



# TELECARE NEWSLETTER

January, February, March 2026

## Feeling Lonely or Socially Isolated?

NIH National Institute on Aging



**Everyone needs social connections to survive and thrive. But as people age, they often spend more time alone. Being alone makes people more vulnerable to loneliness and social isolation. Studies show that loneliness and social isolation are linked to higher risks for serious health problems such as heart disease, depression, and cognitive decline.**

## Are You at Risk?

You or a loved one may be more likely to feel lonely or socially isolated if any of the following apply:

- Live alone
- Can't leave home
- Are a caregiver
- Have trouble hearing
- Had a major loss or life change, such as the death of a partner
- Live in a rural and/or unsafe neighborhood
- Feel a lack of purpose

## Tips for Staying Connected

You can help protect against the negative effects of loneliness and social isolation by staying active and connecting with others. Consider these tips:

- Schedule time each day to contact family, friends, and neighbors in person, by phone, email, video chat, or social media.
- Restart an old hobby.
- Take a class to learn something new. Sign up for an online or in-person class at your local public library or community center.
- Volunteer to help others in your community.
- Adopt a pet if you are able to care for them.

## Consider these activities with WRAAA

- Fun & Games
- Young at HeART
- Virtual Bingo
- Novel Players Book Club
- TeleCare Volunteer

Visit our website for more information



To scan a QR code, open your phone's camera, point it at the code until a notification or link appears, then tap it to open the content.

# WRAAA VIRTUAL BINGO



Every 3rd Thursday of each month, Virtual Bingo begins at 1:00 PM. Register by emailing: [cwillis@areaagingsolutions.org](mailto:cwillis@areaagingsolutions.org). Please leave your complete mailing address, email address & phone number. You must have access to Zoom to participate.



Greater Cleveland  
Food Bank



Cuyahoga County  
Public Library

The Cuyahoga County Public Library system, in partnership with the Greater Cleveland Food Bank, offers Mobile Food Pantries.

For more information, call the Greater Cleveland Food Bank – 216.738.2067.

## Parma-Snow Branch

Tuesday February 3<sup>rd</sup> from 3:30 - 5:00 PM

## Warrensville Heights Branch

Thursday February 12<sup>th</sup> from 1:30 - 3:00 PM

# SENIOR PLANET

FROM

AI promises to change the way we live and work, but what is it really, and what does it mean for older adults?

This guide provides the facts about this new technology: the benefits, the risks, and how it can address the distinctive health-related, financial and lifestyle needs of people age 50+.

[https://seniorplanet.org/wp-content/uploads/2024/11/AI-Guide-for-Older-Adults\\_Dig.pdf](https://seniorplanet.org/wp-content/uploads/2024/11/AI-Guide-for-Older-Adults_Dig.pdf)



## SPOT 5 DIFFERENCES



## NEW YEAR WORD SEARCH

|           |   |   |   |   |          |   |   |   |   |         |   |   |   |   |
|-----------|---|---|---|---|----------|---|---|---|---|---------|---|---|---|---|
| C         | E | L | E | B | R        | A | T | E | O | R       | K | L | O | B |
| R         | I | C | H | A | M        | P | A | G | N | E       | O | A | A | N |
| G         | S | O | F | I | R        | E | W | O | R | K       | S | L | V | F |
| P         | L | T | R | I | N        | R | S | A | B | G       | L | E | E | O |
| O         | J | I | T | O | O        | O | E | L | R | D       | A | S | O | E |
| E         | N | A | T | P | I        | O | T | S | R | L       | T | J | Y | O |
| R         | U | M | N | T | S        | A | U | O | O | I       | E | I | F | E |
| E         | D | I | T | U | E        | A | P | F | V | L       | E | A | D | L |
| P         | E | D | S | N | A        | R | R | E | Y | R       | V | P | I | K |
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| O         | E | I | O | G | T        | R | Y | T | Y | A       | R | D | L | A |
| R         | M | G | T | E | F        | R | U | Y | C | S       | G | A | O | P |
| P         | B | H | S | L | P        | F | R | E | N | Y       | O | Y | P | S |
| G         | E | T | R | N | W        | O | D | T | N | U       | O | C | I | M |
| S         | R | B | T | N | A        | E | H | R | S | E       | H | S | I | W |
| BALDROP   |   |   |   |   | GLITTER  |   |   |   |   | PARTY   |   |   |   |   |
| CELEBRATE |   |   |   |   | GOALS    |   |   |   |   | PEACE   |   |   |   |   |
| CHAMPAGNE |   |   |   |   | HOPE     |   |   |   |   | PROSPER |   |   |   |   |
| COUNTDOWN |   |   |   |   | HORNS    |   |   |   |   | RESOLVE |   |   |   |   |
| DECEMBER  |   |   |   |   | JANUARY  |   |   |   |   | SPARKLE |   |   |   |   |
| FESTIVE   |   |   |   |   | JOY      |   |   |   |   | TOAST   |   |   |   |   |
| FIREWORKS |   |   |   |   | MIDNIGHT |   |   |   |   | WISHES  |   |   |   |   |
| FUTURE    |   |   |   |   | NOISE    |   |   |   |   |         |   |   |   |   |

# Hello January

The first month of the year, A perfect time to start all over again, Changing energies and deserting old moods, New beginnings, new attitudes” – Charmaine J Forde

## JANUARY AWARENESSES

**1/19 Martin Luther King, Jr. Day** (officially Birthday of Martin Luther King Jr.) King was the chief spokesperson for nonviolent activism in the Civil Rights Movement, which protested racial discrimination in federal and state law and civil society. The movement led to several groundbreaking legislative reforms in the United States. (Wikipedia, 2026).

**1/27 International Holocaust Remembrance Day** This day honors the six million Jewish victims of the Holocaust and millions more persecuted by the Nazis. Established by the United Nations, it promotes education, remembrance, and action against hatred and antisemitism. (United States Holocaust Memorial Museum, 2026).

## SLOW COOKER PANANG CURRY WITH CHICKEN AND CAULIFLOWER RICE

<https://recipes.heart.org/en/recipes/slow-cooker-panang-curry-with-chicken-and-cauliflower-rice>

Servings: 4

Prep: 20 minutes

### Nutrition Information

Calories: 330

Protein: 32 grams

Fat: 6.5 grams



### Instructions

- Put the chicken, sweet potato, onion, garlic, tomatoes with liquid, water, coconut milk, and tomato paste in a slow cooker.
- In a small bowl, stir together the sweetener, curry powder, cumin, coriander, and red pepper flakes. Sprinkle over the chicken mixture. Top with the sliced basil leaves.
- Cook, covered, on low heat for 8 hours or high heat for 4 hours.
- About 30 minutes before the chicken is done cooking, add the broccoli to the slow cooker.
- When the chicken is almost done cooking, working in batches, in a food processor or blender, gently pulse the cauliflower just until it becomes the texture of rice.
- Lightly coat a large skillet with cooking spray. Cook the cauliflower, salt, and pepper over medium heat for 5 minutes, or until the cauliflower is tender, stirring occasionally.
- Put the cauliflower rice into serving bowls. Sprinkle with the parsley.
- Serve the curry over the rice. Top with the garnishes.

### Ingredients

#### Cauliflower Rice

- 1 medium head cauliflower, cut into florets
- Cooking spray
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup chopped fresh parsley OR
- 2 teaspoons dried parsley (crumbled)

#### Garnishes (optional)

- 8 fresh basil leaves, coarsely torn
- 1 medium jalapeño, seeds and ribs discarded, sliced
- 1 medium lime, cut into 4 wedges

#### Curry

- 1 pound boneless, skinless chicken breasts, all visible fat discarded, cut into 1-inch cubes
- 1 medium sweet potato, peeled and cut into 1-inch cubes OR
- 1 1/2 cups butternut squash, peeled and cut into 1-inch cubes
- 1 medium onion, diced
- 3 medium garlic cloves, minced
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 cup water
- 3/4 cup unsweetened lite coconut milk
- 1 6-ounce can no-salt-added tomato paste
- 2 tablespoons low-calorie sweetener
- 2 teaspoons curry powder
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 to 2 teaspoons crushed red pepper flakes
- 1/4 cup fresh basil leaves, thinly sliced OR
- 1 tablespoon dried basil, crumbled
- 1 1/2 cups broccoli florets

# Hello February

“Where there is love, there is life.” — Mahatma Gandhi

## FEBRUARY AWARENESSES

**Black History Month** began in 1915 when Dr. Carter G. Woodson founded the Association for the Study of Negro Life and History (now ASALH). In 1926, he launched Negro History Week in February to honor Lincoln and Douglass. In 1976, ASALH expanded it to Black History Month, and since then, U.S. presidents have issued messages recognizing the contributions of African Americans. (Library of Congress, 2026).

## WHERE TO GET ASSISTANCE IN YOUR COUNTY

### Cuyahoga Division of Senior and Adult Services

<https://hhs.cuyahogacounty.gov/divisions/detail/senior-and-adult-services>

(216) 420-6700

### Geauga County Department on Aging

<https://departmentonaging.geauga.oh.gov/>

(440) 279-2130

### Lake County Council on Aging

<https://www.lccoaa.org/>

(440) 205-8111

### Lorain County Office on Aging

<https://lcooa.org/>

(440) 326-4800

### Medina County Senior & Adult Services

<https://www.mcsas.org/>

(330) 723-9514

## COMMUNITY OUTREACH & ADVOCACY

*ENGAGE.EDUCATE.EMPOWER.*

WRAAA's Community Outreach and Advocacy Department has a mantra that guides their work: educate, engage, and empower. Experienced staff in this department educate and engage consumers through community events, lectures, workshops, and courses. Through these events, consumers acquire new skills, knowledge, and a sense of empowerment.

### The Community Outreach and Advocacy Department Provides:

- Educational Presentations
- Evidence-based Wellness Classes, such as *Matter of Balance*
- Vision Screenings
- Older Adults Technology Services (OATS) from AARP
- And much more!



In 2026, Community Outreach and Advocacy will continue to provide courses and launch new projects, such as a community survey to gather data on social isolation, loneliness, and food insecurity. Through these programs and those on the horizon, Community Outreach and Advocacy and its partners will continue to foster education, engagement, and empowerment for consumers in the region.

# Hello March

"You are never too old to set another goal or to dream a new dream." - C.S. Lewis

## MARCH AWARENESSES

**Developmental Disabilities Awareness Month** Every March, the National Association of Councils on Developmental Disabilities (NACDD) and its partners collaborate to lead Developmental Disabilities Awareness Month (DDAM), an annual campaign highlighting how people with and without disabilities form strong communities together. DDAM raises awareness of people with developmental disabilities in all aspects of community life and is a time to address barriers to their meaningful contributions at the local and state levels. NACDD's 2025 theme, We're Here All Year, focuses on how people and programs are always contributing, not just during this observance. (Administration for Community Living, 2026).

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## ROMANCE SCAMS

### Here's how they work:

Someone contacts you on social media — and they're interested in getting to know you. Or maybe you meet someone special on a dating website or mobile app. Soon the person wants to write to you directly or start talking on the phone. They say it's true love, but they live far away — maybe because of work, or because they're in the military.

Then they start asking for money. Maybe it's for a plane ticket to visit you. Or emergency surgery. Or something else urgent.

Scammers of all ages, genders, and sexual orientations make fake profiles, sometimes using photos of other people — even stolen pictures of real military personnel. They build relationships — some even pretend to plan weddings — before they disappear with your money.

### Here's what to do:

1. **Stop. Don't send money.** Never send anyone cash or pay with gift cards, wire transfers, or cryptocurrency to an online love interest. You won't get it back.
2. **Pass this information on to a friend.** You may not have gotten tangled up with a romance scam, but chances are, you know someone who will — if they haven't already.

### Please Report Scams

If you spot a scam, please report it to the Federal Trade Commission.

- Go online: [ReportFraud.ftc.gov](http://ReportFraud.ftc.gov)
- Call the FTC at 1-877-FTC-HELP (1-877-382-4357) or TTY 1-866-653-4261

Your report can help protect other people. By reporting fraud, you can help the FTC's investigators identify the scammers and stop them before they can get someone's hard-earned money. It really makes a difference.

# NOVEL PLAYERS BOOK CLUB

Jan 20, Feb 17, March 24

From 12:00 PM - 2:00 PM

January: Black Fortunes/Shomari Wills  
February: The Silent Patient/Alex Michaelides  
March: Spare/"Prince Harry"

Limited number of books available while supplies last.

To register, call or email: **Community Outreach & Advocacy**  
(216)543-5402 or [Communications@areaagingsolutions.org](mailto:Communications@areaagingsolutions.org).  
Book Club is sponsored by:



## ANSWER KEYS

### Spot 5 Differences



### New Year word search



## CARROT SOUP WITH CORIANDER

<https://recipes.heart.org/en/recipes/carrot-soup-with-coriander>

### Nutrition Information

Calories: 127

Protein: 3 grams

Fat: 3 grams



### Ingredients

- 2 teaspoon olive oil (extra virgin preferred)
- 1 small onion (chopped)
- 2 medium garlic cloves (chopped)
- 1 tablespoon ground coriander plus 1/4 teaspoon ground coriander
- 1 pound carrots (cut into 1-inch pieces)
- 2 1/2 cups water
- 1 cup fresh orange juice
- 1/8 teaspoon salt
- 1/4 cup fat-free sour cream
- 2 teaspoons fresh lemon juice
- 1 tablespoon chopped, fresh cilantro

### Directions

1. In a large saucepan, heat the oil over medium-high heat, swirling to coat the bottom. Cook the onion and garlic for 3 to 4 minutes, or until soft, stirring occasionally.
2. Stir in 1 tablespoon coriander. Stir in the carrots, water, orange juice, and salt. Reduce the heat to medium and bring to a simmer. Reduce the heat to low and simmer, covered, for 15 to 20 minutes, or until the carrots are very tender.
3. Meanwhile, in a small bowl, whisk together the sour cream and remaining 1/8 teaspoon coriander. Set aside.
4. In a food processor or blender (vent the blender lid), process the soup in batches until smooth. Stir in the lemon juice.
5. Top each serving with a dollop of the sour cream mixture. Sprinkle with the cilantro.



@WRAAonAging



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