

*From the desk of President & CEO Orion Bell*

## Guest Rooms

One of my earliest memories of the holidays was traveling to my grandparents' house. We lived a few hours away, as did my cousins, aunts and uncles. On or around Christmas Day, we would be under the same roof. Small kid logic could resolve how Santa could stop at my house, and find me at Grandma's, too. He could manage keeping track of naughty and nice kids and manage worldwide deliveries with a sleigh and flying reindeer. Knowing we would be opening presents a day early (or a day late) seemed completely reasonable.



As I have gotten older, I have a greater appreciation of the challenge of getting everyone together. At some point, Grandma's house isn't Grandma's anymore. Kids grow up and start families and traditions of their own. There are the logistics of planning around school schedules, days off, travel arrangements... and where people will sleep.

My grandparents had a guest room; a place for company to stay when they came for a visit. Furnished with the bedroom suite that had been purchased when my dad was in high school, it was an extension of hospitality. There was always a place to stay. [Read the full blog.](#)

## New Research Opportunity for Family Caregivers

Are you a care partner for someone living with memory loss? Benjamin Rose and Better Age are conducting virtual focus groups to better understand your experiences as a caregiver of a family member or friend living with memory loss. Your unique experiences are needed to help us help other family and friend caregivers manage their stress.

### SHARE YOUR EXPERIENCES

Joins us online as we talk about your experiences as a caregiver. With 6 - 8 other caregivers in a virtual "room," we will:

- Examine common stressors and unmet needs you might have
- We will also discuss ways you might be managing your stress, self-care techniques and community resources you have used or want more information on.

### TALK ABOUT TECHNOLOGY

Help us understand your preferences for using mobile technology and apps to participate in care services.

### ELIGIBILITY

We are looking for individuals that are:

- Aged 60 and older
- A care partner to someone living with Alzheimer's disease or related dementias
- Living in the community
- Able to read and write English
- Able to access the internet and Zoom platform

Your one online session will last 90 minutes. You will receive \$50 gift card for your participation. Call **(216) 373-1738** or email [snicolay@benrose.org](mailto:snicolay@benrose.org) to sign up.

## Hunger Can't Wait. Counseling Can't Wait. Support Can't Wait.

Every day in our community, older adults and their families face challenges they can't afford to wait to address.

For the older adult depending on a hot meal — **hunger can't wait.**

For the individual facing credit card debt — **counseling can't wait.**

For the caregiver at their breaking point — **support can't wait.**

Your indispensable support of Benjamin Rose helps ensure these challenges are met when help is needed most. Not next month. Not next year. Right now.



Please donate before the end of the year so that no one waits for a warm meal, a way out of credit card debt, or a reason for hope. [Donate now!](#)

## Benjamin Rose Hosts Annual Caregiving Conference

On Tuesday, December 2, Benjamin Rose's Annual Caregiving Conference — From Story to Strategy: Empowering Caregivers, Shaping Policy — brought together caregivers, professionals and advocates for a full-day exploration of both the caregiver experience and the policies that can better support them, from paid family caregiver leave to local advocacy initiatives. Our heartfelt thanks go to all of our inspiring speakers, including **Regina Brett** for her opening remarks and **Dasha Kiper** for her compelling keynote that drew on brain science to illuminate why caregiving can feel so overwhelming, as well as **Tiffany Tarpley** for moderating our caregiver panel and all presenters who shared their expertise. We are also deeply grateful to our generous sponsors and to every attendee whose engagement, questions and shared stories made the day truly meaningful.



## You can Share the Love This Holiday Season!

This holiday season, help Subaru give back! As part of a national partnership with Meals on Wheels America, Subaru of America, Inc. and its retailers will donate a minimum of \$300 to a charity, like Meals on Wheels America, for every new vehicle leased or sold from November 20, 2025, to January 2, 2026.

Through this event, as a member of Meals on Wheels America, Benjamin Rose will receive a share of the donation from Subaru vehicles sold at participating Subaru Retailers.

Since the [Subaru Share the Love](#) Event began in 2008, Subaru and its participating retailers have donated nearly 5 million meals and helped provide friendly visits to seniors being served by local Meals on Wheels programs across the country.

## Ask the Expert: Live Q&A Hour for Caregivers

Join Benjamin Rose on Thursday, January 22 at noon, for an opportunity to get all your questions about caring for an older adult answered by experts in the field! Join us for this informal ask-and-learn session for family and friend caregivers.

Everything is on the table — ask us anything you need to know about caring for an older adult, from managing challenging behaviors to bathing and meals, safety, nutrition, housing transitions, mood swings, and even finding time for self-care. At the same time, you'll take away tons of valuable insights and tips as our Experts answer questions from others facing similar challenges.

**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 the best care possible. [Register now!](#)

## Make a Meaningful Impact This Tax Season

Benjamin Rose is recruiting volunteers for our Volunteer Income Tax Assistance (VITA) program, which provides free, high-quality tax preparation services to individuals and families with low to moderate incomes. As a volunteer, you can serve as a **tax preparer**, helping community members file their federal and state returns using IRS-certified training, or as a **site greeter**, welcoming clients, reviewing their documents, and ensuring they're prepared for their appointment. No prior tax experience is required — just a willingness to learn and a desire to help others. [Learn more!](#)



## 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!](#)



## Aging in Place

Our FREE Aging in Place: Know Your Housing Options course is designed to assess homes for safety, accessibility, and affordability; explore ways to use home equity to stay in the home; and discover housing options.

This course is a three-part series. This registration is for the following days, from 2 - 3:30 p.m.: January 20, 21 and 22. [Learn more!](#)



## 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:

- January 7
- January 14
- January 21
- January 28



## 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!](#)

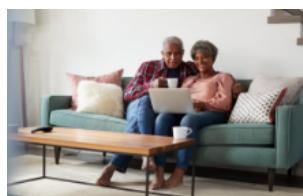


This registration is for the following days, from 2 - 3 p.m.:

- January 26 (Mon)
- January 27 (Tues)
- January 28 (Wed)
- January 29 (Thurs)
- January 30 (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 [why dementia caregivers burn out](#).



## Staff News

**Lisa Weitzman**, director of strategic partnerships, recently presented *why paid family leave is important for caregivers of older adults* for Collaborate Cleveland.