

From the desk of President & CEO Orion Bell

Grandparents' Day

As we approach Labor Day, September brings another, though lesser known, day of observance – Grandparents' Day, celebrated this year on September 10. Grandparents often serve as our earliest guides to understanding the effects of aging in our lives.

As children and younger adults, we witness the triumphs of aging in their wisdom and insights. We also see their struggles as both their wellbeing and the world around them changes. And when we become grandparents ourselves, we reflect more on our own needs, and how we can continue to manage our health and connections to those we love, even as the methods and technologies involved continually evolve.

Here at Benjamin Rose Institute on Aging, grandparents are the living embodiment of the journey we seek to support. Through the Connecting Our Seniors to Technology (COST) program, we provide comprehensive training that equips older adults with the skills to navigate the digital landscape with confidence. The program culminates in a remarkable gift – a free laptop, accompanied by complimentary internet access for an entire year. This gift is more than a device; it's a lifeline that connects grandparents to their beloved grandchildren, family members and friends, transcending distances and preventing social isolation.

We understand that the challenges of aging extend beyond technology. That's why our commitment goes deeper, as we provide a range of services that ensure older adults remain active and engaged members of their communities. By fostering holistic well-being, we create more quality time for grandparents to spend with their grandchildren and loved ones.

We thank you for standing beside us in this endeavor. Together, we're building a future where older adults can continue to thrive and enrich the lives of their families for years to come.

The Dr. David M. Grilly Adult Development and Aging Speaker Series

Benjamin Rose Institute on Aging and the Psychology Department of Cleveland State University invite you to attend The Science of Dementia Care Innovation: Challenges and Progress for the inaugural presentation of the Dr. David M. Grilly Adult Development and Aging Speaker Series.

This speaker series was developed by Cleveland State University to engage, support and expose students and professionals in Ohio to issues related to adult development and aging across the lifespan.

Our renowned keynote speaker is **Joseph Gaugler, PhD**, the Robert L. Kane Endowed Chair in Long-Term Care & Aging in the School of Public Health, and a Distinguished McKnight University Professor at the University of Minnesota. Dr. Gaugler will explore the intersection of Alzheimer's Disease and related dementias and public health policy. His presentation will be followed by a lively discussion among a reactor panel of industry experts.

Students from the joint doctoral program in Adult Development and Aging at Cleveland State University and The University of Akron, along with researchers from Benjamin Rose Institute on Aging, will highlight their work following the event. **There is no cost to attend the conference, but registration is required. Light breakfast and lunch will be provided. [Register now!](#)**



The More You Know: Hoarding

Hoarding disorder is a mental health condition in which people have a strong need to save a large number of items and experience distress when attempting to get rid of them. It is estimated that around 2-to-6% of the population suffers from this disorder.



Hoarding affects not only the person doing the hoarding, but also their family, the people who love them, those who live around them, and in some cases the safety and well-being of the community at large.

If you, a family member or someone you are providing care to may be experiencing a hoarding disorder, join us for a FREE one-hour Q & A session with professionals who will explain hoarding disorder and provide useful information on **September 13** from **5 - 6 p.m.** [Learn more!](#)

Celebrating the Triumphs of Our Clients

Benjamin Rose celebrated and honored ESOP clients for successfully completing programs that helped them obtain keys to their first house, break free from the payday lending cycle, conquer the digital divide, and achieve other notable milestones at **Triumph: ESOP Celebrates You!** on August 4. The occasion also marked ESOP's 30th anniversary. The luncheon featured a keynote address from Richard Cordray, the first director of the Consumer Financial Protection Bureau and chief operating officer of federal student aid at the U.S. Department of Education, and the presentation of the following community partner awards:

ABOVE AND BEYOND AWARD: Third Federal Savings and Loan

COMMUNITY PARTNERSHIP AWARD: JPMorgan Chase: Force for Good

INEZ TILLMAN KILLINGSWORTH COMMUNITY LEADERSHIP AWARD: Mark Seifert

ROOTED IN ESOP AWARD: Richard Cordray



Congratulations, Farida Ejaz!

Farida Ejaz, PhD, Senior Research Scientist in the Center for Research and Education was presented with the Honorable Thomas A. Swift Collaborative Leadership Award by the **Ohio Coalition for Adult Protective Services** at its annual conference on August 11. Farida was recognized for her research and advocacy on elder abuse prevention, detection and education.

Left to right: **Jessica Bibbo, PhD**, **Samantha Tuft, PhD**, **Farida Ejaz, PhD** and **Courtney Reynolds** at the Ohio Coalition for Adult Protective Services Conference on August 11, 2023.



Wellness Callers Wanted

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!](#)



Upcoming Programs

Financial Education Workshops

[ESOP's five session workshops are offered every other week.](#) September 11—15, 10 - 11:30 a.m.

Virtual Second Wednesday

[Learn about Benjamin Rose and our programs from President & CEO Orion Bell.](#) September 13, 9 - 10 a.m.

Living Well with Dementia: An Inclusive Guide for Libraries and Communities

[Learn about the Dementia Inclusive Public Library Guide.](#) September 21, 1 - 2 p.m.

Financial Education Workshops

[ESOP's five session workshops are offered every other week.](#) September 25—29, 2 - 3:30 p.m.

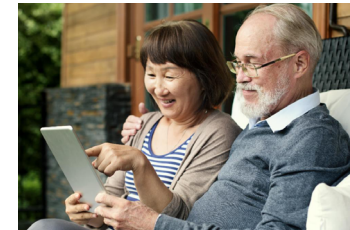
Homebuyer Education

[Our FREE HUD-approved homebuyer education class can teach you the important basics of the home buying process.](#) September 25—28, 6 - 8 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 [pain management](#), [combating ageism](#) and [medications and driving](#).

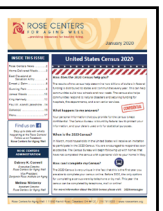


Make a Gift

We need your help to protect and care for the most vulnerable people in our community— older adults, adults with disabilities and caregivers. [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](#).



Staff Notes

Jess Bibbo, PhD, Senior Research Scientist, senior research scientist, presented *Pet Ownership Issues, Benefits and Challenges Encountered by APS Professionals* at the OCAPS Conference in Columbus.

Lauri Scharf, Care Consultant & Master Trainer, was featured on the [Aging Without Wrinkles](#) podcast.