A Statement from Benjamin Rose

Benjamin Rose Institute on Aging is proud to be a Cleveland-based nonprofit.

As a social service provider in a large urban area, we see the impact of racial disparities on a daily basis, and understand the frustrations and anger that have led to the protests and unrest of the past several weeks. We are grateful to the community partners, organizations and individuals who work with us to help older adults and caregivers of color overcome systemic barriers, social determinants of health, and other challenges to aging well in the community. We will continue to advocate for families and communities as they navigate those challenges.

As an essential provider, we deliver vital services to older adults in downtown Cleveland and the surrounding neighborhoods, and have no planned interruption in services. We are grateful to our frontline workers - the home-delivered meal drivers and others - who are navigating road closures and curfew protocols to help ensure the safety and well-being of vulnerable older adults.

We have been here before and undoubtedly will be here again in the future unless we come together as a community and a nation to address the underlying issues that allow an entire race to be disenfranchised solely because of the color of their skin. We want to be part of the solution.
Rose Centers News

Rose - On - The - Go

Farmers Market Coupons

PLEASE STAY TUNED!

Center staff will contact you with details once we have received the information.

Centenarian Club

The names listed below are the amazing Rose Center participants 100 years of age or better!

Josephine Beutler
Theodric Lattimore
Fletcher Jacobs
Kate Jones
Isabel Willis

Congregate meals are available at your local Rose Center for a suggested donation of $1.00

Who: Rose Center Staff
What: Parade of staff cars
Where: Your neighborhood!
When: Talk with your center staff to find out when we will be in your neighborhood
Why: Since March, we have not been able to see all of bright smiling faces that frequent our centers on a day to day basis, and we miss that. WE MISS YOU!

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Enjoy this month’s newsletter:

Recipe Edition

Various summer recipes from the Rose Center staff

Jackie’s Simple Summer Dip

**Ingredients:**
* 8 oz. of cream cheese
* 15.5 oz. of Tostitos salsa
* 8 oz. shredded cheddar cheese
* Tortilla chips

**Directions:**
Preheat the oven to 400 degrees.

Soften this cream cheese and spread on the bottom of a 9 inch round pan.

Pour the salsa on top of cream cheese spread. Sprinkle shredded cheddar cheese on top (use the amount you desire).

Cook in oven for about 20 minutes, until the cheese is melted.

Enjoy with tortilla chips, once cooled down!

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**HOME-DELIVERED MEALS STAFF**

Jacqueline Hart, HDM Administrator  
Jennifer Meigs, HDM Social Worker  
Bonnie Paul, HDM Social Worker  
Anthony Bolden, Driver/Jumper  
Jasmine Brim-Redmond, PRN Driver/Jumper  
Cleveland Cody, Driver/Jumper  
Darryl Evans, PRN Driver/Jumper  
Denham Fletcher, Driver/Jumper  
Wendell Franklin, PRN Driver/Jumper

Bruce Fowler, Driver/Jumper  
Lizzie Gaitor, Driver/Jumper  
Rose Gator, Jumper  
Ruben Hill, Fleet Manager  
Rachel Isom, Driver/Jumper  
Carolyn Jones, PRN Driver/Jumper  
Carl Rudolph, Driver/Jumper  
Garland Smith, Driver/Jumper  
Arthur Walker, Driver/Jumper
DAILY DOUBLE

All of the two-word answers in this game begin with the initials D and D.

1. Chicago style pizza.
2. Nickname for the two-story red buses in London.
3. Rock Hudson’s frequent co-star.
4. Person appointed to make sure everyone gets home safely after a night of drinking.
5. He is the third most popular cartoon character of all time behind Bugs Bunny (No.1) & Mickey Mouse (No. 2)
6. He played Louis de Palma in the TV show, Taxi.
7. In this jump rope game, two ropes are swung in opposite directions simultaneously.
8. Designation for exit from the military due to serious offenses such as desertion, assaulting an officer, or dereliction of duty.
9. Madge the Manicurist used to advertise this type of product by Palmolive.
10. The period of extreme summer heat, usually in late July/early August, marked by lethargy and inactivity.
11. In this type of race, the cars deliberately crash into each other until the last vehicle that can still move wins.

4. Designated Drivers 5. Donald Duck
6. Danny DeVito 7. Double Dutch
8. Dishonorable Discharge 9. Dish Detergent
10. Dog Days 11. Demolition Derby

Linde, Nancy. 399 games, puzzles & trivia, workman publishing, NY, 2012, Pg. 40, 42, 53
Cherry Tomato Pasta

*If you can’t find cherry tomatoes, any size will work just as well for this summer pasta recipe. Simply cut them into small cherry size pieces and proceed.*

**Ingredients:**
- ½ cup extra-virgin olive oil, plus more for drizzling
- 6 garlic cloves smashed
- 4 pints cherry tomatoes (about 2 1/2 lb.)
- 1/3 tsp. crushed red pepper flakes (optional)
- 2 large sprigs basil, plus 1 cup basil leaves, *tear if large*
- 1 ½ tsp. kosher salt
- Pinch of sugar (optional)
- 12 oz tube pasta
- 1 oz. finely grated Parmesan (about 1/3 cup),

**Directions:**
- Heat ½ cup oil in a large heavy pot over low. Add garlic and cook, stirring, until softened and fragrant but not browned, about 2 minutes.
- Increase heat to medium and add tomatoes, red pepper flakes, basil sprigs, and 1 ½ tsp. salt.
- Cook, stirring to coat, until tomatoes begin to burst, about 4 minutes.
- Smash some but not all of the tomatoes with the back of a wooden spoon to help create a sauce, then continue to cook, stirring occasionally, until a chucky, thickened sauce comes together, about 10-12 minutes.
- Taste and adjust seasoning, add sugar if sauce seems tart.
- Pluck out and discard basil sprigs.
- Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente.
- Drain pasta, add to pot with sauce, and cook over medium heat, stirring, until coated.
- Remove from heat and stir in Parmesan.

Recipe from Tracey Kirksey
July 5th: National Bikini Day

July 19th: National Ice Cream Day

July 23rd: National Grandma Day

Celebrate!
Zesty Cucumber Tomato Salad

**Ingredients:**
- 2 large cucumber, sliced
- 1 Pint cherry tomatoes, halved
- ½ Red onion, sliced
- 1 Tbsp Fresh Basil leaves, chopped
- ¼ cup Kraft Zesty Italian salad dressing.
- Salt and pepper to taste

**Directions:**
1. In a large bowl, toss together cucumber, tomatoes, onion, basil and mozzarella.
2. Pour salad dressing of over the cucumbers and tomatoes, toss salad.
3. Cover and refrigerate at least 1 hour before serving.

Recipe from Nicole Alexander

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**Staying Hydrated**
8 tips to remember to drink water

1. Use a colorful water bottle
2. Set hourly alarms
3. Drinking out of a clear container — this allows you to see how much you have drank and how much you have left
4. Place water bottles wherever you frequent
5. Make markings on your water bottle — this will allow you to reach your goal of how much water you would like to drink for the day
6. Add flavor — lemon, lime, mint, etc.
7. Use a straw — this will help you drink the water quicker!
8. Don’t make it a chore!

https://nutritionstripped.com/12-ways-to-remember-to-drink-water/
Gunning Park Rose Center

16700 Puritas Road, Cleveland, OH 44135
Phone: 216-373-1917

Hours: Monday - Friday
7:00 am - 3:00 pm

Abigail Carney, Center Director
Loretta Ashby, Kitchen Manager
Linda Holt, Program Assistant
Ashley Langford, Activities Coordinator
Timothy Mitchell, HDM Jumper/Driver

Be thankful for what you have; you’ll end up having more.
If you concentrate on what you don’t have, you will never, ever have enough.

–Oprah Winfrey

HAPPY JULY 4TH!
Wacky Cake

**Ingredients:**
- 1 1/2 cup flour
- 1 cup sugar
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1/3 cup cocoa
- 1 teaspoon vinegar
- 1 teaspoon vanilla
- 1/3 cup melted butter or oleo

Preheat oven to 350 degrees

Sift together all dry ingredients in an ungreased 10" pan, spread out with a spoon.

With a spoon make three wells on top of the dry ingredients.

Place into the three wells the following:
- Well One: 1 teaspoon vinegar
- Well Two: 1 teaspoon vanilla
- Well Three: 1/3 cup melted oleo or butter

Pour 1 cup of cold water over all the ingredients and gently mix with until the batter is smooth.

Bake for 30 minutes. Cool completely before removing slices from the pan.

Recipe from Linda Holt

Vegetable Pizza

**Ingredients:**
- 8 oz sour cream OR plain Greek yogurt
- 1 dry ranch packet
- 1 can crescent rolls
- 4 oz shredded cheddar cheese
- 1 cup raw broccoli florets
- 1 cup shredded carrots
- 1 cup of sliced bell peppers (any colors of your choice)

Preheat oven to 325 degrees

Spread the can of crescent rolls onto a lightly greased baking sheet. Bake for 12-15 minutes and let cool down.

Mix the sour cream OR yogurt with the dry ranch packet. Spread onto the cooled crescent roll.

Chop the broccoli florets and slice bell peppers. Sprinkle with the shredded carrots and cheese on top of the sour cream mixture.

Let set in the refrigerator for one hour before slicing into pizza squares.

Recipe from Ashley Langford
James Woods Rose Center

1795 West 25th Street, Cleveland, OH 44113
Phone: 216-373-1916 Fax: 216-373-1946

Hours: Monday & Thursday - 8:00 a.m. - 4:00 p.m.
Tuesday - Wednesday - Friday - 9:00 a.m. - 2:00 p.m.

WOODS CENTER STAFF
Jerry Purcell, Center Director
Dolores Davis, Program Assistant
Almetra Stearns Fields, Food Service Mgr.
Richard Stewart, Kitchen Aide/ Custodian

HOME OF THE FREE
BECAUSE OF THE BRAVE

Keep looking up... that's the secret of life.
Charlie Brown

Need a Licensed Social Worker to assist you!
Contact Jerry Purcell @ 216-373-1689
Rosa Marina
A cool refreshing treat on a warm summer day

Ingredients:
¾ cup granulated sugar
2 eggs
2 tablespoons flour
½ teaspoon salt
2 20 oz cans pineapple chunks
1 large jar maraschino cherries
1 large can mandarin oranges
1 large container Cool whip
1 box orzo macaroni

Directions:
Cook macaroni according to box directions, and wash under cold water, drain well.

Combine juice from pineapple only with sugar, eggs, flour and salt. Cook this until thick under a low flame or heat. Let cool and hour or so.

Mix into cooked pasta and refrigerate overnight.

Next day, add drained pineapple, oranges, and cherries (all drained) before mixing into pasta.

Fold in Cool whip gently.

Refrigerate and serve.
Independence Day History

1. The First Independence Day was celebrated on July 8, 1776 in Philadelphia.

2. Fifty six people signed the Declaration of Independence but Thomas Jefferson wrote the majority of it.

3. The official signing took place on August 2nd.

4. The White House celebrated Independence Day for the first time in 1804.

# Lemon Squares

**Crust Ingredients:**
- 2 cups flour
- ½ cup confectioner’s sugar
- 1 cup butter (2 sticks)

**Directions:**
Preheat oven to 350 degrees. Mix until it clings together like pie crust. Press down on an ungreased 9” x 13” glass dish. Bake for 25-30 minutes or until golden brown. Remove from oven.

**Filling Ingredients:**
- 4 eggs, beaten
- 2 cups sugar
- 1/3 cup fresh lemon juice
- ¼ cup flour
- ½ teaspoon baking powder

**Directions:**
Combine and pour over baked crust. Return to oven and bake 25 to 30 minutes or until golden. Cool and sprinkle with confectioner’s sugar. Cut into squares.
Summer Jokes

1. What kind of tree fits in your hand?

A palm tree

2. What did the reporter say to the ice cream?

“What is the scoop”?

JULY BIRTHDAYS!

Happy Birthday!

LAKESHORE STAFF

Robin Whitted, Program Asst./Food Manager
Anthony Ray, Custodian
### 7-UP Pound Cake Recipe

**For the Cake:**
- 1 cup butter, softened
- 1/2 cup shortening
- 3 cups sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 5 eggs, room temperature
- 3 cups all-purpose flour
- 1/2 teaspoon salt
- 1 cup 7 UP

**For the Glaze:**
- 1/4 cup 7 UP
- 1/2 cup sugar

Preheat oven to 300 degrees.
Grease & flour a 10-inch bread pan.
Combine butter, shortening, sugar, vanilla & almond extract in a bowl.
Beat until fluffy, about 5 minutes.
Add eggs, one at a time, beating well after each addition.
In a separate bowl, combine the flour & salt, and add to butter/sugar mixture alternating with 1 cup 7 UP, beating well after each addition.
Spoon batter into prepared 10-inch pan, and bake for 1 hour 45 minutes, or until fork comes out clean. Cool in pan for 10 minutes, then invert onto serving plate.
While cake is cooling, make the glaze by stirring together the glaze ingredients in a saucepan.
Bring to a boil over medium heat, for two minutes or until sugar is completely dissolved.
Punch holes in top of warm cake with a toothpick. Spoon glaze over cake, and cool completely before serving.

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### Sweet Potato Pie

**Ingredients:**
- 3 large yams
- 1 stick butter, melted
- 1 cup granulated white sugar
- 1 cup brown sugar
- 1 teaspoon cinnamon
- 2 teaspoons vanilla
- 2 teaspoons lemon juice
- 2 eggs
- 1/2 cup sweet condensed milk
- 1 pie crust (homemade or pre-made)
- Cinnamon sugar
- Egg wash (1 egg, beaten)

**Directions:**
Preheat oven to 350 degrees.
Place yams in a large saucepan, add enough water to completely cover. Bring to a boil and cook for about an hour, or until yams are soft. Remove from water and allow to cool before peeling.
Add peeled yams to a large bowl and mash. Add in butter, white sugar, brown sugar, cinnamon, vanilla and lemon juice. Stir together until thoroughly combined.
Using a standing mixer or handheld mixer, beat yam mixture until smooth. Slowly add two eggs, condensed milk and blend together well.
Egg wash unbaked pie crust and sprinkle with cinnamon sugar. Carefully pour yam mixture into pie crust.
Bake for one hour. Remove from oven and allow to cool. Serve and enjoy!

Recipe from Robin Whitted
Strawberry Pretzel Salad

Ingredients:
- 2 cups crushed pretzels
- ¾ cup butter, melted
- 3 tablespoons white sugar
- 1 (8 ounce) package cream cheese, softened
- 1 cup white sugar
- 1 (8 ounce) container frozen whipped topping, thawed
- 2 (3 ounce) packages strawberry flavored Jell-O
- 2 cups boiling water
- 2 (10 ounce) packages frozen strawberries

Directions:
1. Preheat oven to 400 degrees

2. Stir together crushed pretzels, melted butter and 3 tablespoons sugar; mix well and press mixture into the bottom of a 9x13 inch baking dish.

3. Bake 8 to 10 minutes, until set. Set aside to cool.

4. In a large mixing bowl cream together cream cheese and 1 cup sugar. Fold in whipped topping. Spread mixture onto cooled crust.

5. Dissolve gelatin in boiling water. Stir in still frozen strawberries and allow to set briefly. When mixture is about the consistency of egg whites, pour and spread over cream cheese layer. Refrigerate until set.

https://www.allrecipes.com/recipe/20338/strawberry-pretzel-salad/

ENJOY!
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<tr>
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<tr>
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<td>Menu Approved By: Ann Stanheber, M.S., R.D., L.D.</td>
<td>*Roasted Turkey Breast 3 oz *Gravy 2 oz *Mashed Potatoes 3/4 c California Blend 1/2 c 2 Whole Grain Rye Pineapple Chunks 3/4 c</td>
<td>*Hamburger 3 oz Ketchup 2 PC Roasted Potato Wedges 1/2 c Baked Beans 1/2 c Whole Grain Bun Banana</td>
<td>*Tuna Salad 3 oz *Three Bean Salad 1/2 c *Coleslaw 1/2 c 2 Whole Grain Wheat Fresh Grapes, 1 c</td>
<td>*Beef Sluggo 3 oz *Seasoned Wedge Potatoes 1/2 c *Green Peas 1/2 c Whole Grain Bun Pineapple Chunks 1/2 c</td>
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<td>1 *Swedish Meatballs 3-1 oz *Noodles 3/4 c w/Gravy 2 oz Broccoli 1/2 c Red Cabbage 1/2 c Whole Grain White Sliced Pears 1/2 c</td>
<td>*Breaded Chicken Breast 3 oz *Sweet Potatoes 3/4 c Green Peas 1/2 c W.G. Dinner Roll 2 oz Scalloped Apples 1/2 c</td>
<td>*Salsbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes 3/4 c Broccoli 1/2 c 2 Whole Grain Wheat Banana</td>
<td>*Beef Stroganoff 4 oz *Noodles 1/2 c w/Gravy 2 oz Mixed Vegetables 1/2 c Sautéed Mushrooms 1/2 c Whole Grain Wheat Pineapple Chunks 1/2 c</td>
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<td>2 *Sliced Ham 3 oz w/ Pineapple Glaze Mixed Vegetables 3/4 c Cheesy Potatoes 3/4 c Corn Muffin 2 oz Mixed Fruit 1/2 c</td>
<td>*Stuffed Pepper 6 oz w/2 oz Sauce *Mashed Potatoes 3/4 c *Baby Lima Beans 1/2 c W.G. Honey Wheat Biscuit 2 oz Apricots 1/2 c</td>
<td>Rueben with 2 oz *Turkey, 1 oz *Swiss Cheese, Sauerkraut 3/4 c Thousand Island Dressing *Cucumber Salad 3/4 c 2 Whole Grain Rye Pineapple Chunks 3/4 c</td>
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<td>3 *Chicken Cordon Bleu 6 oz *Mashed Potatoes 3/4 c Gravy 2 oz 2 Whole Grain White Sliced Peaches 1/2 c</td>
<td>*Sweet &amp; Sour Pork Loin 4 oz *Rice Pilaf 1/2 c Buttered Sliced Carrots 3/4 c Green Peas 1/2 c Applesauce 1/2 c W.G. Vanilla Wafer 1 oz</td>
<td>*Chicken Stir Fry 3 oz *Brown Rice 3/4 c w/Gravy 2 oz *Oriental Blend 1 c *Cereal Bar 1 oz Mandarin Oranges 3/4 c</td>
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<td>*BBQ Chicken Breast 3 oz *Macaroni and Cheese 1/2 c *Baked Beans 1/2 c *Sautéed Swiss Chard 1/2 c W.G. Corn Muffin, 1 oz Mixed Fruit 1/2 c</td>
<td>*Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes 3/4 c Green Beans 1/2 c 2 Whole Grain Wheat Sliced Peaches 1/2 c</td>
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Providing services in the home to help you remain independent in the community.

ADULT DAY PROGRAM

BEHAVIORAL HEALTH SERVICES

BRI CARE CONSULTATION™

SENIOR COMPANIONS

SOCIAL WORK

Call 216.791.8000
www.benrose.org/services
The Rose Centers for Aging Well exists to promote successful aging for Northeast Ohio’s adults by offering opportunities, programs and services that foster choice and independence. Rose Centers for Aging Well is a subsidiary of Benjamin Rose Institute on Aging.

This program is funded in part by the Cuyahoga County Division of Adult and Senior Services through the Health & Human Service Levy.

This program is made possible by a grant from the Ohio Department of Aging through the Western Reserve Area Agency on Aging.

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