

In celebration of Older Americans Month we tell their stories. Recognizing their immense influence, life experiences, abundant cultural and historical knowledge that guides younger generations. Communities benefit when people of all ages, abilities, and backgrounds have the opportunity to participate and live independently.



Christine proudly showed a picture of herself 68 years younger that her niece gave her for Christmas. Christine grew up in Georgia, moving out at 18 years old. She lived in Detroit for 6 months with her older sister then moved to Cleveland to stay with her aunt where she decided to live. She does go back to Georgia every year at Christmas time to visit with family. Christine had two sisters, one in Georgia and the other lived in Detroit, and her brother lives in Atlanta. Graduating in 1956, Christine went to work at “Hotel Mango” located downtown Cleveland. She then became a nurse assistant at Benjamin Rose where she worked for 35 years. Travel has always been a passion of Christine’s, adventuring at least once a year with her sister. She has been to 45 other states! Her favorite places to visit are Montreal, Canada and San Francisco, California. She loves to travel especially for the views. A special memory was a visit to Mount Rushmore where she got the chance to go into the mountain. Family is very important to Christine, having a son and daughter, three grandchildren, and three great-grandchildren, and her favorite thing about being a grandma is the hugs!

She is most proud of is her daughter, who went back to school after overcoming a long personal struggle. Christine encouraged her daughter, expressed how important it is to show love instead of scolding someone when they’re in a predicament and all they want is help. One piece of advice she would give to others is to “Enjoy life. Get up and do something. It makes you feel better”. Her advise was “not to sit around feeling sorry for yourself.” After Christine retired she wasn’t feeling like herself, and she wanted something different and to make a change so she started to go to the Lakeshore Rose Centers. She visits everyday and enjoys her time there.

(Keep reading more stories on page 4)

Rose Centers Directory

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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*

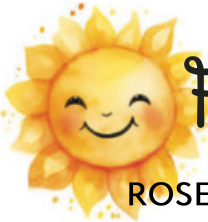
King Kennedy Rose Center Phone: 216-401-6561
 2501 East 59th Street, Cleveland, OH 44104 M-F 8am-2pm
 Karen Ledford, *Nutrition Site Coordinator*
 Gary McCoy, *Kitchen Aide*
 Mary Wallace, *Kitchen Aide*

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



Fun in The Sun

ROSE CENTER SENIOR PROM

Join us for an evening of dinner and dancing, raffles, photo booth, resource tables, and more!

WHEN: SAT, JUNE 1ST, 2024 4PM – 7PM

WHERE: Benjamin Rose Conference Center
at 11890 Fairhill Rd, Cleveland, 44120

WHO: Adults Aged 60 and Better

ATTIRE: Summer fun–(NO Swimwear Please)

TICKETS: \$15 General Admission

Tickets can be purchased at all Rose Centers or by calling Ashley at 216-373-1936

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

Hello Rose Centers! My name is Tim, the new Program Director for Health and Wellness with the Rose Centers for Aging Well. I've started my role here at the Rose Centers after living in Cincinnati for the 9 years. I've worked in various public health fields including community engagement, disease prevention, diabetes education, and healthcare navigation. Though I've been living in Southern Ohio, I was born and raised in Euclid before attending the University of Dayton. When I'm not working, I enjoy playing Pickleball and Volleyball. I am excited to attend as many Cleveland Guardians games as I possibly can this summer. I'm eager to be a part of the Rose Centers for Aging Well team and can't wait to work with community members (that's you!) to make a healthier and happier Cleveland community!

Happy Mother's Day to all moms and moms-to-be, to all the grandmothers, step-moms, foster moms, honorary neighborhood moms and those missing their own mothers. And to the caregivers, who mother with their energy and quality of love, thank you!



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



Jerry graduated from Shaw High School in East Cleveland, and moved back 30 years ago to live where her roots sprouted. She worked for Chuck Boyd employment for over 30 years. Her mom died when she was only 3 years old, so she learned a lot from her great grandma. She is a grandma her self now after having four children, two boys and two girls, the youngest being twins. Unfortunately, her youngest and oldest children are deceased. Jerry grew up surrounded by boys and this helped her to learn how to defend herself. She learned a lot from her uncle and foster care. When Jerry was in foster care she learned to “**look and listen.**” She became resilience from playing outside and teaching herself how to do things on her own. She was taught to “listen and not run my mouth”. When she was younger Jerry used to run, she loved playing a variety of sports. She took on new hobbies as she got older such as doing puzzles which helped her to use what she has. Jerry walked from East Cleveland to the Downtown Cleveland Public Library just to read. Being tired of movies, she looked forward to reading and will read any book you hand her. Jerry enjoyed singing in the choir growing up, and had the biggest voice. She finds drawing fun and therapeutic. She has four grandchildren, and she learned to love all of them differently because they are all different. Jerry would take her kids to the library to teach them how to be self-sufficient. It’s up to them to find their path in life. Jerry’s life as thought her not to depend on others and to instead be self-sufficient. She enjoys learning things for herself. Because she has lost a lot, she uses what she has. She believes in being observant, and enjoys learning from listening to others as everyone has a different perspective. She enjoys people watching and finds it beautiful to watch people do things she can’t. She enjoys seeing and hearing what other all the things they are doing. Jerry says she has gotten mad with the Lord, but has taught herself to “sit down, listen and pray. I’m still here so I feels the Lord has something else for me to do. I may not understand it, but it is up to me to take it, stop running, close your eyes, and let him take over.” Jerry likes to stay active by attending both the East Cleveland Rose Center and the Bedford senior centers. She has learned so much from attending both centers . She is grateful for the community she participates in.



Bob is a staple at the Gunning Park Rose Center. One of his favorite childhood memories was “banging on a rock and an insect crawled out, he didn’t expect a living thing to be under there” he told us with a chuckle. Bob fondly recalls helping his dad with his auto repair garage. He most enjoyed getting to hang out with his dad, watching him work, and gaining working experience. When asked about a time Bob felt proud of himself, he spoke about being a librarian at the University of Akron. He gave a speech to the college students and received applause after. He did not think he needed the praise as he was just giving a lecture, but little did he know this speech helped so many people. They learned so much in such little time and he was proud that he had made an impact. Bob said if he could relive one day, it would be the day he received his bachelor’s degree in Political Science from Mount Union College in Alliance, Ohio. He was

so excited he did a somersault in the backyard! College was a real challenge, but he was so happy to have finally earned his degree.

One thing Bob wished he had done differently was to have secured another job before he quit his job. Luckily, he quickly found another job doing graduate work. Bob believes teachers and students should be recognized more for their accomplishments. “They are an important part of society, they are the future,” he told us. One piece of advice Bob would give to others is “**don’t be afraid if you get defeated or things don’t go the way you wanted, believe in yourself. Hopefully this can encourage others to not lose hope, and keep going.**”

King Kennedy & James Woods Rose Centers

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

In honor of Older Americans Month here are some helpful tips to a long and healthy life!

Taking a break from alcohol is one of the best things you can do for your health. Whether you're thinking about drinking less in an average week or feeling like you don't want to drink alcohol at all anymore, there are so many good reasons that can help to make the choice that is right for you.



IMPROVED MENTAL HEALTH— When you take a break from alcohol, you'll most likely notice that your mood improves, and you may feel more positive overall. Because you're not experiencing the low mood, anxiety and tiredness associated with the day after drinking, your outlook can shift, and you'll have more time to spend on doing things that make you happy.

BETTER LONG-TERM PHYSICAL HEALTH— In the short-term cutting down on alcohol has all kinds of benefits like lower blood sugar, weight loss and fewer associated negative consequences like a headache or heartburn. One study has shown other benefits including lower blood pressure and reduced cholesterol. After a few weeks without alcohol you may notice that your day-to-day health has improved. This is because alcohol weakens your immune system. Over time, liver function can improve. The liver performs many essential processes in our bodies and reducing how much you drink means the liver can focus on these essential jobs instead of working overtime to process and eliminate alcohol.



Changes now can protect our future health. Many alcohol-related health risks don't appear until later in life. This means that how much and how often we drink now can have affect our health later in life. Making small, positive changes now will help reduce risks for a long list of health harms including cancer, liver and heart disease. And so, while you may not be able to see all the effects right away you can rest assured that you're making a difference to your long-term health.



BETTER SLEEP, MORE ENERGY— One of the first things you'll notice when you drink less or take a break from alcohol is how much better you're sleeping. If you regularly have a drink to help you fall asleep (which actually has the opposite effect), your body might take a few days to adjust into a normal sleep cycle without alcohol. Keep going! Once you develop your new alcohol-free nightly routine, your quality of sleep will improve. Better still, you'll wake up feeling refreshed and with full of energy to take on the day ahead. This can help increase your concentration, memory, productivity.

SAVE MONEY— So often, people don't consider how much money they are spending on alcohol. Estimate how much money you spend on alcohol during an average week. Multiply this by 52 and you'll have your spend for the year. If you were to set this aside every month, imagine how much you could save over time.



Small tips to help you cut down include; Drink more water, downsize your glass, stock up on non-alcoholic alternatives, avoid topping up glasses, make sure to eat before you drink, break your habits at home, and try not to keep alcohol in your home. (drinkaware.ie/advice/benefits-of-cutting-down-alcohol)

Ohio Department of Mental Health & Addiction Services (614) 466-2596 or dial 711. It's okay to not be okay

East Cleveland Rose Center at Salvation Army



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 1:00 Bible Study	2 Daily Activities 10:30 Fit & Fab 11:00 DENNY'S 11:30 Lunch	3 Daily Activities 11:30 Lunch 12:30 Cards/Games
6 Daily Activities 11:30 Lunch 1230 Tai Chi	7 Daily Activities 11:30 Lunch w/Chef 12:00 BINGO 1:00 Walking Club	8 Daily Activities 10:00 EC Library Computer 11:30 Lunch 12:30 Yoga	9 Daily Activities 10:30 Fit & Fab 11:30 Lunch 12:00 Summer Jewelry Making	10 Daily Activities 11:30 Lunch 12:30 Cards/Games
13 Daily Activities 10:30 Rock n Roll Hall 1:30 Lunch 12:30 Tai Chi	14 Daily Activities 11:30 Lunch w/Chef 12:00 BINGO 1:00 Walking Club	15 Daily Activities 11:30 Lunch 1:00 Bible Study	16 Daily Activities 10:30 Fit & Fab 1:30 Lunch	17 Daily Activities 11:30 Lunch 12:00 Food Pantry 12:30 Cards/Games
20 Daily Activities 11:30 Lunch 12:30 Tai Chi	21 Daily Activities 11:30 Lunch w/Chef 12:00 BINGO 1:00 Walking Club	22 Daily Activities 10:00 Computer Big Hearted Blooms 11:30 Lunch	23 Daily Activities 10:30 Fit & Fab 1:30 Lunch	24 Daily Activities 11:30 Lunch 12:30 Cards/Games
27 	28 Daily Activities 11:30 Lunch w/Chef 12:00 BINGO 1:00 Walking Club	29 Daily Activities 11:30 Lunch	30 Daily Activities 10:30 Fit & Fab 1:30 Lunch 12:30 Mural Ceremony-LindaZ	31 Daily Activities 11:30 Lunch 12:30 Cards/Games

Gunning Park Rose Center

Mother's Day Party on
Wednesday, May 8th



Violin Performance by MaryBeth Ions
at 10:00AM

Refreshments sponsored by the
Advisory Council.



Walk into Summer!

Join us in May as we kick off our "Walk into Summer" program. A great way to build healthier habits and meet new people.

- First 30 people who sign up will receive a free pedometer
- Log your steps or distance weekly and be entered to win a variety of prizes.
- Kick off meetings on: Thursday, May 2nd and Friday, May 3rd at 9:30am.



Join Sandy on
Wednesday, May 1st @ 10:00AM
as she demonstrates how to make
empanadas using an air fryer!

*Samples will be limited to the first 12
individuals who sign up



Pickleball & Bingo
with Keller Williams!



Learn how to play this popular sport!
Fans of tennis, ping pong, badminton
are sure to love this new sport.
All experiences and abilities welcome.

Pickleball Workshop: 9:30-10:30am
Bingo: 10:30-11:30am

May Bus Trips:



- **West Side Market** on Friday, May 3rd
(9:30-12:30)
- **Thrift Store Trip** on Monday, May
20th (10:00-12:30)
- **Breakfast trip to Scramblers** on
Thursday, May 23rd (9:30-12:30)



Flower Arranging on
Tuesday, May 14th @
12:00pm!



Learn how to tie dye and
create your own t-shirt on
Thursday May 16th @ 12:30!
Class will be limited to
10 participants, please see
Sandy or Liz to sign up.

Gunning Park Rose Center

May

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Empanada Making Demo 10:00 Exercise 11:30 Lunch & Learn with CSU 12:00 LineDancing	2 9:30 Pinochle 9:30 EMS screenings 11:30 Lunch	3 West Side Market Trip 9:30 Walking Group 11:30 Lunch & Learn with CSU 12:30 Bingo
6 10:00 Zumba 11:30 Lunch 12:30 Bingo	7 9:30 Pinochle 10:30 School Visit 11:30 Lunch	8 Mother's Day Celebration 10:00 Exercise 11:30 Lunch 12:00 Line Dancing	9 Pickleball & Bingo 9:30 Pickleball Workshop 10:30 Bingo 11:30 Lunch	10 9:30 Walking Group 10:00 AC Meeting 10:15 Tai Chi 11:30 Lunch 12:30 Bingo
13 10:00 Zumba 11:30 Lunch 12:30 Bingo	14 Music Bingo 9:30 Pinochle 10:30 Music Bingo 11:30 Lunch 12:00 Flower Arranging	15 Senior Day 10:00 Exercise with Christine 11:30 Lunch	16 Tie Dye Class 9:30 Pinochle 10:15 Tai Chi 11:30 Lunch 12:30 Tie Dye Class	17 9:30 Walking Group 10:00 WPKND visit 11:30 Lunch 12:30 Bingo
20 Thrift Store Trip 10:00 Zumba 11:30 Lunch 12:30 Bingo	21 9:30 Pinochle 10:00 FitBall 11:30 Lunch	22 Food Box 10:00 Exercise with Christine 11:30 Lunch 12:00 Line Dancing	23 Breakfast Trip to Scramblers 9:30 Pinochle 10:00 Garden Club 10:15 Tai Chi 11:30 Lunch	24 Garden Club 9:30 Walking Group 10:00 Garden Club 11:30 Lunch 12:30 Bingo
27 Center Closed 	28 Tech Help 9:30 Pinochle 10:00 FitBall 10:00 Tech Help 11:30 Lunch	29 10:00 Exercise with Christine 11:30 Lunch 12:00 Line Dancing	30 Movie Screening 9:30 Pinochle 10:00 Movie & Popcorn 11:30 Lunch	31 Free Bingo 9:30 Walking Group 10:15 Tai Chi 11:30 Lunch 12:30 Free Bingo!

Paul W. Alandt Lakeshore Rose Center

Exercise Schedule

Classes begins at 10:30am

Monday– Aerobics

**Tuesday– Cardio Drumming
Peddling**

Thursday– Zumba



Join us on Wednesdays at Noon



Interested in Crocheting?

Whether you are a beginner or advanced crocheter Please join us on Wednesdays at 10:30 am for crochet classes.



Monthly Trips

5/14– Library Memorial Nottingham Branch

5/15– Senior Day

5/17– Cleveland Natural History Museum

5/20– Bumpers Bar and Grill



New Service at Lakeshore In April!

Starting in April RCAW Lakeshore will collaborate with Behavioral Health Services to Provide Services which will include:

Case Management
Counseling
Coping Skills
Social Skills
Conflict Resolution

Please join us on Wednesdays from 10:00am until 2:00pm to learn more.

Paul W. Alandt Lakeshore Rose Center

May

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy Mother's Day!</p> 	<p>Call Robin Whitted for Meal Reservations (216) 373-1683</p>	<p>1 10:30 Crochet 11:30 Lunch 12:30 Bingo</p> 	<p>2 10:30 Zumba 11:30 Lunch 12:15 Bible Study</p>	<p>3 10:30 Coffee 11:30 Lunch 12:30 Bingo</p>
<p>6 10:30 Exercise with Christine 11:30 Lunch 12:00 Social Hour</p>	<p>7 10:30 Morning Spin 11:30 Lunch 12:00 Social Hour</p>	<p>8 10:30 Crochet 11:30 Lunch 12:30 BINGO BHS/IG School Post office on wheels 12pm</p>	<p>9 10:30 Zumba 11:00 EMS 11:30 Lunch 12:15 Bible Study</p>	<p>10 10:30 Tribute to Moms 11:30 Lunch 12:00 Social Hour</p> 
<p>13 10:30 Exercise with Christine 11:30 Lunch 12:00 Chef Kellee</p> 	<p>14 10:30 Cardio Drumming 11:30 Lunch 12:30 Social Hour Library Trip</p>	<p>15 10:30 Crochet 11:30 Lunch 12:30 BINGO BHS Senior Day Trip</p> 	<p>16 10:30 Zumba 11:30 Lunch 12:15 Bible Study</p>	<p>17 10:30 Coffee 11:30 Lunch 12:00 Social Hour Cleveland History Museum Trip</p>
<p>20 10:30 Exercise with Christine 11:30 Lunch 12:00 Social Hour Bumpers Bar and Grill Trip</p>	<p>21 10:30 Morning Spin 11:30 Lunch 12:00 CWRU Lunch and Learn Build A Bouquet</p>	<p>22 10:30 Crochet 11:30 Lunch 12:30 BINGO BHS/IG School</p>	<p>23 10:30 Zumba 11:30 Lunch 12:15 Bible Study</p>	<p>24 10:30 Coffee 11:30 Lunch 12:30 Bingo Crafts by</p>
<p>27</p> 	<p>28 10:30 Cardio Drumming 11:30 Lunch 12:30 Social Hour</p>	<p>29 10:30 Financial Education Class 11:30 Lunch 12:00 Bingo BHS</p>	<p>30 10:30 Zumba 11:30 Lunch 12:15 Bible Study</p>	<p>31 10:30 Coffee 11:30 Lunch 12:30 Movie</p> 

Puzzles of the Month

Memorial Day Word Scramble Puzzle

Happy Mothers Day



1. AIALTMR

2. RVBSOEE

3. VEBAR

4. TOTCRPIIA

5. OOMMMCTEERA

6. ROMDFEE

7. TAEHWR

8. LRDIESO

9. ONTCYUR

10. ORELMMIA

11. OVOUSRITIC

12. UEDNTI

13. TONAALNI

14. RDEAAP

15. ARFIECCS

APPRECIATION

BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS

GUIDANCE

HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL

MOM

MOTHER
NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER

THE BEST

WARM
WISE

DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



REMEMBER THOSE WHO SERVED

Sudoku Puzzle 1

		6	5					
	1	3			9	4		
4		2	1					
8	9		4					
			6		8			
	6	4	1		8	2		
5			8	2				
6	9	2						
		3	1					

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DIFFICULTY: ★☆☆☆☆

Sudoku Puzzle 2

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

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DIFFICULTY: ★★☆☆☆

May 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 proceeded by an asterisk.</p>	<p>Menu Approved By: <i>Ann Stahlheber MS, RDW, LD</i></p>	<p>1 *Breaded Fish 4 oz Tartar Sauce 1 PC *Brown Rice ½ c *Buttered Beets ½ c *Spinach ½ c / 1 PC Lemon 1 Whole Grain Wheat Fresh Grapes 1 c ALT=CF TR</p>	<p>2 *Meatballs 3-1 oz W.G. Sub Roll, 2 oz *California Blend ½ c Roasted Potato Wedges ½ c Peaches ½ c ALT = CBG V</p>	<p>3 *BBQ Chicken Breast 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c W. G. Buttermilk Biscuit 2 oz. Mandarin Oranges ½ c ALT = CF RB</p>
<p>6 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Gravy 2 oz *Corn ½ c 2 Whole Grain White Pears ½ c ALT = CS RB</p>	<p>7 *Beef Lasagna 8 oz *Cauliflower ½ c *Green Peas ½ c Whole Grain Garlic Toast 2 oz Mixed Fruit ½ c ALT = CF V</p>	<p>8 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Green Beans ½ c 2 Whole Wheat Bread Peaches ½ c ALT = CBG T</p>	<p>9 *Roasted Turkey Breast 3 oz *Stuffing ½ c w/*Gravy *Mashed Potatoes ½ c *Carrot Coins ½ c 1 Whole Grain White Cranberry Juice ½ c ALT = CF RB</p>	<p>10 *Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun, 2 oz Fresh Fruit Salad 1 c ALT = CBG TR</p>
<p>13 *Salisbury Steak 3 oz *Gravy 2 oz *Noodles ½ c *Mixed Vegetables ½ c Apricots ½ c Apple Juice ½ c ALT = CS TR</p>	<p>14 Rueben with *Turkey, 1oz *Swiss Cheese, 1 oz, Sauerkraut ½ c Thousand Island Dressing 1 PC *Tom., Cuc., Onion Salad ½ c 2 Whole Grain Rye Mandarin Oranges ½ c ALT=CBG RB</p>	<p>15 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *Bermuda Blend ½ c W. G. Dinner Roll, 2 oz Peaches ½ c ALT = CF V</p>	<p>16 *Breaded Fish 4 oz w/Tartar Sc 1 PC American cheese 1 slice Coleslaw ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun Fresh Grapes 1 c ALT = CBG TR</p>	<p>17 *Sliced Ham 3 oz w/ Pineapple Glaze *Cheesy Potatoes ½ c *California Blend ½ c 2 Whole Grain White Tropical Fruit ½ c ALT = CF TR</p>
<p>20 *Sloppy Joe 3 oz. *Sweet Potatoes ½ c *Broccoli ½ c W.G. Bun, 2 oz. Sliced Apricots ½ c ALT = CS TR</p>	<p>21 *Chicken Parmesan Patty 3 oz. *W.G. Pasta W. Pesto Sauce ½ c *Carrot Coins ½ c *Cape Cod Blend ½ c Whole Grain White Applesauce ½ c ALT = CF RB</p>	<p>22 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Pears ½ c ALT = CBG T</p>	<p>23 *Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c *Broccoli ½ c *Cauliflower ½ c 1 Whole Grain Wheat Fresh Orange ALT = CF V</p>	<p>24 *Hamburger, 3 oz *Seasoned Potato Wedges ½ c *Green Peas ½ c 1 Whole Grain Rye Banana Oatmeal Cookie, 1 oz ALT = CBG TR</p>
<p>27 Memorial Day Site Closed</p>	<p>28 *Stuffed Shells, 2-2 oz *w/Sauce 2 oz *Zucchini ½ c *Glazed Carrots ½ c 2 Whole Grain Wheat Mixed Fruit ½ c ALT = CS RB</p>	<p>29 *Swedish Meatballs 3-1 oz w/ *Gravy 2 oz, *Noodles ½ c *Peas ½ c, *Mushrooms ½ c 1 Whole Wheat Bread Orange ALT = CBG T</p>	<p>30 *Roasted Pork Loin 3 oz *Au Gratin Potatoes ½ c *Spinach ½ c/ 1 Lemon PC W.G. Dinner Roll, 2 oz Applesauce ½ c ALT = CF V</p>	<p>31 *Chicken Stir Fry 3 oz *Brown Rice ½ c *Oriental Blend ½ c *Peppers and Onions ½ c 1 Whole Grain White Peaches ½ c ALT = CF RB</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

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

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