CJE SeniorLife, a nationally-recognized eldercare health and human services provider, has now served more than two generations of adults since it was established by Jewish Federation of Metropolitan Chicago in 1971. This 2014 Annual Report features the Stories of CJE—moving insights into how six individuals have benefitted from a few of CJE’s 40-plus programs that have been thoughtfully developed to enhance and enrich the lives of older adults.

Indeed, the experiences of our clients, residents, family members and staff are the foundation of the Stories of CJE. They affirm that CJE’s leadership has succeeded in creating an organization that is propelled by Rabbi Abraham Joshua Heschel’s time-honored value that “the test of a people is how it behaves toward the old,” determined to meet the ever-changing needs of those who come to CJE for its programs, services, information and support.

In 2014, CJE helped more than 22,000 individuals, family members and caregivers through its proactive, responsive and integrated network that offers life enrichment, supportive resources, healthcare, education and applied research. From the G.I. Generation to the Silent Generation to the Boomers—and their loved ones—we hope that the Stories of CJE will continue for 120 years... or more.

The words “L’Dor VaDor” are ubiquitous in Jewish life. L’Dor VaDor concisely states that our mission, as a Jewish community, is to pass on our traditions—and stories—from one generation to the next.

To view the video that inspired “The Stories of CJE,” go to [WWW.CJE.NET/STORIES](http://WWW.CJE.NET/STORIES)
Annual Message
from Stephen P. Sandler & Mark D. Weiner

We are honored to present our 2014 Annual Report. This past year presented challenges, especially related to changes in the health care system, but many good opportunities for CJE SeniorLife to demonstrate our leadership, creativity and responsiveness to the needs of older adults and their families in our community.

It is often difficult to accurately describe CJE given our comprehensive network of care that includes more than 40 community-based and residential programs that last year provided 22,000 older adults and their loved ones with life enrichment, supportive resources and healthcare. It is more meaningful to share the stories of individuals who our more than 700 staff members have helped through some transition in aging... with dignity, respect and compassion. CJE’s stories are everywhere. To highlight just a couple:

♦ A wife of a client in Adult Day Services is relieved and heartened when her husband with dementia attends a rehearsal at the Chicago Symphony Orchestra, reconnecting him to his love of music.

♦ A Water Tower resident with a chronic illness is rejuvenated and making new friends through our Virtual Senior Center, new technology which brings interactive web-based programming into his home.

In this Annual Report, there are more stories of people who have benefitted from CJE’s fundamental commitment, since 1972, to enhance the lives of older adults.

Thanks to the diligent oversight and guidance of our dedicated Board of Directors, our inspiring stories show how reaching out to CJE—to plan ahead or in a crisis—can have a significant impact on just about everyone we know in the Jewish and larger community.

With deepest gratitude, we carry out our meaningful work due to the support from the Jewish Federation of Metropolitan Chicago, our partner in service to the community. We also carry out our meaningful work through our cooperative relationships with governmental bodies and partnerships with many vital organizations in Chicago and around the country. And, of course, we carry out our meaningful work thanks to the extraordinary commitment of many individual, corporate and foundation donors.

CJE SeniorLife’s vision is to be the premier provider of older adult services in metropolitan Chicago and a model for eldercare services throughout the country. With your continued support, our success stories will be shared, passed down and strengthened... from generation to generation.

With Our Best Wishes,

Stephen P. Sandler
Board Chair

Mark D. Weiner
President & CEO
Life Enrichment

Staying active and "engaged with life" are important components of healthy aging. Life enrichment activities that help older adults maintain their well-being—physically, emotionally, spiritually, intellectually and socially—are evident throughout CJE’s network of care. Dozens of art classes, choral groups, book discussions, dance lessons and cooking demonstrations…and more… ensure that residents at Lieberman Center, Weinberg Community and CJE’s seven independent living buildings have opportunities every day to learn new skills and socialize with others.

Many programs for community members are initiated by CJE’s **Center for Healthy Living**, which last year reached 2,788 older adults throughout metropolitan Chicago with 386 programs to help them remain independent, avoid disease and stay fully engaged in life events. These include lectures, health screenings, socialization activities and fitness and exercise programs.

Fully committed to advancing lifelong learning and giving seniors the tools to manage the transitions of aging, CJE also offered eight health and wellness screenings and educational sessions on osteoporosis, diabetes, memory and balance.

The Center for Healthy Living’s Virtual Senior Center (VSC), a demonstration project in collaboration with SelfHelp Community Services of New York, NY, has presented more than 20 classes that include a variety of topics. Classes include: All That Jazz, This Day in Chicago History, Discover the Web, Happiness Strategies, Reflections on the Weekly Torah Reading, Meditation with Margaret, Music with Les, Meet the Nurse, Chair Yoga, Balance Matters and many more. Participants can also surf the Internet, stay in touch with family and friends via Skype and email, and use social networks, such as Facebook and YouTube.
For a total of 62,119 hours of volunteer service, 1,608 volunteers of all ages offered helping hands in many ways at CJE. There are a myriad of opportunities for volunteers to share their talents or interests, including delivering meals, assisting with activities and serving as a Culture Bus™ Assistant, Virtual Senior Center Tech Buddy or Class Leader, or a “Friendly Visitor.”

Religious Life coordinated the delivery of 525 Shabbat Bags containing juice and challah to patients at Lieberman’s Haag Pavilion.

The Virtual Senior Center has offered 512 hours of classes to 42 homebound participants in Chicago, who have also spent 19,708 hours online.

The Virtual Senior Center is a fantastic program that lets me make good friends and is a wonderful learning experience—all using a computer and the Internet. I knew a little about computers, but the CJE staff member, Barb, was very helpful in getting me set up and connected. I’ve taken a computer class and have participated in many of the chats, and I plan to do more. There’s a big variety of classes that are interesting and instructional. You don’t even have to leave the house to take them!

Richard P., speaking about his participation in CJE’s Virtual Senior Center online program for isolated older adults.
Supportive Resources

Many seniors are hopeful they can “age in place” in their own home, even if it is necessary to downsize. CJE’s primary mission since it was founded over 43 years ago has been to develop vital programming and services that help people live independently while aging with dignity and respect.

I attend the Linkages support group because our 40-year-old daughter has a developmental disability. I have traveled from the south suburbs for over eight years to attend because there is nothing else like it. Once your child is older, there is no support system. The members of the group talk about everything going on with our children, and we serve as a sounding board for each other. Rosann, the facilitator, has a lot of information to share. It is a very close group that’s very welcoming to others—both women and men. We even have large family celebrations for the holidays and other occasions.

Marlene H., speaking as a member of the Linkages support group for parents of adult children with disabilities.

This year, with the further implementation of the Affordable Care Act, more seniors have been seeking help in navigating the increasingly complex maze of government benefits. Thankfully, CJE has been preparing for this tidal wave of change. Our trained Consumer Assistance resource specialists provided a free “benefits-checkup service” to 818 individuals with low-to-moderate incomes, assisting them in applying for government and community benefits, saving an average annual total of $2,033 per household. Eighty-five percent of these older adults live alone; their average age was 71 and 65 percent were female.

CJE also provided 89,016 subsidized Home Delivered Meals to 527 at-risk people to help reduce hunger and improve nutrition. What makes CJE so special is that staff and volunteers who brought the meals also took this opportunity to chat with people and conduct an informal “wellness” check. To brighten their lonely days, staff also made sure that birthday wishes and holiday messages accompanied the warm meal.

Linkages is a program unique to CJE that assists seniors who have adult children with disabilities. Imagine the issues, needs and concerns of an 85-year-old mother who is taking care of a 60-year-old son with an intellectual disability. CJE staff members help families to explore resource options and offer their expertise on service coordination, advocacy, future planning and government benefits. Linkages can also provide referrals to aging and disability services for the older adult as well as the person with the disability. This year, Linkages addressed the issues, needs and concerns of 406 older adults and their family members with a disability.

Some older adults find that living independently, with supportive daily assistance, is less stressful and more socially satisfying. This past year, 264 residents enjoyed the welcoming community at Weinberg Community for Senior Living in Deerfield, comprised of Gidwitz Place for Assisted Living and The Friend Center for Memory Care. To meet the growing need for an exceptional assisted living experience, CJE launched a renovation of this campus including a vibrant new lobby and dining venue at Gidwitz Place. Also, as part of the new Bernard Heerey Annex*, five residences were added to The Friend Center for Memory Care, and the space for the popular Adult Day Center—also open to people in the general community—has been beautifully expanded.

* The Bernard Heerey Annex was made possible by a grant from the Bernard Heerey Family Foundation.
By Providing Positive Living Experiences in the Community, the Stories of CJE Continue…

As a single caregiver with a full-time job, having a support system is vital. CJE is that support system for me in multiple ways. Through my elderly mother’s participation in stimulating programs at their Adult Day Services and through her respite stays at Lieberman Center, I am able to continue to work as well as care for her. My job requires frequent trips out of town and I don’t know where I would be without CJE!

Christopher Z., speaking about his and his mom’s experience at Adult Day Services and Lieberman Center.

CJE’s seven affordable and subsidized residential buildings throughout the north side of Chicago and Skokie provided apartments and suites, accompanied by life enhancing services, to 590 individuals, 55 and older.

CJE’s Shalom Buses provided 48,817 rides to 1,812 people, helping them get to medical appointments, the grocery store or special events.

CJE’s Adult Day Services provided stimulating, structured programming, like creative arts therapy, in a safe environment for 177 individuals who needed memory support and socialization. This past year 10,575 days of programming were offered at three locations and through Culture Bus™.

Your Eldercare Consultants, our geriatric care management team, provided 260 older adults and their families with advice, referrals and support related to the transitions of aging.
My stay at Lieberman Center was very satisfying. Everybody was so friendly and the smiling faces of the staff brightened my day. Their sincere concern for me made my care so much more personal. The Physical Therapy was outstanding. They knew exactly what, when and how to improve my movement in order to further my recovery. I came home a healthier and happier person than I was when I went in. In fact, I had such a good time, I almost didn’t want to go home!

Aileen S., sharing her positive outcomes following a stay at Haag Pavilion for Short-term Rehabilitation.
CJE SeniorLife and its employees take seriously the responsibility to give back to the community and provide vital assistance to those in need. As a 501(c)(3) non-profit eldercare provider, CJE provided more than $5 million* in charitable care to seniors in the Jewish and larger community through many of its community-based and residential programs.

As individuals, employees volunteered over 2,300 hours of personal time to 65 charitable, religious and civic organizations of their choice. In addition, during power outages in the winter and other times of extraordinary need, staff often put in extra hours throughout CJE’s network, pitching in as volunteers to help deliver meals in the community, serve food at one of CJE’s residences, fold laundry or do a wellness check for the homebound.

Employees are encouraged to actively participate in fundraising drives for nonprofit organizations that provide information, support and resources for older adults. This past year, 25 employees joined the Alzheimer’s Association Walk to End Alzheimer’s®, raising just over $6,000 through donations and a variety of fun team-building activities. CJE staff also donated 250 pounds of food to benefit Chicagoans in need served by the Dina and Eli Field EZRA Multi-Service Center and The ARK.

CJE employees also help their colleagues by wearing jeans once a month and on special occasions! Powered by a small contribution to the Employee Assistance Fund, staff participation on casual dress days provided several teammates with a total of $3,208 to defray unanticipated dental, housing and funeral costs.

Social Accountability

Lieberman Center’s Haag Pavilion for Short-term Rehabilitation provided 23,274 hours of physical, occupational and speech therapy.

In 2014, 21 patients received dialysis services at Lieberman Center.

Lieberman’s Center for Heart Health admitted 59 patients with a primary cardiac diagnosis. None of the patients required rehospitalization after 72 hours because of any cardiac-related issue; 1% required rehospitalization after 30 days.

A total of 8,481 hours of group and individual counseling was provided by CJE social workers.
One of the reasons that I decided to work as the Religious Life intern at Lieberman Center is CJE’s great reputation for giving fantastic care and service to residents. I wanted to be part of a team that ensures that our older population is receiving the care, love and attention they deserve. I was grateful that residents shared their unique and inspirational stories with me. The staff made me feel part of the team, and I know that my experiences at CJE will have an impact on my future career path.

Naomi S., Summer Lewis Intern, sharing her experience as a CJE Religious Life intern.

CJE’s applied research division, the Leonard Schanfield Research Institute (LSRI) conducts social and applied research in the field of aging that provides the catalyst for new and innovative program development. LSRI has been facilitating the ongoing Elder Abuse Decision Support System and the development of a medication abuse and misuse assessment. LSRI professionals often contribute their expertise in developing the pre- and post-survey instruments that allow CJE managers to measure and report programmatic outcomes which can have significant impact on revenues, such as government reimbursements or funding from private sources.

In addition, CJE has an historical commitment to advancing the education of health and human services professionals. CJE has been the destination of choice for internships in the fields of social work, creative arts therapy and Jewish communal service. Last year, six undergraduate Lewis Summer Interns from Jewish Federation’s Hillels of Illinois program worked alongside CJE’s professional staff to advance their knowledge and learn practical skills.

Furthermore, CJE staff is proactive in sharing its expertise with peers at hospitals, senior centers, other eldercare providers or the general community. Last year, 231 CEU certificates were awarded to social workers who attended these CJE-sponsored continuing education programs: Suicidality in Older Adults, Disability and Aging Services Update, Understanding Guardianship, Communication Between Healthcare Professionals, Expressive Arts Therapy, and Families and NxStage® Home Hemodialysis.
I moved to Robineau six years ago because my son moved to California and I couldn’t manage by myself. Everybody has their own room, including a bathroom, and nobody interferes. It’s a pleasure to live here. You make your own breakfast in your suite, and two hot meals – lunch and dinner – are served in the Dining Room. Exercise classes, movies and games (my favorite is bingo) are always available. People are friendly, and we sometimes sit and watch TV together. I really enjoy it.

Isidoro B., enjoying his life at Robineau Residence.
Financial Summary of Income and Expense

Fiscal Year Ended June 30, 2014

Total Income in Thousands
$53,309

- Skilled Nursing: $19,211 (36%)
- Assisted Living: $11,666 (22%)
- Community Programs: $7,637 (14%)
- Independent Living: $6,777 (13%)
- Jewish Federation: $5,582 (10%)
- Contributions: $2,436 (5%)

Functional Expenses in Thousands
$53,309

- Salaries & Benefits: $30,525 (58%)
- Supplies & Other: $5,532 (10%)
- Professional Fees: $5,204 (10%)
- Occupancy: $4,836 (9%)
- Debt Expense: $3,974 (7%)
- Food Service: $3,238 (6%)

Income by Payor Source in Thousands
$53,309

- Private Pay: $15,019 (29%)
- State of IL Public Aid: $7,433 (14%)
- Medicare: $7,543 (14%)
- Jewish Federation: $5,582 (10%)
- IL Dept. on Aging: $4,556 (9%)
- Housing & Urban Development: $4,682 (9%)
- Other: $3,699 (6%)
- Contributions: $2,436 (5%)
- Foundations & Grants: $2,359 (4%)
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CJE SeniorLife’s work has been generously supported by our friends who contribute time, money and resources. We thank the following individuals, families, businesses, philanthropic organizations, foundations and government agencies who helped us provide services in 2013-2014.

*July 1, 2013 to June 30, 2014
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At CJE, we fulfill our mission and realize our vision by striving for excellence through the following values.

RESPECT – KAVOD
We recognize, honor and acknowledge the inherent value of each person for their wisdom, their culture, their background and their unique history.

ADVOCACY – TIMICHA
We give voice to our clients’ needs and facilitate positive actions on their behalf. We are actively engaged in public policy to influence, protect and help shape governmental programs and practices for the benefit of our community and clients.

COMPASSION – CHESED
We treat everyone with caring, sensitivity, understanding and supportive responsiveness.

INTENTION – KAVANAH
We approach our work and each task with mindful consideration as to what we are doing and why we are doing it, as individuals and as an agency.

INNOVATION – CHIDUSHIM
We continue to advance our knowledge and strive to develop, evaluate and implement new and advanced programming and models of care to bring benefits to our clients, community and broader older adult/healthcare environment.

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Numerous pomegranates and pomegranate seeds embellish the Tree of Life that is pictured on the cover of this report. This is highly appropriate because abstract representations of a pomegranate and its seeds are the foundation for the imagery of the CJE logo, pictured here. There are 613 seeds in a pomegranate, and these represent our 613 lifetime mitzvot or commandments. The pomegranate is of major significance in Jewish theology and history. The eighteen colorful seeds underscore the importance of the word Life (“chai”) in our name, the diversity of our staff and the diversity of our programs. In the secular world, pomegranates are considered one of the most nutritious of all fruits, carrying critical antioxidants that combat against disease and promote healthy aging. Our brand identity is a colorful and positive affirmation of aging and reflects our agency’s mission and values. As for the Tree of Life, it is one of the most prevalent symbols in Jewish tradition and interpretations vary on its exact symbolic meaning.