



Catherine D. LoPresti

Benjamin Rose today!

HELPING PEOPLE AGE SUCCESSFULLY Vol. 2, No. 1

Benjamin Rose Board Welcomes a New Chair

Benjamin Rose enters the next phase in its 95-year history with a new chair of the Board of Directors. Catherine D. LoPresti was elected at the annual meeting in February. A Board member since 1994, she had served the past two years as vice chair.

Her committee experience will serve Benjamin Rose well as the organization continues its strategic planning process. LoPresti has served on the Board planning committee nearly every year since she began her tenure.

At the time she joined the Board nearly ten years ago, LoPresti worked in volunteer services and community relations with Health Hill Hospital for Children (now part of The Cleveland Clinic Foundation). She says at the time she “had little knowledge of issues relating to older adults,” but was becoming interested as she saw her parents begin to face those issues.

“We have to develop new and creative ways to try to address the needs of older adults.”

Now armed with a fuller understanding of those issues, her focus is on helping Benjamin Rose find creative solutions to the challenges presented by changing economic circumstances, government policy and growth in the population of older adults.

“We have to develop new and creative ways to try to address the needs of older adults,” she says. The strategic planning process is a major step toward developing those new approaches. LoPresti notes that she is glad to have Richard Browdie at the helm during this period of transition. “We have the opportunity to benefit from his experience and background. He brings a new perspective and new ideas to Benjamin Rose.”

LoPresti anticipates that collaboration with other agencies serving the elderly and advocacy will be among the main elements of the evolving strategic plan. She also sees the Margaret Blenkner Research Institute playing an even larger role in Benjamin Rose’s outreach efforts.

“We have an opportunity to broaden those efforts and help others benefit from the advantage we have of having the research institute,” she says.

LoPresti and her husband of 33 years, Joe, live in Shaker Heights. The couple has three sons, Matt, 24, James, 21, and Dan, 18.

From the desk of Richard Browdie

This is my second opportunity to communicate with you through the Benjamin Rose newsletter, and I have to tell you, we have been busy. Learning the “ins and outs” of an organization like ours takes some time, and then moving things forward takes some effort. All in all, the staff and Board members of Benjamin Rose are responding to the challenges of our times with thoughtfulness and energy. That bodes well for the future.



Richard Browdie

We have had to make adjustments in our methods of operation due to the financial constraints we face, and we believe we have done so with minimum impact on the direct services that we supply to low-income seniors. Doing things differently means thinking about things differently. These days, the phrase that is used to describe thinking differently in an organized way is “strategic planning.”

Staff and Board members have been actively engaged in working with leaders of services for seniors around the community to determine the most effective ways Benjamin Rose can use its impressive intellectual

(continued inside)



“The Gerontologist” Taps Benjamin Rose VP for Editor Post

The merger of aging research and practice has long been a hallmark of Benjamin Rose, so it shouldn't be surprising that a Benjamin Rose researcher has been named Editor-in-Chief of the leading applied aging research journal.



Linda S. Noelker

Dr. Linda Noelker, senior vice president for planning and organizational resources, assumed that title in August for *The Gerontologist*, a publication of the Gerontological Society of America. She will serve a four-year term as Editor-in-Chief of the bi-monthly journal—the same one, coincidentally, in which she published her first peer-reviewed article as a new professional.

Among her goals as editor is assuring that the journal's articles “offer new knowledge based on sound research but that also have explicit service and policy applications.” To help achieve that goal, Dr. Noelker appointed two colleagues from Case Western Reserve University as section editors: Dr. David E. Biegel, the Henry Zucker Professor of Social Work Practice, serves as Practice Concepts editor, and Dr. Robert H. Binstock, Professor of Aging, Health, and Society in the School of Medicine, is the Book Review editor. Dr. Robert Yahnke of the University of Minnesota is the Audiovisual Review editor.

A New Home for the Adult Day Program

The Benjamin Rose Adult Day Program (ADP) moved from the corner of Chagrin Blvd. and Lee Rd. to newly renovated space at Margaret Wagner House (MWH) on December 30, 2002. The move benefits both clients and staff by facilitating more direct communication and cooperation with the staff of Benjamin Rose Community/In-Home Services and other programs located at MWH.

“This will allow for greater collaboration and better integration of services, both within our organization and with other agencies,” says Linda Elliott, ADP administrator. She also notes that the new location is more conducive to the needs of ADP clients. “This is a quiet neighborhood as opposed to the busy street corner where we were previously located. There are fewer distractions, and clients can focus their attention better.”



The Adult Day Program's new location provides opportunities for greater collaboration within Benjamin Rose and with other agencies

Although in residence for only a short time, the ADP is initiating ways to work more closely with Community/In-Home Service and Concordia Care, a PACE (Program of All-inclusive Care for the Elderly) program housed at MWH. Benjamin Rose social workers can stop in to see their clients at the ADP. And ADP staff can offer scheduled baths using Concordia Care's state-of-the-art equipment. Ms. Elliott and Iris Williams of Concordia Care hope to grow the relationship in other areas as well.

The Adult Day Program offers adult day care and is certified by PASSPORT for both enhanced and intensive levels of service. It is also certified by the Ohio Department of Mental Health and the Cuyahoga County Community Mental Health Board to provide partial hospitalization services. While these services are newer than adult day services, they are extremely therapeutic. As a result, the ADP's mental health client population is at an all-time high.

Save the Date!

Mark your calendar for the rededication of Margaret Wagner House, Wednesday, May 14, from 5 to 7 p.m.

Benjamin Rose Is On-the-Air



Last month, Benjamin Rose research librarian Karen Bensing was a guest on the *Senior Connection* radio program with host Lori Schmitt on WERE 1300 AM.

According to Kethley House admissions & marketing director Mark Grippi, staff from Benjamin Rose will be featured on the program once a month.

“It ties in with our job as advocates and demonstrates to the community that our staff are special people who are specialists in the field of aging. For over 95 years, our goal has been to improve the lives of seniors in greater Cleveland,” he says. “This is a good way for people to find out what services are available in the community, not only from Benjamin Rose but in general.”

Senior Connection airs on Mondays from 8 to 9 a.m. with a repeat broadcast on Saturdays at 6 a.m.

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A Special Thank You

Mrs. P. was concerned that her mother, Eleanore, would not receive proper care and attention with her three daughters all living out of state. Thanks to a special nurse from Benjamin Rose Community/In-Home Services, her fears were calmed, and though her mother has since passed away, Mrs. P. remains grateful for the special treatment Eleanore received.

“My mom was assigned a nurse from your program to visit the house and take care of her medical needs. Her nurse, Connie McNulty, R.N., is such a caring and compassionate person. She treated my mother for her illnesses, but also became the highlight of the day. My mother and both her sisters enjoyed the company of Connie, who made them all feel so special. Connie took the time to write all of my mom’s doctors appointments on her calendar, helping her to stay organized. She would visit with them, listening to stories or telling her own, as though they were her own family. Being out of state when my mother was ill was very difficult, and left me very concerned. Hearing about Connie’s visits and how much my mother liked her made it easier ...

“Your program is not only helpful medically, it is a comfort and relief to family members.”

“Sadly, I was unable to meet Connie until the night of my mother’s wake, but I could see what a caring and dedicated nurse she was. It was easy to see why my mother thought of her so dearly. Your program is not only helpful medically, it is a comfort and relief to family members. I hope you will continue your work, touching families everywhere. I know my story is just one out of the many you have helped. Our deepest appreciation and thanks for all that you do.”

Browdie *(continued from front)*

assets and experience, along with its limited economic resources, to have the greatest impact on services for older people in and around Cleveland and beyond. That work involves examining a whole range of options, and making some difficult choices about which options should be pursued before others. Indeed, we are setting priorities for our future.

This kind of process, while difficult and complex, is critical to charting how Benjamin Rose will move forward after our 95th birthday. Every organization has had to face new limitations on its economic situation, and new challenges are right around the corner. For me, however, this is an exciting time.

Benjamin Rose is already more efficient, and choosing the opportunities we will pursue will make us even more effective in serving older people.

Blood Drive

The American Red Cross Bloodmobile will be at Kethley House at Benjamin Rose Place 11900 Fairhill Rd. in Cleveland on

Friday, June 6
7 a.m. to 2 p.m.

Contact Toni Marshall at 216.373.1819 if you plan to donate

Refreshments served

Working with our partners and the leaders of other organizations will help us to be more attuned to the ways in which we can contribute with the greatest impact. Some of our choices will include doing the same things more efficiently and some will take us into new arenas. All of our choices will move us forward. And all of them will help us to do what Benjamin Rose himself set out to do in 1908. You’ll be hearing more from us soon.

Expanding Care Options

Community-based care has been an important part of Benjamin Rose from the beginning, as the organization helped elders remain in their own homes longer. That mission got a boost over the past year with the introduction of Benjamin Rose In-Home Services (formerly “At Your Call”).



Seniors who need a little extra help can choose from a range of fee-for-service options—everything from companionship and light housekeeping to nursing care provided by a registered nurse.

“Services like these may mean the difference between someone staying in their own home or moving into assisted living,” notes Sylvia Pla-Raith, *(pictured)*, Director of In-Home Services.

In addition to private pay clients, In-Home Services has contractual arrangements with PASSPORT and other programs to provide service to their clients.

Consumers who call In-Home Services reap the benefit of a full-service agency. During an initial assessment visit, a Benjamin Rose nurse discusses the services available and helps develop a written service plan based on the caller’s needs. If necessary, the client will be referred to more intensive services offered by Benjamin Rose.

About 120 people make use of In-Home Services each month, says Ms. Pla-Raith, though that number jumped to more than 150 in December 2002.

“We hope to carry that momentum into 2003,” she says. “We want to grow the program and serve the community better.” She adds that reasonable hourly rates make the In-Home Services menu of services available to seniors in a wide range of income levels.

For additional information, call 216.373.1750.

Elder Abuse Roundtable

“Important information! Everyone should know this!”

This is the typical reaction from seniors who attend a *Safe at Home, How To Recognize and Report Elder Abuse and Domestic Violence* presentation offered by The Greater Cleveland Elder Abuse/Domestic Violence Roundtable, sponsored by the Consortium Against Adult Abuse (CAAA) under the auspices of the Western Reserve Agency on Aging (WRAAA). Housed at Benjamin Rose, the Roundtable currently has about 30 members, representing health and social services, as well as the legal system and education.

Roundtable projects are funded by a grant from the Violence Against Women Act (VAWA), along with contributions from CAAA and other organizations and individuals. The goal is to empower senior women to recognize and report elder abuse and domestic violence so that they can help their friends, neighbors and family members, and maybe even themselves someday.

During the past year, members have made presentations to residents of senior apartment buildings. The Roundtable also provides education to professionals who are in a position of trust and confidence with seniors. This year the Roundtable is educating home care aides about domestic violence in late life.

For more information, contact Susan Goodwyn, L.I.S.W., project coordinator, at 216.373.1744.

Research Institute Presents Findings to Peers

Benjamin Rose's Margaret Blenkner Research Institute was well represented at the Gerontological Society of America's 55th Annual Scientific Meeting. Sixteen MBRI staff members attended the conference, which was held in Boston in November 2002.

MBRI researchers, in collaboration with The Cleveland Clinic Foundation, Alzheimer's Association Cleveland Area Chapter, and Scripps Gerontology Center of Miami University, disseminated study findings at the annual meeting through several poster sessions, including:

- *The Impact of an Emergency Department (ED) Intervention on Mental & Physical Health Outcomes for Older Adults (SIGNET Evaluation)*. This intervention had a positive impact on the mental health of older ED patients, especially those 80 years and older, and physical-health improvements were found for patients with high levels of memory impairment who received the intervention.
- *The Cleveland Alzheimer's Managed Care Demonstration: Service Utilization After Two Years of Implementation*. The effects of providing Alzheimer's Association support and information services as a supplement to managed health care services were examined. Patients who received Alzheimer's Association care consultation were less likely to have an emergency department visit, be admitted to the hospital, or be admitted to a nursing home.
- *Service Providers' Use of and Attitudes Toward a Dementia Diagnostic Protocol*. This study found that providers in primary care—the main target of an MBRI initiative to improve the diagnosis and care of individuals with dementia—used more early identification tools and had more positive opinions about them than providers in other settings.
- *COPE: Caregiver Options Program and Evaluation: A Pilot Study*. This project provided service options to caregivers to alleviate stress and also examined predictors of nursing home placement for community-dwelling older adults.
- *The Relationship Between Dyadic Congruence and Family Caregiver Strain*. This investigation of the relationship between caregiver stress and perceptions of the caregiving situation revealed that when the caregiver and care receiver had similar perceptions of the situation, this was associated with lower levels of caregiver strain.
- *The Relationship of Cognitive Impairment to Values & Preferences for Care*. This investigation found that caregivers and care receivers have a similar understanding of the values that are important to care receivers. Care receivers with greater cognitive impairment do not value family and social interaction as highly as less impaired care receivers.

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Special Gifts

Memorial and Tribute Gifts provide ongoing support for Benjamin Rose's direct service to clients, regardless of their financial resources. Following are gifts received between October 1, 2002 and December 31, 2002.

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Because you cared ...

Holiday Matching Gift Success

With your help, we did it! Many of you took advantage of the generous offer of a long-faithful Benjamin Rose Board member to make a holiday matching gift. Her gift—and yours—totaled \$35,890! We thank you and our dear Board friend who wanted her gift to encourage others to share her commitment to help frail elderly clients—either in their homes or at Kethley House.

Tribute Gifts

Families almost always include a note with their donations made in loving memory of deceased Kethley House residents. Appreciation is expressed for the dedicated care their family members received. The following excerpt from the letter of a former resident's son typifies what Benjamin Rose strives to be:

"... it was the attitude of your personnel that made the whole experience so rewarding. From the people who sit behind your reception desk, to the nurses at the nurses stations, to the nurses providing daily care, medication, and delivering the meals, to the people in the physical therapy department and the social workers, we always seemed to be dealing with smiling helpful faces. I would imagine that sometimes your own personnel do not realize how much confidence they instill in family members who are walking your hallways, usually with heavy hearts."

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Recently, a grandmother donated \$5,000 in tribute to her granddaughter who once worked at Margaret Wagner House. Again and again, grateful families express their appreciation for the quality service to which Benjamin Rose is committed. We sincerely thank everyone who remembers a loved one with a special tribute. For additional tribute information, call Maryanne Lutjen at 216.373.1607.

Planned Gifts

Every year, Benjamin Rose is the beneficiary of bequests and trusts from generous individuals who valued Benjamin Rose.

Two recent gifts include:

- \$51,034 from the Valerie C. Marousch Trust in 2002; distributions from the trust will be received for an additional five years.
- A bequest from the late Emerita Board Member Ann Ott-Hansen who named Benjamin Rose in her will.

Economy Worrisome to Donors

Almost everyone is concerned about the economy and their investments. The stock market is in its third year of decline. Front page news frequently reports of company closings and layoffs. Of course, donors are feeling reluctant about their giving.

Our dilemma is that the needs of the elderly don't go away—but actually increase. What to do? One answer for faithful donors who are hesitant about making a gift today is to consider a deferred gift commitment.

This may be just the time to arrange a planned gift. We completely understand why you may feel uncomfortable making a gift today with all of the uncertainty in the economy. Would you consider leaving a gift of similar size in your will? When the economy improves, you may want to proceed with a current gift. Otherwise, we will wait until you have no need for those funds. A planned gift may be the perfect gift for you! Call Ruth Ann Ference at 216.373.1627 if you would like to explore this option further.

Wish List

While unrestricted cash gifts allow Benjamin Rose the most flexibility in meeting our clients' greatest needs, Benjamin Rose again and again benefits from in-kind gifts. Perhaps you, your work group, Sunday School class or mission group would like to meet some of the specific needs of our clients:

For Kethley House:

- Lounge furniture for the dementia unit, hospice wing, and volunteer lounge
- Old office equipment—typewriters, adding machines—to stimulate, long-term memory of Alzheimer's patients
- Entertainment/special programs for residents
- Volunteer gift shop manager (4 hours weekly minimum) and volunteers

For Kethley House or Adult Day Program:

- Craft supplies, Bingo prizes
- VHS movies, CDs, books on tape
- Wheelchairs

If you can help with any of these needs, please contact Mary Grant for Kethley House at 216.373.1807, or Linda Elliot for Adult Day Program at 216.373.2001.

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