



Western Reserve
Area Agency on Aging

TELECARE NEWSLETTER

Spring 2024

ANSWERS VISION ADVOCACY
TRAIN LORAIN VALUES DEVELOP
IMPROVE INTEGRITY
MEDINA
COMMUNITY
CUYAHOGA
PROGRESS GEAUGA SUSTAINABILITY
GROW MISSION
LAKE
THINKING
ASSISTANCE

Sign Up For Scam Alerts!

Scams are on the rise more now than ever before. It is 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. For the month of May the featured scam is the Imposter Scam.

Imposter Scams

Scammers will call you pretending to be government employees. They will ask for your personal information, typically your social security or Medicare number to steal your identity. They will tell you that your social security number and bank accounts are frozen, and you need to send them money to access your bank account.

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. to 4:30 P.M. Monday - Friday.

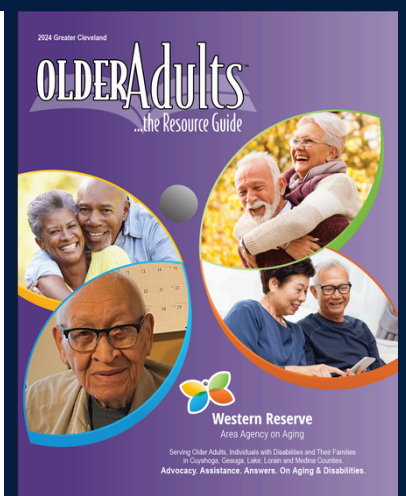
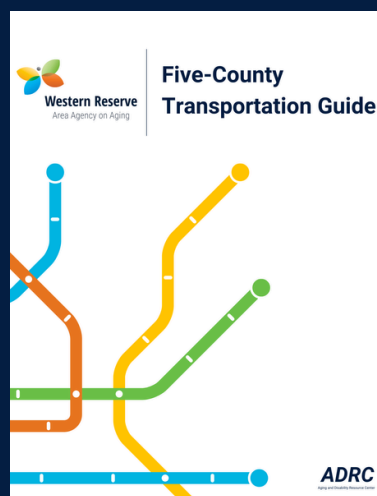
Order your free Resources

Older Adults... the Resource Guide

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

Five-County Transportation Guide

[https://areaagingsolutions.org/about-us/
wraaa-publications/](https://areaagingsolutions.org/about-us/wraaa-publications/)



A Message from the CEO

The month of May is designated as Older Americans Month. It is a time to celebrate the positive impact older adults have in their communities and beyond. It also serves as a time of advocacy—raising awareness for important initiatives, programs, and services designed to help everyone age well. This year's theme, *Powered by Connection*, "recognizes the profound impact that meaningful relationships and social connections have on our health and well-being."



Western Reserve Area Agency on Aging (WRAAA) understands the significance of good social health and fosters connection in our communities through various Older Americans Act services, including congregate and home-delivered meals, transportation assistance, support groups, wellness programs, and our Aging and Disability Resource Center. These services are vital for our consumers, particularly those experiencing social isolation and loneliness. On the surface, these programs provide meals, a way to get to a doctor's appointment, tools to manage a chronic disease, and referrals to other programs. Within these programs and services lies human interaction and opportunities for older adults to engage with the greater community. We hope you find inspiration in this year's theme to call a friend or enroll in a program. Give us a call if you need help getting started.

E. Douglas Beach, Ph.D.

CEO

Western Reserve Area Agency on Aging

A handwritten signature in blue ink that reads "E. Douglas Beach".

Department Feature: Community Outreach & Advocacy

WRAAA's Community Outreach team empowers older adults and individuals living with a disability through engaging activities and educational opportunities. The department offers over fifty informative presentations and workshops in Cuyahoga, Geauga, Lake, Lorain and Medina counties.

The Community Outreach department Speakers Bureau, provides a wide variety of computer/technology training with Senior Planet/Older Adults Technology Services. WRAAA also partners with community organizations to conduct over two hundred educational and entertaining events yearly. Examples of big events include Older Americans Month celebrations, Senior Walks, and the Northeast Ohio Senior Mind Challenge.

WRAAA offers workshops like Matter of Balance (MOB) and adult vision screenings through Prevent Blindness Ohio. WRAAA also coordinates a TeleCare program and virtual Bingo for older adults who may feel lonely or socially isolated. Join us for Virtual Bingo on Friday May 17th, 2024!

Venues for events are held within the communities we serve and range from senior apartments and assisted living facilities to art festivals and senior centers.

For more information about Bingo or to schedule a training or social activity with WRAAA, contact Fatima Perkins at (216) 543-5402.

Hello Spring

May is the month of sunshine, blooming flowers, and endless possibilities.

Mother's Day

Sunday, May 12th. A mother's love... never changes...never waivers...never goes away.

Memorial Day

Memorial Day is an American holiday observed annually on the last Monday in May to honor the women and men who have died while in military service. This year, Memorial Day is observed on May 27, 2024.

Father's Day

Sunday, June 16th A father is someone you can look up to no matter how tall you grow.

Juneteenth

Wednesday June 19th, 2024. Juneteenth Independence Day commemorates the end of slavery in the United States, also known as Emancipation Day.

Hello Summer

Thursday, June 20th marks the June solstice, the beginning of summer in the northern hemisphere as the sun reaches its highest point in the sky.



Word Search

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

Word Bank

ADVOCACY
AGENCY
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DIGNITY
DISABILITY
GEAUGA
HOUSING
LAKE
LORAIN
MEDICAID
MEDINA
MYCARE
OHIO
OLDER
RESERVE
SENIOR
WESTERN

Cooking on a Budget

Salmon Patties

Serves: 4

Nutritional Information:

Calories per Serving: 250

Fat: 13 g

Protein: 25 g

Carbohydrates: 12 g

Fiber: 2 g

Ingredients:

14.75 oz can salmon

1 egg

1/4 cup chopped onion

1/2 cup seasoned dry breadcrumbs

1 tbsp vegetable oil



Instructions:

1. Drain salmon and place into large bowl, removing bones.
2. Mix in egg, onion and breadcrumbs and form into patties.
3. Heat vegetable oil in skillet, brown each side, turning once.
4. Drain on paper towels and serve

Greater Cleveland Foodbank 2024, Cleveland Foodbank website, accessed 17 April 2024
<https://www.greaterclevelandfoodbank.org/get-help/nutrition-recipes/salmon-patties>

Tall Tails

The health advantages of spending time with pets are endless. Our furry friends promote social connectedness and ease loneliness, stress, anxiety and depression.

Featured pet: Zeus

American Bully / 1yr old

Zeus loves to play in the bathtub, cuddle and enjoys car rides. His favorite toys are his owner's 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



@WRAACommunity



@WRAAonAging

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