



# CJE SeniorLife's Caregiver Toolkit Series

Join us for a series of presentations that offers practical insights and strategies for family caregivers of people living with dementia. Time allowed for Q&A.

**Thursday, September 25, 2025 • 11am–Noon**

**Your Voice, Your Choice:  
Preparing Advanced Directives for Peace of Mind**

Tamara Kushner Groman  
Delighter/Winston Center for Aging Well  
3033 West Touhy Avenue, Chicago IL

**Thursday, December 18, 2025 • 11am–Noon**

**Care Navigation & Coordination**  
Joan Ente  
Adult Day Services, 1015 Howard Street, Evanston IL

**Thursday, March 26, 2026 • 11am–Noon**

**Caregiving Pain Points:  
Troubleshooting What Your Stressors Are**  
Rhonda Guzman  
Adult Day Services, 1015 Howard Street, Evanston IL



**CLICK OR SCAN  
HERE TO REGISTER**



**Free. In-person. Registration required.**

For more information, call 847.492.1400



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.

Adult Day Services 1015 Howard Street, Evanston IL | [cje.net/adsevanston](http://cje.net/adsevanston) | 773.508.1000

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

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