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ENRICHING SENIOR LIVES

Memory Care at Lions Gate is a hidden gem

To address the growing need for residential memory care, in 2022 Lions Gate began work to expand our Safe Haven Memory Care Neighborhood. I am proud to announce that the expansion is complete, and Safe Haven now features 21 private resident apartments, each with its own private bath. Safe Haven also includes a community living room, an activity room, a restaurant-style kosher dining room, and a secure outdoor courtyard.

"As the Baby Boomer population ages, it is estimated that more than nine million Americans could be diagnosed with memory loss by 2030, and nearly 12 million by 2040," said Meredith Becker, Lions Gate COO. "Our Safe Haven expansion almost doubles the number of residents we can care for, and provides all of them with a warm, home-like atmosphere that will bring them comfort and joy in this new stage of their lives."

For those considering Memory Care for a loved one, let's talk about what Memory Care looks like at Lions Gate. I

sat down with Michelle Litwack, our Assisted Living nurse manager, for her insights.

"Memory Care is designed to provide a structured environment with set routines to help the person with memory loss know what to expect and promote comfort," said Michelle.



DAVE THOMPSON
CEO Jewish Senior Housing
and Healthcare Service

"Our first priority is to keep residents moving. It's vital to keep the body active to engage the brain. We have daily exercise programs, and weekly body/brain games with the omiVista Mobii unit. The omiVista Mobii unit is a motion-activated projection system that creates interactive learning experiences and sensory environments on tables, beds, floors, or any other flat

surface. It's a fun way to exercise and improve motor skills. Of course, residents can also choose to get some exercise by taking a walk outside in the secure courtyard."

Another aspect of Memory Care is the variety of activities offered to engage the brain and tap into muscle memory. Lisbeth Hernandez, our Memory Care activities assistant, has something for everyone. "Every day we start with Finishing Touch," said Lisbeth. "That's where we make sure everyone is ready to greet the day by styling their hair and putting on makeup and jewelry. Our Memory Care Neighborhood is personalized, so we can take the time to have everyone look their best. Music plays a big part in Safe Haven because it taps into long-term memory. We have weekly music classes, as well as frequent music performances. We gather for Current Events every day, and residents look forward to our weekly flower arranging class and our baking fun time. Every Friday, there are Shabbat services with Cantor Jana. We

frequently take residents off campus so they can enjoy eating lunch at local restaurants. We do an individual birthday party for every resident. We pack as much fun as possible into every day."

"From my perspective, there are three things that set Lions Gate's Safe Haven Memory Care apart," said Meredith Becker. "First, our Memory Care Neighborhood provides personal attention, and that means better continuity of care. Second, the longevity of the staff at Lions Gate is legendary. Every staff member is truly valued for their expertise, and many spend their entire career here. And third, we are the only Memory Care Neighborhood that observes Jewish traditions and values. Celebrating the holidays, keeping kosher, and honoring the Sabbath is comforting to our residents. Families that choose Safe Haven say there is no community quite like it anywhere else."

"Personalized Memory Care at Lions Gate is a relief for many caregivers," said

Michelle Litwack. "When caregivers place a family member in our Memory Care Community, they can finally sleep at night knowing their loved one is being treated like family. It frees the caregiver from worry and allows them to take back their relationship where they simply enjoy spending time together. That worry-free dynamic revitalizes the relationship and brings a new-found sense of joy back to time spent together. And that is really priceless."

If your loved one is showing signs of memory loss, I want to reassure families we understand your worries. Memory Care is so much more meaningful than it was in the past, and the personalized approach to Memory Care should bring you peace of mind.

If you'd like to see what a busy day in the life of a typical Lions Gate Safe Haven resident is like, contact us for a visit. We'd be happy to give you a personal tour. Contact Phil Popper: (856) 679-2397, or PPopper@LionsGateccrc.org s dthompson@lionsgateccrc.org