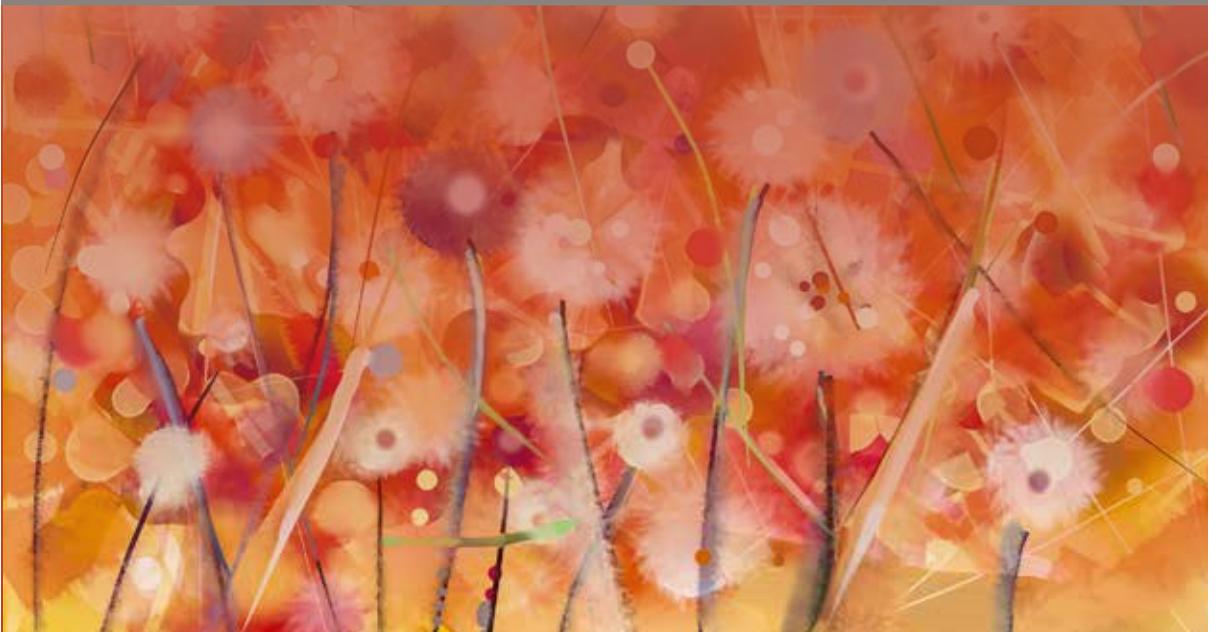


*JourneyLife*  
P R O G R A M S  
*by JourneyCare*®

**Educational & Inspiring  
Programs for the Community**





## **The Difference Between Palliative Care and Hospice Care**

There is a lot of confusion about palliative care and hospice care. Join us to learn the differences and better understand when a loved one may benefit from additional supportive care.

## **Creating an Advance Directive**

Learn about the different healthcare advance directives that are valid in Illinois. Walk through the process of completing your own Five Wishes, an advance directive document.

## **You Matter Too: Caregiving**

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

## **Journey through Dementia**

What is dementia and how does it impact us? Is dementia the same as Alzheimer's? Learn the differences and find out how to make meaningful connections with someone with this illness.

## **Being Mortal** Video & Discussion

A 50-minute documentary and discussion that will explore the hopes of patients and families facing terminal illness, and the important conversations that take place.

## **'Alive Inside: A Story of Music and Memory'** Video & Discussion

A wonderful documentary that demonstrates music's ability to combat memory loss and restore a deep sense of self to those suffering from it. Discussion will follow the 90-minute film.

## **'Consider the Conversation'** Video & Discussion

A 60-minute documentary and discussion that examines multiple views on end-of-life care. This is a story about living life to the fullest to the very end.

## **How to Be a Friend to Someone with a Serious Illness**

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

## **Music & the Brain**

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

## **Your Life: Creating Lasting Moments**

Your life's story is a gift to share. Join us and learn ideas to personalize your life and share it with generations to come.

## **Understanding the Grief Process**

Grief and loss are experiences we all share at some point in our lives. Join us as we learn to understand the grief process and identify resources to guide our healing and comfort following the loss of a loved one.

## **The Challenge of Change: Strategies to Finding Peace**

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.

## For the Love of Food

Would you like to learn new ideas for preparing meals for a few friends or just yourself? This presentation will provide practical tips and new ideas! We will also share stories of our own culinary traditions and learn how cultures around the world enhance their celebrations with food and drink.

## Navigating 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.

## Specialty Topics

### JEWISH PROGRAMS

#### The Jewish Hospice Experience

Learn about end-of-life and hospice care from a Jewish perspective, along with the history and benefits of JourneyCare's Jewish Care Services. Hear case studies and Rabbinic stories about end-of-life care.

#### Traditions Around Death

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.

#### 'Names Not Numbers' Video & Discussion

Holocaust survivors share their diverse experiences in this powerful documentary, reminding us that the Holocaust will not be forgotten. We will view a portion of the documentary and engage in a discussion during this 90-minute program.

#### Customized Jewish Programs

Many JourneyLife programs listed on these pages can also be presented with a focus on Jewish culture, customs and perspectives.

### WE HONOR VETERANS

#### Honoring Veterans Throughout Life

This program explores veterans' unique experiences and health concerns based on veterans' eras of service, illuminates issues that can arise as they age and reviews what resources are available.

#### 'Honor Flight' and More Video & Discussion

This program features a heartwarming documentary about four World War II veterans and the community that enables them to participate in an Honor Flight to Washington D.C., to see the memorials built to honor their service. Attendees will receive information on how to register a veteran for an Honor Flight, plus additional information on JourneyCare's participation in the national "We Honor Veterans" initiative, which identifies, supports and honors veterans in hospice care.

#### Customized Veterans Programs

Allow us to provide a program that recognizes the service of your organization's veteran heroes.

**To schedule a program, call 847-556-1702  
or email [programs@journeycare.org](mailto:programs@journeycare.org).**

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Referrals: 224-770-2489 / [journeycare.org](http://journeycare.org)

JourneyCare is the largest nonprofit provider of palliative, supportive and end-of-life care in Illinois, serving patients and families each day across 10 counties in the Chicago area and northern Illinois. Care and support are provided to patients of all ages, helping them to live fully, with dignity and without pain, on their own terms. JourneyCare is the combined organization of Horizon Hospice & Palliative Care, JourneyCare and Midwest Palliative & Hospice CareCenter.