

Inspirations

SUMMER EDITION 2016



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*Inspiring
Wellness!*

Enriching Life for Residents Today. *Preparing for the Discerning, Modern Seniors of Tomorrow.*

By Susan Love, MS, LNHA – *Acting Chief Executive Officer*

If 50 is the new 40 and 60 is the new 50 . . . what does this mean for 65-year-old baby boomers living as though they were 10 years younger? According to an article in *Senior Housing*, it means they don't want to live in the same kind of retirement community that their parents did 25 years ago. While adding Wi-Fi connections and making the community look more attractive will help, appealing to today's younger (literally and figuratively) seniors will require much more than that.

Renovations and remodeling can do a lot to change a community's atmosphere. At Lions Gate, we are in the midst of a host of exciting renovations that will refresh our community and deliver new areas for residents to relax, engage, dine and socialize in the style and sophistication they deserve. But this is just step one. Step two is introducing new amenities, services and programming that focus on overall wellness. Our current renovation project will help us achieve this goal.

Today's seniors want active, intellectually stimulating and intergenerational environments and programs. The collegial experience of Lions Gate meets all of those criteria, which is why there is a trend for retirement communities to collaborate with neighboring universities. For example, Lions Gate University offers residents an interactive classroom experience that features professors from both local and national universities speaking on a variety of topics and issues. When completed, our new Commons Hall will provide a larger, more appealing backdrop for these classes plus a wide variety of other inspiring programs and entertainment.

Perhaps the most important point for these new, younger seniors is that they want choice. They want a retirement community that closely mirrors – or is even better than – the life they left behind. They want spacious accommodations along with options and flexibility. They want an exceptional dining experience, with formal and casual options, rivaling the best restaurants. Today's seniors are demanding a greater focus on fitness, nutrition and total wellness . . . and they want cultural, technological and educational programming offerings.



Continued inside.

Entertaining & Inspiring: *The Lions Gate Shpielers*

This September, Lions Gate residents will have the opportunity to celebrate their radio heroes as they “remember radio days” thanks to the efforts of a dedicated – and talented – group of performers (and Lions Gate residents) known as the Lions Gate Shpielers.

The Shpielers create and perform original shows to entertain fellow residents, their families and friends. Founded nine years ago by then 84-year-old Lucille Goff, The Shpielers was inspired by her husband – a former footlighter – who frequently shared scripts with her.

“One of the reasons I moved to Lions Gate was to have time to do the things I loved most,” says Lucille. “For me, it was theater, and it didn’t take long to find others living within the community who shared my passion. The rest . . . is history!”

“Members of the group bring different talents to the table,” says Shpielers’ Choreographer, Jacqueline Levitt. “Some sing, some dance, some act and some are behind the scenes.

Everyone plays an important role, and when it all comes together, it is a truly wonderful experience!”

Currently, the Shpielers are rehearsing for “We Remember Radio Days.” Written by Bernice Saslow and Rita Lock and directed by Rena Sherman, the show will take the audience on a trip down memory lane when radio was in its heyday and songs like “On the Good Ship Lollipop,” “Oh My Darling, Clementine” and “Happy Days Are Here Again” ruled the airwaves. The show will include skits of 1940s-era commercials, including Wheaties, Hertz and Pepsi. It will also feature the Lions Gate tap dancing troupe, the Toe Tappers.

Popular past performances have included “Lions Gate Revisited,” a show that celebrated the fifth anniversary of Lions Gate and ended with a skit about a man who had been a resident for 2,000 years! “Gambling Gators Go Gallivanting” was about a group of residents who won the lottery and spent it on a bus trip to various gambling resorts around the USA, singing and dancing along the way. “Command Performance” took place in the office of a theatrical agency that was asked to supply talent for the Queen of England’s 90th Birthday Celebration.

“The group’s creativity never ceases to amaze me,” says Cristina Palella, Lions Gate Director of Residential Life.

“The combined dedication and talent has resulted in a host of wildly popular performances that our residents look forward to every time.”

The Shpielers’ Director, Rena Sherman, says each show takes a lot of hard work. “It can take months to turn the spark of an idea into a full production. But

for us, theater is a passion. It’s fun and we truly appreciate the support we receive from everyone at Lions Gate.”

The Shpielers

Lucille Goff – Founder & Producer

Rena Sherman – Director

Bernice Saslow & Rita Lock – Writers

Ernie Jellinek – Technical Director

Jacqueline (Jackie) Levitt – Choreographer & Costumes

Arnie Golden – Stage Manager

Sydney Kershner – Narrator

The Shpielers meet every Tuesday at 11:00 a.m. All Lions Gate residents are invited to attend and join!



Continued from front.

And Lions Gate Is Responding.

Our new bistro will feature an extensive, chef-inspired menu as well as a takeout marketplace. Our refreshed, larger dining room will feature a “stadium”-style kitchen allowing for live cooking demos! A new bar and lounge will provide the opportunity for residents to enjoy a midday espresso or an apéritif before dinner. On Sundays, it will be a great spot to watch the big games.

Recognizing that baby boomers take wellness and fitness more seriously than previous generations, our fitness center is doubling in size and will feature weight equipment ergonomically designed to make it easy for seniors to use. New, contemporary cardio machines will help our residents stay fit, trim, active and safe. We'll also have an area for stretching and personal training and an adjacent studio for exercise, yoga and dance classes.

With an abundance of natural light, our upgraded art studio will provide an exclusive space for residents to express themselves, explore new mediums and develop or cultivate artistic passions.

The renovation project at Lions Gate will make life even better for today's residents while also preparing for tomorrow by offering new or improved areas for socializing, exercising, reading, learning and more.



Renovation Spotlight: FITNESS CENTER

It's no secret that physical fitness and wellness each play a key role in overall well-being. Each day, Lions Gate residents have the opportunity to participate in a variety of classes, activities and wellness programs – all designed to encourage and promote active living and good health.

And More Opportunities Are Coming Soon!

“One of the most anticipated aspects of our current Renovation Project is the fitness center expansion,” says Sara-ellen Greenberg, a certified personal trainer who works with Lions Gate residents and is a member of the Jewish Senior Housing and Healthcare Service Board of Trustees. “Interest in exercise and fitness has grown exponentially over the years. More and more residents are embracing it and incorporating it into their regular routines.”

With this increased interest and use comes overcrowding. When completed, the center will be double its current size. “A bigger fitness center offers more than just space,” says Sara-ellen. “The improved space will give us room to add much-needed new equipment and the opportunity to offer a host of new programs and classes.”

The fitness center will house an innovative weight system that is ergonomically designed for use by seniors. Contemporary cardio machines featuring injury prevention controls to ensure safety will also be installed. The extra space also makes it possible to add more of the most

popular pieces of equipment such as the step machine, bike and chest and leg presses.

A fresh, new area for stretching and personal training will provide opportunities for exercise, flexibility and strength programs. The new studio will also offer the perfect setting for a wide variety of classes such as aerobics, yoga, dance, tai chi and barre.

Acting Chief Executive Officer Susan Love says the fitness center expansion will not only enrich the lives of today's residents, it will ensure Lions Gate is ready for the next generation of seniors who have long recognized the benefits of exercise. “Modern seniors take wellness and fitness far more seriously than previous generations. While 20 years ago it may have been acceptable to allocate a small space and call it an exercise room, times

have changed. Our robust, well-equipped fitness center will go a long way toward meeting the expectations of our current residents – and tomorrow's retirees.”



When Spouses Have Different Needs: *Life Plan Communities Provide the Ideal Solution*

We all age differently and tend to have varying physical and medical requirements as we grow older. As Americans live longer, it is increasingly common for spouses to have varying needs – with some individuals requiring considerably more support than others.

Couples move into senior living communities for many reasons. For some, it's the active lifestyle that is appealing. Others choose to move when it becomes increasingly challenging for one or both of them to live at home due to the responsibilities of homeownership. In some cases, one spouse may have considerably different health needs than the other. When that happens, what are the viable options? Certainly, no one wants to be forced to live apart due to health issues.

Staying Together with the Right Care for Each Spouse

Today, many such couples are looking to Life Plan Communities (LPCs) such as Lions Gate to find the right blend of services for each spouse to avoid being separated. Most LPCs – including Lions Gate – offer a full continuum of lifestyles and health services, including Independent Living, Assisted Living, Skilled Nursing, Rehabilitation and Memory Care.

With a broad list of supportive services and amenities, Lions Gate offers an ideal living option for spouses with varying needs. For example, spouses who are able to live independently or require only minimal assistance will find a vibrant social environment that promotes participation in activities and social engagement. For spouses with greater limitations and more medical requirements, there are 24-hour emergency call systems, transportation services, health services such as medication management and help with other challenges such as mobility.

Many of our residents say they chose Lions Gate because we offer great living, backed by the security of available health services all on the same campus. Should needs change for one person, care and services are readily and easily available. This means couples can regularly spend time together socializing, dining or engaging in activities. And, they know their spouse is receiving the care and services needed to live well.

Experience Peace of Mind

Perhaps the biggest benefit of a Life Plan Community is peace of mind. As we age, healthcare and living needs are likely to change. Most people don't want to make multiple moves if additional services become necessary down the road. With a community such as Lions Gate, spouses can continue to stay in the same community, with the friends that they've made in the neighborhood whom they've come to know and love, regardless of how their health needs may change.



RENOVATION PROJECT UPDATE

The wet spring took us temporarily off schedule, but we're back on track with renovations well underway! The project is expected to be completed as planned.

Currently we are in Phase I of the project, which includes renovations to:

- Commons Hall
- Fitness Center
- Art Studio

Phase II will begin later and will include:

- New Showcase Lobby & Welcome Center
- Bistro, Dining Areas & Bar/Lounge



Living History . . .

Lions Gate Residents Turn 100

Lions Gate residents Ethel David and Bernard Lewis share more than just a common address. They both recently turned 100 and are living history books with volumes of knowledge to share with others. Lions Gate recently honored and celebrated these two special centenarians.

Ethel David – Ethel resides in the Assisted Living community at Lions Gate. The widow of a well-known Cherry Hill rabbi and doctor, she is the founding president of the Jewish Geriatric Home Auxiliary and is still active in the organization today. She is a well-known philanthropist, published author and mother of a local rabbi.



Bernard Lewis – Bernard is a prominent author and commentator who specialized in British-American history and politics. He is a historian and Professor Emeritus of Near Eastern Studies at Princeton University who has been recognized for being an

influential postwar historian of Islam and the Middle East.

“These extraordinary residents possess incredible knowledge and have achieved much more than their age,” says Lions Gate Director of Sales and Marketing Scott Bemish. “We honor them for their longevity and for sharing their wisdom and talents. We can learn a lot from a generation that has lived through incredible events like the Great Depression, world wars, prosperity and conflict.”

Acting Chief Executive Officer Susan Love says that while it’s not every day that you celebrate someone turning 100, Life Plan Communities such as Lions Gate play a big role in improving and enriching lives, empowering seniors to live independently longer – and better.

Empowering a Vision

*The Raymond & Gertrude R.
Saltzman Foundation*

The vital services that Jewish Senior Housing and Healthcare Service and Lions Gate provide to area seniors are possible, in large part, due to the philanthropic support both organizations receive from the Raymond & Gertrude R. Saltzman Foundation.

The Saltzman Foundation was established in 1978 by the late Gertrude “Ruth” Saltzman. It awards grants to Jewish organizations and agencies that provide services designed to improve the lives of the elderly. It also assists financially disadvantaged children. Since its inception, the Foundation has funded countless programs and services that have impacted the daily lives of literally thousands of Jewish families living in South Jersey.

A passionate advocate for seniors, Ruth Saltzman’s concern for the plight of seniors grew as she aged. Realizing seniors can also experience a variety of problems not necessarily related to finances, she had a new vision – to create vibrant and healthy senior housing that provides individuals with security and peace of mind for the future regardless of financial status.

Today, Lions Gate and the Dubin, Geshner and Saltzman Houses are possible because of the Foundation’s support. Foundation Board President Alan Wechsler says these four communities are thriving achievements of Ruth’s vision. “The trustees who provided seed money and development oversight of Lions Gate and the Saltzman House are extremely pleased with how the organizations have grown and prospered in their missions. They have truly brought Ruth’s vision to life.”

Ruth’s passion was community service. She was an honorary member of the Jewish Geriatric Home Board of Trustees, was active in the Jewish Federation for many years and was also part of a committee that helped refugees from Eastern Europe settle in the area.

Her philanthropic bequest of \$25 million started The Saltzman Foundation. While the initial contribution has grown significantly since its inception, Wechsler says community needs are much greater than the Foundation could ever fund. “Despite the success of the Foundation, it’s important for people to continue to support Ruth’s passion to ensure the most vulnerable are never left behind.”



TACOS & TEQUILA

A Great Success!

Over 220 people came out to celebrate Tacos & Tequila, the inaugural fundraising event of The Friends of Jewish Senior Housing, which netted approximately \$42,000 in support of programs and services for the Dubin, Gesher and Saltzman Houses, as well as the healthcare residents at Lions Gate.

Held at the Woodcrest Country Club, this lively and fun event featured a variety of Latin-inspired cuisine, festive music, a silent auction and tequila tasting – the evening's highlight. Guests enjoyed learning more about the traditions and culture of tequila, while sipping and savoring several different styles of this celebrated spirit.

"Tonight we are supporting the important work The Friends of Jewish Senior Housing is doing to improve the quality of life for many of the seniors in our community," said Board President Andi Levin as she expressed gratitude to guests. "We very much appreciate the efforts of The Friends' predecessors, the JGH Ladies Auxiliary and the Federation Housing Associates, and know that this new organization has the same commitment and dedication."

Andi also said The Friends will continue hands-on involvement and financial support to ensure residents have continued access to high-quality programs and services such as trips to the theater or lunch, Shabbat dinners and Passover Seders, as well as tangible items like the computer lab, bus and specialized medical equipment.



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To receive *Inspirations* electronically, please email fkelem@lionsgateccrc.org.



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and Healthcare Service**

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