

Inspirations

SPRING EDITION 2016



Jewish Senior Housing
and Healthcare Service

Dubin House | Gesher House | Saltzman House | Lions Gate

www.jshhs.org
(856) 667-6826



LIONS GATE

Lifestyle. Care. Community. Tradition.

www.lionsgateccrc.org
(856) 782-1200

*Inspiring
Wellness!*

Lions Gate & Kellman Brown Academy:

Better Together

Intergenerational programs bring children and seniors together by offering opportunities to interact, to create ongoing beneficial relationships and to discover new inspirations . . . which is why, in senior living communities across the country, these programs are a growing trend.

It's a trend seen at Lions Gate, as well. Recently, Lions Gate and the Kellman Brown Academy received a grant to fund an intergenerational technology program that pairs sixth-grade students from the Academy with residents at Lions Gate. Using iPads, the students are charged with helping residents build their technology skills. The "curriculum" is designed by the students and covers topics like iPad basics, sending photos, avoiding scams, navigating the Internet and using Skype.

While technology is the focus of the program, the students also interview residents about their lives. Coordinator of Student Services, School Counselor and Grant Writer at Kellman Brown, Shira Weinstein, says the students are very enthusiastic about the program and look forward to meeting with their "partners" each month. "Even though the children are technically the *teachers* in this program, they are learning as much from the residents as the residents are learning from them," she says.

Studies show that children who participate in intergenerational programs experience improved academic performance, enhanced social skills, decreased negative behavior and increased stability. Seniors experience decreased loneliness and increased self-esteem.

"Programs like the one between Kellman Brown and Lions Gate help keep our residents active and engaged, which plays a key role in their overall well-being," says Cristina Palella, Director of Residential Services at Lions Gate.

"The program is a wonderfully effective way to empower children," adds Palella. "It also empowers our residents. Anytime we bring seniors and children together, meaningful bonds are formed. Both groups have so much to gain from each other ... the result of these intergenerational programs is truly remarkable."

Lions Gate resident Pearl Drelich says she is grateful that Lions Gate is supportive of the residents' interest in intergenerational programming. "Working with the younger generation is inspiring to our generation," she says. "It helps us keep in touch with our grandchildren and gives us an understanding of the things they enjoy."

Resident Della Jacobson says that while she likes learning the technology, she really enjoys simply interacting with the students. "I love our conversations. It gives me a glimpse into their personal aspirations, which I find fascinating."

Throughout the duration of the program, the student-resident pairs will work on an iMovie showcasing their experiences together. It will be premiered at the end of the eight-month program in May.



Year in Review...

By the time you read this, my tenure as Board President will be nearly a year old. It has been an exciting time for the agency, and I know that this year's activities bode well for the future of the residents in all of our communities.

The board was installed at the agency's annual meeting on a stormy night in June when the power was cut to Lions Gate. Since that fateful night, the agency has taken steps to improve generator connections for the building and to facilitate emergency communications to residents and family members. What an auspicious start!

In July, the Jewish Senior Housing and Healthcare Service Board voted for Lions Gate to move forward with licensing a hospice service as part of our healthcare offerings. Hospice service will provide an important level of comfort to our residents, their families, community members and others who desire this type of care at the end stages of their lives. The agency strives to offer the best care our community has, and this is another service provision that can fulfill the mission and should be operational by the end of the calendar year.

In August, Lions Gate Skilled Nursing and Rehab units received word that Horizon Blue Cross Blue Shield of New Jersey will offer insurance reimbursement to patients that hold that insurance. This certainly is a comfort to our residents who have Horizon for their medical insurance to know that they can receive nursing and rehab care at Lions Gate, where they may feel most at home with quality care, and know that their insurance will be accepted.

In September, after the New Jersey State Inspection, Lions Gate Skilled Nursing and Rehab received word that we had been awarded a 5-Star Rating from the Centers for Medicare and Medicaid Services. This is truly a wonderful accomplishment and a testament to the care our healthcare providers offer to our residents.



Andi Levin,
Board President

In late fall, the agency began a capital campaign to assist in renewing and strengthening Lions Gate for the future. The renovation of the public spaces in Lions Gate Independent Living will provide fresh ideas for how retirement living can proceed, and we are very appreciative of those who can contribute to make this renewal possible.

Other building projects this year include work at Dubin and Gesher Houses, where additional waterproof coating was added to the exteriors to enhance the look and quality of the building materials. Our older residential buildings require a lot of maintenance and upkeep to sustain a healthy living environment for our residents.

This year has also seen the creation of a new fundraising and service organization for the entire agency, called the Friends of Jewish Senior Housing. This energetic group will take the best activities of the former JGH Auxiliary and the Jewish Federation Housing Associates and add new ones. Please contact us if you are interested in volunteering your time for hands-on work with residents or with planning fundraising events that generate the dollars to enhance the quality of life for the more frail or needy residents at Dubin, Gesher and Saltzman Houses, as well as the Skilled Nursing and Assisted Living wings of Lions Gate. And certainly come learn more about this group at their opening event, Tacos & Tequila, on Thursday, May 5, at the Woodcrest Country Club!

A SALUTE TO OUR LONGEST-SERVING EMPLOYEES!

Gloria D. Bunch.....	Cook.....	25 Years
Qun Cheng Luan.....	Dining Services.....	15 Years
Marlene Smolark.....	Marketing.....	15 Years
Nichole Coleman.....	Laundry.....	10 Years
Michelle Heckendorn.....	Nursing.....	10 Years
Joanne Hobbs.....	Nursing.....	10 Years
Xiao Huang.....	Dining Services.....	10 Years
Victoria Ayi-Bamah.....	Nursing.....	5 Years
Marie Balotin.....	Social Services.....	5 Years
Shanae Barkley.....	Nursing.....	5 Years
Kaitlyn Dannibale.....	Dining Services.....	5 Years

Jackie Domenus.....	Dining Services.....	5 Years
Maxine Hammond.....	Laundry.....	5 Years
Taneya Hill.....	Dining Services.....	5 Years
Maseray Keita.....	Nursing.....	5 Years
Edith Mendez.....	Nursing.....	5 Years
Patricia Owusu-Twum.....	Nursing.....	5 Years
Prairie Reaves.....	Nursing.....	5 Years
Peter A. Schultz.....	Janitor.....	5 Years
Patricia Williams.....	Housekeeping.....	5 Years
Ekaterina Yakimova.....	Nursing.....	5 Years

A Message from CEO *Morris “Mo” Funk*



Why a Life Plan Community? Why now?

As lifestyles change, many older adults begin looking for ways to remain as independent as possible, for as long as possible. But they're also looking for some kind of help. Many don't want to manage everyday tasks anymore. Some are too busy traveling and enjoying retirement to worry about home maintenance. Others may have health issues preventing them from leading their best lives.

Life Plan Communities – or Continuing Care Retirement Communities – like Lions Gate provide seniors with a lifestyle tailored to their current *and* future needs. Everything from household maintenance and transportation to daily meals and engaging social activities is available. Healthcare is also on site for those who need (or may eventually need) daily or even 24-hour care. Couples enjoy security knowing that as their needs change, they can continue to age in place together.

When is the right time to make a move?

While it's different for everyone, we recommend considering moving before a crisis occurs. First, it makes good sense to move when you are active and healthy enough to take advantage of everything our lifestyle has to offer. Second, a lot of angst occurs – for both seniors and their families – when sudden health issues or physical limitations arise. Oftentimes, the community of choice is not immediately available.

When, or if, health needs suddenly change for residents at Lions Gate, Assisted Living services are right on campus, as is our 5-Star CMS Rated Skilled Nursing Care and Rehabilitation Center. Lions Gate residents have guaranteed priority access to high-quality care that is consistently acknowledged for its successful results, low hospital readmission rates and high patient satisfaction. Recent surveys show our community is certainly recognized among the best in the area and most definitely recognized among the best in the state.

In fact, our residents frequently tell us that while the exciting and maintenance-free lifestyle was a key factor in their decision-making process, the availability of health care was equally important, largely because of the weight it removed from their family's shoulders.

A move to a Life Plan Community prepares both seniors and their families for the unknown. It empowers seniors to move forward with their retirement dreams. So, why wait?



LIONS GATE Will EmpowerU® to Lead a Healthier, Active Lifestyle

Have you ever wished for your own personal dietitian? Residents at Lions Gate have the benefits of one at no additional cost, thanks to a new program called EmpowerU®.

EmpowerU® is a new wellness-based nutritional program offered by FLIK Lifestyles, the Lions Gate Dining Services provider. While the program emphasizes healthy eating and fueling the body, it's about much more. "EmpowerU® encourages residents to live healthy, active lifestyles so they can remain independent and energetic for as long as possible," says Ann Huang, RD, Lions Gate's Nutrition Care Supervisor. "We focus on the importance of ongoing learning and mind/body fitness to elevate the whole being so residents can realize their full potential."

EmpowerU® is a research-based wellness program developed from the latest science in healthy aging. Lions Gate's Senior Director of Food Services Matt Groux says that while the program is still in its infancy at Lions Gate, it is catching on and becoming quite popular with the residents. "EmpowerU® has proven to be very successful in the

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YOM HASHOAH

The Importance of Remembering the Holocaust

Yom HaShoah is the Jewish community's time to reflect, remember and educate others about the six million Jewish lives lost in the Holocaust. This year, Yom HaShoah begins the evening of May 4 and ends the evening of May 5.

Recently, a group of survivors, refugees and emigrants who are now residents of Lions Gate and the Dubin, Gesher and Saltzman Houses came together to reflect on Yom HaShoah and to share what the day means to those who personally experienced the Holocaust.

Remembering those dark years is a painful and sobering experience, but the group that gathered at Lions Gate agreed that a day of remembrance, like Yom HaShoah, is not only important for remembering those who lost their lives, but also for subsequent generations to learn the important lessons that will keep such a tragedy from happening again.



or hanging. He said, "I choose life." Sol did survive and that phrase, *I Choose Life*, was the title of the book the two wrote together with their son Joseph Finkelstein and Dr. Jerry Jennings. It's an account of how Goldie and Sol survived despair by choosing humanity.

Goldie says, "I don't ever want my grandchildren, great-grandchildren or their grandchildren to witness what I saw. This is why we must continue talking. Talk to everyone . . . we can NEVER, EVER forget."

After witnessing the segregation of schools, the destruction of synagogues and the collapse of the economy, Dr. Eric Bloch and his family emigrated from Germany to the U.S. in 1939. He says that despite the Holocaust, survivors grew and blossomed. "We've made important contributions to society. We thrived. We don't want to be cast as victims. We want the Jewish youth to be proud of us and all that we've accomplished in the face of unimaginable adversity."

Dr. Elias Vlessing lived in the Netherlands during Nazi oppression. He and Anne Frank attended the same school, though they never met. He spent the last years of the war on the run, eventually taken in by a Dutch family who hid him for nine months until the war was over. He and his wife, Dr. Eva Vlessing, say they are grateful for the lives they led in both Israel and in the U.S. – and now at Lions Gate – but are still concerned about the future. "We thought there would never be another Holocaust. But, unfortunately millions of people are still being persecuted because of their ethnicity. We've seen it in Bosnia, in Rwanda, in Darfur, and today, in Syria. We must continue to fight."

Lions Gate resident Dora Langsam and Saltzman House

SURVIVOR STORIES

Lions Gate residents Charlotte Weiss and Livia Solomon both lost scores of friends and loved ones. They say it's impossible to forget the atrocities they endured, and they will never understand why it happened, but they have learned to cope. "You must go on and live your life," says Charlotte. "Otherwise, they win."

Livia says she never lost faith in God and emphasized her gratitude for the opportunity to live in the U.S. "The U.S. is wonderful. We are so very fortunate to live in the best country in the world for Jews."

Saltzman House resident Goldie Finkelstein was torn from her family as a teenager. An Auschwitz Commandant gave her late husband, Sol, a "choice" of execution by shooting

"Our Holocaust survivors are a cherished part of our community. They continue to be a great source of strength, hope and inspiration." – *Lions Gate Rabbi, Lewis Eron*

resident Rica Gindin also survived concentration camps. Both were willing to reflect on their experiences because they believe the Holocaust might never have happened had it not been for the silence of others. "We can never be silent again," they said. "While we must reflect on the past, it's more important to focus on the future . . . to remember the humanity that exists in all of us, so we leave a better world for our children."

TODAY'S HEROES

This group of Holocaust survivors says they survived – back then and today – because, like Sol Finkelstein, they chose life. They refuse to let what happened in the past define who they are today. They overcame unimaginable horror, had families, led productive and fulfilling lives, and ultimately found happiness. While most cannot begin to imagine the unspeakable tragedies they endured, two things are clear . . . Holocaust survivors refuse to be victims and, to us, they are heroes.

Two Friends Unite for One Shared Purpose – *Introducing the Friends of Jewish Senior Housing*



**Friends of
Jewish Senior Housing**

Inspiring Community, Helping Seniors

For decades, the JGH Auxiliary provided significant financial and in-kind contributions first to the Jewish Geriatric Home and more recently to Lions Gate.

Throughout the years, the Auxiliary has provided over \$750,000 in funding for the Skilled Nursing Center and, two years ago, a donation of \$500,000 was granted to the construction of the Rehabilitation Center at Lions Gate. Over its 43-year history, the Auxiliary has raised over \$7 million in support of various life-enriching services and programs. They've been an invaluable force in helping to support and nurture the various needs of our residents in the community.

The dedicated volunteers of the Jewish Federation Housing Associates have played a vital role in enriching the lives of our residents living in the Dubin, Geshar and Saltzman Houses. The Associates have provided a number of services to the residents that have included holiday celebrations, educational classes, themed parties and friendly visits to those residents who require additional help and support. The Associates' recent fundraising efforts have allowed the community to purchase a new 18-passenger, wheelchair-accessible bus that gives residents who no longer drive or have a car the independence to do their daily errands. Additional fundraising events have supported community improvements such as large-screen televisions, computers, Skype cameras, barbecue grills and fish tanks.

These two dynamic groups have chosen to join forces to build upon their strengths and establish a new fundraising

organization to support the Jewish senior communities in South Jersey! Friends of Jewish Senior Housing is a group of dedicated volunteers who will focus on annual fundraising efforts through various special events and programs throughout the community.

"We thank and salute both of these volunteer organizations for their dedication and compassion in caring for our seniors in the community," says Lions Gate Director of Development Felice Kelem. "Their commitment to advancing quality of life has been unprecedented. We truly look forward to their future success and newly combined philanthropic efforts."

Anyone interested in becoming a volunteer with Friends of Jewish Senior Housing, contact Felice Kelem at fkelem@lionsgateccrc.org.



Friends of Jewish Senior Housing has wasted no time in planning its first event . . .

Thursday, May 5 • 6 – 10 p.m.
Woodcrest Country Club

The evening will include entertainment, a silent auction and cuisine with a Latin flair! Tickets are \$72 for one or \$136 for a pair. Sponsorship opportunities are available. For more information, contact Felice Kelem at (856) 679-2189 or fkelem@lionsgateccrc.org. For tickets, visit lionsgateccrc.org/tacosandtequila.

Join Us!

Retirement Living Options: Make Your First Choice the Right Choice

Tuesday, May 24 • 11 a.m.

Featuring Brad Breeding, CFP®, President and Co-Founder of My LifeSite

Call (856) 679-2362 to RSVP!

In our next issue . . .

Learn more about Ruth Saltzman,
the namesake of the Saltzman House,
a JSHHS community.

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overall vitality and spirit of other communities that FLIK partners with," he says. "We are well on our way to being equally successful here at Lions Gate."

The program features a series of weekly educational classes. According to Huang, classes cover everything from new food trends and how certain foods may interact with medications to seasonal wellness information and exercise. Classes offer a question/answer session and often include live demonstrations. Participants go home with information and a recipe or two.

An important component of the program is technology. Participants in EmpowerU® have access to an exclusive portal that offers interactive information on physical wellness – food, nutrition information and function – right at their fingertips. They can also access a wide range of information on overall health, managing disease, safe exercise and whole-person wellness.

Participants are invited to take part in four team challenges per year that are managed via the EmpowerU® portal. Challenges are comprised of nutritional and whole-person wellness.

One class per month is dedicated to helping residents navigate the EmpowerU® portal.



"Our EmpowerU® portal helps residents be engaged, educated and more focused on healthier living," says Huang. "Residents – and associates – are able to gain a better understanding and a new attitude about what it means to age well."

"The multidisciplinary nature of EmpowerU® has truly helped our residents grow and thrive," says Groux. "They are embracing what they've learned and are enjoying a new world of expanded opportunity. Most

importantly, they are moving closer to a healthier lifestyle that empowers them to be their best selves."

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