



LIONS GATE
WE ARE *Better* TOGETHER



WINTER 2024



**Friends of
Jewish Senior Housing**
Helping Community. Helping Seniors.

Meet Lions Gate Hero: **Lisbeth Hernandez**

Everyone who works at Lions Gate has a heart for service, but Lisbeth Hernandez is the beating heart of our Safe Haven Memory Care neighborhood. Lisbeth joined Lions Gate in 2014 and has been an Activities Assistant in Safe Haven for five years. "I love my residents like family," said Lisbeth. "I listen to their stories, enjoy their photos, and genuinely appreciate their company."

Lisbeth's activities prioritize socialization and connection. "We read the Daily Chronicle together every morning," said Lisbeth. "We exercise every day. We bake every Wednesday and make challah every Friday to eat after Shabbat services. We have a wonderful horticulture program that focuses on sensory stimulation. We also host a book club each week. Right now, the residents are enjoying *The Last of the Mohicans* by James Fenimore



Lisbeth Hernandez

Cooper. A resident requested it because it was her favorite book, and we got everyone a copy. There's always crafts, games, painting, movies, and Jewish Wisdom class. We bring in music entertainment weekly, and we also take the residents out to lunch every month. I want to thank the Safe Haven team for all of their support. We work together to make every day feel special for our residents."

Jennifer Quinn, Director of Activities for Assisted Living, has nothing but praise for Lisbeth. "She can handle any situation," said Jennifer. "That gives families peace of mind."

Dave Thompson, Lions Gate CEO, couldn't agree more. "Lisbeth is a true asset to our care team," said Dave. "She is calm, kind, and compassionate. The residents thrive under her care."

Thank you, Lisbeth, for making Safe Haven truly feel like home for so many happy residents.

SAVE THE DATE!



TACOS & TEQUILA

MAY 2, 2024

This year's event promises to be a terrific night of awesome food, great friends, and **SPECTACULAR** fundraising!

- Tequila tastings & margarita bar
- Authentic Mexican cuisine
- Live mariachi band
- Dozens of auction baskets
- And so much more!

If you'd like to become a sponsor, please contact Melissa Leibowitz (856) 673-2583 • mleibowitz@jfedsnj.org



Give With Your Heart — Sponsor a Location at Lions Gate

Your generous donations have made Lions Gate one of the most robust senior living communities in South Jersey. Why not take advantage of this unique giving opportunity — sponsor a location at Lions Gate and NAME IT! You can honor a loved one by naming a location in the community for them. It's a legacy of love that your family will cherish. All money donated by sponsoring a location at Lions Gate directly contributes to the well-being of Lions Gate residents. Whether the money is put toward capital improvements, expanding services and amenities, or investing to achieve future goals, you know that Lions Gate will be here to care for our seniors for many generations to come.

Here are just a few of the Naming Opportunities available on the Lions Gate campus:

- Skilled Nursing Dining Room: **\$25,000**
- Independent Living Commons Hall: **\$500,000**
- Rehab Living Room (1st Floor): **\$36,000**
- Lions Gate Campus (1110 Laurel Oak Rd): **\$5 Million**
- Assisted Living Media Room: **\$36,000**
- And so much more!



Wellness Center:
\$100,000



Assisted Living Living Room:
\$50,000



Safe Haven Entrance:
\$200,000



Independent Living
Media Room: **\$50,000**



Independent Living Bistro:
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Independent Living Entrance
Mural: **\$100,000**

We'd love to discuss the many Naming Opportunities available throughout Lions Gate
Please contact: David Snyder • (856) 673-2571 • dsnyder@jfedsnj.org

The Lions Gate Chapel Eternal Light

Honoring Bennett & Lois Goldberg

Courtesy of Stuart Goldberg & Stephanie Hamarman

Lois Goldberg moved to Lions Gate in 2014 and has been a happy resident for almost ten years. “My husband passed in 2009, and I lived by myself for five years before I came to Lions Gate,” said Lois. “My husband and I lived in Cinnaminson for many years, and we were founding members of Temple Sinai. I was drawn to the Lions Gate community because of its Jewish roots and traditions. I absolutely love it here, and my children are grateful that I’ve found a place that feels like home to me.”

“My parents were always very supportive,” said Stuart Goldberg, son of Lois Goldberg. “My sister and I both went to college, and on to professional schools. My sister is a lawyer, and I am an oncologist who runs a leukemia and bone marrow transplant program. We are so grateful for all our parents did for us and were especially thrilled when my mother found such happiness at Lions Gate. When my mother forwarded me information about Lions Gate’s

sponsorships, it was my pleasure to donate. I have complete peace of mind knowing my mom is happy there.”

Stuart and his wife, Stephanie Hamarman, chose to sponsor the Lions Gate Chapel Eternal Light. “The Chapel Eternal Light hangs in front of the ark, which symbolizes the ark carried by the Israelites that held the tablets of the Ten Commandments. The Ten Commandments say to honor thy father and mother, so it seemed like a perfect fit for me to sponsor the Chapel Eternal Light in honor of my parents.”

“It’s very meaningful to have the eternal light named in our honor,” said Lois. “To think that there will always be a light burning in our memory it quite something.”



Lois and Bennett Goldberg

Friends Of JSHHS Gifts A Beautiful New Poker Table To Assisted Living Residents

Glenn Sloves is a physical therapist as well as a volunteer for Friends of JSHHS. He was working with a Lions Gate Assisted Living resident, and the two got to talking about their hobbies. “The resident told me that he had played poker since he was 14 years old, and he really wanted to get a regular poker game going,” said Glenn. “Assisted Living didn’t have a table large enough to accommodate a poker group. They needed more than just a 4-person card table and some folding chairs. I thought a real felt-topped poker table would be great!”

The first order of business was to find a space big enough to house a poker table. “The Assisted Living floor is shaped like a horseshoe,” said Glenn. “We took the seldom used space at one end of the horseshoe and turned it into a card room. It was a great opportunity to reinvent the common space in Assisted Living.”

Next, Glenn tracked down a poker table and chairs to fit the space. “Howard Katz of Atlas Interior

Home Fashions took on our project,” said Glenn. “Assisted Living now has this gorgeous felt-topped poker table with eight comfy chairs. Friends of JSHHS is planning to do a big poker table unveiling in the spring.

Dave Thompson, Lions Gate CEO, extended his heartfelt appreciation to Friends of JSHHS for their generosity. “It is a privilege to partner with Friends of JSHHS on so many projects, and we are truly grateful that they were able to address this resident request. May Lady Luck watch over all the card players at Lions Gate as they enjoy the camaraderie of good friends.”



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JSHHS Board Member Spotlight: Naomi Schimmer, Vice President



Naomi Schimmer

Meet Naomi Schimmer, Vice President of the JSHHS Board of Directors. “David Gutin, Past Board President, invited me to join the Board in 2017,” said Naomi. “As a member of the Board, I was Secretary for two years, and I have now been a Vice President for almost two years. As part of the Board, I am also a member of several committees — the Finance Committee, the Building Improvements Committee, and the Quality Oversight & Risk Management Committee. For four years I have also been Chair of the Marketing Committee. I think the thing that I find most rewarding about being on the Board is the opportunity to be part of a group that is involved in thoughtful decision making for Lions Gate. I want to do everything I can to make sure Lions Gate is in the strongest position possible to care for future generations to come.”

Naomi brings a unique perspective to her role on the Board. “I have an insider point of view of Lions Gate,” said Naomi. “My sister has lived in the cottages since Lions Gate first opened in 2007. My mother moved to Lions Gate at age 98 and lived in Assisted Living until she passed

away. And I spent two weeks in Lions Gate Rehab following a hospital stay. All three experiences gave me a personal appreciation for the CCRC (continuing care retirement community) model of care. To

be able to offer seniors a full spectrum of care all within a community that embraces Jewish values and traditions as well as offers kosher dining is priceless. That is exactly what the founders’ envisioned — a senior living community that provides unparalleled care, socialization, education, and Jewish spiritual celebration.”

Dave Thompson, Lions Gate CEO, has the utmost respect for Naomi’s contribution to the Board. “Naomi’s dedication, heart, and insight have been invaluable to Lions Gate,” said Dave. “I look forward to working with her for many years to come.”

Meet The Lions Gate Podiatrist

Meet Dr. David Mellul, Lions Gate’s podiatrist since the day the community opened in 2007. “I have been the podiatrist at Lions Gate for 17 years,” said Dr. Mellul. “Susan Love was a dear friend, and she personally invited me to join the Lions Gate Wellness Team. Strong podiatric health is vital for seniors because it is the key to mobility and a robust quality of life. I have many patients at Lions Gate, the oldest being 106 years old, that I’ve worked with for years.”

Dr. Mellul is a certified wound care specialist, and treats all common podiatric issues: toenails, bunions, rashes, edema, warts, and diabetic footcare. “I want to stress that a visit to the podiatrist is so important,” said Dr. Mellul. “Medicare covers a podiatric appointment every 9 weeks, so I encourage seniors to make time for regular podiatric checkups to keep your feet in good health.”

The proper shoe gear is crucial to podiatric health. “With each step, 1-1/2x your body weight goes through your foot,” said Dr. Mellul. “You need the right shoes to support that force. I measure the feet properly and can recommend the best shoe to match your foot condition.”



Dr. David Mellul

Meredith Becker, Lions Gate COO, has welcomed many specialty physicians to join the Wellness Care Team. “We want to give our residents easy access to a range of physicians to maintain their good health,” said Meredith. “Dr. Mellul’s podiatric care is just one example of the great care available to residents right here at Lions Gate.”

Call **(856) 429-9009** to make an appointment with Dr. Mellul today. He’s in the Wellness Center on Mondays 10am – 1pm, twice a month, and makes house calls to your apartment as needed.

Residents Intrigued With The Wrongful Convictions Lecture Series With Harriet Hendel

Harriet Hendel always found meaning in her 30-year career as a learning disabilities specialist, teaching children with dyslexia how to read, but she found her true mission in life in her 70's. "After I retired, I volunteered in a prison helping prisoners obtain their GEDs," said Harriet. "I learned about the Innocence Project of Florida and their work to overturn wrongful convictions and I just had to be a part of it. I was honored to be a member of their Board of Directors for six years. There are Innocence Project organizations in every state, and they are all making great strides in freeing innocent men and women. I'm now raising awareness for Centurion Ministries of NJ, which is the first organization in the world dedicated to the vindication of the wrongly convicted."

Harriet and her late husband were snowbirds for 30 years, but eventually moved to South Jersey to be near their niece. "I started a podcast in 2019 called

"Pursuing Justice," said Harriet. "Many of my podcast topics have worked their way into my Wrongful Convictions lecture series at Lions Gate. Our class has covered all sorts of fascinating topics like Justice Around the World, where we compare specific aspects of the US justice system with that in other countries. We've talked about experts in various fields like false confessions and junk science. I also spotlight exonerees, and their journeys from prison to freedom. Every story is heartbreaking yet hopeful."

"I love Harriet's class," said resident Judy Pyle. "The stories she shares with us about wrongful convictions are both tragic and fascinating. I never miss a lecture."



Harriet Hendel

The Wrongful Convictions Lecture Series meets the 2nd and 4th Wednesdays of each month at 1pm in Commons Hall. Check the Activities Calendar for exact dates.

Residents Flock To The Short Story Club

Rose Glassberg loves reading and teaching about literature. "I was an English Professor at Rowan University for almost 30 years," said Rose, "and after all that time I still thoroughly enjoy discussing literature. The Short Story Club has at least 30 members at every meeting, and everyone puts in the work. They all come prepared and ready to learn. It's a great group."

For each class, Rose chooses the story, researches the author's bio, and prepares discussion questions. "Today we read 'Corrie' by Alice Munro," said Rose. "Munro is a wonderful author. She won the Nobel Award for Literature in 2013. Over the years I've read many short stories but hadn't read many of her stories. It's a special treat to discuss literature that is new to me. A story like this is so multi-layered. Two people can read the same piece and come away with entirely different impressions and insights. That is the mark of a great writer."

Resident June Levine is a regular at Short Story Club. "I knew Rose's background as an English professor, so I knew she would make these discussions so worthwhile. I never miss a meeting."

Resident Ann-Lin Glaser is an enthusiastic participant. "Rose is a wonderful teacher," said Ann-Lin. "She has given me a new appreciation for the genre. The discussions are so interesting!"

Resident Len Feldman came to a meeting of the Short Story Club for the first time. "I didn't know what to expect," said Len, "but I was happy with the discussion. I'll be back!"



Rose Glassberg

The Short Story Club meets the first Friday of every month at 11am. Check the Activities Calendar for the exact date.

Residents Love **Barbara Anderson's** Lecture Series!

Barbara Anderson personifies lifelong learning. "When my husband, Steve, and I lived in San Francisco for 30 years, I volunteered at the Jewish Home for the Aged," said Barbara. "I would research and present short, 3-session lectures on a specific topic of interest. The residents loved the variety of subjects I tackled, and it gave me lots of flexibility to read the group and address their specific interests. So, when Steve and I came back to the East Coast and moved to Lions Gate, I made it a point to give back to the community and volunteer to give lectures here. All of the residents here are so well-educated, and I thoroughly enjoy our lively discussions."

Barbara's lecture topics have been as varied as they are engaging. "Everyone loved the lectures on *The Private Lives of Presidents*," said Barbara. "I did talks on *Inventions that Changed Our Lives*, and *Women Through History*. Whenever

I can make a Jewish connection to the subject matter I certainly do. We had some very interesting discussions relating to the world's major religions. Of course, we talked extensively about Judaism, but we also took a look at more exotic religions like Rastafarianism. It was very enlightening."

Barbara's lecture series for February will focus on the Big Apple. "We'll dive into the history of New York as well as the cultural aspects of this great city," said Barbara. "Many Lions Gate residents have lived in Manhattan, so it will be interesting to hear about their experiences and how the city has changed over the years. I can't wait to get started!"



Barbara Anderson

Barbara Anderson's lecture series takes place twice a month on Thursdays at 11am in the Media Room. Check the Activities Calendar for exact dates.

Classical Music Fans Gather At **Steve Anderson's** Engaging Class!

Steve Anderson loves classical music. "I started *The Future of Classical Music Concert Series* for our community, where rising classical musicians come here to perform each month," said Steve. "That has been such a big hit with everyone that I thought perhaps we'd all like to get together to learn more about the composers and the music in order to gain a greater appreciation for the concerts. That led to my Classical Music Education class."

Steve shares wonderful pieces of music during each lecture, and he also peppers his presentations with engaging videos, so residents enjoy an immersive experience in his class. "In January, we did a deep dive into the positive brain gains from listening to classical music," said Steve. "Marvin Kay, a new resident at Lions Gate, kicked off the session with some very interesting insights on the origin of music in early humans."

"I'm an archeologist by trade," said Marvin. "There are discoveries of early instruments around the world that date back more than 40,000 years. Music is part of our evolution as a species."

Steve has big plans for this class in 2024. "We're going to talk about how nature influenced composers," said Steve. "There will be a lecture on philosophers' and authors' impact on classical music creation. We will do a deep dive into how classical music has influenced popular music. I look forward to learning more about classical music with Lions Gate friends."



Steve Anderson

Steve Anderson's classical music class takes place the second Sunday of each month at 7:30pm in Commons Hall. Check the Activities Calendar for the exact date.

Residents Get a Kick out of Elena Winter's Aging with Grace & Joy Group

Elena Winter has a great attitude when it comes to aging. "Don't let aging get you down," said Elena. "It's too hard to get back up! I can't take credit for that expression, but it sure made me laugh. I thought it might be fun to start a discussion group that is all about celebrating aging, with an attitude of acceptance and gratitude. The discussion group is a great way to bring people together to share their experiences, their wisdom, their struggles, and their successes. If we can understand how society values our experiences, hopefully it will help us all feel appreciated and confident as we continue to age."

Elena's discussion group covers a wide range of topics. "We've talked about what the secrets are of aging gracefully," said Elena. "We also did a deep dive into the struggles and happiness of parenting adult children. Everyone certainly had something to share on that topic! In the coming months, I'm looking forward to talking about the biological,

psychological and social aspects of aging. I'd also like to discuss some of the things that worry us about aging, and some of the myths we'd like to bust about aging. There are a lot of great things about growing older, and there are tips we can all use to age successfully. Aging is a journey, not a destination. I just think it's so important to travel that journey with friends whenever possible."

Residents thoroughly agree with Elena's positive outlook on aging. "I loved this discussion group, and look forward to going back again," said Lions Gate resident Joy Hoffman. "I left that conversation with a great feeling of camaraderie."



Elena Winter

The Aging with Grace & Joy class is held the last Friday of every month at 1pm in Commons Hall. Check the Activities Calendar for the exact date.

Residents Stay Fit In Eileen Levinson's Chair Yoga Class!

Meet Eileen Levinson, Lions Gate's long-time Chair Yoga instructor. "I was a Registered Nurse for many years, and toward the end of my career I took classes to become a Registered Yoga Teacher," said Eileen. "I have been teaching Chair Yoga at Lions Gate since 2015. I believe yoga is a practice that can improve balance, flexibility, strength, and mindful awareness. Using the chair allows the class to be accessible for all levels of yoga practice and ability."

At the start of every class, Eileen sets the mood for mindful practice with breathwork and calm centering. "After centering, the class practices a head-to-toe flow that uses breathwork to help open, energize, and calm the body," said Eileen. "I also incorporate Occupational and Physical Therapy exercises into the Chair Yoga class to improve joint mobility."

At the end of class, Eileen leads a guided meditation to allow for full relaxation after practice. "Meditation is a way to bring awareness to where one's mind is, and gently guide it back to the present moment," said Eileen. "This year the class is focusing on what patterns did not serve our wellbeing in the past and letting them go in order to open up space for new and healthier ways of relating to our experiences."

Resident Florence Sirken is a regular at Chair Yoga class. "I started exercising at age 60, but this is the first yoga class I've ever taken," said Florence. "I never miss it! I'm so much more flexible now, and the meditation is always very calming and uplifting."



Eileen Levinson

Chair Yoga meets every Friday at 10am in the Media Room.



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Find Happiness in Plants through Horticultural Therapy

There is nothing more soothing to the soul than creating a beautiful floral arrangement. That's why Lions Gate residents flock to the Horticultural Therapy workshop, taught by Rachelle Hasenberg of Inspirational Horticultural Therapy. "Horticultural Therapy is taking fresh flowers and looking at them a little differently," said Rachelle. "Today we created what I like to call a 'happy bouquet,' bursting with colors, scents, and textures that trigger endorphins to make you feel good. We started with a tall acrylic drinking glass and filled it with clear stones, sliced fresh lemons, and cold water. We want the scent of lemon to accompany the visual pop of the gorgeous yellow and white flowers we're arranging — chrysanthemums, alstroemeria, asters, daisies, and big and mini carnations. The final design is meant to look like a tall glass of lemonade with the pungent scent of fresh lemons to match. I love how flowers turn into living sculptures with a little artistic vision."

Rachelle shared plenty of horticultural tips with the group. "By placing flowers in warm water, it coaxes them to fully open," Rachelle said. "Or if you use cool water, it extends the life of flowers. Every floral arrangement needs hydration, acid, and food to thrive. In this arrangement, we used cool water for hydration, fresh lemons for acid to cut down on bacteria, and a little sugar may be added to the water to keep the flowers perky. Most importantly, flowers should always be displayed in a cool environment, and the water should be changed weekly."

"This will look so cheerful in my kitchen," said resident Michele Levene Brill.



Check the Activities Calendar for the next Horticultural Therapy workshop.