

cje SeniorLife 

LIFE

OUR QUARTERLY MAGAZINE
SPRING 2022



Your Center for Positive Aging Since 1972

#CJEis50

Plus
CJE's Volunteer Starlights
Creative Arts + Therapy
For the Health of It



celebrate **50**

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for the next 50 years.

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VIEWPOINT

DEAR READER,

We are delighted to introduce this issue of LIFE as we celebrate CJE's 50th anniversary! This milestone year is the perfect opportunity to look back on what we have accomplished as an agency—and look ahead to how we will support older adult services in the future.

As we remain steadfast in our mission to enhance quality of life and facilitate the independence of older adults, it is clear that CJE must evolve to be more responsive to the changing needs and ways in which older adults and their families want access to our services. Many of these changes in care will reflect what we have known for some time: that people are living longer and there is a greater desire to age in place. Some changes have been accelerated by the pandemic, like telehealth counseling—an example of a pivot that now reflects a growing demand for convenience and ease in accessing certain healthcare services.

In response to the changing needs of seniors and their families, we have a new vision: *To help older adults live better every day connected to the community of their choice with access to trusted care and a full range of services, rooted in Jewish values.* CJE Leadership has identified and will implement “the best of the best” social services practices based on models from around the country, to provide the highest level of service possible.

As a trusted healthcare service provider for 50 years, we are primed to expand our role as a dedicated advisor and partner for older adults and their families. Through a new clinical intake system, we will evaluate each person's situation and help them access services for their immediate and long-term needs, be it from CJE, or in some cases a third-party provider identified by CJE. Our goal is to make this process easier and less stressful for older adults and their families.

At CJE, we take pride in what we do and realigning our agency by embracing new technology, business and communication processes, training, and culture will further support our mission. This will help us reach more clients in the community and make a bigger impact as the trusted partner for families and a leader in services for older adults.

We are excited to keep CJE at the forefront of meeting the needs of seniors for the next 50 years. We look forward to sharing more highlights as we roll out our exciting vision. In the meantime, we hope you enjoy this issue's deep dive into CJE's roots—kicking off a new history series we will continue in future issues. You will also hear from our committed volunteers, learn about revitalizing upgrades at Adult Day Services in Evanston and Weinberg Community, and more.

With best wishes for a vibrant spring,

Michael Saltzman
Board Chair

Dan Fagin
President & CEO

CJE IS 50! A SNAPSHOT OF OUR HISTORY: 1970-1985

By Mary Keen, Guest Contributor



This year, we are celebrating our 50th anniversary by diving into CJE's history. In this Spring magazine and subsequent issues in our milestone year, we'll explore significant accomplishments and historical moments from our organization's past through 2022. Test your CJE knowledge, starting with this issue's "CJE is 50" retrospective series overview, from the years leading up to our founding in 1972 to our development of innovative community-based services.

The Early Years: Caring for the Jewish Elderly in Chicago



Prior to CJE's founding, there was a great deal of concern for the Jewish poor and elderly in Chicago. In 1859, the Bureau of United Hebrew Charities (known today as Jewish Federation of Metropolitan Chicago) was created to address these urgent community issues. Over time, the three existing senior homes—Home for Aged Jews/Drexel Home, Orthodox Jewish Home/BMZ, and Park View Home—closed or were sold as the needs of the elderly changed and the Jewish population moved to different areas of metropolitan Chicago.



Guided by Jewish values that instinctively motivated Jewish community leaders to care for the old, the Jewish Federation commissioned a report that recommended the formation of the Jewish Federation Gerontological Council, which was established in 1968. The Council published a well-documented report in 1970 which strongly suggested the creation of a health and human services agency designed specifically to meet the growing needs of the Jewish elderly.

In the Beginning: Founding CJE



CJE was first incorporated in 1971 as the Council for Jewish Elderly, becoming an affiliated agency of the Jewish Federation of Metropolitan Chicago, and commenced operation with the recruitment of a small 10-person staff.

Joseph Gidwitz was the founding President (now called the Board chair) and Ronald Weismehl was selected as CJE's first Executive Director (now called the President). After a short time at Federation offices, CJE chose East Rogers Park as its center of operations and opened its first Service Center at Birchwood and Western.



Original Services

Since its inception in 1972, CJE has brought more innovative community-based services into the Chicago area than any other provider of eldercare services.



Some of CJE's original services are still provided today, including Home-Delivered Meals, Friendly Visiting, Information and Referrals, Counseling, and Legal Assistance.

CJE began its Transportation Services program with a single bus in June 1972 along routes in East Rogers Park. A grant from the Galter Foundation enabled CJE to expand this vital service for seniors. That first year, CJE served almost 3,000 people!



In the early years, CJE's social workers were known to search among the park benches of Rogers Park through an outreach program to see if there were any older adults in need of help.

Expanding to New Locations



CJE grew as other service locations were added, including the South Side Senior Adult Center in 1975. In 1976, CJE purchased a building from AC Nielsen on Howard Street in Evanston, which became the site for CJE's Adult Day Services in Evanston. The Morse Avenue Service Center also opened in 1979.



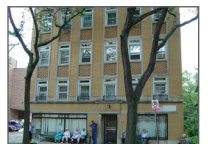
Moving into Affordable Housing for Seniors



A major concern for the Jewish community had always been providing affordable housing to the elderly and the poor. Thus, as CJE expanded into neighborhoods, the organization began to purchase apartment buildings to provide housing that would enable older adults to stay "in the neighborhood." These apartments were in areas familiar to many residents, like Rogers Park. In 1972, CJE purchased both Farwell and Jarvis House.



Then in 1974, Levy House was purchased in a very desirable location near the lake. By 1981, Swartzberg House was added to CJE's housing portfolio. As



subsidized housing, rent at these CJE apartment buildings was considerably reduced for qualifying tenants.



Always innovative in its solutions to eldercare, CJE developed the Robineau Group Living Home (now Robineau Residence), which is a communal residence that was specifically designed to provide privacy but also encourage residents to socialize. Located on Kostner Avenue in Skokie, the residence opened in 1982 with private bedrooms and bathrooms for 24 residents. At the time, the college dormitory suite-style apartments—in which four residents shared a kitchenette and living room—was an innovative concept and very few apartment arrangements like it exist to this day.

CJE later decided to sell some of these apartment buildings, but CJE still owns and operates four independent living communities, including Robineau and Swartzberg.

Lieberman Center: An Innovative, Residential Nursing Home

Originally named the Jacob and Marcelle Geriatric Health Centre, Lieberman Center honored the couple who provided the initial financial gift for it and a later endowment that sparked the Heritage Campaign to build the new nursing residence in 1978.



Mrs. Lieberman wanted to endow a home because she recalled her mother's care for elderly Orthodox Jews in the 1930s and 1940s.



The Lieberman Geriatric Health Centre (later Lieberman Center for Health and Rehabilitation) was a major undertaking for CJE. Construction began in 1979 and the nursing facility opened in 1981.

Designed by John Macsai, the building boasted 240 private rooms with adjacent baths—a unique feature for skilled nursing communities at the time. CJE ran Lieberman Center until 2020, when the difficult decision was made to transfer ownership to Legacy Healthcare.

CJE's Early Programs

The times following 1972 could not have been easy for Chicagoans, with the oil crisis of 1973 and the resulting recession. But CJE staff introduced a series of new programs that kept clients and participants enriched and spiritually engaged. Its Erev Shabbat Luncheon program, hosted by various synagogue sisterhoods, took place at CJE's Neighborhood Centers from 1973 until each center was closed.



One of CJE's earliest programs, Home-Delivered Meals, started in 1972. CJE also

began preparing kosher food to be delivered to the residences of seniors living independently in 1982 on the north side of Chicago, Evanston, Skokie, and Lincolnwood. CJE was the only agency that provided kosher home-delivered meals in Chicago.



Volunteers have always been an essential part of CJE, providing significant hours of service each year. The initiation of a Volunteer Corps to help CJE implement services began in 1973, with individual volunteers taking responsibility for Home-Delivered Meals, Friendly Visiting, and Shopping Assistance.

Since 1972, CJE has been at the forefront of providing Counseling Services to older adults and their family members, who we now serve both in the community and in our residential settings. CJE has continued to staff its Counseling Services team with highly skilled social workers who provide individual psychotherapy and support groups.

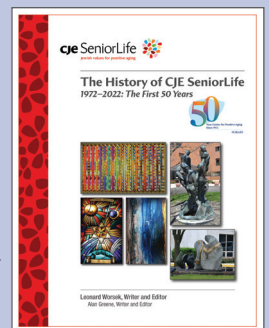


In 1977, CJE established its first Day Care/Day Services Program, which had been recommended in the Gerontological Report. Its purpose was to meet the needs of clients who had mental impairment, such as confusion or depression, or physical disabilities. It would be the precursor to CJE's Adult Day Services in later years.



It is amazing how CJE evolved within its first decade and a half as an organization. Stay tuned for more CJE history in our upcoming issues of LIFE! We'll also be sharing #CJEis50 trivia on our social media channels throughout the year, so be sure to follow us on Facebook, Instagram, and Twitter.

We are grateful to CJE Board members Leonard Worsek, Alan Greene, and Sondra Fineberg Kraff for their valuable research and insight into CJE SeniorLife's fascinating history. Much of the information for this feature comes from the comprehensive "The History of CJE SeniorLife" book. A special edition in commemoration of CJE's 50th anniversary will be available on Amazon.com for purchase soon!



IN GOOD COMPANY

CJE TURNS 50 ALONGSIDE CULTURAL GAMECHANGERS

By Nicole Bruce

First incorporated as the Council for Jewish Elderly in 1971, CJE SeniorLife officially started operating with staff in 1972. CJE has been enhancing the lives of older adults and their families in greater metropolitan Chicago ever since—and we are celebrating our big 5-0 in good company this year. Coincidentally, many iconic inventions, institutions, and pop culture phenomena are also commemorating their golden milestones, and impact on American culture, over the past half century.

From Walt Disney World to email to McDonald's Egg McMuffin, here are some of the most prominent brands, technology, food, movies, and more that have been thriving alongside CJE for 50 years!



MCDONALD'S EGG MCMUFFIN

McDonald's Egg McMuffin, the first-ever quick-service restaurant breakfast sandwich, was created in 1971 by a McDonald's franchise in Santa Barbara as "eggs Benedict on the go." The culinary invention debuted as an open-faced sandwich with a side of jam or honey. McDonald's recently offered diners the beloved breakfast sandwich for its original price of 63 cents as a 50th anniversary promotion.

UNO

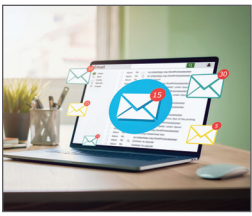
Loved by both grandparents and grandkids alike, the easy-to-play, four-color card game Uno is a family favorite. The popular game was invented in 1971 by an Ohio man, who designed the original deck at the dining room table to settle arguments on family game night, risked his home to have 5,000 sets printed, and sold them out of his barbershop initially. Today, there are a multitude of spinoffs like Disney-themed decks.



WALT DISNEY WORLD

Five decades after opening its doors to more than 10,000 visitors, Walt Disney World still boasts a handful of its original attractions like Dumbo the Flying Elephant, the Haunted Mansion, Mad Tea Party, and It's a Small World. Park admission was \$3.50 (about \$24 in today's dollars) back then, but a single day at the theme park costs between \$109-159 today. The Magic Kingdom kicked off 18 months of "the World's Most Magical Celebration" for its golden anniversary in October 2021.





EMAIL

It is hard to believe something so integral to our lives started as a side project of computer engineer Ray Tomlinson, who sent the first test email message between two computers in the same room in 1971. He is credited with

creating email (and our overflowing inboxes) as we know it—complete with the “@” symbol between the username and host.

“THE GODFATHER”

Since its release in 1972, “The Godfather” has been widely regarded as one of the greatest and most influential films ever made, especially in the gangster genre. The classic film featured an all-star cast, and it was the highest grossing movie when released, later winning Best Picture at the Academy Awards.



SOFT CONTACT LENSES

If you’re one of the estimated 45 million people in the U.S. who wear contacts, you’re probably grateful for the invention of soft contact lenses.

In the late 1950s, Czech scientists developed the first hydrogel soft contact lens material, perhaps the

biggest advancement in contact history. The discovery led to the first FDA-approved soft contact lenses in the U.S., Bausch + Lomb’s “SofLens” brand contacts, in 1971.



AMTRAK



Originally established by the Congressional Rail Passenger Service Act, Amtrak consolidated the U.S.’s 20 existing passenger railroads into one. A new era of rail travel began when the first Amtrak train departed New York for Philadelphia in May 1971. Today, passengers can choose from more than 30 U.S. train routes connecting 500 destinations in North America.

STARBUCKS

When the first Starbucks opened in Seattle’s Pike Place Market in March 1971, it didn’t serve any brewed coffee. Fifty years ago, the small shop sold whole bean coffee, tea, spices, coffee makers, grinders, and teapots. It wasn’t until a decade later that they began selling brewed coffee. With more than 33,000 stores worldwide today, there is a Starbucks on just about every corner, so java junkies never have to go far for their fix.



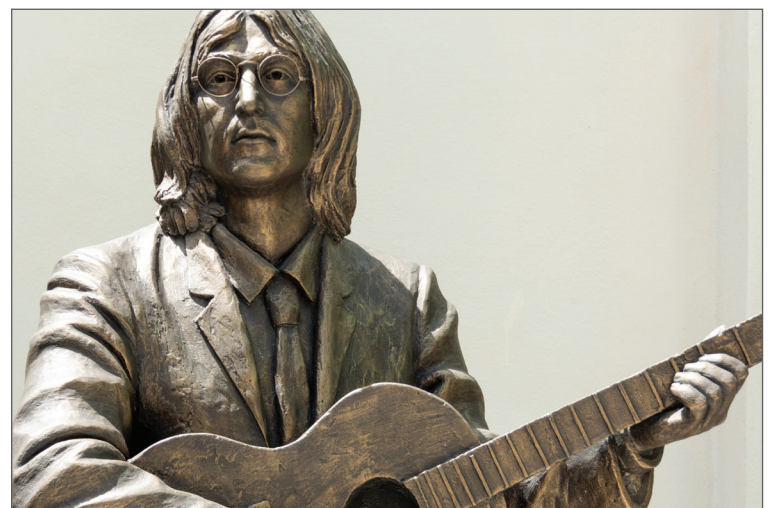
NASDAQ

In celebration of its 50th anniversary, Nasdaq (short for National Association of Securities Dealers Automated Quotations) has good reason to ring its own opening bell. It was created in 1971 as a quicker and easier way for investors to trade securities—initially with automated quotations and eventually through a full-fledged electronic trading system. The world’s largest electronic stock exchange started operating with 250 listed companies and has grown to more than 3,500 today.



JOHN LENNON’S “IMAGINE”

Since its release in 1971, John Lennon’s ode to peace in the world, “Imagine,” has been covered by a range of artists—from Liza Minnelli to Stevie Wonder to Neil Young to Lady Gaga. Lennon composed the legendary song, which was heavily influenced by his wife Yoko Ono, in a single session at his white grand piano in England. It is traditionally performed just before the ball drops in Times Square every year.



May is Older Americans Month...we’re proud to be celebrating 50 years of serving older adults in our community!

CREATIVE ARTS + THERAPY

By Adam Lazar



“To be able to make art and help people—it is absolutely amazing!” It is clear that Rochelle Peterson, LPC, ATR-P, Creative Arts Therapist at CJE SeniorLife’s Adult Day Services (ADS) in Evanston (temporarily located in Skokie), loves her job. But what exactly is Creative Arts Therapy and how does it differ from traditional forms of psychotherapy or art making? Additionally, how can it benefit someone living with dementia and their family caregivers?

In this LIFE interview, we explore how Peterson taps into her own art practice as a guide in providing therapy to ADS participants and why her role gives her such joy.

LIFE: How do you define Creative Arts Therapy?

Peterson: Art therapy fluctuates within the context of the environment the therapist is working in and the people we’re working with. For instance, art psychotherapy might look like a typical counseling session but with art making as a small component. Whereas art-as-therapy is when the act of making the art itself is therapeutic. Many art therapists’ sessions fall somewhere in between because we work in many different environments such as correctional facilities, schools, hospitals, mental health clinics, and community service organizations. We work with veterans, people who have physical or developmental disabilities, those recovering from substance abuse and, of course, people who have different forms of dementia.

LIFE: How would you describe your role as an art therapist within the setting of ADS?

Peterson: It is well known that sensory stimulation is very important for people with dementia, so I like to focus on projects that work on that level. With any kind of artwork—drawing, ceramics, painting, sculpture, writing, music, movement—there’s always a problem-solving component. Working through that is something that will build a person’s self-esteem and exercise their brain in a way that maybe they are not necessarily used to. It can also aid in emotional regulation as creating art can be soothing or activating depending on what you’re making. It is a form of self-

expression and communication, especially for clients who are losing their verbal ability.

LIFE: What do day-to-day art therapy activities look like?

Peterson: Right now, I mainly work in groups. Each week, we’ll do a project with an arts and crafts focus. I also lead an art appreciation session where we look at work from different artists, art movements, cultures, or at objects that many people do not necessarily think of as art...like quilts. We have investigated activist art and impermanence in art—something people may not have been exposed to. We look at pictures, talk about what we see in them, and then create something that’s loosely based off that discussion.

In our weekly creative writing sessions, we review literature, short stories, and poems. We might notice that a poem describes scents, sounds, or incorporates all five senses. Creative writing allows participants to engage their memory and tell their stories.

I am currently developing a program where we connect our bodies and minds with art and movement. For instance, I might ask everyone to draw a simple curved shape and then repeat that shape with their body, finger, or foot. It provides rhythmic movement and encourages us to cross the midline of our bodies, which some evidence shows engages the brain in a more challenging way. And sometimes we just play a game!



JOIN OUR FREE VIRTUAL PROGRAM, ARTSY TALKS WITH CJE!

Designed for older adults with mild to moderate dementia and led by one of CJE's Art Therapists, this weekly discussion group gives older adults and their caregivers an opportunity to engage and socialize over art topics and hands-on projects. The program, offered through CJE's Cyber Club, is generously sponsored by the Alzheimer's Foundation of America. For more details, visit cje.net/events/artsy-talks-cje.

LIFE: What is your favorite project to do with ADS participants?

Peterson: One of my favorite projects, as well as a favorite of our clients, is making baskets. They are made of aluminum foil and yarn. First, we make logs out of aluminum foil. Making the logs is a very sensory-engaging activity because when we crunch up the aluminum foil, we hear that crunch and can feel the texture. And then we wrap yarn of assorted colors and textures completely around the aluminum



foil. It is a simple, repetitive action which can be quite soothing. When we have enough logs, they are coiled and glued together, and we have a cool-looking basket! I really like the project because each person gets to contribute to it and it is a very social activity.

LIFE: How is being an art therapist different than being a fine artist?

Peterson: Art therapists are different than fine artists in that we have a formal background in counseling as well as art. For instance, I have a very eclectic personal art practice and I'm also a Licensed Professional Counselor. We incorporate art making into the counseling process, but we are not necessarily trying to teach someone a particular technique. The focus is on what's therapeutic for the client in that moment. An art therapist acts as a nonjudgmental companion in the art-making process.

LIFE: How would you describe Adult Day Services?

Peterson: Adult Day Services is a group hangout for older adults with a variety of diverse needs. It is a place for people to socialize and to receive care and sensory stimulation. They benefit by meeting new people, trying new things, and having meaningful discussions. In a nutshell, ADS is a community!

LIFE: Besides the direct help and activities provided to ADS clients, what are the benefits to their families?

Peterson: Caring for a loved one with dementia or a physical disability can be difficult, and ADS serves as a respite for the caregiver. While a client is at ADS, their caregiver can run errands, exercise, take care of their own medical appointments

... or just read a book or take a nap. Being able to have time to care for themselves is so important for everyone in the family.

Because we spend a full day with clients, we get to know them well. That means we may observe things before a client's family does, and we're able to share our concerns with the family. It may be changes in physical or mental health or it could be that we think they would benefit from home-delivered meals or case management. Because of the professional services available at CJE, we can provide ADS clients with additional help within the agency, making the transition smoother. And if they need help that CJE does not provide, we can offer referrals to partner agencies as well.

LIFE: What does Adult Day Services offer beyond art therapy?

Peterson: We have a music therapist and a dance movement therapist, as well as a nurse, and program aides. We also provide transportation services. Our buses will come to participants' houses, pick them up, bring them here to ADS in the morning, and then bring them back home in the afternoon. We serve a kosher, continental-style breakfast, hot or cold lunch, and a snack at the end of the day.

LIFE: What do you enjoy most about being an art therapist?

Peterson: At the beginning of a project, a client will say, "Oh I don't know if I can do this. I was never good at art." But I encourage them to stick with it, just trust the process. In the end, they'll get this look of joy in their eyes, and they'll say, "I can't believe I made this!" Those moments are special, and I hang onto them. Honestly, this is my dream job.

To learn more about CJE SeniorLife's Adult Day Services programs in Evanston (temporarily located in Skokie) or Deerfield, visit cje.net/ads or call 773.508.1000.



Stay tuned for a video featuring our interview with ADS Creative Art Therapist Rochelle Peterson! You can watch via cje.net and [YouTube.com/CJESeniorLife](https://www.youtube.com/CJESeniorLife).

FOR THE HEALTH OF IT

HOW TO MAKE LONGER LASTING HEALTH BEHAVIOR CHANGES

By Margaret Danilovich, PT, DPT, PhD, Senior Director, Leonard Schanfield Research Institute



By the time you read this column, it is highly likely that any New Year's resolutions you may have set have failed. This isn't because of a lack of willpower or some moral flaw. Numerous research studies find that up to 80% of resolutions fail with most people abandoning their resolutions by February.

Part of the reason resolutions fail is because changing our behavior is extremely hard. Whether it is eating a healthier diet, exercising more, or committing to flossing our teeth every night, adopting these new behaviors means starting a new habit while simultaneously stopping our previous behaviors. For example, if I decide to start exercising every evening instead of watching television, I must engage in brand new exercise activities while simultaneously breaking my habit of watching my favorite shows. This change is complex, complicated, and requires a great deal of thought and intention, which is why most behavior change fails.

How can you create new health behaviors that are longer lasting? First, planning is key. Research shows that developing action plans that detail the specific steps required to change behavior increases the likelihood that new behaviors will become habits.

Identify your overarching goal: something like wanting to eat healthier or walk more. Then, create a SMART goal. SMART goals are **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, and have a **T**imeframe. For example, a SMART goal for eating healthier might be to eat one serving of vegetables at every meal five days a week. This goal is SMART because it is specific (focused on vegetables), measurable (one serving), attainable (this is a small tweak to a diet that is fairly easy to achieve), realistic (because the change isn't too out of the ordinary), and there is a timeframe (five days a week).



To create an action plan, focus on the “what, where, when, who, and why” necessary to achieve your goal. Research finds that people who write out these specific details of how they will accomplish their new behavior makes them more likely to achieve their goals. Following the healthier eating goal, an action plan might look like this:

SMART GOAL: EAT ONE SERVING OF VEGETABLES AT EVERY MEAL FIVE DAYS A WEEK. IN ORDER TO ACHIEVE THIS GOAL, HERE IS MY PLAN:	
What	I will make 3 cups of one of my favorite vegetables (broccoli, brussels sprouts, or carrots) so that I can eat those at each meal that day.
Where	I will prepare these vegetables in my kitchen by roasting them in the oven.
When	I will do this at 8 am every morning.
Who	I will do this cooking by myself but will call a friend to talk on the phone while I do it.
Why	I know that if I have the vegetables prepared, it will be much easier for me to eat them at every meal, which will help me achieve my goal of eating healthier.

Now, it often is the case that what we need to do to achieve our goals is not all that enjoyable. In the example above of preparing meals to eat healthier, this may be more challenging for people who do not enjoy cooking.

To help get through activities that are good for us, but maybe not that enjoyable, we can leverage the trick of “temptation bundling” to help achieve our goals. Temptation bundling refers to doing something that we **should** do with something we **like** to do or something we hate doing with something we love doing. Examples include getting on the treadmill while watching our favorite television show or cleaning the house while listening to music. Pairing cooking while talking on the phone is temptation bundling, that is, doing a potentially less

pleasurable task while having a more enjoyable conversation with a friend.

Behavior change is hard, but it’s never too late to take steps to improve your health. Setting specific goals, creating action plans, and temptation bundling can help to create better habits to improve health.

Take advantage of CJE’s resources to improve your mental and physical health—and help you stick to your goals! Go to cje.net/falls and cje.net/cyberclub for exercise classes and visit cje.net/counseling for mental health counseling.

FRESH FLAVORS AND COLORS COMING TO WEINBERG COMMUNITY

By Paisley Valentincic



For over 25 years, Weinberg Community for Senior Living has been recognized as the premier provider of assisted living and memory care in Deerfield. From the moment you step inside, visitors are greeted by a warm and welcoming environment emanated by our dedicated staff and friendly residents—the perfect recipe for creating the family-like atmosphere that makes the senior living community so unique.

CJE SeniorLife is known for enriching the lives of our residents through a range of programs and services within our communities, and we are pleased to share exciting plans to make Weinberg Community even better through an enhanced dining services program and a first-floor redesign with refreshed interiors.



Quality dining is a vital aspect of residential life and a key factor when older adults are considering moving to a senior community. Making meaningful connections with friends and family over meals is a treasured social activity. That's why revamping Weinberg Community's dining experience for residents is our number one priority. CJE's new Corporate Director of Dining Services, Dorge Jean Baptiste, who has already established an outstanding dining services

program at CJE's independent living community, Tamarisk NorthShore, has been charged with elevating Weinberg Community's dining program. He will now oversee the dining operations and lead the culinary vision at Weinberg Community and Tamarisk NorthShore, both located on CJE's Deerfield campus.

"I am thrilled and honored by the opportunity to enhance the dining experience at Weinberg Community," Dorge enthuses. "I look forward to creating fond memories and enriching our residents' lives through delicious meals combined with exceptional service."

Dorge has successfully crafted a varied menu comprised of fresh ingredients and plenty of healthy choices for residents at Tamarisk NorthShore. His expertise in mentoring and managing dynamic dining teams make him a natural fit for Weinberg Community.

Along with a reinvigorated dining program comes a much-anticipated lobby level redesign at Weinberg Community. Working with innovative interior designers from the Nashville-based company Studio 121, the Weinberg team, with valued resident input and feedback, has carefully planned an inviting lobby space with modern furniture, new flooring, upgraded lighting, and stunning decorative accessories.



Follow Weinberg Community for progress updates on Facebook at [Facebook.com/WeinbergCommunity](https://www.facebook.com/WeinbergCommunity) as this exciting renovation project gets underway!

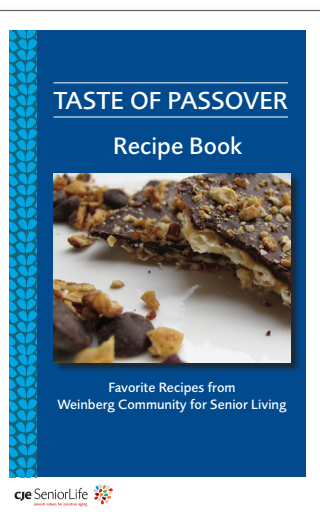
For more information about Weinberg Community or to schedule a tour, please call our team at 847.374.0500 or visit WeinbergCommunity.net.



Tune in for a special Passover video featuring CJE's Corporate Director of Dining Services, Chef Dorge Jean Baptiste, who prepares Sweet and Sour Meatballs with Weinberg Community's Executive Director Jennifer Weininger and her son Dylan! To watch, visit WeinbergCommunity.net and [Facebook.com/WeinbergCommunity](https://www.facebook.com/WeinbergCommunity).

WHAT'S COOKIN'?

With over 35 tasty dishes, Weinberg Community's *Taste of Passover Recipe Book* has every course of your Seder covered, including our Passover Berry Crisp! To pick up your complimentary copy, make an appointment to take a tour of Weinberg Community by calling 847.374.0500! Not into cooking? No problem . . . let us provide the food with our delicious kosher catering. Find out all the details on the back cover of this magazine.



Passover Berry Crisp

Ingredients

- 4 cups fresh sliced strawberries
- 1½ cups fresh blueberries
- ½ cup sugar
- 1 teaspoon ground cinnamon
- Vegetable cooking spray
- ½ cup unsalted matzo meal
- ⅓ cup sugar
- ¼ cup sliced almonds
- 2 tablespoons butter or margarine, melted

Directions

1. Combine berries, sugar, and cinnamon, and toss gently.
2. Spoon into an 11 x 7-inch baking dish coated with cooking spray; set aside.
3. Combine the matzo meal, sugar, almonds and margarine and stir well.
4. Sprinkle over berry mixture. Bake at 350°F for 30 to 40 minutes or until browned.

CJE VOLUNTEER STARLIGHTS MAKING A DIFFERENCE

By Nicole Bruce

Every year, even during the pandemic, volunteers have enhanced CJE SeniorLife's programs and services for our older adult residents and clients by sharing their time and talents. From making well-being calls to delivering meals to leading programs in person or virtually, CJE volunteers go above and beyond to bring joy and engaging social and educational opportunities to older adults in our community.

While National Volunteer Appreciation Week runs from April 18-24 this year, we truly appreciate and wish to recognize our volunteers all year round. CJE's Volunteer Services team has

launched the Starlights project, a series of video interviews that puts the spotlight on the incredible efforts and contributions of our dedicated volunteers.

The videos capture their unique perspectives as they share why they enjoy volunteering for CJE and how the older adults and other volunteers they've met have impacted them. CJE volunteers are making a difference to older adults in our community every day—and we're so thankful they've shared their experiences with us!

Soundbites from Our Starlights

It affects my spirit in a really positive way. I grow very close to the people that I volunteer with and it's enriched me.
—Fred Abrams

I'm used to hanging out and talking to people my age and now I'm getting a different perspective. I could really bring this back into my nursing profession. It's a fun part of my day for me to talk to these folks.
—Marguerite Myles

I'm proud of the fact that I'm a volunteer for CJE SeniorLife. I run a monthly book group on CJE Cyber Club. When people come back month after month, it makes me happy because they're enjoying the discussion. I feel like the group is really contributing to me and giving me different perspectives.
—Renee Hochberg

This work is important to me because of the relationships that I had with my grandparents...the joy that I saw when we would visit them. I've been making phone calls to participants of the Home-Delivered Meals program. It's been really meaningful, and I've formed some beautiful relationships.
—Rachel Stein

It has a profound impact on our psychological well-being. People get more active and open-minded, so I believe it's a win-win situation.
—Erica Xu

I've led exercise classes, been a group leader for Scrabble, and have done special projects. The people are very appreciative that you're there. It's just good to be able to help people and see the smile on their faces.
—Marsha Weitzman

This has been a good way for me to make a connection that really means something to somebody who feels isolated. Aging is now, in my mind, more connected with wisdom. In many ways, I feel as though my client is a mentor.
—Stephen Starr

Part of my volunteer responsibilities is to conduct Yiddish Tish once a week over Zoom. By getting involved with CJE...you see people who are completely isolated and this really is a lifeline.
—Jay Lewkowitz

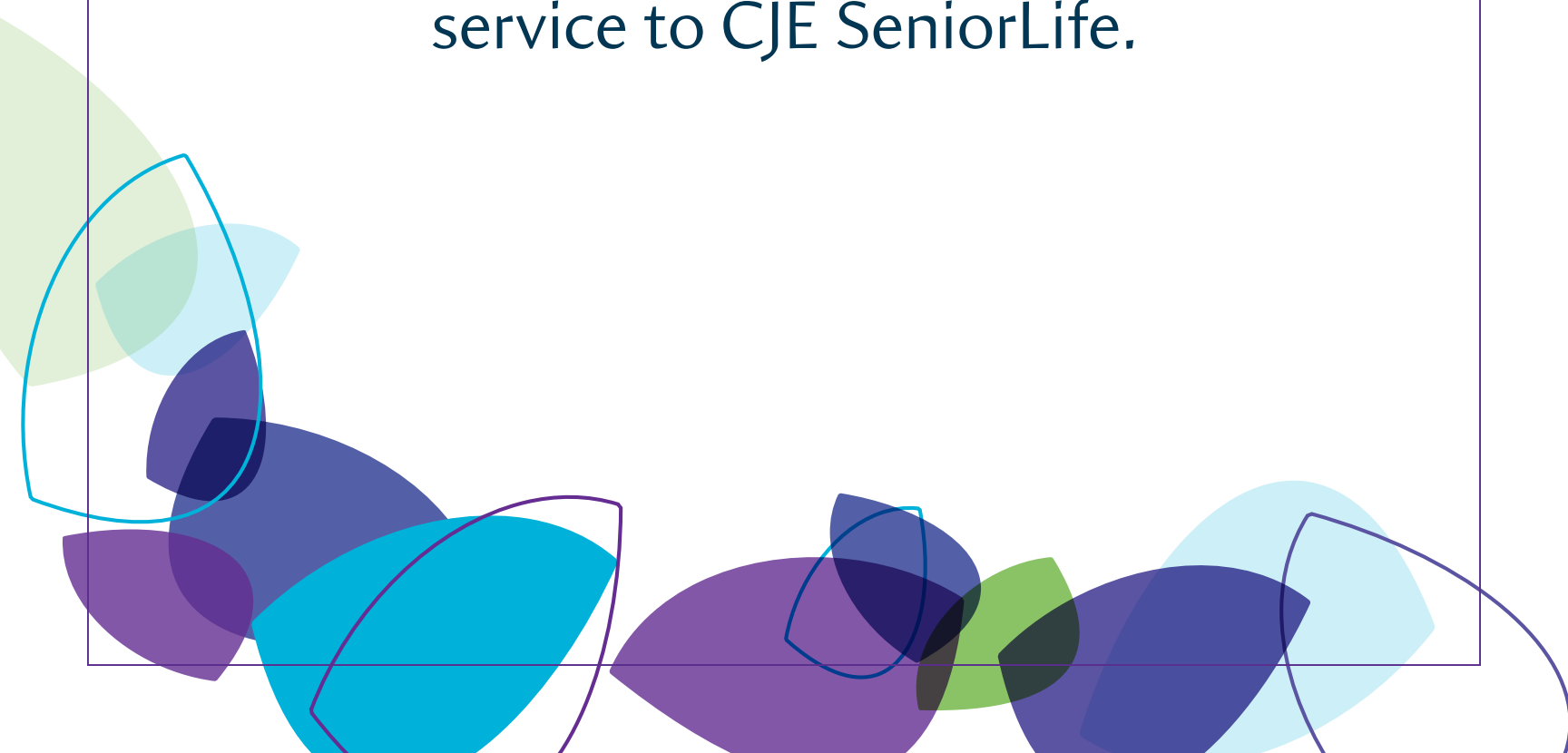
Would you like to hear more from our volunteers? Watch videos featuring CJE Volunteer Starlights on our website at cje.net/volunteer or on our YouTube channel at youtube.com/cjeseniorlife. Tune in for more videos by subscribing to our channel!

To learn more about volunteering with CJE SeniorLife, please reach out to CJE Volunteer Services by emailing volunteers@cje.net or calling 773.508.4232.



Thank you!

In celebration of
National Volunteer Appreciation Week,
we want you know how grateful and
uplifted we are by your dedication and
service to CJE SeniorLife.

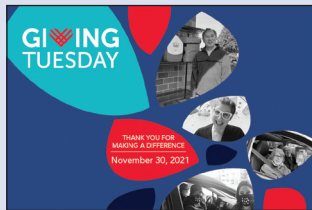


Inside CJE

GIVING INSPIRED BY 2021 HOLIDAY SEASON

2021 Giving Tuesday Campaign Raises \$95,664.

CJE received \$10,000 in matching funds from a generous anonymous donor for this global day of giving campaign.



Subaru Share the Love Event

Benefits CJE. We're grateful to McGrath Evanston Subaru in Skokie for selecting CJE as a "Hometown Charity" partner for Subaru of America's national Share the Love Event. Dealership staff helped deliver meals to CJE's Home-Delivered Meals clients and CJE hosted a canned food drive in the showroom to benefit Niles Township Food Pantry during the annual event. Final donation totals to CJE are still being tallied.



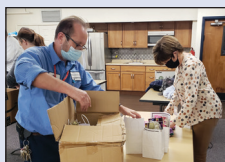
CJE Volunteers and Community Friends Spread Holiday Cheer.

CJE clients and residents had a fun-filled holiday season: JUF Chicago's Young Families/PJ Library Chicago program shared "Mugs of Love" with Robineau residents and the JUF Women's Board gave Chanukah gift bags to participants in our Adult Day Services.



CJE Housing Residents Feted with Chanukah Gifts.

CJE Volunteer Services staff and volunteers stuffed holiday gift bags for residents in CJE's independent housing communities with goodies—

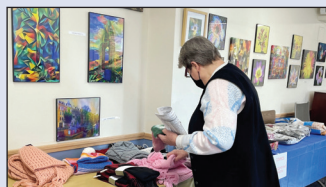


menorahs, sweet treats, holiday wishes, prayers, songs, and recipes (translated in Russian) along with beautiful Chanukah cards from Lubavitch Chabad of Skokie.



Winter Gear Donated to Swartzberg.

CJE's Volunteer Services team collaborated with JUF Chicago's TOV Volunteer Network for their Nourish



Our Neighborhoods community initiative to provide winter gear kits for Swartzberg House residents who appreciated the donated hats, scarves, and socks!

CJE "Rehomes" Cuddly Companion Critters.

CJE's Care Management team received funding from JUF Chicago to purchase adorable "Joy for All" robotic companion dogs and cats. They were given to Care Management clients to combat loneliness at home and will help comfort our Adult Day Services clients with dementia. The realistic robots make pet-like movements and sounds and even have heartbeats.



SAFE HOLIDAY GATHERINGS GALORE!

CJE Volunteer Services Hosts "Grateful Gathering" via Zoom.

CJE's Volunteer Services team unveiled exciting new projects at a virtual gathering for CJE volunteers—from onsite Volunteer Honor Board installations... to awards celebrating milestone years of service... to the Starlights video series featuring volunteers (see page 14).

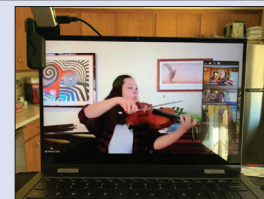


Holocaust Community Services Hosts Virtual Café Europa Chanukah Party.

The jovial online gathering for survivors featured a latke cooking class and festive music with songs performed in Yiddish, Hebrew, Ladino, French, Polish, English, and Russian.

Lyric Opera Stage Artists Perform Holiday Concert.

The Lyric Opera Stage Artists performed a special virtual holiday concert for CJE Cyber Club participants.



Tamarisk NorthShore Celebrates the Season.

Residents were treated to a beautiful recital featuring songs from the Nutcracker Suite by the Mah family, followed by a reception with appetizers, sweets, and a signature "TNS Nutcracker" cocktail.



Deerfield Campus Residents Ring in the New Year. Residents at Tamarisk NorthShore and Weinberg Community dressed up and celebrated with festive decorations and entertainment, a delicious meal, and a champagne toast. We're grateful for our Dining Services teams for making the holidays extra special!



CJE's independent living community, Tamarisk NorthShore—is now bringing his extraordinary culinary talent to Weinberg Community's dining program (see page 12).



SCENES FROM CJE'S DEERFIELD CAMPUS

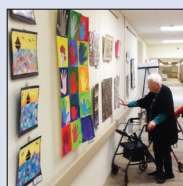
Weinberg Community Staff Host Winter Contest. Staff decorated festive window displays for a friendly holiday competition. Mazel tov to the Physical, Occupational, and Speech Therapy team for winning best window showcase (pictured).



MORE NEWS TO CELEBRATE

CJE Shares Mindfulness Tips for Care.com Article. Dr. Margaret Danilovich, Senior Director of CJE's Leonard Schanfield Research Institute, shared insight into how older adults and caregivers can practice mindfulness to improve their well-being in a Care.com article: care.com/c/mindfulness-for-older-adults.

Mosaic Art Exhibit Shines at Weinberg Community. Weinberg Community recently hosted a special art showcase, "Mosaics: Coming Together," in which residents from Gidwitz Place and Friend Center, along with ADS clients, created works of mosaic art with the help of Art Therapist Amri DeGuzman.



Listen to a Podcast on CJE's Bureau of Sages Research Project.

Dr. Rachel Lessem and Dr. Rebecca Berman from CJE's Leonard Schanfield Research Institute discussed the Bureau of Sages and how researchers can engage with older adults in a meaningful way on the Patient-Centered Outcomes Research Institute's Aging PCOR Learning Collaborative podcast: anchor.fm/pcorlearningcollab.

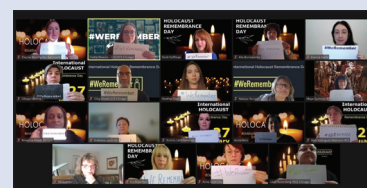


Yale University Jewish A Cappella Group Performs at Tamarisk NorthShore. Residents enjoyed a performance by the university's only Jewish, Hebrew, and Israeli a cappella choir Magevet, a coed ensemble of undergraduate students known for its diverse repertoire—from choral liturgical music to modern Israeli pop.



HCS Gathers Virtually on International Holocaust Remembrance Day.

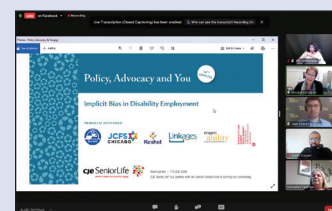
CJE's Holocaust Community Services team and survivors came together on a Zoom meeting on January 27 to remember the past and build a better tomorrow. Pictured: Staff and survivors displayed #WeRemember signs for the event.



Tamarisk Residents Honor Betty White. Tamarisk residents celebrated the life of Hollywood icon Betty White on what would have been her 100th birthday on January 17. While gathering to watch her biography on the big screen and play trivia, they also enjoyed "white" pina colodas and cake.



Linkages Hosts 10th Annual Policy, Advocacy and You Event. Held during February's Jewish Disability Awareness, Acceptance and Inclusion Month on February 22, CJE's Linkages program partnered with RespectAbility, along with several local organizations, to present a virtual program on implicit bias in disability employment.



CJE's Deerfield Campus Offers Residents Top-Notch Dining Experiences. CJE's new Corporate Director of Dining Services, Dorge Jean Baptiste—who has already established an exceptional dining services program at



CJE SeniorLife offers ongoing support groups and programs, which are subject to change. All programs are free unless indicated. Some fees may be partially covered by Medicare or private insurance.

CALENDAR

March 17 The Life of a Penguin. Join the Wildbird Shack as we explore penguins! 1 pm CST. Free. Virtual meeting. Registration required: cje.net/events. For more information: community.engagement@cje.net or 773.508.1089.

March 22 Ancient Rome's Judeo-Christian Connection to Today. Join Hugh Leeman as we rediscover Rome through the stories deep within our Western World today. Noon–1 pm CST. Free. Virtual meeting. Registration required: cje.net/events. For more information: community.engagement@cje.net or 773.508.1089.

March 24 Marc Chagall's Windows. A guided presentation and discussion with Professor Catherine Zurybida. 1 pm CST. Free. Virtual meeting. Registration required: cje.net/events. For more information: community.engagement@cje.net or 773.508.1089.

March 29 Cherry Mine Disaster. Explore the story of this slice of 1909 Illinois history with historian Paula Fenza. Noon CST. Free. Virtual meeting. Registration required: cje.net/events. For more information: community.engagement@cje.net or 773.508.1089.

April 5 Tamarisk Lunch & Learn. Enjoy a delicious lunch prepared by our executive chef while learning what makes Tamarisk NorthShore a fantastic place to call home for adults 65 and better! 11 am. Registration required: Lisa Stanton, info@tamarisknorthshore.com or 847.597.8772

April 7 Tamarisk Lunch & Learn. Enjoy a delicious lunch prepared by our executive chef while learning what makes Tamarisk NorthShore a fantastic place to call home for adults 65 and better! 11 am. Registration required: Lisa Stanton, info@tamarisknorthshore.com or 847.597.8772

May 11 Future Planning for Families of Adults with Disabilities. Brian Rubin, JD, Rubin Law. The program will focus

on Guardianships, Powers of Attorney, Illinois Health Care Surrogate Act. 11 am–Noon. Free. Virtual meeting. Registration required: cje.net/events. For more information: linkages@cje.net or 773.508.1106.

May 11 Ladies' Afternoon Tea. Learn about the history of tea and enjoy an afternoon of delicious treats from our gourmet kitchen. We'll share what makes Tamarisk NorthShore a fantastic place to call home for adults 65 and better! 2 pm. Registration required: Lisa Stanton, info@tamarisknorthshore.com or 847.597.8772

May 13 Insights on Aging: Checking in on Mental Health. Lisa Andrews, LCSW, and Sharon Dornberg-Lee, LCSW, CJE Counseling Services. We'll outline the signs and symptoms of common mental health concerns such as depression, anxiety, and caregiver stress as well as the benefits of working with a mental health professional. 11 am–Noon CST. Free. Virtual meeting. Registration required: cje.net/events. For more information: counseling.services@cje.net or 773.508.1121.

May 18 The Future of Elderhood: More and Better. Join our next CJE Academy for an intriguing presentation by Louise Aronson, MD, MFA, a noted Harvard-trained geriatrician and author of *Elderhood: Redefining Aging, Transforming Medicine, and Reimagining Life*. 7 pm CST. Free. Virtual meeting. Registration required: cje.net/cje-academy. For more info: Paisley.Valentincic@cje.net.

May 19 Men's Breakfast. Enjoy breakfast prepared by our executive chef while learning what makes Tamarisk NorthShore a fantastic place to call home for adults 65 and better! 9:30 am. Registration required: Lisa Stanton, info@tamarisknorthshore.com or 847.597.8772

ONGOING SERIES

MONDAY AT THE MOVIES

Join us for our cyber movie club! On the second Monday of each month, we'll explore groundbreaking films, learn little-known facts about the film

and actors, and enjoy clips from the movie. 1–2 pm CST. Free. Virtual meeting. Registration required: cje.net/events. For more information: community.engagement@cje.net or 773.508.1089.

MOVE IT MONDAYS

A variety of exercise activities that can be done sitting or standing. Appropriate for all fitness levels. Free. Every Monday, 11:30 am–12:30 pm CST. Virtual meeting. Registration required: cje.net/events. For more information: community.engagement@cje.net or 773.508.1089.

COMMUNITY TUESDAYS & MY GO-TO PLACE AT THE BERNARD HORWICH JCC

Coffee, Classes & Camaraderie: Noon–1 pm CST. Every Tuesday. Open to Everyone. Free. Registration required: 773.508.1089 or community.engagement@cje.net.

YIDDISH TISH

Join CJE Volunteer, Jay Lewkowitz, for all things Yiddish—from cultural discussions to movies. Open to all levels of Yiddish speakers and those interested in Yiddish language and culture. Every Tuesday. 11 am–Noon CST. Free. Virtual meeting. Registration required: cje.net/events. For more information: community.engagement@cje.net or 773.508.1089.

RECHARGE YOUR BATTERIES

A comprehensive Tai Chi, QiGong, and yoga fusion practice. Every Wednesday 11 am–Noon CST. Free. Virtual meeting. Registration required: cje.net/events. For more information: community.engagement@cje.net or 773.508.1089.

MY GO-TO PLACE

Offered weekly, for Niles Township residents 65 and older, each program will start with an educational topic or activity followed by time for conversation.

- Healthy aging educational presentations
 - Senior exercise classes
 - Creative arts programs
 - Community resource and benefit events
- Thursdays, 1–2:30 pm CST. Free. Space is limited. In-person programming open to Niles Township residents only. 5255

CJE's events and support groups are not currently meeting in person, but instead are offered virtually, by either Zoom or conference call. Please see the descriptions below and www.cje.net/events for more details.

Lincoln Avenue, Skokie, IL. Virtual meeting open to all. Registration required for either option: 773.508.1089 or community.engagement@cje.net.

ARTSY TALKS WITH CJE

Join us for a fun and engaging art-based program to explore ideas and spark dialogue! Guided by CJE art therapists, Artsy Talks offers older adults and their caregivers an opportunity to engage and socialize live each week on Zoom. Thursdays, 10–11 am CST. Free. Virtual meeting. Registration required: cje.net/events. For more information: community.engagement@cje.net or 773.508.1089.

VIRTUAL BOOK CLUB

Our book club facilitator will lead us in conversation about a variety of intriguing titles! March 24, April 21, and May 19 at 11 am CST. Free. Virtual meeting. Registration required: cje.net/events. For more information: community.engagement@cje.net or 773.508.1089.

FIT FRIDAY

A class focusing on strength and balance. Appropriate for all fitness levels. Free. Every Friday 9–10 am CST. Virtual meeting. Registration required: cje.net/events. For more information: community.engagement@cje.net or 773.508.1089.

MINDFULNESS WITH CHLOE

Chloe Gremaud, LCSW from CJE SeniorLife's Counseling Services, will lead group participants in mindfulness exercises that help support mental wellness. Building the ability to stay present can help participants to cope with stress and uncertainty and reduce negative thinking. Every Friday, 10–10:30 am CST. Virtual meeting—for Zoom link or dial-in information: lauren.vourvoulias@cje.net.

CLASSIC COMEDY: STILL FUNNY TODAY

Explore your favorite comedians from Charlie Chaplin and the Three Stooges to Carol Burnett and Mel Brooks! 1st Friday of the month at 1 pm CST. Free. Virtual meeting. Registration required: cje.net/events. For more information: community.engagement@cje.net or 773.508.1089.

SUPPORT GROUPS

Family Caregivers

Support group for all family members who are providing care for someone with dementia. Led by Carrie Cutler, MSW, LCSW. 1st Thursday of every month. 4–5 pm CST. Free. Virtual Meeting. Registration required: 847.236.7826 or carrie.cutler@cje.net.

Making Connections: Seniors with Adult Children with Disabilities

Connect, share experiences, and learn about benefits and community resources. Led by Mariana Sanchez, LCSW. 1st and 3rd Tuesday of the month. 11 am–12:15 pm CST. Free. Virtual Meeting. Registration required: 773.508.1106.

Living Life Through Loss—Virtual

A bereavement support group. Led by Lisa Andrews, LCSW. Sponsored by CJE SeniorLife and JCFS Chicago. 1st and 3rd Wednesdays of each month. 1–2 pm CST. Virtual Meeting. Registration required: 773.508.4742.

Aging Together

A support group for older adults who find themselves aging alone. Led by Chloe Gremaud, LCSW, and Jordyn Cohen, BS. 2nd and 4th Wednesday of each month. 3–4 pm CST. Free. Virtual Meeting. Program requires advanced screening and registration: 773.508.1698.

Russian Tea Time: Chicago

A second Chicago-based conversation group for Russian-speaking Holocaust survivors. Led by Kseniia Asefa, LPC, and Vera Rodriguez Mancera, LPC. First and third Tuesday of the month. 10–11 am CST. Free. Virtual Meeting. Registration required: 773.508.1144.

Russian Tea Time Music Group

Join us to talk about music or sing, meet new friends, and have fun! Led by Natalya Bouinyi and Era Friedman. Every other Friday. Noon–1:30 pm CST. Free. Virtual meeting. Registration required: 773.508.1329.

Russian Tea Time: Skokie

Support group for Russian-speaking Holocaust survivors. Led by Maya Gumirov, LPC, NCC, and Anna Klein. Every other Monday. 11 am–12:30 pm CST. Free. Virtual Meeting. Registration required: 773.508.1016.

Coffee & Conversation

A support group for Holocaust survivors. Led by Yonit Hoffman, PhD, and John Wickham, LSW, Holocaust Community Services. Mondays. 1:30–3 pm CST. Free. Virtual Meeting. Call to confirm dates: 773.508.1004.

Caring Conversations

A support group for family caregivers of Holocaust survivors. Led by Yonit Hoffman, PhD, and Anna Dominov, LCSW, Holocaust Community Services. 1st Wednesday of the month. 4–5:30 pm CST. Free. Virtual Meeting. Call to confirm dates: 773.508.1004.

Caring Conversations

A support group for family members caring for aging Holocaust survivors. Led by Maya Gumirov, LPC, and John Wickham, LSW. 3rd Wednesday of the month. 6–7 pm CST. Free. Virtual meeting. Registration required: 773.508.1315 or 773.508.1016.

Russian Tea Time—

Uniper Virtual Support Group

A virtual conversation group for Russian-speaking Holocaust survivors to discuss the challenges of aging and wellness strategies. Leah Rosenberg and Vera Rodriguez Mancera, LPC. First and third Friday of the month. Noon–1 pm CST. Free. Please call to confirm dates: 773.508.1149

HOLIDAY CLOSINGS

Passover, 7th day	Friday, April 22
Memorial Day	Monday, May 30
Shavuot, 2nd day	Monday, June 6

Visit www.cje.net/events to find more events and details!

3003 West Touhy Avenue | Chicago IL 60645
773.508.1000 | www.cje.net | lifemag@cje.net



CJE SeniorLife® is a partner with the
Jewish United Fund in serving our community.



Let CJE SeniorLife
Do the Cooking this
Passover.

Try our delicious, rabbinically supervised, kosher catering menu which features traditional entrées, sides, desserts and even a complete seder plate!

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Place your order

- By Friday, April 8, 2022
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Pick up your order

- On Friday, April 15, 2022 • Noon–1 pm
- 1551 Lake Cook Road, Deerfield, IL 60015