

Inspirations

SPRING EDITION 2015

To Age in Place – EngAGE in Life

The past decade has seen an increased focus on the development of wellness programs in senior living communities. With this ever-growing population leading active and productive lives well into their 90s, Jewish Senior Housing and Healthcare Service (JSHHS) strives to enhance the quality of our residents' lives by emphasizing preventive self-care, motivation and engagement. At Jewish Senior Housing and Lions Gate, we offer a wide variety of wellness programs and opportunities designed to encourage active, engaged living throughout our respective service offerings.

Lions Gate Director of Wellness, Donna Boone, RN, says exercise and wellness programs are key components of JSHHS's programming efforts. "Research indicates regular fitness for seniors improves overall conditioning and can even help prevent chronic diseases," she says. "In fact, studies suggest physical exercise benefits the elderly more than any other demographic group, promoting sleep, strength, heart health and an enhanced sense of overall well-being."

Sara-ellen Greenberg, an honorary member of the JSHHS Board of Trustees, is a certified personal trainer who works with many Lions Gate residents. A long-time champion of exercise for seniors,



Jewish Senior Housing
and Healthcare Service

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Inspiring
Wellness!

"We embrace a wellness philosophy that infuses nearly every aspect of daily life."

– Donna Boone, RN, Lions Gate Director of Wellness

she says no one is ever too old to build muscle. "The stronger you are, the more you can do and the more independent you can be."

Some of Sara-ellen's current clients were in their 80s when they began training with her. Now in their 90s, Sara-ellen says their abilities have not diminished, with some even finding they feel younger now than they did decades ago.



More and more of our residents are embracing fitness. "Once they are convinced they can be physically active, the key is helping them find something they enjoy," Sara-ellen says. "One

size does not fit all. To be successful, the resident must find an exercise program he or she loves."

Lions Gate features a host of wellness-focused amenities such as an on-site fitness center which will nearly double in size after the planned renovation. There is also a variety of activity areas designed to engage residents in some type of physical activity – most notably an indoor, heated swimming pool.

Exercise classes, such as aerobics, yoga, tap dancing, Zumba, meditation and tai chi are just some of the physical programs Lions Gate offers to residents who want to remain active.

Wellness Reaches Beyond Fitness

"We embrace a wellness philosophy that infuses nearly every aspect of daily life," says Donna. "In our communities, it is seen as an integration of mind, body and spirit. We believe optimal

Continued inside.

THE JGH AUXILIARY . . .

TAKING LIONS GATE WELL INTO THE FUTURE



When the Jewish Federation of Southern New Jersey purchased the site that would become the Jewish Geriatric Home in the early 1970s, the Federation Executive Board made a decision that would forever influence the new home – they asked Ethel J. David to start an Auxiliary to help raise funds and garner community support.

Ethel says she gladly accepted the challenge and immediately went to work. “The South Jersey community desperately needed a home for the Jewish elderly,” she said. “I not only felt it was my obligation to help, I wanted to help. When you are given this kind of opportunity, you don’t say no.”

It took Ethel over a year to officially form what is now known as the JGH Auxiliary, and the group has been making a significant impact for over 40 years. After the Jewish Geriatric Home closed, the Auxiliary focused its attention on supporting Lions Gate’s healthcare residents.

“The Auxiliary’s history of service is long, proud and extremely important,” says Chloe Handler-Salsburg, Auxiliary Co-President and member of the JSHHS Board of Trustees. “From sponsoring social, cultural and religious events for the Assisted Living and Skilled Nursing communities within Lions Gate, to raising funds that support the lifestyle, we answer the call and are committed to enhancing our residents’ quality of life – whatever it takes.”

JSHHS CEO Mo Funk adds, “These generous women share a common goal of providing aid and comfort to our healthcare residents and their families. Their work is evident all throughout Lions Gate – and is greatly appreciated.”

Over the years, the group has provided substantial funding to Lions Gate, including a \$750,000 contribution for the building and furnishings of the Skilled Nursing Center plus an additional \$500,000 for the new Rehabilitation Center. The Auxiliary helps support the many special needs of residents, provides funding for staff educational programs, manages the Gift Shop and hosts a variety of special fundraising events like its Annual Spring Fashion Show and Game Days.

While the Auxiliary is an important part of Lions Gate’s past and present, it is also ensuring the community’s future well-being with an Auxiliary Endowment Fund.

The Auxiliary is always seeking new members. Anyone interested in joining should contact Chloe Handler-Salsburg at **(856) 424-3350**.

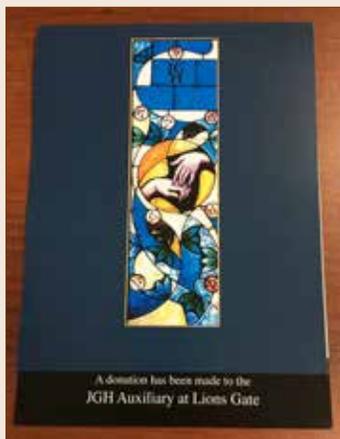
“The Auxiliary is a dedicated group of volunteers committed to helping Lions Gate residents live well.

We open our hearts and our checkbooks to make sure residents in the Skilled Nursing and Assisted Living communities have what they need to live more comfortably and to make them feel special. Whatever they need, we’re here to help.”

– Betty Girlyta, Co-President, Auxiliary

MITZVAH CARDS

Auxiliary Mitzvah Cards provide a thoughtful and caring gift for someone special. To purchase a card, contact Rita Seigel at **(856) 504-3322**.



A MESSAGE FROM CEO MORRIS "MO" FUNK

In our senior living communities – Dubin, Geshner and Saltzman Houses, and Lions Gate – wellness is at the very core of our mission. We go above and beyond to offer residents the healthy living resources and programs they need to enable them to age successfully.



In everything we do, JSHHS strives to influence health and wellness from several vantage points. Our holistic programs address the broad range of factors that impact well-being, including: our environment, activities, health services, educational opportunities and resources focused on prevention and disease management.

Our wellness efforts bring a new perspective and an optimistic outlook to residents. We meet their varying needs, capabilities and goals with programs that promote physical, spiritual and cognitive health. We offer activities that go beyond the norm, such as our drum circles, French classes and the art series that encourages non-artists to try painting.

Prevention is another focus. From joint replacement programs presented by specialty physicians and orthopedists to informative sessions on the advances in cardiac care, we are always finding new ways to highlight preventive care.

Spiritual life plays a crucial role in our commitment. Our chaplain works closely with our activities teams, as well as with our caregivers, to ensure the spiritual needs of both Jewish and non-Jewish residents are met.

We view wellness as a responsibility and an opportunity – we take both seriously. Our responsibility is to use our resources to impact the health and well-being of our residents. Our opportunity is to be as creative as possible in developing programs that meet their special needs and interests.

I encourage you to visit our facilities and spend time learning more about how we are enriching our residents' lives in a meaningful way by encouraging them to stay well and be active.



Lions Gate Director of Sales & Marketing Announces Retirement



When the Jewish Federation named Ed Toy Director of Sales & Marketing for its new community, Lions Gate, in 2000, little did he know that he would still be here 15 years later. Now Ed has decided that, both professionally and personally, the timing is right to retire from his position.

Ed spent much of his career as a sales and marketing consultant who traveled around the country helping senior living organizations develop and open new communities. He came to Lions Gate to do exactly the same thing. He just never expected to stay. "It was different here. I enjoyed the challenge and I liked working in this marketplace," says Ed. "I found I didn't want to leave. I felt comfortably grounded."

Ed has enjoyed a successful tenure at Lions Gate. Under his leadership, Lions Gate has had the strongest occupancy percentages of every Continuing Care Retirement Community (CCRC) in the country.

"Everyone connected to Lions Gate has a deep appreciation of Ed's devotion," says JSHHS CEO Mo Funk. "He has shown remarkable commitment to the community, our residents and their families through his warmth as a person and his passion for our mission."

***"Ed's
experience,
wisdom and
collegiality
will be hard
to replace."***



"I speak for all of my colleagues in saying we will miss him and his contributions. We wish Ed the very best as he enjoys this next stage of life with his wife and family," adds Mo.

As for those future endeavors . . . Ed says he can't imagine not working, so he plans on doing some part-time consulting.

ASSURING JEWISH TOMORROWS

The *Life* Legacy™ Program

The LIFE & LEGACY™ program, a partnership of the Harold Grinspoon Foundation and the Jewish Community Foundation of Southern New Jersey promotes after-lifetime giving to benefit local Jewish organizations. Through training and support, LIFE & LEGACY motivates entities to integrate planned giving into their philanthropic culture in order to assure Jewish tomorrows.

Jewish Senior Housing and Healthcare Service was recently selected to participate in the program. According to JSHHS Director of Development Dawn Harvey, only a select handful of communities throughout North America are accepted to participate each year. "Being chosen for this program is a great honor for JSHHS and a momentous occasion for the long-term benefit of seniors throughout South Jersey."

Why Participate?

Making a financial legacy commitment assures important institutions, such as the Dubin, Gesher and Saltzman Houses and Lions Gate, will exist for future generations. JSHHS Honorary Board Member, Marlene "Sis" Levy, has already made her legacy donation. "I want to do all I can to ensure that seniors in our community can live comfortably and with dignity," she says. "Fortunately, I am able to make this kind of commitment and encourage others to enliven and enrich the days of our seniors, as well."

Establish Your Legacy.

Legacy commitments can be customized to fit personal circumstances and desires. Options for giving include bequests in a will, gifts of life insurance, IRA, pension funds, cash or assets, charitable gift annuities or charitable remainder trusts.

For more information or to sign a Letter of Intent to help the seniors living at JSHHS, please contact Dawn Harvey, Director of Development at (856) 679-2189 or dharvey@lionsgateccrc.org.



LIFE & LEGACY™ CONTRIBUTORS

A heartfelt thank you to those who have already made their legacy commitment to JSHHS:

Anonymous
Edward C. Adleman
Fran and Neal A. Cupersmith, CPA
Larry Gottlieb
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Wish List

Are you interested in making a tax-deductible gift to improve overall wellness at JSHHS? Your donation will provide a direct impact on the day-to-day lives of the seniors in your community. A variety of opportunities exist throughout the organization, including:

- \$75** – 45-Minute Massage Therapy Session for a Healthcare Center Resident
- \$150** – Planting Supplies for the Garden Club
- \$250** – Digital Camera for Jewish Senior Housing
- \$600** – Treadmill for Jewish Senior Housing
- \$750** – Sponsor an Astral Concert
- \$1,000** – Large-Print Prayer Books for Religious Services
- \$2,000** – Sponsorship of a Lions Gate University Lecture
- \$5,500** – NuStep Recumbent Bike for the Rehabilitation Department

If you are interested in purchasing any of these items or have a question about contributing, please contact Dawn Harvey, Director of Development at **(856) 679-2189** or **dharvey@lionsgateccrc.org**. To make your gift online, visit **www.jshhs.org/support-us** or **www.lionsgateccrc.org/donate**.

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well-being helps residents to achieve goals, find meaning and purpose – no matter their age.”

Donna says there are many ways to ensure residents live well besides physical exercise. Lions Gate University features weekly “courses” focusing on topics such as disease prevention, brain health and pain management. Guest speakers host programs addressing everything from proper nutrition to spiritual health and well-being to the importance of wearing proper shoes. JSHHS also holds activities and programs to stimulate the mind, like opera classes, jewelry-making courses, gardening and our Musical Memories class.

“Our goal is to improve whole-self well-being, so we are always trying to find new ways to meet the needs of residents to ensure they get the absolute best out of their lives,” Donna adds.

At the Wellness Center at Lions Gate, residents have access to geriatric physicians and specialists, as well as registered nurses who have regularly scheduled hours right on site. Aleph Home Care can also provide home healthcare services to our residents in the comfort of their own apartments.

“Access to quality healthcare is another important component of our philosophy,” says Donna. “In

many cases, hospitalizations have been avoided because we have the ability to address issues early. To us, total wellness means peace of mind and our residents take great comfort in knowing that care is available if it is needed.”



Here to Stay

Wellness programming works. Research confirms communities that practice and are committed to a comprehensive philosophy have overwhelming success engaging their residents in maintaining their own health, thus ultimately improving overall well-being and a renewed zest for life.

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Wellness AT DUBIN, GESHER & SALTZMAN HOUSES

Jewish Senior Housing and Healthcare Service's (JSHHS) commitment to wellness extends to the Dubin, Geshher and Saltzman Houses. From regular exercise programs to a new arts program to rehabilitation services and home healthcare to simply remaining active with the help of a Nintendo Wii interactive video game console, residents are encouraged to lead more healthy and active lifestyles each day.

Artist-in-Residence Arts and Crafts Program

Cristina Palella, Director of Property Management for the three Houses, says JSHHS recognizes the great value art programs hold for seniors and is excited to have just received a grant award that will bring in an artist-in-residence to start a new arts and crafts program. "Regular participation in creative activities not only serves as a fun and personally enriching pastime, recent studies have also shown it helps improve physical, mental and emotional well-being among older adults," she says. "We are eager to start implementing the program."



Wellness Exercise Program

Physical exercise is a strong focus for our Housing residents. Fox Rehabilitation conducts weekly classes and, thanks to another recent grant, a new series of wellness and exercise classes soon will be implemented. "We believe it

is crucial to offer physically engaging and age-appropriate programs that will inspire our residents to live well and be well," says Cristina. "This new series will focus on wellness and physical activity as a consistent means to promote longevity through active strengthening of mind and body."

A Wellness Continuum

Residents who require subacute care or inpatient short-term rehabilitation may receive it at the Rehabilitation Center at Lions Gate, a benefit that Fox Rehabilitation Exercise Physiology and Wellness Manager Glenn Sloves says provides real peace of mind for housing residents.

Residents who do not require inpatient care can receive therapy right in their own apartments. "Should inpatient care be needed," says Glenn, "residents take comfort in knowing a provider they are familiar with will deliver their care."

Saltzman resident 92-year-old Anna Cohen knows firsthand the benefits of having access to a care continuum. Anna spent four weeks at Lions Gate recovering from heart surgery and says it was nice to know she could recover at another Jewish organization while receiving care from the familiar Fox Rehab Team.

Anna's care has come full circle. She is now back at her Saltzman apartment receiving daily follow-up care from Aleph Home Care.