



*From the desk of President & CEO Orion Bell*

## The Elder Index

Each year, the [Social Security Administration](#) updates its Cost of Living Allowance (COLA) for Social Security beneficiaries. Beginning in January 2021, participants received a 1.3 percent increase in their monthly benefit.

According to the Bureau of Labor Statistics, the overall inflation rate (the [Consumer Price Index](#) or CPI) was 1.4 percent. Earlier this month, the Social Security Administration announced the COLA for 2022. Older adults will see an increase of 5.9 percent in their social security payments beginning in January. The larger adjustment is due to an increase in consumer prices over the past year.

### What does it cost to be old?

Read the full article at [benrose.org/ceo-blog](https://benrose.org/ceo-blog).

## Halloween & Vaccine at Benjamin Rose

Join us on **Friday, October 29** anytime between **2 – 6 p.m.** for a vaccine and Halloween celebration. All Ohio Medicaid and MyCare members who receive their first dose of the COVID-19 vaccine will receive a \$100 gift card incentive. Bring the kids for trick-or-treating, activities and community resources. Ahmaad Crump, WZAK 93.1 FM's on-air personality and announcer for the Cleveland Cavaliers will also be onsite to join in the fun.

Walk-in or pre-register by calling 216.664.2222 or visit [gettheshot.coronavirus.ohio.gov](https://gettheshot.coronavirus.ohio.gov).



## There's Still Time to Apply to 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. Applications have been extended until November 1 at 5 p.m. [Apply now!](#)



## Open Enrollment Runs Through December 7

Medicare open enrollment runs now through December 7. You have just six weeks to enroll and make changes for your healthcare needs for 2022. But you don't have to do it alone! [ESOP's Benefits Enrollment Center](#) can help - for FREE!

The Medicare and Benefits Enrollment Center has helped thousands of Medicare beneficiaries and people age 55 and older in Northeast Ohio and beyond. Call 216.361.0718 or email [esopcalls@benrose.org](mailto:esopcalls@benrose.org) to get started today.



## Mental Health 101: Helping Your Loved One Face Changes in Mental Health

Join us on the first Wednesday of each month for our Virtual Programs for Caregivers held via GoToWebinar. Each month we'll share useful information on common issues for caregivers of older adults.

### Mental Health 101: Helping Your Loved One Face Changes in Mental Health

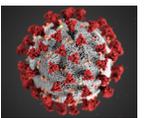
Speaker: Kerstin Yoder, MSSA, LISW-S, Social Worker & Group Facilitator, Benjamin Rose Institute on Aging  
Wednesday, November 3, 12 - 12:45 p.m.



Depression, anxiety and other behavioral health symptoms can make life difficult for anybody, but especially for older adults whose behavioral changes are often dismissed as normal aging. Despite what many say, getting the "blues" is not a normal part of aging. This webinar will provide an overview of two common mental health concerns: depression and anxiety. In addition to learning what to look for, and when someone may need extra support, you will learn how to support your older loved ones who may be experiencing a mental health concern and what resources are available. Register at [benrose.org](https://benrose.org).

## Benjamin Rose Response to COVID-19

Visit [benrose.org/COVID-19](https://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.



## 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.](#)

## Rose Centers Newsletter

Get the latest news and program schedules from the Rose Centers for Aging Well. Sign up today at [ourseniorcenter.com](https://ourseniorcenter.com).



## Amazon Smile

Support Benjamin Rose Institute on Aging when you do your shopping at [Amazon Smile](https://Amazon Smile)!



## Upcoming Programs

### Second Wednesdays

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

Wednesday, November 10, 9 - 10 a.m.

### Homebuyer Education

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

### Geriatric Workforce Enhancement Program Presents: Interprofessional Training

[An interactive experience where participants will learn strategies for coordinating a care team to address all areas of need for older adults.](#)

November 19, 11 a.m. - 1 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 [honoring your mental health](#), [approaching the holiday season as a caregiver](#), [sundowning and dementia](#) and our latest [guest blog](#).



## Staff Notes

**Lauri Scharf, LSW, MSHS**, Care Consultant, was interviewed on [Aging Without Wrinkles](#) where she discussed WeCare...Because You Do and how the program can assist caregivers and their older loved ones.

**Lisa Weitzman, MSSA, LISW-S, ASW-G, C-ASWCM**, WeCare Administrator and Manager of Business Development, was interviewed by [Leon Bibb on WKYC](#) where she discussed access to social services in greater Cleveland.

**Lauri Scharf, LSW, MSHS** and **Lisa Weitzman, MSSA, LISW-S, ASW-G, C-ASWCM** were interviewed for an article in Next Avenue titled [Dementia is a Family Affair](#).

**Farida Ejaz, PhD**, Senior Research Scientist II, was interviewed by WTOP News on [11 Red Flags to Look for When Choosing a Nursing Home](#).

**Tamar Cooper, LICDC-CS, LISW-S**, Director of Behavioral Health Services, was interviewed by the Cleveland Jewish News for an article titled [Precautions Suggested as People Make Return to Public](#).

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

[How to Protect and Older Adult from a Grandparent Scam](#) by **Julie Hayes**

[Tips to Ease Communication with Someone Who Has Dementia](#) by **Cathy Franz**