

Inspirations

FALL EDITION 2016



Jewish Senior Housing
and Healthcare Service

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LIONS GATE

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An Artful Life

Pearl Rebhun, age 92, is an accomplished and celebrated artist. A longtime resident of Lions Gate, Rebhun is living proof that creativity and artistic expression can contribute to a longer life filled with love and happiness.

The nonagenarian has participated in creative endeavors throughout her life. From the day she purchased an easel and carried it home on a New York City subway more than 70 years ago to the scores of recent paintings currently displayed in local hospitals, corporation offices and galleries, Rebhun, a passionate artist, believes others can – and should – learn how to be creative by

appreciating the world around them and the beauty they can take from it.

Rebhun's three main bodies of work are still lifes, origami and etchings. She is a jurist, teacher, lecturer, member of the National Association of Women Artists and a past member of the Ruth Leaf Graphic Atelier. Listed in *Who's Who of American Women*, Rebhun studied with many famed painters, including Isaac Soyer, Manfred Schwartz, Leo Manso, Gerald Samuels and Jerry T. Okimoto.

Internationally renowned, her creations have been reviewed or published in *The*

New York Times, *Architectural Digest* and *Newsday*. Her masterpieces have been displayed in distinguished museums around the world, including the Hirshhorn Museum and Sculpture Garden in Washington, D.C., the American Cultural Center in Jerusalem and the Palazzo Vecchio in Florence, Italy.

Those who visit Rebhun at Lions Gate can enjoy a glimpse into the scope of her talent. A striking life-sized painting of her and her husband on their wedding day is the focal point in her living room. A heartwarming portrait of her late husband as a child – one of her favorites – adorns a bedroom wall. Scores of beautiful lifelike stills are displayed throughout her apartment. She has binders filled with her etchings and thousands of slides documenting her life's work. Her most recent



creation is a portrait of her newest great-granddaughter.

Modest when asked about her many accomplishments, Rebhun smiles and says that she feels lucky she has been able to practice her passion into her 90s and adds that she finds comfort knowing she lives in a retirement community

INTRODUCING The Evelyn and Eugene Bass Art Studio

See inside to learn more about the
inspiration behind the art studio's
new name.

Continued inside

Volunteer with Us!

On another page of this publication, you have the opportunity to meet Jewish Senior Housing and Healthcare Service's newest board members. These volunteers are very special to the agency, because they spend so much of their time creating policies and procedures, reviewing financials and setting strategy to help guide the direction of the agency now and into the future. But volunteerism can take many forms for our agency, and if you have the time, we can use your help.

For the healthcare side of the agency – within the Skilled Nursing, Assisted Living and Rehabilitation communities in Lions Gate – visitors are very important to our residents. Volunteers who come to spend time with our residents get to learn a bit about the life that these people led when they were younger. It is so heartwarming to walk through the living rooms and see volunteers playing checkers or doing word games together with residents. I have the opportunity on Monday mornings to help escort residents from their rooms to the hairdresser for their appointments, and it is wonderful to see how the residents perk up when they get a little pampering! Please contact Cookie Pedersen if you have an interest in assisting our residents with activities such as these. Her email is cpedersen@lionsgateccrc.org.

The agency's new supporting organization, the Friends of Jewish Senior Housing, has as part of its core mission provided service to both the residents in our affordable housing apartments and the healthcare residents of Lions Gate. When this group acted as separate organizations, the Jewish Federation Housing Associates and the JGH Ladies Auxiliary, they provided welcome baskets to new residents, sent birthday cards, funded social activities, hosted parties and escorted residents during outings



Andi Levin,
Board President

to the malls, the movies and restaurants. The Friends will continue planning the same kind of service to our residents, and we know that this engagement is so vital to seniors' well-being.

Of course, another aspect of volunteerism includes fundraising, and the Friends' mission involves that as well. Their efforts in hosting fundraisers, such as last year's Menorah Mania and this year's Tacos and Tequila event, provide the resources that help pay for residents' social activities as well as needed medical equipment for Lions Gate's healthcare units.

As you know, our renovation and construction project is well underway, and we're seeing significant progress each day as we improve the community. That means Lions Gate is also in the midst of a Capital Campaign, and if you'd like to honor in perpetuity a spouse, relative or friend, please reach out to our Director of Development, Felice Kelem. She will be very interested in helping you find the perfect lasting tribute. Her email address is fkelem@lionsgateccrc.org.

So whether your skills can assist the agency with policy, hands-on work with our residents or raising the dollars needed to assist our non-profit communities, we are always grateful for the help of volunteers. And if you can spare the time, I guarantee that you will find this volunteer work very meaningful.



Renovation Project Update

Construction is moving along as planned! We look forward to the new opportunities that these community spaces will provide to our residents, their families and our team members.

that supports her continued desire to develop artistically.

Cristina Palella, Lions Gate Director of Residential Life, says Lions Gate recognizes the importance of creative expression and offers residents a variety of outlets. “From art classes and art shows featuring local artists to scheduled outings that focus on the arts and the new art studio that is coming soon, Lions Gate is a community that gives people the tools they need to engage in an art-inspired life,” she says. “Whether you’re an artist, writer, sculptor, musician, dancer or are simply someone who takes pleasure in the creativity of life, our goal is to help residents discover new ways to enjoy their lives.”

“Creative programs and outlets enhance and strengthen a community. Programs like our interactive art classes and workshops build connections that go far deeper than those resulting from passive entertainment,” says Lions Gate Acting Chief Executive Officer Susan Love. “The arts are a powerful way to communicate thoughts and feelings and, at Lions Gate, we believe they are essential to maintaining and sustaining quality of life and overall well-being.”



INTRODUCING The Evelyn and Eugene Bass Art Studio

Eugene and Evelyn Bass were passionate about the arts, so when the opportunity to acknowledge and celebrate her late parents’ lifelong passion presented itself, their daughter, Ellen Bass, ran with it.

The new art studio at Lions Gate will be named The Evelyn and Eugene Bass Art Studio. The new space is part of the multimillion-dollar renovation project currently underway at Lions Gate. Featuring an abundance of natural light, The Evelyn and Eugene Bass Art Studio will offer many new classes and workshops ranging from oil painting to jewelry making. Lions Gate Director of Development Felice Kelem says, “the new studio will be the meeting place for residents to express – and embrace – their creativity.”

Ellen Bass, who shares her parents’ love of the arts, believes art is an expression of the soul. “Art allows people to express themselves in ways other forms of communication cannot. Being able to create and share art with others is such a huge part of humanity, and this is especially true for seniors,” she says. “Any investment in art is a good idea – especially in a community like Lions Gate. Art gives people the opportunity to flourish. Creative expression leads to happier, healthier and fulfilled residents.”

Evelyn and Eugene both resided in the Lions Gate Healthcare Center later in life. Ellen Bass says both of her parents always enjoyed the arts-inspired programs – especially the music programs. “Everyone knew my father as the guy that danced and sang along at all the programs!”

In addition to supporting the arts, the Basses were active in various Jewish organizations and causes. According to their daughter, the couple was very supportive of and

enthusiastic about Lions Gate and its mission. “Financially supporting the art studio at a community they loved is one small way I can honor my parents’ memory. It is truly a culmination of everything they loved.”

“Naming opportunities are one way a benefactor can show their support for our mission,” says Kelem. “We are very grateful to Ellen Bass for her generosity, and we are

delighted to be able to provide an everlasting way in which to recognize her parents who were philanthropic champions in the community.”

For more information on permanent naming opportunities, the Lions Gate Capital Campaign or how you can help enrich the lives of area seniors, please contact Felice Kelem at fkelem@lionsgateccrc.org.



– Caring for Loved Ones –

with Alzheimer's Disease and Dementia Throughout the Holiday Season

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

Those caring for a loved one with Alzheimer's disease or another form of dementia know firsthand the high physical, emotional and financial costs of caregiving. In fact, a recent article in *The New York Times* related the effects of caregiving to Post-Traumatic Stress Disorder. The daily demands of care, changes in family roles and decisions about placement in a care center can take a toll.

Becoming well-informed about memory loss is an important strategy in helping to provide care. Developing good coping skills, finding a strong support network and utilizing respite care are other ways to ease stress.

The holiday season can be particularly stressful for caregivers. It is common for Alzheimer's patients to feel a sense of loss during the holidays, while caregivers often become anxious about keeping up with holiday traditions and caring for their loved ones at the same time. The good news: a little planning can go a long way in making the season less stressful for everyone.

It's important to first accept that things have changed and adjust your expectations and ideas of what makes a successful holiday. It may be necessary to modify some traditions, simplify routines or delegate responsibilities to others, but meaning and joy can still be found.

It may help to remember that the holidays are a time for celebration and prompt us to be compassionate:

- Thanksgiving reminds us to be grateful and to share the everyday good things.
- Holidays like Hanukkah bring families together in the spirit of giving and human warmth.
- New Year's celebrates letting go of the past to make a better future.

Tips for Getting Through the Holidays

Make sure everyone understands your caregiving situation and has realistic expectations about what you can do. Consider both what the individual with dementia is capable of and what you, as a caregiver, can handle given your demanding role. Then, put celebrations into manageable proportions. This can help decrease stress and head off feelings of depression that stem from unrealistic expectations.

Ask loved ones which cherished traditions they would like to participate in; it is a great way to involve them. Even though they may not recall later on, making the effort reinforces the fact that you care about what is important to them and will make you feel better as a caregiver.

Try to maintain as much of a normal routine as possible. Sticking to the person's regular schedule will help keep the holidays from becoming disruptive or confusing. Be sure to plan time for breaks on days that are more stimulating than normal. Also, try to schedule events when your loved one's mood is typically the best. If evening confusion and agitation are a problem, consider changing a holiday dinner into a holiday lunch or brunch.

Since crowds, noise and altering routines can aggravate confusion and other behavioral problems with those suffering from Alzheimer's, try reducing the number of attendees at a holiday dinner or spread out several smaller gatherings on different days.

Tips for Helping Loved Ones Participate

- Be mindful of their current mental condition and do special things that they can still appreciate.
- Involve them in some traditions – whether it is lighting the menorah or baking cookies.
- Spark memories by bringing out family photographs or heirlooms.

If your holiday celebration includes a loved one with memory challenges, build on traditions and memories. Your loved one may find comfort in customs such as singing holiday songs or watching a holiday movie.

Remember, a little planning and a few simple steps can help you and your loved ones make the most of the holiday season.

MEET OUR DIRECTOR OF ENVIRONMENTAL SERVICES



Kevin Miller

Kevin Miller is the new Director of Environmental Services at Lions Gate. In this role, he manages all aspects of the Lions Gate campus. This includes the maintenance and operation of public spaces such as the grounds, private residences, housekeeping and laundry services and security throughout the community.

With over 25 years of related professional experience, Miller has worked in the Hospitality and Management fields in Maryland, Delaware and New Jersey.

"Kevin brings a unique and diverse skill set to the Lions Gate Environmental Services team and we're happy to have him join our team," says Susan Love, Acting Chief Executive Officer at Lions Gate. "His many years of experience in organizational leadership, systems management and facility operations make him the ideal person to take on this role – especially now during our renovation project."

Welcome

NEW BOARD OF TRUSTEES MEMBERS

Michael P. Frankel

Michael P. Frankel is an entrepreneur and CEO/owner of multimillion-dollar logistics companies in both Pennsylvania and Florida. He is also the Chief Operating Officer of a \$25 million/year auto parts transportation company that services the entire East Coast.

"We are extremely pleased to welcome Michael to the Board," says JSHHS Board President Andi Levin. "Michael is a distinguished and highly respected executive with not only exceptional financial expertise, but also past experience as a nursing home administrator. We look forward to benefitting from his knowledge and experience as we continue our efforts to improve the lives of seniors throughout Southern New Jersey."

A graduate of New York University, Frankel is a member of the Customized Logistics and Delivery Association and the Express Carriers Association.

Phillip A. Koren, MD

Dr. Phillip A. Koren, Medical Director at the Cooper Heart Institute, has also joined the JSHHS Board of Trustees. In addition to his role as Medical Director, Dr. Koren is also the Associate Chief Medical Officer of Ambulatory Services at Cooper Health System. A clinical and interventional cardiologist, he has served as a clinical associate professor at several area medical schools including Robert Wood Johnson University Hospital, Cooper Medical School of Rowan University, University of Medicine and Dentistry of New Jersey, MCP Hahnemann, Temple University School of Medicine and Perelman School of Medicine at the University of Pennsylvania.

"JSHHS communities will benefit from Dr. Koren's medical insight, experience and dedication to advancing our mission and goals," says JSHHS Board President Andi Levin. "He will play a critical role in helping the Board refine and execute our strategy to promote healthy living and overall well-being for every resident and family we serve."

Dr. Koren serves on numerous local hospital and university committees. He is also a past member of the Board of Trustees for the Jewish Community Center of Southern New Jersey and the Kellman Brown Academy. He is a graduate of Brandeis University and Howard University College of Medicine.

Donated Treadmill Enhances Well-Being at Dubin & Gesher Houses



Jewish Senior Housing and Healthcare Service (JSHHS) communities are known for encouraging residents to integrate into their daily routines an active lifestyle that inspires all aspects of wellness. Thanks to a recent donation of a commercial treadmill, the residents of Dubin and Gesher Houses can be guaranteed the opportunity to enhance and improve their health.

Gym Source, a Cherry Hill company that supplies state-of-the-art gym equipment for home and commercial gyms along the East Coast, donated the treadmill valued at \$5,000.

Securing the donation was coordinated by Board of Trustees Vice President Larry Gottlieb, who says the process actually started last winter after a pipe froze and caused some flooding damage in Gesher House. "When I went to Gesher to assist with the clean up, I was reminded of how nice the workout room is," he says. "But it was hard not to notice the lack of equipment. Providing programs that promote physical exercise is essential for residents in our housing communities. We believe it provides another means to longevity and quality of life. If we're to fulfill our mission of inspiring residents to live well and be well, then we need to be sure we're giving them the proper tools."

Gottlieb reached out to Kevin Hurd, a sales representative at Gym Source, who eagerly agreed to help. Hurd says Gym Source firmly believes in the positive impact exercise has on life, so donating the treadmill provided them with an opportunity to give back. "We are totally aligned with JSHHS's message of wellness," he says. "We all know that exercise is vitally important to good health – especially for seniors – so we were happy to help ensure area seniors have access to quality exercise equipment."

MariAnne Torres, the JSHHS Director of Property Management, also emphasizes the impact physical exercise has on residents. "This kind donation gives residents an opportunity to be active and engaged," she says. "Residents from both Dubin and Gesher Houses just love it. The treadmill has been getting great daily 'workouts.' Bodies – and friendships – are getting stronger each day!"

Torres adds that the new treadmill offers residents yet another choice for how they stay fit. In addition to gym equipment, which residents use at their leisure, weekly on-site wellness and exercises classes that strengthen both mind and body are also offered.

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To receive *Inspirations* electronically,
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