

To the right: Great Falls of Tinker's
Creek in Bedford Reservation

Below: Voinovich Bicentennial
Park, Downtown Cleveland

**Summer has come to
The Land**



**So many wonderful places to
explore right in Cleveland's own
backyard!**



**Step outside, take a deep breath, feel
the sunshine on your face, and embrace
Summer!**



Huntington Beach, Bay Village
(They have accessible wheelchairs for seasonal use)

Rose Centers Directory

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ROSE CENTERS ADMINISTRATION

Dabney K. Conwell
Vice President, Health and Wellness

Melissa Winberry
Assistant Director, Health and Wellness

Tim Frey
Program Director, Health and Wellness

Position Open
Administrative Coordinator

HOME DELIVERED MEALS

Meal Cancellations:
216-373-1994
 Hours: Mon- Fri 8:00am - 5:00pm
Staff:
 Jacqueline Hart, *HDM Administrator*
 Jennifer Meigs, *HDM Social Worker*
 Bonnie Paul, *HDM Social Worker*
 Anthony Bolden, *Driver/Jumper*
 Carmetta Brabson, *Driver/Jumper*
 Samuel Bradford, *Driver/Jumper*
 Micheal Brown, *Driver/Jumper*
 Adrian Campbell, *Driver/Jumper*
 Donna Dozier, *Driver/Jumper/Generalist*
 Denham Fletcher, *Driver/Jumper*
 Bruce Fowler, *Driver/Jumper*
 Wendell Franklin, *Driver/Jumper*
 Joseph Grair, *Fleet Manager*
 Brandon Horne, *Driver/Jumper*
 Quantika Lash, *Driver/Jumper*
 Melchezidek Muhammad, *Driver/Jumper*
 Thomas Rankins, *Driver Jumper*
 Anthony Ray, *Driver/Jumper*
 Carl Rudolph, *Driver/Jumper*
 Cordell Rudolph, *Driver/Jumper*
 George Sturdivant, *Driver/Jumper*
 Kenneth Vaughn, *Driver/Jumper*
 Arthur Walker, *Driver/Jumper*

ROSE CENTER DIRECTORY

East Cleveland Rose Center Phone: 216-373-1696
 1507 Doan Avenue, Cleveland, OH 44112 M-F 10am-3pm
 Kia Keaton, *Center Director*
 Kathleen Woodson, *Program Assistant*

Gunning Park Rose Center Phone: 216-373-1735
 16700 Puritas Road, Cleveland, OH 44135 M-F 8:30am-3pm
 Trina Roddy, *Center Director*
 Christa Smith, *Program Assistant & Activities Coordinator*
 Brittney Schill, *Kitchen Aide*

Lakeshore Rose Center Phone: 216-373-1939
 16600 Lakeshore Blvd, Cleveland, OH 44110 M-F 10am-3pm
 Carla Collins, *Center Director*
 Robin Whitted, *Program Assistant*
 Darrell Powell, *Custodian*

King Kennedy Rose Center Phone: 216-401-6561
 2501 East 59th Street, Cleveland, OH 44104 M-F 8am-2pm
 Cat Mohar, *Nutrition Site Coordinator*
 Gary McCoy, *Kitchen Aide*
 Mary Wallace, *Kitchen Aide*

James Woods Rose Center Phone: 216-373-1793
 1795 West 25th Street, Cleveland, OH 44113 M-F 9am-2pm
 Linda Robinson, *Nutrition Site Coordinator*
 Carla Epps, *Kitchen Aide*
 Clarence Golston, *Kitchen Aide*

Rose Center at Fairhill Partners Phone: 216-421-1350 x162
 12000 Fairhill Road, Cleveland, OH 44120 M-F 11:30am-12:30pm
 *Contact Carol Gatto to make a lunch reservation.

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

Rose Center News

REMINDER

Be sure to listen to your messages from the automated messaging system to hear reminders and important announcements.

Don't Call—Just Listen

Calls will be from 216-799-0461



*You will receive program alerts via phone calls, text messages, or email for FREE!



There will be no meal delivery, and the Rose Centers will be closed on:

* **Thursday June 19th in observance of Juneteenth**



HDM Reminder to Update your Info:

If you change your phone number please call the HDM Administrator at 216-373-1994 to report your new phone number. If you reach voicemail, please leave your name, address and new phone number on the message.

Be the first to know about Rose on the Go events, by joining the email list.



For more information contact:
Tim at (216) 373-1983



If you will not be home to receive your delivery, please call to cancel that day's delivery. Canceling in advance allows us to continue offering this vital service to our community.
~Call 216-373-1994 ~

Happy Birthday to our June 2025 members of the Centenarian Club!

Alberta Sullivin turns 100 June 11th & Evelyn Clemons turns 102 June 10th

Happy Birthday!!

June Community Events:

June 7 PRIDE in the CLE: 10am staging in Public Square, 11am March step off, festivities till 6pm in Mall B downtown Cleveland, free event.

June 7/8 Art by the Falls: Cleveland Metroparks Polo Field free open air art show, family activities, music, trolley to/from downtown Chagrin Falls.

June 8 Larchmere Rock The Blocks: 11am-5pm, parade at noon, music and games.

June 14 Cleveland's Juneteenth Freedom Fest see pg5

June 14 The Hooley: Kamm's Corner street festival featuring live music & performances. 12-7pm. Free.

June 14 Parade the Circle: 12-4pm parade Wade Oval.

June 20 Mayfield Hts Unity Days: Rides, bands, family entertainment, raffles. City Park- 1533 Chelmsford.

June 26-27 Tremont Food Truck Festival: 2nd Annual Food Truck Festival around Lincoln Park

June 28 Larchmere Porchfest: free live music fest highlighting the Larchmere neighborhood

June 28-28 11th Annual Lebanese Food & Music Festival: Food, entertainment, games and activities free, noon-9pm, 2300 W. Ridgewood Dr, Parma






Did you know?




Did you know that all of our home delivered meal plans are heart healthy and low sodium? Fresh, healthy and fulfilling food is an important aspect of maintaining wellness.

Rose Center News



LGBTQ RESOURCES

-  **National Suicide Prevention Lifeline**
1-800-273-TALK (8255)
Veterans: Press 1
-  **Text TALK to 741741**
Text with a trained counselor from the Crisis Text Line for free, 24/7
-  **The Trevor Project**
TrevorLifeline: Available 24/7 at 1-866-488-7386
TrevorText: Text TREVOR to 1-202-304-1200

-  **SAGE LGBT Elder Hotline**
Peer support and local resources for older adults
1-888-234-SAGE
-  **Trans Lifeline**
Support for transgender people, by transgender people
1-877-565-8860
-  **The LGBT National Hotline**
Peer support and local resources for all ages
1-888-843-4564

988 SUICIDE & CRISIS LIFELINE

Queer Caregiving

Hall et al., 2025

Navigating heteronormative healthcare systems poses challenges for LGBTQ+ caregivers.

To bridge disparities, healthcare systems must provide culturally competent care.

Education, empathy, and awareness are essential to ensure equitable access to support and reduce bias.

Microaggressions, biases, and a history of mistreatment hinder disclosure and trust.

Inclusive communication and LGBTQ+ cultural competence training for HCPs is crucial.



Rose on the Go

Get Outside to Get Healthy!

Congratulations Cleveland, we've made it through another winter! After months of staying warm indoors, the summer gives people a chance to get outside and get moving. If you're looking for a free and easy way to de-stress, consider spending more time in nature!

Regular access to green spaces has been linked to lower risks of depression and improved concentration and attention. Studies have shown that spending just 15 minutes outside can *reduce* your cortisol level (the stress hormone in the body) and *boost* serotonin and dopamine levels (the feel-good chemicals in the brain). Being outside also allows us to be social and come together with family, friends, or even people we don't know.

Per Destination Cleveland, "Cleveland is wide open and ready for you to explore. From the manicured magnificence of the Holden Arboretum and Cleveland Cultural Gardens to the rolling fairways of Big Met and Sleepy Hollow...there's no shortage of outdoor adventures in The Land." These outdoor adventures also include eight lakefront parks, 18 reservations, and over 100 hiking trails from the Cleveland Metroparks.

Want to explore the outdoors in your own backyard? If you have a busy schedule and don't have much time to get outside, try these tricks to get in a quick nature fix:

5 minutes: Stand outside with the sun on your face or take off your shoes to feel the grass in between your toes. If the weather isn't great, take a few minutes to gaze out a window at the scenery outside!

25 minutes: Go out for a stroll and take some deep breaths. You could even eat your lunch outside or take a phone call or meeting outdoors!

If you're looking for a family friendly activity that is free and beneficial to everyone, just step outside!

King Kennedy & James Woods Rose Center

Lunch is served Mon–Fri; King Kennedy: 10:30m to 12:30pm & James Woods: 10:30am-12:30pm

NEW At King Kennedy:
Meals will now require
reservations.

We had a visit in May from Case Western Dental Students! Thank you for everyone who came out to participate in the free dental screening!



Did you receive food boxes in the past from the Greater Cleveland Food Bank? Stop by office #1201 to complete a survey to share your thoughts on them returning!



SATURDAY, JUNE 14, 2025

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery on June 19, 1865 - the day when all African Americans were freed from slavery. Set to take place on **Saturday, June 14 from 11:00 am – 8:00 pm on Mall C in the heart of Downtown Cleveland**, this free city-wide, family-friendly celebration and commemoration of Juneteenth is one you don't want to miss.

East Cleveland Rose Center at Salvation Army



Ongoing Weekly Programs

Monday	Tai Chi	12:30 pm
Tuesday	Bingo	12:30 pm
Tues- Thurs	Lunch w/Chef	12:00 pm
Thursday	Fit n Fab	10:30 am



SPECIAL EVENTS

- June 4th- *MEIJER Shopping Trip*
- June 7th- *Masquerade Senior Prom*
- June 10th- *Paint & Sip w/HUMANA*
- June 18th- *Make a coaster w/iConnect*
- June 19th- *Center Closed- JUNETEENTH*
- June 26th- *Ageing Gracefully Resource Fair*



MIND & BODY ONGOING CLASSES & PROGRAMS

Tai Chi	Mondays	12:30pm	Computer Class	2nd & 4th Wed	10:30am
Walking	Daily	10:30am	Yoga	2nd & 4th Wed	12:30pm
BINGO	Tuesdays	12:30pm	Bible Study	1st & 3rd Wed	1:00pm
Lunch w/Chef	Tues.-Thurs	12:00pm	Cards/Games	Daily	Daily
Arts & Crafts	Daily	10:30am	Fit & Fab	Thursdays	10:30am

East Cleveland Rose Center at Salvation Army

Center open 9:00AM- 3:00PM

JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Daily Activities 10:00 Weights 11:30 Lunch 12:30 Tai Chi</p>	<p>3</p> <p>Daily Activities 9:30 -10:30 Walking 11:00 Seated Rhythm 11:50 Lunch w/Chef 12:30 BINGO</p>	<p>4</p> <p>Daily Activities 10:00 Dominoes 11:50 Lunch w/Chef 1:00 Bible Study</p>	<p>5</p> <p>Daily Activities 10-12p- MEIJER Shopping Trip 10:30 Fit & Fab 11:50 Lunch w/Chef 12:30 Fun & Games</p>	<p>6</p> <p>Daily Activities 11:30 Lunch 10:00 Arts & Crafts 12:30 Cards/Games</p>
<p>9</p> <p>Daily Activities 10:00 Weights 11:30 Lunch 12:30 Tai Chi</p>	<p>10</p> <p>Daily Activities 9:30 -10:30 Walking 10:30-Paint & Sip w/ HUMANA 11:50 Lunch w/Chef 12:30 BINGO</p>	<p>11</p> <p>Daily Activities 10:00 Dominoes 10:30 Computer Class 11:50 Lunch w/Chef 12:30 Yoga/ Meditation</p>	<p>12</p> <p>Daily Activities 10:00 Dominoes 10:30 Fit & Fab 11:50 Lunch w/Chef</p>	<p>13</p> <p>Daily Activities 11:30 Lunch 12:30 Kings Corner</p>
<p>16</p> <p>Daily Activities 10:00 Weights 11:30 Lunch 12:30 Tai Chi</p>	<p>17</p> <p>Daily Activities 10:00 Dominoes 11:50 Lunch w/Chef Fitness Rm Workout 12:30 BINGO</p>	<p>18</p> <p>Daily Activities 10:00 Dominoes 10:30 iConnect / Crafting with tech. 11:50 Lunch w/Chef 1:00 Bible Study</p>	<p>19</p> <p>CENTER CLOSED</p> 	<p>20</p> <p>Daily Activities 11:30 Lunch 12:30 Kings Corner</p>
<p>23</p> <p>Daily Activities 10:00 Weights 11:30 Lunch 12:30 Tai Chi</p>	<p>24</p> <p>Daily Activities BRING A FRIEND 9:30 -Walking Track 11:50 Lunch w/Chef 12:30 BINGO</p>	<p>25</p> <p>Daily Activities 10:00 Dominoes 10:30 Computer Class 11:00 Chair Hula 11:50 Lunch w/Chef 12:30 Yoga/ Meditation</p>	<p>26</p> <p>Daily Activities 10:30 Fit & Fab 10:30-Resource Fair 11:50 Lunch w/Chef Flower Arranging</p>	<p>27</p> <p>Daily Activities 11:30 Lunch 12:30 Kings Corner</p>
<p>30</p> <p>Daily Activities 10:00 Weights 11:30 Lunch 12:30 Tai Chi</p>				

Gunning Park Rose Center

Active for Life Fitness

Tuesday, June 10th & 24th at 10:00 am



Tap Time, Chair Hula & Seated Rhythm

Weekly Activities:

Tai Chi - Zumba - Exercise - Crocheting -
Pinochle - Paint & Sip - Waffle Wednes-
day Movie Matinee & Bingo



Additional Activities:

Therapeutic Self-Care Practices Healthy
Lifestyle Living Well. Eat Better, Think
Better, Feel Better - Mind Your Memory
Monday's & much more...

"MEMORY CARE ACTIVITIES"



Cleveland EMS is here
every first Thursday at
10:00 to provide free
health screenings.

Special Trips:

Tuesday, June 3, 2025 at 10:00 am

Lunch at Canary's Restaurant.

Friday, June 27, 2025 at 12:00 pm

Shopping at Walmart N. Olmsted.

Educational Presentations

Friday, June 13th 10:00 am

Lunch & Learn—Aristos Nursing Facility
A thru Z Short-Term Rehab Resources.

Community Education

Friday, June 27th at 10:00 am

Department of Consumer Affairs

Senior Scam Prevention



Special acknowledgement to Aristos
Nursing Facility for their generosity in
sponsoring Gunning Park Rose Center
event and activities.

Thank you for your Support!



Young Art Center
Friday, June 20th
10 am to 11 am.

Gunning Park Rose Center

June 2025

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 T-Shirt Bag 11:30 Lunch 12:30 Bingo or Mind Your Memory	3 Special Trip Carnary's lunch 9:30 Pinochle 10:00 Yarn Group 11:30 Lunch	4 9:30 Waffle Wednesday 10:00 Fitness Fusion 10:00 Volleyball 11:30 Lunch	5 EMS Screening 9:30 Pinochle 10:15 Tai Chi for Arthritis 11:30 Lunch	6 9:30 Walking 10:00 AC Meeting 11:30 Lunch 12:30 Bingo or Friday Feud
9 10:00 Sharing Your Roots 11:30 Lunch 12:30 Bingo or Mind Your Memory	10 10:00 Music Bingo 10:00 Seated Rythme 11:30 Lunch 12:00 Fresh Flowers	11 10:00 Fitness Fusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dancing	12 9:30 Pinochle 10:15 Tai Chi for Arthritis 11:30 Lunch	13 10:00 Lunch & Learn 11:30 Lunch 12:30 Bingo or Movie Matinee
16 10:00 Yarn Group 11:30 Lunch 12:30 Bingo or Mind Your Memory	17 Healthy Toast for Tuesday 9:30 Pinochle 11:30 Lunch	18 9:45 Healthy Cooking 10:00 Fitness Fusion 10:00 Volleyball 11:30 Lunch	19 9:30 Pinochle 10:15 Tai Chi for Arthritis 11:30 Lunch	20 9:30 Walking 10:00 Young Art Center 11:30 Lunch 12:30 Bingo or Friday Feud
23 10:00 Zumba 11:30 Lunch 12:30 Bingo or Mind Your Memory	24 9:30 Pinochle 10:00 Yarn Group 10:00 Chair Hula 11:30 Lunch	25 9:30 Food Box 10:00 Fitness Fusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dancing	26 9:30 Pinochle 10:15 Tai Chi for Arthritis 11:30 Lunch	27 9:30 Walking 10:00 Scamo 11:30 Lunch Special Trip Walmart 12:30 Bingo
30 11:30 Lunch 12:30 Bingo or Mind Your Memory				

Paul W. Alandt Lakeshore Rose Center

Join us for Exercise Classes
Classes Begin at 10am

- ◆ Monday- Aerobics
- ◆ Tuesday- Virtual Exercise
- ◆ Wednesday- Walking
- ◆ Thursday- Virtual Zumba



Monthly Trips

- ◆ 6/6 Mitchell's Ice Cream
- ◆ 6/10 Wildwood park
- ◆ 6/16 Gus's Diner



Highlights from the Rose Center's Denim Fashion Show held on April 26th



Join us on June 27th for Bingorama!! There will be a full day of bingo for starting at 10am.



Join us for our monthly party
June 20th at 12 noon.

A special activity sponsored by Humana, Birthday acknowledgements, group games and dancing!



Cleveland EMS will be coming to Lakeshore the 2nd Thursday of the month for health screenings. Come get screened on Thursday, June 12th at 11:00 am

Did you know that you now have the option of ordering an alternative meal? Choices includes three different types of salads. Please see Center staff for details.



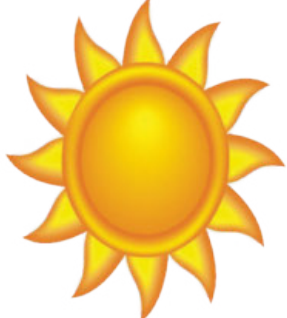


The Center will be closed on June 19th in Observance of Juneteenth Holiday



Paul W. Alandt Lakeshore Rose Center

June

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Exercise with Christine 11:30 Lunch 12:00 Book Club	3 10:00 Chair Hula Dancing 11:30 Lunch 12:00 Gardening	4 10:00 Walking 11:30 Lunch 12:30 Bingo	5 10:00 Chair Zumba 11:30 Lunch 12:30 Bible Study Creative Drumming	6 10:00 Social Hour 11:30 Lunch 12:00 Mitchell's Ice Cream
9 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Book Club	10 10:00 Virtual Exercise 11:30 Lunch 12:00 Gardening Wildwood Park Picnic	11 10:00 Walking 11:30 Lunch 12:30 Bingo Mobile Post Office	12 10:00 Chair Zumba 11:00 EMS 11:30 Lunch 12:30 Bible Study Bird Houses	13 10:00 Social Hour 11:30 Lunch 12:00 Name That Tune!
16 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Book Club Gus's Diner Trip	17 10:00 Cardio Drumming 11:30 Lunch 12:00 Gardening Build a Bouquet	18 10:00 Art w/ Chris Young 11:30 Lunch 12:30 Bingo	19  Center Closed	20 10:00 Social Hour 11:30 Lunch 12:00 Party Bop It!
23 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Fun and Games Price is Right	24 10:00 Morning Spin 11:30 Lunch 12:00 Gardening	25 10:00 Walking 11:30 Lunch 12:30 Bingo	26 10:00 Chair Zumba 11:30 Lunch 12:00 Bingo	27 10:00 Bingorama! 
30 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Book Club		Please remember to call and cancel your transportation by 7am. STC (216) 265-1489	All reservations for meals and transportation should be made by Wednesday morning	Please call Robin Whitted for Meal Reservations (216) 373-1683

Puzzles of the Month



Summer Word Search

S U N G L A S S E S B P
 T B H S W N D P A E S C
 M H A X H F L O A T M A
 V S M R V C L C U H S N
 A Z M H B I H S N U P O
 C N O U I E H C L D R E
 A U C D P K C L N T I I
 T L K V M L I U C M N N
 I T N W Q P H N E X K G
 O C E A N S T C G D L P
 N W P S N O W C O N E M
 W A T E R M E L O N R S

FLOAT

BEACH

CANOEING

HAMMOCK

SNOWCONE

HIKING

OCEAN

VACATION

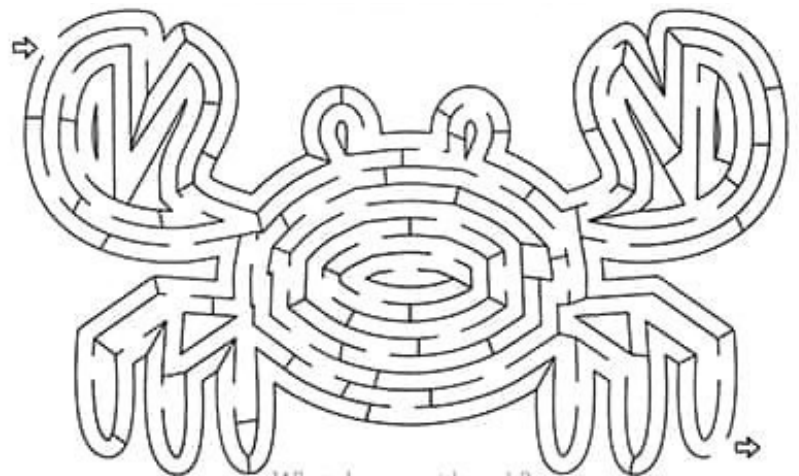
SUNGLASSES

SPRINKLER

WATERMELON

BARBECUE

1						2
	2		6			3
		3	1		4	
			4			5
4				5		6
	5			6		
		6		9	7	
	7		4			8
8						9



JUNE 2025 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 *Breaded Fish 4 oz w/ Tartar Sc 1 PC American cheese 1 slice Coleslaw ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Pears ½ c ALT = CS RB	3 *Chicken stuffed w/ Broccoli 6 oz. *Green Beans ½ c *Carrots ½ c Whole Grain Dinner Roll 2 oz Apricots ½ c ALT = CBG T	4 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c Whole Grain Dinner Roll 2 oz Applesauce ½ c ALT = CF RB	5 *Sliced Ham 3 oz w. Pineapple Glaze *Cheesy Potatoes ½ c *Harvard Beets ½ c Whole Grain Bun, 2 oz Fresh Grapes 1 c ALT = CBG T	6 Rueben with *Turkey 2oz *Swiss Cheese 1 oz Sauerkraut ½ c Thousand Island Dressing 1 PC *Tom., Cuc., Onion Salad ½ c 2 Whole Grain Rye Pineapple tidbits ½ c ALT = CF RB
9 *Hamburger 3 oz Mustard & Ketchup 1 PC ea. *Baked Beans ½ c *Seasoned Potato Wedges ½ c W.G. Hamburger Bun 2 oz Mandarin Oranges ½ c ALT = CS TR	10 *Tomato Basil Chicken 3 oz. w/ Sauce 2 oz, W.G. Pasta ½ c. *Spinach ½ c, Lemon Jc. 1 PC *Capri Blend ½ c Whole Grain Wheat Sliced Pears ½ c ALT = CBG RB	11 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Red Cabbage ½ c *Green beans ½ c Whole Grain Corn Muffin 1 oz Mixed Fruit ½ c ALT = CF TR	12 *Sloppy Joe 3 oz *Sweet Potatoes ½ c *California Blend ½ c Whole Grain Dinner Roll 2 oz Banana ALT = CBG RB	13 *Chicken and Gravy 3 oz W.G. Biscuit 2 oz *Brussels Sprouts ½ c *Green Peas ½ c Applesauce ½ c ALT = CF T
16 *Meatballs 3-1 oz Whole Grain Sub Roll 2 oz Marinara Sauce 2 oz *California Blend ½ c Roasted Potato Wedges ½ c Peaches ½ c ALT = CS TR	17 *Chicken Patty 3 oz Mayo 1 PC *Broccoli ½ c *Red Cabbage ½ c Whole Grain Bun 2 oz Applesauce ½ c ALT = CBG T	18 *Stuffed Shells 2-2 oz *w/Sauce 2 oz *Zucchini ½ c *Glazed Carrots ½ c 2 Whole Grain Wheat Mixed Fruit ½ c ALT = CF RB	19 Juneteenth Site Closed ALT = CBG RB	20 *Beef Lasagna 6 oz *Antiqua Blend ½ c Whole Grain Garlic Toast 2 oz Oatmeal Cookie 1 oz Mandarin Oranges ½ c ALT = CF RB
23 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Green Peas ½ c Whole Grain Wheat Whole Grain Cereal Bar 1 oz Applesauce ½ c ALT = CS T	24 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c w gravy *Carrot Coins ½ c Whole Grain Dinner Roll, 2 oz Fresh Fruit Salad 1 c ALT = CBG RB	25 *Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun, 2 oz Tropical Fruit ½ c ALT = CF RB	26 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c Whole Grain Dinner Roll 2 oz Pineapple Chunks ½ c ALT = CBG RB	27 *Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Peppers and Onions ½ c 1 Whole Grain White Peaches ½ c ALT = CF RB
30 *Salisbury Steak 3 oz, *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c Whole Grain Dinner Roll Orange ALT=CS TR	<p>Choice of: 1% Milk, Buttermilk, or Calcium Fortified Juice</p> <p>*=Take Temperature of Milk and all food proceeded by an asterisk</p> <p>Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i></p>			

Western Reserve Area Agency on Aging - 2025

Default Alternate Menu choices are shown at the bottom of each daily menu: "T" = Tuna, "TR" = Turkey, "RB" = Roast Beef, "V" = Cheese
ALT CS=Chicken Salad w/Crossant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chef Salad w Lettuce, Ham, Egg, Cheese

Come on down for a hot meal every second Saturday from 12:30-2pm

– DONATIONS WELCOME –
1744 Payne Avenue, Cleveland 44114
DIVINE OUTREACH MINISTRY
East Cleveland Transitional Housing
216-255-6953



chernin@sbcglobal.net
Dorothy Carmack,
Executive Director

Skilled Nursing • Rehabilitation
Long Term Care



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Maryscordos@Gmail.com

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Turning 65 or new to Medicare?



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sales agent

If you're new to Medicare or have some questions, I'm here to help you make sense of it all. Reach out to me for personalized support throughout the process, from learning about your Medicare Advantage plan options to enrolling in the right plan for you. I even offer house calls, bringing info and answers into the comfort of your home.

CAROLYN RELAFORD-HILL
216-802-9170 (TTY: 711)
Monday – Friday
8 a.m. – 8 p.m.
CRELAFORDHILL@HUMANA.COM
<https://www.facebook.com/Carolynhill.insuranceagent.com>

Humana.

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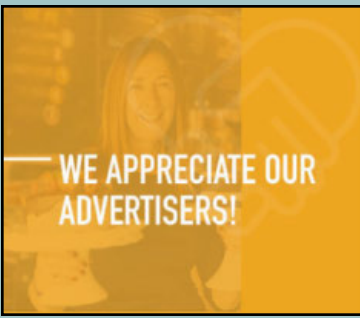
CONTACT ME
Christopher Guldager

cguldager@4LPi.com
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Insight Clinical Trials LLC

216-526-1843
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Know your Options...Explore Possibilities...Gain Knowledge

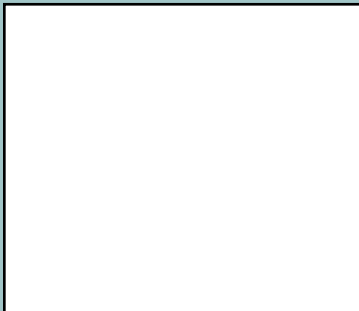
- Complimentary memory screening for adults age 50 +
 - No insurance required
- Free consultations with a Medical Doctor
- Compensation/Transportation provided when enrolled

*Isn't it time to take charge of your Brain Health?
Call us today*




**FREE
AD DESIGN**
with purchase
of this space

CALL 800-477-4574



**SUPPORT OUR
ADVERTISERS!**



**Volunteers Needed for Research Study
on Unpaid Caregivers of Individuals
with Alzheimer's or
Dementia related disorders
who reside in a care facility.**

Are you an unpaid caregiver of a family member, loved one, or friend who has Alzheimer's disease-related dementias and resides in a care facility? You may be eligible for a study that helps us to understand how we can best support the needs of individuals like you.

You May Qualify If You

- Are 25 years of age and older.
- Are of current or former unpaid caregiver (within the last 5 years) of an individual with Dementia or Alzheimer's-related disorders who resides in a care facility.
- Can read, speak, and write English.


Potential Benefits
Participating in this study may help to improve complicated grief group therapy for diverse racial and ethnic individuals

Participation Involves

- Participating in an individual interview.
- Completing a survey on caregiver stress.

Location: Virtually or via telephone
Participants will be compensated.

Scan the QR code to begin the Survey!



FOR MORE INFORMATION
Please contact Siobhan Aaron at 216-368-5748
or email siobhan.aaron@case.edu

Frances Payne Bolton School of Nursing, Case Western Reserve University
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