



From the desk of President & CEO Orion Bell

Hungry

This month, the White House Conference on Hunger, Nutrition in Health will focus the nation's attention on the importance of a high quality diet and the impact of diet on hunger and health. Millions of Americans are afflicted with food insecurity and diet-related diseases—including heart disease, obesity, and type 2 diabetes—which are some of the leading causes of death and disability in the U.S. Hunger and diet-related diseases have a disproportionate impact on vulnerable populations, including older adults and persons with disabilities.

The Conference's focus is on Five Pillars to End Hunger and increase healthy eating: 1) Improve food access and affordability; 2) Integrate nutrition and health; 3) Empower all consumers to make and have access to healthy choices; 4) Support physical activity for all, and 5) Enhance nutrition and food security research. These pillars will help shape public policy, public awareness and public conversations about hunger and health. Let's talk about food. . .

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

Are You Ready to Vote

Benjamin Rose Institute on Aging wants to make it easy for you to vote on November 8! We can help you:

- Register to vote
- Update your address or information
- Request a mail-in-ballot application
- Answer questions about the voting process

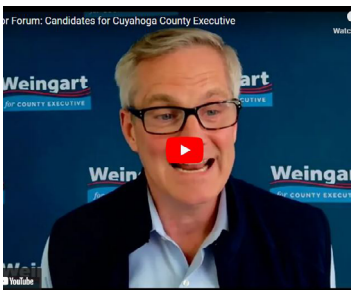
If you haven't voted before, it is not too late - the deadline to register to vote is October 11, 2022! **Call Benjamin Rose at (216) 791-8000 for assistance.**



The Basics of Medicare Benefits

Medicare enrollment period is beginning October 15th! Join us for an informative webinar discussing the basics of Medicare and how individuals over 65 can enroll for Medicare benefits. Information will include an overview of Medicare coverage and enrollment conditions with a special focus on considerations for individuals with or at-risk for dementia. This webinar will be presented by Benefits Enrollment Specialist **Cynthia Walker** of Empowering and Strengthening Ohio's People (ESOP), a program of Benjamin Rose institute on Aging. Register at benrose.org.





COOP Senior Forum

On September 19, the [Center for Community Solutions' Council on Older Persons \(COOP\)](#), in partnership with Benjamin Rose and [Western Reserve Area Agency on Aging](#), hosted a forum that provided candidates for Cuyahoga County Executive, **Chris Ronayne** and **Lee Weingart**, the opportunity to discuss how their administration will improve the lives of older adults across Greater Cleveland. If you missed the forum, you can [watch the recording](#).



Become a Wellness Caller

Social isolation in older adults can have the same health impact as smoking 15 cigarettes per day. To assist in reducing this social isolation and its health impacts, Benjamin Rose relies on the support of volunteers to help serve older adults throughout Cuyahoga County. Weekly wellness calls help ensure our clients are safe, healthy and have a friendly voice to chat with. The minimum commitment is just 30 minutes a week, and you can make your own schedule. [Learn more and apply](#).

Upcoming Programs

Financial Education Workshops

[ESOP's five session workshops are offered every other week](#). October 10—14, 10 - 11:30 a.m.

New Construction: Know Before You Build

[Understand the basics of the home building process](#). October 11—13, 6 - 8 p.m.

Second Wednesdays with Benjamin Rose

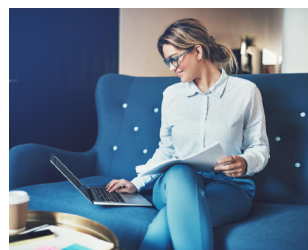
[Learn about Benjamin Rose from President & CEO, Orion Bell](#). October 12, 9—10 a.m.

Homebuyer Education

[Learn the basics of the homebuying process](#). October 24—27, 6 - 8 p.m.

End-of-Life Decisions for Individuals with IDD and Dementia

[Caregivers will learn how to identify the value of recognizing end-of-life in individuals with IDD & dementia](#). October 27, 12 - 1 p.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 [family caregivers in your workforce](#) and [food as medicine](#).

Staff Notes

Farida Ejaz, PhD, senior research scientist II, and **Courtney Reynolds**, senior research analyst, presented *Preventing Adult Self-Neglect in Healthcare Patients: A Multi-Disciplinary Approach* at the National Adult Protective Services Association Annual Conference in August in Grand Rapids.

Farida Ejaz, PhD, **Courtney Reynolds**, **Samantha Tuft, PhD**, research analyst, **Jenna Kudley**, research assistant and **Miriam Rose**, research associate, presented *A Profile of Oklahoma Clients Referred to APS for Alleged Self-Neglect* at the National Adult Protective Services Association Annual Conference in August in Grand Rapids.

Julie Hayes, content manger, authored an article titled [Becoming a Caregiver When Your Parent Wasn't There for You](#) for Next Avenue.