



Benjamin Rose today!

HELPING PEOPLE AGE SUCCESSFULLY

Vol. 1, No. 1

Benjamin Rose welcomes new president/CEO Richard Browdie

Scheduled to speak at The City Club May 24

Benjamin Rose welcomed Richard Browdie as its new president and chief executive officer on May 6. He is the former secretary of aging for the Commonwealth of Pennsylvania.

Mr. Browdie replaces Dr. Alice J. Kethley, who retired April 15 after 17 years of leading Benjamin Rose, one of the largest non-profit agencies in northeast Ohio.

Mr. Browdie has a 30-year history in the coordination of care through organizations that have as their mission the improvement and maintenance of the health and well being of older adults. He had served as Pennsylvania's secretary of aging since February 1995. His duties included managing a staff of 109 plus overseeing a more than \$800 million budget. He has been responsible for administration of a statewide system of 52 Area Agencies on Aging. He also expanded the state's pharmaceutical assistance program, which in Pennsylvania is called PACE, along with instituting the largest manufacturer's rebate in the country.

Prior to his appointment in Pennsylvania, Mr. Browdie served as executive director of the National Association of Area Agencies on Aging from 1993 – 1995. He developed policy and had oversight responsibility for the national organization representing 670 Area Agencies on Aging and Indian Tribal organizations, administering services for older people throughout the entire United States. Mr. Browdie served as president of the American Society on Aging from March 1998-March 2000.

He says his new job will allow him to get back to involvement with direct care for older people. "I've been pining to go back to working with older people and their families at the community level," he says. "With this job, I could go back to that but still be a part of something that has national significance."

Dr. Kethley feels her successor is extremely well-qualified to take her former seat. "I have worked with Richard Browdie for more than 14 years on the national level. We have worked well together advocating for the elderly

Save this day for Wellness!

Family caregivers of mentally ill older persons as well as social workers, nurses, case managers, nurses and counselors are invited to attend "Beyond Stress: An Integrative Approach to Wellness." The day-long seminar will be held Thursday, May 30, 2002 from 9:30 a.m. to 4:30 p.m. at the Ramada Inn and Conference Center, 26300 Chagrin Blvd. in Beachwood.

Presentations include a guided imagery session by renowned imagery expert Belleruth Naparstak as well as sessions by local professionals on yoga, meditation, nutrition, muscle relaxation, aromatherapy and tai chi.



The event is sponsored by Benjamin Rose's Mental Health Program and the National Alliance for the Mentally Ill (NAMI). Continuing Education Units (CEUs) will be offered. The fee is \$40 for family members and caregivers, and \$75 for professionals seeking CEUs. To register, please call the NAMI - Metro Cleveland office at 216.491.1616. Registration deadline is May 20, 2002.

Research Institute, Alzheimer's Association receive national award

The Margaret Blenkner Research Institute, Alzheimer's Association and Kaiser Permanente teamed up to conduct "Cleveland Alzheimer's Managed Care Demonstration." The project received an award at the American Society on Aging annual meeting in Denver in April. The project shows how families affected by Alzheimer's disease can receive more thorough educational and support services through managed care through well-organized partnerships between Alzheimer's Association chapters and managed care programs. The three-year project, which concluded in 2001, can be used as a model for the nation.



From left: Dr. David Bass, Patti Clark, Kate McCarthy and Wendy Looman of Benjamin Rose, and Sharen Eckert of the Alzheimer's Association.

Benjamin Rose *May 2002*
today!
 HELPING PEOPLE AGE SUCCESSFULLY Vol. 1, No. 1

SPRING 2002 Volume 1, No. 1

Benjamin Rose today! is published by the Institute Advancement division of Benjamin Rose.

Polly Clemo, *Vice President, Institute Advancement*
 Ruth Anne Ference, *Director, Development*
 Gloria Litwinowicz, *Director, Volunteer Services*
 Maryanne Lutjen, *Fundraising Specialist*
 Anne Schleicher, *Director, Marketing*

©2002 Benjamin Rose

Caregiver support groups reach into community

Benjamin Rose recently received funding from the Western Reserve Area Agency on Aging (WRAAA) to hold caregiver support groups and educational sessions throughout Cuyahoga County.

"Caregivers need an outlet, and research has shown the importance of support groups," explains Mary Ann Caston, director of central operations for Benjamin Rose's Community Services. "The important thing for people taking care of someone with chronic health problems and/or dementia is to remember to take care of themselves, so they don't compromise their own well-being"

Different Community Services staff conduct the groups, which are described below. Please share the following information with anyone you think can benefit from it:

Type of group:

East Side Support Group

When:

Third Thursday of every month thru August from 2 - 3:30 p.m.

Where:

Bohn Golden Age Center
 1667 Ansel Road
 Cleveland, OH 44106

Targeted audience:

Caregivers of older people

Staff contact:

Meghan Ahern M.S.S.A., L.S.W.
 216.791.8000

Type of group:

West Side Support Group

When:

Third Thursday of every month thru August from 1:30 - 3:00 p.m.

Where:

St. Patrick's Church
 3602 Bridge Avenue
 Cleveland, OH 44113

Targeted audience:

Caregivers of older people

Staff contact:

Sandra Brooker M.S.W., L.I.S.W.
 216.791.8000

Type of group:

Educational sessions

When:

Once a month (call for dates and times)

Where:

Benjamin Rose Adult Day Program
 16500 Chagrin Blvd.
 Shaker Heights, OH 44120

Targeted audience:

Caregivers of older people with dementia, developmental disabilities, mental retardation, mental health problems.

Staff contact:

Linda Elliott M.S.S.A., M.A., A.T.R.
 216.535.2211

Type of group:

Educational sessions

When:

Once a month (call for dates and times)

Where:

Lakewood Office on Aging and Margaret Wagner House in Cleveland Heights

Targeted audience:

Caregivers of older lesbians and gays

Staff contact:

Douglas Braun M.S.S.A., L.I.S.W.
 216.791.8000

New Look, New Name

Welcome to the premier issue of *Benjamin Rose today!*, replacing the quarterly Bulletin. Our new publication will appear six times/year and is designed for our donors, employees, and friends in the community. We hope you enjoy the newsletter as it is part of our new identity campaign, begun in February.

From a devoted daughter

We hope you enjoy the following poem, written by Lynne Katz, daughter of Sidney Katz, M.D., distinguished scholar in Benjamin Rose’s Margaret Blenkner Research Institute, and his wife, Beverly. The two have been married for more than 50 years. Mrs. Katz read the poem when Dr. Katz was awarded the Lifetime of Caring Award from the Foundation for Health in Aging last October at New York’s Plaza Hotel.

The Gift of Aging

In rooted depths a heritage of generations
 prior and beyond,
 Advance and thrive with hope for wisdom growing.

Passion loving. Passion learning.
 A gift of aging.

Heartbeat rhythms pacing all that’s physical until
 memories are the pieces left,
 Scattered.

Inspiring those who want to teach, who want to use,
 who want to know,
 The gift of aging.

Some consume the moments passing, but I entwine
 the years and
 Waltz through time with partner mine.

Together we accept the gift of aging.

©2001 Lynne Katz

Violet Hobbs has a 21-year history with Benjamin Rose. The Jamaican native moved here at age 28 and began working at Margaret Wagner House, Benjamin Rose’s former nursing home, as a nurse assistant. Today, she’s a resident care specialist at Kethley House at Benjamin Rose Place.



Resident care specialists help train new employees for orientation. In Ms. Hobbs’ case, she also helps troubleshoot for resident care or staffing issues that might arise. “I can provide the nursing assistant point of view,” she explains.

Ms. Hobbs enjoys helping people like those on 3 South, the area of the nursing home where people have advanced medical needs. “I really enjoy helping people who can’t help themselves anymore,” she says.

Over the years, she’s become well-liked by those she helps. “When I’m off for a couple of days, they tell me they missed me. They’ll say things like, ‘If I don’t hear your laugh, then I know you’re not here.’ That just makes my day.”

In her free time, Ms. Hobbs, whose son and grandson live with her, enjoys taking walks in her Shaker Square neighborhood, following the area’s winding streets to see where they lead. She also enjoys listening to music and watching television. Her travels have taken her to visit friends and family in Ghana and England.

Getting spa-like treatment

Nearly 20 residents at Kethley House at Benjamin Rose Place enjoyed the nursing home’s first Nail/Spa Day. Seventeen students from Maple Heights High School Cosmetology

class gave manicures and chatted with the residents. The visit was organized by Kethley House’s Customer Service Committee, made up of residents, family members of residents and staff.



Manicure and hand care products were generously donated by Mary Kay Cosmetics and Avon. Future Nail/Spa Days will include volunteers from MBNA America and individuals from the community.

Richard Browdie (continued from p. 1)

population. I know he is committed to carrying out the kinds of responsibilities Benjamin Rose has charged us to do, such as making sure services are available to all individuals, regardless of their ability to pay.”

Mr. Browdie earned his bachelor of arts degree in sociology from Allegheny College, Meadville, Pennsylvania and his master’s in business administration from Gannon University in Erie, Pennsylvania.

He is married to Nancy, a nurse, and has two daughters, Megan, a student at Case Western Reserve University and Caitlin, a sophomore in high school.

“We look forward to having Mr. Browdie join us,” explains Mary R. Izant, chairman of the Benjamin Rose board of directors. “With his deep experience in both the public and private sector, his skills will enhance and build upon the foundation that Benjamin Rose has established in serving Greater Cleveland’s older citizens.”

Mr. Browdie will address issues relating to aging at The City Club on Friday, May 24, 2002. For reservations, please call The City Club at 216.621.0082.

Grateful family funds first named fund

Linda Richard and her sister, Catherine Gerbic, have established Benjamin Rose’s first named



Lt. Colonel Harold V. Richard, Sr. and Dorothy P. Richard

endowed fund with a gift of \$10,000 in memory of their parents, Lt. Colonel Harold V. Richard, Sr. and Dorothy P. Richard. The fund will benefit

residents of 2 south at Kethley House, where the late Mrs. Richard resided. The fund will be used to

support individuals living there who would not otherwise be able to go on “field trips” or engage in various activities. If you have been looking for a special way to honor or memorialize a loved one cared for by Benjamin Rose, we encourage you to explore the opportunities to establish a named fund with Ruth Ann Ference, Director of Development, 216-621-7201, Ext. 322 or email rference@benrose.org. Have you considered naming Benjamin Rose in your Will or estate plan? For more information, please contact Ruth Ann Ference at the above number or e-mail address.

2002 Board of Directors

Mary R. Izant
Chairman

Catherine D. LoPresti
Vice Chairman

Jennifer B. Langston
Past Chairman

Leigh L. Fabens
Secretary

Emily A. Drake
Treasurer

Selma Baron

Ruth B. Fiordalis

Patricia R. Frutig

Barbara Y. Galvin
Giesele Greene M.D.

Joan Gretter
Robin Gunning

Iris A. Harvie

Joyce Ann Lee
Thomasine B. Mason

Marjorie M. Moyer PH.D.

Barbara S. Oldenburg
Ella H. Quintrell

Deborah Z. Read

Nancy G. Rome

Barbara S. Schubert

Gretchen D. Smith

Juanita C. Storey

Sara E. Wallace

Lee Warshawsky

Margaret S. Wheeler

Marcia J. Wexberg

Members Emeritae

Mrs. Robert M. Clements

Mary F. Conway

Mrs. Charles O. DeWoody

Mary deC. Emerson

Mrs. Robert I. Gale, Jr.

Mrs. Hugh R. Gibson

Sally K. Griswold

Mrs. Laurence K. Groves

Virginia R. Izant

Frances M. King

Margaret B. Kuechle

Elizabeth G. Norweb

Mrs. Nelson P. Rose

Anne K. Stueber