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

October 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

Choosing a health insurance plan

The 2022 Open Enrollment Period (OEP) begins November 1, 2021, and ends January 15, 2022.

1. The 4 "metal" categories: There are 4 categories of health insurance plans: Bronze, Silver, Gold, and Platinum. These categories show how you and your plan share costs. Plan categories have nothing to do with quality of care.

2. Your total costs for health care: You pay a monthly bill to your insurance company (a "premium"), even if you don't use medical services that month. You pay out-of-pocket costs, including a deductible, when you get care. It's important to think about both kinds of costs when shopping for a plan.

3. Plan and network types — HMO, PPO, POS, and EPO: Some plan types allow you to use almost any doctor or health care facility. Others limit your choices or charge you more if you use providers outside their network.

Things to know before picking a health insurance plan | HealthCare.gov

Client Satisfaction Survey

The Rose Centers for Aging Well take clients' overall satisfaction with services very seriously. We want you to be happy working with our staff and have a good experience receiving services.

The annual client satisfaction survey is one way in which we can get a better sense of your experience, and the feedback you provide will help us identify areas of improvement.

Within the next few weeks, you should receive a survey to fill out about your experiences. Please be open and honest, as it will help us enhance our services for the future.

All responses will remain confidential.

COVID Corner

As of September 20, 2021—the numbers reflected below are an accurate account of those who are vaccinated in Cuyahoga County. CDC COVID Data Tracker

PEOPLE VACCINATED	FULLY VACCINATED
Total Population Number	684,635
% of Total Population	55.4%
Population Number of 12 years & older	684,625
% of Population 12 years and older	64.1%
Population Number of 18 years and older	647,756
% of Population 18 years and older	66%
Population Number of 65 years and older	192,425
% of Population 65 years and older	83.6%

Don't forget to give your suggested $1.00/day meal donation to your delivery person.

Home-Delivered Meals

Meal Cancellations: 216-373-1994

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

Monday, October 11 is Columbus Day.

As a reminder, we will ***NOT*** deliver meals this day.

Meal deliveries will resume on Tuesday, October 12.

Thank you!

Recycle Cleveland

The City of Cleveland is shifting to a bi-weekly, opt-in recycling program. Residents interested in opting in to the curbside recycling program must sign up **October 22nd, 2021** through the opt-in form or by calling 216-664-3030 and agree to the recycling program guidelines.

Eligibility

All City of Cleveland residents and homeowners who live in a single-family household or a multi-family building up to four (4) units, serviced by the City of Cleveland Division of Waste are eligible to participate in the curbside recycling program.

HOME-DELIVERED MEALS STAFF

Jacqueline Hart, *HDM Administrator*
Jennifer Meigs, *HDM Social Worker*
Bonnie Paul, *HDM Social Worker*
Matthew Ashford, *Driver/Jumper*
Anthony Bolden, *Driver/Jumper*
Marcus Bonner, *Driver/Jumper*
Cleveland Cody, *Driver/Jumper*
Donna Dozier, *HDM Driver/Jumper/Generalist*
Denham Fletcher, *Driver/Jumper*
Bruce Fowler, *Driver/Jumper*
Wendell Franklin, *Driver/Jumper*
Rose Gator, *Driver/Jumper*
Joseph Grair, *PRN Driver/Jumper*
Ruben Hill, *Fleet Manager*
Rachel Isom, *Driver/Jumper*
Calvin Laster, *Driver/Jumper*
Anthony Ray, *Driver/Jumper*
Carl Rudolph, *Driver/Jumper*
Garland Smith, *Driver/Jumper*
Arthur Walker, *Driver/Jumper*

East Cleveland at Salvation Army Rose Center

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

Hours: Please see calendar

Women and Stroke

The lifetime risk of stroke for women between the ages of 55 and 75 in the United States is 1 in 5.[1] Stroke kills twice as many women as breast cancer does, making stroke the third leading cause of death for women.[2]

Surprised? You're not alone. Many women do not know their risk of having a stroke.

What is a stroke?

A stroke happens when blood flow to an area of the brain is blocked or when a blood vessel in the brain bursts. Blood carries oxygen to cells in the body. When brain cells are starved of blood, they die.

Stroke is a medical emergency. It's important to get treatment as soon as possible (see sidebar). Some treatments for stroke work only if given within the first 3 hours after symptoms start. A delay in treatment increases the risk of permanent brain damage or death.

What puts women at risk for stroke?

High blood pressure, also called hypertension, is a main risk factor for stroke.
More than 2 in 5 women have blood pressure greater than or equal to 130/80 mmHg or are taking medicine to control their blood pressure.[4] Only about 1 in 4 of those women have their blood pressure controlled to below 130/80 mmHg.[4]

EAST CLEVELAND ROSE CENTER AT SALVATION ARMY CENTER STAFF

Tracey Kirksey, Center Director

Kathleen Woodson, Program Assistant

Good News:

Stroke risk increases with **age**, and women live longer than men.

Most strokes can be prevented by keeping medical conditions under control and making healthy lifestyle changes:

Know your ABCS of heart and brain health:

- **Aspirin:** Aspirin may help reduce your risk for stroke, but you should check with your doctor before taking aspirin, because it can make some types of stroke worse. Before taking aspirin, talk with your doctor about whether it is right for you.
- **Blood pressure:** Control your blood pressure with healthy lifestyle changes (see below) and take your blood pressure medicines as directed
- **Cholesterol:** Manage your cholesterol with healthy lifestyle changes and take your medicine as directed.
- **Smoking:** Don't start smoking.

Make lifestyle changes:

Eat healthy: Choose healthy foods most of the time, including foods with less salt, or sodium, to lower your blood pressure, and that are rich in fiber and whole grains to manage your cholesterol.

Get regular physical activity: Regular activity helps you reach and maintain a healthy weight and keeps your heart and blood vessels healthier.

https://www.cdc.gov/stroke/women.htm

East Cleveland at Salvation Army Rose Center

Monday	Tuesday	Wednesday	Thursday	Friday
		Participants MUST register with Kathleen prior to activity 216-373-1682		**1**
4 **10:30** **Walk the Block** **11:00** **Grab n Go**	**5** **10:30** **Knit/Crochet** **12:30** **Lunch w/ Chef**	**6**	**7**	**8**
11 **11:00** **Grab n Go** **12:30** **Tai Chi**	**12** **12:30-2:00** **BINGO &** **Lunch w/Chef**	**13**	**14** 	**15**
18 **10:30** **Walk the Block** **11:00** **Grab n Go**	**19** **10:30** **Knit/Crochet** **12:30** **Lunch w/Chef**	**20**	**21**	**22**
25 **11:00** **Grab n Go** **12:30** **Tai Chi**	**26** **12:30-2:00** **BINGO &** **Lunch w/Chef**	**27** 	**28**	***29***

Gunning Park Rose Center

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

Hours: Monday - Friday
8:00 am - 3:00 pm

ENROLL TODAY | YOGA CLASS

Start your day feeling more centered and in touch with your body after our 9:30am Chair Yoga class every Monday morning! Vernon Sherrill, instructor and owner of Inward Compass Yoga, will show you the basics of yoga from the comfort of your chair. Give the class a try and register with us today at 216.373.1726. Spaces are limited!

The Gunning Park Rose Center will be closed on **Monday, October 11th** in observation of Columbus Day. We will resume regular programming on Tuesday!

WALK FOR WELLNESS
with Cleveland State University

Join the students from Cleveland State University for their annual Walk for Wellness Clinic on Wednesday, October 13th at 9:00am.

This clinic will help you get more information about your strength, endurance and a plan to keep active.

Call us to register at 216.373.1726!

GUNNING CENTER STAFF

Abigail Carney, *Center Director*
Carla Collins, *Program Assistant*
Ashley Langford, *Activities Coordinator*
Brittnay Schill, *Kitchen Aide*

REOPENING PLAN

The Gunning Park Rose Center will continue with Phase 2 reopening plans for October. The guidelines will include a maximum of 25 participants in the room at one time. Participants will be allowed to sit 4 people per table to engage in cards, games, and conversation. Some tables will remain off-limits to ensure proper distance between groups. Masks and temperature taking practices will remain in effect until further notice. All programming will be indoors and will need to be reserved in advance. Hot meals will be provided daily with reservation! We will also be continuing the Grab & Go lunch option for those who would like to pick up their lunches. We have resumed transportation services!

Please note all activities, lunches and transportation services MUST be reserved in advance at 216.373.1726

SUMMER SENIOR WALK—WARD 17

Join us on Friday, October 1st at Impett Park at 9:30am for a group walk around the park! Go at your own pace and walk as far as you want with your friends. Limited transportation available. Please call 216.373.1726 to register!

Gunning Park Rose Center

October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1 SENIOR WALK 10:00 Book Group 11:30 AM Lunch 11:30 Grab & Go 12:30 Bingo 2:00 PM Lunch
4 9:30 Chair Yoga 11:30 AM Lunch 11:30 Grab & Go 12:30 Bingo 2:00 PM Lunch	**5** 10:00 Crochet 10:00 Games/Cards 11:30 AM Lunch 11:30 Grab & Go 12:30 Pinochle 2:00 PM Lunch	**6** 10:00 Exercise 11:30 AM Lunch 11:30 Grab & Go	**7** 10:00 Games/Cards 11:30 AM Lunch 11:30 Grab & Go 12:30 Pinochle 2:00 PM Lunch	**8** 10:00 Exercise 11:30 AM Lunch 11:30 Grab & Go 12:30 Bingo 2:00 PM Lunch
11 COLUMBUS DAY **CENTER CLOSED**	**12** 10:00 Crochet 10:00 Games/Cards 11:30 AM Lunch 11:30 Grab & Go 12:30 Pinochle 2:00 PM Lunch	**13 CSU WALKING CLINIC** 10:00 Exercise 11:30 AM Lunch 11:30 Grab & Go	**14** 10:00 Games/Cards 11:30 AM Lunch 11:30 Grab & Go 12:30 Pinochle 2:00 PM Lunch	**15 ANTHEM** 10:00 Exercise 11:30 AM Lunch 11:30 Grab & Go 12:30 Bingo 2:00 PM Lunch
18 9:30 Chair Yoga 11:30 AM Lunch 11:30 Grab & Go 12:30 Bingo 2:00 PM Lunch	**19** 10:00 Music Bingo 11:30 AM Lunch 11:30 Grab & Go 12:30 Pinochle 2:00 PM Lunch	**20** 10:00 Exercise 11:30 AM Lunch 11:30 Grab & Go	**21** 10:00 Games/Cards 11:30 AM Lunch 11:30 Grab & Go 12:30 Pinochle 2:00 PM Lunch	**22** 10:00 Exercise 11:30 AM Lunch 11:30 Grab & Go 12:30 Bingo 2:00 PM Lunch
25 9:30 Chair Yoga 11:30 AM Lunch 11:30 Grab & Go 12:30 Bingo 2:00 PM Lunch	**26** 10:00 Crochet 10:00 Games/Cards 11:30 AM Lunch 11:30 Grab & Go 12:30 Pinochle 2:00 PM Lunch	**27** 10:00 Exercise 11:30 AM Lunch 11:30 Grab & Go	**28** 10:00 Games/Cards 11:30 AM Lunch 11:30 Grab & Go 12:30 Pinochle 2:00 PM Lunch	**29** 10:00 Exercise 11:30 AM Lunch 11:30 Grab & Go 12:30 Bingo 2:00 PM Lunch

For The Health Of It

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

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

October 10, 2021 is World Mental Health Day

The COVID-19 pandemic has had a major impact on people's mental health. Some groups, including health and other frontline workers, students, people living alone, and those with pre-existing mental health conditions, have been particularly affected. And services for mental, neurological and substance use disorders have been significantly disrupted.

Yet there is cause for optimism. During the World Health Assembly in May 2021, governments from around the world recognized the need to scale up quality mental health services at all levels.

WOODS CENTER STAFF

Dolores Davis,
Nutrition Site Coordinator
Charlene Douglas,
Kitchen Aide

For The Health Of It

King Kennedy: 2501 East 59th Street, Cleveland, OH 44104
Phone: 216-373-1918

Hours: Monday — Friday 8:00am - 2:00pm

Mental health care for all: let's make it a reality

Between 2015 and 2050, the proportion of the world's older adults is estimated to almost double from about 12% to 22%.

Over 20% of adults aged 60 and over suffer from a mental or neurological disorder. Depression at 7%, Dementia at 5%, Anxiety disorder at 3.8%, Substance abuse at 1%, and a quarter of deaths from self-harm among people aged 60 or older. Substance abuse problems among older people are often overlooked or misdiagnosed.

Mental health problems are under-identified by health-care professionals and older people themselves, and the stigma surrounding these conditions makes people reluctant to seek help.

The Response

The Comprehensive Mental Health Action Plan for 2013-2020 is a commitment to take specific actions to promote mental well-being, prevent mental disorders, provide care, enhance recovery, promote human rights and reduce the mortality, morbidity and disability for persons with mental disorders including in older adults.

It focuses on 4 key objectives to:
1. Strengthen effective leadership and governance for mental health;
2. Provide comprehensive, integrated and responsive mental health and social care services in community-based settings;
3. Implement strategies for promotion and prevention in mental health; and
4. Strengthen information systems, evidence and research for mental health.

Mental health of older adults (who.int)

If you are someone you know is struggling, reach out to 216-623-6888 for 24 hour assistance

KING KENNEDY CENTER STAFF

Karen Ledford,
Nutrition Site Coordinator
Gary McCoy,
Kitchen Aide

Paul W. Alandt Lakeshore Rose Center

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

Hours: Monday, Wednesday, Thursday
11:00am - 2:00pm

How Can ESOP help you?

ESOP is a full service housing and financial counseling agency and subsidiary of Benjamin Rose Institute on Aging. ESOP staff helps adults in all stages of life achieve and maintain financial wellness through free services that provide knowledge and tools for financial stability.

ESOP
FINANCIAL WELLNESS • HOUSING STABILITY

Find out more information on Thursday, October 21st from 11 a.m.— 1 p.m. at the center!

LAKESHORE STAFF

Open Position, Center Director
Robin Whitted, Program Asst./Food Manager

Halloween Word Scramble

okypos _____
pkpinum _____
treta _____
oghst _____
ydanc _____
rpivame _____
keonstel _____
luhgo _____
pecyre _____
tomcuse _____
nthua _____
owaercrcs _____
iyderah _____

Answers:

1. spooky
2. pumpkin
3. treat
4. ghost
5. candy
6. vampire
7. skeleton
8. ghoul
9. creepy
10. costume
11. haunt
12. scarecrow
13. hayride

Paul W. Alandt Lakeshore Rose Center

OCTOBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
CENTER WILL NOT BE OPEN ON TUESDAYS AND FRIDAYS				**1**
4	**5**	**6** BINGO 11:00—1:00 BOXED LUNCH	**7** SOCIAL DAY 11:00—1:00 BOXED LUNCH	**8**
11 11:30 Grab & Go	**12**	**13** BINGO 11:00—1:00 BOXED LUNCH	**14** SOCIAL DAY 11:00—1:00 BOXED LUNCH	**15**
18 11:30 Grab & Go	**19**	**20** BINGO 11:00—1:00 BOXED LUNCH	**21** SOCIAL DAY & ESOP Resource Table 11:00—1:00 BOXED LUNCH	**22**
25 11:30 Grab & Go	**26**	**27** BINGO 11:00—1:00 BOXED LUNCH	**28** SOCIAL DAY 11:00—1:00 BOXED LUNCH	**29.**

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

Pumpkin Pie Dip

- 15 oz can pumpkin puree
- 3/4 cup brown sugar, unpacked
- 1 teaspoon vanilla extract
- 1/8 teaspoon cinnamon
- 1/8 teaspoon pumpkin pie spice
- 6 oz 0% Greek yogurt
- 8 oz , frozen whipped topping, thawed

1. Mix pumpkin with brown sugar, vanilla and spices, blend well.
2. Mix in yogurt & frozen whipped topping
3. Use apple wedges, graham crackers, or ginger snaps for dipping

Enjoy this quick & easy treat!

OAKWOOD CENTER STAFF

Cynthia Clark, Food Service Manager
Kevin Prewitt, Program Assistant

October 2021 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: Ann Stahlheber MS, RDN, LD	*=take temperature of Milk and all food proceeded by an asterisk Choice of 1% Milk or Buttermilk			1 *Cold Sliced Turkey 3 oz Mayo 1 PC Three Bean Salad ½ c Cole Slaw ½ c 2 Whole Grain Rye Mandarin Oranges ½ c ALT=CBG RB
4 *Swedish Meatballs 3-1 oz *Noodles ½ c *Gravy 2 oz *Green Peas ½ c *Buttered Beets ½ c Whole Grain White Apricots ½ c ALT=CS TR	5 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *California Blend ½ c Green Beans ½ c Whole Grain White Sliced Pears ½ c ALT-CBG RB	6 *Tuna Salad 3 oz Spring Mix 1 c, Italian dressing 1 PC Shredded Carrots, Cherry tomatoes, Cucumbers 1 c 2 Whole Grain Wheat Orange ALT=CBG RB	7 *Breaded Chicken Breast 3 oz Marinara Sauce 2 oz *Cauliflower ½ c *Zucchini ½ c W. G. Breadstick 2 oz Sliced Peaches ½ c ALT=CBG RB	8 *Beef Sloppy Joe 4 oz *Oven Roasted Potatoes 4 oz *Broccoli ½ c W.G. Hamburger Bun 2 oz Scalloped Apples ½ c ALT=CBG TR
11 **Columbus Day** **Site Closed**	12 *Stuffed Pepper 6 oz w/ *2 oz Sauce *Mashed Potatoes ½ c *Mixed Vegetables ½ c W.G. Biscuit 2 oz Applesauce ½ c ALT=CS TR	13 *Roasted Turkey 3 oz *Gravy 2 oz *Butternut Squash ½ c Green Beans ½ c W.G. Biscuit 2 oz Banana ALT=CBG RB	14 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Asian Blend ½ c Green Peas ½ c Tropical Fruit ½ c W.G. Vanilla Wafers 1 oz ALT=CBG RB	15 *Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c WG Dinner Roll 2 oz Apricots ½ c ALT=CBG T
18 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c *Gravy 2 oz *Red Cabbage ½ c 2 Whole Grain White Sliced Peaches ½ c ALT=CS RB	19 *Sliced Ham 3 oz w/ Pineapple Glaze *Scalloped Potatoes ½ c Green Peas ½ c Whole Grain White Mixed Fruit ½ c ALT=CBG TR	20 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Harvard Beets ½ c 2 Whole Grain Wheat Mandarin Oranges ALT=CBG RB	21 *Breaded Fish 4 oz, Tartar Sce 1 PC *Rice Pilaf ½ c Corn with Red Peppers ½ c Whole Grain Wheat Banana Cranberry Juice 4 oz ALT=CBG RB	22 *Stuffed Cabbage 6 oz *Noodles ½ c *Tomato Sauce 2 oz *Antigua Blend Vegetables ½ c Spinach ½ c/ Lemon Juice 1 PC Whole Grain Wheat Apricots ½ c ALT=CBG TR
25 *Roasted Turkey Breast 3 oz *Gravy 2 oz WG Stuffing ½ c *Mashed Potatoes ½ c *Green Beans½ c W.G. White Applesauce ½ c ALT=CS TR	26 *Beef Lasagna 8 oz, 2 oz Tomato Sc *California Blend ½ c Zucchini ½ c Whole Grain Wheat Sliced Peaches ½ c Cereal Bar, 1 oz ALT=CBG RB	27 *Chicken Cacciatore 3 oz *WG Pasta ½ c W *Sauce 2 oz. *Mixed Vegetables ½ c California Blend ½ c Whole Grain Wheat Tropical Fruit ½ c ALT-CBG TR	28 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c W.G. Dinner Roll, 2 oz Red Grapes 1 c ALT=CBG T	29 *Baked Chicken Breast 3 oz w Gravy 2oz *Cheesy Potatoes ½ c *Sautéed Swiss Chard ½ c Whole Grain Biscuit, 2 oz Mandarin Oranges ½ c ALT=CBG TR

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
ATL CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast

Western Reserve
Area Agency on Aging

Falling Water
HEALTHCARE CENTER

440-238-1100
18840 Falling Water Rd | Strongsville, OH

A skilled nursing facility in offering short-term recovery, senior rehabilitation services and long-term care and programming focused on you or your loved one's emotional and physical well-being.

www.communicarehealth.com/facility/falling-water-healthcare-center/

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Come on down for a hot meal every second Saturday from 12:30-2pm

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Dorothy Carmack,
Executive Director

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

The Rose Centers for Aging Well exists to promote successful aging for Northeast Ohio's adults by offering opportunities, programs and services that foster choice and independence. Rose Centers for Aging Well is a subsidiary of Benjamin Rose Institute on Aging.

BENJAMIN ROSE INSTITUTE ON AGING
SERVICE • RESEARCH • ADVOCACY

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LIVE UNITED United Way

A United Way funded agency

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