

# HA KESHER

## The CARES Connection

### Welcome

This periodic newsletter provides information about resources that our Greater MetroWest Jewish community offers to older adults and to those who care about them. **In this issue, we feature programs that provide exercise opportunities specifically for seniors.** (Previous editions have focused on memory care, arts programs for seniors, and support for caregivers by the CARES agencies.)

### What Is CARES?

Greater MetroWest CARES is the department of Jewish Federation of Greater MetroWest NJ that is charged with addressing the broad range of needs and interests of our community's older adults. As is well known, our community is aging and the very existence of CARES indicates that Federation endorses practical ways to fulfill the mitzvah to honor parents and the elderly.



CARES acts as Federation's point of contact with the community for all things senior-related and as an advocate for seniors and those who care about them. By staying attuned to current trends and community needs, CARES also helps to inform Federation's planning process. CARES's effectiveness is derived in large measure from its structure as a collaborative network of professionals and lay leaders from 11 Federation partners that serve older adults.

Visit [www.jfedgmw.org/cares](http://www.jfedgmw.org/cares) for more information about CARES and a complete list and descriptions of the agencies in our Greater MetroWest community. For further information about any of the agencies, you can contact them directly.

### Exercise

The benefits of exercise for both physical and emotional health are well known. Exercise can help to build bone strength and reduce the danger of falls, it can aid in recovery following an accident or surgery, and it can simply be enjoyable! As we age, exercise remains a vital part of healthy living, although it may need to be tailored to accommodate new concerns and changing abilities. Here in Greater MetroWest, the CARES partner agencies provide a variety of exercise programs some of which are highlighted below:

**Daughters of Israel**, a skilled nursing facility located in West Orange, seeks to keep residents as fit and active as possible, and to keep the blood flowing! With a bit of creativity, most physical activities can be adapted according to level of functioning, particularly for those in a wheelchair.

The activities schedule at Daughters of Israel offers exercise options including professional instructors teaching chair yoga, Seniorcise, and Zumba. On a regular basis, Daughters of Israel offers residents various programs such as Stretch n' Flex, Move to the Groove, Exercise with Phyllis, and Movement to Music. Those who prefer more competitive sports can participate in bowling, table tennis, target toss, and more. During the spring and summer, gardening is a regularly scheduled activity that involves more physical rigor than one might think! In addition, Sunday live concerts often get residents up and moving to the beat. During the Olympics, Daughters of Israel holds its own version for residents, offering fun and competitive games.

The Rehab Center at Daughters of Israel provides physical and occupational therapies to sub-acute residents in its spacious gym. With the Omnicycle, parallel bars, transfer training car, and other equipment, residents get a great workout. The OmniVR, a therapeutic interactive game system which was actually used in the Rio 2016 Summer Olympics, is one of the favorite workout stations in the Daughters of Israel gym.

For further information visit [www.daughtersofisrael.org](http://www.daughtersofisrael.org) or call (973) 731-5100.



Courtesy of Daughters of Israel

**JCC of Central New Jersey**, located in Scotch Plains, offers senior exercise programs through its Berg-Lieppe Senior Adult Program. These classes, which help with balance, flexibility, strength, and more, are open to both members (no additional charge) and community members at \$8/class:

- Tai Chi Chih—A Healing Art: Mondays, 10-11 a.m. A series of 19 gentle movements which circulate and balance life's energy, calming the emotions and reducing stress and tension.
- Move Better to Feel Better: Tuesdays, 10:15-11:15 a.m. This exercise program is designed to increase strength, balance, and flexibility, and maintain posture. The total body workout can be done in a seated or standing position.
- Light Exercise for all Fitness Levels: Wednesdays, 10:15-11:15. Participate at your own pace in a safe, effective, and fun class in either a seated or standing position. Designed to increase flexibility, balance, and range of movement
- Chair Yoga: Thursdays, 10:15-11:15 a.m. Increases flexibility, strength, balance, and body awareness. Also includes breathing techniques and meditation to promote focus, mental clarity, and relaxation.
- Walking Club: Fridays, 10-11 a.m. Walking around the gym and much more, including strength and flexibility training.

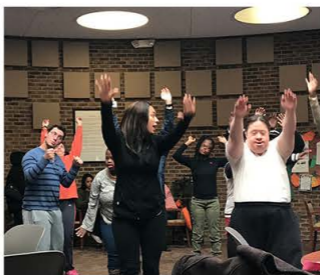
For further information visit [www.jccnj.org](http://www.jccnj.org) or call (908) 889-8800, x260.

**JCC MetroWest**, located in West Orange, has a newly renovated state-of-the-art fitness center where highly trained personal trainers help members stay fit. In addition, it offers seniors a variety of exercise classes four days per week at its Margulies Senior Center. These include gentle chair aerobics, Forever Fit, and Seniors on Strength, which incorporate light weights and bands. The JCC MW has weekly Tai Chi as well as a volunteer-led exercise course. The JCC MW also offers Project Healthy Bones, a state-wide program that provides evidence-based exercise for people at risk of osteoporosis, including weight-bearing exercise designed to improve bone health.

For further information visit [www.jccmetrowest.org](http://www.jccmetrowest.org) or contact Gina Goldman at [ggoldman@jccmetrowest.org](mailto:ggoldman@jccmetrowest.org) or (973) 530-3448.

**JESPY House**, located in South Orange, serves adults with intellectual and developmental disabilities ranging in age from 18 to 70. Dance aerobics, competitive sporting events, and fun activities are part of the JESPY House Athletics & Fitness Program. JESPY House clients participate in golf, soccer, volleyball, basketball, bowling, skills and drills, and group exercise. Some also engage in a variety of sports with the Special Olympics. JESPY House's athletic coordinator, Jerica Best, has more than 12 years of experience working in the Health & Wellness field and a degree in kinesiology. Best works with Head Coach Tabatha Richardson-Smith, a former WNBA basketball player and the all-time leading scorer at Seton Hall. Best says that one of her goals for the JESPY program is to highlight non-competitive activities such as boxing, ping-pong, swimming, and endurance training. Clients have the opportunity to participate in various exercise or sporting activities several times each week. "I am enjoying my time at JESPY House and am receptive to the clients' needs," she adds. "I am looking to enhance our Athletics & Fitness department by adding variety and accessibility to the program." In addition, JESPY anticipates having a new fitness center specifically for adults with intellectual development disabilities opening in June.

For further information visit [www.jespyhouse.org](http://www.jespyhouse.org) or call (973) 762-6909.



Courtesy of JESPY House

**Jewish Community Housing Corporation of Metropolitan New Jersey (JCHC)** owns and manages more than 470 apartments for older adults in four buildings in Morris and Essex counties. The non-profit organization offers seniors a range of options in terms of services, amenities, location, and cost, all within a traditional Jewish environment. The JCHC provides housing, programs, and services for the independent elderly as well as those who need assisted living.

The JCHC communities offer residents a variety of safe, age-appropriate exercise classes to help them improve balance and mobility; develop and maintain flexibility; keep bones, muscles, and joints strong; and promote relaxation and healing. Classes include:

- Tai Chi Chih, which uses slow, rhythmic movements with music
- Chair yoga, chair fitness and exercise that incorporates yoga movements
- Meditation and relaxation, using guided imagery and deep breathing techniques to relax and unwind
- Balance and mindfulness
- Stretch, with resistance bands to improve muscle tone and strength
- Qi Gong fusion, an ancient practice that increases flexibility, mobility, and energy; aids digestion; and reduces stress. This class integrates Qi Gong with elements of yoga, self-massage, and guided meditation.

Some yoga classes incorporate guided imagery, music, and meditation to help promote well-being, and lavender oil is provided for relaxation. Bends, twists, and stretches help seniors stay fit; yoga can help people sleep better and manage pain. Chair fitness participants enjoy a variety of seated and standing stretching exercises (using the chair for balance), breathing exercises, and work with resistance bands. All exercises are recommended by the Arthritis Foundation.

In addition to classes, Village Apartments of the Jewish Federation in South Orange and Lester Senior Living in Whippany have well-equipped fitness centers with free weights, treadmills, exercise bikes, and more for cardio fitness and strengthening workouts at whatever level residents are comfortable. Lester's walking club participants take outdoor walks along the community's tree-lined sidewalk when the weather is warm. Jewish Federation Plaza in West Orange also has a walking club; residents take advantage of the promenade that connects the community's four buildings to move at a comfortable pace indoors.

For more information visit [www.jchcorp.org](http://www.jchcorp.org) or call (973) 731-2020.

**YM-YWHA of Union County**, located in Union, offers exercise classes for seniors three mornings each week. Monday is Chair Yoga; Wednesday is Silver Strong; and its newest class closes out the week with Fitness Fridays. Classes run for approximately 40 minutes. There is no cost to members, and the classes are open to non-members for a nominal fee. The Y provides weights, resistance bands, and balls to vary the workouts. Each class focuses on different activities and muscle groups for full-body fitness.

Nancy Antelis, also known as Neshe, the Y's fitness guru, has a passion for music and movement and is a certified personal trainer, yoga instructor, and Zumba instructor. She spends three mornings per week with seniors and also runs various classes for all ages and abilities.

For further information visit [www.uniony.org](http://www.uniony.org) or call (908) 289-8112.

**Click here to view previous Cares e-newsletters**

Greater MetroWest CARES is chaired by Amy Ganz Sadeghi.

For more information about CARES, contact CARES Coordinator Marian Marlowe at [mmarlowe@jfedgmw.org](mailto:mmarlowe@jfedgmw.org) or (973) 929-3051.