





# Rose Centers Directory

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## HOME DELIVERED MEALS

### Meal Cancellations:

**216-373-1994**

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

#### Staff:

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

**Brittnay 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**

**Tina Ribnick, Program Assistant**

**Cassandra Chambers, Activities Coordinator**

**Shuranda Colvin, 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

## December Community Events:

**12/02-1/5 FROST An Ice Capped Garden:** at Cleveland Botanical Gardens. (\$7-\$28 tickets depending)

**12/5-7 5:00pm Little Italy Holiday Art Walk:** free event requires walking.

**12/06-1/1 Candy Land– It's Wild in Ohio:** Free indoor family event at Penitentiary Glen Reservation in Kirkland. Each Saturday, enjoy an outdoor campfire with s'mores from noon to 3 pm and animal chats at 11 am, 1 and 3 pm. On Sundays, experience meet-the-keeper chats in the Wildlife Yard at 11 am, 1 and 3 pm.

**12/7 Light up Lakewood:** 4-8pm, free family event on Detroit Avenue on Downtown Lakewood– Parade, lighting ceremony, fireworks, holiday train, live music, ice carvings, hot cocoa and more.

**12/31 NOON Year's Eve:** Free family event 10am-1pm at Tower city



WE THRIVE TOGETHER  
WARRIORS



**YOU'RE INVITED...**  
**Meet People. Have Fun. Make Friends.**

**FREE ONLINE EVENTS**  
**Bingo, Trivia, Brain Games, Art Classes, Cards, Interviews, Tech Training, Discussion Groups, Caregiver Chats, and More!**

**Visit: [WeThriveTogether.org/Warriors](https://www.wethrivetogether.org/warriors)**

There will be no meal delivery, and  
Rose Centers will be closed on  
December 25th in observance of  
Christmas Day.



## 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 ~



## Center Trips This Month

12/03- MoTown X-Mas Playhouse  
Square  
11A.M-2:00P.M.

12/12- Cleveland History Museum  
10A.M- 12:30 P.M

12/15- Cleveland Candle Company  
10A.M- 2:30P.M

\*See Cassie for all sign-ups\*

## Upcoming Special Events

12/01- Veggie Box 10AM

12/02- Tree Decorating 10 AM

12/05- Gambling Presentation 10AM

12/09-Holiday Craft W/ Christine 10AM

12/15-Tobacco Cessation Presentation 10AM

12/17- Christmas Movie Day 10AM

12/19- Holiday Craft w/ Cassie 10AM

12/24- Christmas Party 10AM

## 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 Tina\*





# Old Brooklyn

## December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1) 8:30 Coffee &amp; Music 10:00 Veggie Box 12:30 Bingo <b>Shopping (Midtown)</b></p>	<p>2) 8:30 Board Games 10:00 Tree Decorating 12:00 Lunch 12:30 Stability &amp; Strength</p>	<p>3) 8:30 Puzzles 11:00 Playhouse 12:00 Lunch 12:30 Yoga <b>Shopping (Parma Town)</b></p>	<p>4) 8:30 Coffee &amp; Chitchat 10:00 Trivia 10:40 Post Office on Wheels 11:00 Volleyball 12:30 Music Bingo</p>	<p>5) 8:30 Crafts 10: Show &amp; Tell 12:00 Lunch 12:30 Tai-Chi <b>Shopping (Ridgemark)</b></p>
<p>8) 8:30 Coffee &amp; Music 10:00 Gambling Presentation (RR) 12:30 Bingo <b>Shopping (Midtown)</b></p>	<p>9) 8:30 Board Games 10:00 Holiday Craft W/ Christine 12:00 Lunch 12:30 Stability &amp; Strength</p>	<p>10) 8:30 Puzzles 10:00 Gift Wrapping 12:00 Lunch 12:30 Yoga <b>Shopping (Parmatown)</b></p>	<p>11) 8:30 Coffee &amp; Chitchat 10:00 Trivia 11:00 Volleyball 12:00 Lunch 12:30 Bingo</p>	<p>12) 8:30 Crafts 10:00 Show &amp; Tell 12:00 Lunch 12:30 Tai-Chi <b>Shopping (Ridgemark)</b></p>
<p>15) 8:30 Coffee &amp; Music 10:00 Tobacco Presentation (RR) 10:00 Cle. Candle 12:30 Bingo</p>	<p>16) 8:30 Board Games 10:00 Wellness 12:00 Lunch 12:30 Stability &amp; Strength</p>	<p>17) 8:30 Puzzles 10:00 Christmas Movie Day 12:30 Yoga <b>Shopping (Parmatown)</b></p>	<p>18) 8:30 Coffee &amp; Chitchat 10:00 Trivia 11:00 Volleyball 12:00 Lunch 12:30 Bingo</p>	<p>19) 8:30 Crafts 10:00 Holiday Craft 12:00 Lunch 12:30 Tai-Chi <b>Shopping (Ridgemark)</b></p>
<p>22) 8:30 Coffee &amp; Music 10:00 New Year Resolutions 12:30 Bingo <b>Shopping (Midtown)</b></p>	<p>23) 8:30 Board Games 10:00 Cooking w/Cassie 12:00 Lunch 12:30 Stability &amp; Strength</p>	<p>24) 8:30 Puzzles 10:00 Christmas Party</p> 	<p>25) <b>CLOSED</b></p> 	<p>26) 8:30 Crafts 10:00 Movie Day 12:00 Lunch 12:30 Tai-Chi <b>Shopping (Ridgemark)</b></p>
<p>29) 8:30 Coffee &amp; Music 10:00 Holiday Sheets 12:30 Bingo <b>Shopping (Midtown)</b></p>	<p>30) 8:30 Board Games 10:00 Wellness 12:00 Lunch 12:30 Stability &amp; Strength</p>	<p>31) 8:30 Puzzles 10:00 Wishes for Others 12:00 Lunch 12:30 Yoga</p> <p>5</p>		



# East Cleveland

"Remember this  
December, that love  
weighs more than gold!"

Josephine Dodge Daskam Bacon



## Upcoming Special Events

Dec 3 10:15a Playhouse Square  
Dec 17<sup>th</sup> - Special Event



Friendsgiving Lunch &  
Cleve Public Library  
Maker Space Trip



**SORRY  
WE ARE  
CLOSED!**

**Dec 25<sup>th</sup>**

In Observance of the  
Christmas Holiday

## Weekly Programming



Monday	Tai Chi	12:30 pm
Tuesday	Art w/Laura	9:45 am
Tuesday	Bingo	12:30 pm
Tues- Thurs	Lunch w/Chef	12:00 pm
Thursday	Fit n Fab	10:30 am
Friday	Line Dancing	12:30 pm

# East Cleveland

## December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  10:00 Games 11:30 Lunch 12:30 Tai Chi	<b>2</b>  9:45 ART w/Laura 10:00 Dominoes 12:00 Lunch w/Chef 12:30 	<b>3</b>  10:00 Dominoes 10:15 Special Trip: Motown Christmas	<b>4</b>  10-12p Dominoes 10:30 Fit & Fab 12:00 Lunch w/Chef 12:30 Fun & Games	<b>5</b>  10:00 Dominoes 11:30 Lunch 12:30 Kings Corner
<b>8</b>  10:00 Games 11:30 Lunch 12:30 Tai Chi	<b>9</b>  10:00 Dominoes 12:00 Lunch w/Chef 12:30 	<b>10</b>  10:00 Dominoes 10:30 Comp Class 12:00 Lunch w/Chef 12:30 Yoga	<b>11</b>  10-12p Dominoes 10:30 Fit & Fab 12:30 Fun & Games	<b>12</b>  10:00 Dominoes 11:30 Lunch 12:30 Kings Corner
<b>15</b>  10:00 Games 11:30 Lunch 12:30 Tai Chi	<b>16</b>  9:45 ART w/Laura 10:00 Dominoes 12:00 Lunch w/Chef 12:30 	<b>17</b>  10:00 Dominoes 12:00 Lunch w/ Chef 1:00 Bible Study	<b>18</b>  10:00 Dominoes 10:30 Fit & Fab 12:30 Fun & Games	<b>19</b>  10:00 Dominoes 11:30 Lunch 12:30 Kings Corner
<b>22</b>  10:00 Games 11:30 Lunch 12:30 Tai Chi	<b>23</b>  10:00 Dominoes 12:00 Lunch w/Chef 12:30 	<b>24</b>  10:00 Dominoes 10:30 Computer Class 12:00 Lunch w/Chef	<b>25</b>  CENTER CLOSED  	<b>26</b>  CENTER CLOSED
<b>29</b>  10:00 Games 11:30 Lunch 12:30 Tai Chi	<b>30</b>  10:00 Dominoes 12:00 Lunch w/Chef 12:30 	<b>31</b>  10:00 Dominoes 10:30 Computer Class 12:00 Lunch w/Chef  7		



# Gunning Park

## Special Trips

December 3<sup>rd</sup> at 11:00 am  
Motown Christmas at  
Playhouse Square

&  
December 10<sup>th</sup> at 10:00 am  
Camp Forbes Holiday Party

## Weekly Activities Join Us:

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

## Monthly Programs

EMS Screenings  
Fresh Flowers  
Commodity Food Box Healthy  
Cooking Class  
Young Art Center  
Music Therapy

## Upcoming Special Events

Holiday Celebration

December 19, 2025

10:00 AM.

Pictures with Santa

Holiday Gift Baskets Raffles

Checkout our

Gunning and Old Brooklyn pictures from  
the Rose Centers Amish Country Trip!



## REMINDERS


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

Thank you!



# Gunning Park

## December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Cardio Dance 11:30 Lunch 12:30 Pokeno & 12:30 Dominoes	2 9:30 Pinochle 10:00 Dancer-cise 11:30 Lunch	3 9:30 Walking 10:00 Fitness Fusion 11:00 Special Trip Motown Christmas 11:30 Lunch 12:00 Line Dancing	4 9:30 Pinochle 10:00 EMS Screening 10:00 Tai Chi 11:30 Lunch	5 9:30 Walking 10:00 UBG Presentation Medicare Plans 11:30 Lunch 12:30 Bingo
8 10:00 Cardio Dance 11:30 Lunch 12:30 Pokeno & Dominoes	9 9:30 Pinochle 10:15 Music Bingo 11:30 Lunch 12:00 Fresh Flowers	10 9:30 Walking 10:00 Fitness Fusion 10:00 Special Trip Camp Forbes Party 11:30 Lunch 12:00 Line Dancing	11 9:30 Pinochle 9:30 Beverly Davis Your Ins. Group 10:00 Tai Chi 11:30 Lunch	12 9:30 Walking 11:30 Lunch 12:00 Gunning Park Rose Cinema Holiday Movie
15 10:00 Cardio Dance 11:30 Lunch 12:30 Pokeno & 12:30 Dominoes	16 9:30 Pinochle 10:00 Young Art Center 11:30 Lunch	17 9:30 Walking 10:00 Fitness Fusion 11:30 Lunch 12:00 Line Dancing	18 9:30 Pinochle 10:00 Tai Chi 11:30 Lunch	19 9:30 Walking 10:00 Gunning Park Rose Center Holiday Celebration 11:30 Lunch
22 10:00 Cardio Dance 11:30 Lunch 12:30 Pokeno & 12:30 Dominoes	23 9:30 Pinochle 10:00 Dancer-cise 11:30 Lunch	24 9:30 Food Box 9:30 Walking 10:00 Fitness Fusion 11:30 Lunch 12:00 Line Dancing	25 Gunning Park Rose Center Closed Christmas Day	26 9:30 Walking 11:30 Lunch 12:30 Bingo
29 10:00 Cardio Dance 11:30 Lunch 12:30 Pokeno & 12:30 Dominoes	30 9:30 Pinochle 10:00 Dancer-cise 11:30 Lunch	31 9:30 Walking 10:00 Fitness Fusion 11:30 Lunch 12:00 Line Dancing		



## CENTER TRIPS THIS MONTH

December 3, 2025  
Playhouse Square  
"Motown Christmas"

December 5, 2025 Near  
West Theater "Hairspray"

December 15, 2025  
Cleveland Candle  
Company



## WEEKLY PROGRAMMING

Monday- Movin & Grooving with Christine

Tuesday- Cardio line dancing/Bible Study

Wednesday- Bingo

Thursday- Zumba/ Bible Study

Daily- Puzzles, art, crocheting, cards, games, and walking

## Upcoming Special Events

12/9 Thoughtful Therapy by Resi health

12/10 CDPH Presentation

12/10 Christmas program

12/19 Holiday Pajama Jam

## REMINDERS

Meal reservations and  
Transportation changes are due  
by Wednesday mornings



# Lakeshore

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4 10:00 Zumba 11:30 Lunch 12:00 Bible Study	5 10:00 IG School 11:30 Lunch 12:00 Games
8 10:00- Movin'n Groovin Aerobics 11:30 Lunch 12:00 Book Club	9	10 10:00 11:30 Lunch 12:30 Bingo  <b>Mobile Post Office</b>	11 10:00 Zumba 11:00 Health Screenings 11:30 Lunch 12:00 Bible Study	12 10:00 IG School 11:30 Lunch 12:00 Chef Kellee 1:00 Social Hour
15 10:00 Movin'n Groovin Aerobics 11:30 Lunch 12:00 Book Club 1:00	16 10:00 Cardio Line Dancing 11:30 Lunch 12:00 Arts and Crafts <b>Build A Bouquet</b>	17	18	19 10:00 Social Hour 11:30 Lunch 12:00
22 10:00 Movin'n Groovin Aerobics 11:30 Lunch 12:00 Book Club	23 10:00 Cardio Line Dancing 11:30 Lunch 12:00 Bible Study	24 10:00 11:30 Lunch 12:30 Bingo	25 <b>CENTER CLOSED</b>	26
29	30	31		



# Rose on the Go

**HYGGE** (pronounced HOO-gah) is a Danish concept that describes a feeling of coziness, contentment, and well-being created through simple pleasures. It's about slowing down, savoring the present moment, and surrounding yourself with comforting experiences—whether that's warm lighting, soft textures, good company, or a peaceful routine. Hygge isn't about buying anything special; it's about cultivating an atmosphere that feels safe, soothing, and joyfully unhurried, especially as the winter months invite us indoors.

For older adults, practicing hygge in the winter can be both relaxing and uplifting. Simple, comforting activities can help create a warm and cozy atmosphere at home. Here are a few hygge-inspired ideas to try:

- Enjoy a warm drink—such as tea, cider, or cocoa—while sitting near a favorite lamp or window.
- Create a cozy nook with soft blankets, pillows, and warm lighting for reading or journaling.
- Bring a bit of nature indoors with houseplants, winter blooms, or a small tabletop arrangement.
- Plan a simple, comforting meal like soup and bread to share with a friend or neighbor.
- Make time for meaningful conversations with loved ones through phone calls or video chats.



## King Kennedy & Riverview Towers

### Get Crafty for Winter with a DIY Humidifier

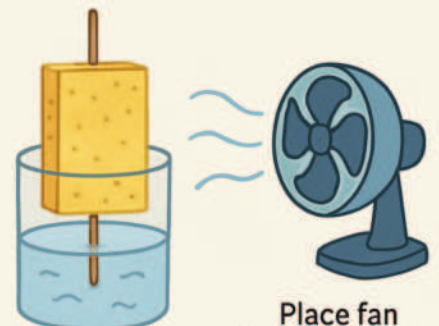
Winter months bring much drier indoor air, which can cause dry skin, scratchy throat, and general discomfort. A simple DIY humidifier helps add moisture back into your home.

- Stick a skewer through the top of a sponge so it can hang in a cup or container.
- Fill the container so the bottom of the sponge sits in water.
- Place a small fan behind it on low—this helps the water evaporate into the room.
- Set up one or more of these around your home (dresser, coffee table, etc.) for extra humidity

**KK Senior Box Day:**  
**Tuesday December 16th**

### DIY SPONGE HUMIDIFIER

Why: Winter months bring much drier indoor air



Hang sponge  
in container  
of water

Place fan  
behind, on low

Set up these around your home

# December 2025 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c W.G. Dinner Roll 2 oz Orange ALT=CS TR	2 *Breaded Fish 4 oz Tartar Sce 1 PC *Rice Pilaf ½ c *Antigua Blend ½ c *Brussels Sprouts ½ c W.G. White Sliced Pears ½ c ALT=CBG RB	3 *Chicken Alfredo 4 oz *W.G. Pasta ½ c w/ Sauce 2 oz *Mixed Vegetables ½ c *Broccoli ½ c W.G. White Banana ALT=CF RB	4 *Beef Stir Fry 3 oz *Brown Rice ½ c *Kyoto Blend ½ c *Japanese Blend ½ c W.G. White Mandarin Oranges ½ c ALT=CBG TR	5 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c Spinach ½ c w/ Vinegar 1 PC *Baked Beans ½ c W.G. Corn Muffin 1 oz Sliced Peaches ½ c ALT=CF T
8 *Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *Baby Lima Beans ½ c W.G. Wheat Biscuit 2 oz Tropical Fruit ½ c ALT=CS TR	9 *Beef Ravioli 8 oz *Green Beans ½ c *Corn ½ c Fruit Cocktail ½ c Cereal Car 1 oz Vanilla Wafers 1 oz ALT=CBG T	10 *Swedish Meatballs 3-1 oz *Mashed Potatoes* w/ Gravy 2 oz *Beets ½ c 2 W.G. White Peaches ½ c ALT=CF TR	11 *Tomato Basil Chicken 3 oz *W.G. Pasta ½ c w/ Sauce 2 oz *Mixed Vegetables ½ c *Broccoli ½ c W.G. White Apricots ½ c ALT=CBG T	12 *Baked Chicken Breast 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Key Largo Vegetables ½ c W.G. Biscuit 2 oz Applesauce ½ c ALT=CF RB
15 *Turkey Tetrazzini w/ W.G. Spaghetti ½ c & Turkey 3 oz *Mixed Vegetables ½ c *Cauliflower ½ c Whole Grain White Peaches ½ c ALT=CS RB	16 *Sweet & Sour Pork Loin 4 oz *Brown Rice ½ c *Sautéed Mushrooms ½ c *Carrot Coins ½ c W.G. White Orange ALT=CBG TR	17 *Breaded Chicken Breast 3 oz *W.G. Pasta ½ c, *Tomato Sc. 2 oz *Capri Blend ½ c Spinach ½ c w/ Vinegar 1 PC W. G. Breadstick 1 oz Applesauce ½ c ALT=CF T	18 *Stuffed Cabbage w/ Beef 6 oz *Mashed Potatoes ½ c *Gravy 2 oz W.G. Dinner Roll 2 oz Banana Grape Juice 4 oz ALT=CBG TR	19 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *California Blend ½ c *Green Peas ½ c W.G. Wheat Tropical Fruit ½ c ALT=CF RB
22 *Breaded Fish 3 oz *Rice Pilaf ½ c *Glazed Carrots ½ c Spinach ½ c w/ Vinegar 1 PC Whole Grain Wheat Applesauce ½ c ALT=CS RB	23 *Chicken Cordon Bleu 7 oz *Mashed Potatoes ½ c *Harvard Beets ½ c 2 Whole Grain White Sliced Peaches ½ c ALT=CBG RB	24 *Roasted Turkey Breast 3 oz *Gravy 2 oz w/ *Stuffing ½ c *Butternut Squash ½ c *Green Beans ½ c W.G. Dinner Roll 1 oz Cranberry Juice ½ c ALT=CF RB	<b>Holiday</b>  <b>Sites Closed</b>	
29 *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c W.G. Corn Muffin 2 oz Cinnamon Applesauce ½ c ALT = CS TR	30 *Baked Chicken Breast 4 oz *Gravy 2 oz *Mashed Potatoes ½ c *Broccoli ½ c W.G. Dinner Roll 2 oz Diced Pears ½ c ALT=CBG RB	31 *Stuffed Shells 8 oz *Cauliflower ½ c *Zucchini ½ c *2 Whole Grain White Red Grapes 1 c ALT=CF T	* =take temperature of Milk and all food proceeded by an asterisk  Choice of 1% Milk, Buttermilk, or Calcium Fortified Juice	
				Menu Approved By:  <i>Ana Stahlheber MS, RDN, LD</i>

Western Reserve Area Agency on Aging - 2025

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 = Chicken Breast, ALT TR = Tuna, Egg, Cheese



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chernin@sbcglobal.net

Dorothy Carmack,  
Executive Director



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## **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  
or email [siobhan.aaron@case.edu](mailto:siobhan.aaron@case.edu)**

Frances Payne Bolton School of Nursing, Case Western Reserve University  
0900 Euclid Avenue, Cleveland, OH 44106-4904

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# Promoting Successful Aging!



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