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*Resource Edition*

Home and  
Community-Based  
Services



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*Executive Director,  
Rose Centers for Aging Well*

*Vice President,  
Benjamin Rose Institute on Aging*

**Melissa Winberry**

*Assistant Director,  
Rose Centers for Aging Well*

**Behavioral Health Services:** Specialized services for older adults living with mental/emotional issues. Services include mental health case management, mental health day treatment, and social work counseling/psychotherapy services.

**Social Work Services:** Services provided by professional licensed social workers include: geriatric case management and family consultation.

**Rose Centers for Aging Well:** Home-delivered meals, socialization opportunities, health and wellness programs, and meals in six Rose Center locations.

**Senior Companion Program:** Older adult volunteers provide companionship and assistance to other older adults who are often lonely and isolated .

**Margaret Wagner Apartments:** HUD subsidized apartments that provide older adults age 62 and older secure, affordable and supportive housing.

**CONTINUED ON PAGE 2**

# Rose Centers News



## April 6th winners:

Sharon Wilson  
Karen Pittman — winner x 2  
Linda Jarrett — winner x 5

## April 12th winners:

Arline Gardner — winner  
Karen Pittman — winner x 2  
Diane Grohe — winner x 2  
Eunice White — winner x 2  
Rose Gibson — winner x 2  
Sharon Wilson — winner x 3  
Linda Jarrett — winner x 4  
Anna Pope — winner x 5  
Grace Ross — winner x 6

## April 20th winners:

Josephine Phillips  
Sandra Merritt — winner x 2  
Diane Grohe — winner x 3  
Karen Pittman — winner x 4  
Grace Ross — winner x 4  
Anna Pope — winner x 5  
Rose Gibson — winner x 6  
Linda Jarrett — winner x 7

## April 27th winners:

Josephine Phillips  
Pecolia Standberry — winner x 4  
Grace Ross — winner x 5

**THANKS FOR  
PLAYING!**

**ESOP:** A full-service HUD-approved housing and financial counseling agency. ESOP helps people in every stage of life become empowered to take control of their finances, make a plan for financial stability, and afford sustainable homeownership.

**WeCare...Because You Do:** A telephone-based care-coaching and mentoring program designed to assist and support individuals family caregivers and those who need them most. WeCare's emphasis on simple, practical solutions empowers families to manage caregiving and decision-making and ensures that they don't have to navigate care alone.

**Service Coordination:** Customized contracts provided to senior housing facilities to deliver high-quality programs and supportive services to help older adults maintain their independence.

**Call Intake at 216-791-8000**

**Happy 100th APRIL Birthday to  
one of our home delivered meal  
participants: Flora Newman**



**Don't forget to give your suggested \$1.00/day meal donation to your delivery person.**

# Home-Delivered Meals

Meal Cancellations: 216-373-1994

Hours: Monday - Friday  
8:00 am - 5:00 pm

## Cleveland Food Assistance:

- Greater Cleveland Food Bank  
15500 South Waterloo Rd.  
216-738-2067
- Heavenly Harvest Food  
4260 Rocky River Dr.  
216-252-2348
- Blessed Trinity Church  
14040 Puritas Ave.  
216-671-5890
- Hunger Network of Greater Cleveland  
216-436-2000



## HOME-DELIVERED MEALS STAFF

Jacqueline Hart, *HDM Administrator*  
Jennifer Meigs, *HDM Social Worker*  
Bonnie Paul, *HDM Social Worker*  
Anthony Bolden, *Driver/Jumper*  
Calvin Laster, *PRN Driver/Jumper*  
Cleveland Cody, *Driver/Jumper*  
Donna Dozier, *PRN Driver/Jumper*  
Denham Fletcher, *Driver/Jumper*  
Pricilla Jones, *PRN Driver/Jumper*

Wendell Franklin, *Driver/Jumper*  
Bruce Fowler, *Driver/Jumper*  
Gregory Lee, *PRN Driver/Jumper*  
Rose Gator, *Jumper*  
Ruben Hill, *Fleet Manager*  
Rachel Isom, *Driver/Jumper*  
Carl Rudolph, *Driver/Jumper*  
Garland Smith, *Driver/Jumper*  
Arthur Walker, *Driver/Jumper*

# East Cleveland Rose Center at Salvation Army

1507 Doan Avenue, Cleveland, OH 44112  
Phone: 216-373-1696 Fax: 216-373-1949

Hours: Monday- Friday  
9:00 am - 3:00 pm



DOING THE MOST GOOD

Food Pantry  
Monday - Thursday  
9 a.m. - 11:30 a.m.

Hot Meals  
Tuesday - Thursday  
12:30 p.m. - 1:30 p.m.



**EAST CLEVELAND ROSE CENTER AT  
SALVATION ARMY CENTER STAFF**

Tracey Kirksey, Center Director  
Kathleen Woodson, Program Assistant





**Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States.**

**From its Galveston, Texas origin in 1865, the observance of June 19<sup>th</sup> as the African American Emancipation Day has spread across the United States and beyond.**

**It is a time for reflection and rejoicing. It is a time for assessment, self-improvement and for planning the future.**

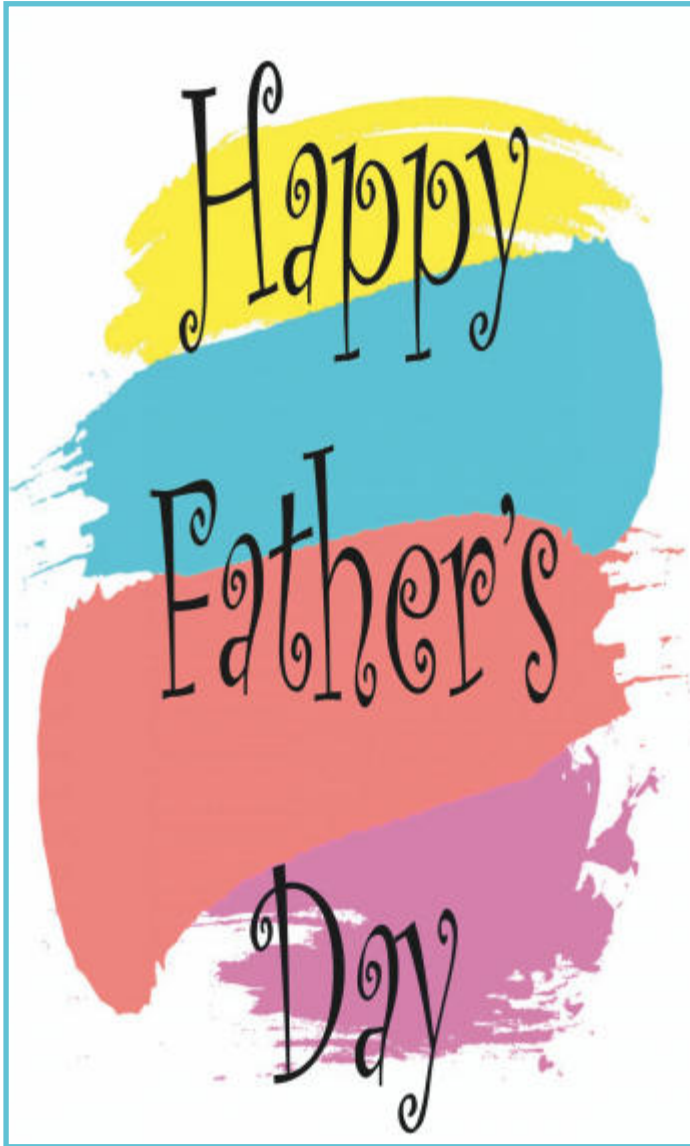
**In cities across the country, people of all races, nationalities and religions are joining hands to truthfully acknowledge a period in our history that shaped and continues to influence our society today.**

[Juneteenth World Wide Celebration](#)

# Gunning Park Rose Center

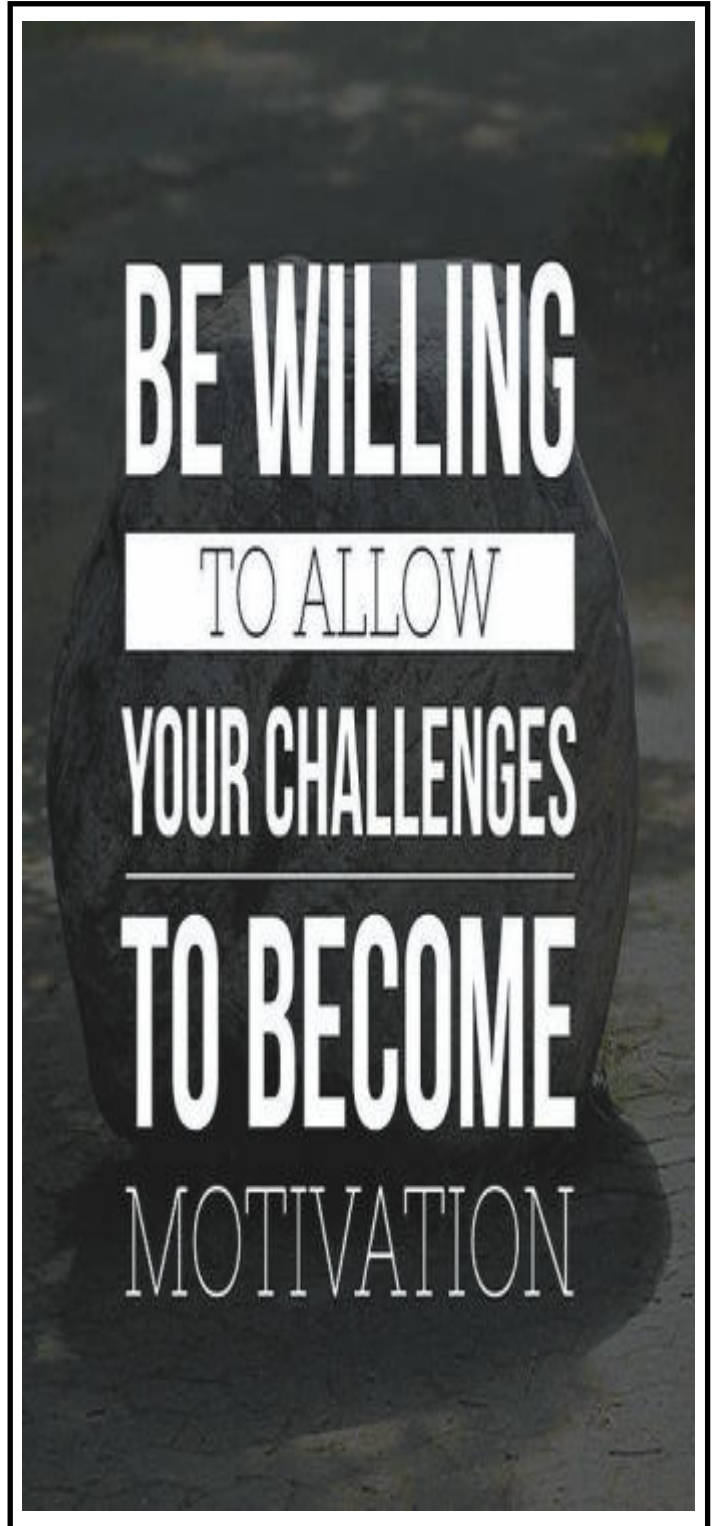
16700 Puritas Road, Cleveland, OH 44135  
Phone: 216-373-1917

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



## GUNNING CENTER STAFF

**Abigail Carney**, Center Director  
**Carla Collins**, Program Assistant  
**Ashley Langford**, Activities Coordinator



# Gunning Park Rose Center

## West Side Resources:



OAK  
STREET  
HEALTH

Services include: Primary care, behavioral health, transportation (regarding appointments), & COVID-19 testing  
Contact at 216-307-7159



Call today to find out if you are eligible for transportation services. Contact at 216-265-1489



Services include: Physician and nursing services, memory care, rehabilitation, physical therapy, speech therapy, occupational therapy, and much more.  
Contact at 216-254-7709

# For The Health Of It

**Woods: 1795 West 25th Street, Cleveland, OH 44113**  
**Phone: 216-373-1916**

**Hours: Monday - Friday 9:00 a.m. - 2:00 p.m.**

## **I'm Vaccinated, now what?....**



In general, people are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

If you don't meet these requirements, regardless of your age, you are **NOT** fully vaccinated. Keep taking all precautions until you are fully vaccinated.

If you are fully vaccinated, you can resume activities that you did prior to the pandemic. Fully vaccinated people can resume activities without wearing a mask or physically distancing, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance.

### **WOODS CENTER STAFF**

**Dolores Davis**  
Nutrition Site Coordinator



# For The Health Of It

King Kennedy: 2501 East 59th Street, Cleveland, OH 44104  
Phone: 216-373-1918

Hours: Monday — Friday 8:00am - 2:00pm

## What you can start to do:

If you travel in the United States, you do not need to get tested before or after travel or self-quarantine after travel. You need to pay close attention to the situation at your international destination before traveling outside the United States.

- You do NOT need to get tested **before** leaving the United States unless your destination requires it.
- You still need to show a negative test result or documentation of recovery from COVID-19 **before** boarding an international flight to the United States.
- You should still get tested 3-5 days **after** international travel.
- You do NOT need to self-quarantine **after** arriving in the United States.

If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.

## What you should keep doing:

- You will still need to follow guidance at your workplace and local businesses
- If you travel, you should still take steps to protect yourself and others. You will still be required to wear a mask on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States, and in U.S. transportation hubs such as airports and stations.
- People who have a condition or are taking medications that weaken the immune system, should talk to their healthcare provider to discuss their activities. They may need to keep taking all precautions to prevent COVID-19.

**SAFETY  
FIRST**

### KING KENNEDY CENTER STAFF

**Karen Ledford**  
Nutrition Site Coordinator

**Gary McCoy**, Kitchen Aide

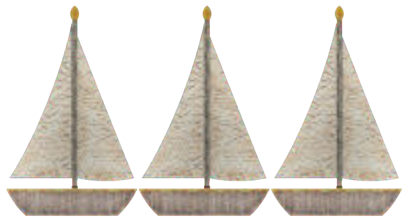
# Paul W. Alandt Lakeshore Rose Center

16600 Lakeshore Boulevard, Cleveland, OH 44110  
Phone: 216-373-1915 Fax: 216-373-1945

Hours: Monday - Friday  
10:00am - 3:00pm

## Sunday, June 20th

Happy  
Father's  
Day

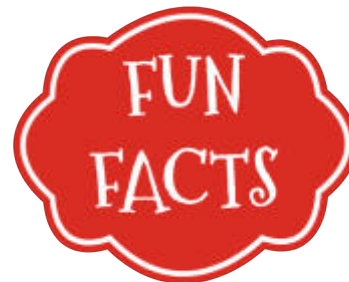


LAKESHORE STAFF

Robin Whitted, Program Asst./Food Manager

### 4 Random Father's Day Facts:

1. 1910 was the first year that Father's Day was celebrated.
2. Roses are the official flower for Father's Day. A red rose is worn in the lapel if your father is living, a white rose if he is deceased.
3. The Stevie Wonder song "Isn't She Lovely" is about his newborn daughter, Aisha. If you listen closely, you can hear Aisha crying during the song.
4. The only father-daughter collaboration to hit the top spot on the Billboard pop music chart was the 1967 hit single "Something Stupid" by Frank & Nancy Sinatra.



[15 Dad Facts for Father's Day | Mental Floss](#)

# Father's Day



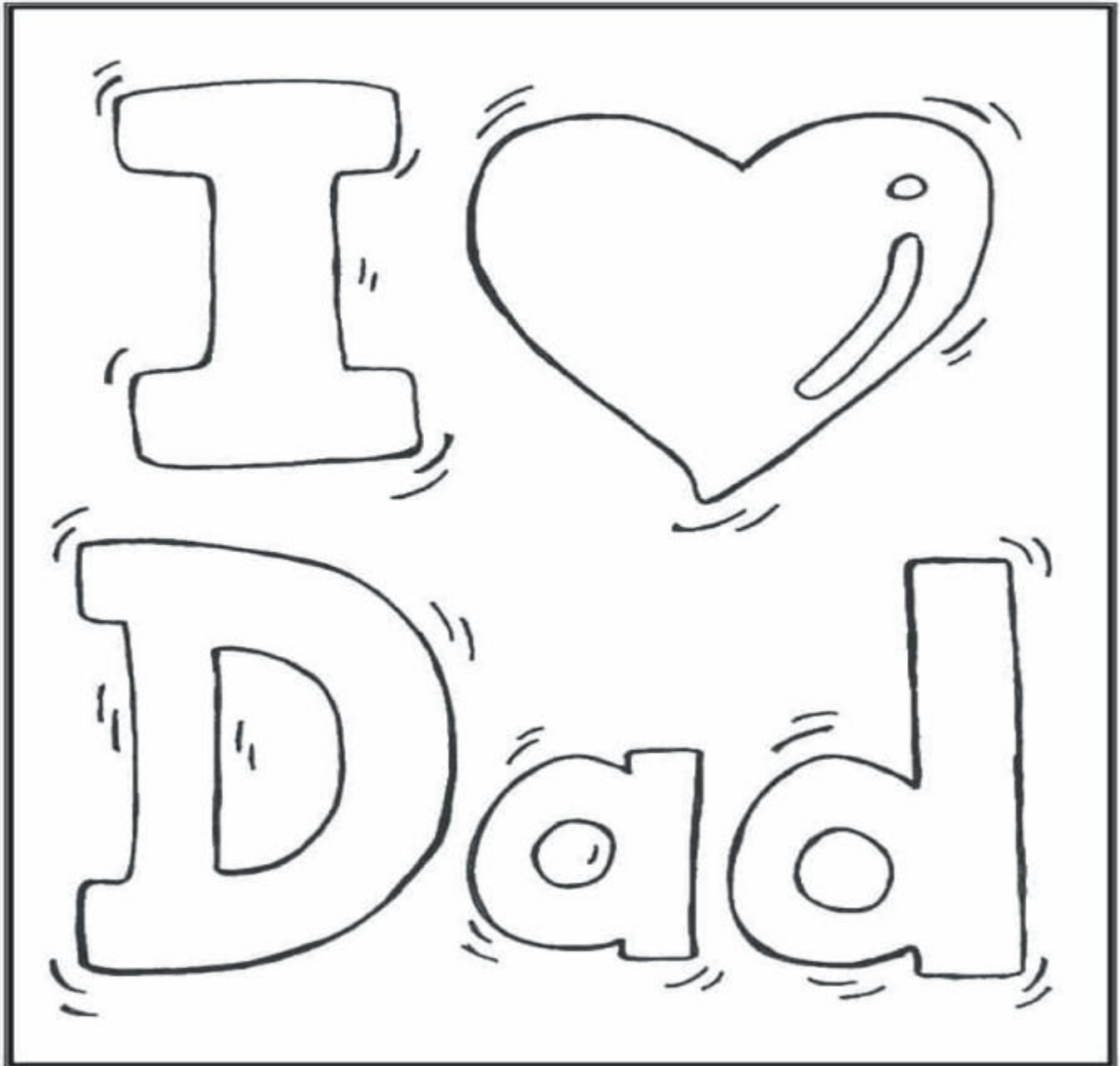
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| DAUGHTER | FRIEND   | JUNE  | SON     |
| FAMILY   | FUNNY    | KIND  | SPECIAL |
| FATHER   |          | LOVE  | TOOLS   |

# Oakwood Rose Center

23035 Broadway Avenue, Oakwood Village, OH 44146  
Phone: 440-735-1157 Fax: 440-735-1155

Hours: Monday - Friday  
10:00am - 3:00pm



**OAKWOOD CENTER STAFF**

**Cynthia Clark**, Food Service Manager  
**Kevin Prewitt**, Program Assistant

**Enjoy this fun  
coloring page!**

# June 2021 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: Ann Stahlheber MS, RDN, LD	1 *Hamburger 3 oz Mustard & Ketchup 1 PC each *Baked Beans ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun, 2 oz Applesauce, ½ c ALT=CS TR	2 *Chicken Stir Fry 3 oz *Brown Rice ½ c/Sauce 2 oz Oriental Blend 1 c Mandarin Oranges ½ c Oatmeal Cookie, 1 oz ALT=CBG RB	3 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Creamed Spinach ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ALT=CBG T	4 *Chicken Breast Stuffed w/ Broccoli 6 oz. *Green Beans ½ c *Harvard Beets ½ c Whole Grain Dinner Roll 2 oz Apricots ½ c ALT=CBG RB
7 *Breaded Fish 4oz Tartar Sauce 1PC *Brown Rice ½ c *Zucchini ½ c Carrots ½ c 1 Whole Grain Wheat Pineapple tidbits, ½ c ALT=CS RB	8 2-2 oz. *Stuffed Shells *w/Sauce 2 oz Zucchini ½ c Glazed Baby Carrots ½ c 2 Whole Grain Wheat Applesauce ½ c ALT=CBG RB	9 Rueben with 2 oz *Turkey, 1 oz *Swiss Cheese, 1 oz Sauerkraut ½ c Thousand Island Dressing 1 PC *Cucumber Salad ½ c 2 Whole Grain Rye Peaches ½ c ALT=CBG TR	10 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c California Blend ½ c Whole Grain Dinner Roll 2 oz Banana, 1 ea. ALT=CBG T	11 Sliced Ham 3 oz w. Pineapple Glaze Scalloped Potatoes ½ c Harvard Beets ½ c Whole Grain Bun, 2 oz Fresh Grapes 1 c ALT=CBG TR
14 *Hamburger 3oz Mustard & Ketchup 1 PC ea. Baked Beans ½ c Seasoned Potato Wedges ½ c W.G. Hamburger Bun, 2 oz Pears ½ c ALT=CS TR	15 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c Green Peas ½ c 2 Whole Grain Wheat Applesauce ½ c ALT=CBG RB	16 *Chicken Cacciatore 3 oz *W.G. Spaghetti ½ c *w/ Sauce 2 oz Kyoto Blend ½ c Mushrooms ½ c Dinner Roll, 1 oz Pineapple ½ c ALT=CBG RB	17 *Roasted Turkey Breast 3 oz *Stuffing ½ c *Gravy 2 oz Mashed Potatoes ½ c Green Beans ½ c 1 Whole Grain White Cranberry Juice 4 oz ALT=CBG RB	18 *Beef Stew 8 oz *California blend 1/2 c Whole Grain Dinner Roll 2 oz Applesauce ½ c Grape Juice 4 oz ALT=CBG T
21 *Chicken Patty 3 oz Mayo 1 PC *Broccoli ½ c *Red Cabbage ½ c Whole Grain Bun Pears ½ c ALT=CS RB	22 *Roasted Pork Loin 3 oz *Sweet Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Rye Apple Juice 4 oz ALT=CBG TR	23 *Meatballs 3-1 oz *W.G. Spaghetti ½ c w/ Sauce 2 oz Antigua Blend 1 c Garlic Bread, 1 oz Peaches ½ c ALT=CBG T	24 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c w gravy *Carrot Coins ½ c Whole Grain Dinner Roll, 2 oz Tropical Fruit ½ c ALT=CBG RB	25 *Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun, 2 oz Fresh Fruit Salad 1 c ALT=CBG RB
28 *Beef Lasagna 6 oz Antiqua Blend Veggie 1 c Whole Grain Garlic Toast 2 oz Oatmeal Cookie, 1 oz Mandarin Oranges ½ c ALT=CS RB	29 *Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c Broccoli ½ c Capri Blend ½ c 1 Whole Grain Wheat Diced Pears, ½ c ALT=CBG TR	30 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Muffin, 1 oz Mixed Fruit ½ c ALT=CBG RB	*=Take Temperature of Milk and all food proceeded by an asterisk	Choice of 1% Milk or Buttermilk

Western Reserve Area Agency on Aging - 2021

Note: Box Lunch Default Menu choice is shown in the right hand corner of each day.

ALT CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast  
"T" = Tuna, "TR" = Turkey, "RB" = Roast Beef





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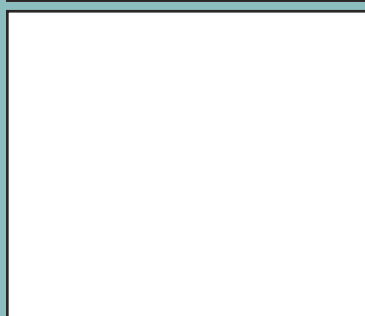
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[benrose.org](http://benrose.org)



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.



A United Way funded agency



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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