

Spring is a Time for **NEW BEGINNINGS!**

As we look forward to Spring, we realize it's been a full year since we entered pandemic mode. The past 12 months have certainly been challenging, but there were also silver linings in this year of "firsts." We all tackled our first video chats with family and friends, and learned to embrace technology. We broke a sweat in our first virtual exercise class, and even tried chair yoga in our living rooms. We enjoyed our first virtual Shabbat service together, and celebrated our first virtual High Holidays with joy and reverence. We celebrated when we got our first dose of the vaccine, and were thankful the medical team came right into our living rooms to administer it. We made gratitude our first priority, and found peace in the solitude.

Spring is a time of new beginnings, and New Beginnings are Lions Gate's specialty! What does "New Beginnings" mean to you?

New Beginnings could mean **NEW FRIENDSHIPS**. But how do you meet new friends in a pandemic? At Lions Gate, we've made safe socializing a priority, whether it's attending one of our many masked and socially distanced classes/lectures or enjoying one of the live violin or piano concerts held in Commons Hall with audience seating that is masked and socially distanced.

New Beginnings could mean **NEW HOBBIES**. Lions Gate has an indoor pool that residents may use two at a time. We also have opened our fitness center for one-on-one workouts to keep you safe while you stay active. Our Senior Fitness Specialist also has a walking club, so residents can walk the outdoor trails on our campus with him one-on-one.

New Beginnings could mean **NEW RELIGIOUS DEVOTION**. Lions Gate's own Rabbi Rayna Grossman streams all of her Shabbat services on our exclusive Lions



Gate television channel. And our rabbinical intern now holds weekly Jewish Theology classes online for all residents as well. That means you can further your own Jewish studies from the comfort of your sofa.

New Beginnings could mean **NEW HEALTH PRIORITIES**. Lions Gate has always put our residents' health first, and we provide transportation to and from all doctor appointments. But we also have Certified Geriatricians and a nurse on staff here, as well as regular office hours for physicians of various specialties from the Rowan University Institute for Successful Aging. That medical team works tirelessly to keep our residents safe and healthy, because we understand that a healthy mind and body are the cornerstones to continued independence. And when there is an emergency, our residents always know that help is just the push of a button away.

New Beginnings could mean a **NEW DIET**. Quite frankly, the easiest way to eat better is to have someone else do the cooking! Of course Lions Gate's Executive Chef, Shannon Johnson, always makes nutrition a priority in her menu

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planning, but the creativity and love she pours into every meal makes our kosher food extra delicious. The Lions Gate community always votes her lamb chops as their #1 favorite, but Chef Shannon's matzo ball soup runs a close second. Yum!

No matter what priority you set for your "New Beginnings," you can see that one of the best places to start planning for all of your tomorrows is Lions Gate! But making a big move is daunting. With that in mind, the Lions Gate staff has worked diligently to remove any barriers to moving that might cause hesitation...

Barrier #1: "I can't imagine how I would downsize from a house to an apartment."

Lions Gate: We're here to help you every step of the way! Lions Gate has partnered with Byron Home, and their team will come to your current home to put together a floor plan of how your furniture will work in a new space at Lions Gate. The Byron Home team are downsizing experts that can help you sell, donate, or repurpose items you no longer need. Best of all, Lions Gate's spectacular Move-In Incentive Plans include moving and unpacking services, as well as new paint, flooring, and fantastic upgrades to whatever apartment you choose.

Barrier #2: "Maintaining a house is so stressful. Will living at Lions Gate remove any of that responsibility from my shoulders?"

Lions Gate: When you choose to live at Lions Gate, we pop that worry bubble for you! Living in your own home means you are paying for all of your utilities, plus services like snow shoveling, lawn mowing, leaf raking, tree removal, etc. There are also all of the repair and maintenance costs homeowners incur like roof replacement, driveway repair, and more. Lions Gate residents don't have any of those worries. We take care of all repair and maintenance to the buildings and the property, and we cover all of your utility costs. Give the Lions Gate sales staff just 30 minutes of your time, and at the end of the conversation you'll feel like a weight has been lifted from your shoulders.

Barrier #3: "I'm not ready to move right now."

Lions Gate: No worries! Simply give Lions Gate a deposit to hold the apartment you prefer, and you can wait to move in until next fall. We want to give you the time you need to feel comfortable.

Barrier #4: "I don't know if I feel safe living in a community instead of my own home."

Lions Gate: Rest assured that the social distancing and sanitization protocols we have in place at Lions Gate strictly adhere to all CDC guidelines. You get the reassurance of all the safety parameters, as well as the benefit of all the classes, the campus fitness facilities, the streaming religious services, the door-to-door transportation to doctor appointments, the on-site medical services, and more. Currently, we are delivering daily home-cooked meals to residents' doors, but we plan to return to dining together in our beautiful formal dining room in April. Our community is like a family, and we take care of each other in every way possible. People may think they are safer living in their own home, but isolation can be draining. When you live at Lions Gate, the Jewish traditions, the friendships, and the socialization are benefits you can't get anywhere else.

Make this Spring a time of new beginnings. Look to the future, and give yourself the gift of hope. After enduring this pandemic, you deserve a happy 2021 and beyond. Whether that means moving to Lions Gate or some place else, the point is to come out of this pandemic with a new lease on life. Design a future for yourself that includes good food, good friends, and good health. Don't wait. The time to be happy is NOW!



LIONS GATE debuts a new “*I am...*” ad campaign!

Lions Gate wants to get the word out about what a hidden gem our community is! So we are proud to debut our “I am...” ad campaign.

“When you are a senior, you’re finally at a time in your life when you have the freedom to pursue what’s important to you,” said Angela Stevens, Lions Gate Sales Counselor. “Whether you want to focus on your hobbies, meet new people, take a few classes, or just enjoy the best life has to offer, we want to help people see that they can live their best life when they live here.”

“We’re also talking to residents to learn more about their ‘Life at Lions Gate’ stories,” said Angela. “Every senior living community has its own personality, and learning the specific reasons why people chose to move to our community is important. The fact that we are a Life Plan community offering continuing care certainly sets Lions Gate apart from most other communities. But it’s also the warm, welcoming atmosphere here that means the world to people when they decide to make a move.”



“After this pandemic, we all know what it’s like to struggle with isolation,” said David Thompson, Lions Gate COO/CFO. “But at Lions Gate, we’ve worked hard to keep residents engaged. We still have weekly Shabbat services with our Rabbi. We still have our lifelong learning classes. We still have great kosher dining. And the residents who lived through the pandemic here were far less isolated than seniors who did not live in a senior living community like Lions Gate. We hope this new ad campaign inspires seniors to make 2021 the year of change!”

LIONS GATE Residents and Staff roll up their shirtsleeves to get vaccinated!

Lions Gate residents and staff are determined to make 2021 the year we BEAT THE PANDEMIC, and the first step in the right direction is to get vaccinated. And while so many around the world endure long wait times and endless searching online for a vaccine appointment, Lions Gate took care of the entire community with a simple sign-up.

“We made the vaccine available to every staff member and resident,” said Cristina Palella, Director of Residential Life at Lions Gate. “The vaccination team stopped into each residence. There was no line. No need for social distancing. We went to them, and gave them a vaccination in the comfort of their home. It was a seamless effort, and gave everyone just a bit more peace of mind.”

Even though both vaccine doses have already been administered, the community is still strictly adhering to CDC protocols for the safety of everyone. “We have no intention of letting our guard down,” said David Thompson, Lions Gate COO/CFO. “We have re-opened our pool and fitness center



at reduced capacity, and we have plans to re-open our formal dining room in April at reduced capacity, so we will host several seatings to accommodate everyone comfortably. It’s a slowly evolving return to ‘normal’, and providing community-wide access to the vaccine established the foundation for safety that we needed to move forward.”

Great job getting vaccinated everyone! Stay well!

Spring is bursting with the beauty of APARTMENTS and COTTAGES in all sizes to suit your needs!

The 40-acre Lions Gate campus is renowned for its manicured grounds and walking paths, with beautiful views of nature from every window and patio. “We are just so lucky to have this vibrant little community tucked into a private suburban oasis,” said David Thompson, Lions Gate COO/ CFO. “You feel like you’re out in the woods when you take a stroll on our walking paths, but there are terrific restaurants right around the corner off campus. It’s the best of both worlds!”

Once someone decides to make the move to Lions Gate, new residents have their pick of 13 different apartment layouts and two different cottage layouts.

“When it comes to Independent Living, it’s not about ‘downsizing’ as much as it’s about ‘right-sizing,’” said Angela Stevens, Lions Gate Sales Counselor. “It’s my job to help new residents find the right sized living accommodations for them. We talk extensively about how big their extended family is, and whether they live close by or far away. We chat about their hobbies, how much they like to entertain friends, and whether they have pets. A one bedroom/one bath apartment was the perfect choice for a gentleman who recently moved in. His children live nearby, so he didn’t need an extra bedroom for overnight visitors. And he didn’t want that second bedroom for an office or hobby space. So a one-bedroom apartment suited him well. But a couple that recently moved in absolutely fell in love with the two-bedroom/two-and-a-half bath apartment with a den. The husband wanted the den for an office space, and the wife took over the second bedroom as her scrapbooking room. They liked the idea of relaxing in the living room together to watch a movie, but also still having individual spaces to retreat to when they wanted to do their own thing. However you envision your future home, Lions Gate has a living option that is right for you.”

Lions Gate’s menu of 13 unique apartment layouts range from 680 to 1,730 square feet. Let’s take an in-depth look at one of them today — The Birch Model.

The Birch is a one bedroom/one bath apartment with a generous 753 square feet of living space. When you walk in the front door, the airy foyer includes a full coat closet. The kitchen looks out onto the spacious living room/dining room space that measures 13’ x 21’. “The living room in the Birch is just gorgeous,” enthuses Angela. “Some people set up a full dining room table as well as an entire living room with sofa and entertainment center. Others use the space as three separate sections, with a living room area, a breakfast nook

area with a smaller kitchen table, and then an office area with a desk and computer. The full bathroom includes a washer and dryer, and the bedroom has a huge walk-in closet. The bedroom windows look out on the balcony, so there’s always lots of sunshine and air flow with the windows open. It’s just a really lovely space, and the perfect option if you’re looking to maintain your independent lifestyle, but want to free yourself from all the hassles of homeownership.”



BIRCH

1 Bedroom / 1 Bathroom
753 Square Feet

For those looking for all the benefits of a Life Plan community, but still want a private home, Lions Gate has two different cottage layouts to choose from. Lions Gate cottages are semi-detached homes that provide residents with a “lock and leave” lifestyle, and include a garage, patio, and all the things you love about your current home, but without the maintenance worries. “Cottage A is really quite spectacular,” said Angela. “The one-car garage measures 12’ x 21’, so there’s room for the car as well



COTTAGE A
2 Bedroom / 2 Bathroom
1712 Square Feet

as a full workbench if that is what you want. The foyer has an enormous walk-in closet with plenty of room for storage. The living room/dining room has a gorgeous vaulted ceiling, with a bank of windows on the front of the house and a second bank of windows looking out onto the huge side patio. The kitchen has an amazing amount of counter space and a lovely breakfast nook eating area, which connects to the back patio. If you love to grill, this is the place to do it! The patio opens onto beautiful grounds, and the view is just stunning. The two bedrooms and two full bathrooms boast amazing closet space, and the laundry room with full washer/dryer and utility sink is an organizer’s paradise. No detail has been overlooked with the cottages.”

Once you’ve chosen a floor plan, one of the most exciting prospects is the fun of decorating your new home.

“As the Marketing Coordinator at Lions Gate, I have the pleasure of guiding new residents through the process of home design,” said Donna Coonley. “It’s rewarding to help residents choose new paint colors and carpet/flooring, coordinating with the selection of countertops or backsplashes. While we’re in renovation mode,

I am **FREE**.



LIONS GATE
WE ARE *Better* TOGETHER

The burden of taking care of a house is gone. They take care of everything and even change light bulbs! Priceless peace of mind.

new residents have their choice of three free upgrades — a storage solution upgrade (pull out pantry drawers or custom closet design), a design upgrade (a room of recessed lighting, upgraded backsplash tile in the kitchen, or double slider shower doors), and a lifestyle upgrade (ceiling fan, upgraded refrigerator, or flooring). These offerings allow them to add personal touches that are not always standard features, creating an apartment or cottage emphasizing their individual style or use. This appeals to many of our residents, and these little touches help make it feel more like home...maybe even better.”

Why not call Angela or Donna today, and take a virtual tour of The Birch or the Cottages. These beautiful residences are just two of the many housing options available at Lions Gate!



A Chat with Rabbi Rayna: Embracing Grief

As we solemnly pass the pandemic's one-year mark, we are grateful for our health, but can't help but think back on all that we have missed. Many of us are awash in a sea of conflicting feelings — grief, sadness, anger, fear. We decided to sit down with Rabbi Rayna to talk to her about grief — how to process it, how to cope with it, how to grow from it.

LG: We can't help but feel that we've lost so much in this pandemic. But without funerals, or therapy, or even hugs, how on earth are we supposed to process our grief?

RR: First of all, grief is nothing to be ashamed of. Yes, it's complicated and often messy, but acknowledging a loss is important to embracing your own humanity. When you're looking at all we've experienced during this pandemic, you can't chide yourself for mourning things that you have lost, thinking they are insignificant when compared to the loss of life. Of course the loss of life is a pivotal event that doesn't have any equal, but it's also valid to mourn some of the smaller things you have lost in this pandemic that were quite meaningful to you. For many, being denied time with grandchildren because of social distancing was a profound loss. For others, the shuttering of a favorite restaurant or other familiar haunt was a devastating loss. For still others, the isolation from family and friends during their favorite holidays was an overwhelming loss. If something was important to you, then you are entitled to feel grief when it is gone. Your feelings of loss are valid and you need to hold space for that, not brush it aside.

Second, there's no one right way to grieve. Grief is very personal, so as long as you feel you have emotional support and are taking care of your mind and body as you experience

different physical and psychological reactions to loss, you should try to be open to different ways of grieving that feel right to you. So much was lost in this pandemic. People lost loved ones. People lost jobs. People lost time — time with friends and family, and they'll never get that back. So

it's no wonder that people are feeling the burden of grief. Talk about your losses. Say prayers for it. Make art about it. Listen to music to heal from it. Bake bread, or take photos, and read books to find comfort as you embrace your grief. I recently read that nearly 7 in 10 Americans feel more resilient now, better equipped to handle hard times because of the challenges of 2020. That's quite something when you think about it. As a human race we all experienced vastly different losses, and yet collectively we somehow feel better for getting through it together even though we were apart. There is such beauty in that simplicity, that we now have a new perspective on what is truly meaningful to us.

LG: After enduring a pandemic for a year, what are the ways the Jewish religion engages with grief to help those in mourning?

RR: All religions have specific rituals and rites that are intended to give comfort and support to those that are suffering, and Judaism is no different. When a loved one passes, one of the central rituals of mourning within Judaism is sitting Shiva, the seven-day period of grieving immediately following the burial. Another ritual of mourning within Judaism is the unveiling of the headstone, often taking place near the 1-year anniversary of the death. The unveiling is an opportunity to come together, share memories, and bond once again. Jews place small stones on the headstone as an act of remembrance and respect for the deceased. Just as stones are eternal, the love you have in your heart for that person will last for eternity. I find it to be an incredibly powerful, uplifting moment in the grief process. And quite frankly, now that we are at the 1-year anniversary of this pandemic, the vaccine rollout seems to provide a pathway to finally be able to come together to bond once again. A kind of unveiling for our hearts. Zoom calls with friends and family have been an invaluable lifeline over these many months, but that long-delayed hug can be the salve to our grief for all the missed opportunities for togetherness we've endured this year. It's the acknowledgment we need that something important has been lost, but that the love we have in our hearts for each other has never waived.

LG: Any final thoughts on loss and grief in a pandemic?

RR: The best we can do is approach loss and grief with an open heart. You never truly know what people have lost over a lifetime. To grow through grief is to come to understand that compassion is the biggest gift we can give others as well as ourselves.



I am **ACTIVE.**



Individual Balance Class. Water Aerobics.
Beautiful walking paths. Everyone should
have this view and feel this good.

Join the debate in the Real World Ethics class with Sarah Rosenson



Sarah Rosenson is all about the details. “I love the challenge of looking at something in a new and different way,” smiled Sarah. “I especially enjoy leading discussions on ethics because every aspect of our lives has an ethical component to it. I also love to discuss the intersection between literature and philosophy. Applying the lens of philosophy can add a new level of understanding to our favorite works!”

Sarah has a Bachelor’s degree in Government from Georgetown University, a Master’s degree in Jewish Studies from the Spertus Institute of Jewish Studies, and a law degree from the University of Pennsylvania. She practiced law for a decade, spent some years as a stay-at-home mom, and then spent 10 years teaching classes on ethics and world religions at Moorestown Friends School. She currently teaches adult ethics and philosophy classes via her own website SarahsClass.net, and teaches children on Outschool.com.

“The pandemic has been particularly ripe for ethical questions,” said Sarah. “Our Lions Gate Real World Ethics

class has tackled the ethics behind testing vaccines. We’ve debated how society could ethically distribute vaccines. We’ve thought about what we would want to see if we could set up a society that is fair and just vs. our current society which is neither fair nor just. We look at current events stories through a prism of ethics, like the cheating scandal at West Point. We also look at ethical dilemmas in law, medicine, and journalism. The point of this class is to look at how ethics plays out in modern life.”

Sarah’s class is more of a discussion group than a lecture. “I start with background information on the topic for the day,” said Sarah. “I want everyone to contribute ideas and perspectives to a conversation. The most fascinating discussions unfold when people come with an open mind.”

Stop into Sarah’s Real World Ethics class twice a month on Mondays at 11am. The conversation is always riveting!

Calling all music lovers — Music Appreciation with Michael Ludwig is the class for you!

Lions Gate is so privileged to have Michael Ludwig teach our Music Appreciation class. The Music Director of the Roxborough Orchestra, Michael, is also a highly sought-after soloist, recording artist, and chamber musician. He studied violin with his father, Irving Ludwig, who was a violinist in the Philadelphia Orchestra, and Music Director of the Lansdowne Symphony Orchestra.

“When my mother chose to move to Lions Gate, I was happy to start a Music Appreciation class for the residents,” said Michael. “We focus on many aspects of music, such as how and why particular works have been written. We study and explore the works of great composers as well as the interpretations of those works by various performing artists. We explore the role music has played in effecting social change, and look at how music is used in celebrating holidays. My parents, Irving and Martha, shared musical experiences and friendships with many of the great performing artists of the 20th century. It is very gratifying to share personal family memories with artists such as Nathan Milstein, Leopold Stokowski, Eugene Ormandy, Vladimir Ashkenazy, Itzhak Perlman, Van Cliburn, and Isaac Stern.”

Michael and his wife, Rachael, have performed in recitals for the residents at Lions Gate. Rachael is a first violinist with the Philly Pops, and General Manager of the Roxborough Orchestra. Their young son, Jacob, is also a

favorite visitor at Lions Gate.

“The residents have a great appreciation and knowledge of the arts, especially classical music,” said Michael. “I often bring my violin to perform and explore some of the great literature written for it. This past September I gave the world premier of a new solo viola work written for me entitled Quest, by the American composer, Andrew Rudin. My family and I are always happy to spend time with our friends at Lions Gate!”

Join us on Mondays at 11am & 1pm, twice a month for Music Appreciation with Michael Ludwig. It is always a truly special class.





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Travel the world from an armchair with Pat Worley's Travel & Photography class!



Pat Worley has always been a shutterbug. She attended Seton Hall University to study photography, and her first job out of college was as a staff photographer and videographer for ST Hudson International, a consulting firm in Philadelphia.

"My position gave me access to unusual photographic situations such as photographing a bridge under construction from a 150' crane," commented Worley. "Such opportunities sparked my sense of adventure!"

Pat eventually took the entrepreneurial route with her photography career, and started Twilight Blue Photography Workshops, taking groups on photo safaris around the world. The portfolio she has amassed from these safaris are the basis for her Travel & Photography class at Lions Gate.

"I look at each class as an opportunity to take people on an armchair tour of the world," said Pat. "Many Lions Gate residents are very well-traveled, so if the photographs I'm sharing are of places they have visited themselves, they are quick to share their own experiences with the group. The class often becomes this really dynamic storytelling forum. Everyone learns from each other!"

Pat's class also does a deep dive into the wildlife she has captured in her photos. "I recently did a class on Volcanos National Park in Rwanda, Africa, and we learned about the conservation status of the critically endangered Highland Gorilla. We also talked about how ecotourism is saving the primate species. The residents are always really passionate in

our discussions about endangered animals."

Pat has traveled extensively throughout Africa, China, South Africa, and to every corner of the United States. "The natural wonders you can see in the many state and national parks is quite breathtaking," said Pat. "I have led photo safaris through Arcadia National Park, Chincoteague, Yellowstone, and the Florida Everglades."

You never know where Pat's class will travel to next. Why not put on your safari hat, and join the class next Tuesday at 1pm!

I am *LOVED*.



This has been the happiest 12 years of my life. Lions Gate is like family.