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WINE

SPRING/SUMMER 2023

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VIEWPOINT

DEAR READER,

We are delighted to introduce our Spring/Summer issue of LIFE as we celebrate the grand re-opening of CJE's Adult Day Services (ADS) in Evanston. We temporarily moved our ADS program to Skokie early in the pandemic—and we are excited to be back in our newly revitalized space with clients!

Improvements to our ADS in Evanston building include a lobby reconfiguration to enhance security and overall functionality, HVAC upgrades, and roof and masonry work. This will allow CJE to continue to use the space to enrich the lives of countless older adults through programs that integrate memory support and socialization for years to come. ADS staff and clients also have access to a new affordable housing building's second-floor outdoor terrace next door.

In this issue, we take a closer look at our structured Adult Day Services programs for older adults as well as the vital respite services and supportive resources we offer for their care partners. We have continued to improve our services within CJE's ADS programs and at Weinberg Community's Friend Center as well as implemented advanced training for our staff using our innovative Dementia Reality™ training program designed for healthcare professionals caring for older adults living with dementia.

You will also hear about CJE's dedicated social workers as we recognized Social Work Month in March. Also, you will learn about what inspired our donors to make a legacy gift through CJE SeniorLife's Heritage Society of Legacy Giving program and uncover CJE's history in the final installment of our #CJEis50 anniversary series.

We look forward to sharing more highlights and improvements for CJE's programs and services with you over the coming year—and hope you will follow our communications via our website, email newsletters, and social media channels for more exciting updates.

Sincerely,

Tori Gruber, LSW, MPA, CDP
Manager, Adult Day Services

Jennifer Weininger
Executive Director,
Weinberg Community for Senior Living

DISCOVER CJE'S ADULT DAY SERVICES, WHERE BENEFITS FOR OLDER ADULT PARTICIPANTS AND FAMILY CAREGIVERS CONVERGE

By Nicole Bruce

When a loved one receives a diagnosis of Alzheimer's disease or a related disorder, it affects the whole family and community around them not just the individual living with dementia. As the disease progresses, it can be difficult to communicate with the person living with dementia when language and processing abilities diminish as well. CJE's Adult Day Services (ADS) can help family care partners navigate these challenges and cultivate positive interactions and strengthen connections with their loved ones.

What are Adult Day Services? Adult Day Services offers life enriching programming for older adults—and vital respite services and supportive resources for their care partners. CJE's ADS programs provide a safe, supervised, and structured roster of activities and coordinated services in a warm and engaging group environment, giving care partners time for themselves during the day. Participants gather in our newly remodeled space on Howard Street in Evanston or on our Deerfield campus at Weinberg Community for Senior Living, located in The Friend Center for Memory Care's beautifully appointed Bernard Heerey Annex.

Our programs address the needs of our older adult clients with the goal of helping them to remain in the community for as long as possible. For family caregivers whose loved ones participate in our ADS program, this may be the only time they are able to take care of their own needs, like visiting the doctor or going to an exercise class.

"Adult Day Services is a community for older adults. We also provide respite for the family members," said Rochelle Peterson, LPC, ATR-P, Creative Arts Therapist at CJE's Adult Day Services in Evanston. "They know that their loved ones

are going to be cared for and have a good time while they are grocery shopping or running to the post office."

With a person-centered approach to care, CJE's ADS programs support older adults living with dementia, Alzheimer's, Parkinson's, and related conditions across varied stages. Our ADS programs are designed to meet the individual's physical, cognitive, and emotional needs and engage each participant in a way that will provide a personalized sense of contentment and enjoyment. Many times, as dementia progresses or simply as we age, friendships can dwindle. Socialization is vital for all of us as we grow older, but it is especially important for individuals diagnosed with cognitive impairment. ADS programs provide the opportunity for participants to interact with one another and communicate at the same level, which can provide a sense of well-being and reassurance. One ADS Evanston participant said, "There is a lot of diversity in our group, and you get to meet people from all walks of life that you wouldn't normally get to meet."

CJE's ADS programs offer a full spectrum of enriching activities and socialization opportunities to enhance the participant's quality of life. Our meaningful, interactive programs integrate memory support, health and wellness, physical activities, and creative arts therapies. Creative programs like music, art, and dance movement therapy stimulate participants cognitively and remind them of joyful times in their lives. "We wanted a place for my dad to feel comfortable and safe and have something that he could do during the day. It's more than we ever could have hoped for...He loves it," said the daughter of an ADS Deerfield participant. "He talks a lot about the dancing and the people, and how much they mean to him. To know he's so cared for and loved here is everything."

Sensory experiences, word games, intergenerational events, entertainment, celebrations, and discussion and reminiscence



groups are also an integral part of the everyday experience at ADS. “There’s a certain warmth that’s in the room all the time and you always feel good about it. You feel at ease,” said one ADS Deerfield participant. Clients also benefit from fitness and wellness classes, nutritious meals and snacks approved by a Registered Dietician, personal care assistance, and door-to-door transportation.

Many family care partners notice positive changes in their loved one’s demeanor after spending time at ADS: “The program has been a blessing! My husband is always upbeat and cheerful when he comes home,” said an ADS Evanston family caregiver. Another family member expressed gratitude for the program: “He’s always happy when he comes home, so I know he’s had a good experience. He looks forward to it. It’s just nice to have some place where he has like-minded people and activities. I think it’s made a great difference. It was totally a gift.”



Another goal of ADS is to alleviate caregiver stress and burnout. Often, family caregivers ignore their own medical, physical, and social needs because they are overwhelmed with caregiving duties. Just as flight attendants

remind parents of young children to first put on their own oxygen masks, caregivers’ needs must be met first before they can provide optimal care for their loved ones. It is crucial for family care partners to find ways to recharge—such as having lunch with friends or seeing a movie. This is much easier if they are confident that their loved ones are also safe and socially engaged.

“Caregiving is all encompassing. Here’s a program that offers many options for your loved one to engage in and you yourself then will be a lot stronger because you have a break every day and you can engage in your life,” said an ADS Evanston family caregiver. “You know that they’re safe. They’re taken care of.”

According to a study conducted by AARP, family caregivers whose loved ones attend ADS two times a week enjoy more psychological and physical benefits than those whose loved ones do not attend. Caregivers were found to be less angry and depressed on the days their loved ones attended ADS. Also, many care partners develop their own sense of community. They bond together, creating lasting and meaningful relationships. Therefore, ADS programs give both the participant and their care partners a chance to thrive—benefiting the entire family superstructure.



Another ADS Evanston care partner expressed how his wife’s participation in the program, particularly the creative arts, has improved the family dynamic at home: “I think what surprised me was this opening up...this developing of self-confidence and self-value. Her being able to express herself better as a result of coming here has helped our relationship with her. I’ve enjoyed the freedom and she’s enjoyed the freedom and creativity that has come from it.”

Caring and professional staff with training in dementia and other age-related issues provide support and help to alleviate the sense of isolation and loneliness experienced by many caregivers. Licensed Clinical Social Workers assess their loved one’s individual needs and create and regularly review personal care plans. “We can also refer clients and their care partners to other services within CJE. If they need meal services, counseling, case management, or housing—those are the sorts of things that other areas of our agency can help them out with,” said Peterson. Monthly family caregiver support groups also help to connect caregivers and provide reassurance that they are not alone. “CJE’s Adult Day Services are outstanding. The sincere, compassionate care provided by every member of their team is great,” said another ADS Evanston family care partner.

For many families, it can be an emotionally charged experience the first time their loved one is dropped off at an ADS program. The caregiver may be unsure of how their loved one will respond to this new environment. Or their loved one may become frightened and feel a sense of abandonment. However, once caregivers and their loved ones become more familiar with the program, an incredible sense of community often evolves.

We are welcoming new clients! Find out how CJE’s Adult Day Services in Deerfield and Evanston can engage and support your loved one and provide you with a well-deserved break from the demands of caregiving. For more information or to schedule a tour at either location, call 773.508.1000 or visit cje.net/ads. COVID-19 protocols are being followed throughout our ADS programs, including transportation services.

CELEBRATING CJE'S DEDICATED SOCIAL WORKERS

By Susan Swanson, LCSW, CJE Counseling Services



“What do you do for a living?” We are often asked this question at holiday gatherings or when meeting someone for the first time. At my husband’s work parties, my reply, “I’m a social worker,” has usually led to an awkward response, “That’s nice.” This has always puzzled me. Would an accountant, lawyer, or realtor have garnered the same reaction? I have often wondered if they are aware of the impact the profession has had on social welfare policy. Or if they knew the vital mission of a social worker—to improve the quality of life for individuals—or understood the many important and varied roles of a social worker: advocate, counselor, care manager, mediator, facilitator, educator, researcher, community change agent, and broker. Are they informed of the historical roots and growing impact of social work? If social work was more widely understood by the greater public, I am sure it would be much more appreciated as the field is a truly impressive one!

Social work as a profession can be traced back to the late 1800s with the beginnings of philanthropic and charitable work performed by local communities, religious institutions, and volunteers to meet the needs of the poor. With the mounting consequences of urbanization, poverty, and immigration, the practice of social work evolved. Specialized education, advanced training, and the establishment of ethical standards followed. In the summer of 1898, the first social work class was offered at Columbia University. By 1930, social work received professional status and was no longer perceived as charitable work—an achievement largely due to the efforts and contributions of social work pioneers like Mary Richmond and Jane Addams.

Since the days of Richmond and Addams, our social issues have multiplied and the focus of social work has expanded as a result. Once considered a profession to assist with the challenges of poverty, the field is now faced with the social challenges of present day (i.e., poverty, homelessness, discrimination, ageism, immigration stresses, gender inequality, violence, depression, anxiety, and substance abuse, to name a few). We continue to build on the efforts of those pioneers before us.

Today, the social work field still embodies the core values first established by Richmond: individuality, dignity, and the importance of human relationships. We strive to meet the needs of the community, improve our practice, and educate those who may not be familiar with social work. In 1963, the National Association of Social Workers (NASW) organized Social Work Month to promote the essential role of social workers.

In March, we celebrated the 60th anniversary of Social Work Month to the theme “Social Workers Change Lives”—and recognized the valuable contributions social workers at CJE and across the nation are making to our communities. For more than 50 years, CJE has been at the forefront of recognizing the importance of social workers’ unique skill sets in addressing the concerns of aging. CJE’s social workers provide the expertise and compassion that many older adults and their family members need. We are pleased to highlight many of CJE’s newest social workers who have joined our skilled and devoted team!



Jordyn Cohen, LSW
Social Worker
Adult Day Services Evanston



Carrie Cutler, LCSW
Social Worker
Weinberg Community



Katherine D'Aunno, LCSW
Social Worker
CJE Counseling Services



Rachel Falk, LSW
Clinical Intake Professional
Intake Services



Victoria Gruber, MSW, LSW, MPA
Social Worker, Manager
Adult Day Services Evanston



Amy Loterstein, MSW, LCSW, ASW-G
Clinical Intake Professional
Intake Services



Kate Maley, LSW
Social Worker
CJE Counseling Services



Anna Schloen, LCSW, CMC
Supervisor
Care Management Services



Jade Shepard, LSW
Care Manager
Care Management Services



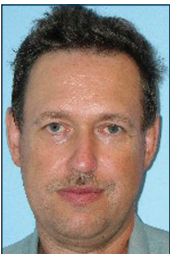
Lindsay Somberg, MSW
Clinical Intake Professional
Intake Services



Pam Stern, LSW, CMC
Care Manager
Care Management Services



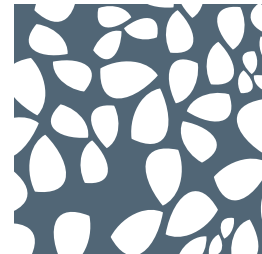
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Mikhail Gurovich, MSW
Care Manager
Holocaust Community Services



Rimma Letitchevskaia
Care Manager
Holocaust Community Services



Iliana Vayman, MEd
Care Manager
Holocaust Community Services

CJE IS 50! A SNAPSHOT OF OUR HISTORY: 2000-2023

By Carole Klein-Alexander, Guest Contributor



You may recall that at the turn of this century—Y2K or 2000—all computers around the world were supposed to crash at once. Thankfully, that did not happen. Computer scientists had been skillfully planning for the impending programming “glitch” that may have caused a disaster in every aspect of our computer-dependent lives.

Similarly, CJE has also been diligent in the past 50 years, thinking “forward” about the necessary resources that older adults require to live with dignity and respect in their homes or residential communities. As we conclude our chronicle of CJE’s history by focusing on the last two decades, it is apparent that CJE has been innovative, intentional, and accountable in the development or (at times) discontinuance of programs that bolster the health and wellness—emotionally, physically, spiritually, and intellectually—of older adults.

Residential Communities— *Where You Live Matters*

By 2000, many of CJE’s residential communities—six subsidized apartment buildings for independent seniors, an assisted living campus in Deerfield, and a skilled nursing facility in Skokie—were already well-established.



A few were even undergoing significant renovations to better serve their 500-plus residents. In 2002, Weinberg Community for Senior Living (Gidwitz Place for Assisted Living and The Friend Center for Memory Care), which had opened in 1996, received one of Illinois’ first official assisted living licenses. In 2015, it also expanded and renovated the Friend Center by adding the Bernard Heerey Annex, funded by the Bernard Heerey Family Foundation. Currently, Weinberg Community is poised for another transformation by renovating and refurbishing the first floor to accommodate the changing needs of its residents.

Meanwhile, in 2003, Lieberman Center for Health and Rehabilitation in Skokie was certified to admit Medicare patients, providing the opportunity to provide residential short-term rehabilitation to its current residents as well as to outside community members. As one of the only fully kosher rehabilitation centers with all private rooms, Lieberman’s reputation as the destination of choice for Jewish short- and long-term skilled nursing patients was growing steadily.

As Lieberman gained recognition for its rehabilitation services, receiving referrals from dozens of hospitals in the

area, it was equally important to CJE leadership that the building also be refurbished and modernized. A new lobby with computers for residents, a lounge area with a big screen TV, refreshed landscaping for outside visiting, and upgrades to resident rooms made the building even more welcoming. In 2009, Lieberman also became one of the first nursing homes to implement electronic medical records.

What always set Lieberman apart from other nearby nursing homes was the outstanding creative arts programming for all patients and residents, special attention to the needs of the Russian-speaking community, the convenient location in the middle of Skokie, and of course, the unparalleled dedication of CJE’s nursing staff. However, by 2020, it became clear to CJE leadership that the changing healthcare system, which focused on referrals to large rehabilitation networks, was increasingly



challenging. To remain fiscally responsible, CJE made the difficult decision in 2021 to sell Lieberman to Legacy Healthcare, which would maintain many of Lieberman’s traditionally Jewish offerings, such as kosher food and rabbinical/chaplain services while upgrading the facility to modern standards.

In 2006, based on a research study, CJE made a strategic decision to add independent living to its portfolio in the northern suburbs. Unlike CJE’s other independent living buildings in the Rogers Park and Near North Chicago areas, this building on the existing Weinberg Community campus would be developed as the entry into CJE’s Continuing Care Retirement Community. CJE spent three years planning for

Karmel, a beautiful, amenity-filled apartment building for seniors who could move through CJE's broad range of care options on one campus as their needs changed...from living independently to moving to Gidwitz Place, and if needed, transitioning to The Friend Center for Memory Care.

The Karmel sales office opened in 2009, just when the housing market softened. By 2011, to be fiscally responsible, CJE put the plans for Karmel aside. This was a huge disappointment, but CJE never stopped planning for the future knowing that this type of community, infused with CJE's values, was still needed.

A decade later, after years of preparation and planning, there was a celebration to announce the opening of



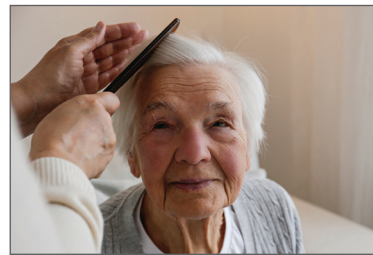
Tamarisk NorthShore, a stunning independent living building, managed by CJE, with 240 apartments and a myriad of amenities where older adults 65 and better can “Live. Thrive. Socialize.”

Tamarisk is a testament to CJE's commitment to thinking forward and never losing sight of its enduring mission and values.

Community Services—How You Live Matters

While keeping its eye on upgrading and re-imagining its residential communities for the past twenty years, CJE simultaneously initiated, facilitated, and acted upon research that confirmed most seniors preferred to live in the communities where they raised their families, even when living independently became more challenging. Called “CJE's Community Services,” this arm of CJE developed extremely vibrant programs for older adults and their families to keep them safe and engaged with life—without moving from their own homes.

One such program, “Partners in Care,” was created in 2000 following research from CJE's own Leonard Schanfield Research Institute. This pilot program embedded CJE social workers and care managers into several local hospitals and allowed them to collaborate with primary care physicians in giving suggestions on how and where their patients could get help in their homes. This provided solid evidence that seniors



would prefer receiving personal care, home health care, and other therapies at home rather than moving to a care setting. At about this same time, CJE experimented by adding personal care offices in its own and other independent living

buildings. This program was met with immense success and was the basis for CJE establishing a home healthcare business and personal care business for those who could not pay market rates. CJE received several government grants to support this latter program. Although these programs closed within a few years of each other (2012 and 2017), due in part to competition from large private pay organizations and the loss of outside funding, CJE was recognized by many national organizations and government leadership for addressing these issues head-on. Thankfully, in 2018, made possible by a grant from JUF and another major donor, a new Care Management program was launched to serve isolated older adults of limited financial means.

Early in 2000, CJE created a product extension of its well-known Home-Delivered Meals program. Kosher to Go[®] delivered frozen kosher meals to hundreds of individuals and dozens of organizations, such as hospitals, until 2023 when the service was suspended indefinitely. At various times in its history, CJE integrated them into its network of programs by providing them through home healthcare services or to discharged rehab clients.

CJE's acclaimed Adult Day Services (ADS) program started to expand in the early 2000s. The “Culture Bus” was developed in partnership with Northwestern University's Neurology and Alzheimer's Disease Center. This program provided opportunities for adults with early-stage dementia to take trips to cultural spots throughout the city. Considered an innovative undertaking, Culture Bus has since been duplicated in cities throughout the country.





The ADS site on Howard Street was recently renovated and is now serving clients in its refreshed space. It is an amazing place where older adults living with dementia, Alzheimer's, Parkinson's, and related conditions across varied stages can spend the day socializing, participating in the creative arts, having meaningful

discussions, and just feeling part of a warm, accepting community.

A new strategic plan, written in 2004, also called for preemptive attention to the needs of seniors before a crisis hits. By 2007, CJE's Center for Healthy Living (CHL) was in full swing, offering dozens of health and wellness programs for older adults living at home throughout metropolitan Chicago. Many of the programs gathered evidence-based research about their wants and needs relative to preventative care. One of CHL's most innovative programs in 2013 was called the Virtual Senior Center. Isolated seniors were provided with a fully loaded computer to have access to "live" programming through virtual classes. Although that project ended a few years later, it became the model for virtual programming during the pandemic.



The CJE Cyber Club became the preeminent way that CJE could connect seniors to our curated programs such as *Yiddish Tish*, *Move It Monday*, and *My Go-To Place*. CJE's Cyber Club still has a life of its own and anyone can attend these classes online (check out CJE's website or sign up for e-mail alerts at cje.net/cyberclub). CJE has further expanded into the exciting world of virtual reality (VR). With several



funding and educational partners, CJE developed a way for seniors and their families to travel *virtually* to Israel. In partnership with the nonprofit Elderwerks Educational

Services, CJE also launched an innovative program called Dementia Reality™, an immersive, educational experience for professionals who are caring for clients living with dementia powered by VR technology.

We cannot forget that in 2015, CJE welcomed back Holocaust Community Services (HCS) under its management, and the program has grown exponentially, now serving more than 2,000 survivors annually. Programs, services, client stories, and HCS publications have been instrumental in making sure that we will never forget this horrendous time in the annals of Jewish history.



CJE Administration and Staff— *How We Serve Matters*

The past few years have been challenging for all of us. CJE had to learn how to pivot from being an "all hands-on-deck-so-we-can-help" organization to one where staff members, residents, and clients had to be isolated. This is the exact opposite of what CJE knows about positive aging... that we need to be or feel connected as we get older. We are healthier when we have meaning and purpose. In CJE's case, our social workers immediately developed protocols to provide telehealth counseling. They are an outstanding example of CJE's commitment to its mission and values.



Throughout the past 20-plus years, this has been CJE's *raison d'être*. CJE's first staff members President Ron Weismehl (z'l), Senior Vice President Dan Silverstein, and Senior Vice President Nell Silverstein (z'l) led CJE for decades, growing the organization's residential and community services to meet the community's needs until their retirement in 2003.



In 2004, Mark D. Weiner took the reins as President and CEO for another 15 years, until his retirement in 2018, and focused on instilling modern technologies and strategic planning methodology. Weiner also brought fundraising to another level by providing leadership for the first Celebrate CJE in 2005, spearheading CJE's re-branding

to CJE SeniorLife in 2008, and highlighting management training.

In 2019, Dan Fagin became only the third President and CEO in CJE's 50-year history. Fagin's tenure began only months before the pandemic, yet he has led CJE through years of unforeseen challenges and transformation—positioning the agency as a strong and trusted leader in health and human services. Through a new strategic vision and client-centric approach, he is helping CJE respond to the ever-evolving needs of older adults and their families, improving our clients' experience and access to CJE's broad range of services, and better preparing us for the future.

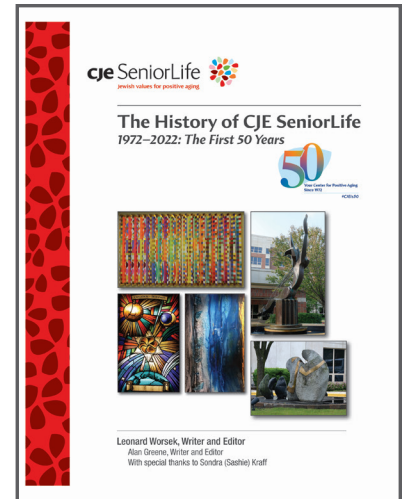


Under Fagin's leadership, CJE is developing and implementing innovative ways to better serve our clients and residents. We have adopted a new, single clinical intake system to connect older adults and their families to our full range of services, upgraded our technology and tools, developed new professional roles, expanded and streamlined our programs and services, and more. As we define the next chapter for CJE, we are excited for the future of our agency and to keep CJE at the forefront of services for older adults for the next 50 years.

There is no way to fully capture all of CJE's remarkable work for the past 50 years into a short synopsis. Hundreds of files exist on future innovative programs, programs that lasted 5, 10, or 15 years and documented award-winning programs. Indeed, former CJE Board Chair Leonard Worsek's *The History of CJE SeniorLife* is a compilation of the organization's highlights and it is available on Amazon.

But that cannot even tell the whole story.

To really know about CJE, talk to a few of the thousands of people who have been touched by CJE in the past 50 years. Whether they called a building their home, or their place of employment, or dialed 773.508.1000 when they needed guidance or a referral, CJE's story is full of exciting twists and turns that reflect its intentional planning, innovation, responsiveness, and resilience. For half a century, CJE has been a central resource and champion for seniors in the Jewish and larger community.



This concludes our #CJEis50 history series! Visit cje.net/life to read more about our history featured in previous LIFE issues over the past year. 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 is available for purchase on Amazon.com.



FOR THE HEALTH OF IT STAY ACTIVE AND ENGAGED—AND FALLS FREE!

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

With Falls Prevention Awareness Week coming up September 18-22, evidence-based falls prevention education is at the forefront of CJE's community programming.

However, older adults should be aware of ways to minimize their risk of falling year-round. Falls can take a serious toll on older adults' quality of life and independence—leaving them vulnerable to more serious issues down the road. The Centers for Disease Control and Prevention (CDC) data shows that 33% of older adults fall every year and 20% of these falls are associated with serious injuries like broken bones or head traumas. Accounting for 800,000 hospitalizations annually and over three million emergency department visits, the economic impact of falls is over \$50 billion dollars each year.

There are three major categories of risk factors that place someone at risk for falling: physical, behavioral, and environmental. Physical factors are health conditions that increase the likelihood of falling—conditions like weakness, visual impairment, cognitive impairment, or neuropathy. Behavioral factors can be using an assistive device incorrectly or having a fear of falling. Environmental factors can include home hazards, such as the absence of grab bars in the bathroom or rugs that are not taped down. Further, environmental factors include weather-related conditions, such as strong Chicago wind gusts that can knock us down, or inaccessible infrastructure like uneven sidewalks.

Unfortunately, we cannot prevent falls with one easy solution, but there are steps we can take to reduce our risk. As we get older, it becomes even more important to empower ourselves by employing multiple strategies to reduce our risk of falling. To date, the single most effective strategy to reduce the risk for falls is engaging in appropriately designed exercise programs. Research finds that effective exercise programs need to be challenging, must be routinely performed at least three hours a week, and need to be done for at least 50 hours before its benefits are fully realized. Importantly, when we participate in these appropriately designed exercise programs, we can reduce our risk of falling by nearly 25%!

While there is not anything we can do about the weather, we can tackle environmental hazards by making simple adaptations

within our own homes. As 50% of falls occur in the home, completing a home safety assessment is one crucial step we can take to help ensure we are living in a safe environment. One such home safety assessment is the CDC's "Check for Safety: A Home Fall Prevention Checklist for Older Adults,"* which guides older adults through a home audit to help find and fix the hazards in their homes, such as inadequate lighting, hard to reach cabinets, and unstable furniture, and even provides other everyday safety tips to prevent falls. Research shows that identifying home hazards and removing or modifying them can reduce the risk for falls. In a study completed in St. Louis among older adults at risk for falling, removing home hazards led to 0.8 fewer falls per person over the course of a year.

When it comes to our behavioral risk factors, one of the most important issues to address is the fear of falling. Research finds that the fear of falling often leads older adults to restrict their activities, contributing to a downward spiral of inactivity, deconditioning, reduced confidence, and even greater fall risk.

Older adults can take advantage of CJE SeniorLife's supportive resources to help reduce their risk for falling. Participate in free, evidence-based falls prevention programs offered by CJE's Leonard Schanfield Research Institute. Our research team's virtual exercise classes, funded by grants from the Administration for Community Living, can help older adults improve their strength, balance, and fitness. Register for our classes by visiting cje.net/exercise. CJE's Cyber Club also offers a variety of weekly virtual exercise programs; register at cje.net/cyberclub.

CJE's Counseling Services team can also help older adults work through any fear or anxiety around falling that is impacting their quality of life. For additional resources to help older adults stay active and healthy as they age, call CJE SeniorLife at 773.508.1000.

*Download The Centers for Disease Control and Prevention "Check for Safety: A Home Fall Prevention Checklist for Older Adults" brochure: cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf

CJE COUNSELING SERVICES OFFERS PEARLS: A NATIONAL, EVIDENCE-BASED TREATMENT FOR DEPRESSION

By Sharon Dornberg-Lee, Clinical Director of Community Services

Have you been feeling down or blue? Have you lost interest in doing things? If you answered “yes” to one of these questions, CJE Counseling Services can help.

The losses that come with aging can lead to feelings of loneliness, sadness, irritability, or anxiousness. For some, this can progress to depression, a common medical condition. Depression, even when minor, often interferes with daily functioning, successful interactions with others, or staying active. This can trigger a downward spiral of worsening mood, more impairment in functioning, and greater social isolation. To reverse this negative cycle, CJE Counseling Services offers PEARLS: Program to Encourage Active Rewarding Lives (PEARLS), a national, evidence-based program for late-life depression. The program is proven to help depression over the course of only eight sessions—so you can get back to enjoying life!

Rosann Corcoran, CJE Counseling Services Senior Manager, noted, “We received generous funding from Northwestern Memorial Hospital to train our Counseling Services team to provide PEARLS counseling. We are now pleased to offer this option among our full complement of individual and group treatments for the mental health concerns of older adults. It is an effective approach for someone who wants to work actively to make changes over a relatively short period of time.”

PEARLS Counselors meet individually with older adults to help them identify and solve problems—problems that can cause them to feel down or depressed. PEARLS also helps individuals to slowly become more socially and physically active (within their level of ability). PEARLS is billable to insurance and is available in person at CJE’s Chicago and Deerfield offices or via telehealth.

To learn more, please call CJE SeniorLife today at 773.508.1000 and ask about the PEARLS Counseling program. In just eight sessions, you could turn things around for a healthier, happier you!



CULTIVATING MORE EMPATHETIC HEALTHCARE PROFESSIONALS THROUGH VIRTUAL REALITY DEMENTIA TRAINING

By Nicole Bruce



CJE SeniorLife partnered with Elderwerks Educational Services to launch Dementia Reality™, the first virtual reality dementia program that combines skills training with real-life obstacles in a virtual environment. A new educational tool for professionals caring for older adults living with dementia, the training program taps into the power of technology to benefit a range of roles within the healthcare system as well as the older adults they care for.

Dementia Reality is comprised of role-specific, one-hour training modules designed to empower and support staff who provide services and care across the continuum. The goal of these immersive experiences is to foster more knowledgeable and empathetic caregivers and happier, more engaged clients.

“Dementia Reality brings multiple senses to training, which, as we have learned, is a far more effective way to train and engage employees, so they are confident and successful in their jobs,” explains Dan Fagin, CJE’s President and CEO. “CJE has always been committed to serving older adults and we expect to see exceptionally positive outcomes for both the trainees and the clients they care for with this new training. We are gratified to fulfill our mission to serve older adults with this outstanding program.”

To help organizations use this training most effectively, Dementia Reality has been developed based on a “train the trainer” model. With a role-specific curriculum, select modules are eligible to earn continuing education units (CEUs). Available modules include:

- Social Workers and Case Managers
- Activities of Daily Living Across All Levels of Care
- Challenges in Activities of Daily Living
- Changes in Behavior
- Direct Service Workers: Dining Services
- Direct Service Workers: Life Enrichment and Activities Staff

Each module includes a role-specific curriculum with an interactive training manual and coordinating slide deck, student activity worksheets, and virtual reality experience.

Learn more about Dementia Reality by visiting DementiaReality.org or contacting Paisley Valentincic, Vice President & Chief Marketing Officer at CJE SeniorLife, at paisley.valentincic@cje.net or 773.508.1123.



Support the Businesses that Support CJE SeniorLife



CJE SeniorLife is grateful for the ongoing support of our Celebrate CJE adbook sponsors. We encourage you to reference this list when you're looking for one of the many professional services that they offer.

Accounting & Tax Services

Johnson Goldberg and Brown Ltd.	Gary Johnson	(847) 673-5740	
Positive Financial Solutions	Rich Kraybill	(847) 909-3323	positivefinancialsolutionsllc.com
RSM US LLP	Jay Adkisson	(312) 634-4581	rsmus.com
Topel Forman LLC	David Levine	(312) 239-2554	topelforman.com

Beauty & Retail

Abt Electronics	Cari Boyk	(847) 544-2412	abt.com
Lester Lampert Inc.	David Lampert	(312) 944-6888	lesterlampert.com
McGrath Evanston Subaru	Evan Paddor	(847) 869-5700	evanstonsubaru.com
Teddie Kossof Salon Spa	Alan Kossof		teddiekossof.com
The Man of Silver	Jordan Kagan		themanofsilver.net

Business Resources

Protiviti Inc.	Tom Andreesen		protiviti.com
Staffing Together LLC	Carey Rothbardt	(847) 908-8833	staffingtogether.com
Tuft & Associates	Mary Ann Tuft	(312) 642-7490	tuftassoc.com

Design, Printing & Video

Allegra Marketing Print Signs	Frank Muns	(847) 864-9797	allegramarketingprint.com/locations/evanston-il
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Entertainment

Mark Hoffman	(847) 404-9813		
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Financial Institutions

CIBC Bank USA	James Feldman	(312) 564-1219	us.cibc.com
Development Corporation for Israel	Erik Kruger	(212) 446-5807	israelbonds.com

Financial Planning

Altair Advisers LLC	Steven Weinstein	(312) 429-3013	altairadvisers.com
Gofen and Glossberg LLC	Charles Gofen	(312) 832-1516	gofen.com
Northwestern Mutual	Kenneth Fox	(847) 663-7098	northwesternmutual.com
The Loewenthal Group	Rod Loewenthal	(847) 564-7170	advisors.ubs.com/lg

Food & Beverage

Max & Benny's	Ben Schlan	(847) 272-9490	maxandbennys.com
Piccolo Sogno	Tony Priolo	(312) 421-0077	piccolosognorestaurant.com
The Sandwich Club	Maury Aaron	(847) 677-6020	thesandwichclub.net

Healthcare

Dr. Mark Berman, DPM		(847) 674-1660	
Concerto Renal Services	Kyle Stone	(847) 233-1200	concertors.com
Dundee Pharmacy Inc.	Irene De Brihuega	(847) 480-1000	dundeerx.com
Kraff Eye Institute Ltd.	Dr. Cheryl Kraff Cooper	(312) 444-1111	kraffeye.com
North Suburban Hearing Service Ltd.	Phyllis Stern-Weisman, Au.D., FAAA, CCC-A	(847) 966-0060	northsuburbanhearing.com
Perspectives Ltd.	Marie Pavlich	(312) 558-1566	perspectives-counseling.com

Home Décor

Decorating Service	Michael L. Friedman	(847) 912-8584	
Blutter/Shiff Design Associates	Janet Blutter Shiff, ASID	(312) 467-9054	bluttershiff.com
Cabinets City	Bayram Gulsen	(847) 999-3388	cabinetscity.com
Idlewood Electric Supply	Barbara Lansing	(847) 831-3600	
Leslie M. Stern Design Ltd.	Leslie Markman-Stern	(773) 248-2049	
Lowitz & Company	Ted Lowitz	(773) 784-2628	lowitzandcompany.com

Home/Business Services

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Adamson Plumbing Contractors Inc.	Chris Eisenhauer	(312) 492-7600 x102	tpadamson.com
American Weathermakers	Stephen Adamitis	(847) 509-2082	americanweathermakers.com
Barrera's Window Cleaning Inc.	Guadalupe Andrade	(847) 445-8282	barreraswindowcleaning.com
Cintas Corporation	Courtney Lang	(414) 659-2446	cintas.com
GCPRO Restoration	Vladimir Ryskin	(847) 646-3322	gcprochicago.com
Fox Valley Fire and Safety	Jason Matousek	(847) 695-5990	foxvalleyfire.com
Harling Inc.	Jeff Dickson	(312) 228-4849	harlinginc.com
Lo Verde Contracting Co.	Jeanine LoVerde	(847) 726-0260	
Lower Electric		(847) 272-0700	lowerelectric.com
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Sears Garage Solutions	Barry Brownstone	(847) 730-3322	
SimpleComm Solutions Inc.	Steven Levine	(312) 715-1600	simplecommsolutions.com
USA Wireless Satellite TV	Warren Schoen	(847) 831-4561 x011	usawireless.tv

Hospitality Services

Westin Chicago North Shore	Jennifer Remington	(847) 777-6562	marriott.com/en-us/hotels/chio-w-the-westin-chicago-north-shore
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Insurance

Alliant Insurance Services Inc.	Kate Yavorskiy	(847) 444-2549	
Capital Strategies	Allan Goldstein	(847) 943-0701	capitalstrategies.net
Equitrust Life Insurance Co.	Paul Miller	(312) 702-3399	equitrust.com
Hokin Sternberg Insurance Services	Sheri Hokin	(847) 562-9707	
Ins-All Insurance Agency	Kevin Smith	(847) 556-5045	ins-all.com

Jewish Life

Am Shalom Congregation	Rabbi Steven S. Lowenstein	(847) 835-4800	amshalom.com
Anshe Emet Synagogue	Boni Fine	(734) 368-4499	ansheemet.org
Beth Hillel Congregation Bnai Emunah	Jackie Ernest	(847) 256-1213	bhbe.org
Chicago Jewish Funerals	David Jacobson	(847) 229-8822	chicagojewishfunerals.com
Congregation Beth Shalom	Michael Garlin	(847) 498-4100	bethshalomnb.org
Keshet/Gadol	Jennifer Phillips	(847) 205-1234	keshet.org

North Shore Congregation Israel	Todd Braman	(847) 835-0724	nsci.org
North Suburban Synagogue Beth El	Rabbi Michael Scwab	(847) 432-8900	nssbethel.org
Rochelle Zell Jewish High School	Stephanie Sanderman	(847) 324-3720	rzjhs.org
Shalom Memorial Park	Micha Singerman	(847) 255-3520	shalom2.com/jewish-cemetery
Temple Jeremiah	Rabbi Paul Cohen	(847) 441-5760	templejeremiah.org
Waldheim Cemetery	Sarah Isaacson	(708) 366-4541	waldheimcemetery.com
Zion Gardens Cemetery	Sarah J. Isaacson	(773) 736-2553	ziongardenscemetery.com

Legal

Croke Fairchild Morgan & Beres	Kenneth F. Lorch	(312) 650-8640	
DLA Piper US LLP	Allen Ginsburg	(312) 368-4025	dlapiper.com/en/us
Dutton Casey & Mesoloras, PC	Monica DiOrio	(312) 371-0954	duttonelderlaw.com
Dykema Gossett PLLC	Gary Segal	(312) 876-1700	dykema.com
Fischel & Kahn Ltd.	Robert W. Kaufman	(312) 726-0440	fischelkahn.com
Gould & Ratner	John Byrne	(312) 228-4526	gouldratner.com
Katz & Stefani LLC	Andre Katz	(312) 364-9000	katzstefani.com
Margolis Weldon LLC	Matthew Margolis	(847) 457-3377	margolisweldon.com
Monahan Law Group LLC	Joseph T. Monahan	(312) 419-0252	monahanlawllc.com
WhiteheadFink Elder Law LLC	Elizabeth Fink	(773) 906-5752	whiteheadfink.com

Marketing

Digital Destination	Seamus McDermott	(312) 560-2554	digitaldestinationllc.com
Ledgerock Consulting LLC	Veronica Fogelman	(717) 683-7453	ledgerocksolutions.com

Municipalities

Village of Deerfield	David Fitzgerald	(847) 719-7400	deerfield.il.us
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Real Estate

@Properties	Ted Pickus	(847) 432-0700	atproperties.com/agents/2802/ted-pickus
Bridge Industrial	Nick Siegel	(312) 980-2064	bridgeindustrial.com
Susan Ringel Segal: @Properties		(847) 542-5747	atproperties.com/agents/susansegal

Senior Care

Asbury Court Senior Living	Gigi Pagan	(331) 385-9159	asburycampus.com
Care Patrol	Eric Klein	(847) 653-1213	carepatrol.com/advisors/eric-klein/northshore
Companions for Seniors Inc.	Samuel Tatel	(866) 910-9020	companionsforseniors.com
Freedom Home Care and Medical Staffing	Francine Brodsky	(847) 433-5788	freedomhomecare.net
Home Instead Senior Care	Jacqueline & Michael Melinger	(847) 673-1250	homeinstead.com/location
Home Instead Senior Care - Northbrook	Fran Glassman	(847) 418-3300	
Paxem Inc.	Jennifer Prell	(414) 659-2446	
Right At Home	Matthew Field	(847) 374-8400	rightathome.net
Senior Lifestyle Corporation	Kristina Januskaite	(312) 673-4333	seniorlifestyle.com
The Breakers of Edgewater Beach	Kristin Milton	(773) 878-5333	seniorlifestyle.com/property/illinois/the-breakers-at-edgewater-beach

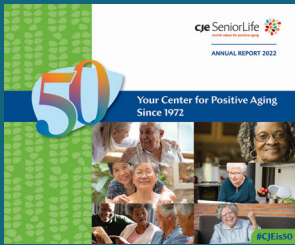
Social Services

AgeOptions	Carol Mattar	(708) 601-3730	ageoptions.org
IBZ Coaching	Ilene Berns-Zare	(847) 309-6373	ibzcoaching.com

Wealth Management

BMO Family Office	Heather Gilroy	(503) 778-2345	wealth.bmoharris.com/our-services/tax-planning-strategies
Merrill Lynch	Michael Sullivan	(630) 954-1000	local.ml.com/oak_brook_il

BY THE NUMBERS



- 2,656 households received \$11,586,444 in financial assistance.
- 7,819 community members attended community outreach and educational programming.
- 1,364 community members attended mental health-related events.
- 2,064 Holocaust survivors received care management and other services and assistance.
- 1,667+ volunteer hours were donated by more than 46 employees.



These are just some of the ways CJE SeniorLife has helped older adults live better during fiscal year 2021–2022. To see all the highlights, learn about our new initiatives, and meet the folks that have helped us on our way, take a look at our 2022 Annual Report. Visit cje.net/about-us/annual-report or scan the qr code at left.

Five Ways to Contribute to CJE SeniorLife

Unrestricted Endowment Funds

Designated Endowment Funds

Income for Life Endowment Funds

Bequests

IRA & Life Insurance Beneficiary Designations

The Council for Jewish Elderly (dba CJE SeniorLife) Endowment Foundation was created in partnership with the JUF Chicago's Agency Endowment Program, which was established to ensure that CJE SeniorLife and our sister agencies have the necessary resources to meet the community's needs. All commitments to CJE's Endowment Foundation are recognized as gifts to the JUF Chicago's Centennial Campaign.

CJE SeniorLife is also proud to have been part of the JUF Chicago's Create a Jewish Legacy program, designed to train and support Chicago Jewish day schools, agencies and synagogues in the area of legacy giving.

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2022 Employees of the Year

The following CJE SeniorLife staff members personify the values and commitment to customer service by which CJE has come to be known.



Alan Miller,
Housekeeping Worker
Weinberg Community for Senior Living
With CJE since 1997



Ilmir Yakhin,
Maintenance Supervisor
Affordable Housing
With CJE since 2019



Elizabeth Smith,
Program Aide
Adult Day Services—Evanston
With CJE since 2011



Joanne Zilbershatz,
Marketing/Move-In Coordinator
Tamarisk NorthShore
With CJE since 2020

CJE Employees with 20 or More Years of Service

Yelena Abramova, Resource Specialist

Paula Berger, Service Coordinator

Joel Brody, Manager, Internal Auditing

Esther Craven, Resource Center Associate

Marlyn Cua, RN, Health Services-Float Pool

Diana Diaz, Housekeeping Worker

Sharon Dornberg-Lee, LCSW, Clinical Supervisor

Nataliya Grin, Billing Analyst

Jonalyn Martinez Gumaya, Executive Administrative Assistant

Nancy Harris, Senior Director, Corporate Compliance-Risk

Ariadna Lopez, Dining Services Associate

Ludmila Luscika, Staff Accountant, Jr.

Macario Macawili, Resident Assistant, Housekeeping

Miguel Martinez-Lopez, Lead Resident Assistant, Housekeeping

Svetlana Mishiyeva, Resident Assistant, Personal Care

Pamela Neef, Critical Support Coordinator

Maria Sado, Manager, Affordable Housing, Village Center

Barbara Sarasin, Care Manager

Rocio Scala, Night Monitor, Robineau

Melina Scheibe, Coordinator, Nutrition and Food

Vicki Socite, RN, Health Services

Susan Williams, Manager, Transportation

LEAVING YOUR LEGACY AT CJE

By Nicole Bruce

“As my parents planted for me before I was born, so do I plant for those who will come after me.”

—Talmud

What will your legacy be? Would you like to be remembered for the way you or a family member have impacted other people's lives?

By making a legacy gift to CJE SeniorLife, you can impact the future for older adults, today. Since 1972, CJE has been a central resource and champion for older adults and their families by providing a range of community-based and residential care options. Annually, CJE connects more than 20,000 seniors and their families to services that enhance their quality of life while honoring their unique healthcare, lifestyle, and socio-economic needs. Today, CJE is well known for helping older adults pursue lives of meaning, independence, and good health.

By signing the non-binding Declaration of Intent, you will join CJE SeniorLife's Heritage Society of Legacy Giving and demonstrate a deep commitment to our mission. Planned giving helps ensure your financial security while advancing your philanthropic goals—and investing in CJE's future. All of us, regardless of age, wealth, or affiliation, can leave a legacy by signing a Declaration of Intent. Leaving a legacy gift is so simple with many options—from making a bequest in a will or trust to gifting IRA or pension funds to gifting assets like cash or real estate. Your legacy gift, no matter the size, will help ensure that generations to come will have access to CJE's vital programs and services.

We are grateful for the generosity of those who are already leaving a legacy by including CJE SeniorLife in their estate plans—the donor story below highlights the impact our legacy giving program is making on CJE now and for the future.

Leaving a Legal Legacy | Bill and Judy Goldberg

When past CJE Board Chair (1998-2000) Bill Goldberg and his wife, Judy, were reflecting on ways to honor the legacy of Bill's parents, CJE was top of mind. “This is a wonderful agency that does terrific work. My father was very involved with CJE. He worked with Joe Gidwitz on the establishment of Lieberman Center back in the day,” said Bill. “So, Judy and I began talking to CJE about making a gift that would honor my parents.”

After some brainstorming, CJE's Resource Development team presented an opportunity for the Goldbergs to support CJE Legal Services, which was previously providing pro bono legal services for older adults age 60+ and residing in Illinois as the CJE Legal Help Desk. This free program has been in high demand since its launch in 2021. Bill's father, who began practicing law during the Great Depression, had his own law firm. “He was always very committed to charitable works and particularly concerned about providing legal services to people who did not have the means to afford them,” said Bill.

A seasoned trial lawyer himself, Bill knew this would be a meaningful service to support and continue his father's legacy. “Judy and I decided that it would be a really wonderful tribute to him and my mother to support CJE's Legal Help Desk.” They gave a generous gift to expand and rename CJE's Legal Services program in memory of his parents: Irving H. and Jane W. Goldberg Legal Services at CJE.

“As you get older, you have different problems. Who is going to take care of you? Who is going to make decisions about you? How is that going to be documented? What is going to happen to your property? How are you going to deal with Social Security? You just have this range of problems that people need help with,” Bill explained. “It is very important for people to be treated fairly and to make sure that their interests are protected. It is really our honor, and we feel very fortunate that we are able to make a gift that will enable CJE to grow and expand its legal services.”

Their gift will help the CJE Legal Services team continue to assist older adults and those caring for them with civil legal matters—offering free legal consultation, advice, and referrals, and drafting legal documents. “We assist people with all sorts of legal needs,” said Tamara Kushnir Groman, JD, CJE's Legal Services and Benefits Services Manager. “We are so thrilled to know that this department will be sustained long term, and that we will have legal services to serve our clients going forward.”

CJE staff meets with clients in person, by phone, and virtually to assist with advance care planning, powers of attorney, last wills and testaments, living wills and medical directives, landlord/tenant questions, mortgage guidance, bankruptcy information, community legal referrals, and advocacy and problem solving.

“There is a tremendous need for these services. Having this function and capability within our organization really adds to the continuum of care that we can provide for our clients,” said Dan Fagin, CJE President and CEO. “We thank Bill and Judy

PRESERVING THE EXPERIENCES OF VICTIMS AND SURVIVORS OF THE HOLOCAUST IN THE FORMER SOVIET UNION

By Nicole Bruce

Goldberg for their generosity, which will help ensure that CJE is able to provide legal services to people who need them now and for many years to come.”

Bill’s father was dedicated to CJE, and Judy remembers this from early in her relationship with Bill, so she knows how much this would mean to him. “Bill’s dad would have been thrilled about this—and that it’s being carried on from generation to generation—because he was so committed to CJE. It was the first thing I remember hearing his father talk about when we started dating, so it is just natural to have honored him in this way. This is an institution he believed in, and Bill grew up with the same thinking,” said Judy.

Irving H. and Jane W. Goldberg Legal Services at CJE is also generously supported by The Albert and Lucille Delighter and Marcella Winston Foundation, Irving H. and Jane W. Goldberg Legal Services at CJE, Niles Township Government, and RRF Foundation for Aging, a national foundation dedicated to improving the quality of life of older people. For more information, visit cje.net/legalservices.

How will you or a loved one be remembered? We hope your life story will be a part of the CJE SeniorLife Heritage Society of Legacy Giving. CJE’s Resource Development team will be happy to assist you and/or your professional advisor to determine what is best for you. If you are considering making a provision for CJE or have done so already, we encourage you to contact Stephanie Smerling, Vice President & Chief Development Officer, at 773.508.1130 or Stephanie.Smerling@cje.net.

The Council for Jewish Elderly Endowment Foundation was created in partnership with the Jewish Federation’s Agency Endowment Program, which was established to ensure that CJE SeniorLife and our sister Agencies have the necessary resources to meet community needs. All endowment commitments are recognized as gifts to the Jewish Federation’s Centennial Campaign.



Scan to read more legacy donor stories on our website.

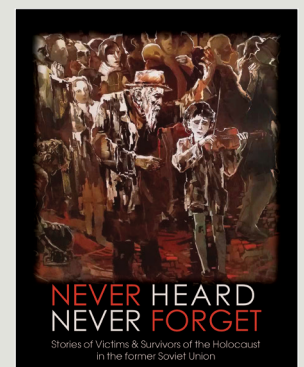
“Memory is a precious human gift and a significant Jewish value, but unless memories are recorded, they will be forgotten [...] Survivor testimonies help to counter Holocaust denial—the effort to murder the victims a second time by obliterating the truth of their experiences [...] They also become an important aspect of family history. They provide vivid testimonials as to family roots and histories and can lead to intergenerational discussion and genealogical exploration.”

—Foreword to *Never Heard—Never Forget: Stories of Victims and Survivors of the Holocaust in the Former Soviet Union*

CJE’s Holocaust Community Services recently released *Never Heard—Never Forget: Volume II*, a new collection of narratives commemorating Chicago-area victims and survivors of the Holocaust in Nazi-occupied territories of the former Soviet Union (FSU). *Volume II* features more than 135 newly published personal and family narratives of Holocaust survivors’ experiences, written in both English and Russian, with archival photos and documents. These compelling accounts were written by Holocaust survivors, descendants of survivors, and staff and volunteers of Holocaust Community Services at CJE SeniorLife.

Both *Never Heard—Never Forget Volume I* and *Volume II*—and a special bundle set—are available for purchase online. Proceeds from both books will go to Holocaust Community Services at CJE SeniorLife for assistance to Holocaust survivors from the FSU and to the Illinois Holocaust Museum and Education Center for ongoing efforts to document and share the history of the Soviet Holocaust experience.

For more details on how to order and to read sample stories from the latest book, please visit cje.net/NeverForgetBook or email NeverForgetBook@cje.net.



CJE PROGRAMS & EVENTS

We offer a variety of fun, engaging, and meaningful programming from art and exercise to education and conversation.

MONDAY AT THE MOVIES

Join us for our cyber movie club! We'll explore groundbreaking films, learn little-known facts about the film and actors, and enjoy clips from the movie. 2nd Monday of each month. 1–2 pm CT. 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. Mondays, 11 am–Noon CT. Virtual meeting. Registration required: cje.net/events. For more information: community.engagement@cje.net or 773.508.1089.

COMMUNITY DAYS AT THE BERNARD HORWICH JCC

Community Days is a weekly drop-in social event where participants enjoy programming that includes education, socialization, and art. This program is brought to you in conjunction with JCC Chicago. Tuesday, 1–2 pm CT. Free. Virtual meeting. Registration required: cje.net/events. For more information: community.engagement@cje.net or 773.508.1089.

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. Tuesdays, 11 am–Noon CT. Free. Virtual meeting. Registration required: cje.net/events. For more information: community.engagement@cje.net or 773.508.1089.

THE MEN(SCH) BUNCH

Led by Jay Lewkowitz, CJE Volunteer, and Bob Watkins, from CJE Life Enrichment. A respectful, safe space for men to reflect on how they are adapting to the changing world and aging. 2nd and 4th Tuesday of each month. 2:30–3:30 pm CT. Free. Virtual meeting. Registration required: cje.net/events. For more information: community.engagement@cje.net or 773.508.1089.

MIDWEEK MORNING EXERCISE

Join Paul Czajkowski for this midweek pick-me-up fitness class that incorporates breathwork, yoga, gentle strength training, dancing, marching, and walking! This is the perfect class for people wanting to get back into fitness, needing help with arthritis relief, or just wanting to enjoy movement and exercise. Wednesdays, 10–11 am CT. 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

2nd and 4th Thursday of each month, 1 pm CT. Free. Space is limited. In-person programming open to Niles Township residents only. Virtual meeting open to all. Registration required for either option: 773.508.1089 or community.engagement@cje.net.

I LOVE MY PET

Join us—and our pets—for a virtual get-together in which we will meet new people, laugh together, share pictures, memories, and stories. 1st and 3rd Monday of each month. 10–11 am CT. Free. Virtual meeting. Registration required: cje.net/events. For more information: community.engagement@cje.net or 773.508.1089.

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 CT. Free. Virtual meeting. Registration required: cje.net/events. For more information: community.engagement@cje.net or 773.508.1089.

MINDFULNESS WITH PAUL

Paul Czajkowski, a yoga and mindfulness instructor, will lead exercises like breathwork and meditation to help support mental health, cope with stress, and change habitual thinking. Fridays, 10–10:30 am CT. 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! 3rd Thursday of each month at 11 am CT. 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. Fridays, 11 am–Noon CT. Virtual meeting. Registration required: cje.net/events. For more information: community.engagement@cje.net or 773.508.1089.

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 CT. Free. Virtual meeting. Registration required: cje.net/events. For more information: community.engagement@cje.net or 773.508.1089.

CJE SUPPORT GROUPS

We provide an opportunity to share with and learn from others who are in similar situations in a welcoming, confidential environment.

FAMILY CAREGIVERS

Support group for all family members who are providing care for someone with dementia. Led by Carrie Cutler, MSW, LCSW, and Catherine Miller, BC-DMT, LCPC. 1st Thursday of every month at 4–5 pm CT and 3rd Thursday of every month at 10–11 am CT. 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 Kate Maley, AM, LSW. 1st and 3rd Wednesday of the month. 3–4 pm CT. Free. Virtual meeting. Registration required: 773.508.1327.

LIVING LIFE THROUGH LOSS

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

ADULT DAY SERVICES CARE PARTNER SUPPORT GROUP

A support group for ADS Evanston care partners only. Led by Jordyn Cohen, LSW. 4th Monday of every month. 1:30–2:30 pm. Virtual meeting. Registration required: Jordyn.Cohen@cje.net or 773.508.1000.

AGING TOGETHER

A support group for older adults who find themselves aging alone. Led by Kate Maley, AM, LSW. 2nd and 4th Wednesday of each month. 3–4 pm CT. Free. Virtual meeting. Participation requires advanced screening and registration: 773.508.1327.

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 CT. 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 CT. Free. Virtual meeting. Registration required: 773.508.1016.

RUSSIAN TEA TIME: WHEELING/SHIR HADASH

A support group for Russian-speaking Holocaust survivors. Led by Maya Gumirov, LPC, and Vera Rodriguez Mancera, LPC. 1st Friday of the month. In-person meeting. 10–11 am CT. 3rd Wednesday of the month. Virtual meeting. 10–11 am CT. Free. Registration required: 773.508.1016.

COFFEE & CONVERSATION

A support group for Holocaust survivors. Led by Yonit Hoffman, PhD, and Iliana Vayman, MEd, Holocaust Community Services. Mondays, 1–2:30 pm CT. Free. Alternating in-person and virtual meetings. Call to confirm dates and location: 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 CT. Free. Virtual meeting. Call to confirm dates: 773.508.1004.

2023 HOLIDAY CLOSINGS

Independence Day	July 4
Labor Day	September 4
Yom Kippur	September 25
Thanksgiving Day	November 23
Christmas Day	December 25



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



CJE SeniorLife Helps Older Adults Live Better Every Day!

When you call us or walk through our doors, our team makes it easy to navigate our continuum of services. We match you to the right program to address your immediate and long-term needs.

Adult Day Services • Affordable Housing • Benefits Services
Care Management • Counseling and Support Groups • CJE Cyber Club
Holocaust Community Services • Home-Delivered Meals • Legal Services
Tamarisk NorthShore • Weinberg Community for Senior Living
Volunteering • and more!

Find out how we can be of service to you at www.cje.net and 773.508.1000!