

*From the desk of President & CEO Orion Bell*

## Yes, And...

Fifty years ago, Saturday Night Live had its late-night premiere on NBC. Originally known as NBC's Saturday Night, the first episode was hosted by George Carlin and featured Billy Preston as a musical guest. Twelve-year-old me was instantly a fan. My parents, not so much. While the format of the show has been relatively stable over its 51 seasons, the cast and writers change from season to season. (Anybody else remember the Muppets' sketches?) Fans of different eras will say, "the old ones were funnier." Maybe... but it might just be that you were younger and excited about staying up late.



Improv often draws its humor from the incongruous or the absurd. The "yes, and..." scenarios allow for plot twists, or a surprising turn of phrase or events. But not every "yes, and..." leads to humor. There are many real-life situations where circumstances or events can take lead in an unexpected direction.

Family caregivers can often be described in terms of "yes, and..." Family caregivers, the people who provide uncompensated, and informal support for their loved ones, take on these responsibilities in addition to the other roles in their lives. Yes, they are caregivers, and.... [Read the full blog.](#)

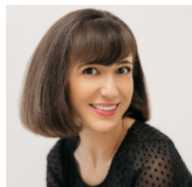
## From Story to Strategy: Empowering Caregivers, Shaping Policy

Benjamin Rose invites you to join us for our Annual Caregiving Conference, **From Story to Strategy: Empowering Caregivers, Shaping Policy**, on Tuesday, **December 2, 2025**, from 8:30 a.m. to 3 p.m. This year's full-day conference will explore two central themes: the caregiver experience and the policies that can better support caregivers, such as paid family caregiver leave.

Keynote speaker and renowned author **Dasha Kiper** will share insights on why caregiving can feel so overwhelming, drawing upon brain science to explain the challenges of adapting to illness, followed by a lively discussion among a panel of local caregivers who will share their firsthand experiences. In the afternoon, the focus will turn to current and emerging caregiver policies, with perspectives from important and influential organizations.



*Opening remarks:* **Regina Brett**, bestselling author, *The Plain Dealer* journalist, and a family caregiver



*Keynote address:* **Dasha Kiper** will share insights on how to help caregivers navigate challenges.



*Panel discussion:* Moderated by **Tiffany Tarpley** of *Good Morning Cleveland*.

*Other speakers include:*

**Jenny Carlson** - AARP Ohio Chapter  
**Trey Addison** - Alzheimer's Association  
**Abby Westbrook** - Collaborate Cleveland

Sponsor the Caregiving Conference! By joining us as a sponsor, your organization will demonstrate its leadership in supporting the caregiving community while gaining visibility among a diverse and engaged audience. [Download the sponsorship prospectus.](#)

## Help Older Adults Impacted by SNAP Cuts

SNAP benefits are impacting older adults in our programs. Together, we can help bridge the gap. Benjamin Rose is seeking food donations to help older adults in need.

Items needed:

- Peanut butter
- Canned stew
- Canned soups
- Canned fruit
- Canned beans
- Whole grain pasta
- Canned Vegetables
- Rice
- Canned protein (tuna/chicken)
- Cereal (hot or cold)
- 100% juice



## Applications are Now Open for the 2026 Young Professional Council

Are you a young professional looking to give back while growing your leadership experience? Applications are now open for the Benjamin Rose Young Professional Council (YPC) – a group of emerging leaders dedicated to improving the lives of older adults and caregivers in Greater Cleveland. As a YPC member, you’ll:

- Connect with like-minded peers and community leaders
- Gain hands-on experience in outreach, philanthropy, event planning and board governance
- Strengthen your leadership and professional skills
- Play a key role in shaping programs that make a difference for older adults and families



Meetings are held bi-monthly on the last Tuesday of the month from 6:00–7:30 p.m. at Benjamin Rose. Apply by November 14 at 5 p.m. [Apply now!](#)



## Keeping the “Happy” in the Holidays

From Thanksgiving to New Year’s Day, the holiday season is supposed to be filled with peace and joy. Unfortunately, we all know that’s not always the case, especially when you’re caring for an older adult.

Please join us on **Thursday, November 13** at noon for **Keeping the “Happy” in Happy Holidays** to learn how you both can navigate more effectively through the holiday season. We’ll present tips and techniques to deal with stressful situations, and even how to find time for yourself to enjoy the joys of the season. The Ask the Expert webinar series is an interactive educational experience that allows you to get answers to your most pressing questions about care. Our experts in areas of family caregiving, dementia care, finding services and support, planning future care and more are prepared to address your challenges and offer guidance to help you provide exceptional levels of care. [Register now!](#)

## Care-Based Estate Planning for Families Living with Dementia

Estate planning is necessary and provides peace of mind, but wills, trusts and powers of attorney can all seem terribly complicated and intimidating to many families.

[Join us for a valuable webinar](#) on **Thursday, November 6 at 3:30 p.m.** that provides professionals and family caregivers with practical guidance on estate planning, Medicaid rules, and long-term care funding strategies tailored to families living with dementia. Todd Bartimole, founding partner of Cleveland Elder Law, will provide simple explanations and fresh perspectives on how to help families tackle challenging activities, including:

- Pre- and post-diagnosis estate planning essentials
- Common gaps in estate planning documents when someone is diagnosed
- How to fund long-term care while preserving assets for the family
- Medicaid rules and regulations every caregiver should know
- Caregiver resources on estate planning and Medicaid
- Holistic elder law support.

## Join Orion Bell to Learn More About Benjamin Rose

Interested in learning more about the programs and services of Benjamin Rose? Join us on **Wednesday, November 12 at 9 a.m.** for Second Wednesdays with Benjamin Rose. Benjamin Rose President & CEO, Orion Bell will provide an overview of the many programs we offer and discuss how you can get involved in our work. [Register now!](#)



## Homebuyer Education

Are you interested in buying a home but not sure where to start?

Our FREE HUD-approved homebuyer education class can teach you the important basics of the home buying process. We will provide you with the knowledge you’ll need to secure an affordable mortgage and buy the right house for you. This course is a four-part series. [Learn more!](#)

This registration is for the following days, from 6-8 p.m. on Zoom:

- November 17 (Mon)
- November 18 (Tues)
- November 19 (Weds)
- November 20 (Thurs)



## Financial Education Workshops

Benjamin Rose, a HUD-approved housing and financial counseling agency, provides a variety of free workshops and counseling services.

Our financial workshops are a five-part series. [Register now!](#)

This registration is for the following days, from 2 - 3 p.m.:

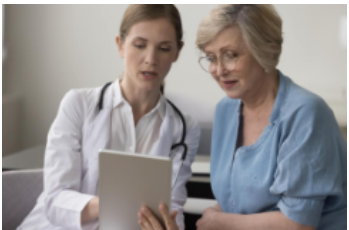
- November 17 (Mon)
- November 18 (Tues)
- November 19 (Wed)
- November 20 (Thurs)
- November 21 (Fri)



## 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 [supporting older adults living with mental illness](#).



## 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. [Make a gift today.](#)

## Rose Centers Newsletter

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



## Staff News

**Tim Frey**, program director of health and wellness, was interviewed for an article titled ‘[Rose on the Go](#)’ caters to ‘[newer older adults](#)’ in the Cleveland Jewish News.

**Cynthia Walker**, benefits counselor, was interviewed for an article in the [New York Times](#) where she discussed the impacts of the government shutdown on social security.