

No more JHHA; now its RCJS

The Jewish Home and Hospital for the Aged (JHHA) is no more.

Tuesday, Samuel P. Kamin, president of the Jewish Home and Hospital for Aged on Brown's Hill Road, officially changed the name to Riverview Center for Jewish Seniors, and unveiled the Center's new sign with Joseph Rubenstein, the Center's chairman of the board.

In honor of the event, the Center formally dedicated Allegheny County's first exercise and walking course, specifically

designed for and open to all Allegheny County senior citizens, on the grounds of the Center on Brown's Hill Road. Stanley Schiffman, executive director of the Center, said the walking course and



S. Kamin

name change reflects the Center's ongoing commitment to a "full life for its residents and to all the senior citizens of Allegheny County."

The Center is suggesting senior citizens form walking clubs to encourage regular use of the course, he added.

A new sign, which incorporates the oak tree as a symbol of deep roots and strength, was unveiled at the dedication.

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Kamin said the new name represents the progressive nature of the Center, which serves as a 400-bed facility providing short-and long-term intermediate and skilled nursing care to Jewish seniors in the tri-state area.

"One of the goals of the Center is to help all those who enter, achieve and maintain their maximum level of independent functioning," Kamin said. "The Jewish family tradition won't allow us to comfortably institutionalize a loved one in a strange surrounding.

Designed by experts from Stanford University and the Arizona Heart Institute, the walking and exercise course is comprised of 14 stations beginning with warm-up exercises, walking guidelines and cool-down exercises. Colorful signs at each of the stations direct walkers to participate in activities—including breathing, stretching and flexibility exercises—at a pace vigorous enough to improve and maintain cardiovascular conditioning.

The course also emphasizes procedures seniors should follow to take their pulse and evaluate their conditioning once they complete the course.