

From the desk of President & CEO Orion Bell

Soup Season

What's for dinner? At this time of year at our house, there is a good chance it will be soup. Chicken Soup. Tomato Soup. Vegetable Soup. Bean Soup. Potato Soup. Chili. Chowder. Gumbo. Ramen. Pho. Soup, Soup, Soup. It is not just our house. Mason's Ice Cream, our neighborhood ice cream stand, offers ramen during the winter months. There are many places to get soup in Cleveland. Last year, Wanderlog published a list of the 46 Best Spots for Soup in Cleveland. That is a lot of soup.



There is officially a soup season. Campbell's kicked off the first National Soup Month in January of 1986, to celebrate the food that "warms us up with piping hot bowls of comfort." The company sold its first cans of soup (tomato) in 1895. Two years later, Campbell's introduced condensed soup (still tomato). The familiar red and white labels came along in 1898. Many new flavors were introduced (chicken noodle in 1934) in the years since. In 2025, The Campbell's Company reported over ten billion dollars in net sales. A lot of those sales were soup.

Soup comes in many varieties, and not just the ones in those red and white cans. They range from pouches of "cup-a-soup" to instant ramen to lobster bisques served in high-end restaurants. Soup can be both humble and decadent. It is a course in a banquet to stimulate the appetite, or a hearty meal to satisfy it. It is a food found in cultures all over the world. Recipes, parables, stories and festivals about—and around—soup are universal. Liquid broth combined with meat, grains or vegetables (or all three). Thick, clear, thickened or creamed, in virtually every language there is at least one word for "soup." [Read the full blog.](#)

Join us for the Winterlicious Cooking Class and Tasting Event!

Winterlicious is back again to spice up a dreary winter night! Master Chef Mario Reyes of [TRIO Community Meals](#) is hosting an exclusive Cooking Class and Tasting at Benjamin Rose Headquarters on **Thursday, February 19 from 6 – 9 p.m.** This in-person event allows you to observe Chef Mario as he cooks five, globally-inspired courses for you. Participants receive recipes for all dishes served, tasting portions, wine pairings and the opportunity to engage with and ask Chef Mario cooking questions. [Buy your tickets!](#)

Menu

Pork Carnitas
Chickpea, Tomato & Avocado Salad

South American Shrimp Ceviche
with Chulpe

Black and Bleu NY Strip Crostini
Horseradish Crema

Thai Coconut Salmon
Basmati Rice

Bailey's Caramel Affogato

Free Income Tax Preparation

Tax season doesn't have to be stressful. Filing accurately is essential to avoid penalties and maximize your refund, but the process can be overwhelming. Whether you're confused by tax laws or simply want a hassle-free experience, we're here to help. Benjamin Rose's FREE Volunteer Income Tax Assistance program starts February 4 and is available adults of all ages who meet program guidelines. [Make an appointment!](#)



Scholars in Aging Visit Benjamin Rose

The Ohio Scholars in Aging Program visited Benjamin Rose this month for a day of experiential learning! The program is a jointly organized and funded by the Ohio Association of Gerontology and Education and the Ohio Department of Aging to provide students of all academic background with the opportunity to learn about aging-related policymaking, establish professional contacts and gain career knowledge and skills in the field of aging.



The 2026 Scholars cohort began their first all-day in-person session at Benjamin Rose where they were able to learn about the innovative programs and comprehensive services that Benjamin Rose provides to older adults and their families. As part of the experience, the Scholars toured Margaret Wagner Apartments, gaining first-hand insight into supportive housing for older adults, and were introduced to applied aging research projects and initiatives led by the Research, Education & Advocacy department.



Research Study Opportunity for African American Families Experiencing Memory Loss

Benjamin Rose is seeking African American families experiencing changes in memory to participate in the SHARE research study. SHARE—Support, Health, Activities, Resources, and Education—helps individuals and their family or friend care partners plan for the future while navigating memory changes.

This updated version of SHARE has been adapted to better serve African American families and offers support, resources and guidance from trained counselors. Participants will receive either the six-session SHARE program or a one-session education and resource program. All sessions take place virtually, and care partners receive a small payment for participating.

If you are African American, age 50 or older, experiencing memory changes, and have a family member or friend to participate with you, we encourage you to learn more. To participate, contact Donna Salaam at (216) 373-1747 or SHARE4AA@benrose.org.

Ask the Expert: Managing Incontinence

Join Benjamin Rose for our next Ask the Expert program, Managing Incontinence: Empower Yourself with Confidence and Control on **Thursday, February 19 from noon - 1 p.m.** Incontinence can be a frustrating and debilitating problem. Estimated to affect as many as 50 percent of adults over 60, it can put a strain on the independent daily activities and create significant emotional distress.

Please join us as Barbie Montgomery, OTR/L Certified in Adult Bladder and Urinary Incontinence with Fox Rehabilitation, shares strategies you can use, including exercises and lifestyle changes, to help improve bladder control in the older adult you care for and reduce the impact of incontinence on your lives.

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!](#)

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. [Register now!](#)



This course is a four-part series. This registration is for the following days, from 6 - 8 p.m.:

- February 3 (Tues)
- February 5 (Thurs)
- February 10 (Tues)
- February 12 (Thurs)

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, March 11 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!](#)



Financial Education Workshops

Looking to take control of your finances but not sure where to start? Our financial education workshops are tailored to help adults make informed decisions with confidence. From recognizing scams and planning for the future to managing credit, debt, and budgeting, we're here to guide you every step of the way. Let us help you build a secure financial future with practical tips and expert advice!



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

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

- February 23 (Mon)
- February 24 (Tues)
- February 25 (Wed)
- February 26 (Thurs)
- February 27 (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 [signs of hoarding behavior](#) and [learning more about your diagnosis](#).



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

Doug Braun, LISW-S, behavioral health clinical social worker, recently presented Older Adults and Aging for the Cleveland Police CIT officers.