

# Northwestern Collaborative Interdepartmental Network

## **Programs and Services for Older Adults and their Families**

### Table of Contents

**MISSION STATEMENT**

**CONTINUING EDUCATION**

Page 4

Health Learning Center at Northwestern Memorial Hospital

- Page 5 Healthy Transitions Program at Northwestern Memorial Hospital  
Page 6 Northwestern Alumnae Continuing Education Program  
Page 7 Osher Lifelong Learning Institute at Northwestern University  
Page 8 Women's Center at Northwestern University

#### **MEDICAL SERVICES AND RESEARCH**

- Page 9 Audiology Services at Northwestern University  
Page 10 Geriatric Services at Northwestern Medical Faculty Foundation  
Page 11 Neurobehavior & Memory Health Clinic at Northwestern Medical Faculty  
Foundation  
Page 12 Parkinson's Disease and Movement Disorders Center at Northwestern University

#### **MENTAL HEALTH & SUCCESSFUL AGING**

- Page 13 The Midlife & Beyond Program for Maturing Adults at The Family Institute at  
Northwestern University

#### **RESEARCH**

- Page 14 Buehler Center on Aging at Northwestern University Feinberg  
School of Medicine  
Page 15 Cognitive Neurology & Alzheimer's Disease Center at Northwestern University  
Feinberg School of Medicine

**Northwestern Interdepartmental Network  
For Older Adults and their Families  
MISSION STATEMENT**

The Northwestern Interdepartmental Network for Older Adults and their Families is an initiative that bridges departments and programs within the Northwestern community (Northwestern University, Northwestern Medical Faculty Foundation, and Northwestern Memorial Hospital) that service older adults and their families.

The mission of this initiative is to provide opportunities for collaborative experiences between Northwestern departments in the following educational, clinical and outreach arenas:

- To develop greater interdepartmental collaborative efforts on issues related to older adults via education and outreach
- To promote greater visibility of programs and services available to older adults and their families to both the Northwestern community and the larger community
- To facilitate client referrals and professional exchanges between existing programs
- To expand professional knowledge and ways of servicing older adults and their families by educating one another about our respective areas of specialization
- To formulate a resource directory of programs for older adults and their families that supports professional collaboration and facilitates client referrals
- To invite new members to participate in our initiative as other Northwestern departments and programs are identified

## **Health Learning Center Northwestern Memorial Hospital**

Northwestern Memorial Hospital's Health Learning Center is a state-of-the-art health information library and one of the largest hospital-based consumer health libraries of its kind. Located on the third floor of the Galter Pavilion and accessible through the Internet, the center is a resource for locating reliable information to answer questions about health-related issues.

### **Services Include:**

Programs and classes on specific topics offered throughout the year  
Health reference services via walk-ins, telephone, or e-mail  
Free nutrition assessments  
Accurate, current information about drugs, herbals, and supplements  
Cancer Navigation service  
Multifaceted collections that facilitate learning about any health topic  
Comprehensive, personalized, friendly service whatever your health question

### **Location:**

Galter Pavilion  
Third Floor  
251 E. Huron St  
Chicago, IL 60611

### **Contact Information:**

For more information or to schedule a free consultation call 312-926-LINK (5465).

**Website:** [HLC@nmh.org](mailto:HLC@nmh.org)

## **Healthy Transitions® Program Northwestern Memorial Hospital**

Northwestern Memorial Hospital's Healthy Transitions Program offers accurate, up-to-date information about health issues for those 55 and older. In addition to receiving a quarterly newsletter at no cost, members are able to participate in program benefits that help guide them toward optimal lifestyle choices.

### **Services Include:**

#### **Free Lectures, Workshops and Special Programs**

Education sessions led by Northwestern Memorial clinical experts, including staff physicians and other experts in health and aging.

#### **Medical Information Card**

In the event of an emergency, the Healthy Transitions Medical Information Card provides emergency personnel with around-the-clock access to your secured personal medical information.

#### **The Catalyst Scripts™ Card**

Catalyst is a free pharmacy discount program that can help you save money on most prescriptions. The program offers members access to a national network of 42,000 participating chains and independent pharmacies.

### **Contact Information:**

To join, call the Health Resources and Physician Referral representatives at 312-926- 8400.

## **Alumnae of Northwestern University Continuing Education Program**

### **Program Mission and Goals:**

The Alumnae of Northwestern's Continuing Education Program offers university-level noncredit courses taught by Northwestern faculty. These classes are open to the public and available at a reasonable cost. All profits from this program, administered entirely by volunteers, are returned to the University through the Alumnae's Gifts and Grants, Fellowships, and Academic Enrichment projects.

### **Program Components and Services:**

Four two-hour lecture courses are offered each fall, winter and spring academic quarter on Tuesdays and Thursdays for ten weeks. Two two-hour courses are offered on Thursdays for six weeks during the summer quarter.

### **Class Locations:**

Classes are held on the Evanston campus of Northwestern University, generally in Norris University Center.

### **Parking:**

Permit parking is provided at Northwestern's Ryan Field for those registered for at least one course. A shuttle bus service provides transportation to the class location.

### **Fees:**

\$150 for each course (early registration and multiple course discounts are offered)  
Per Diem attendees are admitted when space allows for \$20 per class session.

### **Telephone and Contact Information:**

Main Phone (voice mail): 847-604-3569

Pam James  
President, Alumnae of Northwestern University  
Phone: 847-256-1983

**Website:** [www.alumni.northwestern.edu/education/alumnae.html](http://www.alumni.northwestern.edu/education/alumnae.html)

## **Osher Lifelong Learning Institute at Northwestern University**

Created in 1987, The Osher Lifelong Learning Institute at Northwestern University (OLLI) is a non-credit, daytime program for mature adults within Northwestern's School of Continuing Studies.

### **Services Include:**

Members pursue their academic goals in small, seminar-style, discussion groups to explore topics in literature, history, politics, science, philosophy, current affairs, and the arts. OLLI members can expect to be challenged in an active and participatory learning environment. There are no academic or age prerequisites. Social events, travel/study, newsletters, and a juried literary journal are also available for members.

### **Study Group Locations:**

Chicago groups meet in Wieboldt Hall at 339 E. Chicago Avenue. Evanston groups meet in different buildings at the Evanston campus.

### **Fees:**

\$500 for an annual membership; \$350 spring and summer only. Those who wish to take more than three groups remit an additional \$35 per group. Scholarship assistance is available. \$125 trial membership for first time members. Take one study group for one semester at either campus based on space availability.

### **Contact Information:**

Barbara Reinish  
Director, Institute for Learning in Retirement  
Phone: 847-491-7724, 312-503-7781

**Website:** [www.scs.northwestern.edu/nuilr](http://www.scs.northwestern.edu/nuilr)

## **Women's Center at Northwestern University**

### **Program Mission and Goals:**

The Northwestern University Women's Center is dedicated to fostering a campus climate that promotes equity and enriches the personal, professional and academic lives of all members of the University community, particularly women students, staff and faculty. The Center's mission is to enhance the academic achievement, career aspirations and personal development of women at NU and to help build an environment wherein women and men can work productively together. The Center is dedicated to building an inclusive and diverse community. Toward those ends, Center activities focus on a broad spectrum of initiatives and services.

### **Program Components and Services:**

- Educational Programming
- Outreach and Coalition Building
- Advocacy, both individual and institutional
- Resource and Referral
- Counseling

### **LOCATIONS:**

#### **Evanston**

2000 Sheridan Road  
Evanston, IL 60208  
Phone: 847-491-7360  
Fax: 847-467-1740  
Open Monday-Friday, 9 a.m.-5p.m.

#### **Chicago**

Abbott Hall 1400  
710 North Lakeshore Drive,  
Chicago, IL 60611  
Phone: 312-503-3400  
Fax: 312-503-1400  
Open Mondays, Tuesdays and Thursdays, 9.-5

**Website:** [www.northwestern.edu/womencenter/index.html](http://www.northwestern.edu/womencenter/index.html)

## **Audiology Services Northwestern University**

The Northwestern University Audiology Services in Evanston and Chicago are committed to serving individuals with hearing health care needs. Our staff of nationally-certified audiologists and our sophisticated diagnostic and treatment equipment ensure excellent care for patients and an exceptional learning opportunity for students.

### **Services Include:**

Comprehensive Hearing Evaluation  
Hearing Aid Selection, Evaluation and Dispensing  
Cochlear Implant Consultation and Rehabilitation  
Hearing Loss Management Classes

### **Locations:**

Evanston Campus Audiology Service  
Frances Searle Building  
2240 North Campus Drive  
Evanston, IL 60208

Chicago Campus Audiology Service  
Galter Pavilion  
675 N. St. Clair, Suite 15-200  
Chicago, IL 60611

### **Contact Information:**

#### **Evanston**

Phone: 847-491-3165  
Fax: 847-491-2523

#### **Chicago**

Phone: 312-695-8107  
Fax: 312-695-6850

**Website:** [www.communication.northwestern.edu/audiology](http://www.communication.northwestern.edu/audiology)

## **Geriatric Services Northwestern Medical Faculty Foundation**

The Geriatric program provides specialized assessments/evaluations to older adults and their families, many of whom have complex or multiple medical, emotional or social problems. These problems can include memory loss and confusion, depression, heart conditions, breathing problems, incontinence, multiple medications, chronic pain, falls, or other special needs.

The team consists of physicians who are Board Certified Geriatricians, a Nurse, a Social Worker and Geriatric Fellows. The physicians are also faculty members of the Northwestern University's Feinberg School of Medicine.

### **Services Include:**

Outpatient team assessments by Board Certified Geriatricians, a Nurse, a Social Worker and Geriatric Fellows.

Inpatient team assessment related to multiple complications occurring during a Northwestern Memorial Hospital stay.

Information about and referral to appropriate community and private agencies..

Assessment by a Geriatrician and Nurse Practitioner to older adults with cancer.

### **Location:**

Galter Pavilion  
675 N. St. Clair, 14th Floor  
Chicago, IL

### **Contact Information:**

312-695-4525

**Website:** [www.nmff.org](http://www.nmff.org)

**Keywords:** Clinical Services and Clinical Areas

## **Neurobehavior & Memory Health Clinic Northwestern Medical Faculty Foundation**

*A Clinical Service of the Cognitive Neurology & Alzheimer's Disease Center  
Northwestern University Feinberg School of Medicine*

The Neurobehavior & Memory Health Clinic is designed to meet the needs of persons experiencing memory loss or symptoms of dementia and their families.

### **Services**

To serve individuals experiencing memory loss or other forms of dementia and their families and caregivers, we offer the following:

- Diagnostic evaluation and follow-up care by behavioral neurologists who are doctors especially trained in dementia.
- Diagnostic evaluation of memory and other thinking abilities with the use of specialized tests given by a clinical neuropsychologist.
- Evaluation and treatment of mild cognitive disorders associated with aging.
- Management of medication for memory disorders.
- Psychiatric evaluation and treatment for mood & behavior disorders associated with neurological disease.
- Social work services: consultation, counseling, support groups, access to community services and resources.
- The opportunity to participate in clinical research/clinical trials. (See p. 12, Cognitive Neurology and Alzheimer's Disease Center).

### **Location**

Northwestern Medical Faculty Foundation  
Galter Pavilion  
675 N. St. Clair, #20-100  
Chicago, IL 60611

### **Contact Information**

To schedule an appointment with a doctor, please call 312-695-9627.

For educational materials, support groups, and program information: 312-503-0604.

**Website:** [www.brain.northwestern.edu](http://www.brain.northwestern.edu)

**Parkinson's Disease and Movement Disorders Center**  
*National Parkinson Foundation Center of Excellence*

**Northwestern University**

The Parkinson's Disease and Movement Disorders Center provides innovative, multidisciplinary care for patients and families affected by Parkinson's disease and other movement disorders. Our overall goal is to promote health, education, and support for patients, caregivers, family members and healthcare providers, and to conduct research to advance the understanding and treatment of movement disorders.

**Services Include:**

Patients and families who come to the Parkinson's Disease and Movement Disorders Center receive a multidisciplinary approach to their care, including:

- Assessment by a movement disorders neurologist
- Comprehensive pharmacological therapy
- Neurosurgical evaluations for deep brain stimulation (DBS)
- Physical, occupational, and speech therapy through Northwestern Memorial Hospital and the Rehabilitation Institute of Chicago
- Social work services: Consultation, counseling, support groups, access to community services and resources
- Educational programs
- Learning materials: books, videos, audiotapes, internet information
- Neuropsychology services
- Opportunities to participate in research studies
- Special clinic for newly-diagnosed patients
- Exercise classes

**Location:**

Northwestern Medical Faculty Foundation, Inc.  
Department of Neurology  
675 North St. Clair Street - Suite 20-100  
Chicago, IL 60611-2923

**Contact Information:**

For a medical appointment: 312-695-7950

For educational materials, support groups, and program information: 312-503-4397

**Website:** [www.parkinsons.northwestern.edu](http://www.parkinsons.northwestern.edu)

## **The Family Institute at Northwestern University Midlife and Beyond Program for Maturing Adults**

The Midlife and Beyond Program for Maturing Adults (ML&B) at The Family Institute at Northwestern University is dedicated to providing psychotherapeutic counseling and education to midlife and older adult individuals, couples, and families. We help people whose lives are affected by the unique issues associated with aging. We also offer outreach and education to other professionals and to the greater community.

### **Services Include:**

The program is staffed by therapists who specialize in the emotional and relational issues that families face with respect to aging at midlife and beyond.

### **Types of Services:**

- Psychotherapy for individuals, couples, and families
- A specialized program component for individuals, couples, and families living with illness and/or disability
- Outreach to agencies, women centers, senior centers, residential facilities, hospitals, and to the larger community
- Educational programs on topics related to mid and later life issues such as:
  - Meaning in Midlife
  - The Pickle in the Sandwich: Feeling Squeezed at Midlife
  - Healthy Families Living with Illness/Disability
  - Caring for Your Older Parent: Caring for Yourself
  - An Uninvited Guest in the Bedroom: Intimacy and Sexuality in Couples
  - Dealing with Chronic Illness in Midlife & Beyond
  - Evolving Conversations of Mothers and Daughters
  - Rethinking Retirement: Renewing a Sense of Balance and Purpose in
  - Your Relationships and Your Life
  - Living after Loss of a Spouse
  - Living after Loss of a Parent

### **Locations:**

Evanston  
Bette D. Harris Center  
618 Library Place  
Evanston, IL 60201

Chicago  
8 South Michigan, Suite 500  
Chicago, IL 60603

LaGrange Park  
335 North LaGrange Road  
LaGrange Park, IL 60525

### **Contact Information:**

Michele Wolff, MSMFT  
Program Director

**Telephone:** 847-733-4300, Ext. 719

**Website:** [www.family-institute.org](http://www.family-institute.org)

## **Buehler Center on Aging Northwestern University Feinberg School of Medicine**

The mission of the Buehler Center on Aging is to advance aging related research, education, health care, and policy at Northwestern University, within its affiliated institutions, and across local, national, and international communities. The Buehler Center does not provide direct clinical care but through its research, education and strong ties to clinical sites, the ultimate aim of our work is to improve the lives of the elderly and their families.

### **Services Include:**

Northwestern University's Aging Research Registry is also administered by the Buehler Center on Aging. The Aging Research registry is a database of people 60 and older who are willing to consider participating as subjects in aging-related research projects. By participating in such research, you may help advance knowledge about aging and effective care for aging people.

Also visit the Buehler Center's website, which features a page of resources for seniors under its "Resources" pages.

### **Location:**

750 N. Lake Shore Drive, Suite 601  
Chicago, IL 60611

### **Contact Information:**

Celia Berdes, PhD  
Buehler Center on Aging  
750 N. Lake Shore Drive, Suite 601  
Chicago, IL 60611  
Phone: 312-503-3681

**Website:** [www.northwestern.edu/aging](http://www.northwestern.edu/aging)

## **Cognitive Neurology & Alzheimer's Disease Center (CNADC) Northwestern University Feinberg School of Medicine**

The Cognitive Neurology & Alzheimer's Disease Center (CNADC) is a multidisciplinary organization dedicated to:

- Providing the highest quality clinical services to patients and their families
- Conducting research to discover how the brain coordinates mental functions such as memory, language, attention, and emotion
- Transferring the benefits of this research to patients with brain diseases that impair cognitive function
- Training researchers and clinicians who want to work in this field
- Providing outreach and education to the community at large, particularly minority communities and those who live in traditionally underserved areas

### **Services Include:**

- Neurobehavior & Memory Health Clinical Services. (see p. 8)
- Research opportunities
- Educational programs for healthcare professionals
- Educational programs for diagnosed individuals and their caregiving families
- Education & outreach in multicultural communities
- Brain donation and autopsy services.

**Location:** Northwestern University Feinberg School of Medicine  
320 E. Superior,  
Searle Building - 11<sup>th</sup> floor  
Chicago, IL 60611

### **Contact Information:**

The CNADC has a number of research studies for which we are seeking volunteer participants. If you are interested in participating in memory research, please call 312-695-2343. If you would like to be placed on our mailing list please contact us at 312-908-9023 or [CNADC-Admin@northwestern.edu](mailto:CNADC-Admin@northwestern.edu)

**Website:** [www.brain.northwestern.edu](http://www.brain.northwestern.edu)