



Senior Resource Group

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

2026

Senior Resource Group Business Listing

Health Insurance

Clemens Enterprises, Inc.

Health Care Services

ARC Physical Therapy

Nexus at Westmont

Burgess Square Healthcare and Rehab Centre

Oasis Senior Advisors

Senior Living Experts

Home Care (Non-medical)

Amada Senior Care

At Home With You

Home Helpers Home Care

Seniors Helping Seniors - Home Care Services

Health & Wellness

Mindful TMS Neurocare Centers

Real Estate Services

Bea Wolfe Properties

Financial Advisor

Cambridge

Assisted Living

Birches Assisted Living & Memory Care

Cordia Senior Residence

Sunrise of Westmont

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 has been voted Best Physical Therapy Clinic in DuPage 2019-2024. Our team of experienced therapists provide one-on-one care for all orthopedic problems, incontinence and pelvic floor issues as well as balance and vestibular disorders. 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/>

NEXUS AT WESTMONT formerly BRIA

Nexus at Westmont, is a trusted leader for both short- and long-term care. We offer comprehensive medical services including: 24-Hour Nursing Care, Physical, Occupational, and Speech Therapies, Specialized Cardiac Programs including LVAD management, Orthopedic and Pulmonary Rehabilitation, On-Site Hemodialysis, VIHAR Services, Aquatic Pool Therapy. Our BRIA STRIVE Program is designed to help you return home more effectively following a hospital stay.

Carol Magpayo, Admission Director

6501 S Cass Ave, Westmont IL, 60559

(224) 523-9196 Email: cmagpayo@nexushm.com

www.nexushm.com

Health Care Services Continued

BURGESS SQUARE HEALTHCARE & REHAB CENTRE

Burgess Square Healthcare & Rehab Centre combines clinical excellence with genuine compassion, providing personalized rehabilitation in a warm, home-like setting. With a dedicated therapy team, a 5-star Medicare rating since 2017, and recognition as one of Newsweek's Best Nursing Homes 2025, we're a trusted sanctuary for families seeking peace of mind.

Mike Hensley

5801 S Cass Ave, Westmont IL, 60559

(630) 971-2645 Email:

mikehensley@burgesssquare.com

www.burgesssquare.com

OASIS SENIOR ADVISORS

Oasis is a free service to help find safer living options for older adults based on budget, preferred location, and medical or social needs. Julianne is a registered nurse who practices HIPPA compliance and never discloses your contact information to anyone until you have found the right place. We tour with our clients and help navigate all aspects of senior living.

Julianne Rizzo RN, MBA, CSA, CDP - Owner

Westmont, IL. 60559

708-929-8221

Email: jrizzo@youroasisadvisor.com

www.oasissenioradvisor.com/southwestchicago

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)

AMADA SENIOR CARE

Providing certified in-home caregivers-Nursing Services- Individualized Care Plans-Free Home Safety Assessment-Dementia Care-Long Term Care Policy Review-Placement Services- 24hr Availability-Care Management Services-VA Program. Jenny Novy, CPG President Owner, A Certified Practicing Gerontologist (CPG), has dedicated her professional and personal life to caring for seniors for the last 30 years. A lifelong Chicagoan, she uses her extensive senior care experience to help people live independently, and maintain a high quality of life, wherever they call home. Jenny's commitment to senior care is founded on a strong academic background and extensive real-world experience.

“AMADA is Your One-Call Solution”

Jenny Novy - CPG President/Owner

(847) 324-9450

www.AMADANorthshore.com

AT HOME WITH YOU

Non-franchised home caregiver services, RN-owned and operated, delivering exceptional, individualized, RN-managed care. Licensed and insured, with two licenses to provide you with the best options for the most cost-effective care. Our highly trained compassionate caregivers undergo background checks, drug testing, fingerprinting, and ongoing education-including dementia care.

Christina Urbanski, RN, BSN - Agency Owner and Operator

Westmont

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

www.AtHomeWithYou.com

Home Care (Non-Medical) Continued

HOME HELPERS HOME CARE

Home Helpers Home Care, a state-licensed and locally owned agency, ranks #14 nationally and #1 in Illinois for client and caregiver satisfaction. Our trusted caregivers provide compassionate, customized care, including dementia support, post-surgery assistance, personal care, meal prep, errands, transportation, and more. See our 5-star ratings on Google and 260+ client reviews on Caring.com.

Brian Davis, Owner

Hinsdale

(630) 323-7230

Email: brian@homehelpershomecare.com

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

SENIORS HELPING SENIORS Home Care

Experienced "SENIOR" caregivers help you after rehabilitation, including: Companionship, Meal Prep, Cleaning, Personal Care, Dementia, Transportation and more, with a custom schedule with no minimums. Our VA PROGRAM offers FREE care hours. Trained, Experienced, Licensed, Bonded, Insured, Background & Health-Screened employees are active, mature, outgoing seniors who really care!

Dan Rattary - Chief Care Officer

Westmont (Du Page County Branch)

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

www.seniorcaredupagecounty.com

Health & Wellness

MINDFUL TMS NEURO CARE & PSYCHIATRIC SERVICES

Mindful TMS offers FDA-approved, non-medication treatment for depression, OCD, anxiety, and other mental health disorders using neuronavigation-targeted TMS. With five Chicagoland locations, they provide specially trained therapists and accept most insurance plans. Additional services include access to psychiatrists, NPs, and LCSWs for in-office and telehealth psychotherapy and medication management, aiming to provide safe, effective treatment for patients.

Murali Rao, MD, Psychiatrist, Owner

120 E. Ogden Ave, Suite 101, Hinsdale, IL 60521

(630) 366-7330 Email: info@mindfultms.com,

www.mindfultms.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>

Financial Advisor

CAMBRIDGE

We deliver innovative risk and wealth management strategies along with protection products. We specialize in creating holistic financial plans to fit individual and business needs and budgets. We focus on guaranteed income strategies and wealth building investments.

Clare Nawrocki, CLU

10324 Minnick Ave., Oak Lawn, IL 60453

(708) 232-6195 Email: cnawrocki@cambridgesecure.com

<http://cambridgesecure.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/>

Assisted Living Continued

CORDIA SENIOR RESIDENCE OF WESTMONT

Cordia provides an active lifestyle for Independent and Assisted Living seniors, focusing on meaningful engagement and dignified personal care.

Our residents enjoy quality services, diverse programs, and a variety of well-appointed apartments rentals, many with full kitchens. Visit us to discover all that 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.CordiaWestmont.com

SUNRISE OF WESTMONT

Sunrise Senior Living- championing the life of all seniors for 45 years by providing quality assisting living and memory care for residents to enjoy a longer, healthier, and happier life. Now offering in suite dialysis at Sunrise of Westmont!

Brittany Leckie

407 W 63rd St., Westmont, IL 60559

(630) 960-4400

Email: Brittany.Leckie@sunriseseniorliving.com

www.SunriseWestmont.com

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. 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. To assist residents, Resource-Guide has been created 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 Senior Services supports the independence and well-being of older adults by offering a variety of resources and referrals. Our senior center hosts fun, enriching programs such as games, art and computer classes, educational seminars, and social events. We also provide essential services, including Dial-A-Ride transportation, Benefit Access application assistance, passport processing, voter registration, and more.

Sarah Deschamps, Human Services Outreach Coordinator

4340 Prince Street, Downers Grove, 60515

(630) 719-6685 Email: sarah.deschamps@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. PRC serves more than 25,000 DuPage residents annually with food, clothes and rent assistance; or by empowering people with resources like education and tutoring, jobs, technology, art, and a caring community - to create a future of hope and opportunity for all.

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

WESTMONT FIRE DEPARTMENT

(630) 981-6400

or emergencies: call 911

WESTMONT PARK DISTRICT SENIOR CENTER

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

55 E. Richmond St., Westmont

(630) 969-8080

WESTMONT POLICE DEPARTMENT

500 North Cass Avenue, Westmont

(630) 981-6300

for emergencies: call 911

WESTMONT PUBLIC LIBRARY

The Library welcomes seniors to experience a wide range of materials and services—from free computer and internet access to a variety of events and programs, as well as friendly, patient, and helpful staff. They have large print books, special equipment for vision-impaired computer users, audiobooks, and e-audiobooks. Monthly home delivery is available to Westmont Public Library cardholders 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

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.

Senior Resource Group

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

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