



Western Reserve
Area Agency on Aging

TELECARE NEWSLETTER

Summer Edition 2025



STAY COOL THIS SUMMER!

The summer heat can be dangerous to everyone but can also pose an even greater risk to older adults. Here's a few ways to stay safe on hot summer days.

- If you go outside, put on a hat, light clothing, and sunscreen.
- Stay hydrated, drink lots of water.
- Take cool showers.
- Cook in the morning or use a slow cooker/grill.
- Avoid being outside during the hottest part of the day.
- Keep the heat out during the day by closing blinds or curtains.
- Find a local cooling center.

Being too hot at any time of day or night can cause health risks like dehydration and heat stroke.

That's why it's important to recognize the first signs of heat exhaustion, which can include:

- Heavy sweating
- Nausea
- Dizziness or fainting
- Weakness
- Cool and clammy skin
- Irritability and occasionally confusion
- Headache

STAY
COOL

If you're worried for yourself or someone else who may not be able to cool down, and are confused or weak, call 911.

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

Phone: (216)502-6777 or

Email: Communications@areaagingsolutions.org

TRAFFIC TICKET SCAM

Ohioans have been receiving text messages with a fake "final notice" directing them to immediately pay an outstanding traffic ticket. Included in the text messages are suspicious links.

The message also lists deadlines and consequences for not paying by the dates, such as suspended driving privileges and vehicle registration. BMV warns that this is a scam and not from the agency.

If you receive a text message from a DMV in Ohio or elsewhere demanding money:

- Do not respond to the text or click any links. State DMVs would not ask for your information or money by text.
- If you think the message might be real, contact your state's DMV using a trusted phone number or website.
- Copy the text message and forward it to 7726 (SPAM). This will help your wireless provider spot and block similar messages.
- Report the text on the messaging app you use. Look for the option to report junk or spam.
- Report the text to the Federal Trade Commission at reportfraud.ftc.gov and/or file a complaint with the FBI's Internet Crime Complaint Center at ic3.gov.

ENERGY ASSISTANCE

If you are having a hard time managing your home energy cost, there are some resources that might be helpful. Contact the Western Reserve Area Agency on Aging at (216) 539-9240, your local senior center, or other Social Service Agencies for information on special assistance programs.

ENERGY ASSISTANCE PROGRAM SPOTLIGHT

HEAP Summer Crisis Program

The Home Energy Assistance Summer Crisis Program provides one-time cooling assistance to eligible Ohioans from July 1 to September 30. Households may qualify if they have a member who is 60 or older, has a certified medical condition, or has received a disconnect notice, been shut off, or is trying to establish new electric service.

To apply for HEAP or other energy assistance programs, visit:

<https://development.ohio.gov/individual/energy-assistance/energy-assistance>



SPOT 5 DIFFERENCES



<https://bit.ly/4etmRi8>



SUMMER WORD SEARCH



AIRSHOW	AUGUST	BARBECUE
BASEBALL	BEACH	BLUE
COOKOUT	HEAT	HOTDOGS
FIREWORKS	ICECREAM	SEPTEMBER
HUMID	PATRIOTIC	SUNSHINE
JULY	SCAMS	WHITE
RED	SUMMER	

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

"JULY IS HOLLYHOCKS AND HAMMOCKS, FIREWORKS AND VACATIONS, HOT AND STEAMY WEATHER, COOL AND REFRESHING SWIMS, BEACH PICNICS, AND VEGETABLES ALL OUT OF THE GARDEN." —JEAN HERSEY

JULY AWARENESSES & EVENTS

National Minority Mental Health Awareness Month

Raise awareness for the mental health struggles faced by minority communities. Make July a month for solidarity and education for those who feel unheard. People are encouraged to share pictures, poems, and videos on social media using #DepthOfMyIdentity.

Disability Pride Month

Celebrate the achievements of people with disabilities, fostering understanding and inclusivity.

The Celebration for Disability Pride 2025 will be July 16th from 4pm – 8:30pm @ Wade Oval Wednesday

VEGGIE FAJITAS

<https://www.thepioneerwoman.com/food-cooking/recipes/a61210022/veggie-fajitas-recipe/>

Prep: 15 MIN

Total: 30 MIN

Servings: 4

Nutrition Information

Calories: 849

Fat: 39 grams

Pico Ingredients

- 2 roma tomatoes, diced small
- 1 garlic clove, minced
- 1 jalapeño, minced
- 1 lime, juiced
- 1 small yellow onion, diced small
- 1/2 tsp. kosher salt
- 1/4 tsp. black pepper
- 3 Tbsp. fresh cilantro, chopped

Fajitas Ingredients

- 2 Tbsp. salted butter, divided
- 2 Tbsp. olive oil, divided
- 6 oz. white button mushrooms, halved
- 1 small red onion, sliced
- 1 Tbsp. steak seasoning
- 1 red bell pepper, sliced into strips
- 1 poblano pepper, sliced into strips
- 1 small yellow squash, halved lengthwise & cut into half-moons
- 1 small zucchini, halved lengthwise & cut into half-moons
- 2 limes, juiced
- 1 Tbsp. honey

Serving

- 12 fajita-size flour tortillas
- 1 cup cheese
- 1/2 cup crema
- 2 limes, cut into wedges
- Hot sauce



Directions

- **Pico:** Combine tomato, garlic, jalapeño, lime juice, onion, salt, pepper, & cilantro in a bowl.
- **Fajitas:** Heat 1 tablespoon of butter & 1 tablespoon of oil in a large skillet over medium-high heat. Add mushrooms & onions. Let cook for 2 to 3 minutes, allowing the vegetables to char. Season with half of the steak seasoning & stir. Remove to a plate & set aside.
- Add the remaining 1 tablespoon butter & 1 tablespoon olive oil to the skillet & heat over medium-high heat. Add the bell pepper, poblano, yellow squash, & zucchini in a single layer. Let cook undisturbed for 2 to 3 minutes, allowing the vegetables to char. Season with the remaining steak seasoning, then stir in the reserved mushrooms & onions. Let cook until the vegetables are tender but still have some bite, about 2 minutes more. Stir in the lime juice & honey & remove from heat.
- Serve the fajitas with the pico, tortillas, cheddar jack, crema, lime wedges, & hot sauce.

Hello August

"AUGUST, A TIME TO BASK IN THE GLORY OF SUMMER." — UNKNOWN

AUGUST AWARENESSES

Intersectionality Awareness Month

Intersectionality is when someone identifies with two or more marginalized groups, whether gender or race. By understanding everyone's personal experience with identity, we become a more diverse and inclusive world.

National Immunization Awareness Month

This annual observance highlights how important it is to be vaccinated at all ages.

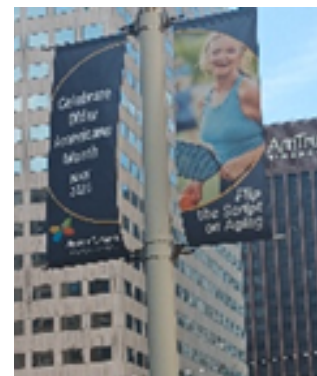


OLDER AMERICANS MONTH RECAP

Every May communities come together to honor and recognize the many contributions of older Americans across the nation. The 2025 theme for Older Americans Month is "Flip the Script on Aging" which encouraged individuals and communities to challenge stereotypes and dispel misconceptions about aging. Western Reserve Area Agency on Aging was proud to join in to honor the strength, resilience, and connections that comes with aging.

Here are some unforgettable ways that WRAAA recognized Older Americans:

- Western Reserve Area Agency on Aging kicked off the festivities by showcasing pole banners in the city of Cleveland on East 9th & Euclid.
- The Five County Advisory Council Luncheon was truly a special moment, WRAAA honored each of our council members from Cuyahoga, Geauga, Lake, Lorain and Medina Counties.
- Free Paint & Learn for seniors in our service area.
- Book Club with the Seniors of East Cleveland Public Library.



YOUR PATH TO AFFORDABLE LIVING

Introducing the Five County Affordable Housing Guide – designed specifically for older adults and individuals with disabilities. This guide includes home maintenance & repair services, assisted living, independent living, and emergency & temporary housing solutions.

"We provide choices for people to live independently in the place they want to call home."



Western Reserve
Area Agency on Aging

Scan the QR code to access our digital housing guide covering Cuyahoga, Geauga, Lake, Lorain and Medina counties.

or call 216-539-9240

Aging & Disability Resource Center



8 BEST SUMMER SONGS OF ALL TIME: 🎵

- "Summer in the City" by The Lovin Spoonful (1966)
- "Summer Breeze" by Seals & Crofts (1972)
- "Here Comes the Sun" by The Beatles (1969)
- "Hot Fun in the Summertime" by Sly & the Family Stone (1969)
- "(Sittin' On) The Dock of the Bay" by Otis Redding (1968)
- "Lovely Day" by Bill Withers (1977)
- "Good Vibrations" by The Beach Boys (1966)
- "Walking on Sunshine" by Katrina & The Waves (1985)

Hello September

"SEPTEMBER TRIES ITS BEST TO HAVE US FORGET SUMMER." — BERNARD WILLIAMS

SEPTEMBER EVENTS

August 30, 31, & September 1st



Enjoy the Cleveland National Air Show - a Labor Day tradition!
Burke Lakefront Airport, Cleveland.

Sunday, September 7th, 2025

Grandparents Day is an opportunity to treasure and appreciate all the joy and wisdom that grandparents bring to our lives.



SEPTEMBER AWARENESSES

National Suicide Prevention Awareness Month

Take time to remember the lives lost to suicide for those living with depression. Acknowledge the struggles that individuals, families, and communities face regarding suicide.

National Recovery Month

Focus on supporting individuals on their journey to recovery from substance use disorders and mental health challenges, promoting awareness and access to treatment and recovery resources.

YOUR PATH TO INDEPENDENCE

Introducing the Five-County Transportation Guide – designed specifically for older adults and individuals with disabilities. This guide is designed to bridge gaps, reduce social isolation, and support independence. Explore resources that connect you to medical care, social events, or grocery shopping.



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Scan the QR code to access our digital transportation guide covering Cuyahoga, Geauga, Lake, Lorain and Medina counties.

or call 216-539-9240

<https://areaagingsolutions.org>



SAVE THE DATE!
FRIDAY
SEPTEMBER 19TH



Presented By



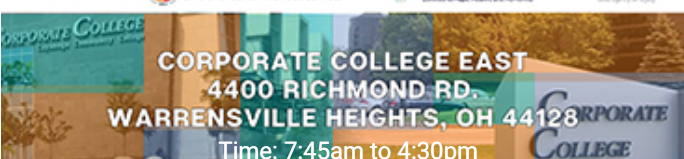
Cuyahoga County
Division of Senior and Adult Services



MetroHealth
Senior Health, Adult & Family

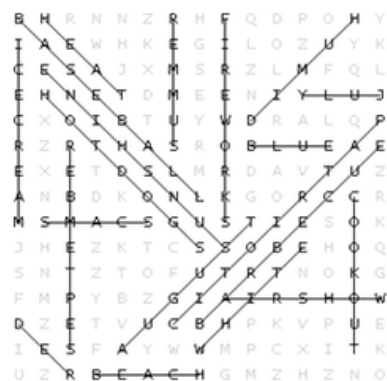


Western Reserve
Area Agency on Aging



ANSWER KEYS

Summer Word Search



Spot 5 Differences



NOVEL PLAYERS BOOK CLUB

July 15th, August 19th, September 16th
From 12:00 PM - 2:00 PM

July: The Tea Girl of Hummingbird Lane by Lisa See
August: Killers of a Certain Age by Deanna Raybourn

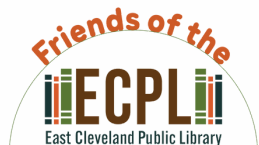
Limited number of books available while supplies last.

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.

SHRIMP SALAD ROLLS

<https://bit.ly/3ZVNxCr>

Prep: 20 MIN

Total: 20 MIN

Nutrition Information

Calories: 1963

Fat: 115 grams

Ingredients

- 1/2 cup mayonnaise
- 1 large celery stalk, finely chopped
- 2 tablespoons chopped fresh dill
- 1 Tbsp. chopped fresh chives
- 1 Tbsp. fresh lemon juice
- 1/2 tsp. kosher salt
- 1 lb. cooked medium shrimp
- 4 hot dog buns
- 4 large lettuce leaves
- Potato chips, for serving

Instructions

- Stir together the mayonnaise, celery, dill, chives, lemon juice & salt in a large bowl.
- Add the shrimp to the bowl & gently stir to combine.
- Heat a large cast-iron skillet over medium heat. Spread both sides of the buns lightly with mayonnaise.
- Toast the buns in batches until golden, about 2 minutes per side.
- Lay the lettuce leaves inside the toasted buns, then fill with the shrimp salad. Garnish with more dill & serve with chips.



@WRAAonAging



@WRAAACommunity



Western-Reserve-Area-Agency-on-Aging

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