

ROSE CENTERS

FOR AGING WELL

March 2024



ON THE BALLOT—MARCH 19

Cuyahoga County is asking voters to renew the 4.8-million countywide Health and Human Services levy. Issue 26 is on the March 19’s primary ballot. Voting YES will continue the vital programs the levy funds. This is a renewal and not a tax increase.

This levy provides the Rose Centers with critical funding for services including transportation, meals, and adult development, it lets us keep our cost low to better provide for you.



Protect Children from Abuse And Neglect	Prevent Violence Against Women And Children	Continue Home Health, Meals and Heating Assistance For Seniors	Keep Metrohealth’s Trauma Care And Health Safety Net
IT WON’T RAISE TAXES			
Sustain Mental Health And Addiction Recovery Services	Support Witness/Victims of Crime Services	Provide Emergency Housing For Veterans, Disabled, And Homeless Residents	Support Child-Care, Pre-School, Foster Care, Parenting Training

Rose Centers Directory

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HOME DELIVERED MEALS

Meal Cancellations:

216-373-1994

Hours: Mon- Fri 8:00am - 5:00pm

Staff:

Jacqueline Hart, *HDM Administrator*
Position Open, Program Director HW
 Jennifer Meigs, *HDM Social Worker*
 Bonnie Paul, *HDM Social Worker*
 Zunna Anthony, *Driver/Jumper*
 Anthony Bolden, *Driver/Jumper*
 Micheal Brown, *Driver/Jumper*
 Chris Colwill, *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*
 Danielle Hubbard, *Driver/Jumper*
 Rachel Isom, *Driver/Jumper*
 Michelle Johnson, *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 CENTERS ADMINISTRATION

Dabney K. Conwell

Vice President, Benjamin Rose Institute on Aging
Executive Director, Health and Wellness

Melissa Winberry

Assistant Director, Health and Wellness

Ashley Herhuth

Administrative Coordinator

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*

Brittnay 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*

Daeshawnaye Lewis, *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*

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*

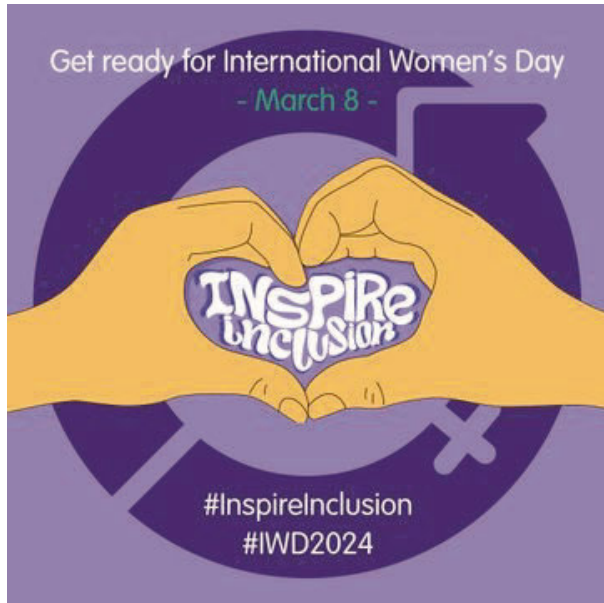
Rose Center at Fairhill Partners Phone: 216-421-1350 x162

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!



welcome
TO THE TEAM



Welcome to our newest staff member at Lakeshore Rose Center!

**Daeshawnaye
Lewis**



Cleveland Community Events:

March 2,3,9,10—Maple Sugaring Weekends at Lake Metroparks Farmpark: Witness maple-production, syrup and candy making. Kirkland, Ohio.

Find your local maple festival here:

northeastohiofamilyfun.com/maple-syrup-festivals-in-northeast-ohio/

March 2(main Library), 23 (Hough Campus— Print your own Tote Bag: free, hands-on printmaking workshop inspired by The Archive exhibit at Cleveland Public Library. Questions/registration: 216-623-2848

March 8th—International Women's Day

March 9th: Towpath Trail Lantern Parade: 6:30pm start and end at Sokolowski's Overlook. Feature local artists displaying illuminated art made from recycled materials, bring your own lantern from recycled materials and a battery powered light!

March 17th—St Patrick's Day Parade: Downtown Superior Ave at E. 18th St to Public Square. 2:04 start

March 24th—Buzzard Day: 67th Annual festival at Hinkley Preparatory Academy, free admission & free parking with shuttle. 7am-2pm

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 ~



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.

Rose Center News



The National Women’s History Month’s theme for 2024 celebrates “Women Who Advocate for Equity, Diversity and Inclusion.” The theme recognizes women throughout the country who understand that, for a positive future, we need to eliminate bias and discrimination entirely from our lives and institutions. Women from every background have long realized that an uneven playing field will never bring equality or justice. Many feel the critical need to speak up and work harder for fairness in our institutions and social interactions.

Today, equity, diversity and inclusion are powerful driving forces that are having a wide-ranging impact on our country. As members of families, civic and community groups, businesses and legislative bodies, women are in the forefront of reevaluating the status quo. They are looking anew at what harmful social policies and behaviors exist and, often subtly, determine our future. In response, women in communities across the nation are helping to develop innovative programs and projects to address these injustices.

It takes courage for women to advocate for practical goals like equity, diversity and inclusion when established forces aim to misinterpret, exploit or discredit them. Throughout 2024, we honor local women from the past and present who have taken the lead to show the importance of change and to establish firmer safeguards, practices and legislation reflecting these values. Following decades of discrimination, we are proud to celebrate women who work for basic inclusion, equality and fairness. (nationalwomenshistoryalliance.org/2024)

As stipulated in the will of Benjamin Rose, the agency bearing his name is incorporated on September 11, 1908. Rose specified that the agency would be led by an all female Board, chosen by him and named in his will. The Board remains all-female today.



Margaret Wagner was named the agency’s first executive director in the 1930’s. One of her first actions is to add social work and medical services to the Institute’s responsibilities. This was the first of many steps taken to creatively respond to

the evolving needs of older adults within a dynamic environment. (benrose.org)

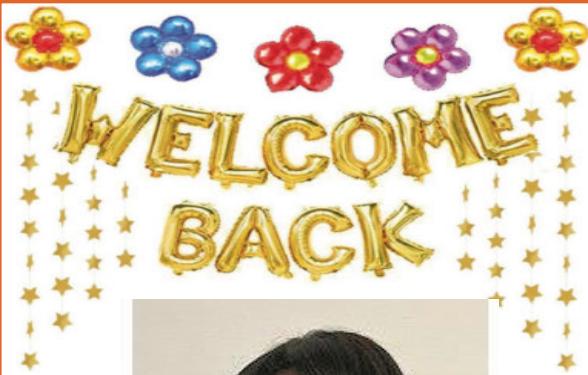


Today the Rose Centers for Aging Well Leadership team consists of women from different experiences coming together to promote successful aging in our diverse communities, developing new programs to address changing community needs, and advocating for those we serve.

[Pictured left to right: Carla Collins, Melissa Winberry, Elizabeth Burns, Tracey Kirksey, Ashley Herhuth, and Dabney Conwell.]

James Woods Rose Center

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



**Welcome back
Linda Robinson!**

Famous Women in the Millennium



Joan of Arc
Pocahontas
Calamity Jane
Marie Curie

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

Jane Austen
Betsy Ross
(Susan B.) Anthony
(Harriet Beecher) Stowe

(Ruth Bader) Ginsburg
(Emily) Dickinson
(Amelia) Earhart
Rosa Parks

King Kennedy Rose Center

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

Irish Potato Leek Soup Prep time: 15 mins Cook Time: 25 mins Serves 4 Calories 235

This soup has a creamy texture, it has NO milk or cream— and it's very easily to make vegetarian or vegan by using vegetable stock and olive oil instead of butter, and dairy free with ghee. If you don't have an immersion blender, you can use a standing blender to puree this potato leek soup in batches. Be careful, since it's hot, let it cool some! For a more rustic, classic chunky potato leek soup, you can just use a potato masher to break up the potatoes at the end after they've cooked. Recipe can easily be split to makes 2 servings.

Ingredients:

- 4 tablespoons salted butter (Salt & Pepper to taste)
- 2 medium leeks white & light green parts only, halved & sliced, washed thoroughly
- 3 medium potatoes—peeled and diced into 1/2 inch peices
- 2 cups stock or broth (chicken or vegetable)

Instructions:

1. Melt 3 tablespoons butter in a large pot over medium heat. Add the leeks, stir to coat in butter. Cook about 10 minutes, stirring occasionally until leeks are meltingly tender & soft. You don't want them to brown—if browning turn down heat.
2. Add the diced potatoes, broth and some salt & pepper to taste. Bring to a boil. Cover, turn heat to low and simmer 10-15 minutes until potatoes are cooked through.
3. Use an immersion blender to puree the soup directly in the pot. Alternatively, you can blend it in batches using a standing blender, or you can use a potato masher for a more rustic, lumpy texture. Turn off heat and stir in remaining tablespoon of butter. Adjust salt & pepper to taste, can top with chives, bacon and/or sour cream.



East Cleveland Rose Center at Salvation Army

BEFORE SERENA AND VENUS WILLIAMS, MARGARET AND MATILDA PETERS WERE THE TALENTED SISTERS IN TENNIS

They paved the way!

We all know of tennis phenoms Venus and Serena Williams, but before these Compton icons dominated the courts, there were two other talented Black sisters who changed the landscape of the game:

Margaret and Matilda Peters. According to Encyclopedia.com, Margaret was born in 1915 in Washington, D.C. with Matilda being born just two years later in 1917. The sisters began playing tennis when they were young, practicing at a park across the street from their home in Georgetown. As teens, they began playing competitively, joining the American Tennis Association (ATA). The ATA was created in 1916 in an effort to organize Negro Tennis Clubs across the United States. According to The Bleacher Report, today, it is still in operation and is credited as the oldest Black sports organization in the nation. The ATA hosted many of its tournaments at HBCUs, the annual championships becoming major social events for affluent African-Americans, featuring fashion shows, formal dances, and parties.



In 1935, Margaret was offered a full scholarship to Tuskegee University, choosing to forgo her offer for two years until her sister Matilda finished high school. In 1937, the duo went to Tuskegee together, graduating from the university in 1941 with degrees in physical education before earning masters degrees in physical education from NYU.

The sisters thrived in the ATA, an organization that served as an alternative to the United States Lawn Tennis Association, which refused to accept Black athletes. From 1938-1941 and 1944-1953, the sisters won 14 ATA doubles championships, Matilda also winning two ATA singles titles. They became known for their powerful backhands and quick shop shots, gaining celebrity status across the country and becoming known as the “famous Peters sisters.”

Despite their success and notoriety, the Peters sisters never made any money from their playing days, tennis being considered an amateur sport. The women paid for their own equipment, training, and travel expenses and used their jobs as teachers to fund their careers. Margaret never married, working as a special education teacher in Washington, D.C. Matilda married James Walker in 1957, the couple having two children. Matilda worked in the D.C. public school system and as a professor at Howard University from 1964 to 1981 and ran many tennis camps for underserved youth in the city.

www.becauseofthemwecan.com/blogs/culture/before-serena-and-venus-williams-margaret-and-matilda-peters-were-the-talented-sisters-in-tennis

Mind & Body

Tai Chi	Mondays	12:30pm	Computer Class	2nd & 4th Wed	10:30am
Walking	Daily	10:30am	Fitness Class	Thursdays	10:3am
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			

East Cleveland Rose Center at Salvation Army

Center open
9:00AM- 3:00PM



Monday	Tuesday	Wednesday	Thursday	Friday
<p>I Made This!</p> 		<p>Fit & Fab</p> 	<p>Card Games</p> 	<p>1 Daily Activities 11:30 Lunch 12:30 Cards/Games</p>
<p>4 Daily Activities 11:00 Yours Truly 11:30 Lunch 1230 Tai Chi</p>	<p>5 Daily Activities 11:30 Lunch w/Chef 12:00 BINGO 1:00 Walking Club</p>	<p>6 Daily Activities 11:30 Lunch 1:00 Bible Study</p>	<p>7 Daily Activities 10:30 Fit & Fab 11:30 Lunch</p>	<p>8 Daily Activities 11:30 Lunch 12:30 Cards/Games</p>
<p>11 Daily Activities 11:30 Lunch 12:30 Tai Chi</p>	<p>12 Daily Activities 11:30 Lunch w/Chef 12:00 BINGO 1:00 Walking Club</p>	<p>13 Daily Activities 10:00 EC Library Computer 11:30 Lunch</p>	<p>14 Daily Activities 10:30 Fit & Fab 1:30 Lunch 12:00 Art w/Linda Z Spring Centerpieces</p>	<p>15 Daily Activities Big Hearted Blooms 11:30 Lunch 12:00 Food Pantry 12:30 Cards/Games</p>
<p>18 Daily Activities 11:30 Lunch 12:30 Tai Chi</p>	<p>19 Daily Activities 11:30 Lunch w/Chef 12:00 BINGO 1:00 Walking Club</p>	<p>20 Daily Activities 11:30 Lunch 1:00 Bible Study</p>	<p>21 Daily Activities BRING A FRIEND DAY 10:30 Fit & Fab 11:30 Lunch</p>	<p>22 Daily Activities 11:00 Terminal Tower 11:30 Lunch 12:30 Cards/Games</p>
<p>25 Daily Activities 11:30 Lunch 12:30 Tai Chi</p>	<p>26 Daily Activities 11:30 Lunch w/Chef 12:00 BINGO 1:00 Walking Club</p>	<p>27 Daily Activities 10:00 EC Library Computer 11:30 Lunch</p>	<p>28 Daily Activities 10:30 Fit & Fab 11:30 Lunch</p>	<p>29 Daily Activities 11:30 Lunch 12:30 Cards/Games</p>

Gunning Park Rose Center

Walking Group beginning on Fridays at 9:30am; meet by outdoor picnic benches.

* We will plan to walk outside weather permitting



Participants enjoyed a trip to Rincon Criolla restaurant in February.

Attention Gardeners!

We are starting a garden club. We have 2 raised garden beds that we will be using and need help in planning out what to plant for the upcoming season.

First meeting is on Thursday, March 22nd @10:00.



Tech Help!



Bring your device on Tuesday, March 26th at 10:00 and get one on one assistance with your technology problems.



Join us on **Monday, March 4th** to celebrate Women's History Month.

Center participants will be sharing their experiences of being a women and times of empowerment.



*Wear a red hat day on March 8th!



Come & enjoy a "paint and sip" event on Tuesday, March 19th at 12:00pm. Relax and have fun painting a picture while sipping on mocktails.

*Spots are limited

March Bus Trips:



- Thursday, March 14th- Trip to Cleveland Animal Protective League
- Wednesday, March 20th-Lunch trip to Goody's Family Restaurant
- Friday, March 29th-Trip to see Art Museum and coffee shop at The Pivot Center



St Patrick's Day Party
March 15th!

Gunning Park Rose Center

March

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meal reservations due by <u>Wed morning</u>, call 216 -373-1726 or see Sandy to make reservations.</p>	<p>Center Hours: Monday-Friday 8:30am-3:30pm</p>			<p>1 9:30 Walking Group 11:30 Lunch 12:30 Bingo</p>
<p>4 Women's History Month Presentation 10:00 Zumba 11:30 Lunch 1:00 Free Bingo!</p>	<p>5 School Visit 9:30 Pinochle 10:00 Cle Dept of Aging Presentation 11:30 Lunch</p>	<p>6 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Line Dancing</p>	<p>7 EMS Screenings & School Visit 9:30 Pinochle 10:15 Tai Chi 11:30 Lunch</p>	<p>8 Red Hat Day 9:30 Walking Group 10:00 Advisory Council 11:30 Lunch 12:30 Bingo</p>
<p>11 10:00 Zumba 11:30 Lunch 12:30 Bingo</p>	<p>12 9:30 Pinochle 10:00 Flower Arranging 11:30 Lunch</p>	<p>13 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Line Dancing</p>	<p>14 APL Trip 9:30 Pinochle 10:15 Tai Chi 11:30 Lunch 1:00 Social Service Office Hour</p>	<p>15 St Patrick's Day Party 10:00 Music & Dancing 11:30 Lunch 12:30 Bingo</p>
<p>18 10:00 Zumba 11:30 Lunch 12:30 Bingo</p>	<p>19 Sip & Paint 9:30 Pinochle 10:00 School Visit 11:30 Lunch 12:00 Sip & Paint Event</p>	<p>20 Restaurant Trip 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Line Dancing</p>	<p>21 School Visit 9:30 Pinochle 10:15 Tai Chi 11:30 Lunch 1:00 Social Service Office Hour</p>	<p>22 Garden Club 9:30 Walking Group 10:00 Garden Club 10:30 Music Bingo 11:30 Lunch 12:30 Bingo</p>
<p>25 10:00 Zumba 11:30 Lunch 12:30 Bingo</p>	<p>26 9:30 Pinochle 10:00 Tech Help 11:30 Lunch</p>	<p>27 Food Box 10:00 Exercise w/ Christine 11:30 Lunch 12:00 Line Dancing</p>	<p>28 9:30 Pinochle 10:15 Tai Chi 11:30 Lunch 1:00 Social Service Office Hour</p>	<p>29 Pivot Center Trip & Trivia 9:30 Walking Group 10:00 Trivia w/ Carol 11:30 Lunch 12:30 Bingo</p>

Paul W. Alandt Lakeshore Rose Center

Join us on Thursday Mornings for
Zumba 10:30 am

**It's Back!! Cardio Drumming
and Morning Spin! Tuesdays
10:30am**



Monthly Trips

- 3/7/24 Women's International Space Museum
- 3/12/24 Nottingham Memorial Branch Library
- 3/25/24 That Breakfast Place

Join us for a three part series with The Near West Theater titled Creative Aging

- 3/8/24
- 3/15/24
- 3/22/24

10:30 am all three dates!



Educational Classes for March

**3/11/24 Case Western Reserve
Healthy Living for The Brain and
Body**

**3/27/24 Financial Educational Class
ESOP**

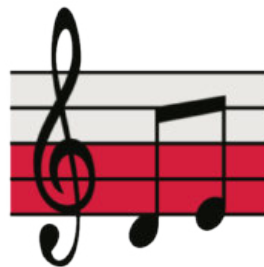
The Lakeshore participants wore red in support of Heart Disease Awareness



Join us Monday mornings
at 10:30 for exercise with
Christine!



Cleveland EMS will be coming to Lakeshore the 2nd Thursday of the month for health screenings. Come get screened on Thursday, March 14 at 11:00 am



Come and join us for our monthly party on March 8, 2024 at noon

Entertainer will be our very own Kenny Gilder the "Music Bingo Man!!!"

Paul W. Alandt Lakeshore Rose Center

March

Monday	Tuesday	Wednesday	Thursday	Friday
<p>CALL ROBIN WHITTED AT 216-373-1683 FOR A MEAL</p>				<p>1 10:30 Coffee 11:30 Lunch 12:30 Bingo</p>
<p>4 10:30 Exercise with Christine 11:30 Lunch 12:00 Social Hour</p>	<p>5 10:30 Cardio Drumming 11:30 Lunch 12:00 Social Hour</p>	<p>6 10:30 Crotchet 11:30 Lunch 12:30 BINGO <i>IG School Oral Health Screenings</i></p> 	<p>7 10:30 Zumba 11:30 Lunch 12:15 Bible Study Women's Int. Space Museum Trip</p>	<p>8 10:30 Coffee 11:30 Lunch 12:00 Party Near West Theater</p>
<p>11 10:30 Exercise with Christine 11:30 Lunch 12:30 Social Hour <i>Healthy Living for the Brain</i></p>	<p>12 10:30 Morning Spin 11:30 Lunch 12:30 Social Hour Library Trip</p> 	<p>13 10:30 Crochet 11:30 Lunch 12:30 BINGO IG School <i>Post Office on Wheels 12pm</i></p>	<p>14 10:30 Zumba 11:00 EMS 11:30 Lunch 12:15 Bible Study 12:30 Chef Kellee</p>	<p>15 10:30 Coffee 11:30 Lunch 12:30 Bingo Near West Theater</p>
<p>18 10:30 Exercise with Christine 11:30 Lunch 12:00 Social Hour</p>	<p>19 10:30 Cardio Drumming 11:30 Lunch 12:30 Build a Bouquet</p>	<p>20 10:30 Crotchet 11:30 Lunch 12:30 BINGO IG School</p>	<p>21 10:30 Zumba 11:30 Lunch 12:15 Bible Study</p>	<p>22 10:30 Coffee 11:30 Lunch 12:30 Social Hour Near West Theater</p>
<p>25 10:30 Exercise with Christine 11:30 Lunch 12:30 Social Hour Trip to That Breakfast Place</p>	<p>26 10:30 Morning Spin 11:30 Lunch 12:30 Social Hour</p>	<p>27 10:30 Presentation 11:30 Lunch 12:30 Bingo</p> 	<p>28 10:30 Zumba 11:30 Lunch 12:30 Bible Study</p>	<p>29 10:30 Coffee 11:30 Lunch 12:00 Bingo</p>

Puzzles of the Month

Sudoku Puzzle 1

	5			9	1		6
			7	4			3
		3		6	1	4	8
	4	1	6				
6		9		7			
	3				5		
			8	9			
	7	6		1			5

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DIFFICULTY: ★☆☆☆☆

Sudoku Puzzle 2

			2			9		8
9				6	7			
8								3
				7				4
3			6	4				9
	2					1		6
								1
2		7	3					8
				8	9			7

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DIFFICULTY: ★★☆☆☆

ST. PATRICK'S DAY WORD SEARCH



WORD LIST

CELTIC
CLOVER
COINS
DANCE
FORTUNE
FOUR LEAF CLOVER
GOLD
GREEN
IRELAND
IRISH
JIG
LEGEND
LEPRECHAUN
LIMERICK
LUCK
MAGIC
MARCH
PARADE
RAINBOW
SHAMROCK
ST PATRICK
TRADITION
WISH

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





March 2024 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Choice of : 1% Milk, Buttermilk, or Calcium fortified Juice</p> <p>*=Take Temperature of Milk and all food preceded by an asterisk</p>	<p>**GCFB providers will serve emergency cereal bars. Caterer will replenish cereal bars for emergency supply</p>	<p>Menu Approved by: <i>Ann Stakheber, MS, RDN, LD</i></p>		
<p>4 *Salisbury Steak 3 oz. w/ *Gravy 2 oz. *W.G. Noodles ½ c *Green Beans ½ c *Buttered Beets ½ c Whole Grain White Sliced Apricots ½ c ALT = CS TR</p>	<p>5 *Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Green Peas **W.G. Cereal Bar 1 oz Pineapple ½ c ALT = CBG RB</p>	<p>6 *Stuffed Pepper 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Carrots ½ c 2 Whole Grain Wheat Banana ALT = CF T</p>	<p>7 *BBQ Chicken Breast 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c W. G. Buttermilk Biscuit 2 oz. Mandarin Oranges ½ c ALT = CBG V</p>	<p>1 *Vegetable Lasagna 6 oz. *Carrots ½ c *Succotash ½ c Whole Grain Wheat Pineapple Chunks ½ c W.G. Vanilla Wafers 1 oz. ALT = CF TR</p>
<p>11 *Beaded Chicken Patty 3 oz. Mayo 1 PC *Corn ½ c *Roasted Potatoes ½ c Whole Grain bun, 2 oz Sliced Peas ½ c ALT = CS V</p>	<p>12 *Beef Lasagna 3 oz. *Spinach ½ c *Carrots ½ c Whole Grain Dinner Roll, 2 oz Applesauce ½ c ALT = CBG T</p>	<p>13 *Chicken Marsala 3 oz *Brown Rice ½ c *Capri Blend ½ c Broccoli ½ c Whole Grain wheat Mixed Fruit ½ c ALT = CF RB</p>	<p>14 *3 oz. Corned Beef Cabbage and Carrots ½ c Roasted Red Potatoes ½ c 2 W.G. Rye Applesauce ½ c ALT = CBG TR</p>	<p>15 *Cheese Ravioli 6 oz. *Zucchini ½ c *Cauliflower ½ c Whole Grain Breadsticks 2 oz. Mandarin Oranges ½ c ALT = CF T</p>
<p>18 *Roasted Turkey Breast 3 oz. *Gravy 2 oz./ *Sweet Potatoes ½ c *Green Beans ½ c 2 Whole Grain Wheat Cranberry Juice ½ c ALT = CS RB</p>	<p>19 *Sliced Ham 3 oz. w/ Pineapple Glaze *Scalloped Potatoes ½ c *Mixed Vegetables ½ c W.G. Corn Bread 2 oz Pears ½ c ALT = CBG TR</p>	<p>20 *Lemon Gravy 2 oz./ Chicken 3 oz. *Brown Rice ½ c Carrot Coins ½ c *Cape Cod Blend ½ c Whole Grain White Orange ALT = CF V</p>	<p>21 *Swedish Meatballs 3-1 oz. w/Gravy 2 oz./ *Noodles ½ c *California Blend ½ c Sautéed Mushrooms ½ c. Whole Grain White Sliced Apricots ½ c ALT = CBG T</p>	<p>22 2-2 oz. Stuffed Shells w/ Sauce 2 oz. *Spinach ½ c/1 PC Lemon Juice *Lima Beans ½ c Whole Grain Garlic Toast 2 oz. Sliced Pears ½ c ALT = CF TR</p>
<p>25 *Beef Sloppy Joe 4 oz. *Cauliflower ½ c * Buttered Beets ½ c Whole Grain Bun Sliced Peaches ½ c ALT = CS TR</p>	<p>26 *Chicken Cacciatore 3 oz *W.G. Spaghetti ½ c *w/ Sauce 2 oz Kyoto Blend ½ c, Zucchini ½ c Dinner Roll, 1 oz Pears ½ c ALT = CBG RB</p>	<p>27 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *Butternut Squash ½ c W. G. Dinner Roll, 2 oz Banana ALT = CF T</p>	<p>28 *Beef Meatloaf w/ Ketchup Glaze 3 oz. *Mashed Potatoes ½ c/ 2 oz gravy *Broccoli ½ c 2 Whole Grain White Chunky Applesauce ½ c ALT = CBG V</p>	<p>29 *Breaded Fish 4 oz. Tartar Sauce 1 PC *Green Peas ½ c *Potato Wedges ½ c W.G. Hamburger Bun Grapes 1 c ALT = CF TR</p>

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 = Chef Salad W Lettuce, Ham, Egg, Cheese

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