



Western Reserve
Area Agency on Aging

WRAAA SPOTLIGHT

QUARTERLY NEWSLETTER | SUMMER 2021

We Provide Choices for People to Live Independently in the Place they want to call Home



From the Desk of WRAAA CEO, Dr. Douglas Beach



As we anticipate the time when WRAAA emerges from the COVID-19 pandemic, I am mindful of Robert Schuller's quote, "Tough times never last but tough people do."

During this past year this agency endured very tough times, yet our staff, Board of Trustees and volunteers showed their mettle. Right after the March 2020 lockdown, we stood united in our efforts to initiate safety-net services that provided much needed groceries and prepared meals, plus health and safety supplies to consumers and eligible residents in our five county service region.

As soon as the Moderna vaccine became available for mass distribution, WRAAA sprang into action. Our agency assisted the State of Ohio, the Ohio Department of Aging, Cleveland's Department of Aging & Public Health and the Cuyahoga County Division of Senior Adult Services in distributing vaccinations to eligible individuals who met Ohio's vaccination guidelines. WRAAA staff joined forces with community partners to provide vaccinations in apartment buildings, churches, neighborhood centers and health clinics. We also helped vaccinate the homebound.

Despite this deadly pandemic, our case managers continued to provide outstanding care and essential services to consumers without missing a beat. In fact, positive comments received from the February Care Manager Consumer Survey surpass those of previous years.

As we look to our agency's future, we are zeroing in on the gnawing problem of food insecurity, brought into sharper focus by COVID-19. Based upon our successful experience with the Circle of Food and the Great Grocery Giveaway programs, we have allied with local and state agencies to provide fresh groceries and hot meals to the area's most vulnerable residents.

At some time in the future, I look forward to seeing our staff transition back to our Reserve Square office so we can once again enjoy the camaraderie and stimulation of a shared office environment.



Western Reserve
Area Agency on Aging

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IN MEMORIAM

GERALD BRUCE CHATTMAN

1942 - 2021

It is with great sorrow that I announce the passing of our good friend and legal advisor, Gerald Bruce Chattman. During Gerry's virtual funeral service Rabbi Rose Haim said of Gerry, "A good name endures beyond the grave." There is no doubt that Gerry's good name will be a lasting legacy to those who knew him.

As our legal advisor, Gerry's brilliant mind, kindness and respect for others, formed the bedrock of our agency. Under his guidance we were constantly encouraged to reach for excellence while tackling new projects or maintaining and expanding our essential community services.



During his lifetime, Gerry left an indelible mark on his beloved family, friends, clients and the nonprofit community. A graduate of Cleveland Heights High School, Gerry attended the University of Michigan and Case Western Reserve Law School, where he graduated at the top of his class.

Along with his successful legal career, Gerry was a community activist. He served on many boards and was President of Bellefaire JCB and Chairman of the March of Dimes. He won numerous leadership awards, but his greatest rewards came from his family. The mutual love felt by his wife, children and grandchildren was evident during his funeral and will leave an imprint for generations to come.



Dr. E. Douglas Beach



SENIOR FARMERS' MARKET CAN'T BE BEET!

Shopping at farmers' markets can be a fruitful experience for people looking for fresh, wholesome produce. This summer, eligible seniors in WRAAA's five county service area can enjoy homegrown produce thanks to \$50 in coupons provided by the Senior Farmers' Market Nutrition Program. This program, administered by WRAAA, is funded by a grant from the U.S. Department of Agriculture and the Ohio Department of Aging.

Seniors can use their coupons to purchase locally grown fruits, vegetables, herbs and honey from farmers' markets, mobile markets and roadside stands.

Applicants can apply for the coupons in the county in which they live and at a location specified by their zip code. Proof of address will be requested from each consumer. Participants must be 60 years or older with a combined

household income of 185% or less of the federal poverty level guidelines.

Farmer's market benefits:

- 🍏 Enjoy fresh produce grown without genetic modification
- 🍏 Locally grown food travels a short distance to reach your plate
- 🍏 Support local farmers

Contact Ann Stahlheber at astahlheber@areaagingsolutions.org if you have questions about the program. Ann does not distribute coupons, but she can explain how to obtain coupons from a distribution agent. Locate the distribution agent and the coupon distribution date by visiting WRAAA's website <https://www.areaagingsolutions.org/programs-services/farmers-market/> or call 800-626-7277.

SERVING THE COMMUNITY - A BIG THANK YOU!

April 12, 2021

Dear Dr. Beach,

The WRAAA's generous donation of 33 Dave's Supermarket gift cards, food and hygiene bags, and other food items helps ensure that older adult participants of our "Seniors on the Move" (SOTM) Program have access to critical basic needs. The COVID-19 pandemic has required all service programs to change how we serve the community. For our SOTM program, the May Dugan Center has furthered the program goals of socialization and education through twice-weekly, virtual sessions and bi-monthly food deliveries. The donations by WRAAA were distributed to SOTM participants and they are very thankful.

Thank you for partnering with the May Dugan Center. Your support means so much to so many!

In Gratitude,

Rick A. Kemm, MNO, Executive Director



SPOTLIGHT ON ADVOCACY

On June 3, Dr. Douglas Beach, the President of the Ohio Association of Area Agencies on Aging and WRAAA CEO, testified before the Ohio Senate Finance Committee advocating for additional state funding for senior adults. Below are excerpts from Dr. Beach's testimony:

"I have come before the General Assembly with one goal in mind - advocating for increased resources for Ohio's home and community-based system for older adults, both in the Medicaid program and non - Medicaid program. The assurance of **adequate resources**, dedicated to the full spectrum of supports that will enable aging Ohioans to live healthy, engaged and secure lives **must be guaranteed. Home is where older Ohioans want to be, now more than ever.** In this current moment, the wait list for personal care services has increased to almost 3,000 individuals, and countless more are on waiting lists for local services or stand in need. Home is hastily moving out of reach!"

"At the Western Reserve Area Agency on Aging, we had 587 people waiting for personal care in the Medicaid waiver programs, including PASSPORT, MyCare, and Ohio Home Care for April 2021. When over 90% of people want to age in place in their homes and the cost is 1/6 th of the cost of institutional care, comprehensive efforts must be implemented to making this system work."

As the newly appointed Chairperson of the WRAAA Five County Advisory Council, Frank Węlarz is a man on a mission. He recently traveled to Columbus to testify in front of the Ohio House Finance Committee asking legislators to increase funding for senior community services like home-delivered meals, transportation and personal services.

Frank credits his WRAAA involvement to Lake County Council on Aging and its CEO Joe Tomsick. "It's an honor to advocate on behalf

"In closing, and on behalf of these 12 Area Agencies on Aging, thank you for the overall 6% Medicaid HCBS provider rate increase; this is an important investment in the Medicaid home and community-based waiver system. Older Ohioans and adults with disabilities deserve to enjoy, thrive and age gracefully in their own homes and in the communities they helped build and sustain."

In the final State Fiscal Year 2022-2023 State Biennium Budget, Medicaid Home Community Based Services waiver provider rates were increased 6.1%. Also, there was an additional \$2 million increase in the non-Medicaid Senior Community Services Block Grant that will ensure access to cost-effective services such as home modifications, transportation services, and home-delivered meals, so that older adults can age in place in their homes and communities.



Dr. Douglas Beach testified before the Ohio Senate Finance Committee



of the elderly and to put my passion for helping others towards a very meaningful cause," said Frank. "I encourage more people to volunteer with me."

WRAAA CONSUMER SURVEY GIVES CARE MANAGERS HIGH MARKS

The results are in from WRAAA's latest PASSPORT Care Management consumer survey. WRAAA joined other Northeast Ohio Area Agencies seeking consumers' feedback.

"By conducting this survey, WRAAA is letting its consumers know their opinions matter," said Nita Bring-Mazurek, LSW, Director of Community and Waiver Services. "Survey responses are shared with WRAAA's consumer satisfaction network and, when necessary, we develop new methods or adjust existing ones to sustain success."

Consumers are presented with eight questions and rate them from very satisfied to very dissatisfied. Here are some sample questions:

- Overall, how satisfied are you that your Case Manager helps you remain independent and safe at home?
- How satisfied are you that your Case Manager takes the time to listen to your concerns and understand your situation?
- How satisfied are you with the availability of your Case Manager when you need to talk to him/her?
- How satisfied are you that your Case Manager is professional and courteous?
- How satisfied are you that your Case Manager has the knowledge and skills to address your concerns?

Based on the results of a February 2021 survey, six Case Managers received near perfect scores!



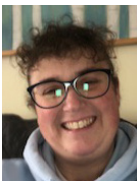
KAREN AMBERCROMBIE

"As a case manager, it's important to be compassionate, concerned, consistent, respectful and patient. I always have a smile on my face, and remember to make phone calls to celebrate a member's birthday or special occasion. I also visit clients when they are in the hospital or nursing facility."



ALISON BROWN

"I am passionate about my service to seniors and do what I can to help them have a high quality of life, and the knowledge that someone truly cares about them. I feel my work with seniors is a "calling", and that I am doing God's work. As part of my WRAAA/PASSPORT duties, I have become an advocate for seniors."



DENISE RIZZO

"My philosophy is to treat seniors as I would want to be treated when I get older. I always put my members' needs first because they are the reason I do this job. I love what I do because I can help many people in our community who would otherwise not have the assistance or know where to go for help."



BRANDIE PATTERSON

"I believe that what you put out into the world has a way of coming back to you. I treat each member with respect, kindness, empathy and compassion. My members welcome me into their homes, share their life stories, culture and accomplishments. My passion has always been to help people and I'm thankful WRAAA has given me the opportunity to do so."



JEANETTE GOLDSTEIN

"I have been a nurse for over 30 years and my philosophy is to give the same care to a person as I would give to my close family members. My faith teaches me to give the best of myself. I have always loved working with frail seniors and I believe I can make a difference in their lives and maybe ease a little of their discomfort along the way."



CYNTHIA WOCHNA

"I treat seniors with dignity and respect and listen to their concerns. I acknowledge their uniqueness and their life history, hobbies and many talents. I look forward to visiting my members and coordinating services so they can be safe and happy at home. I have been fortunate to have great supervisors and an awesome and support team."

SPOTLIGHT ON STAFF

Meet Craig Thomas, WRAAA's new Senior Director of Clinical Services



Craig Thomas entered the field of social work naturally. As a child he accompanied his mother to a local nursing home where she worked as an activities specialist. With his brothers, Craig participated in the home's sing-alongs and group activities, and even got their cheeks pinched by friendly residents.

That early affinity for the elderly carried over into Craig's professional life. For over 20 years he has devoted himself to improving the lives of older adults in Northeast Ohio. With an eye to enabling seniors to live in their own homes as long as possible, Craig has made supporting caregivers and case managers one of his top priorities.

"Even with the challenges of this past pandemic year, WRAAA is excelling, especially in meeting our members' needs," said Craig, who gives WRAAA high marks for providing essential services and supports to seniors. "I've been so impressed with how our agency is leveraging technology to serve our consumers and keep teams connected. This has enabled us to work at top capacity. There will be many opportunities to incorporate the techniques and methods we adopted in 2020 into 2021's best practices."

Craig and his wife, Chrystene, along with their dog and two cats, reside in Cleveland's West Park neighborhood.

Mary O'Neill



After almost 30 years with WRAAA, Mary O'Neill, the agency's Passport/Assisted Living Waiver Supervisor, is enjoying her well-earned retirement.

Reflecting on her career, Mary said her proudest accomplishments were creating safe, inclusive home care plans for each of her consumers including home modifications, personal care services, meals, emergency response systems, effective delivery of medications, and other home care support.

The biggest change Mary noticed during her tenure, which included 25 years as a case manager, was the enrollment of younger consumers – many with mental health issues. Mary attributed this to the greater visibility and availability of PASSPORT, a Medicaid program.

Mary's life these days includes lots of family time, reading, golfing, hiking and volunteering.

"I truly enjoyed my work at WRAAA, and my co-workers were nothing short of fantastic," said Mary. "WRAAA's field staff continues to be remarkable in carrying out the agency's mission - they are the real backbone of the agency."



SPOTLIGHT ON HEALTH

No matter your age or ethnicity, taking care of your skin is essential for overall good health.

Expert skincare advice from Dr. Faith Durden of Western Reserve Dermatology

CHECK YOUR SKIN REGULARLY Skin cancer is the most common form of cancer, affecting 1 in 5 Americans. The American Academy of Dermatology recommends an annual skin cancer-screening exam. If caught early skin cancer is highly treatable. Perform monthly self-exams and look for new spots, spots that appear different from other spots, or any moles that itch, bleed or change color. These may be warning signs of skin cancer. If you have any concerns about spots or lesions on your body, it is strongly advised you see a dermatologist promptly.

USE SUNSCREEN DAILY Sunscreen protects your skin from harmful ultraviolet UVB rays, which cause sunburn and skin cancer. UVA rays are the major cause of age related skin changes, including dull skin tone, “liver spots,” and wrinkles. To prevent sun-induced skin changes, it’s essential to use sunscreen with a sun protection factor (SPF) 30 or higher. Apply one ounce, or a “shot glass” worth of sunscreen and reapply every 2 hours while outdoors, especially after swimming. *Don’t be fooled by Northeast Ohio’s cloudy days, damaging rays still penetrate through the clouds.*

Both chemical and mineral based sunscreens work well, but if you have concerns about the chemicals in sunscreen, choose one whose main ingredient is iron oxide, titanium dioxide, and/or zinc oxide. Iron oxide contains pigment, and might be better suited for those with skin of color. CeraVe 100% mineral based sunscreen, and Laroche-Posay mineral tinted sunscreens are good choices for all ethnicities and skin tones.

WEAR SUN-PROTECTIVE CLOTHING When possible, wear a lightweight and long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses with UV protection.

SEEK SHADE: Seek shade when appropriate, remembering that the sun’s rays are the strongest between 10 a.m. and 2 p.m.

OTHER IMPORTANT TIPS FOR HEALTHY SKIN:

MOISTURIZE DAILY The best time to moisturize is right after getting out of the shower, and before bedtime. Recommended moisturizing creams include, but are not limited to, CeraVe, Cetaphil, and a variety of “eczema therapy” moisturizers. Frequent hand washing and use of hand sanitizers can cause hand dermatitis. Using bland hand creams, such as Neutrogena Hand Cream, which is fragrance-free, can help save your hands from damage.

HYDRATE AND EAT A BALANCED DIET Good skin care starts on the inside. Drink about eight glasses of water a day, and avoid a diet high in processed or refined sugars and unhealthy fats. To give skin the nutrients it needs to form and repair itself, consider these skin-friendly foods:

- Carrots, apricots, and other yellow and orange fruits and vegetables
- Tomatoes, spinach and other green leafy vegetables
- Berries
- Beans, peas and lentils
- Lean protein such as fish, eggs, legumes and tofu
- Healthy fats like nuts, avocado, and olive oil

Dr. Durden is a diplomat of the American Board of Dermatology, a fellow of the American Academy of Dermatology, a member of the North American Hair Research Society, the National Psoriasis Foundation, National Medical Association and The Skin of Color Society. She is Assistant Professor of Dermatology at Case Medical School, and has been in practice for over 20 years.

SPOTLIGHT ON STATE AND LOCAL PARTNERSHIPS

Federal funds help WRAAA seniors breathe easier

Thanks to a grant from the State of Ohio Department of Aging, WRAAA received funding for the Ohio COVID-19 Indoor Air Quality Assistance Program. This initiative enabled WRAAA to distribute 1,000 air purifiers to eligible seniors over the age of 60 in Cuyahoga, Lorain, Geauga, Medina and Lake Counties.

Initial funding for the Indoor Air Quality Assistance Program came from the Federal CARES (Coronavirus, Aid, Relief and Economic Security) Act, earmarked to reimburse facilities serving older adults that invest in air quality and air flow improvements designed to destroy bacteria, mold and viruses.

"This program will improve the indoor air quality and reduce potential infection due to COVID-19 at nursing homes, assisted living centers and adult day centers," said Governor Mike DeWine.

Dr. Douglas Beach, WRAAA CEO, sees this program as part of an ongoing partnership between WRAAA, the State of Ohio and the Ohio Department of Aging. "This collaboration highlights the benefits our seniors receive from symbiotic partnerships, and I look forward to other combined efforts that empower us to enhance the lives of the population we serve."

Karen Webb, WRAAA's Director of Program Development and Planning, organized the agency's air filter distribution to eligible seniors. "Our team contacted our community partners and local agencies that work with seniors to help identify recipients," she said. "The Air Quality Assistance Program complements WRAAA's mission to provide a safe and healthy home environment for our seniors."

State of Ohio Department of Aging Director Ursel J. McElroy praised the program, calling it a welcome tool in the battle to protect Ohio's most vulnerable population against the novel coronavirus.



Karen Webb, Courtney Lowe-Williams, Floyd Wells and Tamirra Harris, help distribute air purifiers to 1,000 recipients.

"The COVID-19 pandemic has been hard on all Ohioans, especially our older citizens," said Director McElroy. "We are grateful for this funding, and I know our nursing homes, assisted living centers and adult day centers will appreciate this relief, too."

Added State of Ohio Department of Health Chief Medical Officer Dr. Bruce Vanderhoff: "The lack of proper ventilation is a contributing factor in COVID-19 outbreaks. With effective ventilation and filtration, the number of viral airborne droplets can be reduced."

*When used properly, air purifiers can help reduce airborne contaminants, including viruses, in a home or a confined space. However, by itself, a portable air cleaner is **not enough** to protect people from COVID-19. Combined with other best practices recommended by the Centers for Disease Control and Prevention, operating an air cleaner can provide an extra layer of protection against the spread of COVID-19.*

WRAAA STAFF SAFEGUARDS DOCUMENTS DURING COVID-19

When the COVID-19 lockdown closed WRAAA's headquarters and employees began working remotely, WRAAA's Senior Compliance and Privacy Officer Megan Nelson devised a plan to protect the confidentiality of all medical records and printed documents related to WRAAA client healthcare records.

On the third Friday of each month, staff bring the privileged documents in sealed boxes to the "drive and drop" located at WRAAA's second floor parking garage. WRAAA employee volunteers take the sealed boxes from car trunks and place them in shredding disposal bins or take them to the Medical Records Department for secured long-term storage.

"This contact-free process takes only a few minutes and is very safe and effective," said Megan. "It's against Federal and State law to allow a breach of a member's information and we take this matter very seriously."



WRAAA AND NEON PARTNERSHIP SHINES BRIGHT

The COVID-19 pandemic crisis sparked a productive new partnership between WRAAA and Northeast Ohio Neighborhood Health Service (NEON). The two agencies joined forces to create COVID-19 vaccination clinics at the seven NEON sites in Cleveland, East Cleveland and area churches and community centers.

Located in minority communities, the clinics' popularity has drawn media attention, including a live on-air WZAK radio segment.

"By supplying COVID-19 vaccines in residents' own neighborhoods we have removed vaccination barriers," said Karen Butler, NEON's Chief Operating Officer. "We are grateful to partner with WRAAA and its dedicated volunteers, who have enabled us to efficiently educate and vaccinate more people."

Providing COVID-19 vaccines to the community dovetails with NEON's mission, which is to meet the health care needs of an individual's lifespan, from prenatal care to eldercare. "A special bonus of our COVID-19 vaccination clinics is the chance to inform residents about NEON's full array of services," said Karen.

As the partnership between WRAAA and NEON flourishes, both non-profits anticipate future collaborations. "We can accomplish a great deal working together to meet the health care needs of our community," said Willie F. Austin, NEON's President and CEO.

June Taylor, WRAAA's Chief, People Performance and Quality Initiatives, anticipates future work with NEON consumers and management team. "Partnering with NEON broadens WRAAA's consumer base while advancing our joint missions and objectives," said June.



WRAAA FILLS THE PANTRY!



WRAAA's lower level was filled with 30,000 shelf stable food boxes containing non-perishable items that were packed and delivered to 30,000 eligible households in WRAAA's five county service area. "The food in these boxes was carefully selected to help consumers make at least five healthy meals," said June Taylor, WRAAA's Chief, People Performance and Quality Initiatives. "WRAAA continues its commitment to address food insecurity in Northeast Ohio in every way possible."



SPOTLIGHT ON COVID-19

WRAAA HELPED OHIO'S VACCINATION EFFORTS

When older adults living in disadvantaged neighborhoods did not have online access to schedule a COVID-19 vaccination appointment, Gov. Mike DeWine and Ohio Department of Aging Director Ursel J. McElroy tasked the Ohio National Guard and Area Agency on Aging offices around the state to meet at-risk older adults where they live. The Regional Rapid Response Assistance Program (R3AP) was created solely for this purpose. Thanks to R3AP, many vulnerable adults have received the Moderna COVID-19 vaccine.

Mary Lipovan, WRAAA's Director of Public Health Advocacy and Terri Foster, Director of the Aging & Disability Resource Center, led the agency's R3AP effort.

Q. What was WRAAA's involvement with R3AP?

A. WRAAA's goal was to support Gov. DeWine, the Ohio Department of Aging (ODA) and Ohio National Guard's R3AP initiative. The WRAAA team was involved in vaccination clinics located in senior apartments in Cuyahoga, Geauga, Lake and Lorain counties.

Q. How did you determine which apartment complexes to visit?

A. The ODA identified senior apartment complexes with high vulnerability social scores. WRAAA collaborated with the City of Cleveland Departments of Aging & Public Health and Cuyahoga County Division of Senior Adult Services to pinpoint appropriate sites, with the majority being in Cuyahoga County's high-density areas.

Q. When were the clinics scheduled?

A. R3AP vaccination clinics were scheduled two days per week with two to three sites in one day. When all adults became eligible, the Governor gave us the flexibility to vaccinate anyone who wanted a vaccine at their respective apartment sites.



Q. Who delivered the vaccine?

A. The Ohio National Guard and the U.S. Army active personnel were trained to draw up and administer the vaccine.

Q. How did you notify apartment tenants?

A. We worked with senior apartment site coordinators and property managers who registered residents.

Q. How did you make sure people returned for a second shot?

A. We educated every adult we vaccinated about the importance of returning 28 days later for the second Moderna shot. We had a high return rate.

Q. Did some people refuse to be vaccinated?

A. For any vaccine there is always a group of late adopters, but when people spoke to trusted partners, family members or religious leaders they often understood the benefits of being vaccinated.

Q. What came next?

A. We collaborated with Cuyahoga County to vaccinate people who were totally homebound due to medical, physical or mental conditions. We used all our resources to identify these people, including social media, phone calls and TV promotion.

For COVID-19 vaccine information call your county's Department of Public Health.

northeast ohio

Aging & disABILITY

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September 17
8 am - 4 pm
ONLINE

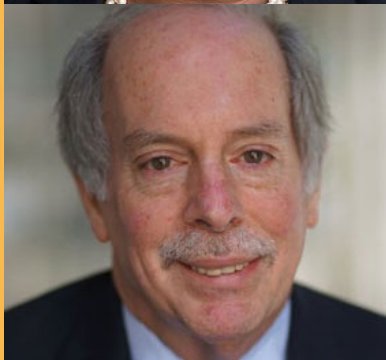
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WRAAA IS HERE TO SERVE YOU!

Western Reserve Area Agency on Aging (WRAAA) provides individuals and community organizations information and services to allow older adults, and individuals living with a disability, to remain independent in their own homes.

ABOUT WRAAA

The Western Reserve Area Agency on Aging (WRAAA) is a private nonprofit corporation organized and designed by the State of Ohio to be the planning, coordinating and administrative agency for federal and state aging programs in Cuyahoga, Geauga, Lake, Lorain and Medina counties. Building upon four decades of experience in providing services and support to elderly and disabled individuals in need, WRAAA continues to expand its service portfolio in the long-term and healthcare delivery systems.

OUR MISSION

We provide choices for people to live independently in the place they want to call home.

OUR VISION

We aim to create a community that provides aging individuals and people with disabilities the opportunity to have their needs met with optimum choice, dignity, and maximum independence.

ESSENTIAL SERVICES

AGING AND DISABILITY RESOURCE CENTER (ADRC):

Older adults of all incomes, ages, and disabilities can contact WRAAA's ADRC for information and assistance in accessing a full range of long-term services and support options. The ADRC provides information from a five county and state network of organizations that create independent and community living options for consumers. Information assistance includes an array of referrals, benefit assistance and counseling.

MANAGED CARE PROGRAMS:

WRAAA provides supportive programs that enable independent living. These include, PASSPORT, MyCare Ohio, and a variety of Waiver programs.

NUTRITION SUPPORT:

WRAAA supports the nutritional needs of our customers by coordinating home delivered and congregate meals throughout our five- county area. These meals offer older adults sustained and improved health, socialization opportunities and a reduction in food insecurity.

HEALTH SCREENINGS:

Through our community outreach WRAAA provides health promotion programs. These include vision and diabetes screenings and fall prevention programs.

FAMILY CAREGIVER SUPPORT:

This program provides caregiver counseling, and referrals through our collaborating organizations. Our efforts support the caregiver through education and access to respite care.

OTHER SERVICES:

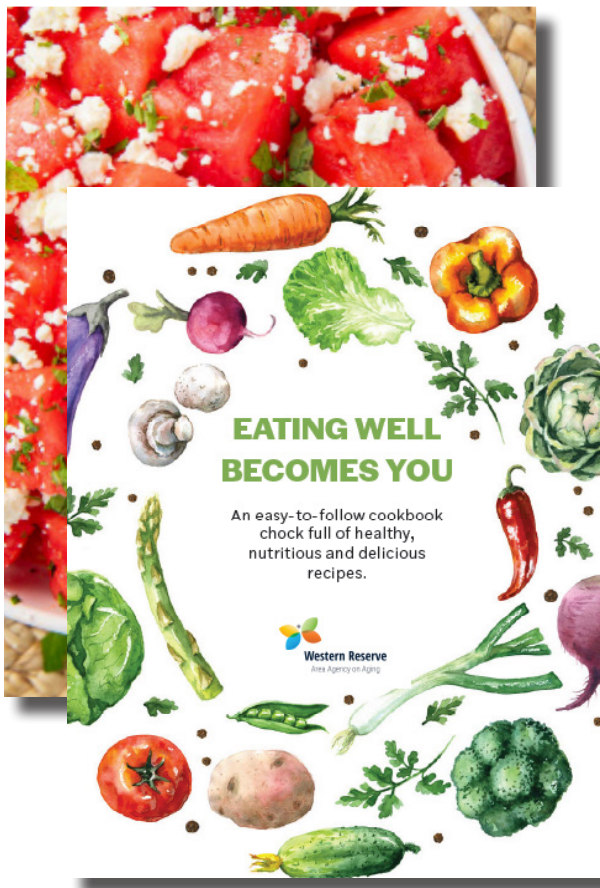
A full range of supportive services including coordination of transportation, legal help, and assistance with daily living.

WRAAA FOUNDATION:

The WRAAA Foundation provides additional funding for a wide range of projects to benefit the elderly. It is also an advocate to support the needs of older adults and people living with a disability in the five county area served by WRAAA.



Western Reserve
Area Agency on Aging



EATING WELL BECOMES YOU

WRAAA will soon present Eating Well Becomes You, a cookbook chock full of easy-to-follow, nutritious, down home recipes designed to open the door to good health and nutritious eating.

FETA WATERMELON SALAD

- 6 cups cubed watermelon
- 1/2 red onion, chopped
- 1/2 cup feta cheese
- 1/3 cup fresh mint leaves, chopped
- Balsamic vinegar or balsamic glaze, optional

In a large bowl combine cubed watermelon, red onion, feta, and mint. Stir until ingredients are well combined. Drizzle lightly with balsamic vinegar or glaze, if using. Serve chilled.



Western Reserve
Area Agency on Aging

CONTACT US

For more information regarding this newsletter please contact the Performance and Quality Measurement Department at pmqi@areaagingsolutions.org

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