

Every year we recognize the Administration for Community Living theme, but The Rose Centers and Benjamin Rose live by the 2025 theme of Flip the Script on Aging! Flip through these pages to see how Rose Centers for Aging Well is helping older adults in our communities shift from simply growing old to embracing longevity—and rethink what it means to age.

Our mission to rethink aging extends to all that we do—including the activities we offer at the Rose Centers. From social hours to Zumba to Garden Club, we encourage a wide range of interests.

Because there's no time like the present to pick up a hobby or meet new friends!



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*
 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*
Position Open, *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
 Katherine 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!



“As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them.”

—John F. Kennedy

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

Keep an eye out for upcoming events in the Rose Centers for Aging Well newsletter!



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 ~

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.

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

* **Monday May 26 in observance of Memorial Day**

May Community Events:

5/7—**Chamber Music in the Atrium:** concert series at Cleveland Museum of Art 6-7pm, free

5/8—**Seniors & Caregivers Expo** - Gunning Park Rec. Center 10am—2pm, free

5/9—**Walkabout Tremont:** 2nd Friday of month

5/10—**Cleveland Public's Main Library 100th**

Celebration: The Curious Garden Party 10am-4pm at downtown Cleveland Public Library, free

5/13—**Chamber Music in the Atrium:** concert series at Cleveland Museum of Art noon-1pm, free

5/17—**Cleveland Marathon:** through Downtown Cleveland

5/17— **Mayfest:** Arts festival at Berea's Coe lake

5/17—**Cleveland Asian Festival:** Experience Asian Food & Culture in Cleveland's AsiaTown neighborhood E 27th & Payne Ave

5/23-26— **Tremont Greek Festival:** Annunciation Greek Orthodox Church, 2187 W 14th St, free



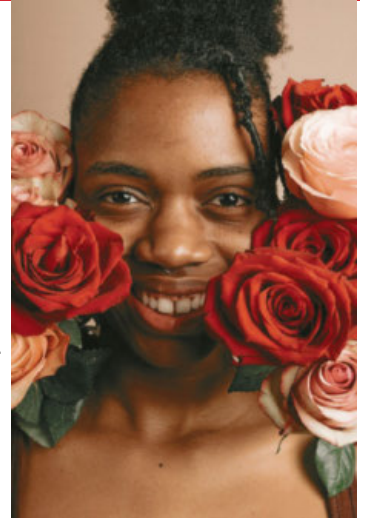
Did you know?

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

WHY SMELLING FLOWERS IS GOOD FOR YOUR MENTAL HEALTH:

1. **Reduces Stress:** The act of stopping to smell flowers can trigger relaxation and reduce stress levels. The pleasant aroma can calm the nervous system and promote a sense of tranquility.
2. **Improves Mood:** Floral scents have been shown to have mood-boosting effects. They can increase feelings of happiness and reduce anxiety and depression.
3. **Enhances Mindfulness:** Engaging with flowers can help you practice mindfulness, encouraging you to be present in the moment and appreciate the beauty around you.
4. **Connects with Nature:** Spending time in nature and interacting with plants can increase feelings of connection and well-being. This connection is vital for mental health.
5. **Stimulates the Senses:** The sensory experience of smelling flowers can stimulate your senses, providing a pleasurable and immersive experience that can distract from negative thoughts.
6. **Promotes Relaxation:** Certain flower scents, like lavender and jasmine, are known for their relaxing properties. Inhaling these scents can help reduce tension and promote a sense of calm.
7. **Boosts Cognitive Function:** Some studies suggest that exposure to natural environments, including flowers, can enhance cognitive function and creativity.



HOW TO STOP AND SMELL THE FLOWERS:

1. **Make Time for Nature:** Set aside specific times in your schedule to go outside, whether it's a daily walk, a visit to a local park, or even tending to a garden.
2. **Be Present:** When you're outside, focus on being fully present. Notice the colors, shapes, and scents around you. Take deep breaths and try to absorb the surroundings.
3. **Engage Your Senses:** Smell the flowers, feel the textures of petals and leaves, listen to the sounds of nature, and observe the details.
4. **Practice Mindfulness:** Combine mindfulness practices with nature walks. Pay attention to your breath, the sensations in your body, and the environment around you.
5. **Slow Down:** Resist the urge to rush. Take your time walking, and pause to observe flowers and plants closely.
6. **Bring Flowers Indoors:** Keep fresh flowers in your home or office to enjoy their beauty and scent throughout the day.
7. **Create a Flower Ritual:** Establish a small ritual involving flowers, such as arranging a bouquet, visiting a botanical garden regularly, or taking photos of flowers.



Spring is a wonderful time of the year to enjoy all the flowers popping up everywhere from the Metroparks and trails, to the blooming parks in downtown Public Square, or even just found exploring your own local neighborhood!

Don't forget to check the calendar to see when your center is hosting a flower arranging activity courtesy of BigHearted Blooms.

Rose on the Go

Opportunities for Adults to Thrive at Home!

If you live in the neighborhood surrounding Benjamin Rose’s headquarters, we invite you to join us for our new monthly series, For Grown Folks Only. Held on the last Friday of each month, this program is designed for Woodhill residents aged 40 and older—a chance to come together, learn new skills, and connect with neighbors.

We offer a variety of activities—from healthy cooking and soap making to line dancing and yoga. Each month features a different wellness focused activity designed to foster social connections among neighbors. Regular interaction with neighbors can boost mental health and reduce feelings of loneliness.

To register:
visit benrose.org/events or call Tim Frey at (216) 373-1983.



Rose on the Go

A program of local non-profit Benjamin Rose (located on Fairhill Rd and MLK Blvd), Rose on the Go aims to provide fun opportunities for adults in the community to improve their overall health and well-being while learning what resources are available to them.

King Kennedy & James Woods Rose Center

Lunch is served Mon–Fri; King Kennedy: 11:30am to 1:30pm & James Woods: 10:30am-12:30pm

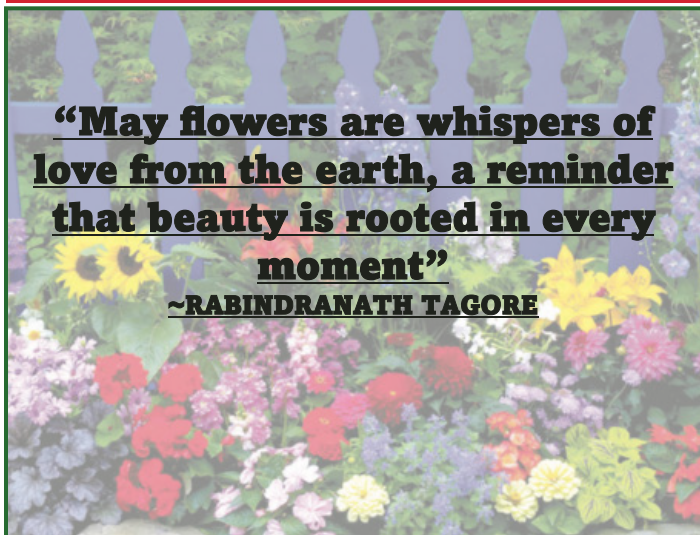
King Kennedy is proud to announce that Kathrine Mohar will be joining our staff as Nutrition Site Coordinator, so please come stop by and say hi!



How to start a garden on a budget

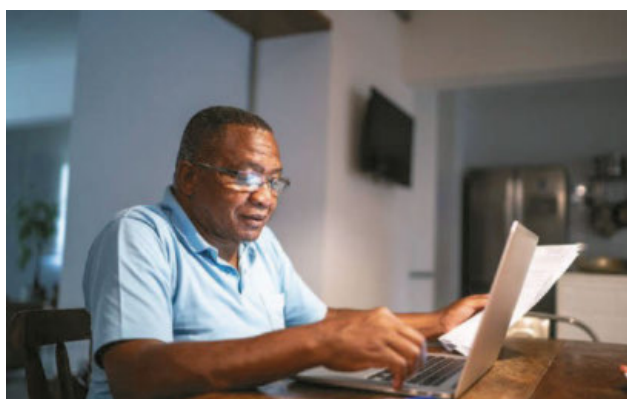
 Start Small Try a small sunken bed or 1-2 containers	 Reuse & Recycle Use items you already have as planters	 Swap Seeds & Plants Trade seeds or cuttings with others
 Make Your Own Compost Compost scraps & yard waste	 Choose High Yield Crops Grow veggies that produce a lot of food	 Grow from Seeds It's cheaper than buying transplants
 Learn as You Grow Experiment & learn from your mistakes	 DIY Trellises Build or use what you have on hand	 Water Wisely Water in the morning to reduce evaporation

East Cleveland Rose Center at Salvation Army



Ongoing Weekly Classes

Monday	Tai Chi	12:30 pm
Tuesday	Bingo	12:30 pm
Wednesday	Chair Yoga	12:30 pm
Thursday	Fit 7 Fab	10:30 am
Friday	Arts & Crafts	10:00 am



- May 2: Arts & Crafts 10:00—11:00 am
- May 6: Chair Hula 11:00 am
- May 9: Arts & Craft's 10:00—12:00 pm
- May 14: **iConnect presents** 12:30-1:30 pm
- May 16: Arts & Crafts 10:00—11:00 am
- May 28: **Tap Time** 11:00—12:00 pm
- April 25: Arts & Crafts 10:00—11:00 am
- May 28: Tap Time 11: - 12:00 pm

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

May

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Daily Activities 10:30 Fit & Fab 11:50 Lunch w/Chef 12:30 Fun & Games	2 Daily Activities 11:30 Lunch 10:00 Arts & Crafts 12:30 Cards/Games
5 Daily Activities 10:00 Weights 11:30 Lunch 12:30 Tai Chi	6 Daily Activities 9:30 -10:30 Walking Track 11:00 Chair Hula 11:50 Lunch w/Chef 12:30 BINGO	7 Daily Activities 10:30 EC Library Computer 11:50 Lunch w/Chef 12:30 Yoga/Meditation	8 Daily Activities 10:00 Dominoes 10:30 Fit & Fab 11:50 Lunch w/Chef 12:30	9 Daily Activities 11:30 Lunch 10:00 Arts & Crafts 12:30 Kings Corner
12 Daily Activities 10:00 Weights 11:30 Lunch 12:30 Tai Chi	13 Daily Activities 10:00 Dominoes 11:50 Lunch w/Chef Fitness Rm Workout 12:30 BINGO	14 10:00 Dominos 10:30 iConnect/Wheel of Fortune 11:50 Lunch w/Chef 1:00 Bible Study	11 Daily Activities 10:30 Fit & Fab 11:50 Lunch w/Chef	12 Daily Activities 10:00 Arts & Crafts 11:30 Lunch 12:30 Cards/Games 12:30 Line Dancing
19 Daily Activities 10:00 Weights 11:30 Lunch 12:30 Tai Chi	20 Daily Activities BRING A FRIEND 9:30 -Walking Track 11:50 Lunch w/Chef 12:30 BINGO	21 Daily Activities 10:30 EC Library Computer 11:50 Lunch w/Chef 12:30 Yoga/Meditation	16 Daily Activities 10:30 Fit & Fab 12:00 Marc's 11:50 Lunch w/Chef Flower Arranging	17 Daily Activities 11:30 Lunch 10:00 Arts & Crafts 12:30 Kings Corner
26 Daily Activities 11:30 Lunch 12:30 Tai Chi	27 Daily Activities 11:50 Lunch w/Chef 12:30 BINGO	28 Daily Activities 10:00 Dominoes 11: Tap Time 11:50 Lunch w/Chef 1:00 Bible Study	29 Daily Activities 10:30 Fit & Fab 11:50 Lunch w/Chef 12:30-Fun & Games	30 Daily Activities 11:30 Lunch 10:00 Arts & Crafts 12:30 Cards/Games

Gunning Park Rose Center

Active for Life Fitness

Tuesday May 13th & 27th at 10:00 am



Tap Time, Chair Hula & Seated Rhythm

Weekly Activities:

Tai Chi - Zumba - Exercise - Crocheting -
Pinochle - Paint & Sip - Waffle Wednesday
Movie Matinee &



Additional Activities:

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

GAME DAY "FRIDAY FEUD"



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

Special Trips:

Monday, May 12, 2025 at 11:00 am

Dave & Buster's

Eat & Play

Thursday, May 30, 2025 at 11:00 am

Famous Dave's BBQ Lunch



Line Dance Wednesday's 12:00 to 1:00 pm



Young Art Center
Friday, May 16th
9:30 am to 10:30 am.

Gunning Park Rose Center

May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Please call to reserve your Meal or Transportation reservation on <u>Wednesday's</u> by <u>10:00 am</u></p>	<p>Congratulations to Sandra Cox H.A.P.I. Buck Winner M.V.P. Most Valuable Participation Thank you for your Acts of Kindness!</p>	<p>1 EMS Screening 9:30 Pinochle 10:15 Tai Chi for Arthritis 11:30 Lunch</p>	<p>2 9:30 Walking 10:00 AC Meeting 11:30 Lunch 12:30 Bingo or</p>
<p>5 10:00 Zumba 10:00 Yarn Group 11:30 Lunch 1:00 Bingo or Mind Your Memory</p>	<p>6 Primary Election Day Your Voice, Your Vote. 9:30 Pinochle 10:00 Yarn Group</p>	<p>7 Waffle Wednesday 10:00 Fitness Fusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dancing</p>	<p>8 9:30 Pinochle 10:15 Tai Chi for Arthritis 11:30 Lunch</p>	<p>9 Mother's Day Brunch 11:30 Lunch 12:30 Bingo or Movie Matinee</p>
<p>12 10:45 Special Trip Dave & Buster's 11:30 Lunch 12:30 Bingo</p>	<p>13 9:30 Pinochle 10:00 Chair Hula Music Bingo 11:30 Lunch</p>	<p>14 10:00 Fitness Fusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dancing</p>	<p>15 9:30 Pinochle 10:15 Tai Chi for Arthritis 11:30 Lunch</p>	<p>16 9:30 Walking 9:30 Young Art Center 11:30 Lunch 12:30 Bingo or Friday Feud</p>
<p>19 10:00 Zumba 11:30 Lunch 12:30 Bingo or Mind Your Memory</p>	<p>20 9:30 Pinochle 10:00 Seated Rhythm 11:30 Lunch</p>	<p>21 Waffle Wednesday 10:00 Fitness Fusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dancing</p>	<p>22 9:30 Pinochle 10:15 Tai Chi for Arthritis 11:30 Lunch</p>	<p>23 9:30 Walking 11:30 Lunch 12:30 Bingo or Movie Matinee</p>
<p>26 Gunning Closed Memorial Day</p>	<p>27 Healthy Cooking Class 10:00 Tap Time 9:30 Pinochle 11:30 Lunch</p>	<p>28 Food Box 10:00 Fitness Fusion 10:00 Volleyball 11:30 Lunch 12:00 Line Dancing</p>	<p>29 9:30 Pinochle 10:15 Tai Chi for Arthritis 11:30 Lunch</p>	<p>30 9:30 Walking Special Trip Famous Dave's 11:30 Lunch 12:30 Bingo or Friday Feud</p>

Paul W. Alandt Lakeshore Rose Center

Join us for Monday– Thursday
For Exercise!!

Mon– Exercise with Christine

Tues– Cardio Drumming

Wed- Chair Yoga

Thurs– Chair Zumba

Walking Daily @ your leisure

Classes start @ 10am!!!



May 5th is Cinco de Mayo!

Join us at noon for

Game day!

Sponsored by Humana



**Happy Mother's
Day!
Sunday, May 11th**



The Primary Election is May 6th. Please Remember

Your Vote Counts!

May's Trips

May9th– Wahlburger's

May14th– Dave's Supermarket &
Eatery

May 21st– Senior Day Downtown

May 30th– VA Hospital

**Please join us as we perform
random acts of kindness by
delivering gifts to
Veterans at the
hospital.**

Seats are limited!!



Open House & You're Invited!

When–Friday, May 23, 2025

Where–RCAW Lakeshore

Time–10:00am

Join us as we have a fun filled day!

Wish the IG School off

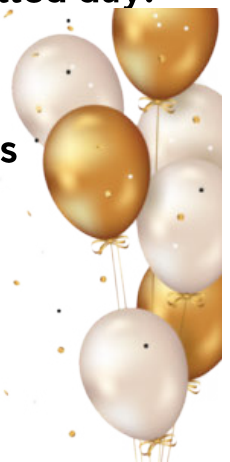
to a great summer

Acknowledge Birthdays

Enjoy a live band from

Tony Dial!

Dancing and Games!



Paul W. Alandt Lakeshore Rose Center

May

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please make meal reservations and transportation changes by Tuesday evening (216) 373-1683</p>			<p>1 10:00 Chair Zumba 11:30 Lunch 12:15 Bible Study Creative Drumming</p>	<p>2 10:00 IG School 11:30 Lunch 12:00 Fun and Games</p>
<p>5 10:00 Exercise with Christine 11:30 Lunch 12:00 Game Day sponsored by Humana</p>	<p>6 10:00 Seated Rhythm 11:30 Lunch 12:00 Fun and Games Primary Election</p>	<p>7 10:00 Chair Yoga 11:30 Lunch 12:30 BINGO</p>	<p>8 10:00 Chair Zumba 11:00 EMS 11:30 Lunch 12:15 Bible Study Creative Drumming</p>	<p>9 10:00 Coffee 11:30 Lunch 12:00 Fun and Games Wahlburgers Trip</p>
<p>12 10:00 Exercise with Christine 11:30 Lunch 12:00 Fun and Games Book Club</p>	<p>13 10:00 Cardio Drumming 11:30 Lunch 12:00 Build a Bouquet</p>	<p>14 10:00 Chair Yoga 11:30 Lunch 12:30 Bingo Dave's Trip Post Office</p>	<p>15 10:00 Chair Zumba 11:30 Lunch 12:15 Bible Study Virtual Bingo</p>	<p>16 10:00 Coffee 11:30 Lunch 12:00 Movie</p>
<p>19 10:00 Exercise with Christine 11:30 Lunch 12:00 Fun and Games Book Club</p>	<p>20 10:00 Cardio Drumming 11:30 Lunch 12:00 Fun and Games</p>	<p>21 10:00 Art w/ Chris 11:30 Lunch Senior Day</p>	<p>22 10:00 Chair Zumba 11:30 Lunch 12:15 Bible Study Creative Drumming</p>	<p>23 10:00 IG School 11:30 Lunch 12:00 Ice Cream Sponsored by Humana Open House</p>
<p>26 Closed in Observance of Memorial day Thank you for your service!</p>	<p>27 10:00 Cardio Drumming 11:30 Lunch 12:00 Fun and Games</p>	<p>28 10:00 Chair Yoga 11:30 Lunch 12:30 Bingo</p>	<p>29 10:00 Seated Tap 11:30 Lunch 12:15 Bible Study</p>	<p>30 10:00 Coffee 11:30 Lunch 12:00 Social Hour VA Hospital Trip</p>

Puzzles of the Month

Name _____

Date _____

Spring Flowers!



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

Word Bank

azalea
daisy
jasmine
peony

bluebell
forsythia
lilac
petunia

crocus
hyacinth
marigold
tulips

daffodil
iris
pansy
viola

©Tech Savvy Teaching

May 2025 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<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>			
<p>5 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Gravy 2 oz *Corn ½ c 2 Whole Grain White Pears ½ c ALT = CS TR</p>	<p>6 *Beef Lasagna 8 oz *Cauliflower ½ c *Green Peas ½ c Whole Grain Garlic Toast 2 oz Mixed Fruit ½ c ALT = CBG T</p>	<p>7 *Roasted Turkey Breast 3 oz *Stuffing ½ c w/*Gravy *Mashed Potatoes ½ c *Carrot Coins ½ c 1 Whole Grain White Cranberry Juice ½ c ALT = CF RB</p>	<p>8 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *Bermuda Blend ½ c W. G. Dinner Roll, 2 oz Peaches ½ c ALT = CBG TR</p>	<p>9 *Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun 2 oz Fresh Fruit Salad 1 c ALT = CF RB</p>
<p>12 *Salisbury Steak 3 oz *Gravy 2 oz *Noodles ½ c *Mixed Vegetables ½ c Apricots ½ c Apple Juice ½ c ALT = CS TR</p>	<p>13 Rubeen 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 Mandarin Oranges ½ c ALT = CBG RB</p>	<p>14 *Swedish Meatballs 3-1 oz w/ *Gravy 2 oz, *Noodles ½ c *Peas ½ c *Mushrooms ½ c 1 Whole Wheat Bread Orange ALT = CF T</p>	<p>15 *Sliced Ham 3 oz w/ Pineapple Glaze *Cheesy Potatoes ½ c *California Blend ½ c 2 Whole Grain White Tropical Fruit ½ c ALT = CBG TR</p>	<p>16 *Breaded Fish 4 oz w Tartar Sc. 1 PC American cheese 1 slice Coleslaw ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Fresh Grapes 1 c ALT = CF RB</p>
<p>19 *Sloppy Joe 3 oz *Sweet Potatoes ½ c *Broccoli ½ c Whole Grain Bun 2 oz Sliced Apricots ½ c ALT = CS TR</p>	<p>20 *Chicken Parmesan Patty 3 oz *W.G. Pasta W. Pesto Sauce ½ c *Carrot Coins ½ c *Cape Cod Blend ½ c Whole Grain White Applesauce ½ c ALT = CBG RB</p>	<p>21 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c Whole Grain Dinner Roll Pears ½ c ALT = CF T</p>	<p>22 *Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c *Broccoli ½ c *Cauliflower ½ c 1 Whole Grain Wheat Fresh Orange ALT = CBG RB</p>	<p>23 *Hamburger 3 oz *Seasoned Potato Wedges ½ c *Green Peas ½ c 1 Whole Grain Rye Banana Oatmeal Cookie 1 oz ALT = CF TR</p>
<p>26 Memorial Day Site Closed</p>	<p>27 *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 = CS RB</p>	<p>28 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Wheat Bread Peaches ½ c ALT = CF TR</p>	<p>29 *Roasted Pork Loin 3 oz *Au Gratin Potatoes ½ c *Spinach ½ c/ 1 Lemon PC W.G. Dinner Roll, 2 oz Applesauce ½ c ALT = CBG T</p>	<p>30 *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</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/Croissant, 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
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Franklin Plaza

Part of the Legacy Health Services Family

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Mary Scordos
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Maryscordos@Gmail.com

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VISIT WWW.MYCOMMUNITYONLINE.COM

Turning 65 or new to Medicare?



Call a licensed
Humana
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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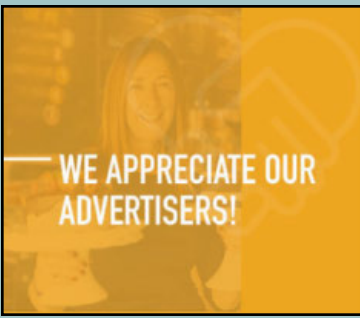
CONTACT ME
Christopher Guldager

cguldager@4LPi.com
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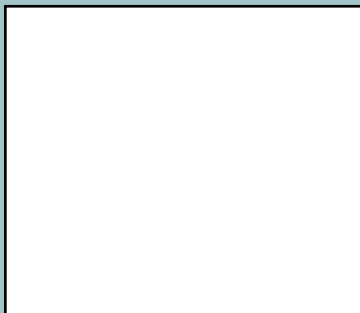
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**Volunteers Needed for Research Study
on Unpaid Caregivers of Individuals
with Alzheimer's or
Dementia related disorders
who reside in a care facility.**

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

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