

From all of us at the Rose Centers for Aging Well to all of you, we are grateful for you. Thank you for letting us serve you and be a part of your lives.

Happy
Thanksgiving

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 CenterPhone: 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 CenterPhone: 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 CenterPhone: 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 CenterPhone: 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

November Community Events:

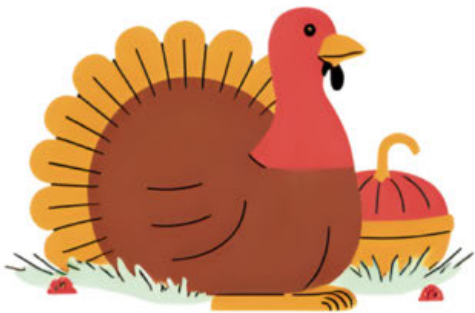
November 1: 3rd Annual Gobble! Gobble! Turkey Craft & Vendor Show. 10am-3pm, Brook Park Recreation Center.

November 6: 4-5pm Free community cooking demonstration. Dave's Market Midtown.

November 11: Seniors & Caregivers Expo 2025. 11am-2pm, 7010 Powers Boulevard Parma

November 11: Cleveland Veterans Day Parade & Celebration. 12:30pm Cleveland City Hall

November 29: WinterLand Ceremony.
Downtown Cleveland's annual WinterLand is : twinkling lights, festive holiday trees, hot cocoa and caroling.



Happy Thanksgiving

There will be no meal delivery, and Rose Centers will be closed on **Tuesday November 11th** in observance of veterans Day, and also **Thursday November 27th and 28th** in observance of Thanksgiving.



VETERANS DAY
HONORING ALL THOSE WHO SERVED

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!

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.

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 ~



Be the first to know!

Stay up to date on 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

Old Brooklyn

CENTER TRIPS THIS MONTH

11/10- Art Museum
10AM

11/14- Funny Bus Trip
10AM

11/21-West Side Market
10AM

WEEKLY PROGRAMMING

EXERCISE CLASSES:

All are welcome to join our weekly exercise classes that last 45 to 60 minutes.

* Tuesdays @ 12:30 p.m. Stability & Strength

* Wednesdays @ 12:30 p.m.: Gentle Yoga

* Fridays @ 12:30 p.m.: Tai Chi



Upcoming Special Events

11/3- Veggie Box

11/7-Show and Tell 10AM

Gratitude Craft 11AM

11/18-Suncatchers w/
Christine 10AM

11/26- Friendsgiving 10AM



Wacky Wednesday

For the month of November we will have Wacky Wednesday! Lets bring out our inner child and have a few laughs!!

11/5- Crazy hair/hat

11/12-Crazy socks/shoes

11/19- Pajama day with a fall movie and popcorn



REMINDERS

PLEASE MAKE SURE YOU ARE SIGNING UP FOR YOUR LUNCH AND TRANSPORTATION TO AND FROM THE CENTER ON MONDAYS AND/OR TUESDAYS EACH WEEK!

Old Brooklyn

November

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:30 Coffee & Music 10:00 Veggie Box 12:00 Lunch 12:30 Bingo SHOPPING (Midtown)	4 8:30 Board Games 10:00 Cooking w/ Cassie 12:00 Lunch 12:30 Stability & Strength	5 8:30 Puzzles 10:00 Wacky Wednesday 10:00 CDPH Infection Control Presentation 12:30 Yoga	6 8:30 Coffee & ChitChat 10:00 Trivia 11:00 Volleyball 12:00 Lunch 12:30 Music Bingo	7 8:30 Crafts 10:00 Show & Tell 11:00 Gratitude Craft 12:30 Tai-Chi SHOPPING (Ridgepark)
10 8:30 Coffee & Music 10:00 Art Museum 12:00 Lunch 12:30 Bingo	11 CENTER CLOSED 	12 8:30 Puzzles 10:00 Wacky Wednesday 12:30 Yoga 12:00 Lunch SHOPPING (Parmatown)	13 8:30 Coffee & ChitChat 10:00 Trivia 11:00 Volleyball 12:00 Lunch 12:30 Bingo	14 8:30 Crafts 10:00 Funny Bus 12:00 Lunch 12:30 Tai-Chi
17 8:30 Coffee & Music 10:00 Meditation 12:30 Bingo 12:00 Lunch SHOPPING (Midtown)	18 8:30 Board Games 10:00 Suncatchers w/ Christine 12:00 Lunch 12:30 Stability & Strength	19 8:30 Puzzles 10:00 Wacky Wednesday 12:00 Lunch 12:30 Yoga	20 8:30 Coffee & ChitChat 10:00 Trivia 10:30 Blood Pressures 11:00 Volleyball 12:30 Bingo/Poetry	21 8:30 Crafts 10:00 Westside Market 12:00 Lunch 12:30 Tai-Chi
24 8:30 Coffee & Music 10:00 Avoiding Financial Exploitation 12:30 Bingo	25 8:30 Board Games 10:00 Cooking w/ Cassie 12:00 Lunch 12:30 Stability & Strength	26 8:30 Puzzles 10:00 FRIENDSGIVING 	27 CENTER CLOSED 	28 CENTER CLOSED

East Cleveland

Upcoming Special Events

Nov 7- CPL Downtown Maker Space

Nov 13- Giving Thanks Lunch w/
Dedicated Senior Medical

Nov 17- Trip to Meijer

Nov 20-Friendsgiving Salvation Army



“Gratitude is an appreciation for every moment in your life. It is a feeling of abundance.”

BRENDA NATHAN



Nov 11th - Veteran's Day

Nov 27th - Thanksgiving

Nov 28th - Center Closed

**SORRY
WE ARE
CLOSED!**

Amish Country Trip 2025



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

November

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>10:00 Games 11:30 Lunch 12:30 Tai Chi</p>	<p>4</p> <p>9:45 ART w/Laura 10:00 Dominoes 12:00 Lunch w/Chef 12:30 </p>	<p>5</p> <p>10:00 Dominoes 12:00 Lunch w/ Chef 1:00 Bible Study</p>	<p>6</p> <p>10-12p Dominoes 10:30 Fit & Fab 12:00 Lunch w/Chef 12:30 Fun & Games</p>	<p>7</p> <p>10:00 Special Trip: CPL Maker Space 11:30 Lunch 12:30 Kings Corner</p>
<p>10</p> <p>10:00 Games 11:30 Lunch 12:30 Tai Chi</p>	<p>11</p> <p>CENTER CLOSED</p> 	<p>12</p> <p>10:00 Dominoes 10:30 Computer Class 12:00 Lunch w/Chef 12:30 Yoga</p>	<p>13</p> <p>10-12p Dominoes 10:30 Fit & Fab 11:00 Giving Thanks Lunch w/Dedicated Senior Medical 12:30 Fun & Games</p>	<p>14</p> <p>10:00 Dominoes 11:30 Lunch 12:30 Kings Corner</p>
<p>17</p> <p>10:00 Grocery Trip 11:30 Lunch 12:30 Tai Chi</p>	<p>18</p> <p>9:45 ART w/Laura 10:00 Dominoes 12:00 Lunch w/Chef 12:30 </p>	<p>19</p> <p>10:00 Dominoes 12:00 Lunch w/ Chef 1:00 Bible Study</p>	<p>20</p> <p>10:00 Dominoes 10:45 Friendsgiving Lunch w/ Salv. Army 12:30 Fun & Games</p>	<p>21</p> <p>10:00 Dominoes 11:30 Lunch 12:30 Kings Corner</p>
<p>24</p> <p>10:00 Games 11:30 Lunch 12:30 Tai Chi</p>	<p>25</p> <p>10:00 Dominoes 12:00 Lunch w/Chef 12:30 </p>	<p>26</p> <p>10:00 Dominoes 10:30 Computer Class 12:00 Lunch w/Chef 12:30 Yoga</p>	<p>27</p> <p> CENTER CLOSED</p>	<p>28</p> <p>CENTER CLOSED</p>

Gunning Park

CENTER TRIPS THIS MONTH

Friday, November 7, 2025
10:00 am - 1:30 pm
Camp Forbes

Friday, November 14, 2025
12:30 pm - 2:00 pm pm.
Cleveland Funny Bus Tour

WEEKLY PROGRAMMING

Join us for our weekly activities:

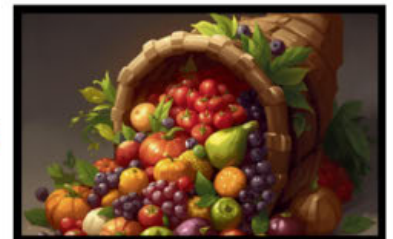
Bingo, Cardio Dance, Pokeno,
Dancer-cise, Pinochle, Fitness Fusion,
Dominos, Tai Chi, Volleyball,
Line Dance, Senior Swimming &
Walking.

Upcoming Special Events

ArchWell Health Sponsoring
Thanksgiving Feast & Fellowship
November 21, 2025
11:30 AM.



*happy
thanksgiving*



Gunning Participants on the Lady Caroline

REMINDERS

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

Gunning Park

November 2025

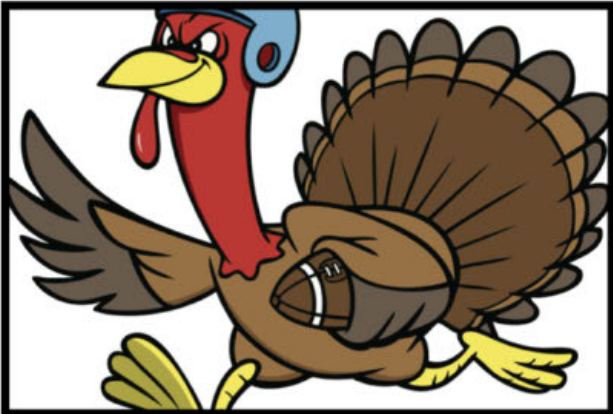
Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Cardio Dance 11:30 Lunch 12:30 Pokeno Mind Your Memory	4 9:30 Pinochle 10:00 Toast on Tuesday 10:00 Dancer-cise 11:30 Lunch	5 9:30 Walking 10:00 Fitness Fusion 10:00 Beverly Davis Medicare 11:30 Lunch 12:00 Line Dancing	6 9:30 Pinochle 10:00 EMS Screening 10:00 Tai Chi 11:30 Lunch	7 9:30 Walking 10:00 Special Trip Camp Forbes 11:30 Lunch 12:30 Bingo
10 10:00 Cardio Dance 11:30 Lunch 12:30 Pokeno Mind Your Memory	11 Center Closed	12 9:30 Walking 9:30 B. Davis Medicare Visit 10:00 Fitness Fusion 11:30 Lunch 12:00 Line Dancing	13 9:30 Pinochle 10:00 Tai Chi 11:30 Lunch	14 9:30 Walking 10:00 Special Trip Funny Bus Tour 11:30 Lunch 12:30 Bingo
17 10:00 ArchWell Health Presentation & Chair Volleyball 11:30 Lunch 12:30 Pokeno Mind Your Memory	18 9:30 Pinochle 11:30 Lunch 12:00 Fresh Flowers	19 9:30 Walking 10:00 Fitness Fusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dancing	20 9:30 Pinochle 10:00 Young Art Center 11:30 Lunch	21 9:30 Walking Thanksgiving Feast & Fellowship 11:30 Bunch 12:30 Bingo
24 10:00 Cardio Dance 11:30 Lunch 12:30 Pokeno Mind Your Memory	25 9:30 Pinochle 10:00 Toast on Tuesday 11:30 Lunch 12:00 Fresh Flowers	26 9:30 Walking 9:30 Food Box 10:00 Fitness Fusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dancing	27 	28 Gunning Park Rose Center Closed

CENTER TRIPS THIS MONTH

November 10, 2025-
Cleveland Art Museum

November 13, 2025- Oak
Street Health

November 24, 2025- The
Greens Salad Company



WEEKLY PROGRAMMING

Monday- Aerobic Exercise/ Book Club
Tuesday- Cardio Line dancing/ Bible Study
Wednesday- Bingo
Thursday- Zumba/ Bible Study

Daily- Crochet, Puzzles, Art, Walking, and
Games

UPCOMING SPECIAL EVENTS

November 4: Presentation; How to deal with Stress

November 7: CSU Physical therapy students

November 12: Community Discussion With 5th
District Police

November 19: Presentation: Cleveland Health
Department

November 20: Turkey Bowl/ Friendsgiving Luncheon

REMINDERS

Nov. 2- Daylight Savings Ends

Nov. 7- Election Day

Nov. 28- Center Closed

Lakeshore

November

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00- Movin'n Groovin Aerobics 11:30 Lunch 1200 Book Club	4 10:00 cardio Line Dancing 11:30 Lunch 12:00 Dealing with Stress	5 10:00 Mindful Exercisess 11:30 Lunch 12:30 Bingo	6 10:00 Zumba 11:30 Lunch 12:00 Bible Study Thankful Thursday	7 10:00 Fitness Friday 11:30 Lunch 12:00 Games Intergenerational School
10 10:00- Movin'n Groovin Aerobics 11:30 Lunch 12:00 Book Club Art Museum	11 CENTER CLOSED	12 10:00 Breakfast with Heroes 11:30 Lunch 12:30 Bingo Mobile Post Office	13 10:00 Zumba 11:00 Health Screenings 11:30 Lunch 12:00 Bible Study Oak Street Health	14 10:00 IG School 11:30 Lunch 12:00 Chef Kellee 1:00 Social Hour
17 10:00 Movin'n Groovin Aerobics 11:30 Lunch 12:00 Book Club 1:00 Fun and Games with Humana	18 10:00 Cardio Line Dancing 11:30 Lunch 12:00 Arts and Crafts Build A Bouquet	19 10:00 Presentation Health Department 11:30 Lunch 12:30 Bingo	20 Turkey Bowl Friendsgiving Thankful Thursday	21 10:00 Social Hour 11:30 Lunch 12:00 Movie
24 10:00 Movin'n Groovin Aerobics 11:30 Lunch 12:00 Book Club Greens Salad Company	25 10:00 Cardio Line Dancing 11:30 Lunch 12:00 Bible Study	26 10:00 Cardio Drumming 11:30 Lunch 12:30 Bingo	27 CENTER CLOSED	28 CENTER CLOSED
Please remember to make your meal resevatons by Wednesday mornings. (216) 373-1939 or (216) 373-1683	Please remember to cancel your rides with STC by 7am. (216) 265-1489			

Rose on the Go

Practicing gratitude has been shown to offer numerous health benefits, particularly for older adults. Research indicates that regularly focusing on what we're thankful for can lead to improved sleep, reduced symptoms of depression and anxiety, and even lower blood pressure. Gratitude enhances overall well-being by promoting positive emotions and helping individuals shift their focus away from stressors and toward meaningful aspects of their lives. For older adults, this practice can foster a sense of connection, purpose, and contentment—especially during times of life transition or when coping with physical limitations.

Let's Practice Gratitude

Gratitude Exercise: Each evening for the next week, set aside five minutes to reflect on three things you're grateful for that day. These can be simple—like enjoying a warm cup of tea, receiving a phone call from a loved one, or appreciating a sunny day. Write them down in a journal or say them out loud. After listing each item, take a moment to sit with the feeling of gratitude it brings. If possible, share one of your gratitudes with someone else, such as a friend, caregiver, or family member. This daily practice can help reinforce positive thinking patterns and deepen emotional resilience over time.

King Kennedy & Riverview Towers

Hearty Autumn Vegetable Soup

Ingredients:

- 1 tablespoon oil or butter
- 1 small onion, chopped
- 2 carrots, sliced
- 2 celery stalks, sliced
- 1 potato, diced
- 1 can (15 oz) diced tomatoes (undrained)
- 1 can (15 oz) beans (any kind, drained and rinsed)
- 3 cups low-sodium broth (vegetable or chicken)
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning (or dried thyme/basil)
- Salt and pepper to taste

Directions:

1. In a pot, heat oil over medium heat.
2. Add onion, carrots, and celery. Cook 5 minutes until soft.
3. Stir in potatoes, tomatoes, beans, broth, and seasonings.
4. Bring to a boil, then reduce heat and simmer for 15–20 minutes, until potatoes are tender.
5. Taste and adjust seasoning.

Optional Add-Ons:

- Stir in a handful of spinach or kale at the end.
- Serve with toast or crackers for a filling meal.

November 2025 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of 1% Milk, Buttermilk, or Calcium Fortified Juice *-=take temperature of Milk and all food proceeded by an asterisk.	Menu Approved By: Ann Stahlheber MS, RD, LD			
3 *Stuffed Cabbage w/ Beef 6 oz *Noodles, ½ c w/ *Gravy, 2 oz *Buttered Beets ½ c Whole Grain White Mixed Fruit ½ c Cranberry Juice 4 oz	4 *Chicken Cordon Bleu 7 oz *Mashed Potatoes ½ c w/ Gravy 2 oz *Mixed Vegetables ½ c 2 Whole Grain White Apricots ½ c	5 *Beef Stew 8 oz *Brussels Sprouts ½ c *Buttered Sliced Carrots ½ c W.G. Biscuit 2 oz Banana, 1 ea	6 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Red Cabbage ½ c *Green Peas ½ c W.G. Vanilla Wafer 1 oz	7 *Sloppy Joe 4 oz *Oven Roasted Potatoes ½ c *Lima Beans ½ c Whole Grain Hamburger Bun Sliced Pears ½ c
ALT=CS 10	TR ALT=CBG 11	RB ALT = CF 12	ALT=CBG 13	T ALT=CF 14
Veteran's Day Site Closed	*Breaded Chicken Breast Patty 3 oz Mayo 1 PC *Cheesy Potatoes ½ c *Broccoli ½ c Whole Grain Bun 2 oz Pears ½ c	*Beef Stroganoff 4 oz *Noodles ½ c w/ *Gravy 2 oz *Antigua Blend ½ c Cauliflower ½ c Whole Grain Wheat Pineapple ½ c	*BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Spinach ½ c w/ Lemon 1 PC W.G. Corn Muffin 1 oz Sliced Peaches ½ c Grape Juice 4 oz	*Chicken Marsala 3 oz *Brown Rice ½ c *Capri Blend ½ c *Broccoli ½ c Whole Grain Wheat Scalloped Apples ½ c
ALT=CS 17	ALT=CS 18	ALT=CF 19	ALT=CBG 20	T ALT=CF 21
*Lemon Chicken 3 oz *Rice Pilaf ½ c *Japanese Blend ½ c Whole Grain Wheat Tropical Fruit ½ c Apple Juice 4 oz	*Salisbury Steak 3 oz w/ *Gravy 2 oz *Noodles ½ c *Red Cabbage ½ c *Green Beans ½ c Whole Grain White Orange	*Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c *Baked Beans ½ c W. G. Hamburger Bun 2 oz Apricots ½ c	*Stuffed Shells 8 oz *Cauliflower ½ c *Zucchini ½ c *2 Whole Grain White Diced Peas ½ c	*Chicken Stew 8 oz *Corn w/ Red Bell Peppers ½ c *Peas and Carrots ½ c W.G. Biscuit 2 oz Orange
ALT=CS 24	RB ALT=CBG 25	T ALT=CF 26	TR ALT=CBG 27	RB ALT=CF 28
*Sliced Ham 3 oz w/ Pineapple Glaze *California Blend ½ c *Cheesy Potatoes ½ c W.G. Dinner Roll 2 oz Applesauce ½ c	*Stuffed Pepper 6 oz w/2 oz Sauce *W.G. Pasta ½ c *Mixed Vegetables ½ c *Broccoli ½ c W.G. Wheat Orange	*Roasted Turkey Breast 3 oz *Gravy 2 oz & *Stuffing 4 oz *Green Beans ½ c *Sweet Potatoes ½ c Whole Grain Dinner Roll 1 oz Cranberry Juice 4 oz	Thanksgiving Day Site Closed	*Breaded Fish 3 oz Tartar Sauce 1 PC *Scalloped Potatoes ½ c *Cape Cod Blend ½ c Whole Grain Wheat Peaches ½ c
ALT=CS	TR ALT=CBG T	ALT=CF RB	ALT=CBG RB	ALT=CF RB

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 = Chef Salad W Lettuce, Ham, Egg, Cheese

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

– DONATIONS WELCOME –
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East Cleveland Transitional Housing

216-255-6953

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.

Potential Benefits

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

Participation Involves

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

Location: Virtually or via telephone

Participants will be compensated.

**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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