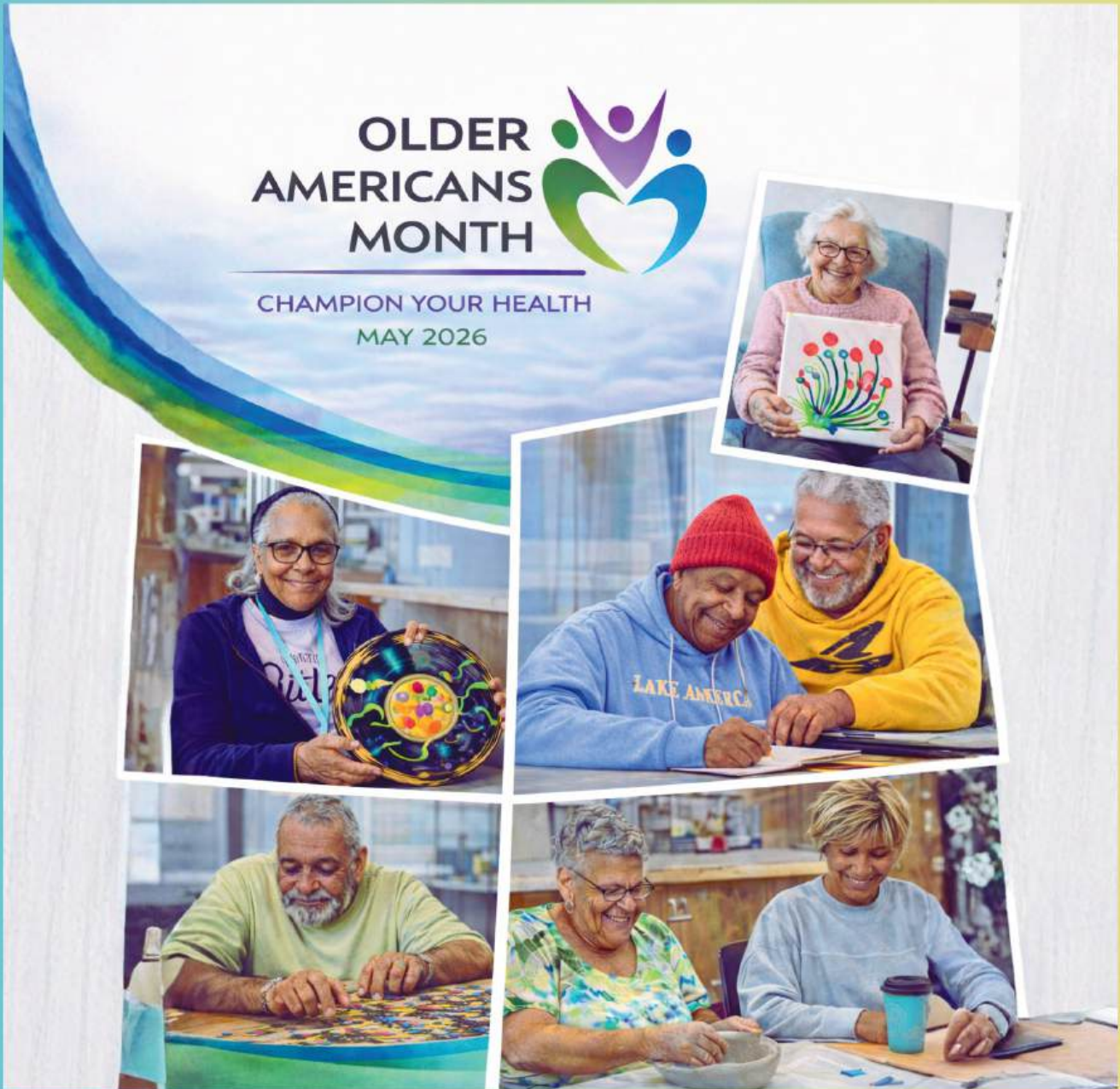


**OLDER
AMERICANS
MONTH** 
CHAMPION YOUR HEALTH
MAY 2026



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
 Marcus Mathis, 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

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!



**There will be no meal delivery, and
The Rose Centers will be closed on:
Monday May 25 in observance of
Memorial Day**



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 ~

HDM Reminder to Update your Info:

If you change your phone number please call the HDM Administrator at 216-373-1994 to report your new phone number. If you reach voicemail, please leave your name, address and new phone number on the message

Be the first to know about Rose on the Go events, by joining the email list.

Keep an eye out for upcoming events in the Rose Centers for Aging Well newsletter!

For more information contact:

Tim at (216) 373-1983

May Community Events

May 8-Seniors and Caregivers Expo-Gunning Park Recreation Center 10:00am-1:00pm

May 9-Walkabout Tremont: 2nd Friday of month

May 16,17- Cleveland Asian Festival:

Experience Asian Food & Culture in Cleveland's AsiaTown neighborhood E 27th & Payne Ave

May 16-Celebrate Armed Forces Day at Rid-All Urban Farm (8129 Otter Dr.) with a free family-friendly event featuring bounce houses, crafts, face painting, farm tours, live music, raffles, giveaways, and more.



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.

Old Brooklyn

Center Trips This Month

05/18- WestSide Market Trip
10AM

05/26-Shaker Lakes Nature
Center 10AM

Happy
Mother's
Day



May
the 4TH
be
WITH
YOU



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



Upcoming Special Events

- 05/06- Craft w/ Christine
10AM
- 05/08- Nacan Training w/ Famicos
Foundation
10AM
- 05/11 Book Presentation with
Jose Torres
10AM
- 5/21- Blood Pressures w/EMS
10:15AM
- 05/14 & 05/28- Dancing Wheels
seated aerobic class
10AM

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

Old Brooklyn

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:30 Crafts 10:00 Mind Games 12:00 Lunch 12:30 Tai-Chi
4 8:30 Coffee & Music 10:00 Produce 12:30 Bingo	5 8:30 Board Games 10:00 Choir 12:30 Stability & Strength	6 8:30 Puzzles 10:00 Crafts w/ Christine 12:30 Yoga	7 8:30 ChitChat 10:00 Trivia 10:30 Volleyball 12:30 Bingo	8 8:30 Crafts 10:00 Narcan Training 12:00 Lunch 12:30 Tai-Chi
11 8:30 Coffee & Music 10:00 Book Presentation w/ Jose Torres 12:30 Bingo	12 8:30 Board Games 10:00 Choir 12:30 Stability & Strength	13 8:30 Puzzles 10:00 Health and Wellness w/ Archwell 12:30 Yoga Shopping (Walmart)	14 8:30 ChitChat 10:00 Dancing Wheels 10:30 Volleyball 12:30 Bingo	15 8:30 Crafts 10:00 Movie Day 12:00 Lunch 12:30 Tai-Chi
18 8:30 Coffee & Music 10:00 Westside Market 12:30 Bingo	19 8:30 Board Games 10:00 Choir 12:30 Stability & Strength	20 8:30 Puzzles 10:00 Care Alliance 12:30 Yoga Shopping (Giant Eagle)	21 8:30 ChitChat 10:00 Trivia 10:15 BP 10:30 Volleyball 12:30 Bingo	22 8:30 Crafts 10:00 Mind Games 12:00 Lunch
25  MEMORIAL DAY	26 8:30 Board Games 10:00 Choir 10:00 Nature Center 12:30 Stability & Strength	27 8:30 Puzzles 10:00 Movie 12:30 Yoga Shopping (SaveALot)	28 8:30 ChitChat 10:00 Dancing Wheels 10:30 Volleyball 12:30 Bingo	29 8:30 Crafts 10:00 Mind Games 12:00 Lunch 12:30 Tai-Chi

East Cleveland

WEEKLY PROGRAMMING

Tai Chi Mondays -12:30pm
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



Upcoming Special Events/Trips

- May 4th - Dancing Wheels:
Dance for Every Body
- May 8th - BINGO @ The Willows
- May 18th - Dancing Wheels:
Dance for Every Body
- May 11th - Special Lunch Trip
- May 20th - Senior Day - TRIP
- May 25th - CLOSED - MEMORIAL DAY

Spring Cleaning

Ready to start your spring cleaning

30-Day Spring Cleaning Challenge

- Week 1: Declutter one room at a time
- Week 2: Deep clean the kitchen and bathrooms
- Week 3: Organize storage spaces
- Week 4: Tackle outdoor areas like the porch or garage

Cleaning tips

- Make It Fun
- Set a Reward System
- Involve the Family

Spring Cleaning Hacks

Organization

Declutter

REMINDERS

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

East Cleveland

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>REMEMBER AND HONOR</p> <p>This nation will remain the land of the free only so long as it is the home of the brave</p> 			<p>1</p> <p>10:00 Dominoes 10:30 Tech Corner 11:30 Lunch 12:30 Kings Corner</p>
<p>4</p> <p>10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi</p>	<p>10:00 Dominoes 10:30 Creative Aging 12:00 Lunch 12:30 BINGO</p>	<p>6</p> <p>10:00 Dominoes 12:00 Lunch w/ Chef 1:00 Bible Study</p>	<p>7</p> <p>9:30 Dominoes 10:30 Fit & Fab 12:00 Lunch 12:30 Craft Time</p>	<p>8</p> <p>10:00 Dominoes 10:30 Tech Corner 11:30 Lunch 12:30 Kings Corner</p>
<p>11</p> <p>10:00 Games 11:30 Lunch 12:30 Tai Chi</p>	<p>12</p> <p>10:00 Dominoes 10:30 Creative Aging 12:00 Lunch 12:30 BINGO</p>	<p>13</p> <p>10:00 Dominoes 10:30 Comp Class 12:00 Lunch 12:30 Yoga</p>	<p>14</p> <p>9:30 Dominoes 10:30 Fit & Fab 12:00 Lunch 12:30 Craft Time</p>	<p>15</p> <p>10:00 Dominoes 10:30 Tech Corner 11:30 Lunch 12:30 Kings Corner</p>
<p>18</p> <p>10:00 Games 11:00 Dance Class 11:30 Lunch 12:30 Tai Chi</p>	<p>19</p> <p>10:00 Dominoes 12:00 Lunch 12:30 BINGO</p>	<p>20</p> <p>Senior Day Trip 10:00 Dominoes 12:00 Lunch w/ Chef 1:00 Bible Study</p>	<p>21</p> <p>9:30 Dominoes 10:30 Fit & Fab 12:00 Lunch 12:30 Craft Time</p>	<p>22</p> <p>10:00 Dominoes 10:30 Tech Corner 11:30 Lunch 12:30 Kings Corner</p>
<p>25</p> <p>CLOSED</p> <p>MEMORIAL DAY</p>	<p>26</p> <p>10:00 Dominoes 12:00 Lunch 12:30 BINGO</p>	<p>27</p> <p>10:00 Dominoes 10:30 Comp Class 12:00 Lunch 12:30 Yoga</p>	<p>28</p> <p>9:30 Dominoes 10:30 Fit & Fab 12:00 Lunch 12:30 Craft Time</p>	<p>29</p> <p>10:00 Dominoes 10:30 Tech Corner 11:30 Lunch 12:30 Kings Corner</p>

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
Food Pantry Day
Music Therapy
S.P.I.C.E - It Up
Cooking Class

Upcoming Special Events

"Special Trips"

City Diner on 5/4 at 10:00 am.
Cleveland Museum of Art on 5/12 at 9:30 am.

Resourceful Presentations:

Senior Expo on 5/8 at 9:30 am.
Holistic Health & Wellness on 5/15 at 10:00 am.
CCHAP Meals Presentation on 5/21 at 10:00 am.
Dept. of Aging Getting Your House
in Order on 5/28 at 10:00 am.

Additional Activities:

Dancing Wheels on 5/11 & 5/22 at 10:00 am.
S.P.I.C.E. Cooking Class on 5/29 at 9:30 am.



Easter Spring Fling Wheel of Fortune



Friday, May 1, 2026
"Paris Theme"
Mother's Day Tea Party




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

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>OLDER AMERICANS MONTH</p>		<p>"THEME" CHAMPION YOUR HEALTH</p> 	<p>TAKE AN ACTIVE ROLE IN FOCUSING ON PREVENTION , WELLNESS, AND SELF- ADVOCACY</p>	<p>19:30 Walking 10:00 Mother's Day Paris Theme Tea Party 11:30 Lunch 12:30 Bingo 2:00 STC Pick-up</p>
<p>4 11:00 City Diner 11:30 Lunch 12:30 Pokeno & Dominoes 2:00 STC Pick-up</p>	<p>5 9:30 Pinochle 10:00 Food Pantry Day 11:30 Lunch 12:30 STC Pick-up</p>	<p>6 9:30 Walking 10:00 Food Pantry Day 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up</p>	<p>7 9:30 EMS Screening 9:30 Pinochle 10:00 Tai Chi 11:30 Lunch 12:30 STC Pick-up</p>	<p>8 9:30 Walking 10:00 Senior Expo 11:30 Lunch STC Pick-up</p>
<p>11 10:00 Dancing Wheels 11:30 Lunch 12:30 Pokeno & 12:30 Dominoes 2:00 STC Pick-up</p>	<p>12 9:30 Pinochle 9:30 Art Museum 11:30 Lunch 12:00 Fresh Flowers 12:30 STC Pick-up</p>	<p>13 9:30 Walking 10:00 Fitness Fusion 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up</p>	<p>14 9:30 Pinochle 10:00 Tai Chi 11:30 Lunch 12:30 STC Pick-up</p>	<p>15 9:30 Walking 9:30 Holistic Health & Wellness Class 11:30 Lunch 12:30 Bingo 2:00 STC Pick-up</p>
<p>18 10:00 Cardio Dance 11:30 Lunch 12:30 Pokeno & 12:30 Dominoes 2:00 STC Pick-up</p>	<p>19 9:30 Pinochle 10:00 Dance-er-cise 11:30 Lunch 12:30 STC Pick-up</p>	<p>20 9:30 Walking 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up</p>	<p>21 9:30 Pinochle 10:00 CCHAP Meal Presentation 11:30 Lunch 12:30 STC Pick-up</p>	<p>22 9:30 Walking 10:00 Dancing Wheels 11:30 Lunch 12:30 Bingo 2:00 STC Pick-up</p>
	<p>26 9:30 Pinochle 10:00 Gunning Rose Book Buddies 11:30 Lunch 12:30 STC Pick-up</p>	<p>27 9:30 Commodity Food Box Day 11:30 Lunch 12:00 Line Dancing 12:30 STC Pick-up</p>	<p>28 9:30 Pinochle 10:00 Dept. of Aging Getting Your House in Order 11:30 Lunch 12:30 STC Pick-up</p>	<p>29 9:30 Walking 10:00 S.P.I.C.E. Cooking Class 11:30 Lunch 12:30 Bingo 2:00 STC Pick-up</p>

Lakeshore

CENTER TRIPS THIS MONTH

- May 5th - Sweetberry's Market
- May 11th- Bumpers Bar and Grill
- May 20th- Public Auditorium
(Senior Day)
- May 22nd- Dittrick Museum of
Medical History

WEEKLY PROGRAMMING

Aerobics, Cardio Drumming,
Peddling, Yoga, Seated Line
dancing, Crocheting, Bingo,
Pinochle, Pokeno, Cards, Left
Right Center

Upcoming Special Events

- May 6th- K and E Homecare presentation (Healthy
Blood Pressure)
- May 8th- Mother's Day Celebration
- May 12th- Protect yourself from scams (Sponsored
by Humana)
- May 14th- Cooking with Chef Kellee
- May 19th- Build a Bouquet (Big Hearted Blooms)
- May 29th- Cooking with Carla



Happy Mothers Day



Stop in and get your Blood pressure
checked by EMS on the second
Thursday of the month at 11:00am



Happy Memerial Day Center will be
Closed May 25th

Lakeshore

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		Please make all meal reservations by Tuesday afternoon. (216) 373-1683	Please make all transportaion changes by Tuesday afternoon. (216) 373-1939	1 10:00 IG School 11:30 Lunch 12:00 Games
4 10:00 Social Hour 11:30 Lunch 12:00 Dancing Wheels	5 10:00 Cardio Drumming 11:30 Lunch 12:00 Bible Study	6 10:0 Bingo 11:00 Presentation 11:30 Lunch 12:00 Fun and Games	7 10:00 Zumba 11:30 Lunch 12:00 Bible Study	8 10:00 Mother's Day celebration 11:30 Lunch 12:00 Games
11 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Bumpers Bar and Grill trip	12 10:00 Peddling 11:30 Lunch 12:00 Protect yourself from Scams- Humana	13 10:00 Bingo 11:30 Lunch 12:00 Fun and Games	14 10:00 Movement is Medicine 11:30 Lunch 12:00 Bible Study	15 10:00 IG School 11:30 Lunch 12:00 Games
18 10:00 Social Hour 11:30 Lunch 12:00 Dancing Wheels	19 10:00 Cardio Drumming 11:30 Lunch 12:00 Bible Study Build A Bouquet	20 Senior day All day event 	21 10:00 Zumba 11:30 Lunch 12:00 Bible Study	22 10:00 Social Hour 11:30 Lunch 12:00 Dittrick Medical Musuem
25 	26 10:00 Peddling 11:30 Lunch 12:00 Bible Study	27 10:00 Bingo 11:30 Lunch 12:00 Monthly Party	28 10:00 Zumba 11:30 Lunch 12:00 Bible Study	29 10:00 Cooking w/ Carla 11:30 Lunch 12:00 Games

Rose on the Go

Join Benjamin Rose and the Cleveland Hearing and Speech Center for an engaging 8-week American Sign Language (ASL) course designed for adults where participants build foundational skills like fingerspelling, basic conversation, and an understanding of Deaf culture through interactive learning. Whether you're looking to challenge your mind, connect with others, or learn a valuable new skill, this course offers a welcoming and rewarding place to start.



Wednesdays - May 6th, 13th, 20th, and 27th
Wednesdays - June 3rd, 10th, 17th, and 24th

ALL CLASSES - 1:00 to 2:00 PM

Margaret Wagner Apartments
2375 Euclid Heights Blvd
Cleveland, OH 44106

COST: \$35 for the course
Over \$100 off the normal value!

TO REGISTER, visit Benrose.org or
call Tim at (216) 373-1983

King Kennedy & Riverview Towers

Important Dates for King Kennedy

- **Wednesday May 6th**
**Free Glucose and Blood
Pressure Screening**
- **Tuesday May 19th**
Senior Box Delivery

Riddle

I come once a year,
bringing flowers and cheer.
I follow April showers and
bring warmer days near.
What am I?

Answer from April's riddle: Rain

May 2026 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of 1% Milk, Buttermilk, or Calcium Fortified Juice * = Take Temperature of Milk and all food preceded by an asterisk.	Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>			
4 *Chicken Marsala 3oz *Brown Rice 1/2 c *Gravy 2 oz *Mushrooms 1/2 c *Broccoli 1/2 c Whole Grain Wheat Mandarin Oranges 1/2 c ALT = CS TR	5 *Sloppy Joe 3 oz *Sweet Potatoes 1/2 c *Broccoli 1/2 c Whole Grain Bun 2 oz Fresh Plum	6 *Roasted Turkey Breast 3 oz *Stuffing 1/2 c w/*Gravy *Mashed Potatoes 1/2 c *Carrot Coins 1/2 c 1 Whole Grain White Cranberry Juice 1/2 c	7 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes 1/2 c *Bermuda Blend 1/2 c W. G. Dinner Roll, 2 oz Peaches 1/2 c ALT = CBG TR	8 *Breaded Fish 4 oz w Tartar Sc 1 PC, American Cheese 1 oz Colelaw 1/2 c *Seasoned Potato Wedges 1/2 c Whole Grain Bun Fresh Grapes 1 c ALT = CF RB
11 *Salisbury Steak 3 oz *Gravy 2 oz *Noodles 1/2 c *Mixed Vegetables 1/2 c Apricots 1/2 c Apple Juice 1/2 c ALT = CS TR	12 *Chicken Cordon Bleu 6 oz *Mashed Potatoes 1/2 c Gravy 2 oz *Corn 1/2 c 2 Whole Grain White Pears 1/2 c ALT = CBG RB	13 *Swedish Meatballs 3-1 oz w/ *Gravy 2 oz, *Noodles 1/2 c *Peas 1/2 c *Mushrooms 1/2 c 1 Whole Wheat Bread Fresh Orange	14 *Sliced Ham 3 oz w/ Pineapple Glaze *Cheesy Potatoes 1/2 c *California Blend 1/2 c 2 Whole Grain White Tropical Fruit 1/2 c ALT = CBG TR	15 *Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles 1/2 c *Broccoli 1/2 c *Cauliflower 1/2 c 1 Whole Grain Wheat Fresh Orange ALT = CF RB
18 *Beef Lasagna 8 oz *Cauliflower 1/2 c *Green Peas 1/2 c W.G. Garlic Toast 2 oz Sliced Apricots 1/2 c ALT = CS TR	19 *Chicken Parmesan Patty 3 oz *W.G. Pasta W. Tomato Sauce 1/2 c *Carrot Coins 1/2 c *Antigua Blend 1/2 c Whole Grain White Applesauce 1/2 c ALT = CBG RB	20 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes 1/2 c *Mixed Vegetables 1/2 c Whole Grain Dinner Roll 2 oz Pears 1/2 c ALT = CF T	21 *Tuna Salad 3 oz *3 Bean Salad 1/2 c *Coleslaw 1/2 c Whole Grain Bun 2 oz Fresh Fruit Salad 1 c ALT = CBG RB	22 *Hamburger 3 oz *Seasoned Potato Wedges 1/2 c Ketchup 1 PC *Green Peas 1/2 c W.G. Bun 2 oz Banana ALT = CF TR
25 Memorial Day Site Closed	26 *Stuffed Shells 2-2 oz *w/Sauce 2 oz *Zucchini 1/2 c *Glazed Carrots 1/2 c 2 Whole Grain Wheat Mixed Fruit 1/2 c ALT = CS RB	27 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes 1/2 c *Green Beans 1/2 c 2 Whole Wheat Bread Peaches 1/2 c ALT = CF TR	28 *Roasted Pork Loin 3 oz *Au Gratin Potatoes 1/2 c *Spinach 1/2 c/ 1 Lemon PC W.G. Dinner Roll, 2 oz Applesauce 1/2 c ALT = CBG T	29 *Chicken Stir Fry 3 oz *Brown Rice 1/2 c *Oriental Blend 1/2 c *Peppers and Onions 1/2 c 1 Whole Grain White Banana ALT = CF RB

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

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East Cleveland Transitional Housing
216-255-6953



chernin@sbcglobal.net
Dorothy Carmack,
Executive Director

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FRANCES PAYNE BOLTON
SCHOOL OF NURSING

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
or email 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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