

cje SeniorLife



LIFE

WINTER 2025



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at CJE's Deerfield Campus

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cje

Championing Older Adults and Their Families Everyday

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VIEWPOINT

DEAR READER,

I'm pleased to introduce this issue of LIFE magazine and share with you some of the ways that CJE's many vital programs and services are enhancing quality of life for older adults, across all our sites.

Starting with our Deerfield Campus, this issue provides some exciting updates about the leadership at Tamarisk NorthShore and Weinberg Community for Senior Living. We can also see how the multitude of engaging life enrichment opportunities helps make this community so vibrant.

CJE's community-based services have experienced some major enhancements in recent months, one of which was the establishment of a dedicated center on the Bernard Horwich Campus – The Delighter/Winston Center for Aging Well. The new space is designed to support both the older adults we serve and provide a team-oriented space for our hardworking staff. Visitors are welcomed at the entrance by CJE's Concierge, who also serve as a virtual "front door" for our clients and their loved ones, linking them to their direct care providers or our Clinical Intake team, who offer a personalized assessment and connecting them to a holistic suite of services that can support their individual needs.

In this issue we spotlight our Counseling and Legal services teams, both of which are housed at the new Delighter/Winston Center. We take a look at the important role our psychotherapy groups play in providing new ways of coping with the myriad of challenges our clients face. In addition, we also see how our Legal services team was able to use the guidance and assistance provided in a single case to create a transformative change for countless older adults with a new law.

Our Howard Street building, home to our Adult Day Services-- Evanston program, has been extending its impact to support a broader range of individuals that are facing cognitive challenges. In this issue, we offer some guidance on the difference between ordinary forgetfulness and mild cognitive impairment and provide some insight into the rainbow of resources that can be used to help navigate cognitive changes.

Last but certainly not least, to sustain our strength for our mission, we also need to sustain our employees. CJE's Fun Committee certainly supports this goal – they go above and beyond with a full calendar of events that bring "fun, laughter, excitement, and joy" to our staff.

I am beyond impressed by all the features in this issue of LIFE and take great pride in being part of an organization that delivers such life-changing care to older adults.

Sincerely,

Jodi Portnoy

Jodi Portnoy
Vice President and Chief Strategy Officer

A RICH AND VIBRANT COMMUNITY AT CJE'S DEERFIELD CAMPUS!

By Paisley Valentincic

Exciting Leadership Announcements at CJE's Deerfield Campus!

We are pleased to announce that **Colleen Kowalewski** joined Tamarisk NorthShore as the Executive Director in November of 2024. With over 25 years of experience in senior living, including her recent role as Director of Life Services at a local rental life plan community, Colleen brings a wealth of knowledge and expertise to our community. Her leadership and vision are already making a positive impact on the community.

"I am grateful for the opportunity to work alongside such a talented team in service to the amazing residents of Tamarisk. It is an honor to be part of this special community, dedicated to providing successful and meaningful experiences for everyone. I am excited to be here."



We are also thrilled to announce **Jennifer Weininger, MHSA**, has been promoted to Executive Director of CJE's senior living campus in Deerfield. Jennifer's 30 years of experience in senior living, and 20 years of dedicated service to CJE SeniorLife, is invaluable. Her dedication to providing exceptional care and her commitment to our residents make her a perfect fit for this role. We are confident that under her guidance, our Deerfield Campus will continue to thrive and offer an outstanding living experience for all residents.



Featuring Life Enrichment: Discover An Engaging Lifestyle at the Deerfield Campus

At both Tamarisk NorthShore and Deerfield Campus, we pride ourselves on offering a rich and engaging lifestyle for our residents. Our dedicated team designs programs to cater to a wide range of interests and promote overall well-being. The choices are endless, and our residents can thrive and enjoy every day to the fullest! Here is a glimpse of just a few activities and offerings . . .

Fitness and Wellness: Stay active with our fitness classes and wellness programs.

Lifelong Learning: Expand your knowledge and skills through lectures, discussion groups, and book clubs.

Music and Performing Arts: Enjoy live music and theatrical performances that inspire and entertain.

Games and Social Activities: Participate in a variety of games, social events, and group activities that foster connections and friendships.

Arts and Crafts: Unleash your creativity with our arts and crafts sessions, where you can explore new hobbies and create beautiful projects.



We invite you to learn more about the vibrant and fulfilling lifestyle at both Tamarisk NorthShore and Weinberg Community. Give our team a call to learn more details!

Weinberg Community
847.374.0500
Assisted Living
Memory Care
Adult Day Services

Tamarisk NorthShore
847.580.5800
Independent Living



CJE Psychotherapy Groups: FOSTERING SELF-UNDERSTANDING AND NEW WAYS OF COPING

Sharon Dornberg-Lee, LCSW, Clinical Director of Community Services

In addition to individual psychotherapy and a wide array of support groups, CJE also offers psychotherapy groups among our complement of behavioral health services. These groups are designed to improve the mental health and emotional well-being of older adults and their family caregivers and are often structured in an 8-week period.



How is a Therapy Group Different From a Support Group?

Where there is some overlap, a support group primarily focuses on providing a space in which members with similar concerns can share experiences and learn from one another. In contrast, therapy groups take a deeper dive to promote greater self-understanding and often to change patterns of behavior that no longer serve us well.

Each of us participates in a wide variety of groups throughout our lives, from our families to clubs and other social groups, to various volunteer or work roles. From those experiences we all know that groups can be a wonderful way not only to engage with others but also to learn more about ourselves and how we relate to people. While it can be scary to imagine entering a room full of strangers (virtual or in-person) and opening about one's private emotions and experiences, a therapy group can allow us to learn new skills, ways of understanding, and coping mechanisms for dealing with life's challenges.

Confidentiality

Emotional safety is paramount in every group. It is the group therapist's responsibility to ensure a safe, supportive, and confidential environment. Further, every group member must pledge to respect confidentiality so that "What happens in group, stays in group." The assurance that confidentiality will be safeguarded is a cornerstone of all group work.



How is Group Therapy Different Than Individual Therapy?

In individual therapy, some of the benefit stems from learning new ways of understanding oneself. It can also be very helpful to look at one's own emotional reactions to the therapist and possibly relate these to other important relationships one may have experienced in the past. In group therapy, the group itself becomes the therapist for all of its members.

Therapy groups focus on improving relationships with others and addressing distressing symptoms that may accompany depression, chronic pain, anxiety, or caregiver stress. Some therapy groups focus on developing new skills to manage symptoms. Others may focus more on introspection and group processes to enhance self-understanding and change longstanding patterns of behavior which may get in the way of a satisfying life and day to day functioning.

CJE's periodic therapy group offerings include:

Strategies and Support for Managing Chronic Pain. In this 8-week group held virtually, members learn proven strategies, primarily from cognitive behavioral therapy, to interrupt the cycle of pain and reclaim the ability to engage in activities that matter to them.

Cognitive Behavioral Therapy Skills Group for Depression and Anxiety. This eight-week group is designed to help members change patterns of thinking to address symptoms of depression and anxiety. Members learn tools to effectively deal with everyday stressors and practice them both in group meetings and with small weekly homework assignments.

Coping With the Challenges of Aging. This is the most psychodynamic or introspection-oriented of the group offering. During group sessions, members explore stressors and feelings, in much the same way as they might with an individual therapist. In addition to talking about what is going on in each individual's life, much of the time is spent discussing ways in which members relate to people interpersonally in the group. The goal is for that understanding to then improve members' relationships and quality of your life outside of the group.

All of these psychotherapy groups are billable to insurance. CJE accepts Medicare and is in network with many other plans. CJE will always verify your insurance coverage in advance so you will be aware of copayments, if any.

Support Groups

For a list of CJE's Support Groups, please see page 19.

To make a referral or to get or more information about CJE Counseling Services, including individual and group therapy, please call us at 773.508.1000 or visit www.cje.net.

RECOGNIZING MILD COGNITIVE IMPAIRMENT

By Jordyn Cohen, LCSW, CDP, Adult Day Services Social Worker
Sarah Cohen, MPH, Cognitive Wellness Manager
Tori Gruber LSW, MPA, CDP, Manager, Adult Day Services

Forgetfulness can be a normal part of aging. 40% of older adults experience some memory loss, but only 1% develop dementia, so how do you know when to worry? Both the body and the brain experience physical and functional changes with age. We often make jokes when we can't find the keys or remember why we entered a room. Knowing how to differentiate between normal and non-normative changes in cognition is key to early intervention.



Normal aging is characterized by a subtle decline in cognitive abilities, like struggling to recall a familiar name mid-conversation or finding oneself at a loss for a word in everyday dialogue. These symptoms can be frustrating but do not interfere with the overall quality of life.

Mild Cognitive Impairment, however, is a transitional stage between normal aging and dementia. When someone is experiencing Mild Cognitive Impairment (MCI), they experience more thinking or memory deficits than other folks their age. Individuals with mild cognitive changes can carry on with their daily lives and manage most of their own care. While individuals with MCI may face challenges in certain cognitive functions, they can still perform everyday tasks independently. For those diagnosed with MCI, approximately 10 to 15% will progress to dementia within a year.

Dementia, unlike normal aging and MCI, is a neurodegenerative disorder characterized by a significant decline in cognitive function that interferes with daily living. Dementia is an umbrella term that encompasses a range of conditions, including Alzheimer's disease, vascular dementia, and Lewy body dementia, among others. Symptoms of dementia include significant memory loss, disorientation, language difficulties, and impaired executive function. Dementia is progressive, meaning that the cognitive impairments of someone living with dementia worsen over time. As the disease progresses people living with dementia lose the ability to manage everyday tasks or to live independently.



While normal aging, MCI, and dementia share some similarities in terms of cognitive decline, they differ in severity and impact on daily functioning. Understanding and recognizing the difference is crucial for early detection, intervention, and management of cognitive decline in older adults.

Here we share the story of a person we'll call Judy and her journey with memory impairment and how CJE was able to help her and provide some recommendations for navigating these life changes:

Over the last couple of years, Judy had found herself sporadically misplacing her keys, having difficulty retrieving the right word during a conversation, and having trouble quickly coming up with names. Judy's friends, family, and doctors had assured her that these incidents probably resulted from normal brain changes that can accompany aging. Recently, Judy has been experiencing cognitive changes that she has never heard of as "normal aging." When taking a walk around the neighborhood that she has lived in for 40 years, Judy got lost and had difficulty finding her way home. Judy has found herself forgetting how to make recipes that she has made for years, and her family has expressed that Judy's personality seems to be changing as she can become anxious and agitated easily. Judy expressed her concerns to her primary

care physician, who referred her to a neurologist. After receiving a neuropsychological assessment, Judy was given a diagnosis of early-stage dementia. Soon after receiving this diagnosis, Judy reached out to CJE SeniorLife and made an appointment to talk with a member of CJE's intake team. Using a holistic approach, the intake team member connected Judy with supportive resources that she utilized to aid her in continuing to live well.

With the guidance of a professional, Judy began to make changes in her daily life based on the Colorful Care Model, used at CJE SeniorLife's Adult Day Service in Evanston.

When presented with the Colorful Care Model, Judy began to explore ways to incorporate these pillars into her daily life.

■ **Creative Arts**—Judy and her daughter came up with the idea to make a scrapbook of all her recipes to help refresh her memory, while also utilizing a creative outlet to express herself.

■ **Physical Wellness & Activity**—Judy and her friend who lives in the neighborhood decided to set a standing walking date on Wednesday evenings so that Judy can continue an activity she enjoys with some support in case recalling the way home is challenging.

■ **Socialization**—Judy began attending CJE SeniorLife's Adult Day Services program once a week to diversify her socialization and help her family feel comfortable knowing she was in a safe, supportive, social environment during the week!

10 Benefits of CJE Adult Day Services

■ **Heart and Brain Healthy Diet**—While Judy loves to cook, Judy signed up for CJE's home delivered meals service to share the load of preparing meals, this also ensures that she is getting heart and brain healthy meals.

■ **Cognitive Stimulation**—Judy took the advice of the rainbow and her family and wanted to find new and novel ways to exercise her brain. She began a Sunday morning Neurobics routine, where she completes some brain games and puzzles while she enjoys her morning coffee!

■ **Spirituality & Sense of Purpose**—Judy expressed feelings of frustration with her cognitive changes, she wanted to feel connected to the community around her. Judy began attending CJE's Gather and Give Back program once a month with her friend to give back to the community and be connected to others.

■ **Manage Stress**—Judy began attending CJE's Community Engagement Cyber Club on Wednesday for their Mindfulness sessions that explore breathwork and meditation to help support mental health, cope with stress, and change habitual thinking.

There are many resources within the scope of CJE SeniorLife that can help navigate cognitive changes. Please give us a call at 708.508.1000 if you would like to learn more about what we have to offer!



1. **Coordinated Care:** We have an interdisciplinary team that collaborates with our clients and their families to provide support, services, and referrals, ensuring their needs are met.
2. **Opportunity:** ADS offers a chance to connect, stay active, explore new activities, and meet new people.
3. **Nursing Services:** Health and well-being services, including medication management, vital signs monitoring, and assistance as needed, are provided by a licensed nurse.
4. **Nutritional Support:** Balanced and Kosher meals approved by a registered dietician are provided, ensuring that members receive proper nutrition and that dietary needs are met.
5. **Engagement:** ADS combats isolation and loneliness by engaging participants in new experiences that promote a sense of purpose, belonging, and overall quality of life.
6. **Caregiver Support:** ADS offers support and respite to caregivers, allowing them time for themselves and helping to reduce stress and isolation. We also provide a sense of community to caregivers through our support group, led by our social worker.
7. **Therapeutic Activities:** Our days are filled with creative arts, exercise and movement, cognitive stimulation and therapeutic activities aimed at promoting positive aging.
8. **Independence:** ADS supports independence by providing a comfortable, familiar space and a structured program for socialization, exercise, creative arts, nursing care, and community.
9. **Openness:** Our building is designed with our clients' and prospective clients' needs in mind, creating an open, inviting, safe, and comfortable environment for them to thrive.
10. **Network:** Being a member of ADS opens you to the network of services at CJE, including transportation, care management, counseling, legal services, support groups, and more.

ADULT DAY SERVICES IS ANYTHING BUT ORDINARY!

Interested in learning if CJE's ADS program is right for you? Give us a call:

- 1015 Howard Street, Evanston
773.508.1000
- 1551 Lake Cook Road, Deerfield
847.374.0500

CJE'S LEGAL SERVICES PLAYS VITAL ROLE IN LEGISLATIVE CHANGE

By Tamara F. Kushnir Groman, JD,
Sr. Manager, Irving H. and Jane W. Goldberg Legal Services at CJE and Benefits Services

We put our trust in our medical professionals with the expectation that they will always act in our best interest. But what happens when that trust is broken? For one woman, turning to CJE Legal Services was exactly the help and protection that she—and many more patients—needed.

A client that we will call Ms. M came to CJE Legal Services because a collection lawsuit had been filed against her by CareCredit, a credit card for dental expenses. Ms. M had gone to her dentist for a routine cleaning. As her appointment was wrapping up, her dentist noted that she needed extensive additional dental work that would total \$4000. Ms. M specifically asked for a payment plan with the dentist's office. Unbeknownst to her, the dental staff signed her up for a CareCredit credit card and put the entire \$4000 on the card. A few days later, Ms. M decided she did not want the extra dental work and called the office to cancel. Three weeks after cancelling the additional work, having only had a cleaning, Ms. M received a CareCredit card in the mail showing that she owed \$4000. The dentist refused to assist. One year later, CareCredit filed a lawsuit against Ms. M to collect the debt. Having never been sued before, she was tearful and believed she might go to jail at the time that she sought the assistance of CJE Legal Services.

Ms. M lives on a very modest income from social security and has no assets and no savings. Therefore, CJE Legal Services was able to send a letter to the suing attorney letting them know that Ms. M is collection proof. Ultimately, CareCredit dismissed the lawsuit. But CJE's work did not end there. Tamara Kushnir Groman, Sr. Manager, Irving H. and Jane W. Goldberg Legal Services at CJE and Benefits Services, reached out to the legislative group of the Jewish United Fund. Amy Zimmerman, Associate Vice President, and Jared Hoffman, Legislative Associate, both from the State Government Affairs department of Jewish United Fund/Jewish Federation of Chicago, ultimately drafted a bill for the Illinois House protecting people like Ms. M from being unknowingly signed up for unwanted credit. We are proud to report that the bill, which started its journey with Ms. M reaching out to CJE, has now been signed into law. HB4891 is now Public Act 103-7033. It requires that dental offices provide disclosures, in a minimum of 14-point font, explaining that CareCredit is a credit card and that interest rates and penalties may accrue. It also cannot be offered if a patient has had anesthesia, or any type of sedation, including nitrous oxide. The bill goes into effect January 1, 2025. We're grateful to Ms. M for putting her trust in CJE, and for the hard work of our partners at JUF, for their vital role in securing these important protections for everyone in Illinois.



Irving H. and Jane W. Goldberg Legal Services at CJE offers free legal consultation, advice, referrals, and drafting legal documents for older adults and those caring for them. Our team is available for in-person, telephone, or zoom appointments to assist with civil legal matters. For more information on CJE Legal Services, please visit www.cje.net or call 773.508.1000.

WHERE THE FUN KEEPS COMING

By Ronit Rose

Working at CJE SeniorLife is incredibly rewarding, but it can be stressful as well. Employees have tremendous responsibility. Every day, they are charged with coordinating and combining their talents to keep the organization functioning and thriving, for the benefit of clients and residents. Many of CJE's programs and events appear to be seamless, but in fact every one of them has a group of hardworking professionals behind it, working together.





CJE is known as an employer of choice, partly because it is so appreciative of its staff. And that is where the Fun Committee comes in. The Fun Committee, based at CJE's administrative offices in the Bernard Horwich building, consists of six individuals, Sheila Garrett, Decision Support Manager, Catherine Samatas, Director of Business Development, Casey Shipman-Okal, Manager of Community Engagement, Julie Han, Manager of Volunteer Services, Betsy Bauer, Director of Human Resources, and Donna Medina, Staff Accountant. "We meet monthly to come up with ideas to bring fun, laughter, excitement, joy, and optimism to our staff," says Garrett. "We focus on having an experience. We want to bring people together, we want to have color in the room to evoke emotion...we try to tap into all the senses."

The Fun Committee creates an event every month, sometimes related to the calendar and sometimes not. In its new, post-pandemic iteration, the Fun Committee kicked off last November 2023 with a Snack Day, when its members went around and offered snacks to all the employees—healthy snacks, junk food, whatever they wanted was theirs—and distributed invitations to the upcoming holiday party.

The next month, the Fun Committee's holiday party was anything but traditional. It had a 1960s peace and love theme to it, to get people laughing, sharing their experiences, and enjoying the season. The walls and tables were decorated with flowers and a photo of every employee, to emphasize that everyone matters at CJE. The committee even turned the beverage table into a VW camper van, complete with bright, psychedelic colors. "We had employees who walked into the room and when they saw all the colors

and the love and the details that went into that room, they started crying," recalls Garrett. "We want them always to feel loved, special and cared for," she adds.

After that came a French market, a Valentine's Day celebration highlighting *I Love Lucy*, and then Orange You Great Day, where everything in sight was orange-colored or scented and highlighted positive and encouraging messages.

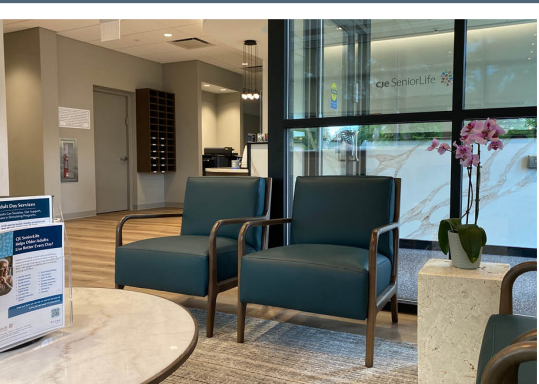
A Twilight Zone party featured a few episodes of the iconic show while a "nacho" average break event complete with guacamole and work-friendly mocktails. Over the summer, the Committee hosted a block party-styled luncheon with barbeque and games. A big hit was a pop-tail hour featuring soda pop, popsicles, pop cakes, popcorn, pop music, and a bubble show! Other events included an apple harvest fest, a pie day for Thanksgiving, an Elvis trolley ride with lunch. They wrapped up 2024 with a holiday party styled as a speakeasy with a Frank Sinatra impersonator, candy cigars, a mocktail bar, and even required a secret password for entry.

Garrett, a 20-year veteran of CJE, credits its leadership team for focusing on staff wellbeing. "It is so wonderful our leadership team set aside a budget for staff to have fun and have a break. Its truly amazing and rewarding, and I want to thank them," Garrett says. To make the most of their budget, the committee chooses decorations and props that make a strong impact but can also be reused for different themes, and shares resources with other CJE sites, so they can hold similar events.

It is this special kind of acknowledgement and forward thinking that helps keep CJE staff connected and dedicated, and helps the organization become an employer of choice in its field. Visit cje.net/careers to find out more about a career at CJE SeniorLife!

Welcoming and Supportive: CJE'S DELIGHTER/WINSTON CENTER FOR AGING WELL

By Adam Lazar



CJE SeniorLife opened its newest space last summer, tailored to welcome and support older adults and their families through its community-based programs and services. The Delighter/Winston Center for Aging Well is thoughtfully designed to meet the needs of both clients and staff, ensuring a comfortable, secure, and welcoming environment. Delighter is located adjacent to CJE's administrative offices in the Bernard Horwich Building on Touhy in Chicago's Rogers Park neighborhood.

For Older Adults and Their Families

Accessibility is a top priority. The new space offers close access from the parking lot to the front door, with no stairs, making it easy for clients to enter the building. Enhanced security and CJE's Concierge team greet clients, ensuring they feel well-supported. The lobby is designed with plenty of natural lighting and comfortable seating, creating a warm atmosphere.

The CJE programs and services located in the Delighter building include Benefits Services, Care Management, Clinical Intake, Counseling Services, Holocaust Community Services, and Legal Services—all vital and involve private, sensitive information. Therefore, meeting spaces are equipped with frosted glass and built-in sound machines to ensure privacy and confidentiality during consultations.

For Staff

The new space is equally accommodating for staff, with an emphasis on creating a pleasant and supportive work environment. Natural lighting is abundant throughout the building, with a private outdoor garden and patio offering a tranquil space for staff to relax and recharge.

Technology upgrades have been implemented to facilitate daily tasks and support virtual meetings, ensuring staff can work efficiently and effectively. Office sharing arrangements are in place to accommodate hybrid workers, providing flexibility for those who split their time between home, office, and field work. Additionally, the building includes more group meeting spaces and flexible meeting rooms with integrated technology, fostering collaboration and innovation.



Albert and Lucille Delighter and Marcella Winston

Albert and Lucille Delighter were incredibly generous and philanthropic supporting the Jewish community both locally and in Israel. Along with Lucille's sister, Marcella Winston, their shared, lifelong philanthropy culminated in a generous bequest to The Centennial Campaign of JUF/Jewish Federation and established the Albert & Lucille Delighter and Marcella Winston Foundation. This shared interest led to their support of CJE SeniorLife and the creation of the Delighter/Winston Center for Aging Well. CJE's new space allows us to follow through on our commitment to providing support to older adults and their families. By focusing on accessibility, security, comfort, and modern technology, we've created an environment where both clients and staff can thrive.

To find out more about CJE SeniorLife's programs and services, please visit www.cje.net or call 773.508.1000.

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Mosiac Construction, LLC.	Albert Marks	mosaicconstruction.net	(847) 498-1676
PremiStar	Chuck Caporale	premistar.com	(630) 595-8032
Ron's Landscape & Snow Removal	Kathy Faulkner		(847) 398-5689
Brad W. Tokarz			(847) 668-9890
USA Wireless Satellite TV	Warren Schoen	usawireless.tv	(847) 831-4561 x011

Insurance

Alliant Insurance Services, Inc.	Kate Yavorskiy	alliant.com	(847) 444-2549
AMBA	Carey Rothbardt	getamba.com/index.php	(847) 908-8823
Capital Strategies	Allan Goldstein	capitalstrategies.net	(847) 943-0701
Caring Communities	Chad Swigert	caringcomm.org	(847) 549-8225
Equitrust Life Insurance Co.	Paul Miller	equitrust.com	(312) 702-3399

Jewish Life

Am Shalom Congregation	Rabbi Steven S. Lowenstein	amshalom.com	(847) 835-4800
Anshe Emet Synagogue	Boni Fine	ansheemet.org	(734) 368-4499
Chicago Jewish Funerals	David Jacobson	chicagojewishfunerals.com	(847) 229-8822
Keshet/Gadol	Jennifer Phillips	keshet.org	(847) 205-1234
North Shore Congregation Israel	Todd Braman	nsci.org	(847) 835-0724
North Suburban Synagogue Beth El	Rabbi Michael Schwab	nssbethel.org	(847) 432-8970
Rochelle Zell Jewish High School	Stephanie Sanderman	rzjhs.org	(847) 324-3720
Shalom Memorial Park	Micha Singerman	shalom2.com/jewish-cemetery	(847) 255-3520
Temple Jeremiah	Rabbi Paul Cohen	templejeremiah.org	(847) 441.5760
Waldheim Cemetery	Sarah J. Isaacson	waldheimcemetery.com	(708) 366-4541
Zion Gardens Cemetery	Sarah J. Isaacson	ziongardenscemetery.com	(773) 736-2553

Legal

Croke Fairchild Morgan & Beres	Kenneth F. Lorch	crokefairchild.com	(312) 650-8640
Dutton Casey & Mesoloras, PC	Helen Mesoloras	duttonelderlaw.com	(312) 371-0954
Dykema Gossett PLLC	Gary Segal	dykema.com	(312) 876-1700
Katz & Stefani LLC	Andre Katz	katzstefani.com	(312) 364-9000
Levenfeld Pearlstein LLC	Robert A Romanoff	lplegal.com	(312) 346-8380
Margolis Weldon LLC	Matthew Margolis	margolisweldon.com	(847) 457-3377
Monahan Law Group, LLC	Joseph T. Monahan	monahanlawllc.com	(312) 419-0252
Rothman Law Group	Joel S. Rothman	rothmanlaw.com	(312) 578-0900
Vedder Price	Michael Nemeroff	vedderprice.com	(312) 609-5048
WhiteheadFink Elder Law, LLC	Elizabeth Fink	whiteheadfink.com	(773) 906-5752

Marketing

Sommers Marketing and Public Relations	Al Sommers	sommersmarketing.com	(512) 330-0500
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Real Estate

@Properties	Ted Pickus	atproperties.com/agents/2802/ted-pickus	(847) 432-0700
ARCO/Murray	Morgan Waldron	arcomurray.com	(312) 241-9976
Bridge Industrial	Nick Siegel	bridgeindustrial.com	(312) 980-2064
Debbie Miller Cohen		bairdwarner.com/agent-bio/debbiemillercohen	(847) 414-9930
Susan Ringel Segal: @Properties		atproperties.com/agents/susansegal	(847) 542-5747

Senior Care

Astra Health	Lisa Henderson	astrahealth.net	(847) 480-8851
Care Patrol	Eric Klein	carepatrol.com/advisors/eric-klein/northshore	(847) 653-1213
Companions for Seniors, Inc.	Samuel Tatel	companionsforseniors.com	(866) 910-9020
Freedom Home Care and Medical Staffing	Francine Chiappetta	freedomhomecare.net	(847) 433-5788
Home Instead Senior Care	Jacqueline and Michael Melinger	homeinstead.com/location	(847) 673-1250
Home Instead Senior Care - Northbrook	Fran Glassman	homeinstead.com/home-care/usa/il/northbrook	(847) 418-3300
Senior Lifestyle Corporation	Cherie Dupor	seniorlifestyle.com	(312) 673-4333
The Breakers of Edgewater Beach	Kristin Milton	seniorlifestyle.com/property/illinois/the-breakers-at-edgewater-beach/	(773) 878-5333

Social Services

AgeOptions	Deb Bukovy	ageoptions.org	(773) 416-9472
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Wealth Management

GCM Grosvenor	Scott Lederman	gcmgrosvenor.com	(312) 506-6500
Great Mountain Capital Management, LLC	Aaron Shafter		(847) 227-8809
HLM Capital Management	Karen Finerman	hlmcapital.com	(847) 563-3400
Morgan Stanley	Michael Sullivan	advisor.morganstanley.com/naperville-branch	(630) 245-6086

CJE PROGRAMS & EVENTS

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

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/programsandevents. 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/programsandevents. 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/programsandevents. 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 Wednesday of each month. 1 pm CT. Free. Virtual meeting. Registration required: cje.net/programsandevents. For more information: community.engagement@cje.net or 773.508.1089.

GENTLE EXERCISE

Exercise doesn't have to be intimidating! Join Certified Adaptive Fitness Specialist Erin on the first Wednesday of each month for an inclusive exercise session, designed for individuals of all ages and abilities. Enjoy a supportive environment that encourages self-care and growth through a focused, slower-paced class. Wednesdays, 11 am CT. Free. Virtual meeting. Registration required: cje.net/programsandevents. For more information: community.engagement@cje.net or 773.508.1089.

MY GO-TO PLACE ON CYBER CLUB

My Go-To Place on Cyber Club is our virtual My Go-To Place programming that includes education, socialization and art. Check our site for weekly program descriptions. Free. Virtual meeting. Registration required: cje.net/programsandevents. 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/programsandevents. 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. Wednesdays, 9:30 am CT. Free. Virtual meeting. Registration required: cje.net/programsandevents. 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/programsandevents. 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/programsandevents. 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/programsandevents. For more information: community.engagement@cje.net or 773.508.1089.

VIRTUAL VACATIONS

Our virtual field trips are back-travel the world from your own home! We'll journey across the country and internationally with tours led by local experts. Visit Barcelona, Rome, Paris, New York and New Orleans with no suitcase, passport, or fees required! 2nd Wednesday of the month at 11 am. Free. Virtual meeting. Registration required: cje.net/programsandevents. 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.

CARE PARTNERS SUPPORT GROUP

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 each month at 4–5 pm virtual. 3rd Thursday of each month at 10–11 am virtual & in-person. Free. Registration required: 847.236.7826 or carrie.cutler@cje.net.

AGING TOGETHER

A support group for older adults who find themselves aging alone. Led by Rachel Falk, LCSW and Jade Shepard, LSW. 2nd and 4th Tuesday of each month. 11am–Noon. Free. Virtual Meeting. Participation requires advance screening. Call 773.508.1152.

LIVING LIFE THROUGH LOSS

A bereavement support group. Led by Jamie Farrell, LCSW. Sponsored by CJE SeniorLife and JCFS Chicago. 1st and 3rd Wednesdays of each month. 1–2 pm. Virtual Meeting. Registration required: 773.508.1105.

ADULT DAY SERVICES CARE PARTNER SUPPORT GROUP

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

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 Monday. 1–2:30 pm. 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. Free. Virtual Meeting. Registration required: 773.508.1016.

RUSSIAN TEA TIME: WHEELING

A support group for Russian-speaking Holocaust survivors. Led by Vera Rodriguez Mancera, LCPC and Silviya Wright. 1st & 3rd Wednesday of the month, virtual. 2:30 pm. Registration required: 773.508.1149.

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. Free. Alternating in-person and virtual. Call to confirm dates and location: 773.508.1004.

HCS VIRTUAL BOOK CLUB

Group members read Russian and World Literature authors and share their thoughts and feelings. 1st & 3rd Wednesday of each month. 2–3 pm. Participation requires advance screening. Please contact the group leaders Olesya Yakina at 773.508.4460 or Leah Rosenberg at 773.508.1127.

Volunteer

with CJE SeniorLife!

**Make a big difference
in the life of an older adult!**

**volunteers@cje.net
773.508.1115
cje.net/volunteer**

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.



CJE SeniorLife Celebrates Older Adults Every Day!

At CJE, we champion older adults and their families on their unique journeys, and help each person in the Jewish and larger community, live life to their fullest ability with dignity and respect.

Adult Day Services • Affordable Housing • Benefits Services • Care Management • Counseling and Support Groups • CJE Cyber Club • Dementia Reality • 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!