

At Midwest CareCenter,
your goals become
our goals.

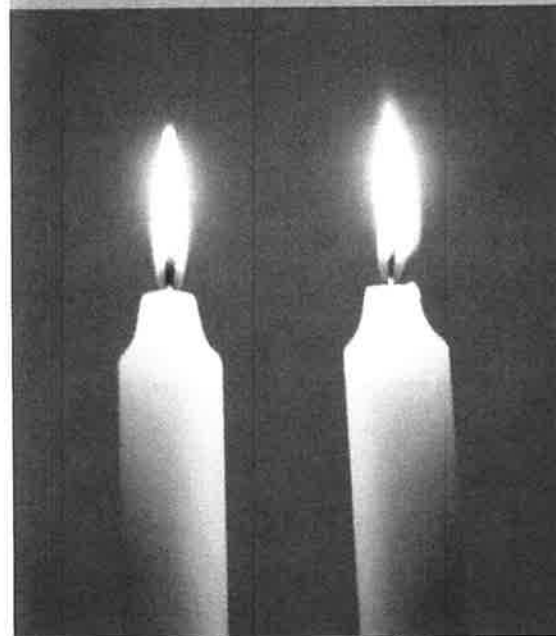


Midwest 
PALLIATIVE & HOSPICE
CareCenter™

(847) 467-7423
www.carecenter.org
World-class care in 150 communities

Jewish Care
Services:

Giving You Your
Best Day, *Today*



Midwest 
PALLIATIVE & HOSPICE
CareCenter™

**At Midwest CareCenter,
we respect your preferences,
choices and are sensitive
to your religious and
cultural needs.**

Our expert team works to deliver and unparalleled level of care to patients. Our Jewish Care Services program of Midwest CareCenter combines the expert care of one of the most respectful and comprehensive palliative care and hospice programs in the nation with specialized care that is sensitive to Jewish practices and tradition. Midwest CareCenter is the only hospice in Illinois with a program that is specifically dedicated to addressing the range of Jewish observances as well as rituals and cultural issues.

Care that focuses on you and your family.

Using a team approach, Midwest CareCenter develops a care plan with you to manage pain and other symptoms, whether related to your medical, emotional or spiritual needs. We work with you and your family to provide treatment and supportive services in the context of Jewish values, customs and traditions.

Your care team

Your Midwest CareCenter team will include a physician, nurse, rabbi, certified nurse's aide, grief counselor and social worker. Jewish volunteers can be provided upon request. To ensure that you are surrounded by individuals who know about your goals, medical needs and spiritual preferences, we will work alongside your primary care physician—a key member of your care team—as well as your own rabbi or spiritual advisor when requested.



Care in a variety of settings

- Your own home
- Retirement community
- Hospital
- Long-term care facility
- Our special hospice care facilities—the Marshak Family Hospice Pavilion or the Hospice Suite at Northwest Community Hospital

Special resources and services

Your personal, cultural and religious goals are supported through access to:

- Jewish prayer and music
- Guidance on Jewish medical ethics
- Assistance with Jewish practice and end-of-life rituals, including funerals and shivas
- Kosher meals, when requested
- Hebrew, Russian and Yiddish speaking staff and volunteers
- Staff with sensitivity training in working with survivors of the Holocaust and other traumas
- Grief support services

What about the cost?

Midwest CareCenter works with Medicare, Medicaid or your private insurance to obtain reimbursements for your services. Those payments, in addition to philanthropic donations, cover the costs of Jewish Care Services, therefore you will not receive a bill for services.

**For more information
about Jewish Care Services,
call (847) 467-7423 or
visit www.carecenter.org**

How is care paid for?

People often imagine the kind of care they hope to receive but worry about how to cover the cost. The costs of these services are covered by Medicare, Medicaid and most private insurance.*

For those who do not have adequate coverage, the JourneyCare Foundation makes sure no one is ever turned away because of inability to pay.

*Standard copays may apply

Let us help you today

We are here for you 24 hours a day, 7 days a week. Anyone can call to inquire about services. We will work with you, your family and your doctors.



Referrals: 224-770-2489

Other inquiries: 847-467-7423

journeycare.org

No one should face serious illness alone... we make sure no one has to.



Expanding horizons in palliative, supportive & end-of-life care



It's about what matters most to you.
Expert partners in care.
There when you need us, 24/7.

**Midwest
PALLIATIVE & HOSPICE
CareCenter**

2050 Elaine Court
Evanston, IL 60202
www.carecenter.org

World-class care in 350 communities.

Rhonda Wehner, RMT-BC
Coordinator of Jewish Care
Services

847-586-7650
Email: rwehner@carecenter.org

JourneyCare is the new combined organization of Horizon Hospice & Palliative Care, JourneyCare and Midwest Palliative & Hospice CareCenter. The three organizations came together in 2015 to provide greater services to more patients and families across 10 counties in the Chicago area and northern Illinois.

Consider the moments that make up a lifetime. Some are big—a graduation, a wedding, retirement—and easy to remember. Some are smaller—a personal goal achieved, a day in the park with your child, a sunset with a special someone—but no less important. Others are life changing, like a serious illness or the loss of a loved one...these are the moments when you need someone by your side, a partner in care to help you live your life on your own terms. These moments are made for JourneyCare.

At JourneyCare, we care for the whole person—body, mind and spirit—not just the disease, because that's what leads to greater quality of life. We are with you and your loved ones every step of the way.



Enabling you to be you with palliative & supportive care

Pain and symptoms due to a serious illness, or side effects from medications or treatments, can affect your overall well-being. JourneyCare Palliative & Supportive Care can help you from the time of diagnosis and continue throughout your journey living with serious illness.

Our team of specially trained doctors, advance practice nurses and social workers help you navigate your care choices, relieve symptoms such as pain and ensure you have the resources and support you need. Focusing on physical and mental well-being, we work with your doctor and care team to develop and navigate a care plan based on your personal goals and values, complementing medical treatments already being provided.

"Early involvement in palliative care not only improves quality of life, it helps people stay out of the hospital, spend more time with family and it has even proven to help people live longer."

- Dr. Michael Sobie, NorthShore Oncology





Providing quality hospice care in any setting



Hospice CareCenters

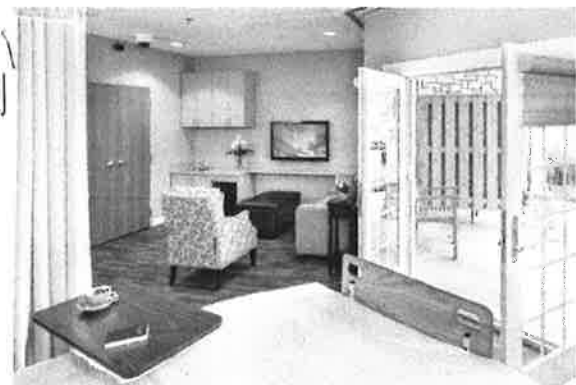
JourneyCare has cared for generations of families facing serious and life-limiting illnesses, providing comfort, peace and well-being. We are committed to helping you have a better quality of life. Our focus on clinical excellence and support for family members and caregivers, as well as innovative programs and therapies, makes JourneyCare the partner of choice for families and care professionals alike.

Our team of nursing professionals, social workers, chaplains and volunteers are there to support the needs of patients and families—whether alleviating pain and symptoms, assisting with personal care needs or providing necessary medications, equipment and supplies. We help caregivers have confidence in caring for their loved ones, lending a compassionate ear or helping to make a special wish come true—our goal is to make each day be the best it can be.

"Many people do not understand hospice. It is not about giving up. It's about living well, with dignity and without pain. It's about having a team of experts to help you and your family and knowing your wishes will be respected."

- Sarah Bealles, JourneyCare President & CEO

Our Hospice CareCenters are designed especially for people whose pain and other symptoms require short-term, around-the-clock medical oversight. Staffed by a team of highly skilled physicians, nurses, certified nursing assistants, social workers, chaplains and volunteers, each CareCenter is spacious and looks and feels like home. Family, friends and even pets are encouraged to visit anytime, for a few hours, or a few days...as long as you like. We want patients and their families to do whatever is comfortable for them.





Specialized care for children

JourneyCare's All About Kids program provides specialized, compassionate care and support for infants, children and families who are facing serious or life-limiting illness or loss.

Our team of nursing professionals, social workers and chaplains are trained in pediatrics, as well as palliative and supportive care. Our child life specialists help young patients and their families deal with fears, while providing effective coping strategies and emotional support.

We stay close to your family, teaching and offering practical help to caregivers, explaining big changes to small children, offering a supportive ear and even providing some extra help for a meaningful activity so you can do the things your family enjoys...everything necessary to make the most of every moment.

"The JourneyCare team has helped me to better navigate my child's disease and medical needs. It gives me peace of mind. I can't say enough great things about them!"

— J. VanHoutan



Family support services

Grief support services

While there are no simple answers, our grief support team is specially trained to help families, children, spouses and friends cope with loss and begin moving forward with their lives. We understand grieving can be a very personal process. We strive to bring the support you need, in the manner that is most comfortable for you, including individual and group counseling.

Specialized community support services

At JourneyCare, we offer many specialized services respecting the culturally diverse communities we serve. These include such programs as Jewish Care Services, dedicated to observing Jewish traditions, and the We Honor Veterans program to recognize current or former military members for their service and assist them in accessing benefits they are entitled to receive.

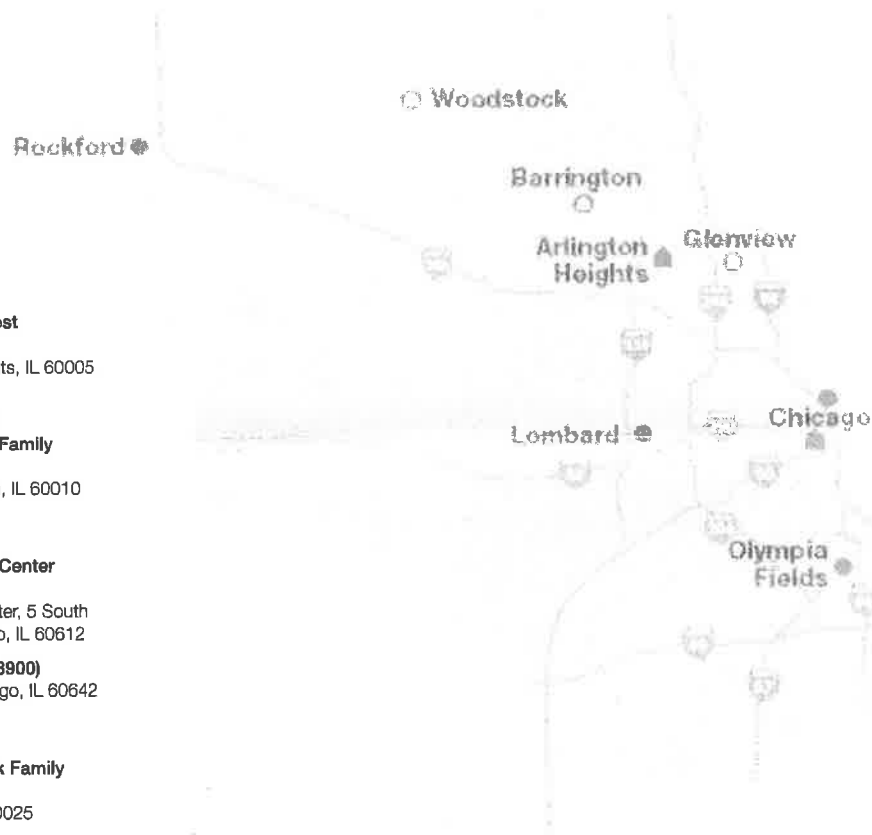
Innovative therapies

We elevate care to its most advanced level with Integrative Therapies. Our forward-thinking services incorporate pet therapy, music therapy and music-thanatology, aroma therapy, art, massage and compassionate touch. These therapies manage symptoms, calm the mind, console the heart, relax the body and create peace and preparedness.



Expanding horizons in palliative, supportive & end-of-life care

Administrative Offices and CareCenters



ARLINGTON HEIGHTS

**Hospice CareCenter at Northwest
Community Hospital**
800 West Central, Arlington Heights, IL 60005

BARRINGTON (224-770-2489)

**Administrative Office & Pepper Family
Hospice CareCenter**
405 Lake Zurich Road, Barrington, IL 60010

CHICAGO

Ada F. Addington Hospice CareCenter
Rush University Medical Center
Johnston R. Bowman Health Center, 5 South
710 South Paulina Street, Chicago, IL 60612

 **Administrative Office (312-733-8900)**
833 West Chicago Avenue, Chicago, IL 60642

GLENVIEW (847-467-7423)

**Administrative Office & Marshak Family
Hospice CareCenter**
2050 Claire Court, Glenview, IL 60025

LOMBARD

Southwest Office
1 East 22nd Street, Lombard, IL 60148

OLYMPIA FIELDS

South Office
3408 Vollmer Road, Olympia Fields, IL 60461

ROCKFORD

Northwest Office
483 N. Mulford Road, Suite # 1, Rockford, IL 61107

WOODSTOCK

North Office & Woodstock Hospice CareCenter
527 W. South Street, Woodstock, IL 60098

REFERRALS:

224-770-2489

www.journeycare.org

For general information, call 847-467-7423.

Expanding the horizons of care



Program Overview

Jewish Care Services

Jewish Care Services combines the expertise of a comprehensive, nationally recognized hospice and palliative care program with specialized care that is sensitive to Jewish culture and traditions. Part of the continuum of care offered by JourneyCare, Jewish Care Services offers comfort and dignity in the face of a limited life expectancy—giving patients and families the opportunity to focus on living every step of the way.

Jewish Care Services includes:

- Rabbi available as integral part of care team
- Responses to questions across all streams of Judaism regarding Jewish law and end-of-life issues
- Coordination and collaboration with family, rabbi(s) and physician regarding issues of care and medical ethics
- Jewish volunteers, on request
- Jewish resource library, including samples of Jewish living wills
- Referral to Jewish community resources
- Access to ceremonial items, including Shabbat candelabras, menorahs and prayer books

- Jewish music available as part of care
- Mitzvah projects through Caring Kids in Action, a youth volunteer program
- Bereavement groups and individual counseling sensitive to Jewish needs
- Arrangements for kosher meals, on request
- Access to staff who have received sensitivity training in working with survivors of the Holocaust and other traumas

The following resources are available, on request, to all Jewish patients and families in the JourneyCare hospice program:

- Articles about hospice care and Jewish tradition
- Jewish prayers and reflections
- Local synagogue information
- Guidance for Jewish funeral homes, kosher markets and bakeries, community organizations, galleries and bookstores featuring Judaica
- Recommended readings and a list of helpful websites



Expanding horizons in care

Referrals: 224-770-2489

General inquiries: 847-467-7423

journeycare.org

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Presentation Offerings

Jewish Care Services

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 Rabbi-led session will focus on the issues that present for Jewish patients in particular and will use Jewish texts and stories.

Hospice 101: A Jewish Perspective

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 the Jewish Care Services program. Case studies and Rabbinic stories about end-of-life care will be shared.

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 at the Hospice Bedside

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

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 of Midwest CareCenter.

Burial, Bereavement and 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.



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