Jewish values for positive aging
Like many organizations, and our society as a whole, CJE SeniorLife was challenged in 2010 by a slowly recovering economy. We witnessed the effects of the weak economy on the faces of our clients, residents, their families and the community-at-large as they turned to us for help. At the same time, we also experienced reduced funding from government agencies and foundations, among others. Overall, the challenges of Fiscal Year 2010 cannot be overstated. However, it was also a rewarding year because CJE’s Board and management were well prepared to stay the course through vigilant strategic planning, attention to sound business practices and the furthering of operational efficiencies.

CJE was able to maintain and, in some cases, increase service delivery to people in metropolitan Chicago—6 percent more than in 2009. Today, our comprehensive network, consisting of 40-plus program areas, proudly provides programming and services to more than 18,000 clients, residents and family members.

This past year we completed the renovation of Jarvis and Farwell Houses and celebrated the 30th Anniversary of Swartzberg House, demonstrating our commitment to affordable independent living. We celebrated the second anniversary of CJE at Sinai, providing much-needed adult day services to individuals living downtown. We launched our caregivinghelp.org website through our Center for Healthy Living and initiated an exciting renovation program at Lieberman Center for Health and Rehabilitation. Finally, we continued the successful planning and introduction of Karmel, our new continuing care residential community, in Deerfield.

CJE benefits from the collective efforts of our management team and more than 700 dedicated staff members. Their daily commitment to our mission is what makes CJE a remarkable organization. We also continue to benefit from more than 5,000 volunteers who support our agency’s work in so many critical ways—from making friendly visits to delivering meals, even in the worst days of winter.

Of course, we thank CJE’s Board of Directors and are grateful for their stewardship and guidance in both good times and tough times. We are also deeply appreciative of our partnership with Jewish Federation of Metropolitan Chicago—we are stronger through our joint efforts.

As this Annual Report indicates, CJE is fortunate to have the support of many government programs, foundations and donations from individual donors. Each gift, large and small, helps us fulfill our mission of enhancing the lives of older adults. We are committed to being accountable and earning your trust in our efforts. Moreover, we remain dedicated to confronting our challenges with discipline and compassion in order to stay responsive to the evolving needs of the Jewish and larger community.

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2010 Awards & Honors
Elizabeth Burnside, Coordinator of CJE’s Crime Victim Assistance Program, received the Chicago Police Department’s 24th Police District Citizen of the Year Award.

2010 Mollie Goldstein Outstanding Volunteers of the Year
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Employees of the Year
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Dennis Wedderburn, Environmental Services

Recipients of CJE SeniorLife’s Presidential Award for Innovation and Achievement
Monica Glaser, Consumer Assistance
Rosann Corcoran, Community Counseling
Natalia Sharon, Lieberman Center for Health and Rehabilitation
Ted Starcevich, Home-delivered Meals

CJE SeniorLife received a Gold Award for its 2009 Annual Report from the Health Information Resource Center, a national clearinghouse for consumer health information programs and materials.

*Past Board Chair
CJE SeniorLife is a partner in serving our community, supported by the Jewish United Fund/Jewish Federation of Metropolitan Chicago.
Believed by many scholars to be the Tree of Life, the pomegranate is hardy, evergreen, drought-tolerant and extremely long-lived. Since ancient times the tree has thrived in the arid climate and rocky soil of the Mediterranean regions of Asia, Africa and Europe. Desert travelers carried with them the thick-skinned fruit for its thirst-quenching juice. Even today, pomegranates are eaten on Rosh Hoshanah in the expectation that one’s worthiness will increase like the seeds of the pomegranate.

Like the sturdy tree and its fruit, CJE SeniorLife has proved resilient in these increasingly difficult times, continuing its mission of providing seniors, their families and caregivers with the resources they need to deal with the many complex issues of aging.

Year to year, this spirit of strength and optimism carries CJE SeniorLife forward.
Despite a reduction in dollars in 2010 from government agencies, foundations and other funding sources, CJE SeniorLife helped more than 18,000 older adults and their families. The increased need for assistance was acute and the agency responded. From the moment someone calls with a question, CJE Consumer Assistance staff in Chicago and the northwest suburbs is there to provide free information, resources and advocacy on issues that impact seniors, such as community services, public assistance, housing referrals and Social Security and Medicare eligibility.

In the wake of the country’s economic downturn, CJE and its resource specialists partnered with Jewish Federation of Metropolitan Chicago and several of its sister agencies to offer J-HELP and Project Connect. Through these programs, CJE assisted older adults in crisis, such as seniors on fixed incomes who were unable to pay for life-preserving medications or were in danger of losing their homes to foreclosure. CJE’s online database of community resources such as health care, social services and other organizations, Community Resources On-Line, linked consumers and professionals to more than 5,000 community resources.

Every day the friendly faces of CJE Home Health nurses, social workers, home health aides and physical, occupational and speech therapists greeted homebound older adults who needed intermittent care. In 2010, CJE Home Health successfully reduced rates for rehospitalization and the use of emergent care by implementing disease-specific management protocols, including patient education. In fact, CJE’s rates are lower than the national average. The year’s outcome measures also showed that CJE continues to have lower rehospitalization rates due to medication errors and issues, heart failure and respiratory conditions than other home health agencies. “We are experts in dealing with frail clients and clients with multiple diagnoses. Ours is a hands-on, holistic approach. We look at the whole person,” said Edie Bogoff, Director of CJE Home Health.
At Lieberman Center for Health and Rehabilitation, CJE’s commitment to person-centered care is visible each and every day in the familiar faces of its caring, devoted staff, all-private rooms and range of specialized support services offered, including the Special Alzheimer’s and Dementia Care Unit and onsite short-term rehabilitation at the Robert and Sylvia Haag Pavilion. “People are leaving Haag Pavilion walking as well as they did prior to hospitalization,” said Lieberman’s Director, Ron Benner. Lieberman is also the only skilled nursing residence on Chicago’s North Shore with a dedicated Creative Arts Therapy Department. “We use rhythmic music to retrain patients to walk,” Benner said. “This typifies our unique, creative approach to physical therapy.”

More than 55 percent of Lieberman’s nursing staff has been with CJE for more than five years and it has a 20 percent lower turnover rate for nursing staff than other agencies in the Chicago area. As one resident’s son puts it, “My mother has had the same nursing assistant since she moved to Lieberman. Her CNA has worked there for 17 years…talk about continuity of care!”

“CJE SeniorLife is a safety net of resources for older adults and their caregivers. I know – CJE rescued me and my wife.”

– J-HELP client
Among CJE’s core strengths is the ability to nurture a sense of community, or create one where none existed before. Thanks to the wisdom of leadership, the loyalty of CJE’s donors and prudent Board governance, 2010 was no exception, with community-building at CJE occurring in emotional, spiritual and physical ways.

Using the innovative, virtual community of a website and traditional group therapy, CJE brought together people of different walks of life who are united by the caregiving issues they share. CJE’s Center for Healthy Living unveiled Caregivinghelp.org, a website devoted to the myriad issues of caregiving. The site provides caregivers with educational materials, articles, streaming video and other resources, giving them unlimited access to everything from in-home safety measures to advice on hiring a professional caregiver. CJE’s Weinberg Community for Senior Living introduced a new, community-wide support group in Deerfield that addresses the unique needs of caregivers of persons with atypical dementias, such as Frontotemporal, Lewy Body and Early Onset dementias and Primary Progressive Aphasia. “Most people with atypical dementia have a more rapid decline than those who suffer from

“I’m looking forward to the day when the Jewish community will have a senior living destination to call its own. It will be transformative to have our own ‘address’ on the North Shore.”

– Rabbi Steven Stark Lowenstein, Am Shalom
Alzheimer’s and, as a result, they and their caregivers tend to need more services in a shorter period of time,” said Sara Sanderman, L.C.S.W., facilitator of the new group. CJE also celebrated the second anniversary of *CJE at Sinai*, the only adult day program in the downtown Chicago area created for older adults with early to moderate memory loss.

CJE SeniorLife created a special community of ten celebrants, when nine women and one man went through the ceremony of B’nai Mitzvah at Gidwitz Place for Assisted Living. Sponsored by the Fineberg-Kraff Religious Observance Fund, the residents spent six months studying the Torah and Judaism. The women who participated, all in their late 80s and 90s, missed out on the rite of passage when they were young and women didn’t attend Hebrew school. “I never thought I would have this opportunity,” said Gidwitz Place resident, Leah Kramer. “It’s been a thrill!”

CJE’s diverse residences, the embodiment of community, benefited from the agency’s judicious investment in their physical structures. Two of CJE’s seven affordable independent housing residences, the communities of Jarvis House and Farwell House, were the recipients of substantial renovations and improvements and Swartzberg House, named for Ruth and Irvin Swartzberg, proudly celebrated its 30th anniversary. Finally, CJE, in partnership with Jewish Federation of Metropolitan Chicago, is moving forward with plans for Karmel, the first ever Jewish-sponsored continuing care residential community in metropolitan Chicago.
We’re here for you.
CJE SeniorLife helps older adults pursue lives of meaning, independence and good health.

Community Services

CJE’s network of support and services allows older adults to remain in their homes and communities and have their evolving and individual needs met.

**Adult Day Services** offers supervised, structured programs for people with Alzheimer’s and other cognitive impairments, as well as those who are frail or socially isolated. A group setting maximizes each participant’s potential by promoting autonomy, creativity and self-esteem. CJE’s ADS programs, including Culture Bus, are offered in downtown Chicago, Evanston and the northern suburbs.

**Center for Healthy Living** programs and services help older adults link to community resources, make informed choices about aging issues and maintain their physical, mental and social well-being. Lifelong learning, health screenings and cultural and social events help them lead healthy, independent lives. CHL also administers two unique websites on caregiving and pain management:
www.caregivinghelp.org
www.mypainmanagement.net

**Consumer Assistance** 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, Social Security, housing referrals, home repair, crime victim assistance and transportation. Special features include lending library, computer lab and classes and Russian-speaking staff.

**Counseling** from CJE’s licensed clinical social workers is available to older adults and their families, along with a variety of support groups.

**Geriatric Care Management** professionals assess and consult with older adults and their families as they experience the transitions of aging. Acting as liaisons to family caregivers who live nearby or far away, they coordinate service delivery, guide decision-making and monitor care.

**Home Health** professionals from CJE’s Medicare-certified and state-licensed home health agency provide intermittent care to homebound older adults who are under a physician’s orders. Staff includes registered nurses, physical, occupational and speech therapists, social workers and home health aides.

**Kosher Meals** are delivered to older adults who are unable to prepare their own food. In addition to nutritious hot meals, CJE offers weekly delivery of fresh-frozen meals via Kosher to Go.

**Personal Care Services** provide assistance with activities of daily living and chore housekeeping through an arrangement with Gentle Home Services or through CJE’s personal care program for eligible low-income seniors.

**Transportation** on CJE’s Shalom buses offers scheduled, door-to-door trips to grocery stores, medical appointments and social events. Medicar Service provides comfortable and convenient transportation via paratransit vans to and from medical appointments or other destinations.
Residential Options

Continuing Care Residential Community (CCRC)
Karmel will be metropolitan Chicago’s first CCRC to embrace Jewish values and culture and provide all levels of care on a single campus in Deerfield: independent living, assisted living, dementia care and skilled nursing. In addition to elegant independent living residences, Karmel’s many amenities will include multiple restaurants, indoor pool, spa and salon, movie theatre, performing arts center and venues for worship, cultural events and life enrichment classes. www.KarmelSeniorLiving.org.

Assisted Living is offered at Weinberg Community for Senior Living, a state-licensed campus in Deerfield that embraces Jewish culture.

- **Gidwitz Place** features 125 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, kosher restaurant-style dining, a full schedule of activities, respite care and registered nurses on site 24 hours a day.

- **The Friend Center for Alzheimer’s Care** is home to 35 people with Alzheimer’s and other cognitive impairments. Residents enjoy spacious private rooms, assistance with bathing and grooming, stimulating activities and kosher meals. Respite care available.

Independent Living
CJE SeniorLife owns and operates Section 8 subsidized and affordable apartments throughout metropolitan Chicago. In addition, CJE offers Robineau Residence, a group-living residence for 24 older adults who qualify for government-subsidized housing, with amenities for residents that include activities, transportation, excursions and a central dining area.

Skilled Nursing & Rehabilitation
Lieberman Center for Health and Rehabilitation, a residence in Skokie with 240 private rooms, provides long-term skilled nursing care, a short-term rehabilitation unit and a dementia special care unit. Hospice care is also available. Robert and Sylvia Haag Pavilion, the short-term rehabilitation in-patient care unit, serves patients after hospitalization, providing physical, occupational and speech therapy primarily to Medicare-certified patients. Creative arts, therapeutic, recreational and spiritual programs are offered daily to all Lieberman and Haag residents. Kosher dining at Lieberman is approved by the Chicago Rabbinical Council (CRC) and prepared under rabbinical supervision.

Applied Research
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.

Jewish Life
Recognizing the importance of a healthy spiritual life to the well-being of older adults, CJE SeniorLife offers residents Shabbat Services and pastoral care from a chaplain. Cultural and educational opportunities are offered to the public by The Lakeshore Mercaz Center for Older Jewish Adults, a collaborative effort of CJE and four synagogues.

Volunteer Opportunities
More than 5,500 volunteers provide vital services to clients including participating in activities, delivering meals to the homebound, visiting those who are isolated, assisting with Shabbat luncheons and more.

Your generous support is critical to helping us provide these innovative programs and services. Contact CJE’s Development Department at 773.508.1025 to learn how you can contribute, or visit us online at www.cje.net.
Standing Strong

2010 Financial Summary and Contributors
Financial Summary

CJE SeniorLife Statement of Income and Expenses
(Fiscal Year Ended June 30, 2010)

### Income

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<th>Category</th>
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<th>Percentage</th>
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### Expenses

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<td>Community Programs</td>
<td>12,759</td>
<td>24.0%</td>
</tr>
</tbody>
</table>
Contributors

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 2009–2010.*

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*July 1, 2009 to June 30, 2010

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CJE offered 86 community Healthy Living programs, reaching 1,432 people; 738 individuals attended at least one of CJE’s 490 Aging in Place community programs.

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- Unrestricted Endowment Funds
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Our mission is to facilitate independence of older adults and to enhance quality of life by advocating on their behalf and by offering programs and services throughout the continuum of care for individuals, families and the community.

At CJE SeniorLife, we fulfill our mission and realize our vision for and on behalf of our Clients, our Clients’ families, our Staff, our Board Members and our Volunteers by striving for excellence through respect, advocacy, compassion, intention and accountability.