ROSE CENTERS
FOR AGING WELL
...providing resources for healthy living.

January 2021

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Rose Centers for Aging Well

ROSE CENTERS ADMINISTRATION

Dabney K. Conwell
Executive Director,
Rose Centers for Aging Well
Vice President,
Benjamin Rose Institute on Aging

Melissa Winberry
Assistant Director,
Rose Centers for Aging Well

Happy New Year 2021

Well Wishes Edition!

Check out the Rose Center staff wishes for 2021, along with holiday décor!

Located throughout the newsletter

My wish is not just a wish but a challenge. In 2021, take the time to get to know someone new, understand someone's point of view that is different than the one you carry and leave each place better than you found it.

-Dabney Conwell

Rose Centers News

November 2 winners:
Linda Jarrett
Tommie Martin
Josephine Phillips
Bertha Idom — winner x 2
Ludel Dennis — winner x 3
Diane Golphin — winner x 3

November 16 winners:
Ludel Dennis
Sadie Childs
Grace Ross — winner x 2
Willie McLemore — winner x 3

November 23 winners:
Grace Ross
Cynthia Clark
Sadie Childs — winner x 2
Ludel Dennis — winner x 3
Anna Pope — winner x 5

November 30 winners:
Linda Jarrett
Grace Ross
Pecolia Standberry
Sadie Childs
Willie McLemore
Aldora Webb
Sandra Merritt — winner x 2
Cynthia Clark— winner x 2
Anna Pope — winner x 3

Santa & Dabney hanging out **before** COVID-19.

Dabney's Christmas tree!

Congregate meals are available at your local Rose Center for a suggested donation of $1.00

Home-Delivered Meals

Meal Cancellations: 216-373-1994

Hours: Monday - Friday
8:00 am - 5:00 pm

Please remember we are closed for the holiday on Friday, January 1st.

Meal deliveries will resume on Monday, January 4th.

No meal delivery on Monday, January 18th.

Meal deliveries will resume on Tuesday, January 19th.

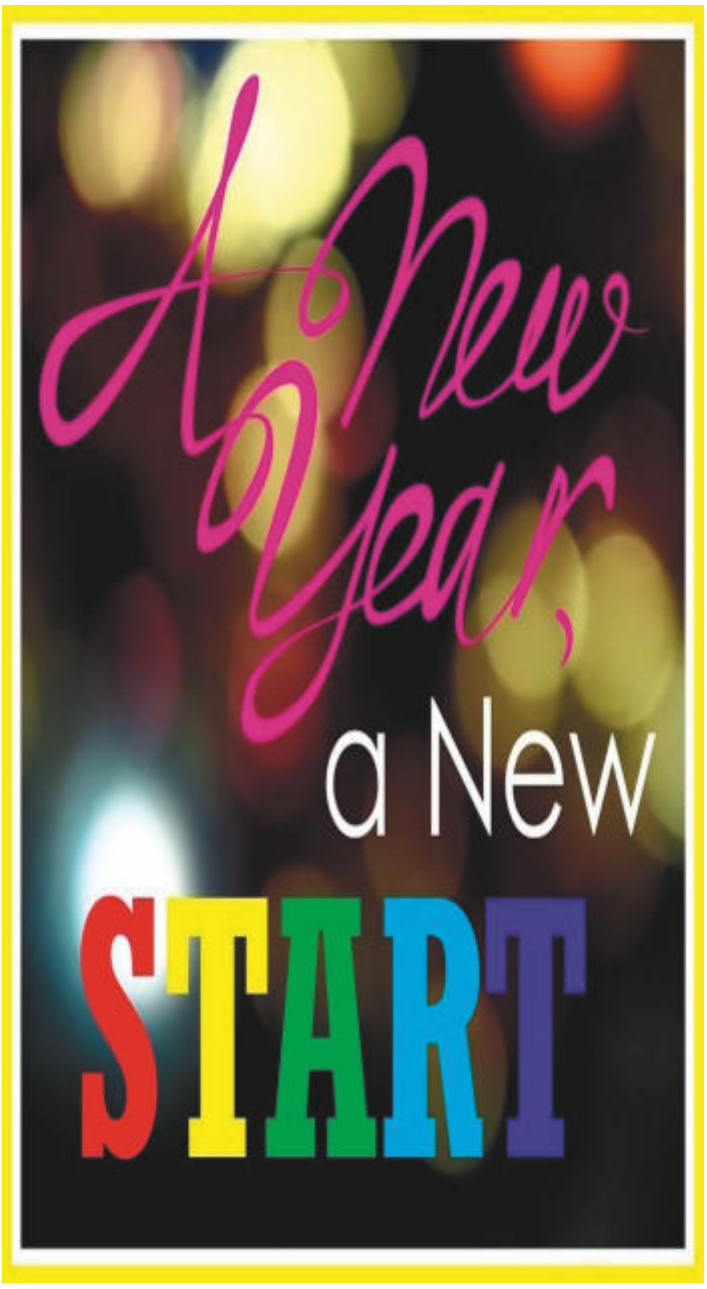
HOME-DELIVERED MEALS STAFF

Jacqueline Hart, *HDM Administrator*
Jennifer Meigs, *HDM Social Worker*
Bonnie Paul, *HDM Social Worker*
Anthony Bolden, *Driver/Jumper*
Jasmine Brim-Redmond, *PRN Driver/Jumper*
Cleveland Cody, *Driver/Jumper*
Donna Dozier, *PRN Driver/Jumper*
Darryl Evans, *PRN Driver/Jumper*
Denham Fletcher, *Driver/Jumper*
Wendell Franklin, *Driver/Jumper*
Bruce Fowler, *Driver/Jumper*
Lizzie Gaitor, *Driver/Jumper*
Rose Gator, *Jumper*
Ruben Hill, *Fleet Manager*
Rachel Isom, *Driver/Jumper*
Carl Rudolph, *Driver/Jumper*
Garland Smith, *Driver/Jumper*
Arthur Walker, *Driver/Jumper*

East Cleveland Rose Center at Salvation Army

1507 Doan Avenue, Cleveland, OH 44112
Phone: 216-373-1696 Fax: 216-373-1949

Hours: Monday- Friday
9:00 am - 3:00 pm



EAST CLEVELAND ROSE CENTER AT SALVATION ARMY CENTER STAFF

Tracey Kirksey, Center Director

Kathleen Woodson, Program Assistant

Apple Chips: A healthy & delicious snack

Ingredients:

-2 Golden Delicious apples, cored and thinly sliced

-1 ½ teaspoons white sugar

-½ teaspoon ground cinnamon

Directions:

Step 1: Preheat oven to 225 degrees F

Step 2: Slice apples & arrange on baking sheet

Step 3: Mix cinnamon & sugar in a bowl and sprinkle over apple slices

Step 4: Bake in the oven 45-60 minutes, until edges are curled and crispy.

https://www.allrecipes.com/recipe/233281/apple-chips/

Staff Well Wishes…

"My wish for 2021 is that each senior is connected to the Rose Center, gains good health, and has a great year"!

"My wish for 2021 is to loose a few pounds because COVID-19 has caused me to snack more than ever"!

-Kathleen Woodson

"I wish each and every Rose Center senior good health and sanity until we all get back together".

"I wish that we are able to safely travel next year and that I can visit new countries".

-Tracey Kirksey

What is the Chinese Zodiac?

The Chinese zodiac, or shengxiao ('born resembling'), is a repeating cycle of 12 years, with each year being represented by an animal and its reputed attributes.

Originated from ancient zoolatry and boasting a history of more than 2,000 years, it plays an essential role in Chinese culture.

Find out your symbol, on the next page. Use the year you were born!

NEW YEAR.
NEW ME.
NEW BEGINNING.

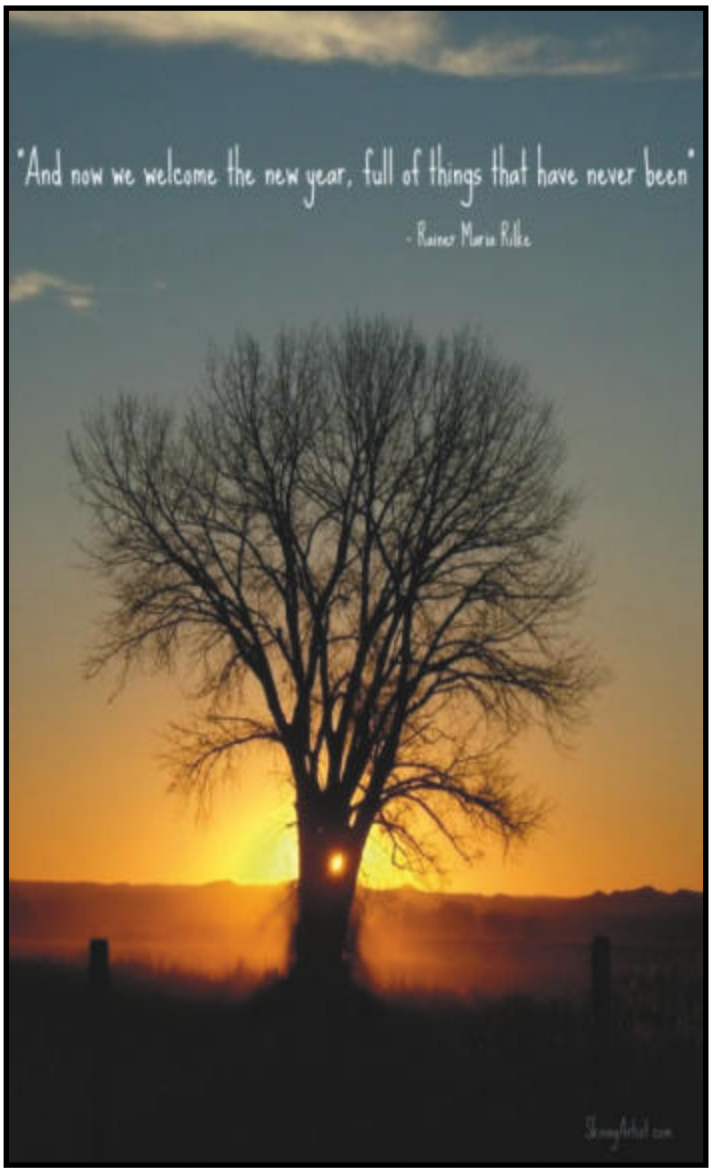
Rose Centers For Aging Well

Zodiac Animal	Strengths	Birth Year
Rat	adaptable, quick-witted, optimistic, considerate, versatile, outgoing	1924, 1936, 1948, 1960, 1972, 1984, 1996, 2008, 2020, 2032
Ox	prudent, calm, strong-willed, persistent, honest	1925, 1937, 1949, 1961, 1973, 1985, 1997, 2009, 2021, 2033
Tiger	confident, courageous, steadfast, loyal, upright, trustworthy	1926, 1938, 1950, 1962, 1974, 1986, 1998, 2010, 2022, 2034
Rabbit	gentle, considerate, cautious, friendly, compassionate	1927, 1939, 1951, 1963, 1975, 1987, 1999, 2011, 2023, 2035
Dragon	energetic, confident, ambitious, frank, romantic, intelligent, generous	1928, 1940, 1952, 1964, 1976, 1988, 2000, 2012, 2024, 2036
Snake	sociable, graceful humorous, wise, perceptive, determined	1929, 1941, 1953, 1965, 1977, 1989, 2001, 2013, 2025, 2037
Horse	warm-hearted, easy-going, positive, patient, steady, independent	1930, 1942, 1954, 1966, 1978, 1990, 2002, 2014, 2026, 2038
Sheep	gentle, softhearted, considerate, reliable, hardworking, thrift	1931, 1943, 1955, 1967, 1979, 1991, 2003, 2015, 2027, 2039
Monkey	intelligent, enthusiastic, self-assured, sociable, innovative, adaptable	1932, 1944, 1956, 1968, 1980, 1992, 2004, 2016, 2028, 2040
Rooster	ambitious, capable, quick-minded, confident, outgoing, independent	1933, 1945, 1957, 1969, 1981, 1993, 2005, 2017, 2029, 2041
Dog	righteous, brave, loyal, responsible, reliable, clever	1934, 1946, 1958, 1970, 1982, 1994, 2006, 2018, 2030, 2042
Pig	warm-hearted, sincere, honest, optimistic, generous	1935, 1947, 1959, 1971, 1983, 1995, 2007, 2019, 2031, 2043

Gunning Park Rose Center

16700 Puritas Road, Cleveland, OH 44135
Phone: 216-373-1917

Hours: Monday - Friday
7:00 am - 3:00 pm



GUNNING CENTER STAFF

Abigail Carney, Center Director
Loretta Ashby, Kitchen Manager
Linda Holt, Program Assistant
Ashley Langford, Activities Coordinator
Timothy Mitchell, HDM Jumper/Driver

Activities Coordinator, Ashley Langford's tree.

Center Director, Abigail Carney's family stockings.

STAFF WELL WISHES…

"My wish for 2021 is to get back into the Gunning Park center. It has been such an experience driving to the east side to work".

-Loretta Ashby

"My wish for 2021 and beyond is for my daughters to grow up in a safe world and be good people".

-Ashley Langford

"My wish is for 2021 to bring health and happiness to our participants and their loved ones".

-Abigail Carney

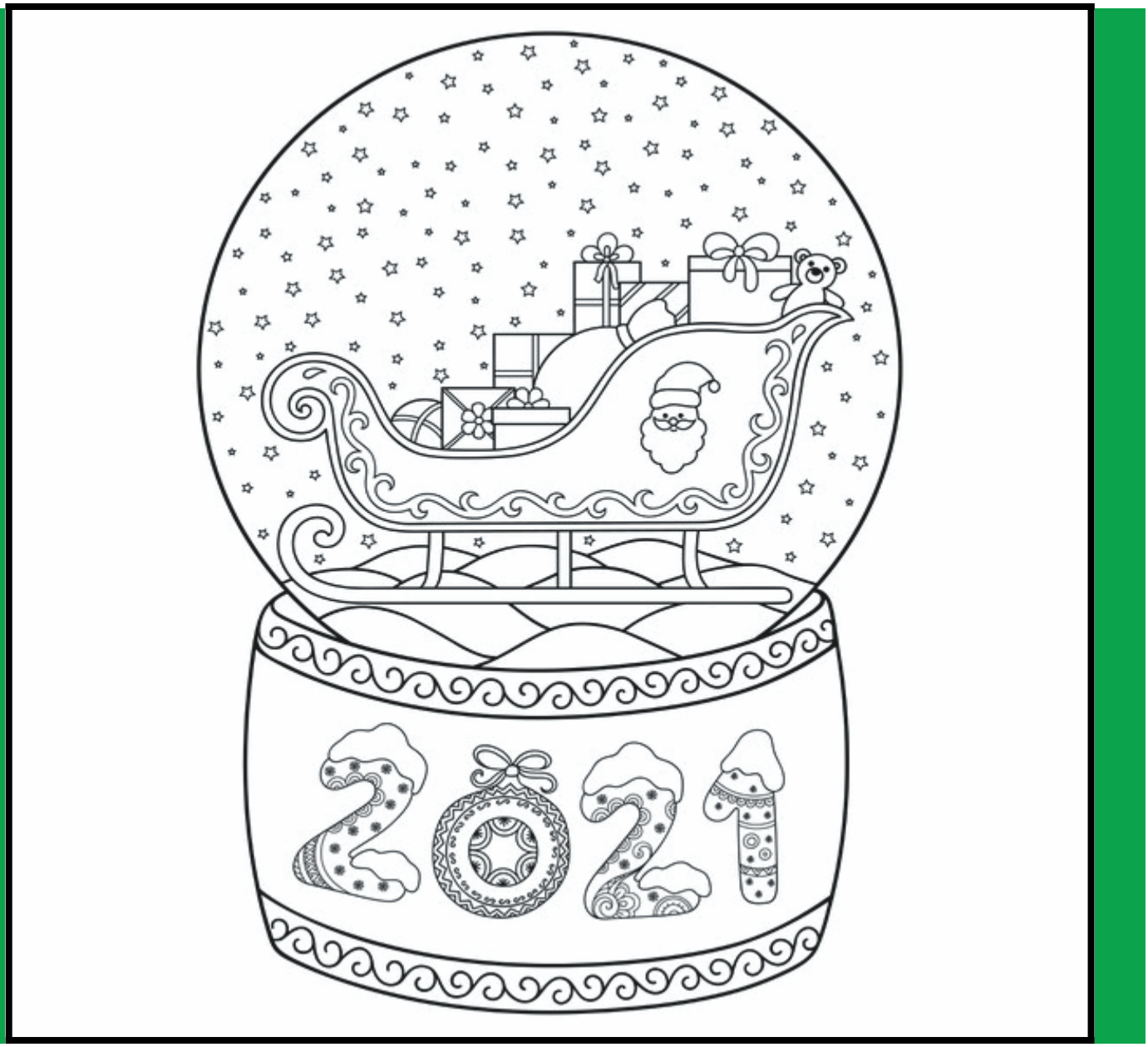
"My wish for 2021 is that we count the small blessings in each day, and focus on the positive things in our lives".

-Linda Holt

James Woods Rose Center

1795 West 25th Street, Cleveland, OH 44113
Phone: 216-373-1916 Fax: 216-373-1946

Hours: Monday — Friday
9:00 a.m. - 2:00 p.m.

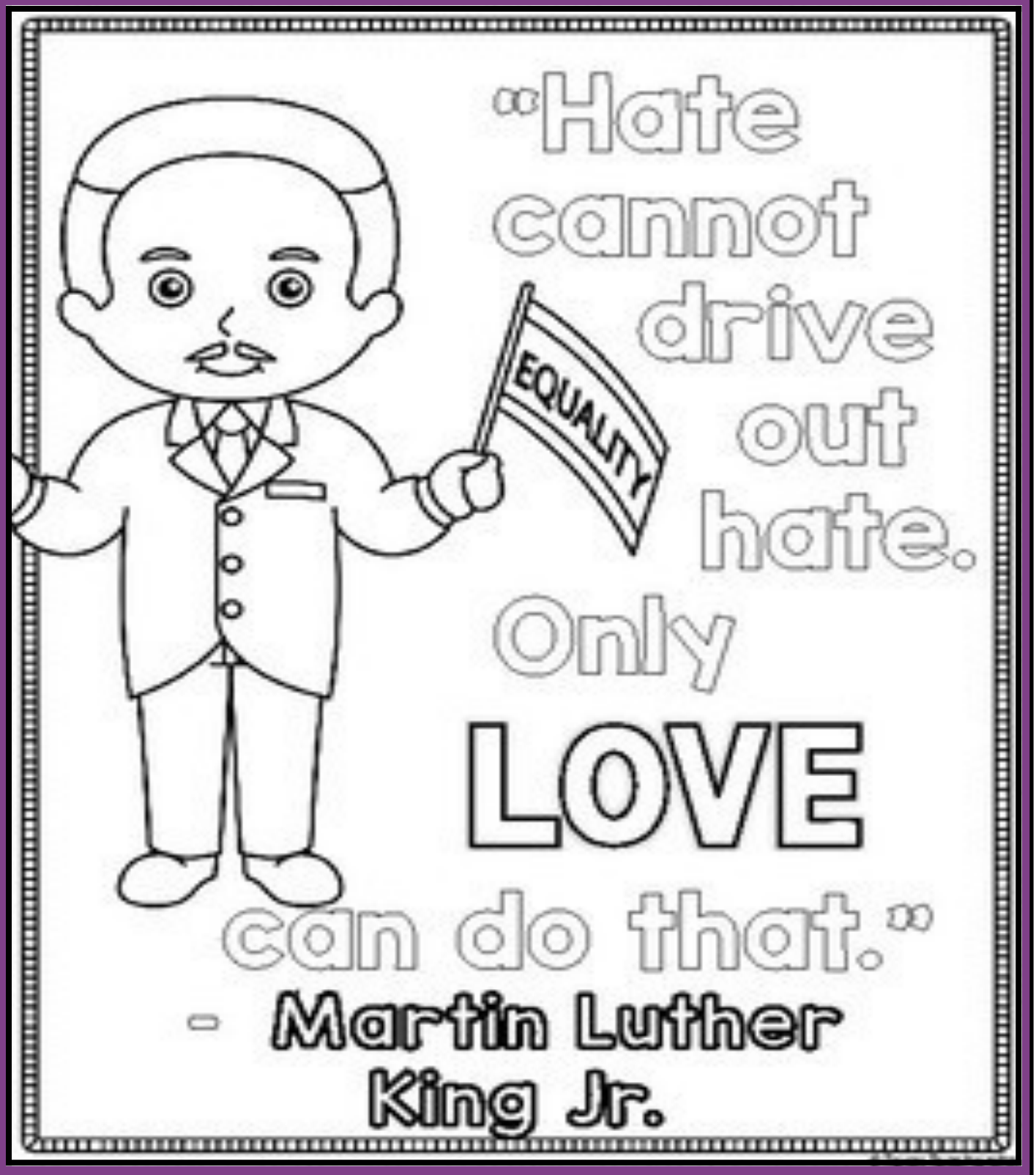


WOODS CENTER STAFF

Dolores Davis, *Nutrition Site Coordinator*
Richard Stewart, *Kitchen Aide*

Enjoy this New Year Coloring Page

Enjoy this Martin Luther King Jr. Coloring Page



King Kennedy Rose Center

2501 East 59th Street, Cleveland, OH 44104
Phone: 216-373-1918 Fax: 216-373-1948

Hours: Monday - Friday
9:00am - 2:00pm

2021

If it didn't bring you joy
Just leave it behind
Let's ring in the new year
With good things in mind.

Let every bad memory
That brought heartache and pain
And let's turn a new leaf
With the smell of new rain

Lets forget past mistakes
Making amends for this year
Sending you these greetings
To bring you hope and cheer

HAPPY NEW YEAR!

https://www.bing.com/images/search?

NEED ASSISTANCE WITH
INSURANCE, HEALTH BENEFITS, OR OTHER ISSUES?

Contact Cynthia Walker, Benjamin Rose Institute on Aging Benefits Enrollment Coordinator 216 361-0718

How many words can you make out of the words "New Year"

Example below to get you started…

Ran _____ _____

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

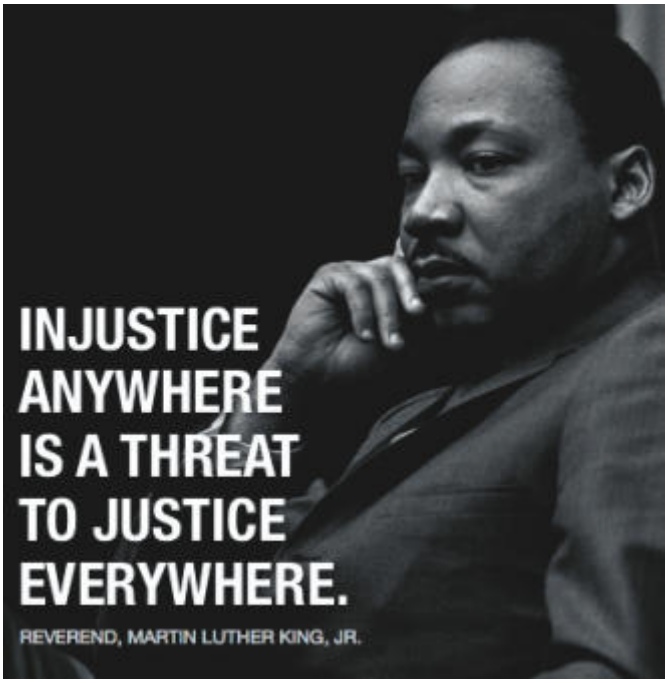
Paul W. Alandt Lakeshore Rose Center

16600 Lakeshore Boulevard, Cleveland, OH 44110
Phone: 216-373-1915 Fax: 216-373-1945

Hours: Monday - Thursday
10:00am - 3:00pm

January Holidays

<u>January 1:</u>
New Years Day



<u>January 18:</u>
Martin Luther King Jr. Day

LAKESHORE STAFF

Robin Whitted, *Program Asst./Food Manager*

Robin's Well Wish...

"Learn from yesterday, live for today, hope for a better tomorrow with a New Year in 2021".

Check out Ms. Robin's holiday décor!

Oakwood Rose Center

23035 Broadway Avenue, Oakwood Village, OH 44146
Phone: 440-735-1157 Fax: 440-735-1155

Hours: Monday - Friday
10:00am - 3:00pm

My well wish for 2021 is change; in how we treat each other, how we view each other and how we treat our planet.
-Melissa Winberry

Melissa's Family Traditions:

1. *My family goes to a tree farm to cut down our Christmas tree every year.*

2. *We use the angel that I made in first grade as our tree topper every year!*

OAKWOOD CENTER STAFF

Cynthia Clark, Food Service Manager
Kevin Prewitt, Program Assistant

January 2021 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Menu approved by: **Ann Stahlheber** **M.S.R.D.L.D.**				1 **HAPPY NEW YEAR** **2021** **Site Closed**
4 *BBQ Chicken Breast 3 oz. *Carrots ½ c *Brussel Sprouts ½ c Whole Grain Buttermilk Biscuit 2 oz. Orange Juice 4 oz. ALT= CS RB	5 *Sweet & Sour Meatballs 3-1 oz Sauce 2 oz /*Brown Rice ½ c *Oriental Blend Vegetables ½ c *Green Peas ½ c Whole Grain Wheat Banana ALT=CBG T	6 *Stuffed Cabbage 4 oz. *w/Sauce 2 oz *Mashed Potatoes ½ c *Corn w/Red Peppers ½ c 2 Whole Grain Wheat Sliced Apricots ½ c ALT= CBG TR	7 * Beef Meatloaf w/Glaze 3 oz. *Baked Beans ½ c *Harvard Beets ½ c Whole Grain Roll, 2 oz. Fresh Grapes 1 c ALT=CBG T	8 *2(2oz.) Stuffed Shells *w/Sauce 2 oz. *Spinach ½ c Lemon Juice 1 PC *California Blend ½ c W. G. Garlic Toast 2 oz. Sliced Pears ½ c ALT=CBG RB
11 *Breaded Fish 4 oz. Tartar Sce 1 PC/Ketchup 1 PC *Potato Wedges 1/c *Cole Slaw ½ c W.G. Hamburger Bun Sliced Peaches ½ c ALT=CS RB	12 *Ham 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c *Cauliflower/Broccoli ½ c 2 Whole Grain White Mandarin Oranges ½ c ALT=CBG TR	13 *BBQ Rib Patty 3 oz. *Sweet Potatoes ½ c *Brussel Sprouts ½ c Whole Grain Bun Chunky Applesauce ½ c ALT=CBG TR	14 *Chicken Cordon Bleu 6oz *Mashed Potatoes ½ c *Harvard Beets ½ c Whole Grain Wheat Whole Grain Vanilla Wafers Orange ALT=CBG RB	15 *Roasted Turkey Breast 3 oz. *Stuffing ½ c Gravy 2 oz. *Butternut Squash *Mixed Vegetables ½ c Whole Grain White Banana ALT=CBG T
18 **Martin Luther King Day** **Site Closed**	19 *Vegetable Lasagna 6 oz *Seasoned Carrots ½ c *Spinach ½ c w. Lemon 1 PC W. G. Dinner Roll Grape Juice 4 oz. ALT=CS RB	20 *Salisbury Steak 3 oz. w *Gravy *W.G. Noodles ½ c *Cauliflower ½ c *Mixed Vegetables ½ c W. G. Wheat Banana ALT=CBG TR	21 *Beef Sloppy Joe 4 oz. Seasoned Wedge Potatoes ½ c Ketchup 1 PC Harvard Beets ½ c Whole Grain Bun 2 oz. Orange ATL=CBG T	22 *Chicken Breast Stuffed w*/Broccoli 6 oz. *Green Beans ½ c *Red Cabbage ½ c 2 Whole Grain White Mixed Fruit ½ c ALT=CBG RB
25 *Cheese Ravioli 6 oz. *Zucchini ½ c *Cauliflower ½ c Whole Grain Breadsticks 2 oz. Mandarin Oranges ½ c ALT=CS RB	26 *Stuffed Pepper 4 oz. *w/ Sauce 2 oz. *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Sliced Pears ½ c ALT=CBG T	27 *Lemon Gravy Chicken Breast 3oz. *Brown Rice ½ c *Butternut Squash ½ c *Broccoli ½ c Whole Grain Wheat Sliced Peaches ½ c ALT=CBG RB	28 *Roasted Pork Loin 3 oz. *Sweet Potatoes ½ c *Brussel Sprouts ½ c W.G. Dinner Roll 2 oz. Chunky Applesauce ½ c ALT =CBG TR	29 *Swedish Meatballs 6 oz. Sauce 2 oz *Noodles ½ c *Peas ½ c, Carrots ½ c Whole Grain White Sliced Apricots ½ c ALT= CBG TI

Western Reserve Area Agency on Aging - 2021
Note: Box Lunch Default Menu choice is shown in the right hand corner of each day.
"T" = Tuna, "TR" = Turkey, "RB" = Roast Beef
ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast

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Area Agency on Aging

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chernin@sbcglobal.net
Dorothy Carmack, Executive Director

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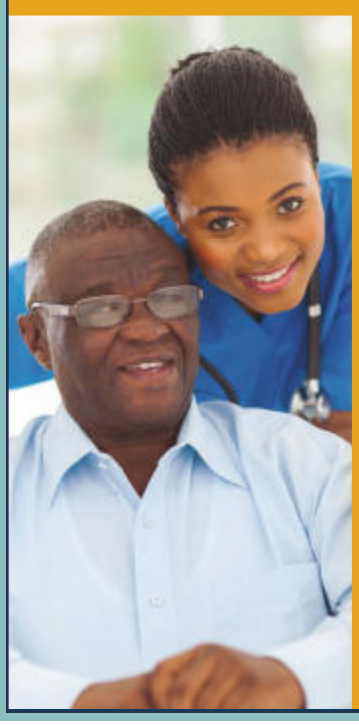

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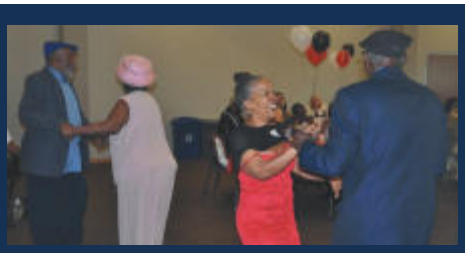
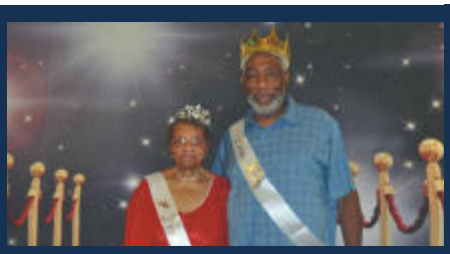

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A United Way funded agency

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