



From the desk of President & CEO Orion Bell

Caregiving And...

Ann is a successful attorney practicing elder law. Her interest in this specialty grew in part from her personal experience in dealing with her mother's rapid decline due to early onset dementia. There were other siblings. But Ann was the youngest, and so her mother moved in with her. Several years later, an aunt began to show similar signs of Alzheimer's. Family members suggested Ann could take her in, too, "because you know how."

Jean made regular site visits to an adult day program. One of the participants lived with multiple chronic health conditions in addition to his dementia. He took a lot of medications and needed a lot of treatments. Occasionally, this meant a trip to the hospital or a short stay for rehab, followed by a return home. There was a rhythm to it. He would have an episode, get treatment, then rally and return home to his routine. Jean had not seen him at the day program for several weeks and asked about him. "His daughter just couldn't do it anymore." She had given up being able to care for him at home.

Read the full article at benrose.org/ceo-blog.

National Family Caregivers Month

Celebrated every November, National Family Caregivers Month is a time to recognize and honor family caregivers across the country. At Benjamin Rose, we understand how crucial the role of the family caregiver can be. Caring for a loved one makes you a lot of things to a lot of people.

This year, the [Caregiver Action Network](#) announced the theme, #CaregiverAnd, which encourages the family caregiver to celebrate the identities and passions that enrich their life. Far too often their role as a family caregiver overshadows their identity and emphasizes the care they provide for their loved one. It's important for our family caregivers to not lose sight of who they are; their sense of self makes their life complete. This is an essential component of self-care that can ultimately prevent caregiver burnout and depression. #CaregiverAnd shifts that focus, by highlighting the other roles, activities and passions that make up life.

Get involved in National Family Caregivers Month by sharing your #CaregiverAnd message on Twitter and Instagram.



Open Enrollment Runs Through December 7

Medicare open enrollment continues through December 7. Now is the time to enroll and make changes to your benefits for 2022. Need assistance? [ESOP's Benefits Enrollment Center](#) can help - for **FREE!**

ESOP's 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 to get started today.

Alzheimer's Disease and Related Dementias Task Force Listening Session

If you or someone you love have been diagnosed with Alzheimer's disease or another form of dementia, or if you work with people with dementia, the Ohio Department of Aging wants to hear from you. The State will be holding listening sessions to learn more about the experience of living with dementia and what services or supports are needed in Ohio. Information received from the listening sessions will be used to help guide a state Alzheimer's and dementia plan. The dates and locations for each listening session are listed below:

Wednesday, December 1, 2021
2 - 4 p.m.
The Conference Center at Benjamin Rose
11890 Fairhill Road
Cleveland, OH 44120

Thursday, December 2, 2021
10 a.m. - 12 p.m.
The New Center at Northeast Ohio
Medical University (NEOMED)
2411 State Route 44
Rootstown, OH 44272

The Impact of Cybercrimes on Mental Health in Older Adults

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

The Impact of Cybercrimes on Mental Health in Older Adults
Speaker: *Tamar Cooper, LISW-S, LICDC-CS, Director of Behavioral Health Services, Benjamin Rose Institute on Aging*
Wednesday, December 8, 12 - 12:45 p.m.



Cybercrimes have increased 20 percent since the onset of COVID-19 in 2020. Romance scams stole more than \$139 million from older adults in 2020. According to a report by the [Federal Trade Commission](#), that's a 65 percent increase from 2019, when reported losses were nearly \$84 million. While the monetary loss is staggering, it is often the devastating emotional toll that impacts the mental health of older adults, their families and those who care for them the most. This webinar will explore the topic of cybercrimes, why older adults are targets, the impact this trauma can have on an individual's mental health and ways to find help in the community. Register at benrose.org.

Share the Love with Rose Centers and Meals on Wheels

Benjamin Rose Institute on Aging, through our Rose Centers for Aging Well, is once again participating in the Subaru Share the Love Event as part of the Meals on Wheels network. Over the past 12 years, Subaru and its retailers have helped Meals on Wheels deliver more than 2.3 million meals nationwide to older adults in need. We are grateful to Subaru and its retailers for supporting the Meals on Wheels network, including the Rose Centers Home-Delivered Meals program.



From now until January 3, 2022, for every new Subaru vehicle purchased or leased, Subaru will donate \$250 to the customer's choice of participating charities.* Meals on Wheels is one of four national participating charities and has been since the inception of the event. Through this event, as a member of Meals on Wheels America, the Rose Centers will receive a share of the donation from Subaru vehicles sold at participating retailers.

*Disclaimer: Subaru will donate \$250 for every new Subaru vehicle sold or leased from November 18, 2021, through January 3, 2022, to four national charities designated by the purchaser or lessee. Pre-approved Hometown Charities may be selected for donation depending on retailer participation. For every new Subaru vehicle sold or leased during the campaign period, participating retailers will donate a minimum of \$50 in total to their registered Hometown Charities. Purchasers/lessees must make their charity designations by January 3, 2022. The four national charities will receive a guaranteed minimum donation of \$250,000 each. See your local Subaru retailer for details or visit subaru.com/share. All donations made by Subaru of America, Inc.

Upcoming Programs

Aging in Place: Know Your Housing Options

[Learn about the many factors that will help you successfully age in place.](#) January 11—13, 1 - 2:30 p.m.

Homebuyer Education

[Learn the important basics of the homebuying process.](#) January 24—27, 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.

SAVE THE DATE: Annual Caregiving Conference

Thursday, January 20, 9 - 11 a.m.

Will You Help Us Give the Gift of Aging This Holiday Season?

Aging is a gift, but unfortunately, not all older adults have what they need to age well in their homes and communities. Benjamin Rose Institute on Aging is here to help older adults—and those who care about them—enjoy the gift of aging. Eating healthy foods, staying physically active and socializing are important factors in aging well. But for the older adults we serve, many of whom are homebound, food insecure and without caregiver support, this can often be hard to achieve.



Poor access to transportation, physical and financial limitations and lack of nearby grocery stores are everyday barriers standing in the way of seniors and their access to healthy food.

Fortunately, our Home-Delivered Meals program, a Meals on Wheels partner, delivers daily nutritious meals directly into the hands of older adults in our community.

Your gift is the first step to ensuring older adults age well: nutritious home-delivered meals. [Donate now!](#)

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 [participating in dementia clinical trials and research studies](#), [recognizing the challenges of multiple-duty caregivers](#), [tips for communicating with health care professionals as a caregiver](#) and [what the RAISE Family Caregivers Act means for caregivers](#).



Staff Notes

Lisa Weitzman, MSSA, LISW-S, ASW-G, C-ASWCM, WeCare Administrator & Manager of Business Development, authored an article for Next Avenue titled [How Do We Define What it Means to Be Well?](#)

Dabney Conwell, Executive Director of the Rose Centers for Aging Well, was interviewed for an Ideastream article titled [Cleveland-area senior programs aim to decrease social isolation](#).

Michael Billnitzer, Executive Director of ESOP, was interviewed on the Ideastream's [Sound of Ideas](#) to discuss help for Cuyahoga County seniors as property taxes and rental rates rise.

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

[How to Maintain Your Wellness After the Spouse You've Care for Dies](#) by **Julie Hayes**

[Tips to Prepare for a Loved One's Visit to the Hospital](#) by **Lauri Scharf**