# It's a good day

when everyone who cares for you knows your story.





# Getting to know you

### is one of the ways we're able to care better.

Chicago Methodist Senior Services provides a continuum of services and residences to help seniors thrive at every step of life. Located in Andersonville, our diverse and welcoming communities focus on who you are as a person and what you need to live and feel as well as possible.

With us, the whole you matters. We believe there are always ways to help people grow, connect and feel better. That goes for the seniors we care for and work with, as well as their loved ones and our community.

Chicago Methodist Senior Services is an accredited, nonprofit that welcomes all faiths. As a pioneer in person-centered care, we still strive to do it best. With highly skilled caregivers and an individualized approach, we continually find new ways to support seniors' health, wellbeing — and everyday lives.



#### **MEMORY CARE**

With two options for memory care, we can give you the care that's right for your needs.

#### Assisted living at Hartwell Place

This residential setting on a quiet neighborhood street offers a warm and intimate home-like setting with suites. A high caregiver-to-resident ratio enables us to stay focused on every resident's unique needs. With extensive, personalized programming designed for people with memory loss, we work to bring out the best in everybody's abilities and life enjoyment.

#### Skilled nursing for memory care at Wesley Place

For people with advanced memory loss and specialized needs, we provide 24-hour care by a specialized team of nurses and CNAs. This small and friendly residence offers the latest in complementary therapies to promote both medical and emotional wellbeing.

#### LONG-TERM SKILLED NURSING

At Wesley Place, our excellent team of nurses and CNAs serves people who need comprehensive, skilled care around the clock. Our long-term care is designed around residents and their wishes. We focus on helping seniors keep their independence in as many ways as possible.

## Care communities

to help you get well and feel well.

#### SHORT-TERM REHABILITATION

To help you get back on your feet after an injury, illness or surgery, Wesley Place offers general and specialized Medicare-certified therapy programs, including HeartBeats cardiac and orthopedic rehabilitation programs. Our highly skilled clinicians and therapists work with you toward your recovery goals.

#### SUPPORTIVE LIVING

At Covenant Home of Chicago, you can live in our thriving neighborhood and get the support to help you maintain your independence. Supportive living is similar to assisted living but with a financial safety net through Medicaid. You'll find many opportunities to keep growing, learning and making friends while receiving help with daily tasks.





## Life gets richer with programs to help you thrive.

Chicago Methodist Senior Services offers unique programming to enrich your mind, heart and life. We cultivate and celebrate everyone's individual abilities and achievements. To do that, we focus on what's important to you, and our programs are designed around that. Because when you can enjoy the aspects of life that you love most, every day becomes more meaningful.

#### SOCIAL ENGAGEMENT

Making time to celebrate, in small and big ways, sparks more everyday joy. All of our communities offer social activities and events that foster friendships and a sense of belonging. We also make food a celebration through special dinners, family-time meals and unique menus.

#### **ART THERAPIES**

We use art for many purposes, from personal enrichment to therapeutic practice. Art offers a way for seniors to express themselves and to share bonds with peers and loved ones that go beyond memories and words.

#### **CITY OUTINGS**

We help seniors enjoy the vibrant city and diverse cultures all around us. We organize scenic drives and visits to Chicago's best destinations for shopping, the arts and dining out. Through partnerships with other organizations around Chicago, we also bring the best of the city to our communities with education, arts and cultural events.

#### **LEARNING EVENTS**

Through events and special programs, we educate seniors and loved ones on a wide range of topics that can help them get more out of their lives and care.

#### **COMPLEMENTARY THERAPIES**

Our skilled caregivers stay at the forefront of complementary therapies that can provide seniors with better medical recovery, memory care and emotional wellbeing.

## Supporting you with a range of helpful services.

#### WHITE CRANE ADULT CARE

Adult day care through White Crane Wellness at our Foster Avenue location gives caregivers respite and seniors a sense of camaraderie through community.

#### **HOME CARE THROUGH SASI**

We're aligned with Services for Adults Staying in Their Homes (SASI) to provide home care that can enable you to stay more safely and comfortably in your own home.

#### **AFFORDABLE SENIOR HOUSING**

Subsidized Winwood and Glenwood Apartments help seniors with limited funds to live independently in the heart of Andersonville, near shopping, restaurants, transportation and our Wesley Place campus.

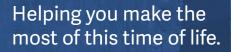
#### **COMPUTER SERVICES**

With group or one-on-one classes and support, our trusted instructors can help you to get online, learn new skills or get help with computer issues.



#### A HIGHER STANDARD OF CARE

Chicago Methodist Senior Services is accredited by CARF, an independent, nonprofit accreditor of health and human services. Maintaining our accreditation means staying committed to the high quality of our care, delivering it with a truly person-centered approach and monitoring the results. We do all of this to ensure that you receive the absolute best care we can give.





## Let us help you make it a good day.

Call us for a tour or more information at 773-596-2215, or learn more at <u>cmsschicago.org</u>.

Interested in helping Chicago seniors? Download a volunteer application or make a donation at <u>cmsschicago.org</u>.



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773-596-2215 www.cmsschicago.org info@cmsschicago.org

#### **Computer Services**

773-769-9000 computerservices@cmsschicago.org Wesley Place 1415 W. Foster Ave.

Rehabilitation Skilled nursing Advanced memory care

## Covenant Home of Chicago 2720 W. Foster Ave.

Supportive living

Hartwell Place 5520 N. Paulina St.

Memory-care assisted living

Winwood Apartments 1406 W. Winona St.

Glenwood Apartments 5021–5027 N. Glenwood Ave.

Affordable independent housing



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