



# Telling Our Story

**WE ALL KNOW IT'S TRUE—EXERCISE IS IMPORTANT.** Regular physical activity helps our body's systems function better, keeps heart disease, diabetes, and other diseases at bay, and like it or not, it is a key ingredient for losing weight. While any fitness routine can be good for you, it's essential to find the right activity that you can not only fall in love with and stick to, but that also works for your body and health needs, and that can help you achieve your goals.

At the JCC, we pride ourselves on being able to help our members find that personal wellness "sweet spot."

It's one of the major advantages of belonging to a wellness center and not just a gym or fitness boutique. Understanding the whole person is our priority, and to do this, we employ a skilled, inspirational team of certified, fitness instructors who are available to meet individually with members to provide free fitness evaluations and personal orientations that allow them to find fitness routines that are right for them. Our greatest reward comes from knowing we have made a difference in the quality of life for our members, as in the case of Jackie, a longtime member of the JCC.

Jackie, who has an advanced engineering degree from Columbia University, has always been dedicated to fitness. Born in Romania, Jackie excelled as a swimmer and earned a spot on Romania's national swim team, where she competed in the backstroke. She later moved to Israel, where she attended college and swam across the Sea of Galilee. She eventually came to United States with

her husband and enjoyed an amazing career that has included foundation engineering and radiation shielding for oncology centers.

Athletic and competitive, Jackie joined the JCC and has been a member for over 20 years. Never a stranger to adrenalin-boosting fitness regiments, she worked out regularly with a personal trainer, but over the years and after recovering from a health issue, her "no pain, no gain" routine became too much. Sideline from the types of activity and workouts she was accustomed to, Jackie was eager to find new options that would be healthy and work for her body. As a longtime member of the JCC health club, Jackie arranged to meet with Fitness Director Barbara Marrott. After a consultation and a review of Jackie's current needs and goals, Barbara suggested that Pilates might be a good fit for her, and from day one, it has changed her life.

PHOTO: Jackie with Haley in the JCC Pilates Studio.







PHOTO: Jackie and Haley.

“I’m not usually someone who speaks spiritually about being in the right place at the right time, but that is how I have come to feel about my Pilates experience at the JCC.”

“I was out of shape and could no longer push myself the way I was used to, but from my very first session, I knew that Pilates was exactly what I needed. Haley Shoor, the Pilates Director, worked intensely with me for over an hour, and surprisingly, I didn’t feel fatigued. In fact, I felt instantly invigorated and at home, and with Haley’s knowledgeable coaching, I became aware of subtle muscles I never even knew I had.

That first class was enough to earn my full commitment, and now, less than two years later, I feel like a new person. The health benefits are just amazing, because Pilates strengthens your core and

gives you better poise and posture, but it also requires thought and concentration in ways that help you feel physically and mentally centered. I’ve truly never felt better and I’ve never met anyone more knowledgeable about the human body than Haley. She understands the most minute and subtle aspects of human anatomy and despite my limitations, she has never suggested an exercise that hurt me and always has an intelligent answer for every health question I have ever asked. Life has taken me to a new place and I now tell everyone that if they love and value their body, they should take Pilates with Haley because it is the gift of health and overall well-being.”

“Pilates strengthens core muscles, from the inside to the extremities, to build strength and bring the spine to its most natural alignment,” explains Haley. “The end result is better posture, a stronger physique and greater flexibility. It also reduces physical ailments such as back pain. However, what makes Pilates really special is that without being invasive or overly mechanical, it can help people like Jackie regain real quality of life. And the JCC is the perfect place to do it because it is offered in the context of a unique and extensive wellness facility dedicated to whole-body health. We feature special modalities that can boost accomplished athletes to new fitness levels, as well as great options for one-time athletes like Jackie, who are seeking new fitness alternatives. But we also provide sports-specific and post-rehab training for people struggling with illness or injuries and can even train singers to increase their lung capacity. The possibilities are endless and the JCC makes it possible because of the enormous scope of its offerings that can be tailored to almost anyone’s needs.”

*The JCC offers a full spectrum of year-round health and wellness programs, taught by a caring and motivational staff that can assist people in achieving their health and wellness goals at every age and stage of life. For advice on how to find your own roadmap to wellness success at the JCC and schedule a free fitness orientation call 201.408.1475. For more information about the JCC’s Pilates program visit [jccotp.org/health-wellness](http://jccotp.org/health-wellness) or contact Haley Shoor at [hshoor@jccotp.org](mailto:hshoor@jccotp.org) or 201.569.7900 x412.*

# tributes

Looking for a way to mark a special occasion such as a wedding, anniversary, bar/bat mitzvah, or a birth of a child, or to honor someone’s memory? Make a donation to an individual endowment fund in their honor! All gifts over \$18 are recognized with a card to the recipient and listed in this publication. For more info or to make a tribute please contact Fran Koszer at 201.408.1404 or visit [jccotp.org](http://jccotp.org) and click “Donate.”

## ANNA & NEAL MERKER SCHOLARSHIP FUND FOR CHILDREN OF SINGLE PARENTS

From Anna Merker to Elle Rubach in memory of her mother

## BARBARA AND NORMAN SEIDEN CAMP DREAM STREET FUND ESTABLISHED BY ANGELICA AND RUSS BERRIE

From Martha and David Cohen to Norman Seiden in memory of Barbara Seiden

## BARBARA AND SEYMOUR "CY" LESLIE MEMORIAL FUND FOR MUSIC AND THE PERFORMING ARTS

From Avi Lewinson and Susan Shlanger to Mimoza Necaj in memory of her brother

## BATYA BARZELAY ISRAELI CULTURE AND ART FUND

To Aya Shechter in honor of her birthday from:

Anonymous (2)  
Toby and Boaz Arbel  
Elad Family  
Erenberg Family  
Feibish Family  
Feldman Family  
Ceder Franco and Chen Families  
Mart Family  
Esther Mazor

Melamed Family  
Oelsner Family  
Shoshani Family

From Esther and Shmulik Mazor to Ruti Cohen in memory of her mother

## BERIT & MARTIN BERNSTEIN OPEN FORUM FUND

From Berit and Martin Bernstein to Hon Hantgan and Family in memory of George Hantgan

## BERNIE AND RUTH WEINFLASH SHIRAH FUND IN TRIBUTE TO MATTHEW LAZAR

From Mindy Birnbaum, Barry, Emily and Hannah Rutcofsky to The Weinflash Family in memory of Bernard Weinflash

From Vivian Holzer to The Weinflash Family in memory of Bernie Weinflash

From Monica Blum to Phyllis Rosen in her honor

From Fran, Jerry, Scott and Laura Koszer to The Weinflash Family in memory of Bernie Weinflash

From Hedda Kleinfeld Schachter to Jody Konstadt and Carol Kopelman in memory of Bernard Weinflash

From Ina and Stan Lane to Jody and Steven Konstadt and Family in memory of Bernard Weinflash

From Independence Advisors to Steve and Jody Konstadt in memory of Bernie Weinflash

From Laura, Mike, Adam and Claire Cohen to Jeff Weinflash in memory of Bernie Weinflash

From Helaine Ledany to Carol Kopelman in memory of Bernie Weinflash

From Caryn Miller to Jody Konstadt and Family in memory of Bernie Weinflash

From The Grinberg and Phalen Families to Jody Konstadt in memory of Bernard Weinflash

From Ira Kotler to Jody Konstadt in memory of Bernie Weinflash

From Karl Holmberg to The Weinflash Family in memory of Ruth and Bernie Weinflash

From Martha, David and Harry Cohen to Carol and Michael Kopelman and Family in memory of Bernie Weinflash

From Berit and Martin Bernstein to The Weinflash Family in memory of their father Bernard

From Sam Gordon to The Weinflash Family to celebrate Bernie Weinflash's life

## BERNSTEIN-SLOTE MEMORIAL FUND FOR SENIOR COMPUTER LITERACY

From Bob and Carol Slote-Bernstein to The Lordeman Family in memory of their friend Jim

From Bob and Carol Slote-Bernstein to Rabbi Paula Feldstein and Family in memory of her mother Ann

## CAMP DREAM STREET-PEARL SEIDEN SUMMER PROGRAM FOR CHILDREN WITH CANCER AND OTHER BLOOD DISORDERS

From Debby, Dov, Elizabeth and Abigail Bacharach to Elle Rubach and Family in memory of her mother Judith Golden

From Debby and Dov Bacharach to Goldie Levey and Family in memory of Dr. Harvey Jolt

From Anita and Paul Miller to Mark Shirvan in memory of his beloved brother Jess

From Sy and Millie Graye to Pearl Seiden in her honor

From Eleanor and Ed Epstein to Pearl Seiden, Mazel Tov on the birth of her granddaughter Rayna

From Martha and David Cohen to Pearl Seiden in memory of Barbara Seiden

From Kim and Joe Spadaccini to Elle Rubach in memory of Judith Golden

From Kim and Joe Spadaccini to Andrea Strahl in memory of Karen Geller

From Cecilia and Ross Seiden to Pearl Seiden in her honor