



Western Reserve
Area Agency on Aging

TELECARE NEWSLETTER

Spring Edition 2025

SENIOR MEDICARE PATROL

Medicare scams can involve several tactics, including mailings, emails, or unsolicited calls claiming to be a representative from Medicare or a related organization, offering free or discounted medical equipment or services in exchange for your Medicare number.

Ways to protect yourself:

- Don't share your Medicare number, Social Security number or any other personal information.
- Verify the source, contact Medicare directly at 1-800-MEDICARE 1(800)633-4227.
- Guard your Medicare card.
- Familiarize yourself with common Medicare scams.

SMP is sponsored by ProSeniors. ProSeniors is a non-profit organization that educates older adults and their caregivers about legal and long-term care issues. As a SMP site, WRAAA will provide printed materials and presentations about Medicare fraud at various venues. The goal is for individuals not to be victims of Medicare fraud. Medicare loses billions of dollars each year due to fraud, errors, and abuse. If you know a group that would like to host a presentation about strategies to prevent fraud, schedule by calling Community Outreach at (216)543-5402 or visit the Speakers Bureau – areaagingsolutions.org/programs-services/community-outreach/.



**For questions or submissions contact the WRAAA
Community Outreach Department**
Phone: (216)502-6777 or
Email: Communications@areaagingsolutions.org

COMMUNITY OUTREACH & ADVOCACY TEAM RECEIVED RECOGNITION FOR OUR ADULT VISION SCREENING WORK WITH OHIO PREVENT BLINDNESS

Tuesday, February 4, 2025, at Windows on the River for the People of Vision Celebration.

"Western Reserve Area Agency on Aging (WRAAA) has been referring their clients to Prevent Blindness Ohio since 2015. Over the years, they have referred over 150 older adults to Prevent Blindness Ohio's Vision Care Outreach Program. WRAAA offers a wide range of activities in support of older adults and those who are disabled. WRAAA provides advocacy, assistance and answers to older adults which enables them to maintain their independence and dignity.

We are pleased to present the 2025 Community Partner in Vision Award to WRAAA for their long-standing partnership working with our Vision Care Outreach Program and for bringing essential vision services to their clients. Here to accept the award for Western Reserve Area Agency on Aging is Fatima Perkins, Director of Community Outreach & Advocacy who will share how her organization supports older adults within its five-county service area."



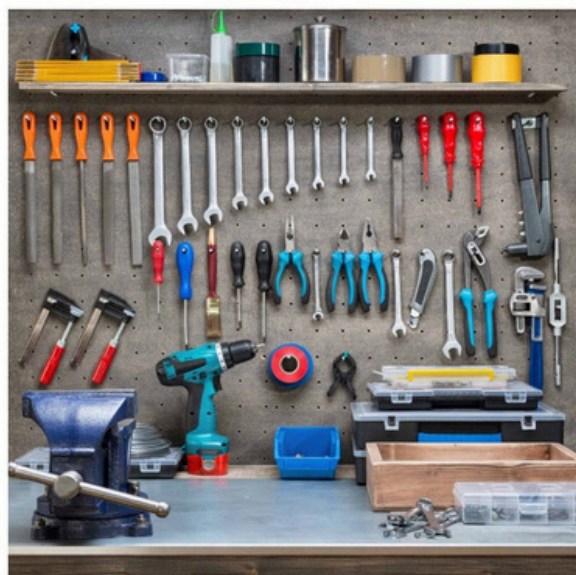
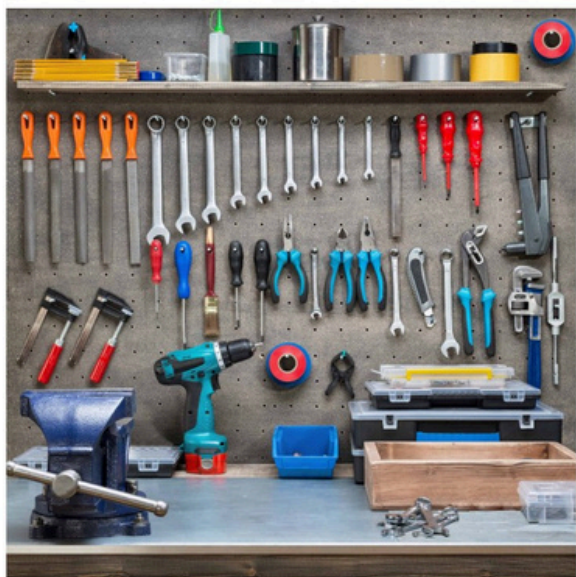
Fatima Perkins, Director of Community Outreach & Advocacy receiving the 2025 Community Partner in Vision Award.

SPRING WORD SEARCH

APRIL	SHOWERS
BLOSSOM	TULIP
CATERPILLAR	BIKE
EASTER	BUTTERFLY
GARDENING	DANDELIONS
MAY	FLOWERS
OUTSIDE	KITE
RAINBOW	NATURE
SUNSHINE	POLLEN
WINDY	SPARROW
BASEBALL	WEEDS
BUNNY	JUNE
CLEANING	MOTHER
FATHER	PASSOVER

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

SPOT 5 DIFFERENCES



amac.us/games/spot-the-difference/fathers-day/

CHICKEN SALAD WITH GRAPES, CASHEWS, APPLES AND FRESH DILL

<https://www.bettycrocker.com/recipes/chicken-salad-with-grapes-cashews-apples-and-fresh-dill/11c39df6-9443-4c29-b539-6d283d46d703>

Prep: 15 MIN

Total: 15 MIN

Servings: 4

The flavors and textures of sweet grapes, crunchy cashews, crispy apples and savory chicken make this a stand-out recipe for your next brunch or lunch.

Instructions:

In large bowl, stir together all ingredients until well mixed, adding salt and pepper to taste.

Ingredients

- 2 chicken breasts, boiled, diced
- 1 cup seedless red grapes, cut in half
- 1 cup salted cashews
- 1 small Gala apple, finely diced
- 1/4 cup finely chopped red onions
- 1/4 cup finely chopped green onions
- 1/2 to 1 cup reduced-fat mayonnaise
- Juice of 1 lime (1 to 2 tablespoons)
- 1 teaspoon chopped fresh dill



SPRING CLEANING

Clutter can contribute to falls and stress, affecting both physical and mental health. Spring cleaning is a wonderful time to review home safety but can become overwhelming with items that you may have collected over the years.

When decluttering, dedicate yourself to one room at a time. Start with the most used areas like the living room or the bedroom. Remove tripping hazards from the floor, remove loose rugs, rearrange electrical cords so they do not cross your path. A good rule of thumb: if you have not used it in the last twelve months you should get rid of it.

Hello April

**"APRIL IS A MOMENT OF JOY FOR THOSE
WHO HAVE SURVIVED THE WINTER."
SAMUEL JOHNSON**

April Awarenesses:

- **National Minority Health Month:** April is National Minority Health Month (NMHM), a time to raise awareness about the importance of improving the health of racial and ethnic minority communities and reducing health disparities. Good health begins with you, so let's join The Ohio Commission on Minority Health for a 30-day Statewide Wellness Campaign. For Minority Health Month 2025 calendar of events visit: bit.ly/4iCdjTq.
- **Stress Awareness Month:** This month we raise awareness about stress, its causes, and effective coping mechanisms. It provides an opportunity to promote mental health and encourages individuals to prioritize their well-being.
- **World Autism Awareness Day:** Observed on April 2nd. The date was designated by the United Nations General Assembly in 2007 to shine a light on autism as a growing global health issue and to encourage worldwide support for individuals with autism and their families.

APRIL HOLIDAYS:

- April 15th: National Tax Day
- April 18th: Good Friday
- April 20th: Easter Sunday
- April 22nd: Earth Day

APRIL EVENTS:

Earth Day City of Solon:

When: April 12th, from 9:00 A.M. – 12:00 P.M.

Location: Solon Community Garden

www.solonohio.gov/1538/Earth-Day-2025

Geauga County Maple Festival

When: April 24th – 27th

Location: Historic Chardon Square

www.maplefestival.com

Medina County Earth Day Festival

When: April 26th, from 10:00 A.M. – 4:00 P.M.

Location: Buffalo Creek Retreat

8708 Hubbard Valley Rd., Seville

www.medinaswcd.org/earth-day/

Spring Festival City of Solon

When: April 27th, from 1:00 P.M. – 5:00 P.M.

Location: Solon Community Center

35000 Portz Pkwy., Solon

www.solonohio.gov/1514/Spring-Festival-2025



Tall Tails

Spending time with a pet, whether through playtime, walks or cuddling can reduce stress and the feeling of loneliness while bringing so much happiness and love into our homes and hearts.

Featured pet: Taco

Chihuahua/ 1 yr old

This little guy may be small in size but has a big personality.

He loves cuddling in blankets and hiding inside shoes.

WRAAA would love to hear the highlight of your pet's day!

**To have your pet featured in our next issue, contact Christine Terry at
(216)727-2618 or email: cterry@areaagingsolutions.org**

Join the Western Reserve Area Agency on Aging and the Administration for Community Living to honor older Americans as they Flip the Script on Aging. May is the time to reaffirm our commitment to serving older adults, highlight aging trends and recognize contributions made by past and current older Americans.

**"AS FULL OF SPIRIT AS THE MONTH OF
MAY, AND AS GORGEOUS AS THE SUN IN
MIDSUMMER." WILLIAM SHAKESPEARE**

May Awarenesses:

American Stroke Awareness Month: A stroke is a life-changing event and remains the second-leading cause of death in the world and can happen to anyone at any time. When it comes to stroke, every second counts! In observance of National Stroke Month Awareness let's come together to defeat stroke by learning F.A.S.T. warning signs.

- Face drooping
- Arm weakness
- Speech difficulty
- Time to call 911
 - For free stroke-related online learning during May visit: bit.ly/4c5c64z.

Healthy Vision Month: A time to raise awareness about the importance of eye health and strategies to help prevent vision loss and blindness in the future.

- Have a comprehensive eye exam
- Wear protective eyewear
- Give your eyes a rest
- Eat right to protect your sight
- Maintain a healthy weight
- Maintain your blood sugar levels
- Know your family's eye health history
- Quit smoking or don't start



MAY HOLIDAYS:

- May 5th: Cinco de Mayo
- May 11th: Mother's Day
- May 26th: Memorial Day

MAY EVENTS:

Cleveland Asian Festival

When: May 17th -18th, from
11:00 A.M. – 7:00 P.M.

Location: 2999 Payne Ave., Cleveland
www.clevelandasianfestival.org/2025

Lake County Senior Day

When: May 20th from 9:00 A.M. - 1:30 P.M.
Location: Great Lakes Mall

Medina County Senior Day

2025 Theme: Mardi Gras
When: May 21st from 9:00 A.M. – 1:00 P.M.
Location: Medina County Fairgrounds

35th Annual Cleveland Senior Day

When: May 21st, from 10:00 A.M. – 12:30 P.M.
Location: Cleveland Public Hall
www.clevelandcitycouncil.org/senior-day

Berea National Rib Cook-off

When: May 23rd-26th
Cuyahoga County Fairgrounds
www.berearib.com

Free Vision Screenings

Contact the Western Reserve Area Agency on Aging to find a free screening near you: (216)502-6777.

In collaboration with Prevent Blindness/Ohio Affiliate, WRAAA has certified vision screeners that can conduct free vision screenings to identify risks for eye disorders or disease, provide the public with valuable information and education about eye care, and may make referrals to an eye care professional.

Those who qualify may be eligible for free eye exams and/or a voucher for a free pair of glasses. Please note that screeners do not diagnose eye disease.

Hello June

"I WONDER WHAT IT WOULD BE LIKE TO LIVE IN A WORLD WHERE IT WAS ALWAYS JUNE." L. M. MONTGOMERY

JUNE HOLIDAYS:

- June 15th: World Elder Abuse Awareness Day
- June 16th: Father's Day
- June 19th: Juneteenth

JUNE EVENTS:

Medina County Pride

When: June 5th from 6:00 P.M. - 8:00 P.M.

Location: Medina Square

www.mainstreetmedina.com/events.html

Pride in the CLE

When: June 7th, from 11:00 A.M. – 6:00 P.M.

Location: The parade will start at Public Square and proceed through downtown to the festival.

lgbtcleland.org/pride/

Bash Lake County 2025

When: June 12th, from 4:00 P.M. – 6:00 P.M.

Location: LaMalfa

Lake County Pride

When: June 14th, from 12:00 P.M. - 5:00 P.M.

Location: Round Lake Beach Cultural & Civic Center

lgblakecounty.org/pridevendors/

Wade Oval Parade the Circle

When: June 14th, from 12:00 P.M. - 4:00 P.M.

Location: The Cleveland Museum of Art

bit.ly/4j9lqH2

Solon Pride Day 2025

When: June 22nd, from 1:00 P.M - 5:00 P.M.

Location: Solon Community Center

www.solonohio.gov/1524/Pride-Day-2025

June Awarenesses:

- **World Elder Abuse Awareness Day** is recognized every June 15th. This year's theme is "Beyond Age," which will focus on promoting respect and dignity for older adults and encouraging open conversations about aging.
- **Father's Day**, June 16th, "When my father didn't have my hand... he had my back."
- **Juneteenth Independence Day**, Wednesday June 19th, commemorates the end of slavery in the United States, also known as Emancipation Day.

Lorain County Pride

When: June 28th, from 12:00 P.M. - 4:00 P.M.

Location: Tappan Square

www.lgbtqloraincounty.com

Geauga Pride

When: June 21, from 2:00 P.M. - 6:00 P.M.

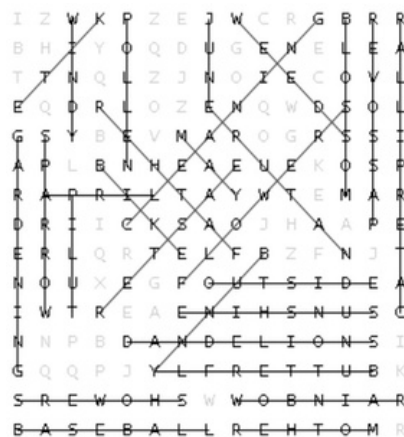
Location: Chardon Square

www.geaugapride.com/

WOW! Wade Oval Wednesday

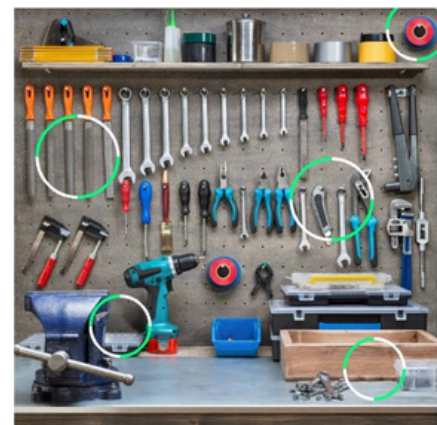
Enjoy a free family-friendly concert each Wednesday night at Wade Oval in the heart of University Circle.

ANSWER KEYS



Spring Word Search

Spot 5 Differences



NOVEL PLAYERS BOOK CLUB

April 15, May 20, June 17
From 12:00 PM - 2:00 PM

April: **Parable of the Sower** by Octavia E. Butler
May: **Harlem Rhapsody** by Victoria Christopher Murray

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 Free Resources and Literature

Some resources are available for Download
areaagingsolutions.org/contact-us/



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Area Agency on Aging

WRAAA VIRTUAL BINGO



Every 3rd Thursday of each month, 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.

BEST GREEK SALAD RECIPE

http://downshiftology.com/wprm_print/best-greek-salad-recipe#

Prep: 5 MIN
Total: 5 MIN
Servings: 4
Calories: 396

Salad Ingredients

- 1 large cucumber diced
- 1 pint grape tomatoes halved
- 1 green bell pepper diced
- ½ red onion thinly sliced
- ½ cup Kalamata olives halved
- 4 ounces feta cheese crumbled
- salt and pepper to taste

Greek Salad Dressing

- ⅓ cup red wine vinegar
- 1 lemon juiced
- 1 teaspoon Dijon mustard
- 2 garlic cloves minced
- ½ teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ½ cup olive oil



Instructions

1. Add the cucumber, tomatoes, bell pepper, onion, olives, and feta cheese to a large mixing bowl.
2. In a separate small mixing bowl, add the vinegar, lemon juice, mustard, garlic, oregano, salt, and pepper. Slowly add the olive oil and whisk vigorously while pouring until the dressing is emulsified.
3. Drizzle the dressing on the salad and gently stir to combine. Season with additional salt and pepper, if desired.



@WRAAonAging



@WRAAACommunity



Western-Reserve-Area-Agency-on-Aging

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