National Senior Center Month

2020 Theme: Delivering Vital Connections!

This year’s theme was chosen to highlight how senior centers deliver vital connections to support older adults aging well. Preventing social isolation is vital and a core senior center mission. While the delivery methods have changed during the pandemic, centers have succeeded in continuing to provide knowledge, programming, and resources. During senior center month showcase your center and its vital role in your community, promote a positive image of aging, and create interest among prospective new participants.

Check out our September edition filled with photos from the Rose-on-the-Go parades and testimonials from fellow participants, we miss our spaces & all of your faces!

Rose Centers News

VOTING CORNER
In July’s edition of the newsletter, there was a request form for an absentee ballot – did you mail it back?

If not, there is still time!

Other ways to request a vote by mail ballot:

1. Contact Board of Elections at 216-443-VOTE (8683)

The deadline to request a ballot by mail is 12:00 p.m. on Saturday, October 31, 2020.

July 27:
Linda Jarrett
Constance Cooper
Willie McLemore
Carl Zimmer — winner x 3

July 30:
Laura Wells
Ernestine Gray — winner x 2
Cynthia Clark — winner x 2

August 10:
Sandra Merritt
Cynthia Clark — winner x 3

August 14:
Carl Zimmer
Linda Jarrett — winner x 2
Sharon Wilson — winner x 2

August 17:
Sadie Childs
Cynthia Clark
Eunice White — winner x 2
Anna Pope — winner x 3

*Please remember, if you sign up to play, call at 1 p.m. on your assigned date.

*If you are interested in playing, please let your Center staff member know during your weekly wellness call.

THANKS FOR PLAYING!

IT IS NOT TOO LATE!
If you haven’t yet responded, and you’re not counted, your local community won’t get as much federal money for things like student loans and education, highway construction, housing loans, food stamps, Medicare and Medicaid.

YOUR RESPONSE MATTERS!

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

Please remember there will be no meal delivery on Monday, September 7th due to the holiday.

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
Testimonial:

After the loss of her sister, Ms. Porter took on the task of caring for her handicapped nephew requiring her to move into a handicapped accessible unit. She enrolled him in a day program where he spends 6 hours each day. She felt that she needed something structured to fill her day for herself. The Rose Center at East Cleveland was just what she needed.

Since joining, she has taken Diabetes and financial workshops. Participates in Bible study and the Cleveland State Health Assessment Workshops. She enjoys having lunch and socializing with center friends.

— Naomi Porter

Testimonial:

Following the death of her husband, Ms. Cooper joined the Rose Center in October 2019. She felt empty and was depressed after this great loss. She was accustomed to the busy life of being of wife and caretaker for her husband and most of all, his companionship.

Since joining the Rose Center, she has lost 30 pounds by walking in the gym and taking Tai Chi and Jazzercise. She feels more enthusiastic and energized. She feels a new sense of joy and purpose and can’t wait to return to the center.

— Constance Cooper
East Cleveland Rose Center at Salvation Army Caravan
Testimonials

The Rose Centers Aging Well staff drove by to bring cheer to the seniors since the Centers around Cleveland city are closed due to the COVID-19 pandemic. Some of the seniors of the Bohn Center reside at The Margaret Wagner Apartments. I felt so loved and my emotions ran very high at this time, I felt so good. Having to deal with COVID-19 and the social distancing, this was a breath of fresh air. I do miss the senior socialization at The Bohn Center so much and all the staff and friends.

-Ira Etta Black

I enjoyed the Parade. Little things mean a lot, The Parade meant a lot to me.

-Ludel Dennis

I enjoyed the Parade; it was so cute.

-“CeCo”

BOHN CENTER STAFF

Nicole Alexander, Center Director
Ruth Hart, Food Service Manager
Anthony Ray, Custodian

Join the Fun

Art & Lemonade
*Via phone*
216.373.1681
with Nicole Alexander

Wednesday
September 9, 2020
12:00pm-1:00pm
Spiritual Music, group discussion and special guest
Sponsored by United Healthcare

Every day may not be good, but there is something good in every day.
Ernest J. Bohn Rose Center

Bohn Center Caravan

[Images of people and cars in a parking lot, indicating a parade or event]

[Images of individuals walking with support devices]

[Images of stars and vehicles]

[Images of a parked car in the background]
Gunning Park Rose Center

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

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

Celebrate on Monday, September 7th

Labor Day

Have a safe & happy holiday!

Testimonials

I miss coming to Gunning, I have always enjoyed talking to my friends and the staff. I look forward to the good meals and sharing the day with friends, again.
-Emma Dunlap

Ms. Gavin misses the center being open and participating in exercises with an instructor, it is not as easy to do at home, alone. She loved being able to walk on the track each day and play dominoes with her friends. She can’t wait to get back to see the staff and have fun with everyone!
-Earnestine Gavin

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

Christine began to participate in the congregate meal program right before the closing of the center. She really looked forward to coming down to the dining room and interacting with her fellow Riverview Towers residents. She currently receives the once a week boxes of food provided by the Rose Center. She says these meals are very important to someone living on a fixed income. She feels the handouts which she receives with her meals are very helpful for her since a lot of times they pertain to health issues she is experiencing. She also really looks forward to the weekly wellness calls she receives from the Center Director, Jerry Purcell. She can’t wait for the day when hot meals will be served in the dining room, again.

-Christine Thomas
Everyone Who Celebrates A Birthday In August
Celebrate on Monday, September 7

Testimonial

Dolores is 84 years old and struggling with some health issues but despite that, she is always so upbeat when we talk on her weekly wellness call.

She receives a home delivered meal from the Rose Center and always looks forward to meeting the staff when they deliver her meal. She said the meals she receives once a week are a God send and they make one less thing for her to worry about each day.

She really misses the center being open each day. She says she keeps the Rose center staff in her thoughts and prayers.

-Dolores McDaniel
**Animal Word Scramble**

*Answers at the bottom of the page*

1. omkeny
   __________

2. pleheatn
   __________

3. birabt
   __________

4. Ofagimnl
   __________

5. Izraid
   __________

6. ppocunrei
   __________

7. osidarnu
   __________

**Answers:**
1. monkey        4. flamingo        7. dinosaur
2. elephant      5. lizard         
3. rabbit        6. porcupine
Testimonials:

“The parade was wonderful, I was so happy to see all of you. You made me feel special. I started to cry.”

- Sharon Wilson

“I miss playing bingo on Wednesdays, but I like playing over the phone just as well.”

- Marian Edwards

LAKESHORE STAFF

Robin Whitted, Program Asst./Food Manager
Anthony Ray, Custodian
LakeShorE CaRaVaN
State Flowers
Matching Game
*Answers on bottom of page *

1. ___ Sunflower  A. Washington D.C.
2. ___ Iris        B. Ohio
3. ___ Sego Lily   C. Tennessee
4. ___ Red Carnation D. Hawaii
5. ___ Yellow Hibiscus E. Kansas
6. ___ Rose       F. Utah

Puzzle Answers
E 2  C 3  D 4  B 5 6 A
## SEPTEMBER 2020 WRAAAA MENU

<table>
<thead>
<tr>
<th>Monday</th>
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<td>Menu Approved By:</td>
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<td>Ann Stahlbrecher MS, RDN, LD</td>
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<td><strong>Labor Day</strong>&lt;br&gt;<strong>Sites Closed</strong></td>
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<td>*Hamburger 3 oz&lt;br&gt;Ketchup 2 PC&lt;br&gt;Roasted Potato Wedges ½ c&lt;br&gt;Baked Beans ½ c&lt;br&gt;Whole Grain Bun&lt;br&gt;Pineapple Chunks ½ c</td>
<td>*Chicken, 3 oz and Dumplings ½ c&lt;br&gt;Cauliflower&lt;br&gt;Spinach ½ c w/ Lemon 1 PC&lt;br&gt;Whole Grain Wheat&lt;br&gt;Tropical Fruit ½ c</td>
<td>*Roasted Turkey Breast 3 oz&lt;br&gt;*Gravy 2 oz&lt;br&gt;*Mashed Potatoes ½ c&lt;br&gt;Roasted Squash ½ c&lt;br&gt;2 W.G. White&lt;br&gt;Applesauce ½ c</td>
<td>*Tuna Salad 4 oz,&lt;br&gt;W.G. Pita Bread, 2 oz&lt;br&gt;Spring Mix 1 c w/ Dressing 1 PC&lt;br&gt;Tomatoes, Shredded Carrots, &amp;&lt;br&gt;Cucumbers, 1 cup&lt;br&gt;Grape Juice 4 oz</td>
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<td>*Salisbury Steak 3 oz&lt;br&gt;*Gravy 2 oz&lt;br&gt;*Mashed Potatoes ½ c&lt;br&gt;Peas ½ c&lt;br&gt;W.G. Dinner Roll</td>
<td>*Breaded Fish 3 oz&lt;br&gt;Brown Rice Pilaf ½ c&lt;br&gt;Capri Blend 1 c&lt;br&gt;W.G. Dinner Roll&lt;br&gt;Peaches ½ c</td>
<td>*Beef Stew 8 oz&lt;br&gt;Brussel Sprouts ½ c&lt;br&gt;Buttered Sliced Carrots ½ c&lt;br&gt;Whole Grain Wheat&lt;br&gt;W.G. Wheat Crackers 1 oz&lt;br&gt;Orange</td>
<td>*Sweet &amp; Sour Pork Loin 4 oz&lt;br&gt;Buttered Noodles ½ c&lt;br&gt;Sautéed Cabbage ½ c&lt;br&gt;Beets ½ c&lt;br&gt;W.G. Dinner Roll&lt;br&gt;Applesauce ½ c</td>
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<td>*Stuffed Pepper 6 oz&lt;br&gt;w/2 oz Sauce&lt;br&gt;*W.G. Pasta ½ c&lt;br&gt;*Zucchini &amp; *Yellow Squash 1 c&lt;br&gt;W.G. Wheat&lt;br&gt;Pineapple Chunks ½ c</td>
<td>*Roasted Turkey Breast 3 oz&lt;br&gt;Gravy 2 oz, Bread Stuffing ½ c&lt;br&gt;*Sweet Potatoes ½ c&lt;br&gt;*Green Beans ½ c&lt;br&gt;W.G. Dinner Roll&lt;br&gt;Cranberry Juice 4 oz</td>
<td>*Chicken Cordon Bleu 6 oz&lt;br&gt;*Mashed Potatoes ½ c&lt;br&gt;Carrots ½ c&lt;br&gt;2 Whole Grain White&lt;br&gt;Sliced Peaches ½ c&lt;br&gt;Orange</td>
<td>*Swedish Meatballs 3-1 oz&lt;br&gt;*Noodles ½ c w/Gravy 2 oz&lt;br&gt;*Broccoli ½ c&lt;br&gt;*Red Cabbage ½ c&lt;br&gt;Whole Grain White&lt;br&gt;Apricots ½ c</td>
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<td>*Beef Sloppy Joe 4 oz&lt;br&gt;*Seasoned Wedge Potatoes ½ c&lt;br&gt;*Green Peas ½ c&lt;br&gt;Whole Grain Bun&lt;br&gt;Apple Juice 4 oz</td>
<td>*Chicken Stir Fry 3 oz&lt;br&gt;Brown Rice Pilaf ½ c&lt;br&gt;Kyoto Blend 1 c&lt;br&gt;Mandarin Oranges 1 oz&lt;br&gt;W.G. Vanilla Wafer 1 oz</td>
<td>*Stuffed Cabbage 6 oz&lt;br&gt;*Noodles ½ c w/Gravy 2 oz&lt;br&gt;Mixed Vegetables 1 c&lt;br&gt;Whole Grain Wheat&lt;br&gt;Pineapple Chunks ½ c</td>
<td>*Breaded Fish 4 oz&lt;br&gt;Tartar Sauce 1 PC&lt;br&gt;*Scaloped Potatoes ½ c&lt;br&gt;Spinach ½ c/ Lemon Juice 1 PC&lt;br&gt;W.G. Dinner Roll 2 oz&lt;br&gt;Sliced Pears ½ c&lt;br&gt;Barana</td>
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<td>*Chicken Alfredo 4 oz&lt;br&gt;*W.G. Pasta ½ c&lt;br&gt;Broccoli ½ c&lt;br&gt;Harvard Beets ½ c&lt;br&gt;Whole Grain White&lt;br&gt;Sliced Pears ½ c</td>
<td>*Rosemary Pork Chop 4 oz&lt;br&gt;*Sweet Potatoes ½ c&lt;br&gt;Green Peas ½ c&lt;br&gt;W.G. Dinner Roll 2 oz&lt;br&gt;Apricots ½ c</td>
<td><strong>BBQ Chicken</strong>&lt;br&gt;*W.G. Macaroni and Cheese ½ c&lt;br&gt;*Baked Beans ½ c&lt;br&gt;*Sautéed Swiss Chard ½ c&lt;br&gt;W.G. Corn Muffin 1 oz&lt;br&gt;Barana</td>
<td>Choice of 1% Milk or&lt;br&gt;Buttermilk</td>
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**Note:** Box Lunch Default Menu choice is shown in the right hand corner of each day.<br>“T” = Tuna, “TR” = Turkey, “RB” = Roast Beef<br>ATL CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast
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