



From the desk of President & CEO Orion Bell

It's January, Again.

I saw a posting on Facebook about the start of the New Year. But it doesn't seem like it. Nothing about resolutions. Omicron, the latest version of COVID-19 has the new year seeming a lot like the old one. Or the one before that. Maybe you have seen the memes, too: there's the one of Bill Murray and Groundhog Day, or the twin girls from Stanley Kubrick's version of The Shining, only they are triplets: 2020, 2021 and 2022. Early in the pandemic, fatigue was cited as one of the symptoms of the coronavirus. Now, health experts warn of the fatigue from the pandemic itself. Enough, already!. Read the full article at benrose.org/ceo-blog.

A Winterlicious Dinner with Chef Mario

You're invited to A Winterlicious Dinner with Chef Mario, presented by [TRIO Community Meals](#). Join Master Chef Mario Reyes from his kitchen while he prepares an elegant dinner menu. Chef Mario will share his culinary expertise and lead you through a virtual three-course cooking event with wine pairings and professional cooking tips.

Register today and name your own price to support the [Rose Centers for Aging Well](#). The minimum donation to participate is just \$25. Ticket purchases of \$50 and up will receive a thank you cheese board mailed to you after the event. All ticket holders will receive a shopping list and recipe book so that you can prepare the meal alongside Chef Mario. A recording of the live event will be shared with you post-event.

All proceeds will benefit the work of the Rose Centers for Aging Well and support the work of our team to deliver more daily, nutritious meals to food-insecure older adults in Greater Cleveland. [Register now!](#)

There's still time to sponsor Winterlicious!

You can support Winterlicious today by purchasing a sponsorship or ad. Our unique sponsorship opportunities allow you to market your brand to a diverse audience. For questions about sponsorship or advertising, contact Jen Salkin at 216.373.1688 or jsalkin@benrose.org.

Have You Joined Us for a Second Wednesday Yet?

Join us virtually the second Wednesday of every month from 9:00 – 10:00 a.m. to learn more about Benjamin Rose and our subsidiaries from President & CEO Orion Bell. Each month we will provide an overview of the programs and services we offer and discuss how we have shifted our service delivery during the age of COVID-19. Second Wednesdays are a great opportunity to network, learn about Benjamin Rose, and discover how you can get involved in our work. [Register now.](#)



Free Income Tax Preparation

ESOP is a Volunteer Income Tax Assistance (VITA) site for Cuyahoga County. Our staff and volunteers offer free help preparing and filing federal and state income tax returns for low-to-moderate income taxpayers.

ESOP's tax site opens February 3! Let us prepare your 2021 taxes for FREE!

With the COVID-19 pandemic, our tax services are being offered remotely through drive-up and drop-off services. Three ways to schedule your appointment:

- Call (216) 373-1730
- Visit www.refundohio.org
- Call 211 to use the automated system



Volunteers Needed

Are you looking for a rewarding way to give back to the community? Benjamin Rose Institute on Aging is urgently seeking volunteers to assist with our expanding meal delivery program. We are in need of volunteers willing to deliver meals in their own vehicles, Monday—Friday from 10 a.m.—2 p.m. [More information and volunteer sign-up.](#)



Upcoming Programs

Homebuyer Education

[Learn the important basics of the homebuying process.](#) February 14—17, 6 p.m.

The Financial Fatigue of Caregiving: When Caring for a Loved One with Dementia

[Learn about the effects of caregiving on your finances.](#) March 2, 3—4 p.m.

Behavioral Interventions when Caring for Someone with Dementia

[This webinar will discuss the most current research on dementia care.](#) January 11—13, 1 - 2:30 p.m.

Senior Financial Education Workshops

[Virtual workshops to help older adults take charge of their finances.](#) Monday—Friday, 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 [caring for loved ones with intellectual and developmental disabilities and dementia](#), [caregiving through natural disasters](#), [helping older adults live with age-related vision loss](#) and [stigma and working caregivers](#).

Staff Notes

Michael Billnitzer, Executive Director of ESOP, was interviewed for a Next Avenue article titled [What to Do When You Can't Pay Your Property Taxes](#).

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

[3 Ways to Evaluate Your Loved ONE's Wellness When you Visit](#) by **Julie Hayes**

[Dos and Don'ts of Caring for an Older Adult with Mental Illness](#) by **Kerstin Yoder**