



*From the desk of President & CEO Orion Bell*

## **It Snowed This Winter.**

It really snowed.

It was the sort of winter that my friends from further south talked about a lot when I said I was moving here a few years ago. "Cleveland? Hope you like snow." A call home to talk to my Mom isn't complete until she asks, "Is there still snow on the ground at your house?" Yes, Mom. There is.

Aside from talking about snow or shoveling it, the winter weather provides an opportunity to think about community access. Winter storms brought nearly two feet of snow to my neighborhood between January 16 and February 3. Cold winds piled up drifts that buried sidewalks, blocked entrances and brought traffic to a halt. It was as if the winter storms wiped away a generation of accessibility advances. The wider sidewalks and curb cuts were buried in deep powder. Drifts obscured the view of intersections. The entry to our building was inaccessible, as snow and ice made it difficult to open the lobby entry. Packed ice made entries and stairways treacherous. In the hours after the storm hit, buses and trains were blocked from completing their routes. Read the full article at [benrose.org/ceo-blog](https://benrose.org/ceo-blog).

## **Win a Dinner for 10 with Master Chef Mario Reyes**

Enter to win a private dinner for 10 served in the comfort of your home by Master Chef Mario Reyes. Sit back and relax while Chef Reyes plans, prepares and cooks a delicious meal for your dinner party. Chef Reyes will work with you to develop the menu, and will travel to your home anywhere within the United States. The date of the dinner will be mutually agreed upon between you and Chef Reyes up to one year from the announcement of the winner.

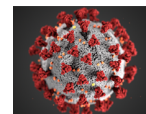


Chef Mario Reyes is a certified Fellow of the World Master Chefs Society and member of the ACF and RCA. Beginning his career in Toronto, Canada, he made his mark on the culinary scene in NYC and Dallas. Chef Mario currently leads the culinary creativity for TRIO Community Meals.

The fair market value is \$2,500. Buy your tickets at [benrose.org/raffle](https://benrose.org/raffle).

## **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.



## 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 is open through April 10! 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](http://www.refundohio.org)
- Call 211 to use the automated system

## Coming Soon: Consumer Version of Best Practice Caregiving

Benjamin Rose Institute on Aging is pleased to announce it has received grant funding from [The John A. Hartford Foundation](#) that will enable us and our partner organization [Family Caregiver Alliance](#) to create, launch and disseminate a consumer version of [Best Practice Caregiving](#), the online resource that currently enables social service organizations to identify and compare evidence-based dementia caregiving programs.

best practice  
caregiving

A partnership between  
Benjamin Rose Institute on Aging  
and Family Caregiver Alliance

The new version will be specifically designed for use by caregivers to allow them to find and enroll in these proven programs. The Best Practice Caregiving consumer version will have an important new emphasis on programs developed for, tested with, translated for and delivered to caregivers from diverse communities, which will be accomplished by partnering with the [Diverse Elders Coalition](#) and its six national member organizations.

## 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.](#)

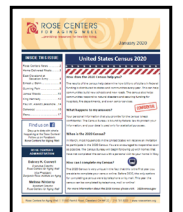


## Make a Gift

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](http://ourseniorcenter.com).



## Amazon Smile

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



## Upcoming Programs

### 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.

### Second Wednesdays with Benjamin Rose

[Learn about Benjamin Rose from President & CEO, Orion Bell.](#)

March 9, 9—10 a.m.

### Homebuyer Education

[Learn the important basics of the homebuying process during this four-day workshop.](#)

March 14—17, 6 - 8 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.

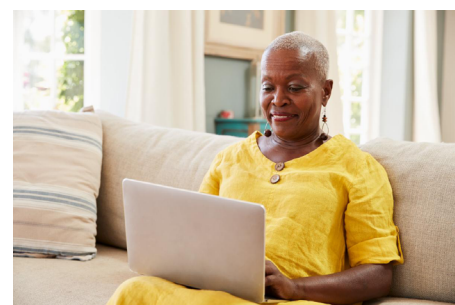
### Senior Financial Education Workshops

[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 [dementia screening and assessment tools](#), [recognizing when a loved one needs more support](#), [secondary caregiving](#) and [taking on caregiving responsibilities](#).



## Staff Notes

**Doug Braun, MSSA, LISW-S**, Behavioral Health Clinical Social Worker, presented *Crisis Intervention with the Elderly* for Cleveland Police Crisis Intervention officers.

**Lauri Scharf, LSW, MSHS**, presented *When Communication is a Problem* to the Fairview Park Senior Center.

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

[Tips to Assist Your Loved One with Daily Dressing and Grooming](#) by **Julie Hayes**

[Understanding Self-Neglect—the Most Prevalent Form of Elder Abuse](#) by **Lisa Weitzman**