



From the desk of President & CEO Orion Bell

Telephone

Recently, I was sitting with my dad while he was waiting to be discharged following a short hospital stay. It was Friday afternoon, and while we were waiting for the nurse to go over his paperwork, the phone rang in his room. He answered the phone.

After a few moments, he said, "I'm not able to help you at this time," and hung up the phone. He looked over at me and shook his head.

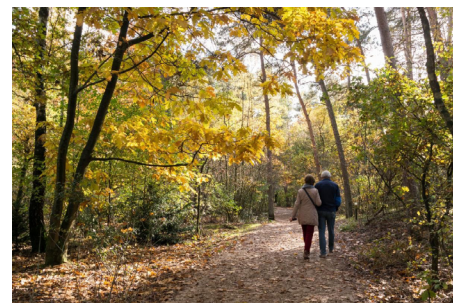
It was a telemarketer.

Calling his hospital room.

Read the full article at benrose.org/ceo-blog.

Cleveland Heights Named to Dementia Friendly America Network of Communities

The City of Cleveland Heights, Ohio has been designated as a member of the Network of Communities by Dementia Friendly America®, a multi-sector, national collaborative on a mission to foster communities that are equipped to support people with dementia and their family and friend care partners by working to become "dementia friendly."



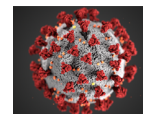
Communities designated as dementia friendly are committed to providing educational programming and necessary improvements to prepare all sectors to address the growing opportunities and needs faced by people living with dementia and their care partners.

A cross-sector Advisory Team was established in Cleveland Heights, with support from Northeast Ohio Medical University's Geriatric Workforce Enhancement Program, the Health Resources and Services Administration, to discuss opportunities to work together to improve the lives of individuals with dementia and their care partners in Cleveland Heights.

Benjamin Rose Institute on Aging is serving as the Champion organization responsible for coordinating activities of the Advisory Team and for continuing to connect local organizations with the important work of Dementia Friendly America. [Read more.](#)

Benjamin Rose Response to COVID-19

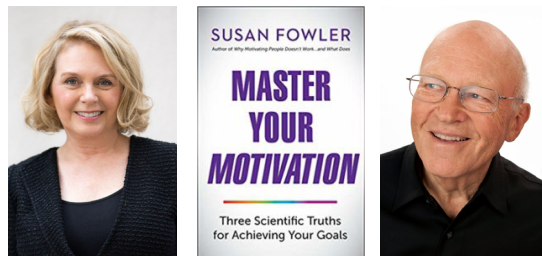
Visit benrose.org/COVID-19 for the latest vaccination information, as well as updates on services and programs, resources for staying active while staying at home, and ways that you can help older adults in our community.



Join ESOP for “from Crisis to Capable”

Featuring Susan Fowler, co-author of bestselling “Self-Leadership and The One Minute Manager” with Ken Blanchard

Regardless of income, age, race, creed, color or positional power, each of us has areas where we know we need to make change, but we just can’t find the motivation to take action. Whether improving our finances, health, relationships or professional growth, the COVID-19 pandemic has magnified our need to master positive and sustainable behavioral change.



“Motivation is at the heart of everything you do and everything you want to do, but don’t,” says Susan Fowler, co-author of the bestselling Self Leadership and The One Minute Manager with Ken Blanchard. Ken is the creator and lead developer of The Ken Blanchard Company’s Self Leadership, the best-in-class self-leadership and personal empowerment program.

If you’ve ever wondered why you just can’t seem to start saving, begin exercising, kick a bad habit or achieve any other objective, this event will help you get going – and keep going – with a little inspiration from ESOP’s own clients who have been able to achieve their financial and housing goals by moving From Crisis to Capable. This virtual event will take place on Oct. 14 at 12 p.m. ET and includes closing remarks and insights from Ken Blanchard.

More information and registration available at esop-cleveland.org/event.



15th Annual Katz Policy Lecture

Please join us for the 15th Annual Katz Policy Lecture: National Family Caregiving Strategies and Policy Recommendations from the RAISE Family Caregiving Advisory Council on Monday, October 4 from 1 - 3 p.m.

The Katz Policy Lecture was established in 2007 in honor of the late Sidney Katz, MD, Benjamin Rose’s Distinguished Scholar. The lecture convenes advocates to explore potential policy approaches to important issues of aging. Sidney Katz, MD — physician, scientist, teacher, mentor, author and public servant — pioneered the concept of active aging, championed the development of the field of geriatric care, and was responsible for the creation of local and national programs to enhance quality of life and improve long-term services for older adults.

This year, the 15th annual Katz Policy Lecture will examine the RAISE Family Caregivers Act, which directs the U.S. Department of Health and Human Services to develop and maintain a national strategy to recognize and support family caregivers. The Act identifies actions that communities, providers, the government and others are taking to help family and friend caregivers, and aims to improve information sharing, collaboration, government support and assessment of caregiver programming across these efforts. Our keynote speaker, Alan B. Stevens, PhD, will discuss family caregiving strategies and policy recommendations from the RAISE Family Caregiving Advisory Council, and the impact these will have on our communities. Following our keynote speaker, a reactor panel of industry experts will give their responses to the presentation, and discuss how the Act impacts different types of individuals and communities, as well as state level policy. Register at benrose.org.

Make a Gift

We need your help to protect and care for the most vulnerable people in our community— older adults, adults with disabilities and caregivers— during the COVID-19 Pandemic. [Make a gift today.](#)

Upcoming Programs

Making the Transition to Long-Term Care a Successful Choice

[Virtual program for caregivers](#). September 1, 12 p.m.

Second Wednesdays

[Learn more about Benjamin Rose programs & services](#).

Wednesday, September 8, 9 a.m.

Healthy Living for Your Brain and Body: Tips from the Latest Research

[Learn about research to help plan for healthy aging](#). September 22, 12 p.m.

Homebuyer Education

[Learn the important basics of the homebuying process](#). September 20—23, 6 p.m.

Senior Financial Education Workshops

[Virtual workshops to help older adults take charge of their finances](#).

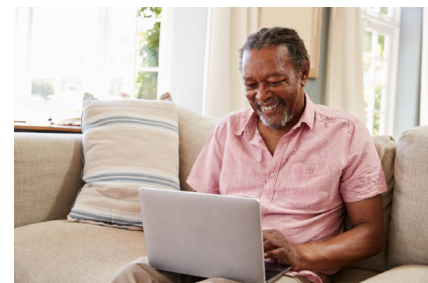
Every other week beginning at 10 a.m.



Resources for Caregiving

Visit our Resource Library to find tips and useful information for caregivers.

Each month, we add new content to help caregivers manage a loved one's care, navigate challenges and take care of themselves. Recent articles explore topics such as [understanding and managing dementia-related behavior changes](#), [understanding the home health star rating system](#) and [how to transition from being a caregiver](#).



Volunteers Urgently Needed

Are you looking for a rewarding way to give back to the community? Benjamin Rose Institute on Aging is urgently seeking volunteers to assist with our growing meal delivery program. We are in need of volunteers willing to make wellness calls to our clients to help ensure our clients are safe, healthy and have a friendly voice to chat with. The minimum commitment is just 30 minutes a week, and you can make your own schedule. For more information and volunteer sign-up, visit www.benrose.org/volunteer.

Staff Notes

Lisa Weitzman, MSSA, LISW-S, ASW-G, C-ASWCM, WeCare Administrator and Manager of Business Development, presented on Living Alone with Dementia to the Aging Services Network.

Farida Ejaz, PhD, Senior Research Scientist II, and **Beth Sipple, LISW-S**, Director of Community Services & Programs presented the *Role of Social Workers in Elder Abuse Research, Education, Programs and Services* at the Heritage Foundation International Conference on challenges in the social work profession in geriatric care.

Benjamin Rose staff continue to provide informative articles for caregivers for the faith-based online publication Guideposts:

[How to Spot Elder Abuse and What to Do If It Occurs](#) by **Julie Hayes**

[Where to Turn After Your Loved One is Diagnosed with Dementia](#) by **Cathy Franz**