

From the desk of President & CEO Orion Bell

Hello in There

. . . Old trees just grow stronger

. . . Old rivers grow wilder every day,

Old people just grow lonesome. . .

So goes the chorus of Hello In There, written by the late John Prine. Prine was a master storyteller. His songs contain characters and observations of the human condition, part ballad and part novel. More than any other contemporary songwriter, he often told stories from the perspective of, and with great affection for, older adults.

[Hello In There](#) tells the story of John and Loretta, a couple in later life, and the impact of a lonely existence on those who feel their best days are behind them.

According to a [report](#) by the Administration on Community Living, nearly 14 million older adults live alone, including nearly half of women ages 75 and older. Living by oneself increases the risk of loneliness or social isolation, especially for those who find themselves “unexpectedly alone” due to “death of a partner, family separation, retirement, loss of mobility or lack of transportation.” Loneliness can take a toll on physical and mental health, contributing to greater risk for heart disease, high blood pressure, some cancers, infections or dementia.

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



Dementia Friendly Week

Join Benjamin Rose Institute on Aging and [Heights Libraries](#) at the Lee Road Branch (2345 Lee Road, Cleveland Heights, OH 44118) for Dementia Friendly Week May 15 - 20. All are welcome!

Dementia Friends is a global movement developed by the Alzheimer’s Society in the United Kingdom and now underway in the United States. The goal of Dementia Friends is to help everyone in a community understand five key messages about dementia, how it affects people, and how we each can make a difference in the lives of people living with the disease, from helping someone find the right bus to spreading the word about dementia on social media – every action counts! Attendees will raise awareness and increase understanding of dementia; challenge stigma and negative messaging; learn effective communication and engagement tips; and receive helpful community resources. [Learn more!](#)



Dementia Friendly Week

May 15-20
Lee Road Branch



Rose on the Go Cooking Class with Chef Mario Reyes

Discover the joy of cooking for one in a free, interactive cooking class with Chef Mario Reyes, Director of Culinary & Innovation for TRIO Community Meals. In this class, you’ll learn helpful culinary techniques, gain valuable nutrition education, have the opportunity to ask Chef Mario cooking questions, and discover that cooking for one CAN be fun.

Hurry – space is limited to the first 60 registrants



Join Us for the
Rose on the Go Cooking Class
with Chef Mario Reyes



Bingo Night Fundraiser

Join the Benjamin Rose Young Professional Council on Friday, May 12 from 6 - 8 p.m. for food, drinks and bingo!

TICKETS:

Regular Ticket: \$25 in advance (\$30 at the door)
Regular Ticket includes Chipotle burrito or bowl and one drink ticket. Bingo boards are sold separately.

VIP Ticket: \$50

VIP Ticket includes Chipotle burrito or bowl, two drink tickets, regular bingo board and digital recognition at the event.

[Buy your tickets now!](#)

Sponsor the Bingo Night Fundraiser

Your tax-deductible sponsorship supports the programs and services of Benjamin Rose, while offering unique opportunities to market your company to a diverse array of attendees. [Sponsorship opportunities.](#)

Benjamin Rose Staff at On Aging

Staff from Benjamin Rose presented at the On Aging Conference presented by the [American Society on Aging](#) in Atlanta last month. Presentations included:

From Awareness to Social Action: A Framework for Community Dementia Support and Education, **Branka Primetica, Quality Improvement Director & BRI Care Consultation Program Manager** and **Lauri Scharf, Care Consultant & Master Trainer**

The Benefits and Challenges of Pet Ownership: Materials for Professionals, **Jess Bibbo, PhD, Research Scientist** and **Ashley Haas, Director of Consumer Information**

Managing Field Operations in Long-Term Care: Covid-19 and Dementia, **Ashlee Cordell, Research Assistant and Project Coordinator**

How to Develop and Implement Marketing & Referral Programs that Really Work, **Lisa Weitzman, Director of Strategic Partnerships**

Integration of a Telephone Reassurance and Caregiving Support Program, **Morgan Minyo, Research Analyst**

Safe, Affordable, Sustainable Housing for Older Adults, **Michael Billnitzer, Vice President & Executive Director, ESOP** and **Orion Bell, President & CEO**

Expansion of Best Practice Caregiving for Family and Friend Caregivers, **David Bass, PhD, Senior Vice President, Research & Education**, **Sara Powers, PhD, Research Scientist**, **Rachel Cannon, Senior Research Analyst** and **Zoe Fete, Research Analyst**

Pet Ownership Benefits and Challenges: Findings from Geriatric Professionals, **Jess Bibbo, PhD**

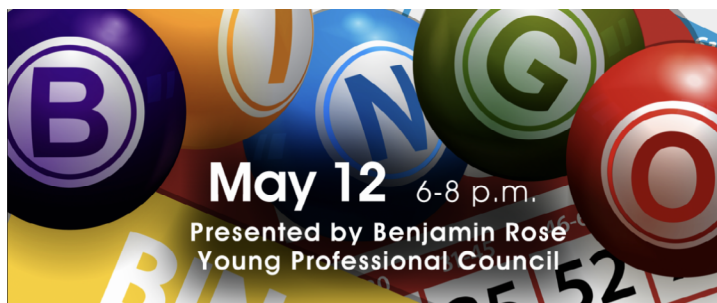
Dementia Caregiving Programs: Examining Outcomes and Research Recommendations, **Morgan Minyo** and **Sara Powers, PhD**

Characteristics of Growing Caregivers Programs, **Megan Huth, Research Assistant**, **David Bass, PhD**, **Zoe Fete** and **Rachel Cannon**

Profile of Clients Reported for Alleged Self Neglect to Oklahoma APS, **Courtney Reynolds, Senior Research Analyst**

Methods for Monitoring Program Indicators and Measuring Client Experience, **Branka Primetica** and **Sara Powers, PhD**

An Innovative Program to Prevent Self-Neglect in Healthcare Patients, **Courtney Reynolds**



Meal Delivery Volunteers Needed

We are in critical need of volunteers to deliver meals to homebound older adults in their own vehicle. Volunteers pick up meals from Margaret Wagner House in Cleveland Heights and deliver to older adult's homes throughout Cuyahoga County. Various shifts are available Monday through Friday, 9 a.m. - 3 p.m. [Learn more.](#)



Upcoming Programs

Homebuyer Education in Partnership with MetroWest (Bilingual)

[Our free, HUD-approved class teaches the important basics of the homebuying process.](#) May 3, 4, 10 & 11, 6 - 7:30 p.m

Financial Education Workshops

[ESOP's five session workshops are offered every other week.](#) May 8—12, 10 - 11:30 a.m.

New Construction: Know Before You Build

[Understand the basics of the home building process.](#) May 9—11, 6 - 8 p.m.

Virtual Second Wednesday

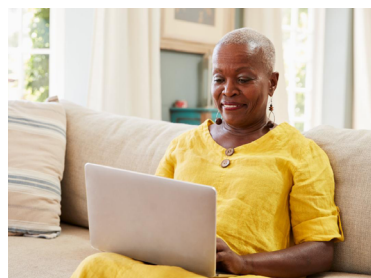
[Learn about Benjamin Rose and our programs from President & CEO Orion Bell.](#) May 9, 9 - 10 a.m.

Post-Purchase Education: Know After You Buy

[Maximize your profits and avoid pitfalls.](#) May 17 - 18, 6 - 8 p.m.

The Policy of Developing a Quality Workforce in Long Term Care

[Join us for our latest advocacy webinar.](#) May 18, 1 - 2 p.m.



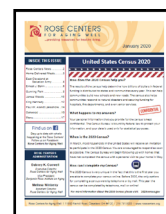
Resources for Caregiving

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 transportation is so important to older adults](#), [how caregivers and older adults can manage rising food costs](#) and [creating safe environments for people with late stage dementia](#).

Rose Centers Newsletter

Get the latest news and program schedules from the Rose Centers for Aging Well. Sign up today at ourseniorcenter.com.



Staff Notes

Jess Bibbo, PhD, Research Scientist, was interviewed for Boomer's Today on the [impact of pet ownership on the lives of older adults](#).

Ashlee Cordell, Research Assistant Project Coordinator, presented *What are Young Professionals Currently Looking for in Careers* at the Ohio Association of Gerontology and Education conference.

Courtney Reynolds, Senior Research Analyst, presented *Adulthood, Aging and Abuse* for an adulthood and aging course at Miami University.

Lauri Scharf, Care Consultant & Master Trainer, presented *Navigating the Challenges of Dementia* at the Centering Space in Lakewood.