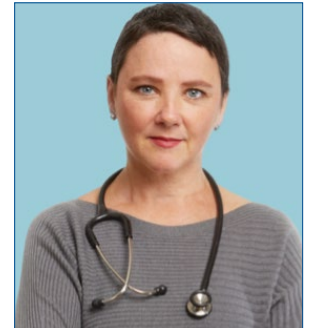


Insights on Aging

Navigating Hospitalizations, E.R. Visits and the Doctor/Patient Relationship

COMMUNITY EDUCATION PROGRAM

Dr. Heather Johnston will share successful strategies for navigating medical systems and health provider relationships, including trips to the E.R. and the hospital discharge process. Dr. Johnston has been on both sides of the bed, as both a patient and a doctor. In college, she was diagnosed with stage IV Non-Hodgkins Lymphoma and then went on to help others as a pediatrician on faculty at the University of Chicago. Since that time, she's been back in the patient role, receiving treatment for both heart failure and breast cancer. With all this behind her, she now hosts the Dr. Patient podcast which focuses on the patient/provider relationship.



SPEAKER:

Heather Johnston, MD

Friday, June 19, 2026 • 11 am–Noon CT
Free, virtual event.



**CLICK OR SCAN
HERE TO REGISTER**



or go to www.cje.net.

After registering, you will receive a confirmation email containing information about joining the Zoom meeting. For more information contact Sharon Dornberg-Lee at sharon.dornberg-lee@cje.net.

CJE Counseling Services offers a full range of older adult behavioral health services. This includes individual supportive counseling, psychotherapy and support groups, as well as family and caregiver support available in CJE offices or as Telehealth.

cje SeniorLife
Jewish values for positive aging



Since 1972, CJE SeniorLife has been dedicated to helping older adults live better every day connected to the community of their choice with access to trusted care and a full range of services, rooted in Jewish values. We enhance the lives of older adults and their families regardless of religion, sex, race, ethnicity, disability, sexual orientation, gender identity, or national origin.

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

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

1172.6.2026