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# JEWISH COMMUNITY VOICE

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## ENRICHING SENIOR LIVES

### Music is a cornerstone of life at Lions Gate

Here at Lions Gate, we strive to help seniors live healthy, fulfilling lives by supporting their body, mind, and soul. Residents work out in the fitness center, attend stimulating classes, and enjoy live musical performances.

Whether it's performing a little karaoke or listening to a concert, there are few things that stimulate the brain the way music does. According to Johns Hopkins researchers, if you want to keep your brain engaged throughout the aging process, listening to music provides a total brain workout. Research shows that listening to music can reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness, and memory. The Johns Hopkins research simply confirms what we at Lions Gate have known all along—music matters. That's why we make such an effort to put music at the heart of so

many community activities.

Live music performance is a cornerstone at Lions Gate. Our resident-run Classical Music Guild partners with Allegro Music Consultants to bring extraordinary, award-winning classical musicians right to Lions Gate, hosting 6-8 con-



**DAVE THOMPSON**  
CEO Jewish Senior Housing  
and Healthcare Service

certs a year. There is such a deep appreciation for live classical music performance at Lions Gate that residents Steve Anderson and Fred Rickey created a second concert series for our community—"The Future of Classical Music Concert

Series." Working with Rowan University, gifted young musicians perform for our community each month.

Concerts aren't the only source of music at Lions Gate. Programming Director Kim Clemmons makes sure there are frequent musical performances scheduled on the monthly Activities Calendar. "Our recent musical entertainment lineup includes a steel drum player, concert singers, and a special performance to observe Rosh Hashanah," said Kim. "I also have live music at our monthly happy hours, from piano performers to full Klezmer bands. Music truly brings people together."

Lions Gate has a very robust slate of classes that we like to call Lions Gate University. As you can guess, music-based classes are very popular here. "Music Appreciation with Michael Ludwig" is nothing short of spectacular. Michael is

the music director of the Roxborough Orchestra. "Lions Gate 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."

Resident Steve Anderson builds on the love of classical music that so many of our residents have, so he has started teaching a wonderful new class delving into "The History of Classical Music." At Lions Gate, there are also plenty of residents who are interested in opera, and for them we have "Opera with Gerry Tremblay." And for residents who are looking for some theatre, we host "Broadway with Leila Joffe" every Thursday night. There's something for everyone!

On a separate note (musical pun intended), our COO, Meredith Becker, had the idea to create our own music therapy

program for healthcare residents. Research shows those with cognitive impairment respond positively to music. "We filled MP3 players with different genres of music," said Meredith. "We have jazz, swing, big band, classical, klezmer, opera, and Eastern European libraries. It's encouraging to see residents connecting to the music that is meaningful to them and finding joy in the moment."

Plato once said, "Music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything." Every day I see how music brings joy and builds connections among residents. So, take a page out of the Lions Gate playbook, turn up the music, and enjoy life!

Interested in Lions Gate? Contact Angela Stevens at (856) 679-2357 or [AStevens@LionsGateccrc.org](mailto:AStevens@LionsGateccrc.org) to learn more.▲  
[dthompson@LionsGateccrc.org](mailto:dthompson@LionsGateccrc.org)