



Aging Together

A support group for older adults who find themselves aging alone.

“We are like islands in the sea, separate on the surface but connected in the deep.”

—William James

Adults who live alone, do not have spouses, partners, or children, and do not have other family actively involved in their lives (sometimes referred to as “solo agers”) make up about 12% of people aged 50 and older in the United States, according to AARP. While aging alone comes with certain challenges, evidence also suggests that there is hope. Feeling connected with others can improve physical, emotional, and mental health. This support group offers a space for solo agers to join together to discuss openly their experiences with aging alone and to forge new connections.

When	2nd and 4th Wednesday of each month February through June 2023 • 3–4 pm
Location	Zoom
Cost	Free
Facilitators	Kate Maley, AM, LSW

Program requires advanced screening and registration.
Please call 773.508.1327 for more information.



THE CJE ADVANTAGE: Since 1972, CJE SeniorLife has been a central resource and champion for older adults and their families by providing community-based and residential care options. We provide solutions that enhance their quality of life while honoring their unique healthcare, lifestyle and socio-economic needs.

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CJE SeniorLife strives to enhance the lives of older adults regardless of religion, sex, race, ethnicity, disability, sexual orientation, gender identity, or national origin. CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

Draft: Review Needed