



From the desk of President & CEO Orion Bell

All Politics is Local

Tip O'Neill, the long-serving Massachusetts Congressman and Speaker of the House is often credited for originating the phrase, "All politics is local." He may not have been the one who said it first, but he certainly used it; as far back as 1935 when he first ran for the Massachusetts legislature. All policy, all legislation, touches the lives of people where they live at some point. This

election cycle, there are more than 600 candidates campaigning for office in Cuyahoga County alone, running for mayors, council seats and other posts. There are also ballot referenda for 68 issues. You can't get much more local than that!

Local elections may lack the attention or the participation of national, or even state races. Many races are nonpartisan. Candidates and referenda items often operate on small campaign budgets and rely on grassroots and word of mouth efforts. But the issues, and the decisions made by city councils, school boards, mayors and commissioners have a direct and immediate impact on the lives of residents in those communities. **Agging is local, too!** Read the full article at benrose.org/ceo-blog.

Join the Benjamin Rose Young Professional Council

The Benjamin Rose Young Professional Council (YPC) is a group of young leaders in the Greater Cleveland community who are passionate about the mission of the Benjamin Rose Institute on Aging to support caregivers and empower all people to age well. They promote this by encouraging philanthropy, networking, leadership opportunities and engaging young professionals to develop programs and opportunities to support older adults and caregivers.



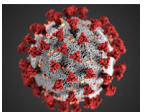
If you are a young leader, between the ages of 21 - 45, looking to engage in our mission, apply to join the YPC! The YPC will give you opportunities to meet other young professionals in the Cleveland area, and work to support Benjamin Rose in creative and engaging ways. The YPC is currently accepting applications until October 15 at 5 p.m. [Apply now!](#)

Halloween COVID-19 Vaccine Clinic at Benjamin Rose

Join Benjamin Rose Institute on Aging for a festive Halloween themed vaccine clinic and community event on **Friday, October 29 from 1 - 5 p.m.** in the Benjamin Rose parking lot. More information will be available soon at benrose.org.

Benjamin Rose Response to COVID-19

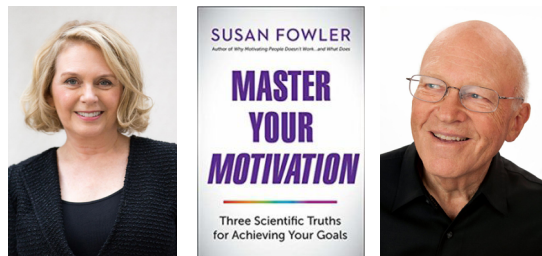
Visit benrose.org/COVID-19 for the latest vaccination information, as well as updates on services and programs, resources for staying active while staying at home, and ways that you can help older adults in our community.



Join ESOP for “from Crisis to Capable”

Featuring Susan Fowler, co-author of bestselling “Self-Leadership and The One Minute Manager” with Ken Blanchard

Regardless of income, age, race, creed, color or positional power, each of us has areas where we know we need to make change, but we just can’t find the motivation to take action. Whether improving our finances, health, relationships or professional growth, the COVID-19 pandemic has magnified our need to master positive and sustainable behavioral change.



“Motivation is at the heart of everything you do and everything you want to do, but don’t,” says Susan Fowler, co-author of the bestselling Self Leadership and The One Minute Manager with Ken Blanchard. Ken is the creator and lead developer of The Ken Blanchard Company’s Self Leadership, the best-in-class self-leadership and personal empowerment program.

If you’ve ever wondered why you just can’t seem to start saving, begin exercising, kick a bad habit or achieve any other objective, this event will help you get going – and keep going – with a little inspiration from ESOP’s own clients who have been able to achieve their financial and housing goals by moving From Crisis to Capable. This virtual event will take place on Oct. 14 at 12 p.m. ET and includes closing remarks and insights from Ken Blanchard.

More information and registration available at esop-cleveland.org/event.

15th Annual Katz Policy Lecture

Please join us for the 15th Annual Katz Policy Lecture: National Family Caregiving Strategies and Policy Recommendations from the RAISE Family Caregiving Advisory Council, presented by AARP, on **Monday, October 4 from 1 - 3 p.m.**



The Katz Policy Lecture was established in 2007 in honor of the late Sidney Katz, MD, Benjamin Rose’s Distinguished Scholar. The lecture convenes advocates to explore potential policy approaches to important issues of aging. Sidney Katz, MD — physician, scientist, teacher, mentor, author and public servant — pioneered the concept of active aging, championed the development of the field of geriatric care, and was responsible for the creation of local and national programs to enhance quality of life and improve long-term services for older adults.

This year, the 15th annual Katz Policy Lecture will examine the RAISE Family Caregivers Act, which directs the U.S. Department of Health and Human Services to develop and maintain a national strategy to recognize and support family caregivers. The Act identifies actions that communities, providers, the government and others are taking to help family and friend caregivers, and aims to improve information sharing, collaboration, government support and assessment of caregiver programming across these efforts. Our keynote speaker, Alan B. Stevens, PhD, will discuss family caregiving strategies and policy recommendations from the RAISE Family Caregiving Advisory Council, and the impact these will have on our communities. Following our keynote speaker, a reactor panel of industry experts will give their responses to the presentation, and discuss how the Act impacts different types of individuals and communities, as well as state level policy. Register at benrose.org.

Make a Gift

We need your help to protect and care for the most vulnerable people in our community— older adults, adults with disabilities and caregivers— during the COVID-19 Pandemic. [Make a gift today.](#)

United Way of Greater Cleveland Partners with Leading Hospitals and Healthcare INSurers to Bring Health Innovation to Clevelanders

Collaborative investment among 11 partners aims to enhance the quality of life and well-being for qualifying older adults through medically tailored, home-delivered meals

The six-month pilot program with Benjamin Rose Institute on Aging offers nutritious meals, education and follow-up to improve health outcomes for participants while reducing medical costs

United Way of Greater Cleveland, The Rose Centers for Aging Well and 11 hospital and health insurance partners announced the launch of the Collaborative Investments + Health program, an innovative and sustainable investment strategy that brings together hospital networks, Medicaid managed care providers and other stakeholders to collaborate on and lead programs designed to improve the lives of Clevelanders.

In partnership with The Rose Centers for Aging Well, a subsidiary of the Benjamin Rose Institute on Aging, the first six-month pilot will support Nutrition Solution, an expanded home-delivered meal service that combines medically tailored meals (MTMs), nutrition education and weekly wellness calls.

Investors in the program include Buckeye Health Plan (Centene), CareSource, Cleveland Clinic, Humana, The MetroHealth System, Molina Healthcare Ohio, Mt. Sinai Health Care Foundation, Sisters of Charity Foundation, Sisters of Charity Health System, UnitedHealthcare Community Plan of Ohio and Western Reserve Area Agency on Aging. [Read more.](#)



World Mental Health Day

Sunday, October 10 is **World Mental Health Day**. Staff of the Behavioral Health Services department of the Benjamin Rose Institute on Aging demonstrate their commitment to helping older adults with mental health issues every day. They recognize the importance of breaking the stigma attached to mental health issues and encourage all people to take care of themselves, especially their emotional and mental wellbeing.



If you or someone you know struggles with a mental health issue and is afraid to seek help, reach out, encourage them to speak about it, and let them know it's okay not to be okay. We honor our clients and the staff that work hard to help them on their journey of recovery.

If you or someone you know is interested in learning more about our Behavioral Health Services, visit www.benrose.org or call 791-8000 or email intake@benrose.org to make a referral.

Upcoming Programs

Benefits: You Gave, You Save

[Virtual program for caregivers](#). October 6, 12 p.m.

Second Wednesdays

[Learn more about Benjamin Rose programs & services](#).

Wednesday, October 13, 9 a.m.

Maximizing the Environment for Individuals with Dementia

[Learn about keeping individuals with dementia safe at home](#). October 25, 10 a.m.

Homebuyer Education

[Learn the important basics of the homebuying process](#). October 18—21, 6 p.m.

Senior Financial Education Workshops

[Virtual workshops to help older adults take charge of their finances](#). Every other week beginning at 10 a.m.

Resources for Caregiving

Visit our Resource Library to find tips and useful information for caregivers.

Each month, we add new content to help caregivers manage a loved one's care, navigate challenges and take care of themselves. Recent articles explore topics such as [creative arts programming for older adults](#), [communicating your loved one's health and dementia behaviors](#), [how evidence-based programs help caregivers of people living with dementia](#) and our [guest blog by Benjamin Rose Board Member, Cyndy Dunn](#).

Hoarding Disorder in Older Adults

Join the Hoarding Connection of Cuyahoga County for a two-day event discussing hoarding in older adults and the different behavioral interventions. The cost to attend is \$5 per day, per person. Registration is required by October 11 at 6:00 p.m. via the links below.

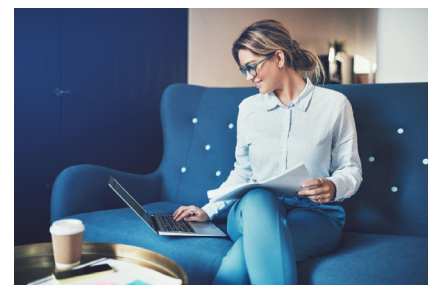
Day 1: Thursday, October 14 from 1:00 – 4:15 p.m. **Day 2: Friday, October 15 from 1:00 – 4:15 p.m.**

- Hoarding overview in older adults clinical features
- Consequences and assessment
- Hoarding and COVID-19

[Register for Day 1.](#)

- Behavioral interventions: review of existing literature
- Skills: problem solving, organization, planning
- Exposure therapy
- Multidisciplinary tools for helping someone with Hoarding Disorder
- Case examples

[Register for Day 2.](#)



HOARDING
CONNECTION

Staff Notes

Dabney Conwell, Executive Director of the Rose Centers for Aging Well, wrote a letter to the [future mayor of Cleveland asking how they will support older adults for the Center for Community Solutions](#).

Benjamin Rose staff continue to provide informative articles for caregivers for the faith-based online publication Guideposts:

[4 Rewards to Bridging the Generations](#) by **Ashlee Cordell**

[What to Know About Taking Part in Research Studies](#) by **Julie Hayes**