From the desk of President & CEO Orion Bell

Home for the Holidays

There’s a lot of things I like about the holiday season. One of my favorites is the music. One of the songs that I look forward to hearing each year is Home for the Holidays. Ironically, Christmas is never mentioned in the lyrics, but it touches on the universal longing for home and family. The song’s commercial success across 70 years and multiple genres is evidence of how its themes resonate with people. The themes of the song illustrate the wishes of many older adults throughout the year. The desire to age in place, in dignity and comfort, drives much of the work of Benjamin Rose, and how we often define our successes. Working together, we can help make Home for the Holidays a reality for more older adults and their families. Thank you for your support of Benjamin Rose. And, Happy Holidays! Read more at benrose.org/news.

‘Second Wednesdays’ with Benjamin Rose

Want to learn more about the important work that Benjamin Rose Institute on Aging does in the community? Be sure to attend our monthly “Second Wednesday” breakfast.

Join us the second Wednesday of every month from 8:00 - 9:00 AM to learn more about Benjamin Rose and its subsidiaries from President & CEO Orion Bell. Each month will provide an overview of the different programs and services of Benjamin Rose and how they meet the ever-changing needs of older adults and caregivers.

Second Wednesdays are free to attend and all are welcome! Bring a friend!

For more information and registration visit benrose.org or call 216.373.1688.

Gift Ideas for Older Adults

When considering gifts for our older loved ones for the holidays, being creative in our choices can help us select a gift with special meaning and significant value to them. Many older adults have accumulated years’ worth of personal possessions, so we don’t want to add to the clutter. With a little imagination, we can instead come up with the perfect gift to fit their needs, whether they could use assistance around the house or new ways to stay active. Read more at benrose.org.

Find more tips and information for caregivers in our new resource library!

Gift Idea for the Person ‘Who Has Everything’

Need a last minute gift idea for someone special? Consider a making a gift in their honor to Benjamin Rose. Make a tribute gift at benrose.org/donate.

Dine to Donate at Melt

Dine to Donate for the Rose Centers for Aging Well at Melt Bar and Grilled on Cedar Road January 16 from 4:00 pm to 10:00 pm. Enjoy a gourmet grilled cheese (dine-in or carryout) and a craft beer and support the programs of Rose Centers! 20% of food and drink sales, accompanied by the proper flyer, will be donated directly to the organization. Download the flyer at benrose.org.
Signs That Your Loved One May Need Assistance

Visiting family this holiday season? If you are concerned about an older loved one living alone, you might wonder what signs to look for that they may need assistance. Look at the outside of the home. Does it look neglected? Have the bushes become overgrown? Are “trees” growing in the gutters? Are shutters on the windows missing or crooked? Are the steps in need of repair? When entering the home or apartment, are there any unusual strong or pungent odors? Are there piles of unopened mail, magazines and newspapers? Are there an unusual amount of charity or political requests from unfamiliar causes? Is the food in the refrigerator or cupboards out of date, moldy or partially consumed? If you give your loved one a hug, do you notice a weight loss or gain from your last visit? Do they have a body odor that can mean their hygiene habits have changed? If something seems out of place, maybe it is. Luckily, there are programs to support your loved one and you on your caregiving journey.

BRI Care Consultation™ may be a good fit for you. BRI Care Consultation™ is a telephone- and email-based care-coaching program designed to assist and support older adults living with chronic health conditions and their family and friend caregivers. Trained Care Consultants help you identify family priorities; coordinate health care, community services and family or friend support; create action plans to meet your targeted needs; and reduce stress and strain. For more information, visit our website or call 216.373.1797.

Share the Love with Subaru and Meals on Wheels

Benjamin Rose Institute on Aging, through our subsidiary Rose Centers for Aging Well, is once again participating in the Subaru Share the Love Event as part of the Meals on Wheels network. Over the past 11 years, Subaru and its retailers have helped Meals on Wheels deliver more than 2.2 million meals nationwide to older adults in need.

From now until January 2, 2020, for every new Subaru vehicle purchased or leased, Subaru will donate $250 to the customer’s choice of participating charities. Meals on Wheels is one of four national participating charities and has been since the inception of the event. Through this event, as a member of Meals on Wheels America, the Rose Centers will receive a share of the donation from Subaru vehicles sold at participating retailers.

Meet Rose...Five years ago, Rose was suddenly living on her own after her sister and long-time caregiver passed away. She lived reclusively in a dangerous neighborhood until her family turned to Benjamin Rose Institute on Aging for help. Today, thanks to assistance from Benjamin Rose and its subsidiaries, ESOP and Rose Centers for Aging Well, Rose is living in her own apartment with support from a Senior Companion, has received financial counseling and learned how to avoid scams, and visits the Bohn Rose Center once a week for exercise, lunch and to meet with new friends. At age 79, she is able to embrace independent living. Make a gift at benrose.org/doante.