



*From the desk of President & CEO Orion Bell*

## LARCHMERE PORCHFEST

The Larchmere Porchfest returned this summer. On a recent Saturday, area residents and businesses hosted live music from their front porches and storefronts. Beginning at 1 p.m., when Austin Walkin' Cane kicked off the afternoon at Fairhill Partners with a set of delta blues, more than thirty bands and solo performers entertained the crowds with a variety of musical genres. There was something for everyone.

Read full blog at [benrose.org](http://benrose.org).



## 17TH ANNUAL KATZ POLICY LECTURE: SAFE, AFFORDABLE AND ACCESSIBLE HOUSING FOR OLDER ADULTS



17<sup>th</sup> Annual  
KATZ POLICY LECTURE

The Katz Policy Lecture was established in 2007 in honor of the late **Sidney Katz, MD**, Benjamin Rose's Distinguished Scholar. The lecture convenes advocates to explore potential policy approaches to important issues of aging. On **July 13th from 1 - 3 p.m.**, the 17th annual Katz Policy Lecture will examine safe, affordable, and sustainable housing for older adults. Our keynote speaker, **Diane Yentel**, President and CEO of the National Low Income Housing Coalition, will discuss new directions in national and state housing policies related to older adults and their family and friend caregivers. Following the keynote address, a reactor panel of industry experts will offer their responses to the presentation and discuss how housing issues impact individuals and the communities they are a part of.

Register at [benrose.org](http://benrose.org).

## THE MORE YOU KNOW: HOARDING

Hoarding disorder is a mental health condition in which someone experiences a strong need to save a large number of items and distress when attempting to get rid of them. Effects of hoarding extend beyond the person doing the hoarding, and may impact their family, friends, neighbors, and community members. If you, or someone you care for, may be experiencing a hoarding disorder, join us for a Free Q & A session with professionals who will provide useful information about hoarding.

All sessions are from 5 - 6 p.m. on the following dates:

- July 12
- August 2
- August 30
- September 13
- September 27
- October 11



Light refreshments will be served. To register email [BHSgeneral@benrose.org](mailto:BHSgeneral@benrose.org) and indicate number of people and which date you plan to attend.

## LET YOUR SKILLS BLOSSOM AT THE ROSE ON THE GO FLOWER ARRANGING WORKSHOP

Learn more about flower arranging and ways to connect to your community through a hands-on workshop put on by Benjamin Rose and [Big Hearted Blooms](#). You will have the opportunity to create a bouquet for yourself or to share. Enjoy time to connect with nature, new acquaintances and the community to spark joy within yourself and others. Lunch will be provided following the workshop.

Register at [benrose.org](#). Thanks to [Medical Mutual](#) for making this free program possible!

## HELP US CELEBRATE OUR CLIENTS' TRIUMPHS

Please join ESOP on **Friday, August 4** for **Triumph: ESOP Celebrates You!** This award luncheon will honor our clients and their many successes in achieving financial wellness and housing stability. In addition, 2023 is the 30th anniversary of ESOP's founding; join us to celebrate this important milestone!

Celebrate with us as our clients are presented with a "Triumph" award, and learn about their journeys through ESOP's programs and services to get the keys to their first house, prevail over the payday lending cycle, conquer the digital divide, and more.

Your registration includes a seat for the Triumph luncheon, which starts at 12 p.m., and helps cover the cost of one of our clients to attend Triumph free of charge. Proceeds from the event support ESOP's services, which we provide at no cost to our clients.

After lunch, please join us at our community fair, beginning at 1:30 p.m., which will include activities, resources, and giveaways from our many community partners.

## THROW-BACK TO SENIOR PROM

Our Rose Center participants enjoyed a night of dinner, dancing, photo booth, raffles and resource tables at the Senior Prom. This year's dance was "Sock Hop" themed, reminiscent of the 1950s informal dances that many older adults remember.

Senior Prom was a great opportunity for older adults to socialize and remain active in their community. Congratulations to this year's Prom King and Queen: **Amos** and **Rose!**

## TUNE IN TO HAPPY HEALTHY CAREGIVER PODCAST

Happy Healthy Caregiver Podcast, hosted by Certified Caregiving Consultant Elizabeth Miller, invites real family caregivers to share their tips and tricks on how to maintain happiness and good health while caring for others. Episode 162, titled "Living Bold While Caregiving," features **Belva Denmark Tibbs**, Vice Chair of the Benjamin Rose Institute on Aging Board of Directors.

Belva, who serves as the primary caregiver for her husband, Mark, and a support caregiver for her parents, engages in a discussion with Elizabeth in this episode. They explore various topics such as the unnoticed workload of caregiving, overcoming fear, the advantages and disadvantages of Chat GPT (artificial intelligence), and setting boundaries.

Watch the full episode at [happyhealthycaregiver.com](#).

## SERVEOHIO DAY WAS A SUCCESS!

As part of [ServeOhio's](#) Day of Service, the Benjamin Rose Institute on Aging received funding to install three raised garden beds at Margaret Wagner Apartments. On Friday, June 23, volunteers gathered to assist with the initial planting alongside some of the residents. They planted a variety of herbs, vegetables, and flowers. The newly installed garden beds provide increased accessibility for gardening, enabling residents to stay active and foster a stronger connection with nature and the community.



## CONSTRUCTION UPDATE FOR MARGARET WAGNER APARTMENTS

Since 2003, Margaret Wagner Apartments have been providing adults age 62+ with secure, affordable and supportive housing in the Greater Cleveland area. In the coming weeks, the building will undergo renovations which will increase the residential capacity and continue to facilitate opportunities for older adults to remain active and engaged. Margaret Wagner Senior Apartments project financing closed on June 21 and construction is scheduled to begin July 10. The project is expected to take at least 12 months to complete. The scope includes the construction of 20 new 1-bedroom units on the 1st floor, new community space, renovation of the existing 60 units on floors 2 through 5, modernization of the elevators, a new roof as well as other building system upgrades.

## MEDICALLY TAILORED MEALS IS LOOKING FOR VOLUNTEERS

Medically Tailored Meals is expanding this summer and is seeking volunteers! Volunteers assist with weekday meal delivery by delivering meals in their own vehicle. In just 20 minutes they can also aid in meal packaging the daily deliveries. Remote volunteering is also available to help make Wellness Calls to participants. If you are interested in learning more about these volunteer opportunities, please contact Rebekkah Whelan at [rwhelan@benrose.org](mailto:rwhelan@benrose.org) or 216-373-1932.



## UPCOMING PROGRAMS

Financial Education Workshops

- [ESOP's five day workshops are offered every other week.](#) July 10 - 14, 10 - 11:30 a.m.

Aging in Place: Know Your Housing Options

- [Three-part series which explores ways to use home equity to stay in our homes; and discover housing options.](#) July 11 - 13, 1 - 2:30 p.m.

Virtual Second Wednesday with Benjamin Rose

- [Learn more about Benjamin Rose and our programs from President & CEO Orion Bell.](#) July 12, 9 - 10 a.m.

Home Seller Education: Know Before You Sell

- [Our free Home Seller course teaches sellers what they need to know before selling.](#) July 18 - 20, 6 - 8 p.m.

Financial Education Workshops

- [ESOP's five day workshops are offered every other week.](#) July 24 - 28, 2 - 3:30 p.m.

Bridging Conversations Between Intellectual and Developmental Disabilities and Dementia

- [Informative webinar on the challenges in assessing, managing, and supporting people with Intellectual and Developmental Disabilities \(IDD\) and dementia.](#) July 25, 12 - 1:30 p.m.

Homebuyer Education (English)

- [Our free, HUD-approved class teaches the important basics of the homebuying process.](#) July 24 - 27, 6 - 8 p.m.

## RESOURCES FOR CAREGIVING



Each month, we add new content to our Resource Library to help caregivers manage a loved one's care, navigate challenges and take care of themselves. Recent articles explore topics such as [creative therapies for loved ones with dementia](#), [when caregiving affects your relationships](#), and [barriers to older adults remaining social: lessons from the pandemic](#).

## STAFF NOTES

**Tam Cooper**, Director of Behavioral Health Services and **Loretta Regel, LSW, MEd**, Case Manager presented Suicide and Older Adults: The Last Decision at the Consortium Against Adult Abuse Conference.

**Julie Hayes**, Content Manager, authored an article for Next Avenue titled [Tips for Traveling Solo](#).

**Lauri Scharf, LSW, MSHS**, Care Consultant/Master Trainer, presented Dementia - What Is It? Do I Have It? for Chagrin Falls Art Gallery. Lauri also authored an article for Active Daily Living titled [Why Transportation is So Important to Older Adults](#).

**Beth Sipple, LISW-S**, Director of Community Services and Programs, presented at the Long-Term Care Forum for Cuyahoga County Department of Jobs and Family Services.

**Kerstin Yoder, MSSA, LSW**, Social Worker & Group Facilitator, presented Mental Health 101 for Council Gardens.