



## Compact Guide to CJE Programs and Services

CJE is carefully transitioning to in-person programs and services (following Centers for Disease Control guidance for maximum safety). Telehealth and virtual programs will continue, despite resuming in-person contacts.

We welcome everyone from the metropolitan Chicago area to experience CJE SeniorLife as a source for senior solutions and advocacy through these programs and services that are delivered in fulfillment of our mission to enhance the lives of older adults and their families.

### ADULT DAY SERVICES (ADS)

Supervised, structured programs for people with Alzheimer's or related disorders or those who are frail or socially isolated. A group setting maximizes each participant's potential by promoting autonomy, creativity, and self-esteem.

**ADS Deerfield**—A program for people with early to moderate stage Alzheimer's disease and related dementias.

**ADS Evanston**—Traditional program for people who are without cognitive impairment, who have mild dementia, or who have mid-stage dementia.

### ASSISTED LIVING AT WEINBERG COMMUNITY

**Gidwitz Place for Assisted Living** features one- and two-bedroom apartments for older adults who require a supportive environment yet still wish to live as independently as possible. Amenities include personal care services, housekeeping, restaurant-style dining, a full schedule of activities, and registered nurse on site 24/7. Respite care available.

**The Friend Center for Memory Care** is a welcoming residence for people with Alzheimer's disease or related disorders. Residents enjoy spacious private rooms, assistance with bathing and grooming, stimulating activities, and meals. The Bernard Heerey Annex has an expanded area for Adult Day Services programming. Respite care is also available.

### CJE BENEFITS SERVICES

Benefits Services staff in Chicago and the northwest suburbs provide free information, resources, and advocacy on issues that impact older adults, including consumer benefits, community services, public assistance, Medicare, Social Security, housing referrals, and transportation. Russian-speaking staff are available.

### CJE CARE MANAGEMENT SERVICES (CM)

Care Management partners with older adults in the community to foster their dignity, quality of life, and give peace of mind, as well as maximize their independence, health, safety, and well-being. Master's level social workers provide home care, meals, financial assistance, direct services, support, guidance, referrals, and more.

### COMMUNITY ENGAGEMENT (CE)

CE helps older adults remain independent and connected to resources. CE encourages mental and physical health by providing health education, lectures, activities, social events, and fitness and exercise programs. **CJE Cyber Club** presents a wide array of online classes.

### COUNSELING

CJE's clinical social workers provide counseling to older adults and families, assisting with addressing symptoms of anxiety and depression, as well as problems caused by family and caregiving issues, changes in health, losses, and other crises. The majority of group and individual sessions continue to be held via video or phone, but some clients can be seen face to face on an as-needed basis. See Linkages and Support Group entries.

### EDUCATION

CJE SeniorLife, committed to providing professional training and community education, holds professional seminars and conferences (often with CE and CEU credits). We publish findings on innovative research studies and disseminate educational information to our clients, residents, and the community through our website, print materials, and emails.

**FRIEND CENTER** Please see **Assisted Living**.

**GIDWITZ PLACE** Please see **Assisted Living**.

### HOLOCAUST COMMUNITY SERVICES (HCS)

HCS provides support to Holocaust survivors and family members, including programming, referrals, socialization, and ongoing financial help with food, medication, home care, or emergency needs. Russian-speaking staff available.

### HOME-DELIVERED MEALS

Fresh or frozen cRc-certified kosher Home-Delivered Meals are available for qualified individuals within specific boundaries in the Chicago area.

### HOUSING: AFFORDABLE AND SUBSIDIZED

CJE SeniorLife owns and operates residences for those who qualify for government-subsidized housing. These include studio and one-bedroom apartments (Krasnow Residence, Swartzberg House and Village Center) and a 24-unit Group Living Home (Robineau Residence).

### KOSHER CATERING

Weinberg Community provides rabbinically-approved kosher catering for holidays and special events.

### KOSHER TO GO®

CJE also offers weekly delivery of fresh-frozen, cRc-approved meals via our Kosher to Go® program.

### CJE LEGAL HELP DESK

Free legal consultation, advice, referral and drafting of documents for older adults and their caregivers.

### LINKAGES

Linkages is a program that assists seniors who are primary caregivers of adult children with disabilities.

**MEMORY CARE** Please see **Assisted Living**.

### RELIGIOUS LIFE

Aware that a healthy spiritual life is the foundation for the health and wellness of older adults, we offer spiritual, religious, and cultural programs in our residences. Pastoral Care is provided by our full-time certified rabbi/chaplain. Shabbat and holiday services are conducted at a number of CJE locations. CJE works closely with many community clergy to reach their congregants in need of services.

### RESEARCH

The Leonard Schanfield Research Institute (LSRI) conducts applied research in the field of aging to provide the catalyst for new and innovative program development.

### CJE SENIORLINE

CJE's information, referral and intake line is reached by calling our main number at 773.508.1000. Specially-trained staff members listen patiently, direct callers to specific programs and services, and pre-screen callers for certain program qualifications.

### SUPPORT GROUPS

Support groups for adults, caregivers, and Holocaust survivors are facilitated by CJE counselors. Groups dealing with bereavement, caregiver support, and aging challenges continue to be held via Telehealth.

### TAMARISK NORTHSORE

CJE-managed Tamarisk NorthShore offers fine apartment homes at market rate for adults 65 and better. Residents enjoy many dining options, Life Enrichment programs, and more.

### TRANSPORTATION

Limited rides on a CJE Shalom Bus are available.

### VOLUNTEER SERVICES

Our capable cadre of dedicated volunteers offer their talents, skills and time to enhance programs and services for CJE's residents and clients in our various locations and in the larger community. These opportunities provide wonderful and rewarding exchanges for all involved.

### WEINBERG COMMUNITY FOR SENIOR LIVING

Our campus in Deerfield provides residents with several levels of care, including Assisted Living, Memory Care, and Adult Day Services in a warm, home-like atmosphere. Features rabbinically-supervised kosher meals. (see ADS and Assisted Living)

## Contact Information

Adult Day Services		Holocaust Community Services . . . . .	773.508.1000
Deerfield . . . . .	.847.374.0500	Home-Delivered Meals . . . . .	773.508.1000
Evanston . . . . .	.847.492.1400	Housing: Affordable and Subsidized . . . . .	773.508.1000
Assisted Living at Weinberg Community for Senior Living		Kosher Catering . . . . .	.847.236.7862
Gidwitz Place for Assisted Living . . . . .	.847.374.0500	Kosher to Go® . . . . .	773.508.1000
Memory Care: The Friend Center . . . . .	.847.374.0500	CJE Legal Help Desk . . . . .	773.508.1086
CJE Benefits Services		Linkages . . . . .	773.508.1000
Chicago Area . . . . .	773.508.1000	Resource Development . . . . .	773.508.1320
Northwest Suburbs . . . . .	.847.802.0343	Tamarisk NorthShore . . . . .	.847.597.8772
CJE Care Management Services . . . . .	773.508.1000	Transportation (Shalom Bus) . . . . .	773.508.1000
Community Engagement and CJE Cyber Club . . . . .	773.508.1134	Volunteer Services . . . . .	773.508.4232
Counseling and Support Groups . . . . .	773.508.1000	Weinberg Community for Senior Living . . . . .	.847.374.0500

