From the desk of President & CEO Orion Bell

Caring About the Caregiver

Over the holidays, I took advantage of a few days off and caught up on some books I had been intending to read. Over the past several months I had picked up quite a selection of books. This one looked interesting. That one was by an author I had read before. Another one suggested by a friend…. A short stack of good intentions, sitting on the end table… untouched. A guilty pile of pristine dust jackets. You may have a stack like that at your house.

One of the titles that I got to was Dementia Reimagined by Tia Powell. Dr. Powell has written a terrific and accessible book about people with dementia and how our society treats them and the people who provide their care….More than 40 million Americans are family caregivers and they are critical to the success of home and community-based long-term care. But far too often they are an afterthought, if they are thought of at all….

Elsewhere in this newsletter you can read more about the launch of Best Practice Caregiving, a new online resource designed to connect organizations with proven methods of supporting family caregivers…. One goal of Best Practice Caregiving is to raise awareness of caregivers and increase health systems’ and community organizations’ support for them. The caregiver’s journey is not one that should be made alone. Read more at benrose.org/news.

A New Tool for Organizations that Support Family Caregivers

Benjamin Rose and partners at Family Caregiver Alliance and The Gerontological Society of America collaborate on supportive tool

Despite the success of new and established programs that support family members and friends caring for people living with dementia, many remain unknown or unavailable to the caregivers who need them the most.

Best Practice Caregiving, a new web-based resource, helps solve this problem by providing organizations that serve family caregivers with a tool to easily compare and select evidence-based programs for dementia caregiving. The database serves as a single source of detailed information on more than 40 programs from across the U.S. For the first time, health care and community service organizations, providers, funders and policy makers have an easy-to-use, comprehensive resource to learn about and compare many of the top dementia caregiving programs.

Three years in the making, Best Practice Caregiving is a product of the collaboration among three leading organizations in the field of aging and caregiving: Benjamin Rose Institute on Aging, Center for Research and Education; Family Caregiver Alliance: National Center on Caregiving; and The Gerontological Society of America. Read more at benrose.org/news.
‘Second Wednesdays’ with Benjamin Rose

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, visit benrose.org or call 216.373.1688. Second Wednesdays are free to attend and all are welcome! Bring a friend!

Dine to Donate at Melt

Dine to Donate to benefit the Rose Centers for Aging Well at Melt Bar and Grilled in Cleveland Heights and Lakewood is 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 senior centers and home-delivered meals program! 20% of food and drink sales, accompanied by the attached flyer, will be donated directly to the organization. Download the flyer at benrose.org.

U.S. Census: Be Counted!

The U.S. Constitution requires that the federal government conduct a census of every person living in the country every 10 years. The next decennial census will take place this year. The official Census Day is April 1, 2020. Census results help determine how billions of dollars in federal funding flow into states and communities each year.

In Cuyahoga County, older adults rely on several key programs that use U.S. Census data, including Medicaid, Medicare Part B, (Doctor Visits and Outpatient Services), Supplemental Nutrition Assistance Program (SNAP) and health care programs. An accurate count is necessary to ensure adequate funding for these vital programs. Ohio loses approximately $1,814 for every person not counted in the Census.

More information on the upcoming census is available at https://2020census.gov/en.

Staff Notes

David M Bass, PhD, Senior Vice President for Research, is a presenter for the upcoming webinar: Finding the Right Fit: Choosing Dementia Caregiving Programs for Your Organization and Community, on Tuesday, January 28, at 2pm ET. The webinar, offered by the American Society on Aging, is part of the National Alzheimer’s and Dementia Resource Center webinar series sponsored by the Administration for Community Living. Visit asaging.org for more information.

Lauri Scharf, Care Consultant and Master Trainer, presented Medication Management for Bay Village Seniors in November.

Lisa Weitzman, BRI Care Consultation Administrator (right), shared information on the program and support for family caregivers with Kathryn Eyring on Aging Gracefully TV. Visit benrose.org/news for the full interview.

Benjamin Rose staff continue to provide content for the faith-based online publication Guideposts. Recent articles include:

Why It’s Hard to Acknowledge Your Loved One Needs Help by Lisa Weitzman
The Rich Rewards of Volunteering by Sarah Nicolay
Simple Changes in Your Holiday Routine Can Ease Stress, by Lauri Scharf
Millennial Caregivers are Navigating Uncharted Waters by Julie Hayes