



**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. Patients are viewed holistically; team of professionals cross-coordinates to meet the full spectrum of individual needs. Established in 1914, we take pride in evolving and leading the way in Long-Term Care, Short-Term Rehab and Memory Care.

**THE SUMMIT at FIRST HILL** • (206) 652-4444  
1200 University Street, Seattle  
Independent and Assisted Living community just steps from downtown shopping, theatre, cultural venues, green spaces and the finest medical facilities. Residents thrive in a dynamic, enriched lifestyle embracing Jewish culture and traditions. Elegantly appointed apartments, comfort and 24-hour security allow residents to “age in place” and enjoy *Retirement Living at Its Best*. **Memory Support now available.**

**HOME CARE** • (206) 805-1930  
Home comfort, confidence, companionship and care. Workers are carefully screened, trained, bonded, insured and supervised. Wide range of non-medical support services are customized to make a significant difference in quality-of-life, health and independence...all enjoyed at home... long or short-term, ‘round the clock or a few hours each week.

**HOME HEALTH** • (206) 805-1930  
Whether recovering from illness, surgery or accident; transitioning back to health and independence is the goal. Clients receive, *at home*, assistance of nurses, therapists, social workers and other specially-trained caregivers to maximize health and function. A physician referral initiates these Medicare-certified skilled services which are delivered with an extra dose of tender loving care.

## KLINE GALLAND HOME CARE CAREGIVER SPOTLIGHT: ROMAN GEBEREGZIABHER

**ROMAN:** My husband and I have been in this country for 12 years. We are from Ethiopia. The culture and religion attracted me to Kline Galland, both of which feel very comfortable to me. I love Bernice. I help her with daily living. It’s nice having just one patient – I know the routine and that makes things easier. We’ve developed a wonderful relationship – we talk, we walk together, we go shopping, we support one another. I have learned from her life experiences. Having a set schedule, I can pick-up my kids from school and be home with them on weekends. I am lucky to be with Bernice, she’s like my grandma.



## CARING for HOLOCAUST SURVIVORS A New Partnership with Jewish Family Service

As was recently announced, Jewish Family Service and Kline Galland are proud to partner in meeting the particular needs of Holocaust survivors in the Puget Sound region. JFS is the exclusive provider of specialized social services for survivors; Kline Galland is the exclusive provider of specialized home care services for survivors.

**For more information, please call (206) 805-1930.**

## THE AGE of AGING DIFFERENTLY.

by JEFF COHEN, *CEO*

***Change is in the air, everywhere. Health care, especially senior health care, is a prime example.***

To fully appreciate the change I have in mind, merely look back to the 1990’s. The advances in medicine and health care are staggering. We are experiencing – in fact demanding – a quality of care and options that not long ago didn’t exist. We are living longer. Many of us want to age in place – to have care come to us, not the other way around.

As wants, needs and desires evolve, Kline Galland does as well. Kline Galland Home Care is but one example. Today we have over 90 closely supervised, individually trained, State-licensed caregivers serving community members throughout King County. It’s part of the next generation of Kline Galland Care – personalized care for those who need a little extra non-medical support to receive just that – all in the comfort of home.

Being *Your Single-Source Senior Care Resource™* dictates staying ahead of the curve. That is our goal as we strive to lead the way in this age of aging differently. I think David Ben-Gurion said it best, ***“It’s not enough to be up to date; you have to be up to tomorrow.”***

Wishing you and yours a happy and sweet Rosh Hashanah,

[JeffC@KlineGalland.org](mailto:JeffC@KlineGalland.org)



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Honor Thy Father & Mother

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# Chai Lites

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KLINE GALLAND HOME CARE:  
**“IT’S ALL ABOUT ME”**  
An interview with Bernice Bloch

CAREGIVER SPOTLIGHT:  
**Roman Geberegziabher**

**CARING for  
HOLOCAUST SURVIVORS**





# SPOKEN LIKE A TRUE NEW YORKER.

We recently had the good fortune of spending a sunshine-filled morning with Bernice Bloch. We quickly concluded that there is very little, if anything, that can keep her down. Bernice has the determination, fortitude, engaging personality and willpower of a born and bred New Yorker. Her “thumbs-up” outlook on life and family support has served her well. We’re proud to say Kline Galland Home Care has too. As she told us, “I would not be where I am today without Kline Galland and the encouragement of my family. I owe them a great deal.” Read on...

**Above:** Charles, the “Beau Brummell of New York,” swept this Southern Belle off her feet. As Bernice recalls, “they were loving, wonderful parents.”

## TIMES WERE TOUGH

**BERNICE:** In case you haven’t noticed, I have a New York accent. I was born in 1925. My brother was 13 years older; my sister nine. I was kind of an afterthought. Times were tough, the Depression loomed. My father was a salesman. My family moved around a lot. My father eventually became what they then called a Home Relief Investigator for the City of New York, which is like a social worker today. My parents, Charles and Mollie Margolis, went to Conservative synagogue. My mother kept a kosher home. We celebrated all the holidays, it was just the immediate family. I went to PS 177 in Brooklyn, Boody Junior High School and Lafayette High School.

## THE FATE OF A BLIND DATE

**BERNICE:** I met Stanley Bloch on a blind date in October of 1946. He had served overseas in England and France during the War and was getting his Master’s at Columbia on the GI Bill. He was an educator – started out as a teacher, then Assistant Principal, Principal and finally Community Superintendent. This was all in the New York Public Schools.

We were married in December of 1947. Mark was born in 1950. We moved to city housing (Sheepshead Bay in Brooklyn) – very nice, most were veterans with young families. Arnold was born in 1952. In 1955, with the birth of Susan, we moved to upper middle class city housing in Canarsie – again, mostly veterans; playgrounds and schools were within walking distance. It was predominantly Jewish. We finally bought a home in Laurelton, Queens. I loved it. We weren’t there very long when I became pregnant with Judith, our fourth baby in 1965. She was our afterthought.

## FLORIDA SNOWBIRDS

**BERNICE:** After Stanley retired, we were Snowbirds until all the kids were out of school. Stanley had heart problems. He died in 1991 at the age of 69. I was independent – ended-up relocating permanently to Delray Beach. I had loyal friends – still socialized with them. And there was a new group I joined of widows. I had a good life. As the years went by, I had a few medical issues – my son had to come down from NY to take care of me. I decided “*it was time.*” I was at an age where I had to be near one of my children in case of an emergency. The kids were, and still are, spread out coast-to-coast – literally. They’re in Queens, Alaska, California and Seattle. (Did I mention I have seven grandchildren and three great grandchildren?)

## ARRIVING AT THE SUMMIT

**BERNICE:** I knew I wanted to be on the West Coast. Funny thing is, when I had previously visited my daughter in Seattle, I also spent time with the sister-in-law of a very close friend of mine from New York. She lived in The Summit at First Hill which I liked very much. So when the time came, I looked into it. I also looked into moving to California. But, you know, The Summit just felt like home. I moved April 23, 2014. The kids took care of everything – packing, unpacking, selling my place in Florida, you name it. I made up my mind immediately that I was going to like it at The Summit and started participating in as much as I could – poetry readings, theatre, lectures, music and all the rest. Moving here to The Summit is the smartest thing I’ve done. Warm, friendly, very nice – a wonderful sense of community.



**Left:** Stanley & Bernice share an embrace and a quiet moment in the early 1980’s.

**Right:** Surrounded by all four children in 2012 — (L to R) Susan, Mark, Arnold & Judy.



## THEN CAME THE FALL

**BERNICE:** Last December I was walking outside. I didn’t feel well, turned around, came back inside and sat in the lobby. I thought I was better and decided to go upstairs to my apartment as I’d done thousands of times before. While waiting for the elevator I became light-headed. I knew I was going to fall, and I did. I went down hard! I think my head hit the hardest. I broke my sacrum. They rushed me to Swedish, just down the street.

## THE ROAD TO RECOVERY

**BERNICE:** I was discharged to Kline Galland Rehabilitation/TCU on January 3rd. When I got there, I was still in pain – a lot of pain. But, you know, I was determined to get better – they were just as determined to help me get there. They’re the best. They were so encouraging. The help was absolutely super. Five star! I’m talking about the entire unit – the attitude and support of the Kline Galland therapists, the aides, the nurses – everybody working together to help you get back to being yourself.

And let me tell you, the aides deserve a lot of credit. They never demean you, they never make you feel small or terrible. They encourage you and never think anything of it. They were so wonderful to me; they were my security blanket – a security blanket I could depend on.

After six weeks, oh my goodness, the change was amazing. I was able to walk; I was back on my feet. They helped build up my confidence, they gave me my independence – but I still needed care. I came home with 24-hour care – Kline Galland Home Care.

## WHY KLINE GALLAND HOME CARE?

**BERNICE:** When you come home on your own, you’re scared. It was a huge readjustment, you have no idea. But they were right there for me. I just knew Kline Galland would take care of everything.

I had lost quite a bit of weight, I had no stamina. But with the help of my Kline Galland Home Care aid, the exercise program, plus the Kline Galland occupational

and physical therapy people who came here to me, I am so much better. I’ve built myself up.

At first, they helped me dress, took care of my personal needs, my laundry, my food, made the bed, emptied the dishwasher and took me walking – they did most everything for me in addition to being a companion and great company. The schedulers have been very helpful, very responsive – you call and it happens. Turns out the Kline Galland Home Care folks are as super and supportive as the Kline Galland Rehab staff. Wonderful people.

## EASY DOES IT

**BERNICE:** They came to know MY routine – that was so very important. They understood how I wanted things; I didn’t need to tell them. They would anticipate and do it. They were very concerned and took good care of me. This gave all four of my children peace-of-mind knowing the quality care I was receiving. I must tell you, I could not have done it without the support and love of my kids. They were, and are, encouraging me to do things on my own. Eventually you find out you really can do it – maybe a little slower, but what’s the rush?

## “MY CAREGIVER, MY FRIEND”

**BERNICE:** Roman is more than my caregiver, she’s my friend. We talk, we exchange family information, I have learned about her family and culture – she has learned about mine. Roman encouraged me to do more and more every day. We’d walk to QFC, to Bartells, in the neighborhood, up to Madison and back. She’s been wonderful. My family’s been wonderful. As I’m able to do more I have started cutting back on the care. I now dress myself, make my bed, take my breakfast and go downstairs on my own.

I would not be where I am today without Kline Galland – never. I wouldn’t have the confidence I have – I owe them a great deal. They’ve helped me get back to where I am. Everyone has been so encouraging – Kline Galland Rehab and Kline Galland Home Care work together. To them, “*It’s all about me!*” They make you feel like you can.

“I just knew  
Kline Galland  
would take care  
of everything.”



## HOSPICE CARE • (206) 805-1930

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. Provided wherever an individual resides, emphasis is on comfort, respect, kindness and compassion... caring for spiritual and cultural wishes as well.

## PALLIATIVE CARE • (206) 805-1930

Patients battling serious illness or living with chronic disease receive consultative services to help manage and cope with symptoms. Team of specialists provides the support that enables patients to make informed medical choices, identify supportive services, reduce emergency room visits and carry-on with their daily activities. Comfort and quality-of-life are the primary goals.

## REHAB/TRANSITIONAL CARE • (206) 805-2372

7500 Seward Park Ave S., Seattle

Inpatient and outpatient rehabilitation to get you back functioning at your best. Regarded among Washington’s most popular rehab centers, care is from the same team of in-house therapists/therapeutic professionals to ensure continuity and maximize outcomes...making our Rehab/TCU the optimal place to heal on the way home.

## POLACK ADULT DAY CENTER • (206) 725-8800

7500 Seward Park Ave S., Seattle • Mon. – Thurs.

Provides socialization, recreation, health monitoring and lunches for older adults...in addition to much-needed respite for caregivers. Participants benefit from activities and interaction in a supportive, supervised environment including exercise, art, discussion groups, entertainment, outings and Jewish cultural celebrations.

## KLINE GALLAND FOUNDATION

Simon Amiel, Chief Development Officer, (206) 456-9702  
The Foundation raises funds for endowments to generate financial support to provide quality-of-life and quality-of-care to those served by Kline Galland.

For more information, please visit [www.KlineGalland.org](http://www.KlineGalland.org)