

Happy Summer from the Rose Centers for Aging Well Team!



Rose Centers Directory

INSIDE THIS ISSUE

Rose Centers News	2
Rose on the Go	4
James Woods/King Kennedy	5
East Cleveland	6
Gunning Park	8
Paul W. Alandt Lakeshore	10
Puzzles of the Month	12
Menu	13

ROSE CENTERS ADMINISTRATION

Dabney K. Conwell
Vice President, Health and Wellness

Melissa Winberry
Assistant Director, Health and Wellness

Timothy Frey
Program Director, Health and Wellness

Ashley Herhuth
Administrative Coordinator

HOME DELIVERED MEALS

Meal Cancellations:
216-373-1994
 Hours: Mon- Fri 8:00am - 5:00pm

Staff:
 Jacqueline Hart, *HDM Administrator*
 Jennifer Meigs, *HDM Social Worker*
 Bonnie Paul, *HDM Social Worker*
 Zunna Anthony, *Driver/Jumper*
 Anthony Bolden, *Driver/Jumper*
 Micheal Brown, *PRN Driver/Jumper*
 Donna Dozier, *HDM Driver/Jumper/Generalist*
 Denham Fletcher, *Driver/Jumper*
 Bruce Fowler, *Driver/Jumper*
 Joseph Grair, *Fleet Manager*
 Aaron Hardy, *Driver/Jumper*
 Brandon Horne, *PRN Driver/Jumper*
 Rachel Isom, *Driver/Jumper*
 Michelle Johnson, *Driver Jumper*
 Timothy Mitchell, *Driver/Jumper*
 Thomas Rankins, *PRN Driver Jumper*
 Anthony Ray, *Driver/Jumper*
 Carl Rudolph, *Driver/Jumper*
 Cordell Rudolph, *PRN Driver/Jumper*
 Kenneth Vaughn, *PRN Driver/Jumper*
 Arthur Walker, *Driver/Jumper*

ROSE CENTER DIRECTORY

East Cleveland Rose Center Phone: 216-373-1696
 1507 Doan Avenue, Cleveland, OH 44112 M–F 10am-3pm
 Tracey Kirksey, *Center Director*
 Kathleen Woodson, *Program Assistant*

Gunning Park Rose Center Phone: 216-373-1735
 16700 Puritas Road, Cleveland, OH 44135 M–F 8:30am-3pm
 Elizabeth Burns, *Center Director*
 Sandy Deida, *Program Assistant & Activities Coordinator*
 Brittney Schill, *Kitchen Aide*

Lakeshore Rose Center Phone: 216-373-1939
 16600 Lakeshore Blvd, Cleveland, OH 44110 M–F 10am-3pm
 Carla Collins, *Center Director*
 Robin Whitted, *Program Assistant*
 Darrell Powell, *Custodian*

King Kennedy Rose Center Phone: 216-401-6561
 2501 East 59th Street, Cleveland, OH 44104 M–F 8am-2pm
 Karen Ledford, *Nutrition Site Coordinator*
 Gary McCoy, *Kitchen Aide*
 Mary Wallace, *Kitchen Aide*

James Woods Rose Center Phone: 216-373-1793
 1795 West 25th Street, Cleveland, OH 44113 M–F 9am-2pm
 Linda Robinson, *Nutrition Site Coordinator*
 Clarence Golston, *Kitchen Aide*
 Ebony Reynolds, *Kitchen Aide*

Rose Center at Fairhill Partners Phone: 216-421-1350 x162
 12000 Fairhill Road, Cleveland, OH 44120 M-F 11:30am-12:30pm
 *Contact Carol Gatto to make a lunch reservation.

Don't forget to give your suggested \$1.00/day meal donation to your center staff or delivery person.

Rose Center News

REMINDER

Be sure to listen to your messages from the automated messaging system to hear reminders and important announcements.

Don't Call—Just Listen

Calls will be from 216-799-0461



*You will receive program alerts via phone calls, text messages, or email for FREE!



There will be no meal delivery, and Rose Centers will be closed on July 4th in observance of Independence Day.



If you would like to be first to know about future Rose on the Go events, call Tim at (216) 373-1983 to be added to the email list. Also keep an eye out for upcoming events in the Rose Centers for Aging Well newsletter!

Reminder



Don't forget to cancel your home delivered meal if you will not be home to receive your delivery. Canceling in advance allows us to continue offering this vital service to our community.

~Call 216-373-1994 ~

HDM Reminder to Update your Info:

If you change your phone number please call the HDM Administrator at 216-373-1994 to report your new phone number. If you reach the voicemail please leave your name, address and new phone number on the message.

July Community Events:

7/4 Berea Grindstone Festival: Coe Lake Park, Parade at 10:30am, runs through fireworks at 10pm

7/6-7 Lebanese Food & Music Festival: noon-9pm, free admission, 2300 . Ridgewood Dr, Parma.

7/12-14 Cain Park Arts Festival: Cleveland Hts., free admission, art, entertainment, food trucks & more.

7/12-14 Brook Park Home Days: Fireworks Sunday.

7/13 St. Vladimir Cathedral Ukrainian Festival: 12-11pm, food, arts & music. 5913 State Rd, Parma.

7/13 Farmpark Farmfest: Kirkland, 9am-5pm, free admission, activities, food, entertainment & more.

7/18-21 St. Paul Grecian Festival: North Royalton

7/20 Willoughby ArtsFest: 10am-5pm, free in downtown Willoughby.

7/20 Lakewood Summer Meltdown: 4-10pm, free, street festival, outdoor activities, games, food vendors, beer garden, live music and more.

7/21 Taste of Tremont: Food, Art, Entertainment. Free.

7/25-28 Fairview Park Summerfest

7/27-28 Taste of St. Casimir Polish Food Festival



Did you know?

Did you know that all of our home delivered meal plans are heart healthy and low sodium?

Fresh, healthy and fulfilling food is an important aspect of maintaining wellness.

Healthy Nutrition Tips for older Adults

Older adults' unique nutrition needs

Simple adjustments can go a long way toward building a healthier eating pattern. Follow these tips to get the most out of foods and beverages while meeting your nutrient needs and reducing the risk of disease:

- Enjoy a variety of foods from each food group to help reduce the risk of developing diseases such as high blood pressure, diabetes, and heart disease. Choose foods with little to no added sugar, saturated fats, and sodium.
- To get enough protein throughout the day and maintain muscle, try adding seafood, dairy, or fortified soy products along with beans, peas, and lentils to your meals.
- Add sliced or chopped fruits and vegetables to meals and snacks. Look for pre-cut varieties if slicing and chopping are a challenge for you.
- Try foods fortified with vitamin B12, such as some cereals, or talk to your doctor about taking a B12 supplement.
- Reduce sodium intake by seasoning foods with herbs and citrus such as lemon juice.
- Drink plenty of water throughout the day to help stay hydrated and aid in the digestion of food and absorption of nutrients. Avoid sugary drinks.
- It can be hard for some people to follow through on smart food choices.

Nutrition Tips for Ages 60+

Eating habits change throughout the life span. Learn how the foods and drinks you choose each day help you meet daily nutrient needs, maintain a healthy body weight, and reduce the risk of chronic disease.

- Eat seafood, dairy or fortified soy alternatives, beans, peas, and lentils to help maintain muscle mass.
- Add fruits and vegetables to your meals and snacks. If slicing and chopping is a challenge, choose frozen, canned, or ready-to-eat options.
- Turn eating into a social event. Meals are more enjoyable when you eat with others. Invite friends to join you or take part in a potluck at least twice a week. Some community centers and places of worship offer meals that are shared with others. There are many ways to make mealtimes pleasing.
- The body's ability to absorb vitamin B12 can decrease with age. Taking certain medicines can also lower absorption. Eating enough protein and fortified foods can help the body get the vitamin B12 it needs. Speak with your healthcare provider to learn if you should take supplements and what is right for you.
- If you use or are thinking about taking dietary supplements, talk about this with your healthcare provider to learn what is right for you. This includes nutrition supplement drinks, which can have added sugars.

Be Active

Being physically active can help you stay strong and independent. For older adults, regular physical activity supports a number of health benefits, including brain function, balance, and bone strength. Try to get at least 150 minutes (or two and a half hours) of moderate activity per week. Moderate means any activity that gets your heart beating faster. Do activities that make your muscles work harder than usual at least two days of the week. (www.myplate.gov)

James Woods Rose Centers

Lunch is served Monday through Friday 11:30am to 1:30pm

Watermelon Salad with Feta and Mint

Ingredients:

- 3 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons fresh lemon juice
- 1/2 teaspoon Tabasco (optional)
- 1 teaspoons kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 (4-pound) seedless watermelon, cut into 1 1/2-inch chunks (5 cups), chilled
- 1/4 pound feta cheese, crumbled (1 cups)
- 1/2 cups pitted kalamata olives, coarsely chopped (optional)
- 1/2 small sweet onion, cut into 1/2-inch dice
- 1/2 cup coarsely chopped mint leaves



Directions

In a large bowl, whisk the oil, lemon juice, salt, Tabasco, and pepper.

Add the watermelon, feta, olives, and onion; toss gently.

Garnish with the mint and serve.

King Kennedy Rose Center

Lunch is served Monday through Friday 11:30am to 1:30pm

Best Practices for Sunscreen Replenishment and Maintaining Protection:

Consider UVA and UVB protection: Older people should always consider sunscreen that offers UVA and UVB protection to protect their skin from UVB rays that cause sunburns and UVA that can cause skin cancer. The sunscreen should also contain zinc oxide or titanium dioxide, which blocks the UVA and UVB rays.

Pick SPF 30 and above: SPF will absorb and reflect the sun's rays to avoid burns and skin damage. However, it is important to note that the higher SPF is not always the better option since SPF protection does not increase proportionately with the designated SPF number, such that when SPF 30 absorbs 97%, SPF 50 absorbs 98%.

Reapply sunscreen after every two hours: Sunscreen wears off after some hours, hence the need to lather every two hours. In some instances, you should reapply sunscreen every 60 to 90 minutes, for example, when using a spray sunscreen or when swimming or sweating.

Do not depend on sunscreen alone: Sunscreen does not entirely prevent sunburns or skin cancer. Therefore, older people should consider other ways of maintaining protection, such as wearing a lip balm with SPF 30 and above and wearing tight woven hats with wide brims and sunglasses with UV protection.

(www.seniorhelpers.com/or/salem/resources/blogs/what-sun-protector-factor-spf-should-seniors-use-for-their-sunscreen/)

East Cleveland Rose Center at Salvation Army

Strategies to Improve Gut Health

While the gut's main function is to break down and digest the food we eat, growing research links a healthy gut microbiome to improved overall well-being. A 2019 review linked a less healthy and less diverse gut microbiome to a potential increase in health conditions such as type 2 diabetes, irritable bowel syndrome (IBS), heart disease and even certain cancers.¹ Having a healthy gut and consuming a high-fiber diet may even be an important piece of healthy aging. A 2020 journal article found that gut health can inhibit or decrease inflammation in the body, depending on the makeup of the gut microbiota. If the makeup of the gut microbiota promotes inflammation, it increases the risk of developing health conditions such as asthma, metabolic syndrome, inflammatory bowel disease (IBD) and atherosclerosis (hardening of the arteries due to plaque buildup). Inflammation and gut health are co-dependent—a healthy gut with diverse bacteria can help reduce inflammation but an unhealthy gut may increase it.

In this seven-day meal plan, we combine forces by mapping out a week of meals and snacks that focus both on improving gut health and reducing inflammation. We include plenty of anti-inflammatory foods, such as dark leafy greens, deeply pigmented fruits and plenty of healthy fats from salmon, tuna, chia seeds and nuts. To support a healthy gut, we include at least 30 grams of fiber each day. Fiber is an important nutrient with a slew of health benefits but unfortunately 93% of Americans aren't reaching their fiber goals. To further support gut health, we include plenty of yogurt and kefir—two foods rich in probiotics that help diversify the gut microbiota.



Eat More Probiotic Foods: Probiotics are found in fermented foods and can help improve the gut microbiota by increasing the good bacteria present. Foods rich in probiotics include yogurt, kefir, kombucha, sauerkraut, tempeh, kimchi and miso.

Increase Prebiotic Foods: Prebiotics are fuel for probiotics and the bacteria in our gut, which helps increase healthy gut bacteria. Prebiotics are found in fiber-rich foods, such as raspberries, garlic, onions, artichokes, whole grains, beans, lentils, pears and apples.

Reduce Inflammation: Reducing inflammation may help strengthen the gut's barrier, which helps prevent harmful substances from passing through. Reduce inflammation by focusing on nutrient-dense foods, getting enough sleep, de-stressing and improving gut health.

Eat More Fiber: Fiber is the cornerstone nutrient for gut health. Eating more fiber-rich foods like fruit, vegetables, whole grains and legumes helps support a healthy gut by improving digestion and fueling gut-healthy bacteria

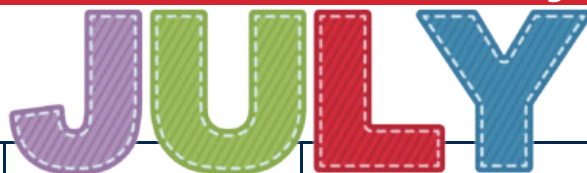
<https://www.eatingwell.com/7-day-gut-healthy-anti-inflammatory-meal-plan-8607650>

Mind & Body

Tai Chi	Mondays	12:30pm	Computer Class	2nd & 4th Wed	10:30am
Walking	Daily	10:30am	Yoga	2nd & 4th Wed	12:30pm
BINGO	Tuesdays	12:30pm	Bible Study	1st & 3rd Wed	1:00pm
Lunch w/Chef	Tuesdays	11:30pm	Cards/Games	Daily	Daily
Arts & Crafts	Daily	10:30am	Fit & Fab	Thursdays	10:30am

East Cleveland Rose Center at Salvation Army

Center open
9:00AM– 3:00PM



Monday	Tuesday	Wednesday	Thursday	Friday
1 Daily Activities 11:30 Lunch 1230 Tai Chi	2 Daily Activities 11:30 Lunch w/Chef 12:00 BINGO 1:00 Walking Club	3 Daily Activities 11:30 Lunch 1:00 Bible Study	4 	5 Building Closed 
8 Daily Activities 11:30 Lunch 1230 Tai Chi	9 Daily Activities 11:30 Lunch w/Chef 12:00 BINGO 1:00 Walking Club	10 Daily Activities 10:00 EC Library Computer 11:30 Lunch 12:30 Yoga	11 Daily Activities 10:30 Fit & Fab 11:30 Lunch	12 Daily Activities 11:30 Lunch 12:30 Cards/Games
15 Daily Activities 1:30 Lunch 12:30 Tai Chi	16 Daily Activities 11:30 Lunch w/Chef 12:15 Arthouse— Ceramic Planters	17 Daily Activities 11:30 Lunch 1:00 Bible Study	18 Daily Activities 10:30 Fit & Fab 11:00 Center Picnic 	19 Daily Activities 11:30 Lunch 12:00 Food Pantry 12:30 Cards/Games
22 Daily Activities 11:30 Lunch 12:30 Tai Chi	23 Daily Activities <i>BRING A FRIEND</i> 11:30 Lunch w/Chef 12:00 BINGO 1:00 Walking Club	24 Daily Activities 10:00 Computer 11:30 Lunch 12:30 Yoga Big Hearted Blooms	25 Daily Activities 10:30 Fit & Fab 1:30 Lunch	26 Daily Activities 9-11:30 CSU Fitness Friday 11:30 Lunch 12:30 Cards/Games
29 Daily Activities 11:30 Lunch 12:30 Tai Chi	30 Daily Activities 11:30 Lunch w/Chef 12:00 BINGO 1:00 Walking Club	31 Daily Activities 10:30 First Watch 11:30 Lunch		

Gunning Park Rose Center

Tech Help!



Get individualized assistance with your smartphone on Friday July 5th or Tuesday, July 23rd from 9:30-11:00.

Get to know Gunning!

Join us on Friday, July 12th at 10:00 for a time to get to know fellow Rose Center participants. You will have a chance to get to know new friends and learn more about the people you see every day.

Educational Opportunities in July

- ⇒ CSU Physical Therapy “Fun Fitness Friday” on July 19th
 - ⇒ Focus on strength, flexibility, and balance health promotion
- ⇒ Older Driver Safety Lunch & Learn on July 26th
- ⇒ “Get to Know Medicare” speaker on July 31st



Pictures from our Pickleball workshop in May, where a coach taught participants how to play. Thanks to Keller Williams for sponsoring!



Gunning has started a garden! Stop by and check out everything we have growing!

Exercise Opportunities at Gunning Park

- Zumba**– Mondays at 10:00
- Pickleball**– Tuesdays at 10:00, *talk to Liz to set up an additional day/time to play
- Exercise with Christine**-Wednesdays at 10:00 in fitness room
- Line Dancing**–Wednesdays at 12:00
- Tai Chi**– Thursday or Friday at 10:15
- Walking Group**-Fridays at 9:45

July Bus Trips:

- Monday, July 8th– Houlihan's Lunch Trip
- Monday, July 15th– Huntington Beach Trip
- Tuesday, July 30th– West Park Station Lunch Trip



Gunning Park Rose Center

July

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Zumba 11:30 Lunch 12:30 Bingo	2 9:30 Pinochle 10:00 Pickleball 11:30 Lunch	3 Fourth of July Celebration 10:00 Exercise 10:00 Volleyball 11:30 Hot Dog Lunch 12:00 Line Dancing	4 Center Closed 	5 Smartphone Assistance 9:30 Walking Group 11:30 Lunch 12:30 Bingo
8 Houlihan's Lunch Trip 10:00 Zumba 11:30 Lunch 1:00 Bingo	9 Music Bingo 9:30 Pinochle 10:30 Music Bingo 11:30 Lunch 12:00 Flower Arranging	10 10:00 Exercise 10:00 Volleyball 11:30 Lunch 12:00 Line Dancing	11 Craft Class 9:30 Pinochle 10:15 Tai Chi 11:30 Lunch	12 Get to Know Gunning! 9:30 Walking Group 11:30 Lunch 12:30 Bingo
15 Huntington Beach Trip 10:00 Zumba 11:30 Lunch 12:30 Bingo	16 Clay Modeling Class 9:30 Pinochle 10:00 Clay Modeling 10:00 Pickleball 11:30 Lunch	17 10:00 Exercise 10:00 Volleyball 11:30 Lunch 12:00 Line Dancing	18 9:30 Pinochle 10:15 Tai Chi 11:30 Lunch	19 CSU PT Clinic 9:30 Walking Group 10:00 WPKND visit 11:30 Lunch
22 Christmas in July Sale 10:00 Zumba 11:30 Lunch 12:30 Bingo	23 Smartphone Assistance 9:30 Pinochle 10:00 Pickleball 11:30 Lunch	24 Food Box 10:00 Exercise 10:00 Volleyball 11:30 Lunch 12:00 Line Dancing	25 9:30 Pinochle 10:15 Tai Chi 11:30 Lunch	26 Christmas in July Sale 9:30 Walking Group 11:30 Lunch & Learn - Older Driver Safety 12:30 Free Bingo!
29 10:00 Zumba 11:30 Lunch 12:30 Bingo	30 West Park Station Trip 9:30 Pinochle 10:00 Pickleball 11:30 Lunch	31 Get to Know Medicare 10:00 Exercise 10:00 Volleyball 11:30 Lunch 12:00 Line Dancing		

Paul W. Alandt Lakeshore Rose Center

Exercise Classes Daily 10:30am

Monday- Aerobics

Tuesday- Cardio Drumming
Peddling

Thursday- Chair Dance Fusion

Join us for Chair Dance Fusion, a class that teaches different genres of music!!



Monthly Trips

✦ 7/9- Library

✦ 7/16- Mitchell's Ice Cream

✦ 7/19- Near West Theater

✦ 7/26- Cheesecake Factory

✦ 7/28- Cleveland Aquarium



Cleveland EMS will be coming to Lakeshore the 2nd Thursday of the month for health screenings. Come get screened on Thursday, July 11 at 11:00 am

Join us Every 3rd Thursday for a nutrition education class and a sample with Chef Kellee.



Join us July 31st @ 10:30. We will be creating Summer Floral Collages!



We will closed in Observance of Independence Day July 4th. Regular programming will resume on July 5th.



Join us every Wednesday at 12:30 PM For Bingo!

Please join us for Fitness Friday, July 12th at 9AM
CSU students will be onsite to test:

- ♦ Strength
- ♦ Balance
- ♦ Flexibility



Paul W. Alandt Lakeshore Rose Center

July

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:30 Exercise with Christine 11:30 Lunch 12:00 Social Hour	2 10:30 Morning Spin 11:30 Lunch 12:00 Social Hour	3 10:30 Activity 11:30 Lunch 12:30 Bingo 		5 10:30 Coffee 11:30 Lunch 12:30 Movie
8 10:30 Exercise with Christine 11:00 CSU Lunch and Learn	9 10:30 Cardio Drumming 11:30 Lunch 12:00 Social Hour Library Trip	10 10:30 Activity 11:30 Lunch 12:30 BINGO	11 10:30 Chair Dance Fusion 11:00 EMS 11:30 Lunch 12:30 Bible Study 1:00 Social Hour	12 10:30 CSU Screenings 11:30 Lunch 12:00 Social Hour
15 10:30 Exercise with Christine 11:30 Lunch 12:00 Social Hour	16 10:30 Morning Spin 11:30 Lunch 12:00 Build a Bouquet Mitchell's	17 10:30 Activity 11:30 Lunch 12:30 Bingo BHS Post Office	18 10:30 Chair Dance Fusion 11:30 Lunch 12:15 Bible Study	19 10:30 Chair Yoga 11:30 Lunch 12:00 Social Hour Near West Theater
22 10:30 Exercise with Christine 11:30 Lunch 12:00 Social Hour	23 10:30 Cardio Drumming 11:30 Lunch 12:00 Social Hour	24 10:30 Activity 11:30 Lunch 12:30 BINGO	25 10:30 Chair Dance Fusion 11:30 Lunch 12:15 Bible Study 1:00 Social Hour	26 10:30 Coffee 11:30 Lunch 12:30 Bingo Cheese Cake Factory
29 10:30 Exercise with Christine 11:30 Lunch 12:00 Social Hour	30 10:30 Morning Spin 11:30 Lunch 12:00 Social Hour	31 10:30 Art with Chris Young 11:30 Lunch 12:30 Bingo	Activities: Crocheting Walking Gardening Art Cross words Puzzles	Meal Reservations are due on Wednesdays by noon (216) 373-1683

Puzzles of the Month

Healthy Foods

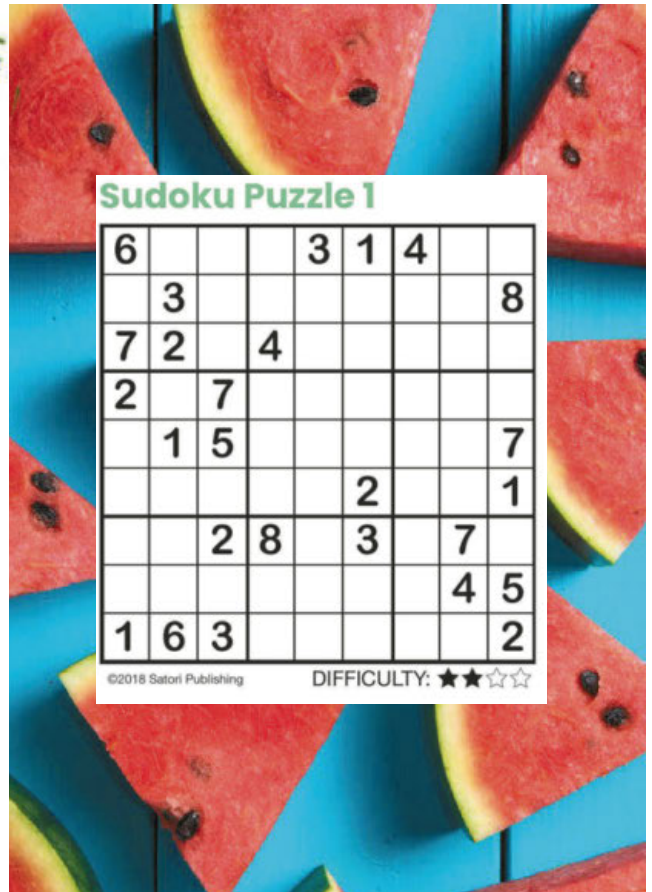
Word Search Puzzle



B T D U A W B J T O W E Y O V R P
 R A P P L E S S D D R G U C R P T
 O B E L L P E P P E R A Z M S R J
 C B P U U N W Z L U B G N E U X Z
 C Y M V I X Z A N N F X I G N M U
 O A E L E Q E M H O R R O M E E C
 L L Y Q R G D A E X R Y U X I S C
 I M R O W S E L S E L H H I Y Q H
 T O M A T O P T B L U T Y N T Q I
 Q N D C X P L J A A I M O X S P N
 R D Z E A A E H T B Q M O R S E I
 D S E E E R S A A B L Y J W P A O
 C G N M F A R M C A E E J O I R K
 M I T M U Q B O S H E A S Q N S Y
 P A C Q I B E E T S E G N E A Q W
 O Z S B M L H Q G S I S G S C G F
 G R A I N S K J L F Z O V S H W T



- | | | |
|-------------|---------|------------|
| ALMONDS | EGGS | PINEAPPLE |
| APPLES | FRUIT | SALMON |
| BEANS | GRAINS | SPINACH |
| BEETS | MILK | SQUASH |
| BELL PEPPER | OATMEAL | TOMATO |
| BERRIES | ORANGES | VEGETABLES |
| BROCCOLI | PEACHES | YOGURT |
| CARROTS | PEARS | ZUCCHINI |



Sudoku Puzzle 1

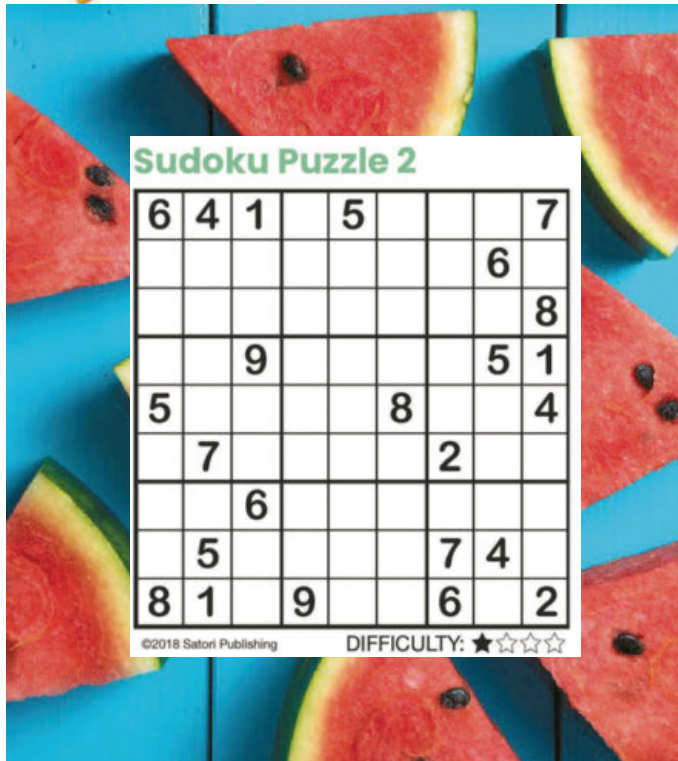
6				3	1	4		
	3							8
7	2		4					
2		7						
	1	5						7
				2				1
		2	8	3	7			
							4	5
1	6	3						2

©2018 Satori Publishing

DIFFICULTY: ★★☆☆

Healthy Eating Word Scramble

Unscramble the letters to solve the puzzle!



Sudoku Puzzle 2

6	4	1		5				7
						6		
								8
		9				5	1	
5				8				4
	7				2			
		6						
	5				7	4		
8	1		9		6			2

©2018 Satori Publishing

DIFFICULTY: ★☆☆☆

- DINRNE _____
- EEPIRSC _____
- SGGE _____
- LSEGETEVAB _____
- BASTKERFA _____
- ETLHAH _____
- EEDSS _____
- TIRFU _____
- OGTYUR _____
- DIRNIEGNETS _____
- LIKM _____
- CEEHSE _____
- NCUHL _____
- NSUT _____
- NGYEEIH _____
- RUONITTIN _____
- OOFD _____
- OIOKNCG _____

July 2024 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 *Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun 2 oz Applesauce ½ c ALT=CS TR	2 Rueben with 1 oz *Turkey, 1 oz *Swiss Cheese, Sauerkraut ½ c Thousand Island Dressing *Potato Salad ½ c 2 Whole Grain Seedless Rye Grape Juice 4 oz ALT=CBG T	3 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Baked Beans ½ c *Sauteed Swiss Chard ½ c W.G. Corn Muffin 1 oz Peaches ½ c ALT=CF V	4 Closed Happy Fourth of July!	5 *Breaded Fish 3 oz Tartar Sauce 1 PC *Roasted Potato Wedges ½ c *Spinach ½ c/ Lemon Juice 1 PC W.G. Hamburger Bun 2 oz Pears ½ c ALT=CF T
8 *Steak Stir Fry 3 oz, Sauce 2 oz *Rice Pilaf ½ c *Kyoto Blend ½ c *Asian Blend, ½ c Whole Grain Wheat Mandarin Oranges ½ c ALT=CS TR	9 *Sliced Ham 3 oz w/ Pineapple Glaze *Mixed Vegetables ½ c *Cheesy Potatoes ½ c W.G. Dinner Roll 2 oz Mixed Fruit ½ c ALT=CBG T	10 2-2 oz. *Stuffed Shells *w/Sauce 2 oz *Mushrooms ½ c *Lima Beans ½ c 2 Whole Grain Wheat Banana ALT=CF RB	11 * Meatballs 3-1 oz Marinara Sauce 2 oz W.G. Sub Bun 2 oz *Broccoli ½ c *Carrots ½ c Fresh Plum ALT=CBG V	12 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Orange ALT=CF TR
15 *Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *California Blend ½ c W.G. Dinner Roll 2 oz Apricots ½ c ALT=CS V	16 *Breaded Chicken Breast 3 oz Mayo 1 PC *Carrot Coins ½ c *Green Peas ½ c Whole Grain Bun 2 oz Pineapple chunks ½ c ALT=CBG RB	17 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Kyoto Blend ½ c *Oriental Blend ½ c W.G. Cereal Bar 1 oz Mandarin Oranges ½ c ALT=CF T	18 *Salisbury Steak 3 oz *Gravy 2 oz *Noodles ½ c *Peas ½ c *Cauliflower ½ c Applesauce ½ c ALT=CBG TR	19 *Breaded Fish 3 oz Tartar Sauce 1 PC, Ketchup 1 PC *Seasoned Potato Wedges ½ c *Green Beans ½ c Whole Grain Bun 2 oz Fresh Grapes 1 c ALT=CF RB
22 *Stuffed Cabbage 6 oz Sauce 2 oz *Mashed Potatoes ½ c *Carrots ½ c 2 Whole Grain Wheat Apricots ½ c ALT=CS V	23 *Chicken Alfredo 3 oz W.G. *Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Breadstick 1 oz Sliced Peaches ½ c ALT=CBG RB	24 *Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Green Peas ½ c Whole Grain Bun 2 oz Pineapple Chunks ½ c ALT=CF TR	25 *Tuna Salad 3 oz *Three Bean Salad ½ c *Coleslaw ½ c 2 Whole Grain Wheat Fresh Grapes 1 c ALT=CBG RB	26 *Chicken Parmesan Patty 3 oz. W. Pesto Sauce ½ c *Antigua Blend ½ c *Cape Cod Blend ½ c WG Bun 2 oz Pears ½ c ALT=CF T
29 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Gravy 2 oz, *Corn ½ c 2 Whole Grain White Diced Peaches ½ c ALT=CS TR	30 *Beef Lasagna 3 oz. *Spinach ½ c *Beets ½ c Whole Grain Dinner Roll 2 oz Applesauce ½ c ALT=CBG T	31 *Chicken and Gravy 3 oz W.G. Biscuit 2oz *Brussels Sprouts ½ c *Sliced Carrots ½ c Pineapple chunks ½ c ALT=CF V	Choice of: 1% Milk, Buttermilk, or Calcium fortified Juice *take temperature of Milk and all food proceeded by an asterisk.	Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>

Western Reserve Area Agency on Aging - 2024

Default Alternate Menu choices are shown at the bottom of each daily menu: "T" = Tuna, "TR" = Turkey, "RB" = Roast Beef, "V" = Cheese
ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chicken Breast, ALT CBG = Spring Lettuce Salad w/Lettuce, Ham, Egg, Cheese

Come on down for a hot meal every second Saturday from 12:30-2pm

- DONATIONS WELCOME -
1744 Payne Avenue, Cleveland 44114
DIVINE OUTREACH MINISTRY
East Cleveland Transitional Housing

216-255-6953
chernin@sbcglobal.net
Dorothy Carmack,
Executive Director



Skilled Nursing • Rehabilitation
Long Term Care



Franklin Plaza

Part of the Legacy Health Services Family

3600 Franklin Blvd. • Cleveland
216-651-1600
www.lhshealth.com

ANGELIC TRAVELS PRESENTS

Atlantic City, New York City
and Philadelphia

\$966*
*PER PERSON, DOUBLE OCCUPANCY

5 Days 4 Nights
June 23 - 27, 2024
(SUN-THU)

INCREDIBLE PRICE INCLUDES:

- Motorcoach transportation
- 4 nights lodging including 3 consecutive nights at an Atlantic City Casino Hotel
- 7 meals: 4 breakfasts and 3 dinners
- Guided Tour of New York City, "The Big Apple!" See Rockefeller Center, Times Square, Wall Street, Central Park, & more!
- Guided Tour of Philadelphia
- Visit Atlantic City and receive a Casino Bonus!
- Free time to see the Liberty Bell and Independence Hall

For more pictures, video, and information visit:
www.GroupTrips.com/Angelictavel

MEDICARE HEALTH PLANS

Got Medicare Questions?

I Can Help!

Mary Scordos

216-832-9113
Maryscordos@gmail.com

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



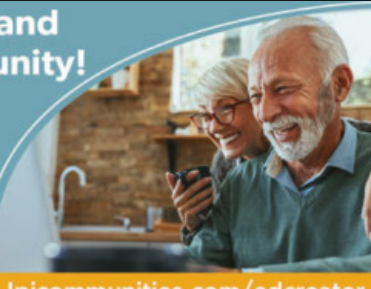
SafeStreets

833-287-3502

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD
CREATOR
STUDIO



lpicommunities.com/adcreator

Departure:
23910 Lakeshore Blvd, Euclid, OH @ 8 am
(PARKING LOT BEHIND DOMINO'S PIZZA - DROP OFF ONLY)
\$75 Due Upon Signing. *Price per person, based on double occupancy.
Add \$259 for single occupancy. Final Payment Due: 4/16/2024

Angelic Travels

678-516-0836

www.AngelicTravels.Online

Diamond Tours inc.
Bringing Group Travel to a Higher Standard®

ADVERTISE HERE
to reach your community



Call 800-477-4574

SUPPORT OUR ADVERTISERS!

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



Engaging,
ad-supported
print and digital
newsletters to reach
your community.

Visit lpicommunities.com



Scan to
contact us!

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Nick Palasini

npalasini@lpicommunities.com

(800) 950-9952 x2162



ADVERTISE HERE
to reach your community



Call 800-477-4574



Insight Clinical Trials LLC

216-526-1843

Insightclinicaltrials.com

Know your Options...Explore Possibilities...Gain Knowledge

- Complimentary memory screening for adults age 50 +
 - No insurance required
- Free consultations with a Medical Doctor
- Compensation/Transportation provided when enrolled

*Isn't it time to take charge of your Brain Health?
Call us today*



FREE
AD DESIGN
with purchase
of this space

CALL 800-477-4574

SUPPORT OUR
ADVERTISERS!

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



Promoting Successful Aging!



Thank you to our funding partners.



*Rose Centers for Aging Well does not endorse any advertiser in the publication.
However, we encourage you to support the advertisers who make this publication possible.*