

ROSE  CENTERS
FOR AGING WELL

Senior Prom

A 70's Theme

SATURDAY JUNE 13

4PM - 7PM

Lakeshore Rose Center
16600 Lakeshore Blvd,
Cleveland, OH 44110

**For Adults 60 and better*

TICKETS
\$15

Purchase tickets at any Rose Center location

All Sales Final

BENJAMIN  ROSE
Let's rethink aging.

Rose Centers Directory

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HOME DELIVERED MEALS

Meal Cancellations:

216-373-1994

Hours: Mon- Friday 8:00am -5:00pm

Staff:

Jacqueline Hart, HDM Administrator
 Christine Maslar, HDM Social Worker
 Jennifer Meigs, HDM Social Worker
 Bonnie Paul, HDM Social Worker
 Milton Allen, Driver/Jumper
 Anthony Bolden, Driver/Jumper
 Carmetta Brabson, Driver/Jumper
 Jameel Brabson, Driver/Jumper
 Micheal Brown, Driver/Jumper
 Donna Dozier, Driver/Jumper/Generalist
 Denham Fletcher, Driver/Jumper
 Bruce Fowler, Driver/Jumper
 Alexander Franklin, Driver/Jumper
 Joseph Grair, Fleet Manager
 Brandon Horne, Driver/Jumper
 Thomas Rankins, Driver Jumper
 Anthony Ray, Driver/Jumper
 Earl Redrick, Driver/Jumper
 Lander Redrick, Driver/Jumper
 Carl Rudolph, Driver/Jumper
 Cordell Rudolph, Driver/Jumper
 George Sturdivant, Driver/Jumper
 Kenneth Vaughn, Driver/Jumper
 Arthur Walker, Driver/Jumper

ROSE CENTERS ADMINISTRATION

Dabney K. Conwell

Vice President, Health and Wellness

Melissa Winberry

Assistant Director, Health and Wellness

Tim Frey

Program Director, Health and Wellness

Aja Harris

Administrative Coordinator

ROSE CENTER DIRECTORY

East Cleveland Rose Center.....Phone: 216-373-1696

1507 Doan Avenue, Cleveland, OH 44112..... M–F 10am-3pm

Kia Keaton, Center Director

Kathleen Woodson, Program Assistant

Gunning Park Rose Center.....Phone: 216-373-1735

16700 Puritas Road, Cleveland, OH 44135..... M–F 8:30am-3pm

Trina Roddy, Center Director

Christa Smith, Program Assistant & Activities Coordinator

Brittney Schill, Kitchen Aide

Lakeshore Rose Center.....Phone: 216-373-1939

16600 Lakeshore Blvd, Cleveland, OH 44110..... M–F 10am-3pm

Carla Collins, Center Director

Robin Whitted, Program Assistant

David Blackman, Custodian

King Kennedy Rose Center.....Phone: 216-401-6561

2501 East 59th Street, Cleveland, OH 44104..... M–F 8am-2pm

Cat Mohar, Nutrition Site Coordinator

Gary McCoy & Mary Wallace, Kitchen Aide

Riverview Towers Rose Center.....Phone: 216-373-1793

1795 West 25th Street, Cleveland, OH 44113..... M–F 9am-2pm

Linda Robinson, Nutrition Site Coordinator

Carla Epps & Clarence Golston, Kitchen Aide

Old Brooklyn Rose Center.....Phone: 216-749-5367

3100 Devonshire Rd, Cleveland, OH 44109..... M–F 10am-3pm

Trevon Edwards, Center Director

Cassandra Chambers, Program Assistant

Open Position, Activities Coordinator

Shuranda Colvin, Kitchen Aide

Keith Johnson, Kitchen Aide

Rose Center at Fairhill Partners.....Phone: 216-421-1350 x162

12000 Fairhill Road, Cleveland, OH 44120..... M-F 11:30am-12:30pm

*Contact Carol Gatto to make a lunch reservation.

Don't forget to give your suggested \$1.00/day meal donation to your center staff or delivery person.


Rose Centers News

April Virtual
FINANCIAL EDUCATION Workshops

Workshop Schedule:

- ✓ **Thursday, April 9:** Avoiding Financial Exploitation
- ✓ **Thursday, April 16:** Estate Planning
- ✓ **Thursday, April 23:** Goal Setting/Budgeting and Understanding Credit and Debt
- ✓ **Thursday, April 30:** Benefitting from Benefits April 30, 2026

Workshops will be held via Zoom from 11:00 AM to 12:00 PM each day. To register, please visit our website at www.benrose.org




April Community Events

- April 3-** Guardians Home Opener
- April 4-** Easter Eggsperience and Brunch at Cleveland Metroparks Zoo.
- April 9-18** Cleveland International film festival
- April 17-19** Cleveland Museum of Art-Spring Fling-a free spring celebration featuring beautiful cherry blossoms in the Fine Arts Garden

REMINDER

Be sure to listen to your messages from the automated messaging system to hear reminders and important announcements.

Don't Call—Just Listen

Calls will be from 216-799-0461

*You will receive program alerts via phone calls, text messages, or email for **FREE!**

If you will not be home to receive your delivery, please call to cancel that day's delivery. Canceling in advance allows us to continue offering this vital service to our community.
 ~Call 216-373-1994 ~

Spring Word Search

Can you find the words hidden in the puzzle?



- | | | | |
|-----------|--------|---------|------|
| FLOWERS | BREEZE | RAINBOW | BEE |
| BLOSSOM | SUNNY | LADYBUG | RAIN |
| BUTTERFLY | PICNIC | SPROUTS | GROW |



Did you know?
 Did you know that all of our home delivered meal plans are heart healthy and low sodium?
 Fresh, healthy and fulfilling food is an important aspect of maintaining wellness.

Center Trips This Month

04/14- *International Film Festival*
@ 12PM

04/25- *The Drumline pack at Playhouse Square* @ 12PM-1:15PM
\$10.00 per person

See Cassie for all sign-ups

Upcoming Special Events

04/08- *Craft w/ Christine*
10AM

04/16- *Blood Pressures* @
10:30AM

04/16 & 04/30- *Dancing Wheels*
seated aerobic class



**EXERCISE CLASSES EVERY
TUESDAY, WEDNESDAY AND
FRIDAY AT 12:30PM!!!**



Reminders

Please make sure you are signing up for your lunch and transportation to and from the center on **Mondays and/or Tuesdays** of each week.

See Front Desk

April is Stress Awareness Month

Here are some tips for managing stress:

Identify what's causing stress

If you feel stressed, write down the cause, your thoughts, and your mood. Once you know what's bothering you, develop a plan for addressing it.

Build strong relationships

Relationships can be a source of stress, but they can also serve as stress buffers. Reach out to family or close friends and let them know you're having a tough time.

Rest your mind

Try to get 8 hours of sleep each night. Cut back on caffeine, limit distractions before bedtime, and go to bed at the same time each night.

Talk with a professional

Consult with a mental health professional who can help you learn how to manage stress. A therapist can help you identify stressors and then develop an action plan for changing them.



EARTH DAY 2026




*Save the Earth,
it's our only home.*



Old Brooklyn

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 8:30 Puzzles 10:00 Wellness 12:30 Yoga Shopping (Marcs)</p>	<p>2 8:30 ChitChat 10:00 Trivia 10:30 Volleyball 12:30 Music Bingo</p>	<p>3 8:30 Crafts 10:00 Mind Games 12:00 Lunch 12:30 Tai-Chi</p>
<p>6 8:30 Coffee & Music 10:00 Veggie Box 12:30 Bingo</p>	<p>7 8:30 Board Games 10:00 Choir 12:30 Exercise Video</p>	<p>8 8:30 Puzzles 10:00 Craft w/ Christine 12:30 Yoga Video Shopping (Walmart)</p>	<p>9 8:30 ChitChat 10:00 Trivia 10:30 Volleyball 12:30 Bingo</p>	<p>10 8:30 Crafts 10:00 Mind Games 12:00 Lunch 12:30 Exercise Video</p>
<p>13 8:30 Coffee & Music 10:00 Near West 12:30 Bingo</p>	<p>14 8:30 Board Games 10:00 Choir 12:00 Film Festival 12:30 Stability & Strength</p>	<p>15 8:30 Puzzles 10:00 Cooking w/ Cassie 12:30 Yoga Shopping (Giant Eagle)</p>	<p>16 8:30 ChitChat 10:00 Dancing Wheels 10:30 BP 10:30 Volleyball 12:30 Bingo</p>	<p>17 8:30 Crafts 10:00 Movie Day 12:00 Lunch 12:30 Tai-Chi</p>
<p>20 8:30 Coffee & Music 10:00 Near West 12:30 Bingo</p>	<p>21 8:30 Board Games 10:00 Choir 10:00 Spice It Up 12:30 Stability & Strength</p>	<p>22 8:30 Puzzles 10:00 Earth Day Project 🌱 12:30 Yoga Shopping (Aldi)</p>	<p>23 8:30 ChitChat 10:00 Trivia 10:30 Volleyball 12:30 Bingo</p>	<p>24 8:30 Crafts 10:00 Mind Games 12:00 Lunch 12:30 Tai-Chi</p>
<p>27 8:30 Coffee & Music 10:00 Near West 12:30 Bingo</p>	<p>28 8:30 Board Games 10:00 Choir 12:00 Drumline 12:30 Stability & Strength</p>	<p>29 8:30 Puzzles 10:00 Cooking w/ Cassie 12:30 Yoga</p>	<p>30 8:30 ChitChat 10:00 Dancing Wheels 10:30 Volleyball 12:30 Bingo</p>	

East Cleveland

WEEKLY

PROGRAMMING

Tai Chi Mondays -12:30pm
Art with Laura Tues -9:45am
Yoga 2nd & 4th Wed -12:30pm
Bingo Tuesdays- 12:30pm
Bible Study 1st & 3rd Wed-1:00pm
Lunch w/Chef Tues.-Thurs
Build a Bouquet 4th Thursday -11a
Craft Time Thursday -12:30p
Tech Time Friday-10:30a



We had a great time with the Michael Jenkins band featuring Jackie O at our Black History Program.

REMINDERS

Please make your weekly meal and/or transportation reservation on Mondays before 11:00 am for the next week
Thank you!

Upcoming Special Events/Trips

April 3rd - Closed- Good Friday

April 6, 20- Dancing Wheels:
Dance for Every Body

April 9th- SPECIAL TRIP

April 10th- UNDERSTANDING CREDIT &
DEBT WORKSHOP


April 7, 14- Near West Theatre:
Creative Aging Program

April 14TH- SPECIAL TRIP-MOVIE

April 21, 28 -Near West Theatre:
& 29th Creative Aging Program

East Cleveland

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 Dominoes 12:00 Lunch w/ Chef 1:00 Bible Study	2 9:30 Dominoes 10:30 Fit & Fab 12:00 Lunch 12:30 Craft Time	3 CLOSED for Good Friday
6 10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi	7 10:00 Dominoes 10:30 Creative Aging 12:00 Lunch 12:30 	8 10:00 Dominoes 10:30 Comp Class 12:00 Lunch 12:30 Yoga	9 9:30 Dominoes 10:30 Special Trip 10:30 Fit & Fab 12:00 Lunch 12:30 Craft Time	10 10:00 Dominoes 10:30 Tech Corner 11:30 Lunch 12:30 Kings Corner
13 10:00 Games 11:30 Lunch 12:30 Tai Chi	14 10:00 Dominoes 10:30 Creative Aging 11:00 SPECIAL TRIP 12:00 Lunch 12:30 	15 10:00 Dominoes 12:00 Lunch w/ Chef 1:00 Bible Study	16 9:30 Dominoes 10:30 Fit & Fab 12:00 Lunch 12:30 Craft Time	17 10:00 Dominoes 10:30 Tech Corner 11:30 Lunch 12:30 Kings Corner
20 10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi	21 10:00 Dominoes 12:00 Lunch 12:30 	22 10:00 Dominoes 10:30 Comp Class 12:00 Lunch 12:30 Yoga	23 9:30 Dominoes 10:30 Fit & Fab 12:00 Lunch 12:30 Craft Time	24 10:00 Dominoes 10:30 Tech Corner 11:30 Lunch 12:30 Kings Corner
27 10:00 Games 11:30 Lunch 12:30 Tai Chi	28 10:00 Dominoes 12:00 Lunch 12:30 	29 10:00 Dominoes 12:00 Lunch w/ Chef	30 9:30 Dominoes 10:30 Fit & Fab 12:00 Lunch 12:30 Craft Time	

Gunning Park

WEEKLY PROGRAMMING

Bingo, Cardio Dance,
Dancercise, Pinochle,
Fitness Fusion,
Dominoes, Pokeno,
Tai Chi, Volleyball,
Line Dance,
Senior Walking

Monthly Programs

EMS Screenings
Fresh Flowers
Commodity Food Box
Arts & Crafts
Music Therapy
S.P.I.C.E - It Up
Cooking Club

Upcoming Special Events

Spring Fling Easter Bling on 4/2 at 9:30 am.
Near West Theatre on 4/6 at 10:00 am.
Dancing Wheels on 4/10 & 4/24 at 10:00 am.
SPY Senior Presentation on 4/14/26 at 10:00 am.
Special Trip to Fuji Grill Buffet
on 4/20 at 11:30 am.
Tea Time with Tim on 4/23 at 10:00 am.
Bone Health Promotion on 4/24/26 at 9:30 am.
Transportation Fair on 4/28/26 at 9:30 am.
S.P.I.C.E -It Up Cooking Club on 4/27 at 9:30 am.
Demin Fashion Show on 4/29/26 at 9:30 am.

HAPPY EASTER
to Every Bunny



Black History Celebration Picture









REMINDERS

Please make your weekly meal and or
transportation reservation on Monday's
before 10:00 am.

Thank you. Have a Great Day on Purpose!

Gunning Park

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30 National Walk Day  11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up	2 9:30 Pinochle 9:30 Spring Fling Easter Bling 11:30 Lunch 12:30 STC Pick-up	3 Gunning Park Rose Center Closed 
6 10:00 Near West Theatre  11:30 Lunch 12:30 Pokeno & Dominoes 2:00 STC Pick-up	7 9:30 Pinochle 10:00 Creative Arts & Crafts 11:30 Lunch 12:30 STC Pick-up	8 9:30 Walking 10:00 Fitness Fusion 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up	9 9:30 Pinochle 10:00 Virtual Chair Exercise 11:30 Lunch 12:30 STC Pick-up	10 9:30 Walking 10:00 Dancing Wheels 11:30 Lunch 12:30 Bingo 2:00 STC Pick-up
13 10:00 Cardio Dance 11:30 Lunch 12:30 Pokeno & Dominoes 2:00 STC Pick-up	14 9:30 Pinochle 10:00 SPY Senior Presentation 11:30 Lunch 12:00 Fresh Flowers 12:30 STC Pick-up	15 9:30 Walking 10:00 Fitness Fusion 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up	16 9:30 Pinochle 10:00 Tai Chi 11:30 Lunch 12:30 STC Pick-up	17 9:30 Walking 10:00 Virtual YouTube Health Improvement 11:30 Lunch 12:30 Bingo 2:00 Pick-up
20 Special Trip 11:30 Fuji Grill Buffet 11:30 Lunch 12:30 Pokeno & Dominoes 2:00 STC Pick-up	21 9:30 Pinochle 10:00 Dancer-cise 11:30 Lunch 12:30 STC Pick-up	22 9:30 Walking 9:30 Food Box 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up	23 9:30 Pinochle 10:00 Teatime with Tim  11:30 Lunch 12:30 STC Pick-up	24 9:00 Bone Health Promotion 9:30 Walking 10:00 Dancing Wheels 11:30 Lunch 12:30 Bingo
27 9:30 S.P.I.C.E. - It Up Cooking Club 11:30 Lunch 12:30 Pokeno & Dominoes 2:00 STC Pick-up	28 9:30 Pinochle 9:30 Transportation & Mobility Fair 11:30 Lunch 12:30 STC Pick-up	29 9:30 Denim Fashion Show  11:30 Lunch 12:00 STC Pick-up	30 9:30 Pinochle 11:30 Lunch 12:30 STC Pick-up	

Lakeshore

Center Trips This Month

April 15th - Great Northern Mall

April 21st - Red Lobster

April 29th - Denim Fashion Show
at Gunning Park



fun &
games

**Join us on Fridays at noon
for a
fun group game!!!**

A REMINDER:

Please remember to make
meal reservations and
transportation changes on
Tuesdays by 3p.m.



New Exercise Schedule

4/6 Line dancing at Collinwood Recreation

4/13, 4/20, 4/27 Exercise w/ Christine

4/7, 4/21 Cardio drumming

4/14, 4/28 Peddling


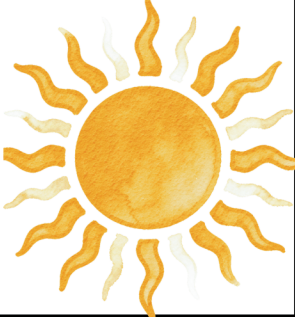
4/2, 4/9, 4/23 Zumba

Classes start at 10am



Lakeshore

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 10:00 Bingo 11:30 Lunch 12:00 A penny for your thoughts</p>	<p>2 10:00 Zumba 11:30 Lunch 12:30 Bible study</p>	<p>3 10:00 Presentation 11:30 Lunch 12:00 Monthly celebration</p>
<p>6 10:00 Line dancing 11:30 Lunch 12:00 Dancing Wheels</p>	<p>7 10:00 Cardio drumming 11:30 Lunch 12:00 Bible study</p>	<p>8 10:00 Bingo 11:30 Lunch 12:00 Scamo</p>	<p>9 10:00 Zumba 11:30 Lunch 12:00 Bible study</p>	<p>10 10:00 IG school 11:30 Lunch 12:00 Left, right, center</p>
<p>13 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Book Club</p>	<p>14 10:00 Peddling 11:30 Lunch 12:00 Bible study Chef Kellee</p>	<p>15 10:00 Bingo 11:30 Lunch 12:00 Cards Great Northern Mall</p>	<p>16 10:00 Chair yoga 11:30 Lunch 12:00 Bible study</p>	<p>17 9:00 CSU spring fitness/ Screening 11:30 Lunch 12:00 Jeopardy</p>
<p>20 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Poker with Lillie</p>	<p>21 10:00 Cardio drumming 11:30 Lunch 12:00 Bible Study Red Lobster</p>	<p>22 10:00 Bingo 11:30 Lunch 12:00 Earth day celebration w/ Robin</p>	<p>23 10:00 Zumba 11:30 Lunch 12:00 Bible study</p>	<p>24 10:00 IG School 11:30 Lunch 12:00 Pokeno</p>
<p>27 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Book club</p>	<p>28 10:00 Peddling 11:30 Lunch 12:00 Bible study</p>	<p>29 10:00 Bingo 11:30 Lunch 12:00 Social hour Gunning Park</p>	<p>30 10:00 Chair yoga 11:30 Lunch 12:00 Bible study</p>	<p>Please remember to make your meal reservations and transportation changes by 3:00 pm on Tuesdays</p>

Rose on the Go

Rose on the Go: Genre Journeys Concert Series

Join Benjamin Rose for a concert series in collaboration with **The Music Settlement**, designed to bring audiences closer to the heart of live music. Each intimate performance features a different genre – classical, jazz, and pop/rock – with talented artists sharing both their music and the stories behind the genre. The series offers a rich and engaging musical journey for all who attend. Experience an inspiring celebration of sound, storytelling, and community!



Tuesday, April 14th - Classical
Tuesday, April 21st - Jazz
Tuesday, April 28th - Pop & Rock

All Programs: 1:00 to 2:00 PM

The Music Settlement
11125 Magnolia Drive
Cleveland, OH 44106

Tickets: \$5 + fees per concert
\$12 + fees for entire series

To register, visit www.benrose.org/events or call Tim at (216) 373-1983

King Kennedy & Riverview Towers

Spring has arrived! The days are getting longer, flowers are starting to bloom, and it's a great time to enjoy the fresh air.



Riddle of the Month

I fall but never get hurt.
I fall but never break.
What am I?

See next month for answer!

King Kennedy is now dine in only. We appreciate your help during this transition.



Senior Box Day
Tuesday April
21st



April 2026 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of 1% Milk or Buttermilk, or Calcium fortified Juice *Take Temperature of Milk and all food preceded by an asterisk	Menu Approved By: <i>Ana Stahlheber MS, RDN, LD</i>	1 * Meatballs 3-1 oz * W.G. Spaghetti ½ c w/ Sce 2 oz * California Blend ½ c * Spinach ½ c /1 Lemon PC Whole Grain White Apricots ½ c ALT = CF	2 * Roasted Pork Loin 3 oz. * Sweet Potatoes ½ c * Broccoli ½ c W.G. Biscuit 2 oz Fresh Grapes 1 c ALT = CBG	3 2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Antigua Blend ½ c *Lima Beans ½ c 2 Whole Grain Wheat Orange ALT = CF
6 *Chicken Stew 8 oz *California Blend 1/2 c Whole Grain Dinner Roll 2 oz Margarine 1 PC Apple Juice ½ c Mixed Fruit ½ c ALT = CS	7 * Hamburger 3 oz Mustard & Ketchup 1 PC each * Baked Beans ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Orange ALT = CBG	8 * Lemon Piccata Chicken 3 oz * Brown Rice ½ c, Sauce 2 oz * Bermuda Blend ½ c * Carrots ½ c Whole Grain White Mandarin Oranges ½ c ALT = CF	9 * Salisbury Steak 3 oz * Gravy 2 oz * Mashed Potatoes ½ c * Succotash ½ c 2 Whole Wheat Bread Banana ALT = CBG	10 * Vegetable Lasagna 6 oz. * Carrots ½ c * Green Peas ½ c Whole Grain Wheat Pineapple Chunks ½ c Cereal Bar 1 oz ALT = CF
13 * Stuffed Cabbage 6 oz *w/ Sauce 2 oz * Mashed Potatoes ½ c * Green Peas ½ c Whole Grain Dinner Roll 2 oz Pears ½ c ALT = CS	14 * Chicken Stuffed with Broccoli 6oz * Mashed Potatoes ½ c * Harvard Beets ½ c Whole Grain Wheat Whole Grain Vanilla Wafers 1 oz Peaches ½ c ALT = CBG	15 * Meatballs 3-1 oz W.G. Hoagie Roll 2 oz Marinara 2 oz * California Blend ½ c Cranberry juice ½ c Orange ALT = CF	16 * BBQ Chicken Breast 3 oz * Macaroni and Cheese ½ c * Red Cabbage ½ c * Green Beans ½ c W.G. Corn Muffin 1 oz Peaches ½ c ALT = CBG	17 * Breaded Fish 4 oz Tartar Sc 1 PC * Brown Rice ½ c * Kyoto Blend ½ c, Peas ½ c W.G. Wheat Applesauce ½ c ALT = CF
20 * Chicken Patty 3 oz Mayo 1 PC * Broccoli ½ c * Corn ½ c Whole Grain Bun 2 oz Pears ½ c ALT = CS	21 * Beef Meatloaf 3 oz * Gravy 2 oz * Mashed Potatoes ½ c * Mixed Vegetables ½ c Whole Grain Dinner Roll 2 oz Pineapple Chunks ½ c ALT = CBG	22 * Chicken Stir Fry 3 oz * Brown Rice ½ c * Oriental Blend ½ c * Carrots ½ c Vanilla Wafers 1 oz Banana ALT = CF	23 * Pork Patty 3 oz Barbeque sauce 1 PC * Cheesy Potatoes ½ c * Harvard Beets ½ c Whole Grain Bun 2 oz Applesauce ½ c ALT = CBG	24 * 3 oz Corned Beef Mustard 1 PC * Cabbage and Carrots ½ c * Roasted Red Potatoes ½ c 2 W.G. Rye Fresh Grapes 1 c ALT = CF
27 * Chicken Alfredo 3 oz * Sauce 2 oz/ *Noodles ½ c * Broccoli ½ c * Cauliflower ½ c Whole Grain Wheat Peaches ½ c ALT = CS	28 * Sloppy Joe 3 oz. * Sweet Potatoes ½ c * Corn ½ c Whole Grain Bun 2 oz Fruit Cocktail ½ c ALT = CBG	29 * Stuffed Peppers 6 oz w/Tomato Sauce 2 oz * Mashed Potatoes ½ c * Green Peas ½ c 2 Whole Wheat Bread Orange ALT = CF	30 * Roasted Turkey 3 oz * Mashed potatoes ½ c w gravy * Green Beans ½ c W.G. Dinner Roll 2 oz Pears ½ c ALT = CBG	T RB ALT = CF

Western Reserve Area Agency on Aging - 2026

Default Alternate Menu choices are shown at the bottom of each daily menu: "T" = Tuna, "TR" = Turkey, "RB" = Roast Beef, "V" = Cheese
ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chef Salad w Lettuce, Ham, Egg, Cheese

Come on down for a hot meal every second Saturday from 12:30-2pm

- DONATIONS WELCOME -
1744 Payne Avenue, Cleveland 44114
DIVINE OUTREACH MINISTRY
East Cleveland Transitional Housing
216-255-6953

chernin@sbcglobal.net
Dorothy Carmack,
Executive Director

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If you're new to Medicare or have some questions, I'm here to help you make sense of it all. Reach out to me for personalized support throughout the process, from learning about your Medicare Advantage plan options to enrolling in the right plan for you. I even offer house calls, bringing info and answers into the comfort of your home.

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FRANCES PAYNE BOLTON
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CASE WESTERN RESERVE
UNIVERSITY

Volunteers Needed for Research Study on Unpaid Caregivers of Individuals with Alzheimer's or Dementia related disorders who reside in a care facility.

Are you an unpaid caregiver of a family member, loved one, or friend who has Alzheimer's disease-related dementias and resides in a care facility? You may be eligible for a study that helps us to understand how we can best support the needs of individuals like you.

You May Qualify If You

- Are 25 years of age and older.
- Are of current or former unpaid caregiver (within the last 5 years) of an individual with Dementia or Alzheimer's-related disorders who resides in a care facility.
- Can read, speak, and write English.

Participation Involves

- Participating in an individual interview.
- Completing a survey on caregiver stress.

Location: Virtually or via telephone

Participants will be compensated.

Potential Benefits

Participating in this study may help to improve complicated grief group therapy for diverse racial and ethnic individuals

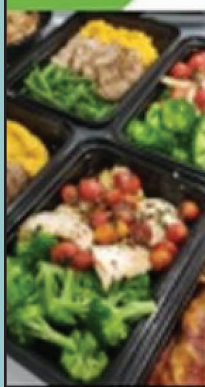
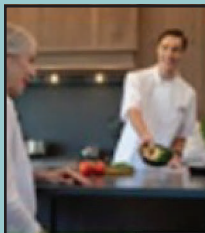
Scan the QR code to
begin the Survey!



FOR MORE INFORMATION

Please contact Siobhan Aaron at 216-368-5748
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