



Western Reserve
Area Agency on Aging

TELECARE NEWSLETTER

Winter Edition 2025

CHARITY SCAMS

Charity scams, also known as donation scams, are more common during this time of year. The perpetrators want to get your money, so they will pressure you to donate right away. The donation scam may appear to be legitimate, it may be an organization that sounds familiar or maybe one that you have never heard of.

They will ask you for donations in person, by phone, by mail or through the Internet. Here are some red flags to watch out for:

- The incoming call will look like it's from a local area code on your caller ID.
- They will ask for donations in cash, by gift card, or by wiring money.
- Some scammers will thank you for a donation that you never made.
- They will use names that sound a lot like the names of real charities.
- Scammers make lots of vague and sentimental claims but give no specifics about how your donation will be used.
- They may claim that your donation is tax-deductible when it is not.

"New Year's Day. A fresh start. A new chapter waiting to be written."

— Sarah Ban Breathnach



Our partners at the Cuyahoga County Scam Squad can send scam alerts right to your phone or email through the ReadyNotify system.

To sign up, visit **ReadyNotify.us** and select "Register or Login."

Once in your managed account, select "Scam Squad Alerts." You can also sign-up by calling the Cuyahoga County Department of Consumer Affairs at (216)443-7035 or the Office of Emergency Management at (216)4 43-5700.

Scam Squad is a financial fraud task force led by the Cuyahoga County Department of Consumer Affairs.

Report Scams:

Call Scam Squad at
(216) 443-SCAM (7226) to talk with an investigator
8:30 AM - 4:30 PM Monday-Friday.

For questions or submissions contact the WRAAA Community Outreach Department

Phone: (216) 502-6777 or Email: Communications@areaagingsolutions.org

ON THIN ICE

Walking outside can become a slippery situation during the winter months as temperatures drop. Here are a few tips to keep you safe and reduce the risk of slips/falls during cold icy weather conditions.

- Plan and allow for extra time.
- Choose flat footwear with traction and rubber soles.
- Apply salt, sand, gravel, or kitty litter to traveled paths.
- Take small steps.
- Use handrails for support.
- Be careful entering and exiting vehicles.

MATTER OF BALANCE CLASS

If you have concerns about falls or have fallen in the past, please contact Western Reserve Area Agency on Aging to find a Matter of Balance (MOB) class near you. **Phone: (216) 502-6777**

MOB is designed to reduce the fear of falling by learning to view falls as controllable. Topics include low-intensity exercises to improve strength and balance, home safety, assertiveness, developing positive strategies for change, reducing barriers to exercise, identifying physical risk factors for falls, personal action planners, recognizing misconceptions about falls, and shifting from self-defeating to self-motivating thoughts.

CHICKEN GNOCCHI SOUP

Experience ultimate comfort in a bowl with our irresistible chicken gnocchi soup. It's creamy, flavorful, and satisfyingly delicious.

Prep: 10 MIN

Cook: 20 MIN

Total: 30 MIN

Servings: 2

Calories: 485

Ingredients

- 6 ounces cooked chicken breast (shredded)
- ½ cup milk
- ½ tablespoon olive oil
- 1 small carrot shredded
- 1 tablespoon butter
- ¼ teaspoon dried chives
- ⅔ cup all-purpose flour
- ¼ teaspoon oregano
- ½ small onion chopped
- Salt and pepper to taste
- 1 garlic clove minced
- 8 oz frozen mini potato gnocchi (half package)
- 2 cups chicken broth
- A handful of fresh spinach

Instructions

1. In a medium pan or Dutch oven, melt the butter and olive oil together over medium heat.
2. Add the onions, carrots, and garlic to the pot. Cook until the onions become translucent, stirring occasionally.
3. Whisk in the flour and let it cook for about a minute, ensuring it is well combined with the butter and oil mixture.
4. Slowly stir in the chicken broth, until there are no lumps from the flour. Simmer mixture until it starts to thicken up.
5. Add the milk to the vegetable and chicken broth mixture in the pot. Increase the heat and bring it to a boil.
6. Stir in the seasonings, dried chives and oregano and let it simmer.
7. Meanwhile, in a separate pan, cook the gnocchi according to the package directions. Drain
8. Add the cooked gnocchi, spinach, and chicken to the pot.
9. Continue simmering until everything is heated through and the soup has thickened to your desired consistency.
10. Give the soup a taste and adjust the seasonings if needed.
11. Serve the soup hot and enjoy its delicious flavors



Hello January

Sparkling winter sunshine faces all aglow, making resolutions and angels in the snow, steaming cups of cocoa. A year that's fresh and new. All of this is magic. Unfolding just for you!

January Awareness Month:

- **Cervical Cancer Awareness Month:** Raises awareness of cervical cancer and the importance of getting vaccinated against HPV, the main cause of cervical cancer. The color teal represents cervical cancer awareness.
- **National Blood Donor Month:** Honors blood donors and reminds people of the importance of donating blood regularly. Winter months are often a time of reduced donations and increased risk for blood shortages.
- **National Glaucoma Awareness Month:** Raises awareness of glaucoma, a leading cause of vision loss and blindness in the U.S.
- **Martin Luther King Jr. Day – January 20th:** Celebrating the life and legacy of Dr. Martin Luther King Jr., this day encourages reflection on civil rights, social justice, and the ongoing fight for equality and unity in the U.S.

JANUARY EVENTS:

Voices of Gospel V A tribute to Dr. Martin Luther King Jr.

Sunday, January 19th, 2025

@4:00 PM

East Cleveland Public Library

The Greg L. Reese Performing Arts Center

Free admission – limited seating

Doors open at 3:00 PM

Celebrate the life and legacy of Dr. Martin Luther King Jr.

Performances and activities throughout the Roll Hall of Fame

January 20th 9:00 AM to 6:00 PM

Free admission with reservations:

<https://rockhall.com/ticketing/>

“Faith is taking the first step even when you don’t see the whole staircase” – Martin Luther King Jr.

9 MOVIES TO WATCH TO HONOR MARTIN LUTHER KING JR.

- | | | |
|---------------------------------|----------------------------|--------------------------------------|
| • Rustin, PG-13 (2023) | • Selma, PG-13 (2014) | • 4 Little Girls (1997) |
| • MLK/FBI (2020) | • Betty and Coretta (2013) | • Eyes on the Prize 1954–1965 (1987) |
| • King in the Wilderness (2018) | • Boycott, PG (2001) | • King (1978) |

WINTER WORD SEARCH

TRADITIONS
RESOLUTION
HAPPY
NEW
YEAR
PARADES
MARTIN
LUTHER
KING
CIVIL

RIGHTS
ACTIVISTS
LEADER
EQUALITY
LIBERTY
SPEECH
DREAM
COMMUNITY
SPEECH
SUPER

BOWL
TICKETS
JANUARY
GARNET
CARNATION
CAPRICORN
WINTER
WONDER
LAND

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

Hello February

The shortest month of the year, yet it holds enough love to last a lifetime.

February Awareness Month:

- **American Heart Month:** This month-long observance raises awareness about heart health and the steps people can take to reduce their risk of heart disease, the leading cause of death in the United States.
- **National Cancer Prevention Month:** This month-long observance raises awareness about cancer prevention.
- **Congenital Heart Defect Awareness Week:** This week-long observance, which takes place from February 7th to 14th, raises awareness about congenital heart defects.
- **World Cancer Day:** This day takes place on February 4th and raises awareness about cancer.
- **National Black HIV/AIDS Awareness Day:** This day takes place on February 7th and raises awareness about Black HIV/AIDS.

BLACK HISTORY MONTH

2025 Black History theme: "African Americans and Labor" is a powerful reflection on the pivotal role that labor has played in the Black Americans' experience and the invaluable contributions of African Americans in the workforce.

Here are some ways to celebrate Black History Month:

- Visit a museum or exhibition.
- Support Black-owned businesses.
- Educate yourself on Black history.

The Smithsonian's National Museum of African American History and Culture in Washington, D.C. Is the only National Museum devoted exclusively to the documentation of African American life, history, and culture. It was established in 2003, following decades of efforts to promote and highlight the contributions of African Americans.

To find out more call (844) 750-3012.

SPOT 5 DIFFERENCES



History of coffee spot the difference game by Amac. AMAC. (n.d.-a).
<https://amac.us/games/spot-the-difference/history-of-coffee/>

BLACK HISTORY MONTH EVENTS:

CWRU 3rd Annual Black Business Expo
Wednesday February 12th, 2025
12:00 PM to 6:00 PM
located in Tinkham Veale University
Center's Ballroom

This Expo will highlight Black businesses around greater Cleveland while giving vendors the resources needed to enhance their business.

Hello March

No winter lasts forever, no spring skips its turn.

March Awareness Month:

- **Gender Equality Month:** A time to promote equality and celebrate the contributions of all genders. It encourages reflection, discussion, and action to address disparities and foster a more inclusive, equitable world.
- **Developmental Disabilities Awareness Month:** Raise awareness and understanding of developmental disabilities. Promote inclusion, acceptance, and rights for those affected, fostering greater understanding worldwide.
- **Women's History Month:** Celebrate women's achievements across history and their impact on society. March highlights their roles in politics, arts, science, and more while promoting gender equality and awareness of ongoing challenges.

DAYLIGHT SAVINGS TIME:

Daylight Saving Time starts at 2:00 AM on Sunday March 9th, 2025 when clocks will officially spring forward one hour.

ANSWER KEY:



WRAAA VIRTUAL BINGO



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

BROCCOLI CHICKEN FETTUCCHINE ALFREDO

Ready for a great semi homemade dinner idea? This super easy Broccoli Chicken Fettuccine Alfredo recipe uses your favorite jarred alfredo sauce, frozen broccoli florets, chicken and fettuccini pasta to create a super tasty and fast meal!

Prep: 10 MIN

Cook: 20 MIN

Total: 30 MIN

Servings: 4

Calories: 819

Ingredients

- 16 ounces frozen broccoli
- 2 cups diced chicken, cooked
- 15 ounce jar alfredo sauce
- 8 ounces Fettuccine pasta noodles

Instructions

1. Defrost and cook broccoli according to package directions.
2. Pour alfredo sauce into a small saucepan and heat over low heat.
3. Bring a salted pot of water to a boil and add fettuccine pasta.
4. Cook pasta for 12-14 minutes.
5. Drain pasta and add back to pot.
6. Add cooked broccoli and cooked chicken to pasta noodles.
7. Pour hot alfredo over pasta. Toss to coat.



Broccoli Chicken Fettuccine Alfredo. Semi Homemade Recipes.
<https://semihomemaderecipes.com/broccoli-chicken-fettuccine-alfredo/>

PUPPY LOVE

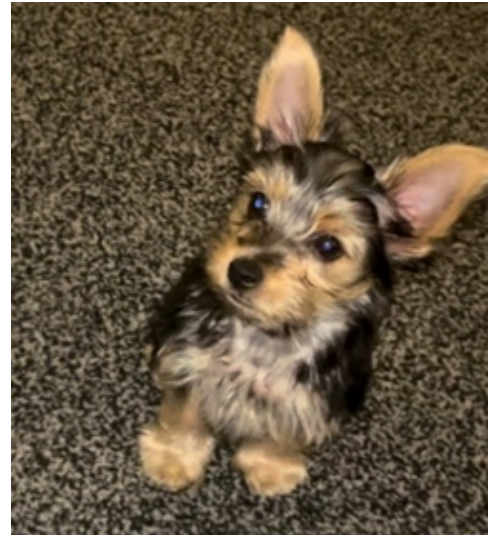
The unconditional love of a pet can do more than just keep you company. Pets increase opportunities for you to form connections with other people. Taking your dog on a stroll through the park can be a great conversation starter and a great way to meet people in your neighborhood.

Featured pet: Zoe

Yorkshire Terrier / 10 weeks old

This feisty little lady enjoys cuddling with loved ones and snuggling up with everything that is soft and fluffy.

To have your pet featured in our next issue, call or email:
(216) 502-6777 or cterry@areaagingsolutions.org



THANK YOU FIREHOUSE QUILTERS:

Western Reserve Area Agency on Aging would like to thank Firehouse Quilters of Medina for their huge quilt donation. Their time, kindness and generosity mean so much as each quilt will touch the hearts of many, offering comfort with a warm embrace on a cold winter day!

NOVEL PLAYERS BOOK CLUB

January 28th, February 18th, March 18th
From 12 PM -2 PM

January: **The Vanishing Half** by Brit Bennett
February: **Lovely One** by Ketanji Brown Jackson

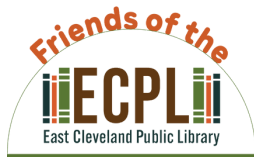
Limited number of books available while supplies last.

To register call or email: Community Outreach & Advocacy
(216) 502-6777 or Communications@areaagingsolutions.org.

Book Club is sponsored by:



Western Reserve
Area Agency on Aging



ORDER YOUR NEW 2025 RESOURCES



Some Resources are Available for Download

areaagingsolutions.org/contact-us/



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@WRAACommunity



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1700 E. 13TH STREET, SUITE 114, CLEVELAND OH, 44114

(216) 621-0303 | (800) 626-7277

www.areaagingsolutions.org

