



Senior Resource Group

**A trusted network of
professionals providing
education, services and support
to the senior community in the
Westmont Area.**

2025

Senior Resource Group Business Listing

Health Insurance

Clemens Enterprises, Inc.

Health Care Services

ARC Physical Therapy

Bria of Westmont

Burgess Square Healthcare and Rehab Centre

The Hearing Care Clinic

Oasis Senior Advisors

Senior Living Experts

Home Care (Non-medical)

At Home With You

Home Helpers Home Care

Seniors Helping Seniors - Home Care Services

Health & Wellness

Mindful TMS Neurocare Centers

Financial Planning

Equitable Advisors

Real Estate Services

Bea Wolfe Properties

Weichert, Realtors® – Homes by Presto

Assisted Living

Birches Assisted Living & Memory Care

Cordia Senior Residence

Terra Vista of Oakbrook Terrace

Vision Services

Clarendon Vision Advanced EyeCare

Additional Community Resources

Dementia Friendly Westmont

Downers Grove Township Senior Services

People's Resource Center

Westmont Fire Department

Westmont Park District Senior Center

Westmont Police Department

Westmont Public Library

Health Insurance

Clemens Enterprises, Inc.

We at Clemens Enterprises are independent health insurance brokers that take your needs into consideration. When do you go on Medicare, and what plan(s) should you pick? How do you know that the plan you picked in the past still is the best plan for you? We provide education, guidance, and assistance with enrollment so that the client feels that their needs will be met by their plan, within their budget.

Alyssa Clemens Vejendla

41 N. Cass Ave., Westmont

(630) 971-8090 Email: alyssa@clemens-enterprises.com

www.clemens-enterprises.com

Health Care Services

ARC Physical Therapy

ARC was voted the Best Physical Therapy Clinic in DuPage in 2019, 2021, 2022, and 2023. Our therapists have experience treating all orthopedic problems, incontinence and pelvic floor issues as well as balance and vestibular disorders. You will receive one-on-one care in a private room if you wish. We also have a medical gym to allow continued strengthening and conditioning after discharge.

John Christiansen, PT, OCS, ATC , Owner

337 W Ogden Ave, Westmont

(630) 323-8646 Email: jchristiansen@arc-rehab.com

<http://arc-rehab.com/>

Health Care Services Continued

Bria of Westmont

BRIA of Westmont is a proven leader in rehabilitation and skilled nursing for short and long term care. Compassionate, patient-centered care is the cornerstone of our services located in the heart of the robust DuPage county medical community. BRIA provides comprehensive medical services including 24-hour nursing care, physical, occupational and speech therapy, specialized cardiac, orthopedic and pulmonary rehabilitation, in-house hemodialysis, VIHAR services and aquatic pool therapy. The BRIA STRIVE Program is your most effective way home following a hospital stay. Our interdisciplinary approach and collaborative team of therapy professionals will help you build strength, restore independence, and replenish your vitality and energy. Our goal is to provide our residents with services designed to achieve the best possible health, level of function, and quality of life.

Carol Magpayo

6501 S Cass Ave, Westmont IL, 60559
(847) 977-1180 Email: cmagpayo@briahs.com
www.briahs.com

Burgess Square Healthcare and Rehab Centre

Burgess Square is an independent post-acute rehabilitation center. We provide advanced clinical care for orthopedic, cardiac, pulmonary care, and other complex medical conditions. Burgess is the recipient of AHCA's Gold Award, Excellence in Quality; 1 of only 50 nursing centers since 1996 to achieve this distinction nationally. Burgess has had a 5-star rating on Medicare.gov continually since 2017. Newsweek has ranked Burgess the #1 Nursing Home in Illinois three years in a row. (2022-2024)

Mike Hensley

5801 S Cass Ave, Westmont IL, 60559
(630) 971-2645 Email: mikehensley@burgesssquare.com
www.burgesssquare.com

The Hearing Care Clinic

We are a private independent audiology clinic, specializing in the evaluation, treatment and management of hearing loss and tinnitus, including the of dispensing hearing aids and tinnitus devices. We perform very thorough clinical diagnostic testing to evaluate your hearing, tinnitus and communication problems, so that we can develop a professional plan to address your concerns. We gladly partner with your doctor in cases where it is needed to remedy your hearing concerns. The clinic is owned and operated by Nancy A. Congdon, Au.D., a licensed Doctor of Audiology with over 40 years of experience in the hearing healthcare industry.

Dr. Nancy A. Congdon, Au. D.

6800 S. Main Street, #114, Downers Grove, IL 60516
(630) 963-6161 Email: drcongdon@sbcglobal.net
www.thehearingcareclinic.com

Oasis Senior Advisors

Oasis is a free service to help find safer living and care options for older adults. I meet with families face-to-face to determine their budget, preferred geographical locations, medical and social needs, and what is important to them. One benefit to working with Oasis is that we identify just a few options that is based on your specific criteria, we schedule tours and join you to help you ask the right questions. Julianne is a registered nurse with over three decades of experience and holds the HIPAA right to privacy as a cornerstone of my business. I will be the point person and will protect your contact information until you find the right place.

Julianne Rizzo RN, MBA, CSA - Owner

Westmont, IL. 60559

708-929-8221 Email: jrizzo@youroasisadvisor.com
www.oasissenioradvisor.com/southwestchicago

Health Care Services Continued

Senior Living Experts

Hello! I have been in the Senior Living industry for almost 30 years now. My free service covers the Western Suburbs, as well as the rest of the Chicagoland area. I identify Independent Living communities, Assisted Living, Memory Care, Supportive Living Communities, and In-Home Care options for the senior, which takes away the stress of an overwhelming process.

Kerry Quirin

Downers Grove, IL. 60515

630-800-7865 Email: kerry@seniorlivingexperts.com

<http://seniorlivingexperts.com/>

Home Care (Non-medical)

AT HOME WITH YOU – In-Home Caregivers

We provide exceptional RN managed services that enrich seniors' lives while maintaining the highest possible level of independent living within the comfort of their home. Our caregivers assist in the care of loved ones by providing services that include dementia, memory care, bathing, dressing, meal preparation, medication reminders, light house-keeping, exercise, safety and fall prevention, transportation, companionship and more! We provide personalized care that not only meets a client's physical needs, but their emotional well-being as well.

At Home With You is licensed, bonded, and insured, and exceeds state regulations with employee background checks, drug testing, and live-scan fingerprinting.

Christina Urbanski, RN, BSN - Agency Owner and Operator

Westmont

(630) 786-6070 Email: Curbanski@AtHomeWithYou.com

www.AtHomeWithYou.com

Home Helpers Home Care

Home Helpers Home Care is a state-licensed, locally owned Home Care agency that ranks #22 in the nation and best in the western suburbs for client and Caregiver satisfaction by our industry's leading quality survey company! Our reliable Caregivers are committed to providing customized, compassionate care whenever and wherever it is needed. See our 5-star ratings at www.homehelpershomecare.com/hinsdale and our 240+ verified client reviews at <https://www.caring.com/senior-care/illinois/hinsdale/home-helpers-of-Hinsdale>. Our trusted Caregivers assist seniors with: Avoiding falls and hospitalizations, Dementia and Alzheimer's care, post rehab/surgery support, assistance with bathing, dressing, walking, medication reminders, meal preparation, errands/grocery shopping, light housekeeping, laundry, transportation to appointments, companionship and more! .

Brian Davis, Owner

Hinsdale

(630) 323-7230

Email: brian@homehelpershomecare.com

<https://www.homehelpershomecare.com/hinsdale/>

SENIORS HELPING SENIORS – Private Duty - Hourly

Our experienced, local, "SENIOR" caregivers have your goals in mind. **BUILD YOUR OWN SCHEDULE** within your budget with no minimums. Post-surgery/rehab, Companionship, Meal Preparation, Laundry, Light Housekeeping, Medication reminders, Personal care/hygiene, Dementia/memory care, Local transportation/errands and more.

Our average care provider has been with SHS for over 5 years! We complete extensive annual trainings to keep sharp and to learn new care techniques. Licensed, bonded, insured, fingerprint-background & health-screened employees only. An easy lower-income Veterans (& spouse) A&A VA PROGRAM for FREE care hours each week. Flexible Job Opportunities available.

We only hire active, mature, outgoing seniors who really care!

It's Like Getting Help From Friends!

Dan Rattary - Chief Care Officer

Westmont (Du Page County Branch)

(630) 324-6086 Email: shsillinois@comcast.net

www.seniorcaredupagecounty.com

Health & Wellness

MINDFUL TMS NEUROCARE & PSYCHIATRIC SERVICES

TMS therapy is an FDA-approved non-medication treatment which has helped thousands of patients beat depression, OCD, anxiety, and other psychological and neurological disorders. Mindful TMS is the only TMS provider in the Greater Chicagoland area to offer neuronavigation targeted TMS. We have five clinic locations, specially trained TMS therapists, and accept most insurance plans, making the process of getting safe, optimally effective TMS easy so you can focus on feeling better. Services also include access to highly qualified psychiatrists, NPs, and LCSWs who see patients in office as well as via telehealth for psychotherapy and medication management.

Murali Rao, MD, Psychiatrist, Owner

120 E. Ogden Ave, Suite 101, Hinsdale, IL 60521
(630) 366-7330 Email: info@mindfultms.com
www.mindfultms.com

Financial Planning

Equitable Advisors

Equitable is an A1 rated company that has been around since 1859. We deliver innovative risk and wealth management strategies along with protection products. At Equitable, we focus on holistic financial planning.

We specialize in creating innovative financial plans to fit individual and business needs and budgets. We are associated with the top insurance carriers in the state to provide the right options for you. We focus on guaranteed income strategies as well as wealth building investments.

Nora Hernandez

630-954-6875

Email: Nora.hernandez@equitable.com

Email: Clare.nawrocki@equitable.com

Clare Nawrocki

630-575-5043

1515 W 22nd Street, Suite 300

Oak Brook, IL 60523

(630) 786-6070

www.Equitable.com

Real Estate Services

Bea Wolfe Properties

I am Bea Wolfe , a Seniors Real Estate Specialist (SRES) and Real Estate Broker. I focus on helping seniors and their families with the often-complex transitions of downsizing, relocating, or aging in place. With compassion and deep local expertise, I'm here to make these life changes as smooth as possible.

Bea Wolfe

@properties Christie's International Real Estate
Hinsdale, IL 60521
(630) 642-7797 Email: bea@atproperties.com
<http://beawolfeproperties.com>

Weichert, Realtors® – Homes by Presto

Our real estate services are provided under the name Weichert, Realtors® – Homes by Presto. As a member of the Weichert® family, our office has access to state-of-the art technology and marketing tools to provide our sellers the best exposure for their homes in and beyond their local real estate market. When you list your home to sell with us, you get a lot more than typical real estate agents offer. Our services team and your Weichert Realtor® will work seamlessly together so that your home shows well to all types of buyers. Our goal is to sell your home quickly at the best possible price.

Joanne Rancich, Realtor

Weichert, Realty-Homes by Presto
Presto Real Estate Services
1717 N Naper Blvd.
Naperville, IL 60563
(630) 222-6662 Email: joannelr@sbcglobal.net
www.prestorealestate.com

Assisted Living

The Birches Assisted Living and Memory Care Community.

Locally owned and operated since 1999, we've been committed to offering a rewarding lifestyle that focuses on successful aging. Apartments are cozy, private, and secure, the way a home should be. And our community spaces are intimate, warm and welcoming. The Birches is a certified Montessori Inspired Lifestyle community for both assisted living and memory care. Our community strives to create a great place to live and work.

Mary Ferguson

215 55th Street, Clarendon Hills IL 60514

630-789-1135 Email: MFerguson@Birches.net

<http://www.birches.net/>

Cordia Senior Residence of Westmont

Cordia offers an active and engaging lifestyle for Independent and Assisted Living seniors. Our mission is to create opportunities for seniors to continue to lead meaningful lives. We provide dignified and respectful personal care when assistance is needed. Our residents enjoy a remarkable lifestyle and appreciate quality services and amenities. We offer a large array of programs and outings that makes every day unique. In our intimate rental community, we have a variety of well-appointed apartments, many with full kitchens. We hope you'll come for a visit and discover for yourself everything Cordia has to offer.

Shelly Lindsey - Director of Community Relations

865 N. Cass Ave, Westmont, IL 60559

630-887-7000 Email: slindsey@cordia.biz

www.CordiaSeniorLiving.com

Assisted Living Continued

Terra Vista of Oakbrook Terrace

Terra Vista of Oakbrook Terrace is a licensed assisted living complex exclusively designed as secure apartment living for those 55+ and diagnosed with memory loss.

The community has been designed and managed by a team of dementia experts who have provided housing and services to older adults for more than 40 years. Terra Vista combines world class care with state of the art technologies to improve quality of life and maintain familial connections.

Mark Davis

1635 S Ardmore Ave., Oakbrook Terrace, IL 60181
(630) 534-0886 Email: mdavis@terravista.org
www.TerraVista.org

Vision Services

Clarendon Vision Advanced EyeCare

Clarendon Vision Advanced EyeCare provides personalized, expert vision care, specializing in Primary Care Optometry, Dry Eye Relief, Neuro Optometry, and Ocular Disease Management. Our dedicated doctors empower patients with insights into the transformative impact of tailored vision exams and treatment plans.

Dr. Dana Shannon

Clarendon Vision Advanced EyeCare
700 E Ogden Avenue, Suite 200
Westmont, IL 60559
(630) 323-7300 Email: info@clarendonvision.com
www.clarendonvision.com

Additional Community Resources

Dementia Friendly Westmont

Dementia Friendly Westmont seeks to raise awareness, reduce stigma, provide resources, and increase support for those living with dementia through education and coordination of resources. In March of 2020, the Village of Westmont became the first official Dementia Friendly Community in DuPage County. Westmont has taken specific steps to train staff and provide resources so that we can better serve and accommodate people with dementia and their care partners. To assist residents, Dementia Friendly Westmont has developed Dementia-Friendly-Westmont-Resource-Guide that features contact information for local resources. The brochure is available at various locations throughout the community and online. For more information, please contact us via email DementiaFriendlyWestmont@westmont.il.gov

Downers Grove Township Senior Services

Downers Grove Township (DGT) is focused on fostering the independence and well-being of older adults, enhancing their quality of life, and providing community resources and referral information. DGT hosts a variety of life enrichment programs at our senior center, located at 4341 Saratoga Ave. in Downers Grove. Activities include board games and cards, art classes, computer classes, educational seminars, social events, a senior forum, and more!

DGT services include a Dial-A-Ride transportation service, reduced fare RTA applications, assistance with Benefit Access applications, processing passport applications, assistance with property taxes, voter registration, notary services, and additional services.

Sarah Behrens, Human Services Outreach Coordinator

4340 Prince Street, Downers Grove, 60515
(630) 719-6685 Email: sarah.behrens@dgtownship.com
www.dgtownship.com

Additional Community Resources Continued

Since 1975, **People's Resource Center (PRC)** has been bringing neighbors together to respond to hunger and poverty in DuPage County.

Our Mission: The People's Resource Center community exists to respond to basic human needs, promote dignity and justice, and create a future of hope and opportunity for the residents of DuPage County, Illinois. Nearly 26,000 DuPage residents rely on PRC for help each year. We offer nutritious food and other basic necessities like clothes and rent assistance for neighbors in need. PRC also connects people with resources - education and tutoring, jobs, technology, art, a caring community - to create a future of hope and opportunity for all. PRC provides these services because of the generosity and support from our neighbors.

Carl F. Alston, APR

104 Chestnut Ave., Westmont, IL 60559
(630) 682-5402 Email: prc1@peoplesrc.org
www.Peoplesrc.org

Westmont Fire Department

The Westmont Fire Department encourages residents to keep abreast of important home safety information. Be sure that everyone in your family is educated and prepared to respond appropriately in the event of a home emergency. The Westmont Fire Department Citizens Fire Academy is a program designed to help citizens better understand the Department's firefighting and rescue operations and the multitude of services it provides to the community. It also includes CPR/First Aid Training. The Public Education Division is responsible for providing the public with information and resources to prevent not only fires, but also to reduce or prevent injuries and death from causes unrelated to fire. The Westmont Fire Department is committed to the safety and education of both children and adults within the community.

Steve Riley

6015 Cass Ave, Westmont
(630) 981-6400
for emergencies: call 911

Westmont Park District Senior Center

Open 8:30-4:30pm Mon-Fri.

Lounge – big screen TV, DVD player, card tables, blood pressure monitoring machine. Come out for movies; bingo, Classes in: watercolor, Tai Chi, Ageless Grace Chair Fitness & more. The Young At Heart Newsletter gives information on bus trips, events, services & programs.

Alice Krampits, Senior Coordinator

55 E. Richmond St., Westmont
(630) 969-8080

Westmont Police Department

Good communication with the constituents we serve is very important to the Westmont Police Department. A list of links to important information that may be helpful to the citizens of Westmont can be found here: <https://westmont.illinois.gov/567/General-Information>

James Gunther, Chief of Police

500 North Cass Avenue, Westmont
(630) 981-6300
for emergencies: call 911

Westmont Public Library

The Westmont Public Library welcomes seniors to experience a wide range of materials for checkout and online use; free computer and internet access; a variety of events and programs; and friendly, patient, and helpful staff. We have large print books, special computer equipment for vision-impaired users, short stories, and audiobooks. Homebound service is available to Westmont residents every month who cannot make it to the library due to disability, illness or injury.

Adult Services

428 N. Cass Ave, Westmont
630.869.6155 Email: reference@westmontlibrary.org
www.westmontlibrary.org

Additional Senior-Friendly Businesses

- Aspired Living of Westmont, 407 W 63rd St, Westmont
- BankFinancial, 6301 Fairview, Westmont
- Curaleaf, 11 E Ogden Ave., Westmont
- Westmont Pharmacy, 2 N Cass Avenue, Westmont

DuPage County Senior Services Hotline
(630) 407-6500

211 Information Hotline

<https://211dupage.gov>

211 is FREE service used by millions of people In DuPage County and US.

Contact 211 to access free and confidential crisis and emergency counseling, disaster assistance, food, health care and insurance assistance, stable housing and utilities payment assistance, employment services, veteran services and childcare and family services.

- 211 provides expert, caring help — They listen, identify underlying problems, and connect people with resources and services that improve their lives.
- 211 meets real needs in real time
- 211 tackles underlying root causes – 211 does more than “patch people through” to agencies. Instead, 211 specialists are trained to identify and address root causes of a client’s problem – and connect them with a wide range of available resources that meet all the underlying needs, not just the one that prompted the call, text or email.



Senior Resource Group

Check out our Facebook Page:



DuPage Area Senior Resources

For up-to-date information, videos and current activities and events sponsored by these businesses

Online version of this brochure available at

<https://tinyurl.com/westmontsrg>



westmont
Chamber of Commerce
and Tourism Bureau

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Westmont, IL 60559

Phone 630-960-5553

E-mail: wccbt@westmontchamber.com

westmontchamber.com