

Educational & Inspiring Programs for Seniors & the Community

JourneyLife
PROGRAMS
by JourneyCare®



Informing and Empowering Health and Life Choices

JourneyLife Programs were developed to educate and inspire individuals to maintain control in their lives and choices. Thanks to the changes in healthcare, you have more choices than ever, and probably even more questions. JourneyLife's goal is to share information, discuss options and answer questions through topics of interest to you and your family, today and in the future.

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COMMUNITY PROGRAMS

For more information or to schedule your Community Programs, please contact: Mary Helen Ekstam at **224-230-0651** or **mekstam@journeycare.org**



Music & the Brain

Using Music to Enhance One's Mind, Body & Spirit

Music enhances memory and can enrich your life during daily stressors and challenges. Come join us for a fun and spirited program guaranteed to get your toes tapping and your heart singing.



How to Be a Friend to Someone With a Serious Illness

Often times when close friends or family members are seriously ill, we do not know what to do or say to bring comfort to them. Come explore creative ways to provide support, love and joy to those we care about.



The Challenge of Change

How to Cope with Losses Throughout Life

Change is a constant in today's world. Join us and explore how change can affect one's quality of life and learn healthy living tips that can help you continue finding joy and peace in your everyday life.



The Challenge of Change II

Understanding the Grief Process

Grief and loss is an experience we all share at some point in our lives. Join us as we learn and understand the grief process and resources to guide our healing and comfort following the loss of a loved one or friend.



You Matter Too

The Journey of Caregiving

Caregiving can be stressful and overwhelming. Join us as we explore this journey and how to balance all of the stressors while maintaining health of mind, body, and spirit.

COMMUNITY PROGRAMS (continued)



Your Life, Your Legacy

How Would You Like to be Remembered?

Your life's story is a gift to share. Join us and learn what it means to leave a legacy and begin reflecting on your journey in life to create a legacy to share with generations to come.



Pain is Not a Normal Part of Aging

How many times have you heard "A pain here, a pain there, it's just a part of getting old?" Not true! Pain is not a normal part of aging. Join us as we learn what to do with all of those aches and pains to get back to living well.



Your Journey Through the Holiday Season & Special Occasions

Holidays and special occasions can be stressful when your loved one is dealing with an advanced illness or dementia. Come and explore how to make these events joyous and these treasured moments a gift that will last a lifetime.



Palliative Medicine

What Is It & Do I Need It?

Today we are hearing the term "palliative medicine" more and more. Come learn what palliative medicine is and how it is used to manage pain and symptoms when dealing with a variety of illnesses and declining health.



Hospice

The When, What, Why & How

There is a lot of confusion about hospice. Join us to learn what hospice is, when it is time to choose hospice and all the benefits hospice offers to support patients and families during a life limiting illness and beyond.

For Community Programs, contact Mary Helen Ekstam at **224-230-0651** or **mekstam@journeycare.org**

JEWISH CARE SERVICES

For more information or to schedule your Jewish Care Services Programs, please contact:
Rhonda Wehner at **847-556-1656**
or rwehner@carecenter.org



An Overview of Judaism

This session will provide a basic overview of Judaism, as well as the customs and rituals, Jewish Law, and how it can impact hospice care.



Advance Directives

A Jewish Perspective

An advance directive can be a gift to family and friends who might otherwise struggle with decisions due to not knowing what their loved one would have wanted. By completing an advance directive, you create a legal document which expresses your healthcare preferences, particularly surrounding end-of-life care. This session will help you understand the commonalities and differences among the various types of advance directives, e.g., Durable Power of Attorney for Healthcare, Living Will and Five Wishes.



The Last 48 Hours

End-of-Life Issues in Jewish Patients

The last hours of life are a critical time period in the course of illness; preparation is important to ensuring that the best care is provided. This session will help you understand expected natural changes during in the final hours of life and prepare you to recognize and address these changes. This session will focus on issues present for Jewish patients in particular and will use Jewish texts and stories.



Hospice 101

A Jewish Perspective on End-of-Life Care

Hospice is an option for end-of-life care that embraces the patient and family as they focus on comfort. Hospice care can be delivered anywhere a patient calls “home.” This session will discuss end-of-life and hospice care from a Jewish perspective and introduce the history and benefits of JourneyCare’s Jewish Care Services program. Case studies and Rabbinic stories about end-of-life care will be shared.

JEWISH CARE SERVICES *(continued)*



Caring for the Caregiver

A Jewish Perspective

Providing care for a friend or a loved one who is living with a chronic or terminal illness is a very challenging responsibility. The demands of caregiving can be physically, emotionally, financially and spiritually exhausting. This session focuses on the Jewish tradition of Bikur Cholim (visiting the sick) and the importance of caregiver self-care in order to facilitate optimum care for a patient.



Jewish Music to Soothe Your Soul

Music has played an important role in Jewish history, with documented stories in the Torah that show the healing power of music. This program will share information, Jewish melodies of health and healing, and allow for quiet moments of reflection. This session can be as interactive as participants would like. Participants will receive Jewish Music to Soothe Your Soul, a music CD produced by Jewish Care Services.



Burial, Bereavement & Mourning

This program will discuss Jewish practices related to customs and rituals at the end of life, the funeral, and the period of bereavement (Shiva) and mourning periods (Shloshim) that follow.



Holocaust Education

The Holocaust Survivor population is aging, and entering care facilities. This workshop can be presented to facility staff in two or three parts: 1) Overview of the Holocaust, 2) Virtual visit with a Holocaust Survivor, and 3) Caring for the Aging Holocaust Survivor, and victims of other traumas. The presentation can be tailored to the need of each facility or group.



Jewish Music at the Hospice Bedside

Music Therapists and Music-Thanatologists offer music, from the relaxing to the upbeat, at the bedside of JourneyCare hospice patients. This session discusses how music—planned and presented by a skilled clinical professional— can ease pain, anxiety and depression.

For Jewish Care Services, contact
Rhonda Wehner at **847-556-1656**
or rwehner@carecenter.org

VETERANS PROGRAMS

For more information or to schedule your Veterans Programs, please contact: Linda Rockwell at **847-556-1778** or lrockwell@carecenter.org



Honoring Veterans Throughout Life

Veterans possess unique experiences and health concerns due to their military service. This session will provide you with information regarding issues facing Veterans as they near the end of life's journey.



Honor Flight & More

"Honor Flight: One Last Mission" is a heartwarming 90 minute documentary about four World War II Veterans and their community coming together to give them the trip of a lifetime. This session also reviews JourneyCare's We Honor Veterans program and what we can do for you and your loved ones.

ADVANCE CARE PLANNING

For more information or to schedule your Advance Care Planning Program, please contact: Rachael Telleen at **312-912-2678** or rtelleen@journeycare.org

Be@Ease
Planning for the unexpected



Advance Care Planning

Do your loved ones and family know what care you would want if you become unable to speak for yourself? Advance care planning involves making decisions based on your personal values and preferences, and having discussions with your loved ones. These are decisions we all need to make, document and discuss with those closest to us...in this session all who attend will receive a free Advance Care Planning Tool to help document and share their wishes. Advance Care Planning programs are offered as either a film and discussion or full presentation, whichever suites you audience best.