

cje SeniorLife 

LIFE

OUR QUARTERLY MAGAZINE

FALL 2022

Celebrating our 50th Anniversary!



Plus!
Greetings from CJE's Deerfield Campus
Planning for Your Future Health

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At CJE's Adult Day Services, we welcome and honor older adults' individual needs for socializing, support, and stimulation. We provide:

- Programs that integrate memory support, wellness, physical activities and creative arts therapies.
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CJE SeniorLife® is a partner with the
Jewish United Fund in serving our community.



VIEWPOINT

DEAR READER,

I am so excited to introduce this issue of LIFE Magazine as we continue to celebrate CJE's 50th anniversary! Past Board Chairs Dennis Carlin and Mally Rutkoff are leading the 50th Anniversary Planning Committee and have spearheaded terrific celebrations for CJE's clients, residents, staff, Board of Directors, alumni Board and staff, volunteers, donors, and community members. Yes, there is an event for everyone!

We kicked off our celebrations in May with a special CJE Academy for the entire community. Renowned geriatrician Dr. Louise Aronson gave an enlightening talk on redefining aging. Over 400 people attended this virtual event to learn about embracing elderhood, a term Aronson coined for this stage of life. In June, CJE employees marked the occasion with picnics both at our corporate offices located at the Bernard Horwich JCC in Chicago and our Deerfield campus. In August, our Festival of Generations at CJE's Deerfield campus featured fun for the whole family, including delicious food, musical entertainment by the Grammy Award-winning American Jewish rock band Soulfarm, a petting zoo, intergenerational art projects, and more.

We are also thrilled to share that our annual Celebrate CJE gala was held in person this year on Sunday, September 18 at The Westin North Shore in Wheeling. It was an event to remember as it commemorated our 50th anniversary and featured entertainment by renowned comedian Rita Rudner. In addition, we presented the Abraham Joshua Heschel Professional Services Award to Donna Kahan, Associate Vice President at the Jewish Federation of Metropolitan Chicago. Donna has had an incredible 40-year career, including raising funds to benefit CJE clients and residents. The Albert and Lucille Delighter, Marcella Winston Foundation and the Bernard Heerey Family Foundation received a special 50th Anniversary Philanthropic Award as well.

In this LIFE issue, we continue to unveil more about CJE's historic contributions to the Jewish Community and share highlights about our new, innovative programs and partnerships. Don't miss learning more about Dementia Reality®, an immersive, educational experience for professionals who are caring for clients with dementia that utilizes the power of virtual reality technology.

We hope you will join us in celebrating this golden milestone for the agency and our community. Keep an eye out for invitations to our upcoming events or visit www.cje.net for more information.

With warm wishes for a meaningful and healthy holiday season,

A handwritten signature in cursive script that reads "Stephanie Smerling".

Stephanie Smerling
Vice President of Resource Development

CJE IS 50! A SNAPSHOT OF OUR HISTORY: 1985-2000

By Mary Keen, Guest Contributor



In our previous issue of LIFE, we presented a snapshot of CJE's formative years, looking back at the transitions in the Jewish community that led to the establishment of our agency in 1972. In this issue, our dive into CJE's history focuses on the unprecedented growth of our organization's community-based services. While several of the programs and locations mentioned here no longer exist, you'll get a glimpse into CJE's intentional plan to expand services for older adults who expressed a desire to stay in the neighborhoods where they raised their families.

Expansion of Services



We begin in 1985 with the expansion of services from East Rogers Park and the South Side to West Rogers Park, Uptown, and Lakeview. These services

included information and referrals, community education, crime victim assistance, Russian resettlement, and Transportation (thanks to a gift of four vehicles from Friends of CJE).



The year also saw the establishment of the Housing Resource Center and Home Sharing Program. CJE was the only metro area agency providing this unique service that helped seniors find housing, including home-sharing options, and trained



live-in companions. The next year, it expanded the Transition Living At Home program, which provided short-term respite care; The Sheridan Beach Hotel was adapted for this purpose.

In 1986, CJE developed professional partnership opportunities at its skilled nursing facility Lieberman Geriatric Health Centre, which opened in 1981. These partnerships included a training program for Registered Nurses with the University of Illinois School of Nursing and a program with the Chicago Medical School. CJE also developed a proprietary CNA training program in conjunction with Oakton Community College. At the same time, Lieberman Centre added, with donor support, a beautiful outside area for residents to enjoy—Zelda Anixter Park.



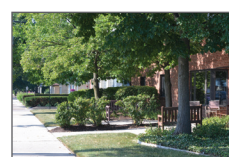
By 1987, CJE's Board of Directors was concerned about the lack of affordable housing for the elderly. To fulfill this fundamental mission, CJE opened the Klafter Group Living Residence in Wilmette in 1988 (it was later sold in 2003). In 1988, a Skokie



site was also selected for Krasnow Residence which opened in 1991. Then, CJE opened a location in Evanston for its Living-at-Home, In-Home Companion, and Housing Resource programs.

Enhanced Programs and Residential Communities

In 1988, a grant from the Rosenbaum Foundation facilitated the founding of an Intergenerational Program, with CJE working with other Jewish agencies, schools, and synagogues to promote *L'dor V'dor*, the Jewish value that stresses passing knowledge and traditions on from one generation to the next. Also, Robineau Residence opened in January of 1989 as



a group living home. It remains open and successful to this day. Designed to be highly innovative, it provides adults with a unique blend of privacy and communal living.

Residents share kitchen and living areas while each person has their own bedroom and bathroom. A full complement of social and cultural programs is enjoyed by the residents.

In 1989, CJE also added another innovative and groundbreaking program to its Adult Day Services program—the Asher Alzheimer's Adult Day Program, offering traditional care for persons with mid-stage dementia. The following year, CJE's administrative





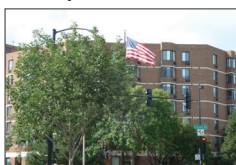
offices moved from the Howard Street site to the Bernard Horwich JCC building on Touhy Avenue. Adult Day Services moved into the Howard Street location after it was remodeled to meet the needs of ADS clients.

In 1990, CJE participated in JUF's "Operation Exodus," which was designed to bring Chicago refugees from the Former Soviet Union and served approximately 2,000 individuals. That same year, CJE began a market-driven program called the Independence Network to reach elderly individuals who could afford to pay some fees for CJE's specialized services (this program ended in 2005). At this same time, the State of Illinois introduced the requirement that its licensed social workers obtain 30 hours of continuing education every two years, which became the focus of the research division of CJE, formerly called the Center for Applied Gerontology (CAG).



1992 was a momentous year for CJE: The 20th anniversary of CJE and the 10th Anniversary of Lieberman Geriatric Health Centre were both celebrated and Krasnow Residence was dedicated. Next, a plan for the merger of CJE and Drexel Home was approved by their boards.

Noteworthy transitions continued into 1993 with the purchase of Village Center and the conversion of Lieberman Centre's fifth floor into a specialized Alzheimer's Unit.



In 1995, CJE joined a Managed Community Care Demonstration Program with the State of Illinois, which remained a vital component of CJE's community-based services for almost 20 years. The Center for Applied Gerontology (CAG) was also renamed the Leonard Schanfield Research Institute, in honor of past Board Chair Leonard Schanfield, who left a bequest to fund gerontological research.



Transformations to CJE sites and property holdings continued to occur. In 1996, construction began at Weinberg Campus in Deerfield, the Morse Avenue Neighborhood Center closed, and a renovation of Lieberman Centre was completed. Weinberg Community for Senior Living opened as one of the first licensed assisted living communities in Illinois. This campus includes Gidwitz Place for Assisted



Living and The Friend Center for Memory Care. 1997 also saw the merger of CJE and Drexel Home Boards of Directors as well as the opening of an eight-bed short-term rehabilitation unit at Lieberman Geriatric Health Centre.

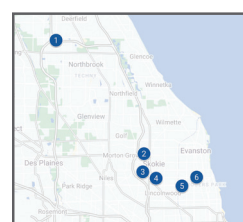
In 1998, CJE opened its Home Health Agency, which received state licensure and Medicare certification the following year.

In 1999, Weinberg Community welcomed Adult Day Services-Deerfield to the Friend Center to provide daytime care and services for those with early Alzheimer's and related disorders. Also in 1999, we see the launch of Holocaust Community Services—a partnership of CJE, JCFS, and Jewish Federation—to identify and provide a wide range of services to survivors in Chicago and its suburbs.

This brings us to the year 2000 when CJE established Partners



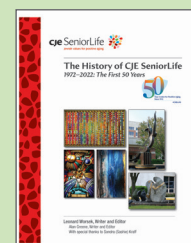
in Care, an initiative to better serve the elderly by integrating social and medical services into the primary care arena. It expanded to four sites with a research evaluation component. With geographic expansion as its priority, a CJE/Federation Task Force on Expansion of Services issued a document in



May 2000 titled "Framework for CJE Expansion." This is also the year that CJE begins expanding its services to the northern suburbs.

Stay tuned for more #CJEis50 history highlighting the years that followed in our next issue of LIFE—and follow us on social media to find out how we're celebrating 50 years of serving older adults and their families in the community!

We are grateful to CJE Board members Leonard Worssek, 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 on Amazon.com for purchase now!





50TH ANNIVERSARY

CJE SeniorLife is honoring the past, celebrating the present, and building the future through several anniversary events this year. CJE would like to extend a heartfelt thank you to the Celebrate CJE Committee and the 50th Anniversary Committee. Thank you for making this a fantastic year and memorable gala!

CELEBRATE CJE COMMITTEE LEADERSHIP

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Leonard A. Worsek

Margo Oberman

Virtual CJE Academy Featured

Dr. Louise Aronson. CJE hosted an intriguing presentation on May 18 featuring Louise Aronson, MD, MFA, a noted Harvard-trained geriatrician, and author of *Elderhood: Redefining Aging, Transforming Medicine, and Reimagining Life*.



CJE's 50th Pomegranate

Cosmotini.

Created by CJE's Corporate Director of Dining Services, Dorge Jean Baptiste, our anniversary cocktail features ingredients like vodka, orange juice, and of course, our signature pomegranate!



CJE Summer Camp. Employees agency-wide celebrated with two parties featuring karaoke, a life-sized board game, art projects, a photo booth, a delicious buffet, and more—all with a summer camp theme!



Hitting a High Note.

Weinberg Community residents and families were treated to a concert by the Lyric Opera Stage Artists!



CELEBRATIONS GALORE!



Robin Subar Photography

Festival of Generations Brings Summer Fun for the Whole Family.

CJE staff, residents, and the community enjoyed live music by the Grammy Award-winning, American Jewish rock band Soulfarm, fantastic food, and fun activities for all ages on CJE's Deerfield Campus on August 14.



Comedian Rita Rudner Headlines Celebrate CJE.

One of the country's top comedians, Rita Rudner, brought her sharp wit and genius one-liners to CJE's annual fundraising gala at The Westin Chicago North Shore in Wheeling on September 18. CJE also honored Donna Kahan with the Abraham Joshua Heschel Professional Services Award and the Albert and Lucille Delighter, Marcella Winston Foundation and Bernard Heerey Family Foundation with the 50th Anniversary Philanthropic Award.



CJE Hosts Virtual Educational Event Exclusively for Alumni Staff, Staff, Alumni Board, Board, and Volunteers.

The social and educational event on April 26 honored CJE's long history of caring for older adults and their families, celebrated how we provide care today, and looked at how we're building the future of eldercare. Speakers included Donna Pezzuto, alumni staff and former Vice President of Healthy Aging, Sharon Dornberg-Lee, Clinical Supervisor, Counseling Services, and Jodi Portnoy, Director of Strategy and Transformation Projects, with Julius Pearson, Vice President of People and Culture, moderating.



CJE Academy Presents A Holistic Approach to Positive Aging: Mind, Body, and Spirit

on November 16. Join Rabbi Michelle Stern, CJE's Manager of Spiritual and Religious Life, and Dr. Eitan Kimchi, a geriatric psychiatrist at UIC, as they share how we can age with dignity, resilience, and purpose in the face of changes to our minds and bodies. Learn ways to empower yourselves and others, and to cultivate peace through this holistic approach to aging.

UNDERSTANDING DEMENTIA THROUGH VIRTUAL REALITY

By Paisley Valentincic

CJE SeniorLife has partnered with Elderwerks Educational Services to launch the first virtual reality dementia program that combines skills training with real-life obstacles in a virtual environment. Dementia Reality® is a new educational tool for professionals caring for older adults with dementia. Tapping into the power of technology for training purposes, this program can benefit the healthcare system as well as older adults with dementia and their loved ones. The goal is to have more empathetic caregivers and happier, engaged clients.

Catherine Samatas, CJE Director of Engagement and Innovative Programming, spearheaded Dementia Reality with Elderwerks: "This project is a collaboration of many talented people. Among the key contributors are Elderwerks' Certified Dementia Educator and Training Specialist Chris Petrik and Cognitive Health Specialist Sarah Cohen." The social service organization Elderwerks has coordinated, advocated, and educated older adults and their families about senior living and available resources in suburban Chicago since 2012. Considered "senior guidance advisors," Elderwerks serves over 11,000 individuals annually and is skilled in developing educational programs for professionals in aging services.

"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, President and CEO of CJE SeniorLife. "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."

The new virtual educational model utilizes technology to immerse professionals in the dementia world. Through various scenarios, trainees experience situations from several viewpoints: first, as an individual with dementia and then, as an objective viewer of the interaction between a person with dementia and others. "This type of programming is an impactful addition to training that is currently available for caregivers. Being delivered via virtual reality is so powerful," said Samatas.

What sets Dementia Reality apart is how this training emphasizes the feelings of a caregiver with the plight of a client





CJE SeniorLife and Elderwerks staff at the LeadingAge 2022 Annual Meeting and Expo.

to build empathy and a trusting relationship. In one module, the focus is on a resident who is awoken by a caregiver to help with her morning personal care routine. The first portion illustrates the caregiver assisting with simple tasks such as finding her glasses and brushing her teeth. But because the caregiver is unengaged and ill trained, the process is challenging and unsafe. Some trainees became emotional during this module because it was difficult for them to watch. Next, the trainees are shown the same sequence but with the caregiver properly following safety procedures, working in tandem with the resident, and with more kindness and patience.

“Dementia Reality is unique in that it allows the learner to experience empathic and non-emphatic responses to caregiving situations,” said Jeannine Forrest, PhD, RN, Dementia Educator and Care Consultant. “You feel like you are in the room. It will be exciting to see how this visual learning will lead to more skilled and compassionate care over time.”

Each chapter opens with a real-life situation in the virtual reality setting. The person-centered focus is not only on

the client but also on the concerns of the caregiver. Group discussions among the trainees and trainers are part of the overall curriculum.

Trainees are eligible to earn continuing education units (CEUs) after the completion of the course.

According to Elderwerks’ President and Founder Jennifer Prell, “We are very excited about the advancement in dementia training that Dementia Reality brings to all those who want to learn about and help those living with dementia. Elderwerks’ education team in partnership with CJE is ready to move forward with this new instructional model.”

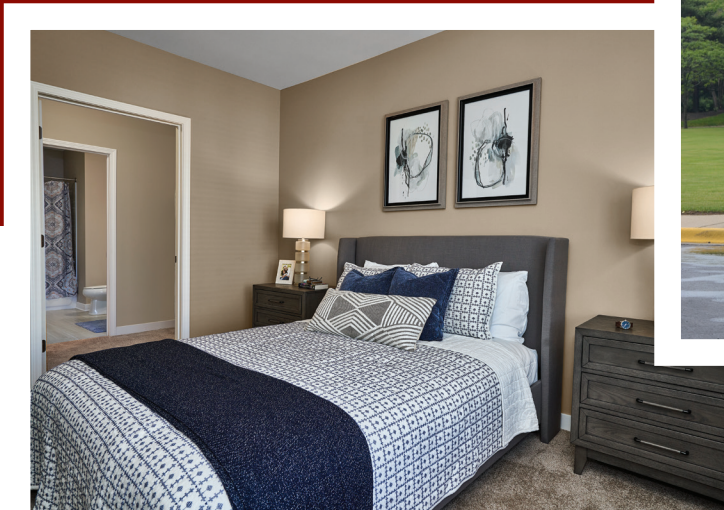
CJE SeniorLife and Elderwerks recently invited senior care providers and caregiver instructors to sample the virtual reality training firsthand at their Dementia Reality product launch at Tamarisk NorthShore, a CJE Managed Community in Deerfield. Dozens of industry experts donned virtual reality goggles to immerse themselves in the training experience and the overwhelming response was positive. One attendee describes the experience: “The visual makes you feel like you are encapsulated in it. It is like you are there with the resident and caregiver. This is a great new tool in the care of seniors.”

To learn more about this exciting and innovative program, please visit DementiaReality.org.

GREETINGS FROM CJE'S DEERFIELD CAMPUS

By Paisley Valentincic





Did you know that CJE offers a stellar continuum of services on one campus in Deerfield? Weinberg Community for Senior Living and Tamarisk NorthShore both provide a rich lifestyle with an abundance of life enrichment programming, flexible dining, and wellness classes—along with beautiful outdoor spaces, modern apartments, and caring staff. Choosing one of our communities in Deerfield will complement your lifestyle and give you and your loved ones the peace of mind of knowing there is access to additional services if needed.

Known for its dedicated, knowledgeable staff and exceptional care, Weinberg Community has been the premier assisted living and memory support community in the northern suburbs for over 26 years. A combination of one- and two-bedroom apartments, Gidwitz Place for Assisted Living is designed for older adults who need more assistance during the day. Located in the same building, our Friend Center for Memory Care specializes in memory care, including an engaging Adult Day Services program, which offers stimulating socialization for participants and support for caregivers.

You will notice a warmth the minute you walk into both Tamarisk NorthShore and Weinberg Community. Residents often gather in the living room to chat with their friends and family and will always take a moment to say hello to newcomers. They are also engaged with many of the daily programs and will ask you to join them! From current events discussions to art projects, there is a plethora of educational and creative activities for residents to choose from each day.

At CJE, we understand the importance of a quality dining experience for our residents. Earlier this year, we brought Weinberg Community's Dining Services management in-house and under the leadership of CJE's Director of Corporate Dining Services, Dorge Jean Baptiste. Dorge and his talented

culinary team have elevated the Weinberg Community dining experience by offering a variety of healthy favorites, which are prepared daily with the freshest ingredients.

Dorge also oversees the exceptional dining program at Tamarisk NorthShore, CJE's newest addition to the Deerfield campus. The independent living community, which just celebrated its second anniversary, offers 240 bright and spacious apartments with full kitchens, in-unit washers and dryers, and generous storage options. Like Weinberg Community, what makes Tamarisk special is its dedicated staff, top-notch service, and the mission of CJE SeniorLife, which guides the leadership and staff at both communities each day.

With extensive amenities, including a fitness center with an indoor swimming pool, library, art room, multiple dining venues, beautifully landscaped outdoor terraces, a movie theater, and parking, Tamarisk NorthShore complements and enriches an independent lifestyle. Apartments range in size from studios to two bedrooms with a den. Residents have been raving about Tamarisk's new, modern apartments with open floor plans and high-quality finishes.

To fully understand what the Deerfield campus offers, we invite you to come to visit! Beautiful one-bedroom apartments are available and move-in ready at both Tamarisk NorthShore and Weinberg Community. Now is the time to learn more and take advantage of great apartment styles and locations. Give us a call to schedule a visit today!

For more information about Tamarisk NorthShore, call 847.597.8772 or visit TamariskNorthShore.com. Find out more about Weinberg Community by calling 847.374.0500 or visiting WeinbergCommunity.net.

CONNECT WITH US VIA THE CJE CYBER CLUB

By Adam Lazar



From exercise and mindfulness sessions to arts and culture appreciation, CJE Cyber Club has created a library of pre-recorded video programs and live virtual presentations, just for you. Our Cyber Club was launched in the early days of the pandemic when older adults in the community were stuck at home, looking for entertainment and a way to connect with the outside world. But the response was so tremendous that we continue to grow our programming list by introducing interesting educational topics to older adults living at home, including in our own residential communities, who want to connect with their passions. Check out some of CJE Cyber Club's newest virtual programs!

WOMEN WE ADMIRE

Casey Shipman, CJE Community Engagement Manager, leads presentations and discussions on female leaders and activists across the centuries. Participants learn about female artists, politicians, and inventors who have shaped our world with their wisdom and how we can continue to celebrate them. Recommended readings and videos are included to learn more about the women that we admire. This program runs on the last Wednesday of each month from 1–2 pm CST.

ZOOMERS CAFE

Esther Craven, CJE Resource Center Associate, guides stimulating conversation at our “Zoomers Café.” Pour yourself a cup of coffee or tea and join our group of friendly faces to chat about thought-provoking questions. You won’t want to miss our lively discussions! This program runs on the first Tuesday of each month from 2:30–3:30 pm CST.

THE MEN(SCH) BUNCH

CJE Volunteer Jay Lewkowitz and Bob Watkins, CJE Life Enrichment Concierge, lead a discussion on all things relating to men. Jay and Dave have established a respectful, safe space for this men’s group to reflect on how they are adapting to the changing world and aging. Participants are encouraged to provide suggestions for discussions. This program runs on the second and fourth Tuesday of each month from 2:30–3:30 pm CST.



To join one of the many free CJE Cyber Club offerings, please visit cje.net/cyberclub.

KOSHER TO GO® DELIVERS DELICIOUS MEALS TO YOUR DOOR

By Adam Lazar



You may have seen CJE's Kosher to Go trucks buzzing around town, but have you ever wondered what they are delivering and where they are going? Kosher to Go is CJE's premium chef-prepared meal service delivering hot and frozen cRc certified kosher meals to folks at home and to area hospitals.

Local hospitals are thrilled to have a nearby source for kosher meals, for the patient who has an extended stay while recovering from surgery... or is only staying for one night. "Hospital administrators like to have a select inventory of our frozen meals on hand," says Leon Greenberg, Manager, CJE's Home-Delivered Meals and Kosher to Go. "Because we are so close, they can also benefit from our quick turnaround in which we can provide a particular collection of meals for individual patients."

"Older adults and their families also find great comfort in knowing that they have wholesome meals at hand," says Greenberg. "While caregivers often prepare most of the meals for our clients, our fresh and delicious meals are ready to go in between visits from family or professional caregivers."

The menu provides a wide selection of nutritious and comfort-food options for every palate, including oven-roasted turkey breast, salmon patties, classic matzo ball and vegetarian soups, and breakfast classics like pancakes and French toast.

If you would like to order Kosher to Go, visit cje.net/koshertogo or call 773.508.1000.



FOR THE HEALTH OF IT

BETTER LATE THAN NEVER! PLANNING FOR CARE IS A NECESSARY PART OF AGING

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



I am sure none of us could have imagined the myriad ways that life would be different because of a global pandemic. One of the key lessons we have learned is the importance of preparing for the future, even unexpected health emergencies.

In the context of aging, planning for the unknown is essential. As we get older, the likelihood of experiencing dementia, frailty, or falls increases, which often forces older adults and their loved ones to make difficult caregiving choices. Without plans for how we want to live in older adulthood and the types of care we want to receive, families often make urgent caregiving decisions on our behalf in the wake of health crises.

As a physical therapist and health researcher, I have frequently seen families struggle over determining the best place to live and the amount of care needed for their loved ones. These challenges are compounded by the financial, physical, and mental stressors of being a caregiver, and are exacerbated because family members often assume responsibilities quickly and without training or knowledge of their loved ones' healthcare wishes in emergency situations.

While almost 60% of family caregivers assist with medical or nursing tasks, only 14% report that they are trained to do so. Because of this gap, there is greater stress and reduced safety for both the caregiver and their care partner. Even with training, the choice in becoming a caregiver impacts health. A research article that I wrote, published in the *Journal of Aging and Health*, showed that the feeling of choice in taking on care responsibilities was associated with a fourfold increase in the odds of better health in response to caregiving compared with people for whom the caregiving role was thrust upon them.

To minimize the challenges of caring for an older family member, one solution is to identify the preferred caregiving arrangement prior to an urgent health issue. Plans could be for a family member, a paid caregiver, or services like adult day programs. Importantly, plans should include all family members discussing, well in advance, who will provide care and to what extent. Planning in this way allows people the choice of accepting or declining these responsibilities, which can lead to reduced stress, strain, and better health for the caregiver.

No one wants or expects to lose their independence as we age. But, according to the Centers for Disease Control and Prevention (CDC), nearly 25% of all older adults have a moderate-to-severe functional limitation that impedes their ability to live without assistance. Being prepared by creating a caregiving strategy helps to plan for the unexpected.

Without a plan in place, older adults may suffer most when the unforeseen occurs. In a health crisis, older adults are often less able to voice their preferences for care, limiting their ability to receive the services they desire in the location of their choosing. This can lead to increased anxiety, depression, and a decline in overall health. It's time to begin preparing for the unexpected and have conversations about who, when, and where we all want to receive care before a health change occurs.

To take advantage of CJE's many supportive resources for older adults and their family caregivers as well as assistance with advance healthcare planning—including legal documents to prepare families for an emergency—visit cje.net/supportive-resources or call 773.508.1000.

Irving H. and Jane W. Goldberg Legal Services at CJE

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.

Services are available to those age 60+ and residing in Illinois.

Services include:

- Advance Care Planning
- Ad us about The Elder's
- Powers of Attorney
- Last Will and Testament
- Living Will/Medical Directive
- Landlord/tenant questions
- Mortgage guidance
- Bankruptcy information
- Community legal referrals
- Advocacy and problem solving

To schedule an appointment, contact us at legal@cje.net or 773.508.1000.

This program is generously funded by the Illinois and Northridge and Harold Winston Foundations. Irving H. and Jane W. Goldberg Legal Services at CJE, New Township Government, and the Foundation for Aging, a national foundation dedicated to improving the quality of life of older people.

cje SeniorLife
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3000 West Lake Avenue | Chicago, IL 60659 | www.cje.net | 773.508.1000
CJE SeniorLife is a partner with the Jewish Senior Center for Jewish Community.

Linkages

CJE SeniorLife Program for Older Adults and Their Family Members with Disabilities

Understanding Government Benefits for People with Disabilities

Presented by Sheryl Schneider, QIDP, Founder of Family Benefits Solutions, Inc.

Sheryl Schneider will provide information on government benefits, such as Supplemental Security Income (SSI), Social Security Disability Insurance (SSDI), Medicare, Medicaid, Disabled Adult Child Benefits (DAC), and other related topics to access services for people with disabilities.

Date: Thursday, September 8, 2022 • 11 am–Noon
[Click here to register](http://cje.net/linkages)

Location: Zoom Virtual Meeting with video and telephone dial-in options

Cost: Free

For more information: 773.508.1106 or linkages@cje.net

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CJE SeniorLife is a partner with the Jewish Senior Center for Jewish Community.

CJE LifeNOTES
Tips on healthy and enriched living from CJE SeniorLife

"How can I be certain that my healthcare wishes are respected?"

The conversations to start, and the documents to have, so your healthcare wishes are honored throughout your lifetime

If you are concerned about loved ones following your healthcare wishes

You are not alone
86 percent of older Americans would prefer to spend their final days at home rather than in a hospital. Yet, fewer than half have advanced care plans in place.

cje SeniorLife
Special offers for proactive aging

CJE SENIORLIFE OFFERS VALUABLE RESOURCES FOR PLANNING AHEAD

Irving H. and Jane W. Goldberg Legal Services at CJE offers free legal consultation, advice, referrals, and drafts legal documents for older adults and those caring for them. Our team is available for in-person, telephone, or virtual appointments to assist with civil legal matters: cje.net/legalhelpdesk

LINKAGES is a unique program that assists seniors who have adult children with disabilities to address the issues, needs, and concerns of their family. Professional staff can help families explore resource options and offer their expertise on service coordination, advocacy, future planning, and government benefits: cje.net/linkages

CJE LifeNOTES are downloadable digital digests designed to answer some of the common questions many older adults have—from navigating Medicare Open Enrollment to ensuring your healthcare wishes are honored. Our collection of educational notes covers a range of topics: cje.net/lifenotes

Inside CJE

CJE Employees Graduate from LeadingAge Illinois Leadership Academy.

Mazel tov to Catherine Samatas, Director of Engagement and Innovative Programming, and Betsy Bauer, Human Resources Manager, for graduating from the LeadingAge Illinois Leadership Academy. The nine-month program develops leaders who are passionate, empowered, visionary, and committed to lifelong learning so they can successfully advocate for older adults while evoking excellence within their organizations.



CJE Research Team Publishes Article on Older Adult Research.

Rachel Lessem, JD, PhD, Research Scientist, and Rebecca Berman, PhD, Research Scientist, from CJE's Leonard Schanfield Research Institute, among others, co-authored an article, "A Process Evaluation of Developing Older Adult Research Advisory Boards in Long Term Care Settings," which is forthcoming in Progress in Community Health Partnerships (PCHP) volume 16.3: <https://preprint.press.jhu.edu/pchp/preprints/process-evaluation-developing-older-adult-research-advisory-boards-long-term-care-settings>

CJE Receives \$21,208 from the 2021-2022 Subaru Share the Love® Event.



We're grateful to McGrath Evanston Subaru, Subaru of America, and Meals on Wheels America for their continued support during the national Share the Love campaign. CJE received \$18,390 from McGrath Evanston Subaru in Skokie as one of the local retailer's hometown charity partners. In addition, CJE's Home-Delivered Meals program earned \$2,818 from Meals on Wheels America for participating in the campaign.

CJE's Deerfield Campus Team Celebrates Employee Appreciation Day.



Tamarisk NorthShore and Weinberg Community recognized employees for their exceptional commitment and service to residents in March. Weinberg staff later gathered for a special celebration in April to honor its exceptional Personal Care team with some sweet treats.



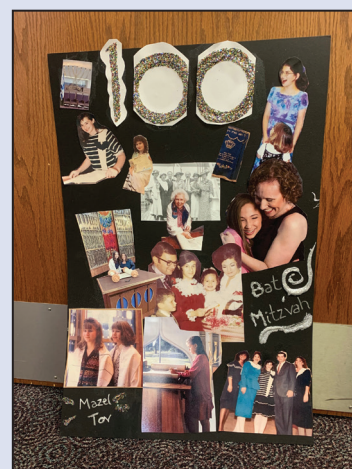
Tamarisk NorthShore Hosts Networking Event.

In partnership with the DBR Chamber of Commerce, Tamarisk hosted a 'Business After Hours' networking gathering for local businesses.



CJE Celebrates 100 Years of the Bat Mitzvah.

Rabbi Michelle Stern shared an inspirational collage with CJE's Deerfield campus residents and their families for the 100th anniversary of the first Bat Mitzvah during Women's History Month in March.



Holocaust Community Services Commemorates Yom HaShoah. CJE's Holocaust Community Services team co-sponsored events for Yom HaShoah (Holocaust Remembrance Day). An on-site and virtual "We Are Here" community concert on April 26, in partnership with Temple Shalom of Chicago, Illinois Holocaust Museum and Education Center, Jewish United Fund, and Sheerit Hapleitah of Metropolitan Chicago, featured songs written in the ghettos and concentration camps of occupied Europe and the Soviet Union.

CJE also livestreamed a candle lighting ceremony in memory of Holocaust victims and survivors and keynote presentation by Wendy Lower, PhD, author and expert on the Holocaust in Ukraine, on April 28 in partnership with the European Council of Jewish Communities, Network of Jewish Human Service Agencies, The Jewish Federations of North America, Claims Conference, and Uniper.

Media Spotlights Holocaust Community Services During Ukraine War. *TIME* and *The Washington Post* recently interviewed CJE's Holocaust Community Services staff and survivors about their experiences and associated traumas with the current war with Russia in Ukraine. Read the articles online: time.com/6159134/ukraine-war-holocaust-survivors and [washingtonpost.com/dc-md-va/2022/03/16/ukraine-holocaust-survivors-recall-past](https://www.washingtonpost.com/dc-md-va/2022/03/16/ukraine-holocaust-survivors-recall-past/).

CJE Staff and Donors Provide Direct Aid to Ukraine. Thank you to all our caring donors who sent food, hygiene products, bedding, and medical supplies to provide direct aid to Ukraine. CJE delivered three carloads of donations, which were flown to the border to provide relief to those most in need.

Weinberg Community Celebrates National Nurses Week.



During the awareness week in May, Weinberg Community honored its incredible, caring team with treats, flowers, and cards to express gratitude for all that our nurses do.

Tamarisk NorthShore Residents Support Highland Park Victims.



We are proud of Tamarisk NorthShore residents for making and selling #HPstrong bracelets to support Highland Park shooting victims and their families. Hundreds of bracelets have been sold in local stores with proceeds benefiting the Highland Park Community Foundation. *Deerfield Patch* featured the story: patch.com/illinois/deerfield/deerfield-residents-make-bracelets-supporting-highland-park-victims.

CJE Connects with JUF Agency Professionals.



Staff from CJE's Adult Day Services (ADS) program in Evanston (temporarily relocated in Skokie) and Marketing attended the Andy Dunn Mental Health Reception hosted by JUF. The networking event gave CJE, along with JCFS and No Shame on U, an opportunity to build relationships and share vital community programs and resources. CJE's drum circle activity and "Dancing makes me feel..." prompt helped highlight the unique support and socialization provided by ADS.

Tamarisk NorthShore Celebrates Second Anniversary with Great Gatsby-Themed Party.



Residents and staff enjoyed a cocktail reception on August 17 with live music, mingling, and a little dancing! It was a lovely evening and CJE is proud to be part of and manage this spectacular community.

Tim Callahan Photography



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

CALENDAR

September 15 Tamarisk Lox and Learn.

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

September 16 Insights on Aging:

Understanding and Transforming

Loneliness. Sharon Dornberg-Lee, LCSW, CJE Counseling Services. In this program, we will explore the concept of loneliness, its prevalence in American society, and some strategies for overcoming loneliness at any age. 11 am–Noon CST. Free. Virtual meeting. Registration required: cje.net/events. For more information: counselingservices@cje.net or 773.508.1121.

November 10 Supportive Housing for People

with Mental Illness. Alexis King, MA, QMHP, Turning Point Behavioral Health Care Center, will provide an overview of the residential services that are available for adults with mental illness through Turning Point in Skokie. 11 am–Noon CST. Free. Virtual meeting. Registration required: cje.net/events. For more information: linkages@cje.net or 773.508.1078.

November 15 Tamarisk Lunch & Learn.

Enjoy a delicious lunch prepared by our executive chef while learning what makes Tamarisk NorthShore a fantastic place to call home for adults 65 and better! 11:30 am. Registration required: info@tamarisknorthshore.com or 847.597.8772.

ONGOING SERIES

MONDAY AT THE MOVIES

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

MOVE IT MONDAYS

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

VIRTUAL ZOOMERS CAFE

CJE invites you to join us for stimulating conversation on a variety of topics while making social connections. 1st Tuesday of each month. 2:30–3:30 pm CST. 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, CJE Life Enrichment Concierge. 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 CST. Free. Virtual meeting. Registration required: cje.net/events. For more information: community.engagement@cje.net or 773.508.1089.

RECHARGE YOUR BATTERIES

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

WOMEN WE ADMIRE

Join Casey Shipman, CJE Community Engagement Manager, for a presentation and discussion on female leaders and activists from ancient Greece to today. Learn about the female artists, politicians and inventors who have shaped our world in so many ways and how we can continue to celebrate them. Recommended readings and videos will also be included to learn more about the women we admire. Last Wednesday of each month. 1–2 pm CST. Free. Virtual meeting. Registration required: cje.net/events. For more information: community.engagement@cje.net or 773.508.1089.

MY GO-TO PLACE

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

- Healthy aging educational presentations
 - Senior exercise classes
 - Creative arts programs
 - Community resource and benefit events
- 2nd and 4th Thursday of each month, 1 pm CST. 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.

ARTSY TALKS WITH CJE

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

Most CJE events and support groups are currently meeting virtually by either Zoom or conference call. A few exceptions are noted and program leaders can provide additional details. Please see the descriptions below and visit cje.net/events.

MINDFULNESS WITH CASEY

Casey Shipman, Community Engagement Manager at CJE and mindfulness teacher at And Then There Was Well, will lead mindfulness exercises like breathwork and meditation to help support mental health, cope with stress, and change habitual thinking. Fridays 10–10:30 am CST. Free. Virtual meeting. Registration required: cje.net/events. For more information: community.engagement@cje.net or 773.508.1089.

VIRTUAL BOOK CLUB

Our book club facilitator will lead us in conversation about a variety of intriguing titles! 3rd Thursday of each month at 11 am CST. Free. Virtual meeting. Registration required: cje.net/events. For more information: community.engagement@cje.net or 773.508.1089.

FIT FRIDAY

A class focusing on strength and balance. Appropriate for all fitness levels. Free. Every Friday 11 am–Noon CST. 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 CST. Free. Virtual meeting. Registration required: cje.net/events. For more information: community.engagement@cje.net or 773.508.1089.

SUPPORT GROUPS

Family Caregivers

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

Making Connections: Seniors with Adult Children with Disabilities

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

Living Life Through Loss

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

Aging Together

A support group for older adults who find themselves aging alone. Led by Susan Swanson, LCSW, and Jordyn Cohen, MSW. 2nd and 4th Wednesday of each month. 3–4 pm CST. Free. Virtual Meeting. Program requires advanced screening and registration: 773.508.1110.

Russian Tea Time: Chicago

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

Russian Tea Time Music Group

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

Russian Tea Time: Skokie

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

Russian Tea Time: Wheeling/Shir Hadash

A support group for Russian-speaking Holocaust survivors. Led by Maya Gumirov, LPC, and Irina Polishchuk. Second Friday of the month in person, fourth Friday of the month, virtual.

10–11 am CST. Free. Registration required: 773.508.1016.

Russian Tea Time: Wheeling/Shir Hadash

A second Wheeling based Support group for Russian-speaking Holocaust survivors. Led by Maya Gumirov, LPC, and Vera Rodriguez Mancera, LPC. First Friday of the month., in person. 10–11 am CST. Third Wednesday of the month, virtual. 10–11 am CST. Free. Registration required: 773.508.1016.

Coffee & Conversation

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

Caring Conversations

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

HOLIDAY CLOSINGS

Rosh Hashanah	September 26 & 27
Yom Kippur	October 5
Succoth	October 10, 11, 17, 18
Thanksgiving Day	November 24
Christmas Day	December 26
New Years Day	January 2

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





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



Let CJE SeniorLife Do the Cooking This Rosh Hashanah.



Try our delicious, rabbinically-supervised, kosher catering menu which features traditional entrées, sides, desserts and even a round challah!



**DOWNLOAD AN ORDER FORM AT
WWW.CJE.NET/KOSHERCATERING**

**FOR MORE INFORMATION, CONTACT
WEINBERGCATERING@CJE.NET OR 847.236.7862**