

# Wellness & Life Enrichment

Wellness & Life Enrichment

## Wellness

- Daily Exercise Instruction (in person and virtual)
- Tai Chi/Yoga
- Exercise Equipment Area
- Outpatient Therapy Room
- Restorative Therapy Services

## Life Enrichment

- Art Groups and open studio time
- Book Clubs
- Baking
- Coffee Klatch
- Community based events
- Concerts
- Current events discussions with moderator
- Drama Club
- Entertainers
- Events on the rooftop deck
- Gardening Club
- Guest Speakers
- Intergenerational Programming
- Jewish Studies Classes
- Jewish Holiday Celebrations
- Jeopardy/Quiz Games/Brain Games
- Board and Tile-Based Games
- Rabbi Lectures
- Movies
- Movie Review with a Film Expert
- Music Therapy
- Outings , Tours, Restaurants, Parks, Concerts, Beach, Cookouts
- Resident Council
- TED Talks
- Shabbat Services
- Virtual Travel Series
- Yiddish Club
- Volunteer Opportunities



**THE SELFHELP HOME**  
A TRADITION OF CARING

WLE1022

908 West Argyle Street • Chicago, IL 60640  
phone 773.271.0300 • fax 773.271.0633 • [www.SelfhelpHome.org](http://www.SelfhelpHome.org)

# Amenities

The Selfhelp Home prides itself on providing the highest quality of care and ranks at the top nationwide with consistent five-star ratings by CMS and recognized by U.S. News and World Report year after year. We are accredited by the Joint Commission for our short-term Rehabilitation, skilled nursing unit and the first community in the nation (September 2021) to be accredited in Assisted Living.



## Home Amenities

- Beauty Salon
- Dedicated Short-Term Rehabilitation floor
- Emergency Call System
- Gift Shop
- Guest Apartments
- Freshly prepared, homemade Kosher meals\*
- Laundry Room & Laundry Service
- Library/Reading Room
- Movie Theater
- Outpatient Therapy Gym
- Parking for Residents and Guests
- Rooftop Garden
- Satellite Television
- Synagogue with religious services
- Weekly housekeeping services
- WiFi Throughout the building

## Healthcare Amenities

- Heart Health Programs
- On-Site Staff 24/7/365
- On-Site Outpatient Therapy
- Restorative Therapy
- Wellness Center
- Wound Care

## On-Site Visiting Medical Professionals

- Audiologist
- Cardiologist
- Dentist
- Full-time Infection Preventionist
- Optometrist
- Physiatrist
- Podiatrist
- Psychologist/Psychiatrist
- Pulmonologist
- Wound Care Physician

*\*not under Rabbinic supervision*



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# Respite (Temporary Stay) – Fees and Services

Respite (Temporary Stay)

**Independent Living Respite** ..... \$250 per day

**Maximum 60-Day Stay**

## Included in the Daily Fee

- A furnished, modern apartment with all the amenities of home
- Three meals a day
- Daily exercise/activities
- Transportation

**Assisted Living Respite** ..... \$350 per day

**Assessment required**

**Maximum 60-Day Stay**

## Included in the Daily Fee

- A furnished, modern apartment with all the amenities of home with just the right amount of support
- Three meals a day
- Housekeeping and laundry
- Daily exercise/activities
- Transportation

**Short-Term Skilled Nursing Respite** ..... \$450 per day

- A private pay option offered for hospital patients who need short-term rehabilitation but have been discharged to their home and Medicare does not cover short-term rehabilitation
- An option to extend a current stay at Selfhelp for Short-term rehabilitation when insurance coverage has ended

**Maximum 2-Week/14-Day Stay**

*(Respite room location is not guaranteed and will be determined by availability)*

## Included in the Daily Fee

- Access to therapy during your respite stay through insurance benefits or private pay
- All private suites
- Hospice Respite Available



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# Skilled Nursing

## – Fees and Services

The Selfhelp Home prides itself on providing the highest quality of care and ranks at the top nationwide, We are consistently awarded a five-star ratings by CMS and recognized by U.S. News and World Report year after year. We are accredited by The Joint Commission with a post acute care certificate.

Skilled Nursing



### Long-Term Skilled Nursing

Private Room.....	\$425 per day
Large Private Suite .....	\$450-\$500 per day
Semi-Private Suite.....	\$375 per day

#### Included in the Daily Fee

- Three meals per day\*
- 24-hour nursing care
- Assistance with activities of daily living
- Social activities and programs

### Short-Term/Sub-Acute Rehabilitation

Private Room.....	\$550 per day
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#### Rates without Medicare or insurance

#### Amenities

- Daily activities
- Art and Music Therapy
- Library/Reading room
- Beauty salon
- Gift shop
- Movie theater
- Rooftop garden
- Medical office with visits by a variety of medical professionals
- Friday night religious services and high holiday services
- Laundry services
- Live music concerts
- Restorative therapy
- Heart health program
- Wound care

We accept Medicare and several private insurance plans. If you are paying for your short-term rehabilitation stay, the above rates apply. The physical, occupational and speech therapy program of your stay are not included but may be covered by your insurance policy.

*\*Selfhelp maintains a Kosher kitchen not under Rabbinic supervision*

# Assisted Living

## – Fees and Services

Assisted Living

We know each resident is an individual with unique needs and preferences. Our Assisted Living Program is run by an experienced Nurse Manager and a team of personal aides who provide you the care you need in your own apartment. The level of care that is right for you will be determined by an in-person Nurse evaluation.

*See reverse side for floor plans*

### Studio

<b>Assisted Living</b> Level 1	From \$5680
Level 2	From \$6255
Level 3	From \$6655
Level 4	From \$7105

### Standard 1 Bed

Level 1	From \$6970
Level 2	From \$7545
Level 3	From \$7945
Level 4	From \$8395

### Large 1 Bed

Level 1	From \$7300
Level 2	From \$7875
Level 3	From \$8275
Level 4	From \$8725

**Second person fee starting at \$2115 per month**

### Community Fee: \$4,000

A one-time non-refundable fee that supports the administrative costs of moving into our community, as well as activities and programs that contribute to improving the quality of life for residents.

### Assisted Living Services

*The right level of care is determined by each individual's needs and after a nurse assessment.*

#### *Services offered in **every** level of care:*

- 3 meals per day, "Kosher-style"
- Weekly personal laundry & linen service
- Medication Management

#### *Additional Services offered in assisted living:*

- Bathing assistance
- Transferring
- Ambulating/Walking
- Dressing
- Toileting
- Personal Care
- Cueing
- Accompany to Medical Appointments
- Incontinence Care



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# Independent Living

## – Fees and Services

Our Independent Living apartments come in a variety of floor plans. Our apartments have been recently modernized and have individually controlled heat and air conditioning. If more help is needed down the line, we understand. There is no need to move to different part of our building.

*See reverse side for floor plans*

**Studio** ..... From \$3860

**Standard 1 Bed** ..... From \$5150

**Second person fee starting at \$2115 per month**

**Large 1 Bed** ..... From \$5480

**Second person fee starting at \$2115 per month**

### Community Fee: \$4,000

A one-time non-refundable fee that supports the administrative costs of moving into our community, as well as a variety of activities and programs.

### Application Process

Prospective residents will be asked to complete an application including financial information and a medical evaluation.

A personal interview with facility staff assures that each resident is comfortable in our community and that we can provide the appropriate services to meet each individual's needs.

### Included in the Monthly Fee

- Wifi in the apartment and throughout the building
- Two meals a day, breakfast and your choice of lunch or dinner.  
(Three meals a day are available for an additional fee)
- Weekly housekeeping services
- All utilities, except phone
- Satellite television
- Parking for residents and guests
- On-site staff 24/7/365
- Daily activities
- Daily exercise instruction
- Transportation

*\*See Amenities Sheet for services offered to all residents*



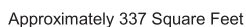
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## Studio Floorplan



## Standard 1 Bedroom Floorplan



## Large 1 Bedroom Floorplan



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