

LIONS GATE

Lifestyle. Care. Community. Tradition.

# Inspirations

WINTER 2019

## What Sets LIONS GATE apart? Our EXCLUSIVE Great 8 Wellness Program

Life is all about balance — saving vs. spending, exercise vs. relaxation, work life vs. personal life, family time vs. friend time, caring for children vs. caring for parents. The perfect balance doesn't mean that everything gets equal attention; only that you find a personal harmony that is most authentic for you.

The quest for optimal health and wellness considers the whole person, addressing eight dimensions of wellness to truly flourish. At Lions Gate, our Great 8 Wellness Program serves as a guiding philosophy in every aspect of our community. With the Great 8 Wellness Program, our residents discover the inspiration and the means to enjoy an invigorating lifestyle.

Lions Gate's Great 8 Wellness Program touches on these eight dimensions of wellness:

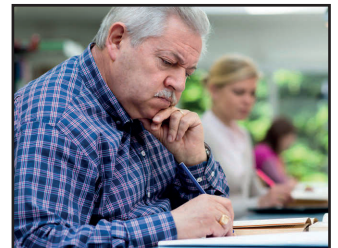
### 1. **PHYSICAL:** *Strengthen Your Body*

For the physical dimension of wellness, everyone needs physical activity, healthy foods, and sleep. Lions Gate helps seniors care for their body and minimize pain with access to an indoor heated pool, our state-of-the-art fitness center, and our Senior Fit exercise programs emphasizing balance, strength, and cardio. In addition, our registered dietitian and executive chef work tirelessly to create nutritious, delicious kosher meals so you'll truly eat well and be well.



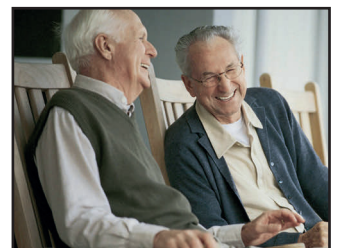
### 2. **INTELLECTUAL:** *Expand Your Mind*

For the intellectual dimension, everyone needs to continue to expand their knowledge and skills through intellectually stimulating activities. At Lions Gate, our Lions Gate University program boasts a robust course catalog with something for everyone. Whether you're interested in learning more about abstract art or want to take a hands-on horticulture workshop, our outstanding professors are sure to WOW you with the most engaging discussion groups on everything from history to science



### 3. **EMOTIONAL:** *Enhance Your Outlook On Life*

For the emotional dimension, there is a balancing act between nurturing friendships, maintaining self-esteem, and learning effective coping skills to mitigate stress. At Lions Gate, we facilitate an authentic culture of inclusivity, tolerance, and respect through our communal experiences. We share meals. We share stories. We share interests. We share faith. And those emotional connections build bonds that help see us through life's ups and downs together.



Continued on page 2

Vocational



Physical



Intellectual



Social



Emotional



The 8  
Dimensions of  
Wellness

Financial



Environmental



Spiritual



#### 4. **SPIRITUAL: Explore And Deepen Your Beliefs**



For the spiritual dimension, to thrive you must have a sense of purpose and meaning in life. The Lions Gate community is built on a solid foundation of faith, and we proudly celebrate our Jewish roots and traditions every day. Rabbi Grossman leads residents in worship in our beautiful chapel on Shabbat every Friday afternoon and Saturday morning, as well as on the Jewish holidays. Once a month, from Sukkot through Shavuot, we hold a Havdalah service. Jewish traditions, customs, holidays, and culture set the pattern of life at Lions Gate, but we also honor the religious traditions of all members of the Lions Gate family. Our goal is to create a supportive and welcoming environment for all residents.



#### 5. **SOCIAL: Connect With Family And Friends**



For the social dimension, we recognize that basic human need to connect, belong, and feel valued. Lions Gate places great value on our culture of camaraderie and companionship. We have clubs for every interest, and classes for every vocation. We have day trips with a cultural focus, and outings to great restaurants. We host first-class concerts, choirs, and theater experiences right in our Commons Hall. And our daily calendar bursts with opportunities to try something new, do something you love, and spend time with friends. That's really what life's all about!



#### 6. **VOCATIONAL: Share Your Knowledge And Experience**



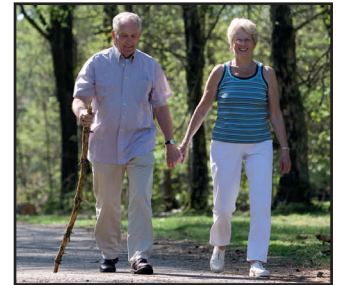
For the vocational dimension, there is an inherent value to feeling productive. Lions Gate provides residents with plenty of opportunities to share their knowledge and expertise at monthly council and resident meetings. We also help facilitate any volunteer experience a resident may want, connecting them with libraries, hospitals, animal shelters, and food banks in the community-at-large so they can make the most of their life experience.



#### 7. **ENVIRONMENTAL: Embrace Your Surroundings**



For the environmental dimension, we recognize that an individual's surroundings can set the tone of their day. At Lions Gate, our luxurious, resort-style community brings people together as they enjoy our beautiful campus. Our first-class amenities include a formal dining room and casual bistro, a pub/lounge, a library and computer center, meeting and game rooms, and a beauty salon and barbershop. Walking paths and patio courtyards draw residents out into the fresh air, and our concierge service takes care of all of our residents' appointments and outings.



#### 8. **FINANCIAL: Eliminate Worry**



For the financial dimension, we recognize the juxtaposition of an individual's satisfaction with their current financial state in contrast with the uncertainty of that person's future financial prospects. Lions Gate certainly can't predict the stock market, but we can give residents peace of mind about their future care. As a Life Plan community, our residents enjoy an independent lifestyle, but our campus also incorporates additional healthcare lifestyle services as needed, including memory care, skilled nursing care, and rehabilitation services. Our residents rest easy knowing that a future of care is right at their doorstep.



Lions Gate's Great 8 Wellness Program makes it easy for residents to find balance in their life on the path to personal wellness. It's a journey toward a more satisfying lifestyle that's as unique as the individual. It's our hope that this unique program adds a touch of kindness, a spark of creativity, and a dollop of cheer to each and every resident's day. Our goal is to help others find that balance between enjoying the present and looking forward to the future.

**How do you find the balance in your 8 dimensions of wellness?**

# Meet the new Executive Chef at LIONS GATE



## Eugene Howard

They say no matter where in the world you travel, all roads lead home. That's certainly been true for Eugene Howard.

"I have worked for Sodexo for 34 years," said Eugene. "I have traveled from Boston to Miami, and Delaware to Los Angeles. There's not a part of this country I haven't seen. And when people ask

me where my favorite place is, I always say the Philadelphia area. You're just a quick car ride to the shore. You're right in between DC and NYC. And everyone is really friendly here."

Oh, and he happens to have been born and raised in Delaware County, PA, and he and his wife of 40 years still live there. There's no place like home!

(Note: Sodexo is a French food services and facilities management company. They merged with Marriott in 1998, and today they are on the Fortune Global 500 list. Lions Gate chose Sodexo to run the food service operations for the entire campus.)

"I graduated from the Culinary Institute of America," said Eugene. "I have experience with many different cuisines. It's

a pleasure to keep a kosher kitchen here at Lions Gate, and bring the residents delicious new dishes made from all the best kosher ingredients."

Eugene is not only developing new menus at Lions Gate, he's also busy training and managing a kitchen staff of almost 100 people. But he's never too busy to talk to residents.

"I go table-to-table, meal-by-meal, listening to what everyone likes and doesn't like. If someone wants me to make one of their recipes, I'll try it. If someone has a request for a holiday meal, I'm open to it. I've already put in my pre-order for leg of lamb to serve on New Year's Eve."

Eugene has access to tens of thousands of recipes in the Sodexo database, so if you have a hankering for an old family favorite, just talk to Eugene about it. He's sure to be able to whip up something almost as good as grandma made.

"Food brings people together," said Eugene. "I'm grateful every day for the opportunity to serve good food to good people. No matter who you are, once you share a meal with someone, you feel like family."

Welcome home, Eugene. We're happy to have you here at Lions Gate!

# Meet the new General Manager of Food Services at LIONS GATE



## Vernadine Jenkins

Meet Vernadine Jenkins, the new General Manager of Food Services at Lions Gate. Vernadine joined the Sodexo team in April 1994, and most recently was working as a Resident District Manager for Pennsylvania in the Seniors Segment. Prior to that, she was an Area General Manager in seven CCRC client communities, serving more than 850 residents and Adult Day Care for 200 participants in Adams and Franklin counties.

Vernadine and the Sodexo team are taking the food services at Lions Gate to the next level.

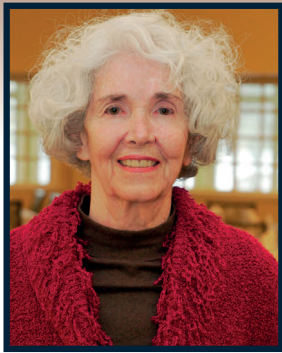
(Note: Sodexo is a French food services and facilities management company. They merged with Marriott in 1998, and today they are on the Fortune Global 500 list. Lions Gate chose Sodexo to run the food service operations for the entire campus.)

"As General Manager of Food Services, my goal is to keep everything running smoothly," smiled Vernadine. "I put the systems in place for training, food preparation, cost efficiencies, and safety. Once the systems are in place, I just stand back and let it take off."

With over 300 residents at Lions Gate, food services is quite a big operation. The main kitchen is constantly abuzz with activity, and the meals rival that of a restaurant. There are also seven hydration stations throughout the 50-acre campus, constantly stocked with fruit-infused water and more.

"I love spending my days and evenings with the residents, families, and team members," said Vernadine. "In my spare time I enjoy spending time with my family, traveling, and reading a good book."

Stop into the Bistro, and introduce yourself to Vernadine. "I look forward to meeting the residents and team members, and being a part of an established and dynamic dining team," added Vernadine.



## Sunny Cahn

Meet Sunny Cahn, the very first featured artist in our new Lions Gate Resident Art Show Series. An 11-year resident of Lions Gate, Sunny can often be found in the Eugene & Evelyn Bass Art Studio. An exceptionally talented painter, Sunny's love of art started

when she was a young girl living in Cleveland, Ohio. She found she could draw quite well at a young age without any formal training.

Married at 18 years old to Stephan, and blessed with two children, Roberta and Howard, and 5 grandchildren, Sunny didn't take a formal art class until she was in her 30's. She took various classes at the Cleveland Institute of Art and local community colleges, and received a commercial art certificate from the Cooper School of Art.

"I always wanted to be a fashion illustrator for the newspapers," said Sunny, "but by that time, the media was using mostly photography instead."

Sunny became a partner in an art studio and gallery, where she continued to paint and exhibit her work. Over the years, she experimented with many different types of media. "I love all kinds of art media, but I'm most drawn to figurative sculpture, and working with clay," said Sunny. "The best of those clay figures were made into bronze sculptures."

Now Sunny is taking her art digital. "Drawing on my iPad allows me to expand my skills, and offers new creative opportunities," said Sunny. "I can easily pick it up anytime I feel inspired. I'm hoping to learn more about high resolution printing, and whether it will allow me to reproduce my digital work."

Overall, art has always played an important role in Sunny's life. "Life is unpredictable, but art was the one constant in my life," said Sunny.

The Lions Gate community is proud to celebrate the joy of art, and is excited to kick off a series of Resident Art Shows beginning with the art work of Sunny Cahn. With each show, there will be an open bar with snacks, and a pianist. All are welcome!

Check with Kim Clemons, Lions Gate Programming Director, to find out more about our new Resident Art Show series.



## Don Fletcher

Don Fletcher is quite the Renaissance man.

He spent the first 14 years of his life in Korea. He received his Bachelors, Masters, and Doctoral degrees from Princeton. He was a missionary in Latin America for 15 years, where he and his wife raised their 6 children.

He was a professor of Biblical Studies at the University of Texas. He took on the role of Chair of the English Department at a small, mainly black college in Alabama during the civil rights movement. He worked under the Presbyterian Board of Christian Education. He taught high school English at Cherry Hill West for 13 years. He has published eight books. He's fluent in English and Spanish, and knows more than a little Korean, French, and German. He survived bladder cancer. He was married for 72 years, and has 6 children, 10 grandchildren, and 1 great grandson. And he's just a few weeks shy of his 100th birthday.

Oh yeah, he's also an award-winning artist.

"It really wasn't that noteworthy," smiled Don. "I entered an ink drawing of Hong Kong Harbor in the Camden County Art Show, and I won 2nd place in the 60+ age category. Of course, if they had a category for 90+, maybe I would've been the only entrant, and been able to take 1st place by default."

That's just a brief introduction to our second featured artist in the Lions Gate Resident Art Show Series, Don Fletcher. A lifelong Presbyterian minister and teacher, Don started taking art classes here and there about 20 years ago. He started in watercolors, but picked up oil painting 5 years ago here at Lions Gate.

"I prefer painting landscapes," said Don. "The only portrait I have ever painted was of my wife, Martha. Carol Gooberman, the watercolor teacher here at Lions Gate, really guided me through that portrait. I could never have completed it without her."

Two of Don's pieces of art are currently featured in the Art on the Boulevard program through the Voorhees Art Council. That program selects art from both amateur and professional artists, and displays them in storefronts throughout Voorhees.

"I love music, art, literature, travel," Don chuckles. "There's so much in this world to learn about."

Lions Gate is proud to showcase the many talented artists in our community, and invites you to join us at each of our monthly Resident Art Shows. With each show, there will be an open bar with snacks, and a pianist. All are welcome!

Check with Kim Clemons, Lions Gate Programming Director, to find out more about our Resident Art Show series.

# Take a Drawing & Painting class at LIONS GATE



## Featured Instructor: Carol Gooberman

Art has been the cornerstone of Carol Gooberman's life for as long as she can remember.

"I was just always drawing and coloring as a kid," said Carol.

Carol attended the Moore College of Art and Design, and graduated with a BFA in Illustration. She took a job at an advertising agency, and not only created illustrations for the advertising, but also took on layout and graphic design responsibilities. After 5 years, she took a break to raise her two children. Unfortunately, tragedy struck, and her husband, Alan Z. Gartzman, D.O., passed away at a very young age. But art was always there for Carol...to comfort, to distract, to heal. Eventually, Carol married again, this time to Bruce Gooberman, M.D., and together they had two children. As she was raising her four children, Carol also opened the doors to her own art school in Merchantville, where she taught both children and adults for over 11 years.

"I love teaching art," said Carol. "Beginners to advanced...pastels, oils, watercolors...figure drawing, landscapes, portraiture. There's an artist in everyone."

Carol continues to teach adult art students at the Markeim Arts Center in Haddonfield. She also does portrait commissions and beach landscapes. "I even painted murals for my husband," smiles Carol. "He is the senior partner at Advocare Merchantville Pediatrics. When they moved the practice to a new building, they had an enormous amount of wall space to cover, so Bruce enlisted me. I painted a circus theme on some of the walls, and for others I reimagined the Garden State Race Track."

Carol's parents came to live at Lions Gate when the doors first opened 11 years ago. Her mother lived with Alzheimer's for 15 years, so it was a blessing for her father to move to Lions Gate and get assistance with her care. Carol's mother spent the last 5 years of her life in Safe Haven, the memory care neighborhood in Assisted Living at Lions Gate.

"I spent a lot of time here at Lions Gate with my parents," said Carol. "Even after they passed, Lions Gate was such a big part of my life that I wanted to stay connected to it. Teaching drawing and painting here is my way of giving back to a community that took good care of my parents. I'm honored to do it."

Carol brings her grandson to class with her each week, and her art students always make a big fuss. "He's like the mascot of the art studio," laughs Carol. "Three generations together every week, bonding over art. It doesn't get much better than that."

Come sit in on Carol's Drawing & Painting class on Wednesdays, 10:30a-11:30a. The creativity, the talent, and the insightful conversation are sure to inspire you to pick up a brush yourself!



**SPECIAL  
OFFER!**

**REDUCE THE STRESS OF YOUR MOVE.**  
**LIONS GATE will cover costs for your move  
planning & coordination. We will unburden  
you from packing, moving, and unpacking.**  
**Call Donna for more information 856-679-4682.**



# Full Days - Happy Life!

## Get in on the Fun at LIONS GATE

Dag Hammarskjold once said, "The more busy we are, the more leisure we have." Sounds like he must've been talking about Lions Gate! The monthly Programming Calendar is bursting with fun from dawn to dusk. If you're interested in it, Lions Gate has a class, a trip, or a lecture on it!



### CLASSES

Keep your brain learning as you keep your body moving! Lions Gate offers regular classes on everything from yoga to water aerobics, and from chair tap to Sit & Fit exercise. We also have a weekly Rabbi's class, oil painting instruction, a drawing & painting art class, and French lessons. Ooo la la!

### TRIPS

Grab a friend, and hop on our comfy transport bus to go to the Voorhees Town Mall, the library, or the grocery store. You can also sign up for trips to the Philadelphia Theater Company, the Philharmonic, the Pennsylvania Ballet, the Arden Theater, the Philadelphia Orchestra, and so much more.

### LECTURES

Lions Gate offers both video lectures and live lectures. College professors and expert lay people host live lectures on everything from horticulture to Broadway, and from abstract art to opera. Video lectures dig into broad themes of interest including travel, religion, history, music, and archaeology. We frequently feature lectures from the "Great Courses" series.

### GAMES

Pull up a chair, and join in the many games we host every day in the Card Room. Enthusiastic competitors match wits over all-level bridge, canasta, duplicate bridge, and mahjongg. Our Monday night Bingo game is always a great time with friends.

### ENTERTAINMENT

If you like top quality shows and films, you've come to the right place. Lions Gate boasts regular concerts, dance company showcases, movies, and screenings of live events.

### DISCUSSION GROUPS

Let's chat! Whether you would like to chime in at our monthly Council Meeting, Resident Association Meeting, or Tuesday Tea with Programming Director, Kim Clemons, we'd love to have you. We also host weekly current events discussions to keep you abreast of what's making headlines around the world.

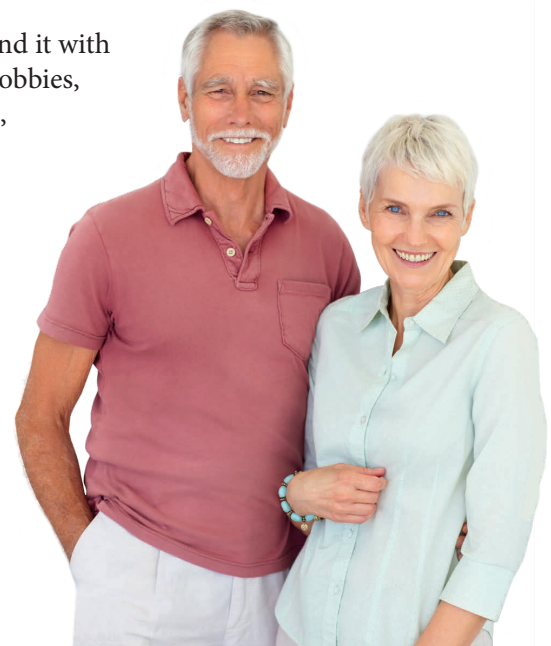
### CLUBS

Are you a joiner? Great! We have everything from Yiddish Club to Book Club to Art Appreciation Club. There's also a regular Happy Hour for those who want to join in for a toast and a nosh. Want to start a new club? No problem! Just talk to the Programming Director, and she'll add it to the monthly calendar.

### SERVICES

Kabbalat Shabbat is celebrated every Friday at 5:00 pm, and Services are held on Saturday mornings at 11:30 am. Come share in the joy of the Jewish faith with your friends and neighbors.

Time is a gift! Spend it with friends pursuing hobbies, learning new skills, and enjoying great entertainment. It's all here for the taking at Lions Gate!



# Let's Pop The Cork on LIONS GATE *Dinner Theater!*



Remember the days of the Latin Casino in the '60's and '70's? It was considered one of the fanciest, hippest dinner nightclub experiences of the time, featuring dinner, drinks, and a showcase of top entertainment. Everyone called it "The Showplace of the Stars."

Fast forward to 2018, and you might think the Latin Casino is no more. But walk into Lions Gate during dinner theater night, and you'll feel like you've stepped back in time.

Every month, Lions Gate hosts their own dinner theater. With champagne and special themed cocktails for the night, the evening is kicked off with a toast. The entertainment is always spectacular, and filled with music. Residents have been treated to tribute concerts for Elvis, Frank Sinatra, and Barbra Streisand. They've enjoyed theater shows, and even light opera. The dinner is always delicious, and the chef goes out of his way to create a special themed salad and dessert to tie in with the show.

And here's the best part — the dinner theater is free! So enjoy a sip of the bubbly, and relax as a crooner serenades you. Just make sure you get your reservation in, because there are only 48 seats at our special dinner theater every month, and it's first-come, first-served.

Mark your calendar for the next dinner theater. We look forward to sharing a champagne toast with you then!



## Meet the new Fitness Director at LIONS GATE



### Gary Simmons

Forget Sweating to the Oldies with Richard Simmons. Try Balance for Oldies with Gary Simmons!

"I'm older than most exercise experts," smiles Gary. "And that's just the way I like it. I have a keener understanding of the needs of the aging population, and I understand their general mental outlook. I

have developed special exercises for seniors to help improve quality of life, maintain independence, and decrease pain from a lifetime of muscular/skeletal injuries."

Gary spent the majority of his career training athletes. His first job out of college was with the Philadelphia Eagles. During his 35-year career, Gary was a syndicated columnist, a national speaker on health and motivation, an author of five books, and an inventor of dozens of exercise and sports improvement products.

"I'm not a personal trainer," said Gary. "I have two masters degrees in sports psychology and exercise science with extensive experience in orthopedics, so I take a scientific approach to accomplish fitness goals. I don't just do exercise classes. I create individual programs for every person who walks into my fitness center. Plus, I've designed a detailed exercise program specifically for those with Parkinson's." Gary considers his primary role to be that of educator.

"I give weekly presentations with a Q&A. I've talked about practicing balance exercises to improve reaction

time and regain coordination. I've done a demonstration on how to fall properly, so residents don't get injured. I've worked through the stages of recovering from a stroke. I've covered how to maintain healthy bones, heart, and joints. I tackle pain management, and we go through foods that cause inflammation. I always bring nutrition into every conversation, and talk about natural supplements to get people healed and off medications. I talk about mindfulness to help control stress and anxiety. I cover a lot, but they love it. Everyone here is so sharp. They want to learn all they can."

Gary walks down the hallway, and he seems to know everyone. Residents stop him to ask questions, and he has an answer for everything, from cleansing the liver to how getting more oxygen to the brain helps brain cells communicate better with each other.

"You can't get this fitness program anywhere else," said Gary. "And all fitness training is free to Lions Gate residents. It used to be only 4-5 people would attend a fitness class here. Now I have a third of the entire Independent Living community registered for classes. I give a class every day at 10:30a, and it's gotten so popular that we moved it to Commons Hall. I love it!"





LIONS GATE

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www.lionsgateccrc.org  
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Get *Living - Keep Learning!*



## Take a class at LIONS GATE UNIVERSITY

Introducing **LIONS GATE University!** Lions Gate is proud to host dozens of interesting classes each month at our beautiful Voorhees campus. Whether you're interested in learning more about abstract art or want to take a hands-on horticulture workshop, Lions Gate University boasts a robust course catalog with something for everyone.

Each month, our residents browse the course line up. Some pop in for one class, and others make the grade with a different class every day of the week. Our outstanding professors wow the crowd with the most engaging discussion groups on everything from history to science. We also host a wealth of video lectures, including terrific selections from The Great Courses video lecture series.

**New courses are being added all the time. Here is a sample of some of the classes we offer:**

Current Events	Mondays	@ 3:00 pm	Art History	Thursdays	@ 3:00 pm
Crosswords & More	Tuesdays	@ 3:00 pm	Broadway	Thursdays	@ 7:00 pm
Learn to Speak French	Wednesdays	@ 10:00 am	Opera	Fridays	@ 12:45 pm
Drawing & Painting	Wednesdays	@ 10:30 am			

*No homework. No tests. No cost to residents.*  
**It's the best of college without any of the student debt!**

Every day is packed with Back To School fun for residents at Lions Gate!

Throughout the year, we offer a variety of educational programs in partnership with the Saltzman Foundation Lifelong Learning Institute