



For Immediate Release

Freehold Resident Lyubov Kolesnikova Celebrates 100th Birthday at The Jewish Home

Former Doctor and College Professor Embraces Daily Morning Stretches and Mental Challenges

FREEHOLD, N.J. (Nov. 10, 2022) — Living life to the fullest aptly describes the life and times of Lyubov Kolesnikova, a resident of [The Jewish Home for Rehabilitation & Nursing](#) in Freehold, who celebrated her 100th birthday this fall. A former doctor and college professor, the centenarian still does her morning stretches every day; keeps her mind active with mental challenges like puzzles, Sudoku and crosswords; and is known for always finding the “silver lining.”

Kolesnikova’s family and members of the skilled nursing facility’s care team joined in her milestone birthday festivities.

“It was our delight to celebrate this special day with Lyubov,” said Rita Elpiner, who directs The Jewish Home’s cultural program for Russian-speaking residents. “She is a pleasure to have with us here at The Jewish Home and has so many interesting stories to share.”

Born in 1922 in Kharkiv, Ukraine, Kolesnikova moved to Donetsk, Ukraine, during WWII with her mother, who was a pediatrician; father, who was an engineer; and her younger sisters. She followed in her mother’s footsteps, earning a medical degree, although did not stop there. Always fascinated by the sciences and drawn to learning, Kolesnikova continued her education, obtaining advanced degrees. She became a college professor at a top university in Donetsk, where she remained until her retirement.

Kolesnikova and her husband raised their two daughters in Ukraine, one of whom settled in New York. In 1994, the pair moved to New York to help their daughter raise her young family and also enjoyed countless travels across the U.S.

Kolesnikova approached her earlier hobbies with a passion and delighted in sharing the fruits of her labor, so to speak, with family and friends. Her love of cooking brought large meals for her family and friends to enjoy, while her sewing hobby resulted in a couture wardrobe for her daughter.

Located at 1151 W. Main Street, The Jewish Home provides post-hospital care, short-term rehab and long-term residential care. The facility’s Russian-speaking cultural program offers bilingual caregivers and medical professionals, authentic cuisine

prepared in-house, and special recreational activities. The 150-bed skilled nursing facility also includes a synagogue on premises, provides focused Jewish programming and offers OU certified Glatt Kosher cuisine.

PHOTO CAPTION: Lyubov Kolesnikova with (standing, L-R) granddaughter Anna Clyburn, great granddaughter Kira Clyburn, daughter Marina Kolesnikova and son-in-law Boris Berezetsky

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[About The Jewish Home for Rehabilitation & Nursing](#)

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