



From the desk of President & CEO Orion Bell

Pocketknives

Do you carry a pocketknife?

Growing up, having a pocketknife was a rite of passage. At some point, an adult in your life would decide you should have one. Every man I knew carried one. They varied in size, shape and color. There were handles made of wood, bone, metal or plastic. There were knives with one, two or three blades. Swiss Army or Boy Scout knives had accessories: a file, scissors, screwdriver, even a fork and spoon. My first knife was a battered old Barlow. The color was worn off the handle so that the metal showed through. It had a leather punch in place of one blade, and a can opener. It was dull and hard to open. And, large enough that it was hard to lose in the laundry. That made a good knife for a seven year old.

Having a knife meant finding things to do with it. Whittle a stick. Carve your initials into something. My Dad taught me how to play knife baseball. My grandfather would cut slices of apple, flicking the pieces off the blade into his mouth. The knife was letter opener, hole punch, nail file, tweezer. It was the tool needed to change a watch battery, strip wire or cut a vine. It could be a spatula or a putty knife. A knife was useful on a fishing trip or a hike in the woods. It was something you had on you because you might need it. [Read the full blog.](#)



Yoga in the Park

Join the Rose Centers for Aging Well for a free yoga class in the park on **Thursday, October 26 from 10:30 - 11:30 a.m.** at the shelter at Acacia Reservation in Beachwood. A time to enjoy nature, movement and connecting with others. Please bring your own yoga mat.

Sponsored by Medical Mutual, a representative will be available at the event to answer any questions or offer guidance regarding open enrollment and Medicare. [Register now!](#)

Open Enrollment is Almost Here!

Open enrollment is October 15 - November 7. Is your plan still the best plan for you? This is your chance to look at all of your Medicare plan choices like prescription drug plans and Medicare plans from private insurers. Plans change every year and so do your health needs. Don't assume your current plan is your best choice. You could find better coverage, free wraparound services or lower costs. Benjamin Rose is here to help you explore your options. **Call today at (216) 791-8000 to schedule your free virtual or in-person appointment!**

OPEN ENROLLMENT



Meal Delivery Drivers Needed!

As our home-delivered meals program continues to grow, volunteers are needed to deliver meals to homebound older adults either in their own car or as a rider in one of our meal delivery trucks. Volunteers pick up meals from our Margaret Wagner Apartments in Cleveland Heights and deliver to older adults' homes throughout Cuyahoga County. Various shifts are available Monday through Friday, 9 a.m. – 3 p.m. [Learn more!](#)

Happy Senior Center Month!

Today's seniors centers are places of discovery, encouraging older adults to discover their unique interests, talents and aspirations. Senior centers offer a vibrant, action-packed combination of meals, programming and friends. September is National Senior Center Month, and the Rose Centers for Aging Well have celebrated by hosting open houses that have featured music, lunch, bingo and time with friends. Check out some of the activities below:



Collaborative Approaches in Elder Abuse Justice for Protecting Adults Living with IDD

Join us for a thought-provoking webinar featuring esteemed experts in the field on elder justice, specifically highlighting work to protect those with dementia or IDD on Wednesday, October 18 from 12 - 1:30 p.m. **Dr. Ronan Factora** of the Cleveland Clinic and **Natasha Pietrocola** of the Cuyahoga County Division of Senior and Adult Services will describe an innovative collaboration to provide virtual capacity assessments to Adult Protective Service (APS) clients who need them. **Dr. Jess Bibbo** from Benjamin Rose Institute on Aging will present emerging evidence about the impact of pets in the lives of people affected by dementia, as well as the benefits and challenges of client pet ownership encountered by APS professionals. **Courtney Reynolds** from Benjamin Rose will share information about a training program designed to educate mandatory reporters on abuse, neglect and exploitation. Discover collaborative approaches, innovative solutions, and the latest research aimed at ensuring the dignity and safety of older and disabled adults living with dementia and other impairments.

Upcoming Programs

Financial Education Workshops

[ESOP's five session workshops are offered every other week.](#) October 9—13, 10 - 11:30 a.m.

Virtual Second Wednesday

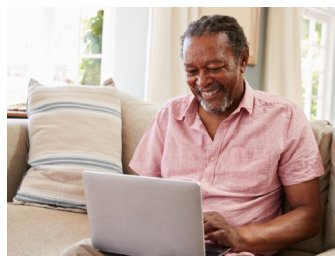
[Learn about Benjamin Rose and our programs from President & CEO Orion Bell.](#) October 11, 9 - 10 a.m.

The More You Know: Hoarding

[Join us for a FREE one-hour Q & A session with professionals who will explain hoarding disorder and provide useful information.](#) October 11, 5 - 6 p.m.

Financial Education Workshops

[ESOP's five session workshops are offered every other week.](#) October 23—27, 2 - 3:30 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 [navigating hospice care](#), [assessing wellbeing when visiting an older loved one](#) and [naturally occurring retirement communities](#).

Staff Notes

Tahira Wilson, case manager, and **Loretta Regel**, Carelogic analyst and case manager, presented about Benjamin Rose and our Behavioral Health Services to the Cleveland Adult Protective Services Collaborative.