



**Western Reserve**  
Area Agency on Aging



# TELECARE NEWSLETTER

Fall Edition 2025



## GIFT CARD DRAINING SCAM

Gift card draining is when a card has been unsealed giving a thief access to the card's account information and pin. Once the information has been copied, the thief will reseal the tampered card and place it back on the display rack in the retail store.

The card will be closely monitored waiting for a consumer to purchase and load funds giving the thief an opportunity to drain the balance before the actual owner receives it.

### Ways to protect yourself:

- Examine the gift card and packaging for signs that it has been opened and resealed, check for tampering like scratched-off pin codes, peeling stickers.
- Choose gift cards from behind the counter rather than display racks.
- Consider digital cards, these are generally more secure than physical cards.
- Use your gift cards as soon as possible.
- Save the receipt as proof of purchase.
- Use a credit card to purchase, it will increase your chances of getting a refund if the card has been drained.

## Order Free Resources and Literature

Some resources are available for Download  
[areaagingsolutions.org/contact-us/](https://areaagingsolutions.org/contact-us/)



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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.

**For questions or submissions contact the WRAAA  
Community Outreach Department**

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

# 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.



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## SENIOR WELLNESS EXPO

FREE

FREE

Great Northern Mall

Thur., Oct., 23rd ♦ 9:00am - 1:00 pm

Food Court area / near Dick's Sporting Goods

9:00 am **FREE** Breakfast & Bingo

**FREE** Health Screenings

Blood Pressure ♦ Glucose ♦ Vision Screenings

Cholesterol ♦ Vaccine Shots

Presentations ♦ Vendor Tables

No registration required. For more information, contact WRAAA at 216-727-2629

## VOLUNTEERS NEEDED!

CALLING ALL VOLUNTEERS!  
WE NEED YOUR HELP!



OCAPS is looking for dedicated individuals to join us in our mission to maximize the protection and dignity of older adults in Ohio through collaboration, education and advocacy.

If you have a passion for elders and want to make a meaningful difference in your community, we want to hear from you!

Contact us today to learn more about this exciting volunteer opportunity.



[www.occaps.ohio.org](http://www.occaps.ohio.org)

## SPOT 5 DIFFERENCES



[amac.us/games/spot-the-difference/understanding-the-electoral-process/](http://amac.us/games/spot-the-difference/understanding-the-electoral-process/)

## WRAAA WORD SEARCH

ACT  
AGING  
CAREGIVER  
CUYAHOGA  
GEAUGA  
LAKE  
MEDINA  
PROGRAMS  
RESOURCE  
WAIVER

ADRC  
AGENCY  
AREA CARE  
CHOICE  
COMMUNITY  
DIRECTORY  
FAMILY  
HOME  
HOUSING  
LORAIN

MARKET  
MYCARE  
OUTREACH  
PROVIDER  
RESERVE  
SUPPORT  
VETERAN  
WESTERN  
WRAAA

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

# Hello October

**"TUCK TINY CANDY BARS IN MY POCKETS AND CARVE MY SMILE INTO A THOUSAND PUMPKINS.... MERRY OCTOBER!" — RAINBOW ROWELL**

## OCTOBER AWARENESSES

### Breast Cancer Awareness Month

October is dedicated to increasing awareness of breast cancer, promoting screening and early detection, and raising funds for research into its cause, prevention, diagnosis, treatment, and cure. The campaign offers support to those affected by breast cancer and commonly features pink ribbons as its symbol.



### National Disability Employment Awareness Month

This national campaign honors the contributions of individuals with disabilities to the economy and workplace. It also raises awareness about disability employment problems and advocates for accommodations in the workplace for those living with a disability.

## BUTTERNUT SQUASH CHILI

<https://www.allrecipes.com/butternut-squash-chili-recipe-8725719>

Prep Time: 20 mins

Cook Time: 45 mins

Total Time: 1 hr 5 mins

Servings: 6

### **Nutrition Information**

Calories: 393

Fat: 23 grams



### **Instructions**

- Heat olive oil in a 4- to 5-quart Dutch oven over medium-high heat. Add onion and tomato paste; cook, stirring until tomato paste begins to darken and onion is tender, 4 to 5 minutes. Add garlic, stirring until fragrant, about 30 seconds.
- Pour broth into Dutch oven. Add bell pepper, squash, diced tomatoes, and roasted tomatoes. Stir in brown sugar, chili powder, cumin, and crushed red pepper, if using. Cover, reduce heat to medium-low, and simmer until squash is tender, 20 to 25 minutes.
- Add beans and ground meat (if using) to pot. Cover and simmer until flavors have developed, about 15 minutes. Season with salt and pepper.
- Top with cheese, sour cream, cilantro, jalapenos, and avocado, as desired.

### **Ingredients**

- 2 tablespoons olive oil
- 1 cup chopped yellow onion
- 2 tablespoons tomato paste
- 4 cloves garlic, minced
- 2 cups vegetable broth
- 1 cup chopped green bell pepper
- 2 cups butternut squash, cut into 1/2-inch cube
- 1 (14 ½ ounce) can diced tomatoes
- 1 (14 ½ ounce) can fire roasted diced tomatoes
- 1 tablespoon brown sugar
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1/2 teaspoon crushed red pepper (optional)
- 1 (15 ounce) can black beans, rinsed and drained
- 1 pound cooked ground turkey or chicken (optional)
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper

### **Toppings**

- 3/4 cup shredded Cheddar cheese
- 1/3 cup sour cream
- 6 tablespoons chopped cilantro
- 1 jalapeno, seeded and finely chopped
- 1 avocado - pitted, peeled, and diced

# Hello November

**"FALLEN LEAVES LYING ON THE GRASS IN THE NOVEMBER SUN BRING MORE HAPPINESS THAN THE DAFFODILS."**

## NOVEMBER AWARENESSES

### National Alzheimer's Disease Awareness Month

Six million Americans live with Alzheimer's Disease and almost three million new cases are diagnosed annually. This progressive and deadly brain disease has no cure. However, researchers are still working hard to discover its cause. This month, we celebrate those living with the disease, their caregivers, and the healthcare professionals who treat them.

### National Veterans and Military Families Month

November is a time to honor those who have served in the military and the families who made sacrifices. It's an opportunity to give respect to their commitment to protecting American freedoms.

## VETERAN-DIRECTED CARE PROGRAM

**The Veteran Directed Care (VDC) Program** empowers eligible Veterans to access Home and Community-Based Services, granting them the autonomy to make personal decisions about their care.

WRAAA leads in facilitating services for enrolled Veterans through Person-Centered Counselors, who help participants manage their budget.

This flexibility enables veterans to hire workers, including family members or neighbors, to assist with daily tasks, allowing them to live comfortably at home or in the community.

The program guides Veterans or their representatives in creating a budget and managing independent living through tasks like:

- Eating
- Dressing
- Personal grooming
- Bathing
- Using the bathroom
- Mobility
- Grocery shopping



WRAAA has operated this program since September 2023 and has successfully assisted over 200 Veterans. We are actively accepting referrals in all 5 counties and will coordinate closely with the Veteran and the VA to ensure comprehensive support.

For more information or to make a referral, please contact us at (216)727-2852 or email [VeteranDirectedCare@areaagingsolutions.org](mailto:VeteranDirectedCare@areaagingsolutions.org).

Reference: U.S. Department of Veterans Affairs. (n.d.). Veteran-Directed Care. Veterans Affairs.

[https://www.va.gov/geriatrics/pages/Veteran-Directed\\_Care.asp](https://www.va.gov/geriatrics/pages/Veteran-Directed_Care.asp)



# Hello December

"DECEMBER HAS THE CLARITY, THE SIMPLICITY, AND THE SILENCE YOU NEED FOR THE BEST FRESH START OF YOUR LIFE." — VIVIAN SWIFT

## DECEMBER AWARENESSES

### 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. The U.S. has made enormous strides in HIV treatment, care and prevention since the epidemic began 40 years ago.

### Seasonal Depression Awareness Month

This is a time to raise awareness for Seasonal Affective Disorder (SAD), a type of depression that occurs at a specific time of year, most often in the fall and winter when days are shorter.

## FAMILY CAREGIVER SUPPORT PROGRAM

If you're helping an older relative or loved one, you are a family caregiver.

The WRAAA's Family Caregiver Support Program can provide:

- **Information** to caregivers about available services.
- **Assistance** to caregivers in gaining access to those services.
- **Time Out** or respite from caregiving by providing a temporary care worker, time for your loved one at a day center or in a facility, allowing you time to care for yourself.
- **Referral to Counseling, Skill Training, and Support Groups** that offer a coordinated approach while working with State and community-based services.

Get Help Today from Our Family Caregiver Support Team.

**Services:** Information and referral are available to anyone free of charge. Speak with one of our Care Coordinators to explore possible options for in-home care, facility respite, adult day programs, transportation, or equipment to support your loved one's care.

**Telephone:** (216)586-3441 or (800)626-7277 Ext. 3131 and ask for the Family Caregiver Support Program



**CARING for the CAREGIVER EXPO**

**Cleveland 2nd Annual Caring for the Caregiver Expo**  
**Saturday, November 8, 2025**

**A Day to Pamper, Thank, Educate & Recognize Caregivers**

The Landerhaven Event Center  
6111 Landerhaven Drive, Mayfield Heights, Ohio

Pampering • Facials  
Massages • Manicures  
Health and Fitness  
Yoga • Meditation  
Aerobics • Dance  
Education • Free Services  
Lunch and Learn  
Workshops • Information  
Health Care Career and  
College Fair  
Giveaways • Prizes  
...plus a whole lot more!

**FREE EVENT**

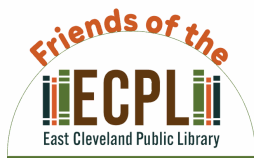
# NOVEL PLAYERS BOOK CLUB

Oct 14<sup>th</sup>, Dec 16<sup>th</sup>  
From 12:00 PM - 2:00 PM

October: Black Cake, a Novel by Charmaine Wilkerson  
December: Caste, The Origins of Our Discontents  
by Isabel Wilkerson

Limited number of books available while supplies last.

To register call or email: [Community Outreach & Advocacy](mailto:CommunityOutreach&Advocacy@areaagingsolutions.org)  
(216)502-6777 or [Communications@areaagingsolutions.org](mailto:Communications@areaagingsolutions.org).  
Book Club is sponsored by:



## ROASTED FALL VEGETABLE SALAD

[www.allrecipes.com/roasted-fall-vegetable-salad-recipe-8347212](http://www.allrecipes.com/roasted-fall-vegetable-salad-recipe-8347212)

Prep Time: 15 mins  
Cook Time: 20 mins  
Cool Time: 40 mins  
Total Time: 1 hr 15 mins  
Servings: 4

### Nutrition Information

Calories: 230  
Fat: 16 grams

### Ingredients

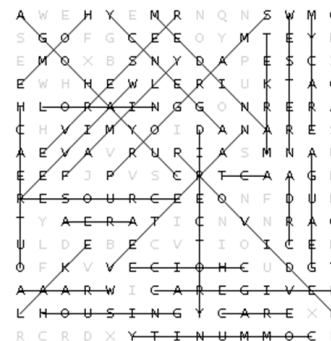
- 2 cups halved Brussels sprouts (10 ounces)
- 2 cups coarsely chopped butternut squash
- 1 red bell pepper, cut into 3/4-inch pieces
- 1 red onion, cut into 3/4-inch pieces
- 4 tablespoons olive oil, divided
- 1/2 teaspoon salt & 1/2 teaspoon black pepper
- 1 tablespoon red wine vinegar
- 1 tablespoon chopped fresh herbs
- 1 small clove garlic, minced
- 1 teaspoon Dijon mustard
- 2 tablespoons pepitas (pumpkin seeds), toasted

### Directions

- Preheat the oven to 425 degrees F. Line a large baking sheet with foil. Spread Brussels sprouts, squash, bell pepper, and red onion on the baking sheet. Drizzle with 2 tablespoons oil. Sprinkle with salt and pepper; toss to coat.
- Roast vegetables in the preheated oven, stirring halfway through, until browned and tender, about 20 minutes. Let cool 10 minutes.
- Meanwhile, for vinaigrette, whisk together vinegar, herbs, garlic, and mustard in a large bowl. Slowly pour in remaining 2 tablespoons oil, whisking until oil is incorporated and dressing is smooth and creamy.
- Add vegetables to bowl with vinaigrette; toss. Let cool to room temperature. Sprinkle salad with pepitas.



## ANSWER KEYS



"December, being the last month  
of the year, cannot help but make  
us think of what is to come."

FENNEL HUDSON



@WRAAonAging



@WRAAACommunity



Western-Reserve-Area-Agency-on-Aging

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