

# TELECARE NEWSLETTER

Fall & Winter Edition 2024



**Western Reserve**

Area Agency on Aging

## Sign Up for Scam Alerts!

Scams are on the rise more now than ever before. It's a scammer's job to convince you that you are interacting with someone trustworthy. Familiarizing yourself with current scams can help you identify red flags, making you less of a target. Here are some recent scams:

### Package Delivery Scam

You receive an unsolicited package at your doorstep or in the mail or through a well-known service such as Amazon or Ebay. The package containing the merchandise will have no return to sender information, instead the package will display a QR code that requires the recipient to scan the code to find out who sent the package. This scam is known as brushing.

Brushing scams can have serious consequences such as exposing your personal and financial information. If you're a victim of a brushing scam you should change your account passwords, your personal information may have been compromised.

### **Ways to keep yourself safe from bad QR codes:**

- Do not scan a randomly found QR code.
- Be suspicious if, after scanning a QR code, the site asks for a password or login info.
- Do not scan QR codes received in emails or text messages unless you know they are legitimate. Call the sender to confirm.
- Some scammers are physically placing bogus codes over legitimate ones. If it looks as though a code has been tampered with, don't use it.

### **SNAP Benefit Fraud**

The state of Ohio warns SNAP recipients to be extra careful. Criminals are stealing information from EBT cards by placing a device over a credit card reader to steal payment card information, this process called skimming.

### **Below are a few tips for SNAP recipients:**

- Manage your benefits through the secure Connect EBT app.
- Take advantage of the card-lock option.
- Block out-of-state transactions to in-person only.



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 216-443-5700.

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 a.m. - 4:30 p.m.  
Monday-Friday.

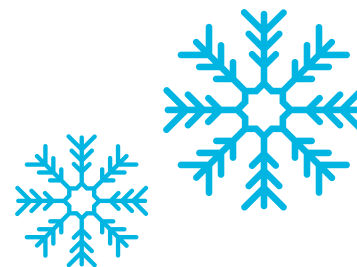


## Baby It's Cold Outside

The winter season is quickly approaching, so here are a few tips on how to stay warm this winter.



- Keep your house warm, set your heat to at least 68°F.
- Eat healthy and drink plenty of hot liquids throughout the day.
- Move around, this will help boost circulation and keep you warm.
- Seal your windows and doors.
- Layer up, dress warmly on cold days even if you're staying inside.
- Keep your hands and feet warm.
- Use extra blankets.



## Heating Assistance

If you are having a hard time paying your heating bills there are resources that might help. Contact Western Reserve Area Agency on Aging (216)539-9240, your local Senior Center, other Social Service Agencies, or visit [energyhelp.ohio.gov](http://energyhelp.ohio.gov) for information on special assistance programs.

## Chicken Noodle Soup

Homemade chicken noodle soup is so comforting on chilly nights or when you're feeling under the weather. It is the best remedy for a cold but also wonderful anytime you crave comfort food.

Prep: 5 MIN

Cook: 25 MIN

Total: 30 MIN

### Ingredients

- 4 Boneless skinless chicken thighs (trimmed of all fat (about 1 pound total))
- 1/4 Teaspoon kosher salt
- 1 Teaspoon olive oil
- 1/2 Cup diced onion
- 1/2 Cup diced celery
- 1/2 Cup peeled and sliced carrot
- 3 Cloves garlic (minced)
- 4 Cups low-sodium chicken broth
- 2 Bay leaves
- Black pepper (to taste)
- 1 Cup egg noodles ((1 1/2 oz)
- Parsley (optional for garnish)



### Instructions

1. Season the chicken with salt. Heat a large pot or Dutch oven over medium high heat.
2. Add the oil, onion, celery, carrot and garlic and sauté until soft, 5 minutes.
3. Add the chicken, chicken broth, 1/4 cup water, bay leaves and 1/8 teaspoon black pepper.
4. Bring to a boil over high heat, then cover and reduce to a simmer. Cook until the chicken shreds easily with a fork, about 35 minutes.
5. Discard the bay leaves, coarsely shred the chicken with two forks and return to the soup, add the noodles and cook according to the package directions. Garnish with parsley and serve.



# Hello November

Thank you for reminding us we have so much to be grateful for.



## Daylight Savings Time

Daylight saving time ends at 2:00 a.m. on Sunday, November 3rd when the clocks officially “fall back” one hour and give us one extra hour of sleep.

November is a time for family and Thanksgiving feasts. It's also a month for many observances, including:

## November Awareness

- **National Alzheimer's Disease Awareness Month:** A month to celebrate those with Alzheimer's, their caregivers, and the healthcare professionals who treat them.
- **National Men's Health Awareness Month:** A month to focus on health by eating right and getting preventative exams.
- **National Veterans and Military Families Month:** A month to honor those who have served in the military and their families.
- **National Diabetes Month:** A month to raise awareness about diabetes and encourage people to take charge of their health.
- **Pancreatic Cancer Awareness Month:** A month to raise awareness about pancreatic cancer, which often spreads quickly and is rarely detected early.
- **Hunger & Homelessness Awareness Month:** A month to help those facing hunger and homelessness, often through food drives.

## November Word Search

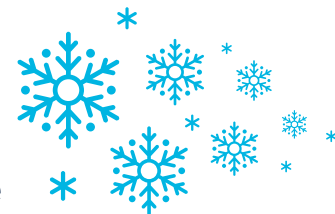
N W P C E R F L E D A R A P S  
E M O U A V U D E S S E L B M  
A R U K M F S T U F F I N G R  
N Y E T K P Q T I Z A T O G G  
N F D N U M K G Z G H C I R L  
O L A N L A W I R A R P T A I  
I H O L I D A Y N A T W I T P  
T G W L E W L K N H V R D E I  
C D H T Y I S B A A J Y A F L  
E W O I M G E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

## Word Bank

THANKSGIVING	GRATEFUL
TURKEY	THANKFUL
AUTUMN	BLESSED
LEAVES	TRADITION
THANKFUL	FAMILY
HOLIDAY	STUFFING
PUMPKIN	PILGRIMS
HARVEST	MAYFLOWER
CRANBERRIES	CORN
PARADE	ELECTION
WINDY	VOTE
PILGRMS	VETERANS
NOVEMBER	GRAVY
PIE	RAKE



# Hello December



"To appreciate the beauty of a snowflake it is necessary to stand out in the cold." - Aristotle

- **December is AIDS Awareness Month:** This is a time to raise awareness and reflect on the impact that this epidemic has had on our communities and on the world.
- **Persons with Disabilities Awareness Month:** Adults with disabilities are almost five times more likely to experience frequent mental distress than adults without disabilities.
- **National Influenza Vaccination Week:** December 4–8 is National Influenza Vaccination Week, a time to highlight the importance of getting the flu vaccine.
- **National Drunk and Drugged Driving Prevention Month:** During the holiday season, the NHTSA's message is "Friends Don't Let Friends Drive Drunk—Designate a Sober Driver."

## December Word Search

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

## Word Bank

ANGELS	JOLLY
NOEL	LIGHTS
BETHLEHEM	CELEBRATE
POINSETTA	MIRACLE
CANDLES	MISTLETOE
DECORATIONS	HOLIDAY
SCROOGE	RUDOLPH
CHIMNEY	TIDINGS
REINDEER	WREATH
DECEMBER	SNOWMAN
EGGNOG	YULETIDE
FRUITCAKE	SLEIGHBELLS
GIFTS	GOODWILL
GREETINGS	SNOWFLAKE
ICICLES	PEACE

## WRAAA Virtual Bingo

Every 3rd Thursday of each month, Virtual Bingo begin at 1:00pm.



Bingo will run from March 21st – December 19th, 2024. You must register by 1st Thursday of the month to receive your bingo materials with instructions.

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.



# November & December Events

## Westlake Porter Library Wellness Expo

Where: 27333 Center Ridge Rd, Westlake, OH

When: Saturday, November 2nd

1:00 p.m. – 4:00 p.m.

## The Cleveland Inaugural Caring for the Caregiver Expo

Where: 6111 Landerhaven Dr, Mayfield Heights, OH

When: Saturday, November 9th

8:00 a.m. – 2:00 p.m.

## Coats and Cans for Kids Turkey Giveaway

Where: 3412 W. Market St, Fairlawn, OH

When: Monday, November 11th

11:00 a.m. until all turkeys have been handed out

## 12th Annual A Good Thanksgiving Turkey Drive

Where: Whitney Young PreK-8 School

17900 Harvard Avenue Cleveland, OH

When: Saturday, November 23rd

10:00 a.m. until all turkeys have been handed out

## Medina Candlelight Walk, Parade & Fireworks

Where: Downtown Medina, OH

When: November 22nd – 24th, 2024

Phone: 330-722-6186

## Solon Winter Festival

Where: Solon City Hall, 34200 Bainbridge Rd, Solon, OH

When: Wednesday, November 27th

5:00 p.m. – 8:00 p.m.

## A Christmas Story House in Cleveland \$15-20/person

Where: 3159 W. 11th St, Cleveland, OH

When: Open Nov – Dec Thursday through Monday

10:00 a.m. – 5:00 p.m.

Phone: 216-298-4919

## Kringle's Inventionasium<sup>®</sup> Experience \$40/person

Where: Tower City Center

230 W. Huron Rd, Cleveland, OH

When: The week before Thanksgiving – Christmas Eve

Phone: 1-855-MRKRINGLE (675-7464)

## Solon Hometown Holiday Market

Where: Solon Community Center

35000 Portz Parkway, Solon, OH

When: Saturday, December 14th

10:00 a.m. – 4:00 p.m.

## Kirtland Nativity Exhibit

Where: Historic Kirtland Village

7800 Kirtland-Chardon Rd, Kirtland, OH

When: December Monday – Saturday

Phone: 440-256-9805

## Old Stone Church

Self-guided tours of the historic site.

Where: 91 Public Square, Cleveland, OH

When: Monday through Friday

9:00 a.m. – 4:00 p.m.

Phone: 216-241-6145

## Top Ten Christmas Movies of All Time

#10 - It's a Wonderful Life

#9 - Miracle on 34th Street

#8 - Die Hard

#7 - A Christmas Story

#6 - Polar Express

#5 - Home Alone

#4 - Dr. Seuss' How the Grinch Stole Christmas

#3 - National Lampoon's Christmas Vacation

#2 - Elf

#1 - White Christmas

## Order Free Resources



[areaagingsolutions.org/contact-us/](https://areaagingsolutions.org/contact-us/)





## Novel Players Book Club

November 19th & December 17th

from 12pm-2pm

November: **The Warmth of Other Suns** by Isabel Wilkerson

December: **Symphony of Secrets** by Brendan Slocumb

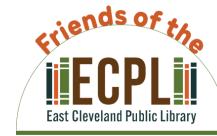
Limited number of books available while supplies last.

To register call or email: Community Outreach & Advocacy  
216.502.6777 or [Communications@areaagingsolutions.org](mailto:Communications@areaagingsolutions.org).

Book Club is sponsored by:



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Area Agency on Aging



## Butternut Squash Soup

This is a thick, rich butternut squash soup with tons of flavor. It's super easy, quick, and a great way to use squash. Season with curry powder, or any of your favorite fall spices.

Prep: 15 MIN

Cook: 45 MIN

Total: 1 HR

Servings: 4

### Ingredients

- 2 tablespoons butter
- 1 small onion, chopped
- 1 stalk celery, chopped
- 1 medium carrot, chopped
- 2 medium potatoes, cubed
- 1 medium butternut squash - peeled, seeded, and cubed
- 1 (32 fluid ounce) container chicken stock
- salt and freshly ground black pepper to taste



### Instructions

1. Melt butter in a large pot over medium heat, and cook onion, celery, carrot, potatoes, and squash until lightly browned, about 5 minutes. Pour in enough chicken stock to cover vegetables.
2. Bring to a boil over medium-high heat. Reduce heat to low, cover pot, and simmer until all vegetables are tender, about 40 minutes.
3. Transfer soup to a blender and process until smooth. Return to the pot and mix in any remaining stock to reach desired consistency. Season with salt and pepper.
4. Serve hot and enjoy!

<https://www.allrecipes.com/recipe/208092/best-butternut-squash-soup-ever/>



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Western-Reserve-Area-Agency-on-Aging

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