



*From the desk of President & CEO Orion Bell*

## Home for the Holidays...Again

I've been thinking about something my mom said. I grew up in Louisville, Kentucky. I wasn't born there. And I haven't lived there for years, but it is the place I think of as my hometown. Like a lot of people, my brothers and I moved away from home. School, career and other life events took us other places.

I had moved to Topeka. During the holiday break we would make the trip back home for Christmas. That year, I flew into Louisville, planning to meet up with the rest of the family, who had gone ahead of me and were headed to my in-laws. I rented a car and drove to my parents' place. Rodney came up from Atlanta. My folks had gone to the Wendell Foster Campus in Owensboro to bring Daniel home for a visit. So, the five of us were together on Christmas Eve. My mother remarked, "it's been a long time since all my boys were home at the same time." I think that was the last time we all spent the night under the same roof. Read the full article at [benrose.org/ceo-blog](http://benrose.org/ceo-blog).

## Will You Help Us Give the Gift of Aging This Holiday Season?

Aging is a gift, but unfortunately, not all older adults have what they need to age well in their homes and communities. Benjamin Rose Institute on Aging is here to help older adults—and those who care about them—enjoy the gift of aging. Eating healthy foods, staying physically active and socializing are important factors in aging well. But for the older adults we serve, many of whom are homebound, food insecure and without caregiver support, this can often be hard to achieve.



**I AM SO GRATEFUL FOR THE MEALS AND THE STAFF WHO ARE LIKE FAMILY"**

*-Mr. Williams, a participant in the Home-Delivered Meal program*

Poor access to transportation, physical and financial limitations and lack of nearby grocery stores are everyday barriers standing in the way of seniors and their access to healthy food.

Fortunately, our Home-Delivered Meals program, a Meals on Wheels partner, delivers daily nutritious meals directly into the hands of older adults in our community. Your gift is the first step to ensuring older adults age well: nutritious home-delivered meals. [Donate now!](#)

## Elder Justice Innovations: Helping Individuals Transition from APS to Other Community-Based Supports

Join Benjamin Rose Institute on Aging and the Elder Justice Coalition on Wednesday, January 26 from 1:30 - 3 p.m. to hear from the Administration for Community Living about the 2021 Elder Justice Innovation Grants. A select group of grantees will discuss their work focused on the various community services that help individuals transition from short-term adult protective service programs to community services in their area to prevent the recurrence of abuse. [Register now.](#)

## Annual Caregiving Conference: Engaging Caregivers in Evidence-Based Programs

Benjamin Rose Institute on Aging invites you to attend our **Annual Caregiving Conference** on Thursday, January 20, 2022 from 9 a.m. - 11 a.m. This year's conference will focus on engaging family caregivers in evidence-based programs, and will be held via Zoom Video Conference.



The conference will explore successes and challenges in the dissemination of evidence-based programs to family and friend caregivers. Our keynote speaker, **Erin Long, MSW**, Team Lead, Alzheimer's Disease Programs Initiative of the Administration for Community Living, will discuss experiences with engaging caregivers in programs and services, along with marketing strategies. Presentations will also highlight experiences of organizations engaging caregivers and delivering evidence-based programs, including strategies to overcome barriers that keep caregivers from enrolling in support programs, and lessons learned through their marketing efforts. [Register now!](#)

## Volunteers 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 expanding meal delivery program. We are in need of volunteers willing to deliver meals in their own vehicles, Monday—Friday from 10 a.m.—2 p.m. [More information and volunteer sign-up.](#)



## Share the Love with Rose Centers and Meals on Wheels

Benjamin Rose Institute on Aging, through our 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 12 years, Subaru and its retailers have helped Meals on Wheels deliver more than 2.3 million meals nationwide to older adults in need. We are grateful to Subaru and its retailers for supporting the Meals on Wheels network, including the Rose Centers Home-Delivered Meals program.

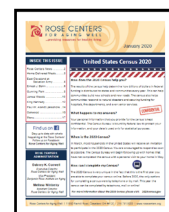


From now until January 3, 2022, for every new Subaru vehicle purchased or leased, Subaru will donate \$250 to the customer's choice of participating charities.\* Meals on Wheels is one of four national participating charities and has been since the inception of the event. Through this event, as a member of Meals on Wheels America, the Rose Centers will receive a share of the donation from Subaru vehicles sold at participating retailers.

\*Disclaimer: Subaru will donate \$250 for every new Subaru vehicle sold or leased from November 18, 2021, through January 3, 2022, to four national charities designated by the purchaser or lessee. Pre-approved Hometown Charities may be selected for donation depending on retailer participation. For every new Subaru vehicle sold or leased during the campaign period, participating retailers will donate a minimum of \$50 in total to their registered Hometown Charities. Purchasers/lessees must make their charity designations by January 3, 2022. The four national charities will receive a guaranteed minimum donation of \$250,000 each. See your local Subaru retailer for details or visit [subaru.com/share](http://subaru.com/share). All donations made by Subaru of America, Inc.

## Rose Centers Newsletter

Get the latest news and program schedules from the Rose Centers for Aging Well. Sign up today at [ourseniorcenter.com](http://ourseniorcenter.com).



## Amazon Smile

Support Benjamin Rose Institute on Aging when you do your shopping at [Amazon Smile!](http://Amazon Smile!)



## Upcoming Programs

### Virtual Second Wednesdays with Benjamin Rose

[Learn more about Benjamin Rose from President & CEO, Orion Bell.](#) January 12, 9—10 a.m.

### Aging in Place: Know Your Housing Options

[Learn about the many factors that will help you successfully age in place.](#) January 11—13, 1 - 2:30 p.m.

### Homebuyer Education

[Learn the important basics of the homebuying process.](#) January 24—27, 6 p.m.

### Senior Financial Education Workshops

[Virtual workshops to help older adults take charge of their finances.](#) Monday—Friday, every other week beginning at 10 a.m.

## Resources for Caregiving

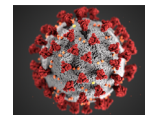
Visit our Resource Library to find tips and useful information for caregivers.

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 why [evidence-based programs matter for dementia caregivers](#), the [benefits of intergenerational programming](#), [technology in caregiving](#) and [elder abuse](#).



## Benjamin Rose Response to COVID-19

Visit [benrose.org/COVID-19](https://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.



## 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.](#)

## Staff Notes

**Lisa Weitzman, MSSA, LISW-S, ASW-G, C-ASWCM**, WeCare Administrator and Manager of Business Development, was interviewed on the [Feisty Side of Fifty](#) about optimizing your health and wellness in retirement. Lisa also presented to staff at Baldwin Wallace University about how to be happy through the holidays.

**Lauri Scharf, LSW, MSHS**, Care Consultant and Assistant Master Trainer, presented *Caregiving is Not a Spectator Sport* to the Wadsworth Senior Center.

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

[4 Tips to Balance Caregiving and Relationships](#) by **Julie Hayes**

[The RAISE Family Caregivers Act: What's It All About?](#) by **Sarah Nicolay**