INSIDE: Life Enrichment and Healthy Aging
PLUS! CJE 2013 Contributors
Introducing Haag Pavilion’s Hemodialysis Program

Another Reason Why Lieberman Center is a Leader in Healthcare!

Featuring NxStage System One. We use NxStage dialysis units, a recognized leader in the field, designed for home use by patients and caregivers. Just 70 pounds and about a foot tall, the units are easy to operate and move.

If you or a loved one require hemodialysis regularly and need to go into rehab, or if you need to begin dialysis as part of your rehab, consider Lieberman Center’s Haag Pavilion. Our Hemodialysis Program allows you to recover peacefully, without having to leave the premises for dialysis. One of only a few short-term rehabilitation centers in the area to provide dialysis, more physicians and care managers refer patients to us because of the comprehensive care we offer.

Trusted Specialty Care. Dialysis patients at Lieberman Center’s Haag Pavilion are under the care of Dr. George Kim, a board certified Nephrologist with NorthShore University Medical Group Department of Nephrology. His expertise and our personalized clinical services allow for optimal care and outcomes.

Call or have your physician call 847.929.3320 to find out how our Hemodialysis Program can make your rehab stay easier. Or visit: www.cje.net/DialysisProgram.

Did you know about Lieberman’s other special healthcare services?

Lieberman has heart! Our Center for Heart Health is an 11-bed specialty unit that provides in-patient after-hospital care and rehabilitation for patients who have been hospitalized for congestive heart failure (CHF) or a condition that causes it. During a short-term stay, the Lieberman team—cardiologist, physiatrist, nurse practitioner, registered dietitians, social workers and rehabilitation therapists—develops individualized care plans to implement a person’s optimal “road to wellness” depending upon the underlying cause of CHF.

• With cardiologist-guided care! Led by Dr. Caesar DeLeo, a cardiologist from NorthShore University HealthSystem, our team provides powerful information such as how to monitor CHF symptoms, address special nutritional needs, and administer complex medications which can help patients learn how to manage CHF at home.

Infusion Therapy at Lieberman. Our expertly trained registered nurses can provide—24 hours a day, 7 days a week—medicines and fluids that must be delivered by intravenous (IV) infusion. That way, patients can make an easier transition from the hospital to skilled care. Infusion therapies include, but are not limited to: Antibiotic Therapy; Intravenous Pain Management; Hydration Therapy; and Total Parenteral Nutrition (TPN).
Dear Readers:

This issue of LIFE Magazine is devoted to life enrichment and healthy aging. As the Manager of the Center for Healthy Living (CHL), I am delighted to introduce it because, after all, we’re all about living well!

At CJE, we believe that living well is the result of achieving balance among the different areas of life. To that end, we have been helping older adults fully engage with life by developing creative programming for the mind, body and spirit. In the past year, we have held numerous health and wellness screenings for osteoporosis and diabetes, taught seniors how to use iPads, and given workshops on healthy eating, to name just a few examples.

The vitality and energy of many of our seniors is amazing. Just ask Andi Kaplan, a registered nurse who has been with CJE for 13 years. She provides information on nutrition and exercise through the lens of a healthy aging expert, teaching a variety of classes all over the metropolitan Chicago area, including the Bernard Horwich Building. Most of these classes are designed specifically to address the concerns of older adults, like balance and memory. Andi, along with the rest of the CHL staff members, are CJE’s healthy living ambassadors. See Andi’s cold weather tips featured on page 5.

CJE has recently gone deeper into the community, trying to reach those who are more isolated in order to pass on the message of healthy living and life enrichment. We have been selected to participate in a demonstration project to test a computer-based Virtual Senior Center (VSC), designed to broadcast live classes and activities, such as exercise sessions or book reviews, to homebound adults. The VSC gives people who have difficulty leaving their homes the unique opportunity to engage with others from around the country. Demand for classes through the VSC should be particularly high during Chicago’s cold winter months!

Finally, we want to thank all the contributors in 2013 who helped CJE provide life enrichment, supportive resources, healthcare, research and education to more than 19,000 older adults and their families this year. Thank you for caring about CJE’s mission to enhance the lives of seniors.

With best wishes for a healthy, peaceful and enriched New Year,

Gerri Fiterman Persin
Manager, Center for Healthy Living
Part of CJE SeniorLife’s stated mission on behalf of older adults is “to enhance quality of life by advocating on their behalf and by offering programs and services throughout the continuum of care.” To enhance quality of life—we’ve heard the words often, but what do they really mean to CJE SeniorLife and our thousands of community members and clients?

An enhanced quality of life is embodied in the lifestyle of a lively 85-year-old who schmoozes with friends as she competes with a partner in our Scrabble Club instead of staying at home alone.

We enhance the quality of life for an older man when we provide him with a balance class to help reduce his chances of falls and his fears about it.

When we offer a woman on food stamps a class on how to spend less money choosing nutrition-dense foods, we enhance her quality of life.

The above are examples of how we deal with the social, physical and financial well-being of our older adults and some programs we offer through the Center for Healthy Living (CHL). As you can see, we don’t just deal with one dimension of a person. CJE SeniorLife takes a holistic approach to the well-being of older adults. Our goal is to help them live well by providing tools to achieve balance among the three very different, and compelling, areas of their life—the mind, the body and the spirit. Within those areas, we focus on the following aspects of human wellness and well-being: physical, spiritual, financial, emotional, social, cultural, intellectual and vocational.

CJE strives to see that older people’s needs are being met and that they are functioning well in all of these areas. Our programs and services help keep them active and engaged with life, something that helps to prevent life-diminishing emotional and physical challenges down the road. The benefits gained from a dynamic lifestyle, including an active mind and physical activity, cannot be denied. In the past year, the Center for Healthy Living served over 2,700 people who attended approximately 155 programs!

The Center for Healthy Living also provides: lifelong learning through our Older Adult Programs and cultural events; information about caregiving and how to navigate life transitions; and classes to promote creativity and self-expression.

Signature Programs

Call 773.508.1073 for information and to register.

Total Memory Workout—Helps enhance memory with a focus on brain-healthy lifestyle choices and helpful memory techniques.

Matter of Balance—Provides education and light exercise to increase strength and balance for those who fear falling or want to avoid falls.

Navigating Medicare—Resource Specialists provide free information and advocacy on benefits like insurance, prescription drugs, social security and more.

Ethical and Legal Issues of Aging—Your Eldercare Consultants, a team of geriatric care managers, provide valuable practical information about aging.

Take Charge of Your Health (6 weeks)—For anyone living with a chronic condition such as heart disease, high blood pressure or arthritis.

Take Charge of Your Diabetes (6 weeks)—For people living with Type 2 Diabetes, their family and friends. Provides tools to understand and manage diabetes.

continued on page 11
Brrrrrrrr...Cold Outside?
An Expert’s Tips for Cold Weather

Andi Kaplan, the Center for Healthy Living’s (CHL) own registered nurse, has these tips for keeping healthy in winter:

- We tend to stay in a lot during the winter, so it’s important to get some kind of exercise even though you are inside. Try marching in place while watching TV or conducting the orchestra while listening to music.
- Eating more is common when it gets cold, so we should be more vigilant about our diet. The CHL’s course Healthy Eating for Successful Living helps participants develop skills to take charge and manage eating habits.
- Fresh fruits and vegetables are more expensive in off-seasons, making it hard for those on fixed incomes or tight budgets. Andi recommends her Food Sense class, which shows how to save money by planning, buying in bulk, and learning which foods pack the most nutrition for the lowest cost.
- We don’t feel the same thirst as we do in the summer. So be sure to drink enough liquids to stay hydrated.
- When going outdoors, remember to dress warmly. Wear layered, loose-fitting clothing and mittens. When possible, wear a hat to protect against heat loss since close to half of all body heat is lost through the head.

Our Resource Center advises that the Community and Economic Development Association (CEDA), has a Home Energy Assistance Program for seniors and disabled individuals. To reach them call 800.571.CEDA.

Any healthy steps you take this winter are good for you. It might take a little more effort but it’s worth it!

Andrea Kaplan has been at CJE for more than 13 years. She has an R.N., B.S.N. from the UIC College of Nursing.

Don’t Take the Cold Lightly

Older persons don’t notice the cold as quickly as younger people, and they lose body heat faster. But it’s important to maintain a temperature within normal range.

When body temperature falls below 95°, a person can develop hypothermia, (also known as cold stress), which can be very dangerous.

Here are the early signs of hypothermia:
- Cold feet and hands
- Puffy or swollen face
- Pale skin
- Shivering
- Slower than normal speech, slurring
- Sleepiness
- Anger or confusion

Later signs are as follows:
- Moving slowly, trouble walking, or being clumsy
- Stiff and jerky limb movements
- Slow heartbeat
- Slow, shallow breathing
- Losing consciousness

If any of these signs are present, take the person’s temperature. If it is below 95° call 911 immediately. Begin warming the person:
- Wrap the person in a warm blanket.
- Warm the center of the body first (chest, neck, head and groin).
- Do not rub the person’s legs or arms or warm them in a bath.
- Provide warm, non-alcoholic beverages.

Ways to avoid hypothermia
- Avoid cold places and dress warmly.
- Set heat to minimum of 68°.
- Eat enough to develop some body fat, which helps keep you warm.

— Adapted from National Institute on Aging web article.
Earlier this year, CJE began collaborating with Selfhelp Community Services in New York on an innovative, new Virtual Senior Center (VSC) program to bring interactive web-based classes and a means of socialization through technology to isolated older adults in Chicago communities. In addition to taking part in a variety of discussion groups and classes virtually, participants are also able to learn how to navigate the web and connect to family and friends through email, Skype, Facebook, games, the news, and much more—all from their homes through senior-friendly, touch screen computers.

CJE has since developed its own virtual classes in addition to those already taking place in New York, which participants in Chicago can join through the computers provided by CJE and Selfhelp. Older adults are now participating from their homes in various Chicago neighborhoods and volunteer Tech Buddies are assisting seniors with their questions. Classes previously only available to those physically present at CJE locations have been broadcast to this new group of older adults, our virtual pioneers!

We touched base with a couple VSC participants, a volunteer Tech Buddy, and a class facilitator to discover more about the pilot program’s launch, and each offered their unique perspectives.

**Side by Side: Learning with a Tech Buddy**
Seniors who engage with technology have higher self-esteem and greater social interaction than those who don’t. VSC participant Bonnie K. describes how she used to feel left out when people discussed technology, such as emailing. “I felt like my immigrant parents felt when they came to America at Ellis Island and didn’t speak the language. It was kind of like, ‘All of you are talking, but I’m not part of that, and I don’t like to be way out there.’”
Bonnie has been paired with a volunteer Tech Buddy to help her adjust to the computer. "(CJE) provided a Tech Buddy, who is knowledgeable and kind, and always available. He seems to have endless patience, which is great. Everything about [the VSC] has been easy as pie. I’m talking about someone like myself who couldn’t grasp it at all,” says Bonnie.

Bonnie’s Tech Buddy, Lee Guggenheim, who recently retired from teaching a computer-based program through Waukegan High School, heard about the VSC program through a member of his synagogue. “I think the program has tremendous potential because it opens a window to seniors that they may not have had otherwise. This portal can be stimulating, intellectual, beneficial and fun,” says Lee.

Lee attributes Bonnie’s openness to the VSC program as the reason she is now comfortable and excited to use the computer. “Working with Bonnie has been easy because she is open to the concept of learning. She’s over the fear of breaking something because the program will not let her do anything wrong. She’s willing to attempt new things and see where she can go,” says Lee. “I’m available, and I think that’s part of the comfort level. They know there is someone who can hold their hand, if necessary.”

“I think it’s an amazing thing that (CJE) is doing by bringing this into someone’s home and teaching you. It’s not just a piece of equipment. You’re taking me by the hand like I’m a young child learning to walk, and you’re not critical if I fall down and you’re not pushy about not going fast enough. That’s an amazing sense of security and a real encouragement,” says Bonnie.

The Classroom Experience In and Out
Retired Chicago Public Schools teacher Les Mitnick had already been teaching a CJE-sponsored music class for older adults before he was asked to teach a class through the VSC program. “There’s a lot of apprehension of technology out there, but it’s here. I myself didn’t think I was going to be terribly successful, and everyone around CJE really boosted my self-confidence,” says Les.

For another VSC program participant, Iris B., the learning experience doesn’t get any better than through the VSC program, “If I was not involved with the Virtual Senior Center, I would not be participating in the kinds of classes that I’m participating in now,” says Iris. “I’m sure you can go somewhere and Google a basic computer class, but it’s not interactive. It’s not personal. That’s the advantage of the VSC. You are personal with the instructor and with the students. It’s the next best thing to actually sitting there in the classroom.”

Iris has enjoyed the “Music with Les” class: “Music takes me places, and a particular piece by Schubert that he played on the keyboard just made me feel like I was traveling. I simply closed my eyes and pretended that I was going on a train to Europe enjoying a cup of coffee and a scone.”

Part of the VSC class experience is contingent upon the instructors’ understanding of their older audience, compassion and adaptability. “When you’re working with seniors it’s so important to have people around you who understand you, who don’t shy away from you or feel that you’re too old to understand what one plus two is,” notes Iris. “But (CJE) made me feel loved and they made me feel welcome. The classes give me something to look forward to.
every week. There’s just so much that is out there that you can take advantage of if you’re willing to do it. This program needs to continue for our seniors because we need it.”

“It’s going to be a growing experience for them the same as it’s going to be a growing experience for me,” says Les. “Now that I really know what the program is about, having walked through teaching a class virtually, I think this is a fabulous program. I am really happy to be able to enrich lives and to share my love and my joy of music with other people, and to bring it into their own homes. It’s a wonderful experience.”

A Whole New World
Social engagement is especially important for older adults, particularly those who depend on remote family members for support or who are going through life transitions such as the loss of a spouse. VSC participants increase socialization with a sense of purpose while gaining new skills. Through his experiences as a Tech Buddy guiding VSC participants and as a retiree, Lee has observed that the way we enrich our own lives changes as we age. “As we get older, and I’m a prime example through retirement, our availability to interesting stimuli changes, and we have to change with it. So with computerization and the way [seniors] can communicate with other people, agencies, and programs, I think it’s going to add quality of life to people as they mature.”

The program offers mental stimulation and involvement for older adults who may not have access to technology or the ability to travel outside of their home, or for those who possibly don’t have as much stimulation from other family members who are understandably busy with their own lives. “I think it’s opened up all sorts of possibilities. I don’t have to worry about how I have to get there. It’s right there,” says Bonnie. For many VSC participants, the program offers a new means of making friends. “Even if we’re only looking at each other through the computer screen, the friendships are nice. I’m not the only one to not know how to do this. We’re all learning it together,” says Bonnie. “My hope is that this program will expand so many others across the country will have this opportunity.”

“I’ve always been a believer that there are things you can do to keep yourself from being lonely, and certainly being involved in these classes is one of the great things that helps combat that,” says Iris.

Iris has not only made connections through seeing familiar faces everyday in the classes, but she has also reached out through the popular social network, Facebook. “I worked with a lot of children at Evanston schools over 23 years, and it’s been a real blessing to reconnect with my former students through Facebook. I’m connected to over 60 of them now, ranging in age from 15 to 35.”
Both Bonnie and Iris are eager to learn how to Skype with friends and family. “I’m really looking forward to learning how to use Skype. My grandsons are in California, and I see pictures of them on Facebook, but it seems like they’re getting bigger every year. I look forward to being able to see them and also my son and daughter-in-law,” says Iris.

Lee notes that speaking to an older loved one through the camera offers both family and professionals a new portal for observing and monitoring their health and well-being. “The advantage of the camera situation is not just oral, it’s visual. So much of what the counselor or nurse is looking for is how the seniors look when they’re answering something or how they look physically in general. Is there a sparkle in the eye? Is there a smile on the face? Is there depression? This can be viewed one-on-one or through a camera, but cannot be viewed through a telephone or through a text message,” says Lee. “So the ability to be of use and assistance to the senior changes radically.”

The Caregiving Coach
from Your Eldercare Consultants

We’ve noticed a decline in our mother’s cognitive ability. What can we do now?

When loved ones begin to decline, it is important to talk as a family about the following issues.

• **Could it be Alzheimer’s Disease?**
  Has testing been done to determine a diagnosis and the stage of her illness? Does the illness run a predictable course? Can medications help? Who will make sure that Mom takes her medicine?

• **What type of care is really needed?**
  Can Mom still manage many of her activities and household chores? Does she need some help and what kind? Many options are available, from some supervision to full-time memory support.

• **Are there possible residential options?**
  Is Mom best off remaining in her own apartment? Would living in a senior community help her feel less isolated? Is it possible she’ll need assisted living or skilled care?

• **Finances**
  What is the average cost of hiring a caregiver? Does Medicare or Long Term Care Insurance help; how much for a higher level of care later on? Does Mom have enough assets to cover all these expenses? Can the family help out?

• **Family member tasks**
  Is there something that each of the grown children can do to help with Mom’s care? What about distant family members?

• **Managing all the changes**
  Memory loss can be difficult and sorrowful for family members. What is the best way to show support for your Mom and for one another?

Some of these discussions may be difficult and emotional. You may find that you need help with looking at all aspects of planning. Professional care managers from Your Eldercare Consultants can help guide your thinking. They understand cognitive changes, the costs of care, how to find help and all the best practices.

Your Eldercare Consultants offer one-time consultations or ongoing support for families in transition. Call 773.508.1015 or visit YourEldercareConsultants.com.
For several years, CJE SeniorLife has enjoyed a “healthy” relationship with the Alvin H. Baum Family Fund. According to its president, Joel Friedman, an attorney with Horwood Marcus & Berk, the Baums were “committed to bettering the lives of those who live and work predominantly in the Chicagoland area.” Mr. Friedman, whose relationship as their lawyer in the 1970s turned into a warm friendship, remembers Alvin Baum and his wife Ann as compassionate, unassuming individuals who were always concerned about those less fortunate. Their Fund, established in the mid-1950s, has supported a broad array of charities with significant gifts to the disadvantaged, the young, the elderly, educational and civic organizations.

In 2008 through 2009, the Alvin H. Baum Family Fund made a commitment to support Listen UP!, a program developed to screen older adults for hearing loss initiated by CJE’s Center for Healthy Living. Starting in May 2011 through mid-2013, the Fund also supported “Defeating Diabetes,” another CJE Center for Healthy Living program designed to help educate older adults about the diagnosis, prevention, and management of diabetes. A screening component, administered or supervised by an RN, is offered to determine an individual’s diabetes risk. CJE has further enhanced the program’s outcomes by adding bone density screenings to assess an individual’s propensity for the development of osteoporosis.

Thanks to the gift from the Alvin H. Baum Family Fund, more than 300 adults have been screened for hearing loss and almost 1,000 people have attended a Defeating Diabetes educational session. Close to 500 individuals have been screened for diabetes. A significant number of individuals, approximately 28%, have been referred to their medical provider due to at-risk diabetes findings.

There is little known about the Baums who led an understated lifestyle in Highland Park. Mr. Friedman recalls that that they
shared a love for golfing and that Mrs. Baum was extremely kind and generous. What stood out most was their unique pairing for almost 30 years. Mr. Baum was Jewish and 81 when he passed away in 1982. Mrs. Baum was younger and born into a large, poor and fatherless Irish Catholic family. She began working for him as a secretary in his investment firm, and later became his wife. She died in 2005 at the age of 82.

Their common bond was the desire to be champions of the underprivileged and their legacy of giving is continued today through the Alvin H. Baum Family Fund. With their vision being carried out through a contribution by its president, Joel Friedman, CJE SeniorLife can also fulfill its four decade mission of enhancing the lives of older adults… and for this, we are extremely grateful.

Joel M. Friedman, president of the Alvin H. Baum Foundation, is an attorney with Horwood Marcus & Berk, Chartered, in Chicago. His practice focuses on taxation, estate planning and business law. He also does extensive work in the non-profit area and is the founder of the Environmental Change Institute at the University of Illinois, Champaign/Urbana campus.

**Correction**

The Fall issue of LIFE Magazine misstated the age of Mildred Freud Mendelson. She is 85 years old.

---

**Signature Programs, cont’d from page 4**

**Healthy Eating for Successful Living** (7 weeks)—How to eat well in order to age well.

**Food Sense** (4 weeks)—How to stretch your food budget and buy nutrition-rich foods for less.

**Diabetes and Bone Density Screening and Education**—Staff take blood glucose, A1C readings, plus heel ultrasounds to screen for diabetes and osteoporosis, respectively. Information on risk factors, symptoms and management of diabetes are included in this one-time session.
DECEMBER

3 Chicago Sketches. Richard Reeder reads excerpts from his book. 847.236.7852. 10:00 a.m. W

5 New Beginnings. Rabbis Mark Shapiro and Lester Frazin will share their stories on navigating change. Hands-on activity will help you explore your current interests, uncover new interests, and identify your passions as you begin a new phase of your life. Questions and register to 847.940.7575. B’nai Jehoshua Beth Elohim. 1201 Lake Cook Rd., Deerfield 7:30–9:00 p.m.

9 Developmental Disability Consulting. Consultant Ed McManus will talk about the current issues faced by the families of people with developmental disabilities. Call 773.508.1694. 10:30 a.m.–12:00 p.m. B

9 Conquering Your Clutter. Find out how to get organized. Register to 847.673.3733. Skokie Library, 5215 Oakton. 7–8:00 p.m.

12 Tall Order. Performance by this vocal quartet. 847.236.7852. 2–3:00 p.m. W

19 Songs of WWII. Vocal performance by Robbie Cohen Malkowski. 847.236.7852 2–3:00 p.m. W

20 Shabbat Lunch and Learn. An interactive discussion with a featured speaker. R.S.V.P. by Dec. 6 to 773.508.1073. 10:30 a.m.–12:00 p.m. B

22 Vocal Performance by Chris Coletti. 847.236.7852. 2–3:00 p.m. W

FEBRUARY

13 Northbrook Park Larks. Vocal performance. 847.236.7852. 2–3:00 p.m. W

25 “La Clemenza de Tito.” Lyric Opera Educational Corps. 847.236.7852. 2–3:00 p.m. W

HOLIDAY CLOSINGS

Wednesday, December 25 Christmas Day

Wednesday, January 1 New Year’s Day

LOCATION KEY

A Adult Day Services, 1015 West Howard Street, Evanston 847.492.1400

H Bernard Horwich Building, 3003 West Touhy Avenue, Chicago 773.508.1000

L Lieberman Center for Health and Rehabilitation, 9700 Gross Point Road, Skokie 847.929.3320.

W Weinberg Community for Senior Living, 1551 Lake Cook Road, Deerfield 847.374.0500
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.

**PROGRAMS**

**The Lakeshore Mercaz Center for Jewish Older Adults**
Cultural programs sponsored by CJE, Anshe Emet, Anshe Sholom, Emanuel Congregation and Temple Sholom. Call 773.508.1134

December 10 – Anshe Emet
January 14 – Temple Sholom
February 11 – Anshe Sholom B’nai Israel.

**Community Senior Adults**
Lunch, socializing and entertainment. $40 annual fee. Contact 773.508.1047. Tuesdays, 11:30 a.m.–2:30 p.m.

**There’s No Place Like Home**
Programs, classes, outings and support groups in the Edgewater community. Call 773.508.1089 for dates and times.

**Older Adult Programs**
Ongoing classes and events. Full schedule available after January 7. Call 773.508.1000 for more information.

- Music with Les. Mondays. H
- Sit and Get Fit. Mondays. H
- Yoga. Wednesdays. H
- Scrabble Club. Wednesdays. H
- Schmooze It or Lose It. Thursdays. H
- Sit and Get Fit. Thursdays. H

**SUPPORT GROUPS**

**Living Life Through Loss: Bereavement Support Group**
Sponsored by CJE SeniorLife and Jewish Healing Network. $5 per session. Registration required, RSVP to 773.508.1129 Wednesdays. 1–2:30 p.m. H

**Making Connections: Seniors with Adult Children with Disabilities**
Connect, share experiences and learn about benefits and community resources. Sponsored by CJE’s Linkages program. Register to 773.508.1694. First and third Tuesday of every month. 11 a.m.–12 p.m. H

**Parkinson’s Caregivers Support Group**
For caregivers of someone with Parkinson’s. Register to 847.236.7852. New times start Jan 15, 3rd Wednesday of month. Two sessions: 1–1:45 p.m. and 2–2:45 p.m. W

**Family Caregiver Group**
Led by Jo Hammerman, L.C.S.W. Call 847.929.3246. 2nd and 4th Tuesday of the month. 2nd Floor Classroom. 5–6:00 p.m. L

**Holocaust Survivors: Coffee & Conversation**
Sponsored by CJE SeniorLife and Jewish Child and Family Services
Mondays, 1–2:30 p.m. 9603 Woods Drive, Skokie. Register to 847.568.5200.

Thursdays, 2–3:30 p.m. 3145 W. Pratt, Chicago. Register to 847.568.5100.

**Family Caregivers of CJE Adult Day Services Clients**
Emotional support, information, education and coping strategies. Pre-registration required for loved one to participate in CJE’s Adult Day programs. Register to 847.556.8410. Second Tuesday of every month. 3:15–4:30 p.m. A

**Individuals Caring for Someone with Dementia**
Led by Nina Afremow, M.S.W., L.C.S.W., and Emily Mysel, M.S.W. First Wednesday of every month, 7–8:30 p.m. For more info call 847.236.7853. W

Please call 773.508.1000 for more information about the winter schedule, or check our online calendar at www.cje.net.
CJE SeniorLife recognizes our newly elected and continuing 2014 Board of Directors

2014 Board of Directors
Officers
Chair
Stephen P. Sandler
Vice Chair
Judy L. Smith
Secretary
Vicki Pines
Treasurer
Alan M. Ellenby
Founding Chair
Joseph L. Gidwitz, z”l

Directors
Brett K. Avner, Ph.D.
Jordan C. Berger
Robert T. Bernstein
Marc L. Berman
Michael D. Blum, M.D.
Gerald D. Blumberg
Samuel P. Brilliant
Gila J. Bronner
Arnold F. Brookstone*
Dennis J. Carlin*
Joseph J. Cohen
Steve C. Drucker
Daniel N. Epstein*
James M. Feldman
Jeffrey L. Fried*
Barbara A. Gilbert*
William I. Goldberg*
Jeffrey Graff, M.D.
Mark Grazman
Alan I. Greene*
Dennis M. Kleper
Michael E. Koen
Richard M. Kohn
Sondra Fineberg Kraff
Bruce J. Lederman*
Jack M. Levin*
Kenneth F. Lorch
Leslie Markman-Stern
James C. Mills*
Sheryl Oberman
Maurice B. Pickard, M.D.
Daniel R. Pollack
John E. Pomeranz
Susan Reese
Carlton R. Resnick, D.D.S.
Steven Rogen
David M. Rosenberg
Nancy W. Rosenberg
Karen Rosenthal
Mally Z. Ruckoff*
Robert L. Schlossberg*
Marci L. Shapiro
Linda Soreff Siegel
Sherwin J. Stone*
Dianne Tesler
Randi Urkov
Kalman Wenig
Judith Wright Whellan
Leonard A. Worsek*
Marshall S. Yablon*
Legal Counsel
I. Walter Deitch

Executive Leadership Staff
President and CEO
Mark D. Weiner
Executive Vice President & CFO
Joseph Atkin
Vice President, Community Services
Laura Prohov
CJE Medical Director
Noel DeBacker, M.D.
Vice President, Residential Services
Bill Casper
Vice President, Marketing Manager
Carole Klein-Alexander
Vice President, Healthy Aging and Community Initiatives
Donna Pezzuto
Senior Director, Human Resources
Ron Roman
Director of Development
Allyson Marks Greenfield

*Past Board Chair

Be sure to check out our 2013 Annual Report on our website at www.cje.net/AnnualReport.
CONTRIBUTORS 2012-2013

CJE SeniorLife’s work has been generously supported by our friends who contribute time, money and resources. CJE SeniorLife thanks the following individuals, families, businesses, philanthropic organizations, foundations and government agencies who helped us provide services in 2012-2013.

$100,000 and over
Anonymous
The Chicago Community Trust
The Crown Family Philanthropies
Dr. Betsy R. Gidwitz
Bernard Heerey Family Foundation
Care Program
Bernard Heerey Family Foundation
Grant Assistance Program
Jewish Federation of Metropolitan Chicago

$50,000 – $99,999
Alvin H. Baum Family Fund
George M. Eisenberg Foundation for Charities
Mrs. Bernice Elbin
The Fraida Foundation
Mr. Philip Garoon
Michael Reese Health Trust
Charles & M.R. Shapiro Foundation, Inc.

$25,000 – $49,999
Alzheimer’s Foundation of America
Dr. Martha J. Bernheim Trust/Sheryl Oberman
Ms. Adrienne Drell and Mr. Franklin Nitikman
Joseph and Bessie Feinberg Foundation
Swartzberg/Zoller Family Foundation

$10,000 – $24,999
Anonymous
Modestus Bauer Foundation
Mr. and Mrs. Matthew Bucksbaum
Fred J. Brunner Foundation
Margaret A. Cargill Foundation
Charter One Foundation
Max Goldenberg Foundation
Gurtz Electric Co.
Leo S. Guthman Fund
Mr. David C. Kleiman
Mr. Michael E. Koen and Ms. Joyce Grenis
Mr. and Mrs. Richard M. Kohn
Russell and Josephine Kott Memorial Charitable Trust
Mrs. Charlotte Lindon
Dr. and Mrs. Jerome M. Loew
The Malkin Family
Mr. James C. Mills
Morisson Management Specialists
Ner Tamid Congregation of North Town
Mr. and Mrs. Norton Sarnoff
Mrs. Linda S. Siegel
SimplyRehab LLC
Mr. and Mrs. Kalman Wenig

$5,000 – $9,999
Anonymous
Acme Refining
AdvaCare Systems
Mr. and Mrs. Howard Altman
Aramark Management Services, L.P.
Alvin H. Baum Family Fund
Mr. and Mrs. Jordan C. Berger
Mr. and Mrs. Andrew Berlin
Mr. and Mrs. Marc L. Berman
Dr. and Mrs. Michael D. Blum
Mr. and Mrs. Gerald D. Blumberg
Martin and Mary L. Boyer Foundation
The Braeside Foundation
Bronner Group LLC/Ms. Gila Bronner
Mr. and Mrs. Arnold Brookstone
Mr. and Mrs. Joseph J. Cohen
Mr. and Mrs. I. Walter Deitch
Drinker Biddle & Reath LLP
Dykema Gossett PLLC

2013 Celebrate CJE Corporate and Individual Sponsors
Premier Circle: Philip Garoon
Benefactors: Joseph and Bessie Feinberg Foundation; Swartzberg/Zoller Family Foundation
Foundation Patrons: Anonymous; The Crown Family; Dykema Gossett PLLC; Gurtz Electric Co.; Joan and Richard Kohn/Goldberg Kohn Ltd.; The Malkin Family; James C. Mills; Morrison Man-agement Specialists; Elaine and Norton Sarnoff; Simply Rehab LLC; Kal and Enid Wenig
Friends: AdvaCare Systems; Marilyn and Howard Altman; Anonymous; Aramark; Buni and Jordy Berger; Andrew and Courtney Berlin; Marc and Sharen Berman; Ruth Goodman Blum and Michael D. Blum, M.D.; Annette and Gerald D. Blumberg/Blumberg Machinery Co.; The Braeside Foundation; Bronner Group LLC; Adrienne and Arnold Brookstone; Drinker Biddle; Howard N. and Jacqueline Gilbert; Greenberg Traurig LLP; Hamilton Thies & Lorch; Robert L. and Sylvia M. Haag Supporting Foundation; Hinshaw & Culbertson LLP; Hollister Incorporated; Katten Muchin Rosenman LLP; Joyce Grenis and Michael Koen; Sondra Fineberg Kraff; Bruce J. Lederman; McGladrey LLP; Medline Industries, Inc.; NorthShore University HealthSystem; Margo and Mike Oberman; Omnicare; Vicki and Gary Pines; Power Construction Company; The Private Bank; Susan and Howard Reese; Steven and Ellen Regin; Karen and Barry Rosenthal; Linda Soreff Siegel; Frank H. Stowell & Sons; Whitehall of Deerfield; Floyd and Judith Wright Whellan; Andrea and Marshall Yablo

CJE SeniorLife would like to thank all of our other contributors to 2013 Celebrate CJE. For a complete listing of all donors, please go to our website at: http://cje.net/donate/cje-seniorlife-invites-you-celebrate-us/become-sponsor-today

** July 1, 2012 – June 30, 2013
<table>
<thead>
<tr>
<th>$2,500 – $4,999</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allegra Print and Imaging</td>
</tr>
<tr>
<td>Lester and Edward Anixter Family Foundation</td>
</tr>
<tr>
<td>Mr. and Mrs. Charles M. Bley</td>
</tr>
<tr>
<td>Mr. and Mrs. Alan M. Ellenby</td>
</tr>
<tr>
<td>Mr. and Mrs. Michael Gross</td>
</tr>
<tr>
<td>Gould &amp; Ratner</td>
</tr>
<tr>
<td>Hochberg Family Foundation</td>
</tr>
<tr>
<td>Jackson National Community Fund</td>
</tr>
<tr>
<td>Mr. Harvey R. Kallick and Mrs. Barbara Rosin</td>
</tr>
<tr>
<td>Mr. and Mrs. Warren Katz</td>
</tr>
<tr>
<td>Mr. and Mrs. Dennis M. Kleper</td>
</tr>
<tr>
<td>Mrs. Leslie Markman-Stern and Mr. Phillip L. Stern</td>
</tr>
<tr>
<td>Mr. and Mrs. Daniel R. Pollack</td>
</tr>
<tr>
<td>Dr. and Mrs. Carlton R. Resnick</td>
</tr>
<tr>
<td>Nancy and Lee Rosenberg</td>
</tr>
<tr>
<td>Mr. and Mrs. Alan S. Rutkoff</td>
</tr>
<tr>
<td>Mr. and Mrs. Stephen P. Sandler</td>
</tr>
<tr>
<td>Mr. and Mrs. Robert L. Schlossberg</td>
</tr>
<tr>
<td>Mrs. Shirlee Shafter</td>
</tr>
<tr>
<td>Mr. and Mrs. Richard Silverman</td>
</tr>
<tr>
<td>Mr. and Mrs. Michael Smith</td>
</tr>
<tr>
<td>Ms. Dianne Tesler</td>
</tr>
<tr>
<td>Ms. Randi Urkov</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>$1,000 – $2,499</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alice and Robert Abt</td>
</tr>
<tr>
<td>Mr. Howard I. Aronson</td>
</tr>
<tr>
<td>Mrs. Flora B. Atkin</td>
</tr>
<tr>
<td>Mr. and Mrs. Joseph Atkin</td>
</tr>
<tr>
<td>Mr. and Mrs. Brett Avner</td>
</tr>
<tr>
<td>Mr. and Mrs. Marvin Bearak</td>
</tr>
<tr>
<td>Mr. and Mrs. David J. Berger</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>$500 – $999</th>
</tr>
</thead>
<tbody>
<tr>
<td>AAA-1 Masonry &amp; Tuckpointing</td>
</tr>
<tr>
<td>Mrs. Beverly Addison</td>
</tr>
<tr>
<td>Mr. and Mrs. Andrew Albert</td>
</tr>
<tr>
<td>Mr. and Mrs. Michael Arkes</td>
</tr>
<tr>
<td>Associated Agencies, Inc.</td>
</tr>
<tr>
<td>Mr. and Mrs. Grant Bagan</td>
</tr>
<tr>
<td>Mr. and Mrs. Jack Bankier</td>
</tr>
<tr>
<td>Mrs. Judy A. Baskin</td>
</tr>
<tr>
<td>Mr. and Mrs. Gregg Berliant</td>
</tr>
<tr>
<td>Dr. Brad Berman</td>
</tr>
<tr>
<td>Mr. Dino Bianco</td>
</tr>
<tr>
<td>Mr. and Mrs. Howard Blum</td>
</tr>
<tr>
<td>Mr. Richard A. Bonomo</td>
</tr>
<tr>
<td>Mr. and Mrs. William Brodsky</td>
</tr>
<tr>
<td>Mr. Jay A. Canel</td>
</tr>
<tr>
<td>Mr. and Mrs. Bill E. Casper</td>
</tr>
<tr>
<td>Mr. and Mrs. Bruce R. Cohen</td>
</tr>
<tr>
<td>Mr. Allan Coleman</td>
</tr>
<tr>
<td>Congregation B’nai Shalom</td>
</tr>
<tr>
<td>Mr. Carey Cooper and Dr. Cheryl Kraff</td>
</tr>
<tr>
<td>Cooper</td>
</tr>
<tr>
<td>Ms. Jennifer Dahl</td>
</tr>
<tr>
<td>Danziger Kosher Catering</td>
</tr>
<tr>
<td>Dr. and Mrs. Lester H. Davis</td>
</tr>
<tr>
<td>Dr. and Mrs. Salomon Dayan</td>
</tr>
<tr>
<td>Dr. and Mrs. Noel DeBacker</td>
</tr>
<tr>
<td>Mr. William DeWoskin and Ms. Wendy Gross</td>
</tr>
<tr>
<td>DLA Piper US LLP</td>
</tr>
<tr>
<td>Mrs. Marian L. Edelstein</td>
</tr>
<tr>
<td>Dr. Vadim Edelstein</td>
</tr>
<tr>
<td>Mr. and Mrs. Gerald H. Elbin</td>
</tr>
<tr>
<td>Drs. Rochelle and Arthur Elstein</td>
</tr>
<tr>
<td>Ms. Joan H. Epstein</td>
</tr>
<tr>
<td>Mr. and Mrs. Mark L. Feinberg</td>
</tr>
</tbody>
</table>
Mr. and Mrs. Paul Krouse
Mr. and Mrs. Ira Leavitt
Mr. and Mrs. Phillip LeBoy
Mr. and Mrs. Scott Lederman
Mrs. Ronna B. Leibach
Mr. Benjamin Leshem
Mr. Burton L. Levenson
Ms. Betsy Levin and Mr. Martin Krasnitz
Mr. and Mrs. Jack M. Levin
Ms. Ruth M. Levine
Mr. and Mrs. Michael Levitt
Ms. Ila Lewis
Lo Verde Contracting Co.
Rabbi and Mrs. Steven S. Lowenstein
Magid Glove and Safety Manufacturing Company LLC
Mr. and Mrs. Martin Marcus
Mr. and Mrs. Larry Margolis
Mr. and Mrs. Robert L. Markson
Mrs. Linda L. Matthew
Ms. Jean McLaren and Mr. John Nitschke
Mr. and Mrs. Martin Merel
Michael's Chicago Style Red Hots
Mirco Builders
Dr. and Mrs. Ernest Mond, M.D.
Mr. and Mrs. David Moscow
North Shore Country Day School
North Suburban Synagogue Beth El
Mrs. Sheryl Oberman
Office of the County Clerk
Ms. Roberta Olshansky
Mr. and Mrs. Norman B. Padnos
Mr. and Mrs. Norman J. Patinkin
Paul Stuart
Perkins Eastman
Dr. Stuart J. Perlrik
Ms. Donna Pezzuto
Polsinelli Shughart PC.
Mr. and Mrs. Donald N. Rappin
Ms. Carol Reed
Dr. and Mrs. Louis Richmond
Mrs. Norma Rosenberg
Mr. and Mrs. Joseph A. Rosin
Dr. and Ms. Myron E. Rubnitz
Salon Buzz
Mrs. Robin Sampliner
Mr. and Mrs. Steven I. Sarowitz
Scadron Outdoor Advertising
Mr. Jerome Schachter
Mr. David Y. Schwartz
Mr. and Mrs. John Seder
Mr. and Mrs. Harry Seigle
Mrs. Marjorie P. Shafton
Shalom Memorial Park
Ms. Phyllis K. Shalowitz
Shefsky & Froelich Ltd.
Mr. and Mrs. Richard L. Sher
Sheraton Chicago Hotel and Tower
Mr. Lawrence A. Sherman
Mr. Leonard H. Sherman
Mr. and Mrs. Hal Sider
Mr. and Mrs. Ralph Siegel
Mr. and Mrs. Jordan Sigale
Sigma Delta Tau Parents Club
Lois Simon, z”l
Mr. and Mrs. Laurence S. Spector
Mr. and Mrs. Allan R. Steinberg
Mr. and Mrs. Manfred Steinfeld
Mr. and Mrs. David S. Stone
Ms. Laura Stone
Temple Sholom
Mr. and Mrs. Donald Weisberg
Mr. and Mrs. Craig A. Weiss
Dr. Joan Werber and Mr. Allen Samarel
Dr. and Mrs. Bernard V. Wetchler
Mr. and Mrs. Hal Wolken
Mr. and Mrs. Joseph H. Yastrow
Mr. Alon Z. Yonatan
Mr. and Mrs. Burton I. Zoub

$100 – $299
Mrs. Mollie Abraham
Dr. and Mrs. Irving Abrahamson
Mr. and Mrs. Lance Abrams
Mr. and Mrs. Ron Abrams
Mr. and Mrs. Floyd H. Abramson
Accurate Plumbing Doctors, Inc.
Mr. and Mrs. Leonard J. Adams
Mr. and Mrs. Lawrence M. Adelman
Mr. and Mrs. Steven A. Adelman
AFN
Mr. and Mrs. William A. Aki
Mr. and Mrs. Edward M. Alpert
Altair Advisers, LLC
Mr. and Mrs. Robert Altkorn
Mr. and Mrs. Steven P. Altmann
American Weathermakers
Anshe Emet Synagogue
APCO Sign Systems
Mr. and Mrs. Ben H. Arkes
Mr. and Mrs. Hal Arkes

Employees of the Year

Robert Goldberg
Rob has been with CJE SeniorLife as a Home-Delivered Meals driver since 2004.

Deena Karno
With CJE SeniorLife since 1999, Deena is currently Staff Educator, Human Resources and Learning.

Victoriya Masyukova
Victoriya is a Life Enrichment Activity Worker at Weinberg Community for Senior Living since 2005.
Mr. and Mrs. Alan J. Cohen
Ms. Andrea R. Cohen
Mr. Elliott Cohen
Mr. and Mrs. Eugene Cohen
Mr. and Mrs. Herbert L. Cohen
Mr. and Mrs. Michael P. Cohen
Mr. and Mrs. Dennis Cooney
Mr. and Mrs. Phillip J. Cooper
Mr. and Mrs. James L. Cowen
Mr. and Mrs. Alan Crane
Mr. Herbert X. Daitchman, z”l
Mrs. Bernice R. Davis
Mr. Martin Davis
Judge and Mrs. Ronald Davis
Mr. and Mrs. John Deimel
Ms. Patricia Dejean
Mr. and Mrs. Daniel V. Dentico
Devon Bank
Ms. Geraldine Diamond
Ms. Rosalie Dixer
Mr. Jonathan Dixon
Ms. Diane Dobrin
Dolgin Law Group, LLC
Mr. and Mrs. Phillip B. Donenberg
Mr. and Mrs. Edward Drucker
Dr. and Mrs. Ira DuBrow
Mr. Cary B. Edgar
Mr. and Mrs. Edmund Eisenberg
Elite on Jarvis
Mr. and Mrs. Steven Elzer
Mrs. Helaine Ellenby
Mr. and Mrs. Ross Erlebacher
Escoe LLC
Mr. Irving C. Faber and Ms. Paula E. Litt
FC Studio Inc.
Mr. and Mrs. Terry Y. Feiertag
Dr. and Mrs. Ronald A. Feingold
Mr. and Mrs. Philip M. Feitelson
Mr. and Mrs. Henry A. Feldman
Mr. and Mrs. James H. Feldman
Mr. Leo H. Feldman
Mrs. Joyce Fenchel
Mr. and Mrs. Glenn E. Ferencz
Mr. and Mrs. Thomas H. Fields
Fifth Third Bank
Mr. Jeffrey Finke
Fischel & Kahn, LTD.
Dr. Tessa Fischer
Mr. and Mrs. Robert Folberg
Mr. and Mrs. Jeffrey L. Forgash
Mr. Ronald Forman
Mr. Kenneth Fox, J.D.
Mr. Marvin Fox
Mrs. Elaine S. Frank
Dr. and Mrs. Melvyn N. Freed
Mr. and Mrs. Michael Freed
Mr. and Mrs. Paul E. Frehling
Mrs. Shirley B. Freilich
Mr. and Mrs. Jeffrey L. Fried
Mrs. Chaya Friedman
Mr. and Mrs. Robert Friedman
Funkhouser Vegosen Liebman & Dunn LTD.
Ms. Adrianne B. Furniss
Mr. and Mrs. Mark Gaines
Mr. and Mrs. Lee D. Gallender
Mr. and Mrs. Edward P. Gamson
Mr. and Mrs. David L. Gass
Mr. Howard M. Geiderman
Mr. Matthew A. Gelbin
Mr. and Mrs. David J. Gelfand
Mrs. Melissa Gelfand
Mr. and Mrs. Phillip B. Gelman
Mr. Brian Genrich
Ms. Anita S. Gerber and Mr. Joel Sugar
Meyer and Lilly Gerber Foundation
Mr. William Gerber
Ms. Ann M. Gershenson
Mr. and Mrs. Richard Gershenson
Mr. and Mrs. Scott Gilbert
Mr. and Mrs. James S. Gimpel
Mr. and Mrs. Gerald B. Ginsburg
Mr. and Mrs. Marvin A. Ginsburg
Mr. and Mrs. Steven Ginsburg
Mr. and Mrs. Al Gitelman
Mr. and Mrs. Howard L. Glass
Ms. Maureen Glassberg
Ms. Susanne Glink
Mr. Harvey R. Gold
Mr. and Mrs. Barry Goldberg
Mr. and Mrs. Brad Goldberg
Ms. Ilise Goldberg
Joan and Marshall Goldberg
Mr. and Mrs. Ronald Goldberg
Ms. Caryl Golden
Mr. and Mrs. Boris Goldstein
Dr. and Mrs. Bruce Goldstick
Ms. Letitia Gomez
Iris Goodman and Hal Goodman, z”l
Mr. and Mrs. Barton M. Gordon
Ms. Julie Gordon
Mr. and Mrs. Robert M. Gordon
Sylvia G. Gordon
Mr. and Mrs. Harold Gorelick
Mr. Robert A. Green
Ms. Jill Greenbaum
Ms. Helen D. Greenebaum
Allyson Marks Greenfield and Avi Greenfield
Mr. and Mrs. Gary A. Greenfield
Mr. and Mrs. Robert Gremley
Mr. and Mrs. Mikhail S. Gumin
Mr. and Mrs. Irving Gurin
Mr. and Mrs. Peter Gutheim
Ms. Emma Gutman
Mr. Arthur M. Guterman
Mr. and Mrs. David A. Haas
Mr. Herbert Hamilton
Dr. and Mrs. Stephen B. Hanauer
Avshalom Harazi
Ms. Janice Harris  
Mr. and Mrs. Michael M. Harris  
Mr. and Mrs. Morton Hartman  
Mr. Bruce Heckman  
Mr. and Mrs. Jack C. Heiman  
Ms. Lorraine Helfand  
Mr. and Mrs. Lawrence Heyman  
Mr. and Mrs. Neal Hirsch  
Mr. and Mrs. Richard M. Hirsch  
Mr. and Mrs. Scott Hirsch  
Mr. and Mrs. Allen Hirschfield  
Mr. and Mrs. Morton Hartman  
Mr. Bruce Hirsh  
Mr. and Mrs. Gary S. Hoefer  
Mr. and Mrs. Aaron E. Hoffman  
Mr. and Mrs. Lawrence Heyman  
Mr. and Mrs. Neal Hirsch  
Mr. and Mrs. Richard M. Hirsch  
Mr. and Mrs. Scott Hirsch  
Mr. and Mrs. Allen Hirschfield  
Mr. and Mrs. Howard B. Hirschfield  
Mr. Bruce Hirsh  
Mr. and Mrs. Gary S. Hoefer  
Mr. and Mrs. Aaron E. Hoffman  
Mr. Randy Holzman  
Dr. George R. Honig and Ms. Olga Weiss  
Mr. and Mrs. Herbert Horn  
Mrs. Frances Horwich  
Ms. Cathy L. Hurwit  
Mr. and Mrs. Bruce Huvard  
Mr. and Mrs. Jim Hyman  
Mr. and Mrs. Herbert M. Hymen  
Mr. and Mrs. David Inman  
Dr. Madelyn A. Iris and Mr. Mark Iris  
Mrs. Judy Isenberg  
Jack Gray Transport, Inc.  
Mr. and Mrs. Jerry J. Jaeger  
Ms. Rebecca Janovsky  
Dr. Gerta Janss  
Mr. Myles A. Jarrow  
Mr. and Mrs. Stanley L. Jarrow  
Ms. E. Beth Jensen  
Jewish Big Sisters  
Mr. and Mrs. John Johnson

Mr. Shirley Johnson  
Mr. and Mrs. Michael B. Jordan  
Ms. Mildred Jordan  
Mrs. Sibyl R. Josephson  
Mr. and Mrs. James Kach  
Ms. Donna Kahan  
Ms. Ada P. Kahn  
Mr. Joshua Kahn  
Mr. Walter Kale  
Mr. and Mrs. Bernard Kalish  
Ms. Mary R. Kaltman  
Mr. and Mrs. Michael D. Kamin  
Mr. and Mrs. Juan F. Kaminski  
Mr. and Mrs. Larry R. Kane  
Mr. and Mrs. Arnold Kanter  
Mr. and Mrs. Calvin D. Kanter  
Mr. Jack Kanuk  
Mr. and Mrs. Alan N. Kaplan  
Dr. and Mrs. Joel A. Kaplan  
Mr. and Mrs. Michael J. Kaplan  
Mr. and Mrs. Mitchell P. Kaplan  
Mrs. Muriel Kaplan  
Mr. and Mrs. Gary G. Kash  
Ms. Debra Katz  
Mr. and Mrs. Harold A. Katz  
Dr. and Mrs. Richard Katz  
Ms. Syma Katz, z”l  
Ms. Debra H. Kaye  
Kayhan International  
Mr. and Mrs. Ralph Keen  
Mr. and Mrs. Stephen D. Keen  
Mr. and Mrs. Jeffrey A. Kellman  
Rabbi Allan Kensky and  
Ms. Adina S. Kleiman  
Know No Limits  
Kovitz Meat Club  
Kovitz Investment Group, LLC

Ms. Mary McClymont

We offer our sincere thanks to the following individuals who have left our Board in 2013:

Marilyn Altman  
Chuck Bley  
Vern Gideon  
Harvey Kallick  
Margo Oberman

And a hearty welcome to our new 2014 Board Members:

Robert T. Bernstein  
Samuel P. Brilliant  
Steve C. Drucker  
Jeffrey Graff, M.D.  
Mark Grazman  
Mr. and Mrs. Scott Kozak  
Mr. Geoffrey H. Krader  
Dr. Manus C. Kraff  
Mr. and Mrs. Eugene Kramer  
Mr. and Mrs. Joseph D. Kramer  
Mr. and Mrs. Paul Kramer  
Mr. Glen Krandel  
Mr. and Mrs. Keith R. Kretchmer  
Mr. and Mrs. Jeffrey A. Kriezelman  
Mr. and Mrs. Melvin Kupperman  
Lakeside Congregation for Reform Judaism  
Lallie / A Division of Southworth Co.  
Mr. Harvey Lambert  
Ms. Beth Lange  
Mr. and Mrs. Howard Lanznar  
Mr. and Mrs. Burt B. Lasko  
Mrs. Joyce Leavitt  
Dr. and Mrs. Joel R. Leff  
Mr. and Mrs. Harold Leftwich  
Mr. James E. Leopold  
Mr. and Mrs. Wayne M. Lerner  
Mr. and Mrs. Allen P. Levy  
Ms. Carolyn S. Levin  
Mr. and Mrs. John Levin  
Mr. Robert Levin and Ms. Hildy Wynn  
Mr. and Mrs. Arnold S. Levy  
Mr. Bernard S. Levy  
Mr. and Mrs. Julian Levy  
Mr. and Mrs. Mark S. Levy  
Mr. Robert Levy  
Mr. and Mrs. Martin Lewis  
Dr. and Mrs. Michael Lewis  
Mr. and Mrs. Mark Lieberman  
Mr. and Mrs. Myron Lieberman  
Mr. and Mrs. Paul D. Lieberman  
Mr. and Mrs. Robert B. Lifton  
Mr. and Mrs. Gerald Linda  
Mr. Alfred R. Lipton and  
Ms. Kathleen Roseborough  
Mr. and Mrs. Melvin L. Loeb  
Mr. and Mrs. Rod Loewenthal  
Mr. and Mrs. Harry London  
Mrs. Elaine G. Loseff  
Mr. and Mrs. Richard Loundy  
Mr. and Mrs. Laurence H. Lubliner  
Ms. Mary Rita Luecke and  
Mr. Michael Gelder  
Mr. and Mrs. Robert Lustbader  
Ms. Elsa R. Macks  
Mrs. Rose K. Mandell  
Mr. and Mrs. Ronald Mann  
Mr. and Mrs. Abe J. Matthew  
Mr. and Mrs. Robert May  
Mr. Larry Mayer  
Mr. Steven D. Mayer and  
Ms. Carole Schecter  
Mr. and Mrs. Thomas J. Mazzetta  
MB Financial Charitable Foundation  
Ms. Mary McClymont
Mr. and Mrs. Richard W. Tanzer
Mr. and Mrs. Stuart K. Taussig
Mr. Jerome B. Taxy and Mrs. Gail Sokol Taxy
Mr. and Mrs. Harold Temkin
Thomas Engineering Inc.
Tiedmann Enterprises Inc.
Ms. Benita T. Terry
Mrs. Merle Terry
Mr. and Mrs. Charles Tier
Mr. and Mrs. Alan Toban
Tom Maday Photography LLC
Mr. and Mrs. Michael Topper
Mr. Nathan Torch
Transportation Department - CJE SeniorLife
Ms. Roberta Trocky
Mr. and Mrs. Gene Turban
Unique Upholstery, Carpet & Rug Cleaning
Mr. and Mrs. Paul H. Vishny
Dr. Richard M. Volden
Mr. and Mrs. William R. Wagner
Mr. and Mrs. Milton Wakschlag
Dr. Michael J. Wasserman
Mr. and Mrs. Howard Wax
Dr. and Mrs. Carlisle Weese
Mr. Aaron Weinberg
Mrs. Jill Weinberg and Mr. Bernard Kramer
Rabbi and Mrs. Michael A. Weinberg
Mr. Steven M. Weinberg
Ms. Jennifer Weininger
Mr. Noah Weininger
Weinstein Family Services
Weinstein Support Trust
Mr. and Mrs. David L. Weinstein
Mr. and Mrs. Perry Weinstein
Mr. and Mrs. Michael Weisman
Mr. Daniel J. Weiss
Dr. and Mrs. Howard D. Weiss
Mr. and Mrs. Alfred Weissenbach
Weltman Bernfield LLC
Mr. and Mrs. Avers Wexler
Mr. and Mrs. Raymond P. Wexler
Mrs. Jill Wine-Banks and
Mr. Michael Banks
Mr. and Mrs. Alfred Z. Winick
Dr. Margaret W. Winker-Cook and
Mr. Brian Cook
Mr. and Mrs. Stewart M. Witkov
Ms. Iris S. Witkowsky
Mr. and Mrs. Harrell Wittenstein
Mr. and Mrs. William R. Wittert
Mr. and Mrs. Jerrold E. Wolf
Mr. and Mrs. Sheldon Wolfe
Wolff Landscape Architecture, Inc.
Mr. and Mrs. Aaron S. Wolff
Mr. Ted Wolff
Mr. and Mrs. Gary Wolfsen
Mr. and Mrs. John I. Wolfsen
Mr. Louis Woloshin
Mr. Robert J. Wynn
Ms. Nettie Zelkowitz
Mr. and Mrs. Phillip Zisook
Mr. Nathan Zivin
Mr. and Mrs. Larry Zoll

**CJE Endowment Foundation and Bequests**

**Anonymous**
- Estate of Sarah Altbach
- Estate of Rose J. Arbeiter
- Helen & Norman Asher Alzheimer’s Care Fund
- Joseph Atkin
- Samuel Ballis Fund
- Jordan C. Berger
- Charles H. Berman Educational Fund
- Laurence U. Berman Trust
- Harriet B. Brady Pooled Income Fund
- Belle R. & Joseph H. Braun Fund
- Estate of Suzy Braun
- Lena G. Brede Foundation Fund
- Dennis J. Carlin
- Kate Charshans Trust
- Dolly & Joseph Checkers
- Estate of Frieda & Simon Chin
- Beverly and Joe Cohen
- Charles (Chuck) Cooper
- Glen Croser
- Olga Davidson
- Estate of William Emil Deutsch
- Drexel Home Fund
- Alan Dworkin
- Robert Edelmann Health Care Fund
- George M. Eisenberg Foundation for Charities
- Estate of Reuben and Sydelle Eisenberg
- Joan H. Epstein
- Gitta Fajerstein
- The Rabbi Shlomoh Z. Fineberg 
  & Naomi D. Wainger Fineberg
- Religious Observance Fund
- I.M. & Fannabell S. Fixman Foundation
- Robert Forman Enrichment Series Fund
- H. Fried Respite Fund
- Jeffrey & Suzanne Fried
- Emmanuel Friend Estate
- Galter Foundation
- Dr. Betsy R. Gidwitz
- Joseph L. & Emily K. Gidwitz Memorial Foundation
- Howard A. & Barbara Gilbert
- Annette Glickman Trust
- Dale Glickman Trust
- Irving H. Goldberg Family Fund
- The Goldberg Family Trust
- Allan Goldstein
- Alan I. Greene
- Robert L. and Sylvia M. Haag Supporting Foundation
- The Robert L. Haag Trust
- Thomas L. Harris
- Ethel Heller Revocable Trust
- Estate of David A. Herstein
- Ethyle Levin Hillman Fund
- Estate of Miriam T. Hirtenstein
- Estate of Florence L. Kaufman
- Sondra Fineberg Kraff
- Leo Krakow Trust
- Louise H. Landau Estate
- Estate of Hannah Landsberg
- Milton Latzer Trust
- Lazarus Charitable Foundation
- Bruce J. Lederman
- Theo and Paul Leffmann
- Eva B. Levi Trust
- Diane S. Levin Trust
- Estate of Helen Levin
- Ruth Levine
- Estate of Marcelle M. Lieberman
- Kenneth F. Lorch
- Marvin and Marilyn Lustbader
- Estate of Saul Mackoff
- Estate of Michael George Mallin
- Roslyn & Milton Mallin Memorial Fund
- Al and Lillian Maze Trust
- C. Margaret McClaskey
- James C. Mills
- Estate of Irving H. and Harriet B. Nathan
- Ian Natkin – in memory of Lillian Natkin
- Joseph & Jennie Newman Fund
- Estate of Konrad Parker
- Morris L. Parker Trust
- Kenneth & Susan Pearl
- The Fannie Penikoff Charitable Trust
- Vicki and Gary Pines
- June Raffel Charitable Trust
- Nate Y. Ratner Fund
- Michael Reese Service League
- Sonya & Robert Reich Philanthropic Fund
- Joseph Robineau Fund
- Ellen and Steven Robins
- Milton and Beatrice Rohde Estate
- Mally and Alan Rutkoff

The Council for Jewish Elderly (dba CJE SeniorLife) Endowment Foundation was created in partnership with the Jewish Federation of Metropolitan Chicago’s Agency Endowment Program, which was established to ensure that CJE SeniorLife and our sister agencies have the necessary resources to meet the community’s needs. All commitments to Agency Endowment Foundations are recognized as gifts to the Jewish Federation’s Centennial Campaign.
Contributed Gifts and Services

Chris Bell
Dr. Phyllis Beren
Mr. and Mrs. Alan Berk
Beth Tikvah
Ms. Janet Blum
Lee Blum
Mrs. Kathy Borre
Mr. Jeff Braiman
Ms. Wendy Brickman
Ms. Carol Brook-Corfman and Mr. Thomas Corfman
Mr. and Mrs. Victor Brown
Mr. David Caplan
Mr. Dale Chapman
Mrs. Carolyn Chatterton
Mr. and Mrs. Jerome Citron
Mr. and Mrs. Allen Cohen
Pam Craine
Mr. Rick Daitchman
Mrs. Nadine Dilworth
Mr. and Mrs. Sanford Dishman
Mr. David Eidenberg
Mr. Jason Fleigel
Mr. Robert F. Forrer
Mrs. Sharon Kempler-Fretzin and Mr. Lawrence Fretzin
Mr. Larry Friedman
Mr. Steve Friedman
Mr. and Mrs. Gary Friend
Mr. and Mrs. Mark Frisch
Ms. Pauline Frumkin
Ms. Karen Gaba
Mr. and Mrs. Simon Golden
Ms. Marcy Goldman
Mr. and Mrs. Michael R. Goldstein
Ms. Emma Gutman
Ms. Jo Hammerman
Hinshaw Culbertson LLP
Mr. and Mrs. Gary Hirsch
Mrs. Jean Houston
Ms. Antonina Itkin
Marc and Eileen Jacobs
Mrs. Joyce Jones
Cary Kanter
Mr. and Mrs. Daniel Kanter
Ms. Audra Kaplan and Mr. Alan Spellberg
Mr. Hal Katz
Mr. and Mrs. Kevin Kirsh
Mr. Bill Kiss
Mr. and Mrs. Alan Kohn
Ms. Joan Kripke
Mr. Richard Lamm
Ms. Geraldine Landry
Manny Lipidos
Alan Levin
Mr. and Mrs. Brad Mathes
Florencce Mayer
McClellan Orthodontics
Ms. Mary E. Nolan
Ms. Helene W. Palella
Dean Rosen
Mr. and Mrs. Gary S. Rosen
Mr. Oleg Rozenberg
Ms. Jody Rubin
Mrs. Doris J. Sanburg
Saper Law Offices
Dr. Irving R. Savin and Ms. Leona Zelener
Ida Schenwar
Mr. and Mrs. Stephen L. Schwartz
Robert Serrano
Mr. and Mrs. Hal Shapiro
Mr. and Mrs. Gregg N. Silver
Mrs. Marcia K. Steinberg
Miriam Steuerman
Mr. and Mrs. Alan Toban
Ms. Rosalie Villano
John Voelker
Mr. and Mrs. David L. Weinstein
Mr. and Mrs. Floyd Whellan
Ms. Merrill Wilk
Mr. and Mrs. Marvin Wortell
Anna Zakson

Government Grantors
AgeOptions
Chicago Housing Authority
City of Chicago/Department of Family and Support Services
City of Chicago/Department of Housing and Economic Development
Federal Emergency Management Agency
Illinois Department of Commerce and Economic Opportunity

Matching Gifts
Aetna Employee Giving Campaign
Bank of America Matching Gifts Program
Chicago Trading Company
Circle of Service Foundation - A Private Family Foundation
Grainger Matching Gifts Program
Kaiser Permanente
Merrill Lynch Wealth Management

Shabbat Luncheon Sponsors 2013
Beth Judea of Long Grove
Beth Shalom of Northbrook
Beth Hillel Congregation B’nai Emunah
Betty Melamed
Temple Sinai
Lita Weinstein

5 Ways to Contribute to CJE SeniorLife:
Unrestricted Endowment Funds
Designated Endowment Funds
Income for Life Endowment Funds
Planned Giving General Contributions
General Contributions
And Now a Word from Our Rabbi: 
The Importance of Spirituality

Rabbi Michael J. Schorin

In the words of our sages, “getting older ain’t easy.” Whether you are helping take care of your grandparents, looking for an assisted living facility for your mom, or spending more time visiting doctors than you ever have, “getting older ain’t easy.”

Obviously, aging is much different than it used to be. Look at Ecclesiastes, Chapter 12, if you want to see the litany of disasters waiting to befall the ancients. Ecclesiastes catalogues in poetic language the decline of the arms, legs, teeth and eyes, etc. And this leads to his famous refrain: “all is vanity.”

If he was writing now, he might write about the various dementias which can afflict us, or the perils of a minor stroke.

Back in 1976, Dr. Herbert Benson wrote a book called The Relaxation Response. In addition to the health of our mind and body, Dr. Benson counseled people to also be concerned about the health of their spirit. Why? Because body and mind is not sufficient. When our bodies are diseased and our minds are upset with worry, we need a different resource to help us through. He suggested meditation as the third leg of the stool to support us.

In Jewish eyes, this third leg can be meditation or prayer, reading the Torah and/or giving to Tzedakah. Paying attention to the changing seasons of nature, doing yoga or listening deeply to music are all good. What we need to remember is that not everything visible is important, nor is everything invisible without value.

Spirituality might be a value for all ages, but is especially important as we confront aging. As Ecclesiastes reminds us (4:12): “A three-fold cord is not easily broken.”