



*From the desk of President & CEO Orion Bell*

## Senior Center Month

*The Key to Aging Well*

September is National Senior Center Month. This year's theme, "Senior centers, the key to aging well" provides an opportunity to highlight the success of senior centers in promoting health, reducing social isolation and promoting community support of older adults. A vibrant senior center is a powerful tool in the battle against social isolation and loneliness. Recent studies have pointed out the health risks of isolation... One study suggested that loneliness is as detrimental to health as smoking 15 cigarettes a day... So, with a growing population of people over the age of 65, and more attention being placed on social isolation, senior centers are in high demand, right? No, they're not. Read more at [benrose.org/news](http://benrose.org/news).



## A New Resource for Aging Well

Looking for ways to stay active as you age?

The new [benrose.org](http://benrose.org) features an entire section on Benjamin Rose programs and services that encourage active aging. Information can be found on programs like:

- **Senior Companion Program**, which pairs trained older adults with peers who may be lonely and isolated
- **Aging Mastery Program**, a 10-session program developed by the National Council on Aging that encourages mastery of skills leading to improved health, stronger financial security and overall well-being
- **Adult Day Program**, which provides older adults with social and therapeutic activities in a safe environment, as well as respite and support to their caregivers.



Visitors will also find information on the Rose Centers for Aging Well senior centers, including a calendar of activities for all seven Rose Centers locations, information on home-delivered meals, and more.

The "Staying Active" page also features links to a variety of articles from our resource library that provide helpful information on topics such as the benefits of exercise, managing social isolation, volunteering and intergenerational programming. Visit [benrose.org](http://benrose.org) to find these resources and more.

## Katz Policy Lecture



Thank you to all who joined us for the 13th Annual Katz Policy Lecture, titled Strategies for Successfully Partnering Community-Based Organizations and Health Systems. Keynote speaker **Dr. Malaz Boustani**, Indiana University Center for Health Innovation and Implementation Science (pictured), discussed essential elements to create accountable health communities and highlighted the need for continued discussion, focused work and collaboration to provide quality care, proven programs and support to families across the country. Dr. Boustani highlighted a framework that can be followed to move from health care 1.0 to health care 2.0, a model that depends on strong collaborations between health systems and community-based organizations.

Special thanks to Dr. Boustani and our reactor panelists, **Orion Bell**, President and CEO, Benjamin Rose Institute on Aging; **Dr. Ardeshir Hashmi**, Director, Center for Geriatric Medicine, Cleveland Clinic; and **Dr. Eric Beck**, President, UH Ventures, University Hospitals.

## Upcoming Programs and Events

### ESOP ANNUAL LUNCHEON AND AWARDS

Tuesday, October 22, 2019

12:00 - 1:30 PM

Ariel International Center



Join us to honor our 2019 award recipients:

#### KeyBank

(Above & Beyond Award)

#### Legal Aid Society of Cleveland

(ESOP Community Partnership Award)

#### Kathy Matthews of Enterprise Community Partners

(Inez Tillman Killingsworth Community Leadership Award).

Luncheon Keynote Speaker is **Elizabeth White**, author of *55, Underemployed, and Faking Normal: Your Guide to a Better Life* (copies of the book will be available for purchase and signing)

More information, tickets and sponsorship opportunities available at [esop-cleveland.org](http://esop-cleveland.org).

### Upcoming conferences presented by the Geriatric Workforce Enhancement Program:

#### BENJAMIN ROSE ANNUAL CAREGIVING CONFERENCE

Thursday, November 7

Conference Center at Benjamin Rose

11890 Fairhill Road, Cleveland, OH



Information and Registration Coming Soon!

#### CARING FOR OURSELVES WHILE CARING FOR OTHERS: A UNIQUE PERSPECTIVE

October 10-11, 2019

8:30 AM – 4:00 PM

Northeast Ohio Medical University

4209 St. Rt. 44, Rootstown, Ohio 44272

More information on upcoming programs and events at [www.benrose.org](http://www.benrose.org).

## Staff Notes

**David Bass, PhD**, Senior Vice President, Research and Education presented a webinar titled “Evidence-Based Support Programs for Family and Friend Caregivers of Persons Living with Dementia” on August 23. The webinar was presented through the Stanford Clinical Excellence Research Center (CERC).

Research Scientist **Jessica Bibbo, PhD**, presented “Older Adults as Pet Caretakers” at a meeting of the American Psychological Association held in Chicago August 9, 2019. The presentation described a chapter in the book “Clinician’s Guide to Treating Companion Animal Issues.” Dr. Bibbo also published a book chapter, titled “Pet Loss in Older Adulthood,” in *Pet Loss, Grief, and Therapeutic Interventions: Practitioners Navigating the Human-Animal Bond*, August 2019, pp70–83.

Dr. Bibbo and Senior Research Scientist **Farida K. Ejaz, PhD**, presented “Supporting Elder Justice: Developing and Implementing a Training for the Senior Companion Program,” at the conference of the National Adult Protective Services Association, in Denver, CO in August. At the same conference, Dr. Ejaz and co-presenters Research Associate Miriam Rose, R. Kirsch, C. Bingle, and A. Cortez presented “Developing and testing a self-neglect prevention program for older and disabled adults.”

**Lisa Weitzman**, BRI Care Consultation Administrator, and **Lauri Scharf**, Care Consultant Master Trainer, presented “What I Wish I Had Known” at a Vocon staff meeting and at an Arhaus Furniture staff meeting in August.