart of Kline Galland Home, the Hospice Focused Care Unit Garden offers a dedicated space for families and caregivers to leave their rooms and enjoy nature. With generous support from an anonymous donor, construction is complete on this tranquil space. There are a wide range of memorial offerings to serve as a lasting memorial to the people whose lives have been affected by our Hospice services. For more information or if you have any questions, please contact Jenn Hoyord at (206) 456-9710.

Frankie and Dick Loeb cutting the ribbon of Kline Galland's Hospice Focused Unit. (L to R front row: Dr. Hope Druckman, Min An, Frankie Loeb, Jeff Cohen, and Dick Loeb. L to R back row: Dianne Loeb, Becky Loeb, Irene Fisher, and Steve Loeb.)



Hospice Focused Care Unit Family Room

There are many ways to give back in support of our non-profit organization, including supporting us with your donations,volunteering, and being an advocate for Kline Galland in the community. We are grateful for the support of our community which makes our work possible.

For more information on how to make a gift, visit our website: www.klinegalland.org/donate

BUILDING INTERFAITH CONNECTIONS

Kline Galland Hospice was recently honored with a donation from Lord of Life Lutheran in Renton, WA, in honor of a congregation member and Kline Galland Hospice patient, Dennis Alexander.



Dennis was devoted to serving his community in whatever way was needed, including his church. "Dennis could always get people to do what needed doing. He was that kind of guy," shared Pastor Halcyon Bjornstad, Pastor at Lord of Life Lutheran.

Dennis and his wife, Jann Alexander, met when they were 21 and were married at 24. When Jann and Dennis purchased a home in the Renton area, they began attending Lord of Life Lutheran, and were active members of the church for 20 years. Dennis

is described as a passionate University of Washington Husky fan. expert skier and skilled instructor, an avid golfer, and an ardent sports fan. "He was a really nice guy, he was easy to be with," Jann shared. They loved to travel and spent a lot of time in Europe and Mexico. They were married for 48 years, before Dennis was diagnosed with Cancer. Reflects Jann. "Cancer just changes your whole life." Jann remained faithfully by Dennis' side as he spent his last days on Kline Galland Hospice, passing in October of 2022.

When Pastor Halcyon joined Lord of Life Lutheran church in September of 2023, she was impressed with her new community, saying, "It's exactly what you want a good-faith community to look like. There is deep care for each other. I couldn't have asked for a better place to be." As Jann described Pastor Halcyon's presence at the church. "she is such a blessing to our congregation and the community." As Pastor Halcyon and Jann spent time together approaching the 1-year anniversary of Dennis' passing, talking about who he was and what the first year of grief looks like, Pastor Halcyon knew she wanted to do something to honor his memory. "I had the idea to support the people who had supported Dennis and Jann," shared Pastor Halcyon, "I thought we'd raise \$1,000 and that would be wonderful. The generosity of the community, and love for Dennis was overwhelming."

Ultimately, the church raised \$3,600 for Kline Galland Hospice, an unintentional and serendipitous chai mitzvah.

Jann is extremely grateful to the Kline Galland Hospice team that provided care for Dennis in their home, and she utilized the grief counseling services. "I can't say enough about Kline Galland," Jann shared. Even Pastor Halcyon was impressed with Kline Galland Hospice services. "Without having met Dennis, one thing that really stood out to me was how [Kline Galland] Hospice cared not just for Dennis, but for Jann as well, and gave both of them the space to be present with one another for the last three weeks of Dennis' life."

Kline Galland invests more to maintain the highest levels of excellence in care and resident life-what we call the Margin of Excellence-beyond what we receive from reimbursements. This commitment includes nursing staffing levels above state requirements, Summit resident subsidy, volunteer and activity management, rabbinic and chaplain services, CNA Nursing academy, and much more. In 2022 alone, the Margin of Excellence cost was \$5.56 Million, and is fully funded by philanthropic support such as Planned Giving. We are grateful for the support from people like Jann, Pastor Halcyon and Lord of Life Lutheran Church who make Kline Galland's excellence of care possible, now and in the future.



The Mary Schwartz Summit is excited to announce the establishment of the Ticket Fairy Endowment through a generous gift from the family of a Mary Schwartz Summit resident.

The Ticket Fairy program was developed in 2018 as a collaboration between the donor (who prefers to remain anonymous) and Marilyn Israel, long-time member of The Summit's Life Enrichment staff. Together they shared a belief that engagement in the arts improves the quality of life and well-being for our senior community. The Ticket Fairy program has provided Summit residents with a variety of complimentary tickets to a multitude of the greater Seattle areas' performing arts venues. An afternoon at the Pacific NW Ballet, a concert by the Seattle Symphony or most recently a rousing production of "Hello Dolly" at Village Theatre, are typical of the events offered to residents.





Bobbi Kotula in Hello, Dolly! at Village Theatre. Photo by Angela Sterling (2023)

In 2022, the program expanded to include funding for the Summit Theater Company. During the pandemic, residents discovered the rewarding opportunity to become engaged in their own productions. Funding from the endowment allow residents who are participating in a play to interact with professionals who assist and provide for an authentic theatrical experience (i.e., music direction, sound engineer. costume and set designers). Multiple showings of the play are performed to allow residents as well as families and friends to enjoy the performance.

We are deeply grateful for this gift and thrilled to have the Ticket Fairy Endowment ensuring access to the arts for our residents for years to come.

NURSING ACADEMY

n 2023, twenty-nine Certified Nursing Assistants (CNAs) successfully completed the CNA Academy. Started with seed fuding by a Kline Galland philanthropic supporter, we take great pride in Tikkun Olam—repairing the world as our

graduates depart.

Started in 2019, Kline Galland Academy is a four-week academic program that gives students the opportunity to earn their Nursing Assistant Certification (NAC) and work with Kline



Galland upon successful graduation. This program provides hands-on experience in a dynamic setting, customized to give students real-life education and skills that they will employ in the actual workplace.





Nursing shortages have affected the healthcare industry nationwide. Kline Galland is committed to investing in our staff, and driven to bring talented new people into our community.

Congratulations to our recent graduates!

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MOTHER'S DAY 2024

A t Kline Galland, we believe that Mothers should be honored daily, not just one day out of the year, yet it is always a joy to take the time to recognize and appreciate those who give so much and in so many ways. Our highly anticipated annual Mother's Day Celebration will be held on Sunday, May 12th, 2024, and is a beacon of hope and enjoyment for our residents, patients, caregivers, and families alike.

Sponsorship opportunities are available to support underwriting the cost of our wonderful celebration and provide funding for programs and services, ensuring our residents are provided with the highest level of care today and in the future. For more information, please contact: Jenn Hoyord (206) 456-9710 jennh@klinegalland.org.





CAROLINE LEGACY SOCIETY

Jid you know that this organization exists because of an estate gift? Our founder, Caroline Kline Galland, was a true visionary who devoted much of her passion, energy, and considerable wealth to serving the most vulnerable in Seattle throughout her life. Before she passed away in 1905, Caroline Kline Galland included a provision in her estate plans donating \$1.4 million to establish a new "Caroline Kline Galland Home for the Aged" in Seward Park.

Over a century later, her legacy lives on in our mission and the thousands of Kline Galland residents, patients, staff, and family members whose lives we touch each year. Caroline Kline Galland's ongoing impact is a testament to the power of giving through a bequest. In honor of Caroline Kline Galland, and of all the generous members of our community who have similarly chosen to give to us in this manner, we have established the Caroline Legacy Society.

Each person who remembers Kline Galland in their estate plans is invited to join the Caroline Legacy Society as recognition of this critical support. Members of this group of forward-thinking donors are invited to an annual recognition reception, and if they choose they also have their names permanently added to our legacy donor wall to inspire others.

Please contact Nate Nusbaum at (206) 456-9702 to learn more.



ARE YOU OUR SECRET ADMIRER?

If you have already included Kline Galland in your estate plans, we would love to know about it! Whether you'd like us to shout it from the rooftops to help inspire others, or whisper it to us and remain anonymous, knowing your plans allows us to express our gratitude and prepare care for the generations of seniors to come.

For more information or to let us know, please visit https://www.klinegalland.org/ are-you-our-secret-admirer/





KLINE GALLAND HOME

(206) 725-8800 7500 Seward Park Ave S., Seattle Recognized as one of the finest skilled nursing facilities nationally; KGH is dedicated to comprehensive, compassionate, personalized care.



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Highly specialized care maximizes every aspect of quality for individuals facing end of life. Coordinated team of health care professionals is committed to meeting the physical, emotional and social needs of patients and families. Hospice Focused Care Unit at the Kline Galland Home now available.

Patients battling serious illness or living with chronic





disease receive consultative services to help manage and cope with symptoms.

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THIS LISTING IS FOR GIFTS RECEIVED July 1st, 2023 - December 31st, 2023

Thank you...

for your Tributes honoring family and friends... and in memory of loved ones. Your generous donations help sustain programs and activities that are so vital in enhancing the lives of community members.

To learn more about Tribute gifts, please contact:

Kelsey Robinson (206) 456-9718 philanthropy@klinegalland.org

If we have omitted or incorrectly listed your name, please accept our heartfelt apology and know your support is greatly appreciated.



LESLIE AMIRA & ALLAN KLIGERMAN Judy & David Benami

REGINA & VICTOR AMIRA z"I 70th Anniversary Nettie & Allen Israel Sandi & Ozzy Rousso

LINDA & STEVE CONDIOTTY Sandra & Jeffrey Condiotty *

JANET KEARSLEY & PERRY SPRING 30th Anniversary Mauricia & Jerry Spring and Family ∞

JULIE & RABBI JAMES MIREL 50th Anniversary Janet Gray & Brad Rind **



JACK ALMO Laura & Irv Karl

LESLIE AMIRA & ALLAN KLIGERMAN Marcia & Doug Wiviott

SYLVIA ANGEL Very special 80th Birthday! Frances Ohringer Jeannie & Warren Moskowitz Gail Wiener **JOAN BASKIN** Anita & Arny Reich Bonnie Stone

JOAN HIRSHBERG FREIDMAN Special 98th Birthday Shari Hirshberg

DR. ALVIN KATSMAN z"I *100th Birthday* CC and David Salzberg

ELAINE SLOTNICK Frankie & Jack Bookey

ALLAN STEINMAN Denise & Bob Coe

To Honor

THELMA BLOCK Diane & Larry Herman

JEFF COHEN Cynthia & Rabbi Daniel Weiner

AYELET GAMLIEL & LEWIS ALEXANDER Marriage! Mazel Tov! Janet Gray & Brad Rind **

THE GRANDDAUGHTER OF ESTELLE & BOB HANDLIN Mazel Tov on your Bat Mitzvah! Mauricia & Jerry Spring ∓

MARILYN ISRAEL Lilly De Jaen •

FRANKIE & DICK LOEB Lucy & Herb Pruzan JULIE & RABBI JAMES MIREL With Appreciation Our Chavurah

BRIAN QUINT Cynthia & Rabbi Daniel Weiner

SHERYL REEDER Retirement! J. Bruce Reeder€

> THE GRANDSON OF STEPHANIE ROSENTHAL Mazel Tov on your Bar Mitzvah! Mauricia & Jerry Spring ∓

CINDY RUBIN Seattle Hadassah Game Day Honoree Mauricia & Jerry Spring ∓

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SHIRA SPEIZER Barbara & Chuck Maduell

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DR. PAUL SYTMAN Dr. Alex Sytman

KGH TRANSITIONAL CARE LEVEL 1 TEAM Elizabeth Miller

Well Wishes

BETH HUPPIN BENNETT Loretta Kuznetz

CHERI ANN COHEN Sharon & Sam Eastern

ROGER HIRSCH Elaine Dubonsky

BOB LOWE Loretta Kuznetz

RUBY SACHTER Taya Meyer

Memorials

DENNIS ALEXANDER Lord of Life Lutheran Church congregation members, & Jann Alexander

BETTY ALHADEFF & DAVE LEVY Geri & Jack Alhadeff €

VICTOR C. AMIRA Anonymous ♥ Peggy & Jack Alhadeff Sandra & Dave Altaras Leslie Amira & Allan Kligerman ** Selma & Albie Amon **Esther Barsher** Evelvn Blatt & Albert De Jaen Thelma Block Fillmore Buckner Ralph Capeluto Jack Cordova Esther Druxman Kave Eskenazi

Alfreda Feinberg Allison & Edward Flash Cynthia Flash-Hemphill Gena & Sonny Gorasht Selma Hemmat Glenda & Arthur Israel Nettie & Allen Israel Susan & James Pass ** Roslyn & Larry Piha Hilda Siderman Amy & Roger Stegman Hilary & Sylvia Stern Bonnie Stone & Family Carolyn & Eldon Wexler £

MARIAN ARONSON Lilly De Jaen Bess Leavitt Charlotte Schildkraut

IRENE ARRON Traci & Robert Arron

DIANA AZOSE Regina & Vic Amira

SHIRLEY & JACK BAKER Bonnie & Mike Cohen

MARTY BENDER Janet & Larry Jassen Ω

LEON & JEFFREY BENEZRA Norlene Benezra

ANGEL BENZAQUEN Anonymous ♥

GUSTEL KAISER BERKOWITZ Anonymous€

EVELYN, MANNY, CHIPRUT, SUSIE, & MORRIE BERMAN

Louise & Leonard Berman

DONALD BERTONCIN

Barry Steinberg

SAM BRENNER Anonymous €

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HENRY BUTLER

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ALBERT N. ESKENAZI Shirley Portman

CORINNE FARBER Anonymous ♥ The Koret Foundation ♥

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HARRIET & HERMAN GOLD Leslie J. Gold

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JUDY HAREL Regina & Vic Amira

ROSE HARRIS Margaret Lemberg

STEVE HARTHOLZ Jack Cordova Anonymous ♥

AL HASSON Bernice Benveniste Rebecca & Jay Buxbaum Sharon & Sam Eastern Tracy & Tyler Mayclin Rachelle Mezistrano Morrie & Mickie Mochkatel

LORE HIRSCH Elaine Dubonsky

FRED HIRSCHEL ¥ John Hirschel

VIRGINIA ISRAEL Sandra & Dave Altaras Regina & Vic Amira Terry & David Azose Jerilyn & Paul Anderson Bernice Benveniste Sharon & Sam Eastern Lilly De Jaen Rita Lawson Susan B. Mosler

STEVEN L. JAFFE Anonymous €

CANTOR BRADLEE KURLAND Judith & Barry Schwarz

ALLAN LAWSON Rita Lawson

ESTHER LIPSON Pearl Varon

FLOYD LITTLE Mary Hegdahl

LOTTE LOEWENTHAL Janet Reis & Robert Lowe

RUBIE & VERNON MAEKAWA Karen Yoshioka **

JOHN MANGELS Carole R. Pearl

JIM MCMAHON Anonymous €

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DOROTHY NAIMY Jennifer Naimy & Robert Raphael

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DIANA OHASHI Joe Ohashi€

GEORGE H. PALAGI Anonymous €

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BARBARA ALTOSE ROSENWALD

Anita & Larry Altose

DENISE ROUSSO Anonymous Anonvmous € Shellev & Larrv Bensussen € Rebecca & Jay Buxbaum Jamie, Rick, & Family Cantu Karen & Garv Cone € Linda Capeluto & Leon Capelouto Victoria & Scott Eskenazi Linda Goodman & losef Vascovitz€ Shari & Mike Koppel € Rachelle Mezistrano Vicki & Albie Moshcatel Amv Sackler € Jana & Greg Schmidt Desiree Serr & Steve Hoover Cecille, Marla, Karen, & Wendy Shtabsky € Tracy & Ron Spahman Barbara, Stuart, & The Sulman Family

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EDWARD SHAIN Constance Shain

STANLEY SHERR Linda Dupuis-Fricke & Wayne Fricke €

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GLORIA & BURT STEINBERG Barry Steinberg

PAULA STERN Marvin Stern €

DONNA STIRTON Malcolm Scott Stirton €

MARY TARICA Rachelle Mezistrano

STELLA TARICA

Linda Capeluto & Leon Capelouto Ralph Capeluto

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