

# Have you been feeling down or blue? Have you lost interest in doing things?

If you answered "yes" to one of these questions, and are age 60 or older, we can help! CJE Counseling Services is offering a new program called PEARLS.

- Often the losses that come as one ages can lead to feelings of loneliness, sadness, irritability or anxiousness. These feelings can lead to depression, a common medical condition. Depression, even when minor, often interferes with daily functioning, interactions with others, or staying active.
- PEARLS Counselors meet individually with older adults to help them identify and solve problems – problems that can cause them to feel down or depressed. PEARLS also helps individuals to become more socially and physically active (within their level of ability), so they feel less isolated and like they are moving forward again.
- The PEARLS program teaches simple, practical skills to manage unpleasant feelings and has been demonstrated to improve quality of life among older adults.

## PEARLS: Program to Encourage Active Rewarding LiveS

**To learn more about PEARLS,  
contact CJE SeniorLife at 773.508.1000.**



**THE CJE ADVANTAGE:** We offer a full continuum of care in which individuals of all ages, faiths and income levels can access life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the process of positive aging.

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