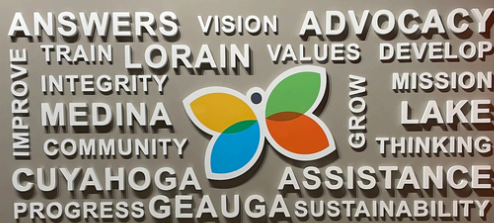


# TELECARE NEWSLETTER

Summer 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. This summer the featured scam is the Romance Scam.

### Romance Scam

Romance scammers exploit people that are looking for love and romance on social media platforms. The scammers pay close attention to the information you share online, convincing you that they are your perfect match. Once they gain your trust, they will persuade you to give them money, the goal is to get their hands on your life's savings, leaving you with a broken heart and an empty bank account.

Our partners at the Cuyahoga County Scam Squad can send scam alerts right to your phone or email through the **ReadyNotify.us** system. To sign up, visit [readynotify.us](https://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.

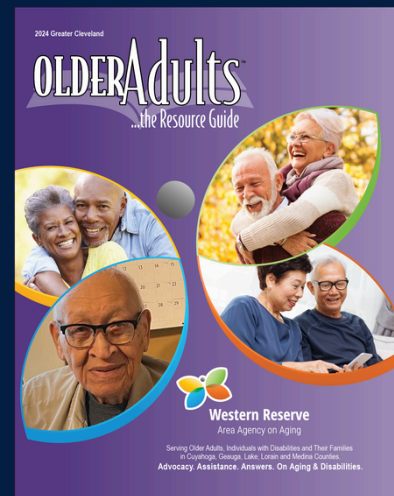
## WRAAA launches a new initiative – Senior Medicare Patrol

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 Bureau– [www.areaagingsolutions.org/contact/](https://www.areaagingsolutions.org/contact/)

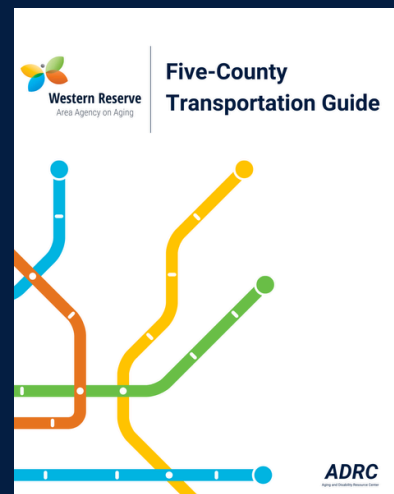


## Order Your Free Resources!

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



## Older Adults... the Resource Guide



## Five-County Transportation Guide

# Hello July

## Perseid Meteor Shower

Perseid Meteor shower is known to be one of the most active and brightest meteors of the year. They are usually active between July 17 and August 24 but most visible between August 9-13.

# Hello August

Welcome August! Please stay forever.

## National Wellness Month

August is National Wellness Month focusing on self-care, managing stress and promoting healthy routines.

# Hello September

Thanks for reminding us that change can be beautiful.

## Suicide Prevention Awareness Month

Emphasizes the importance of prevention against self-harm.

## World Alzheimer's Disease Month

Let's unite to raise awareness and challenge the stigma around Alzheimer's disease and dementia.

## STAY COOL THIS SUMMER!

Drink plenty of water and cold fluids. Eat cool snacks to stay hydrated. Take cool showers throughout the day to avoid overheating. Avoid direct exposure to the sun during the hottest part of the day.

## Events

**Wade Oval Wednesdays** - June 12 through August 14, 5:30 - 8:30 pm

**Taste of Tremont** - July 21, 12:00 - 8:00 pm. Location: Tremont 2406 Professor Ave, Cleveland.

**Asian Lantern Festival** - July 5 through August 25. Location: Cleveland Metroparks Zoo.

**Feast of the Assumption** - August 15 through 18. Location: Historic Little Italy

**Cleveland Oktoberfest 5K Run & 1-Mile Walk** - September 2, 11:00am - 3:00pm. Location: Cuyahoga County Fairgrounds 19201 East Bagley Rd, Berea.

**Cleveland Pickle Fest** - September 21, 11:00am - 6:00pm. Location: Mall C Downtown Cleveland. Cleveland Pickle Fest is a celebration of pickles and volunteerism in Cleveland.

## Young at HeART!

Art can be a healing act for the soul and the mind providing a cultural experience for the **Young at HeART!** This workshop will inspire you to unleash your creativity while you Paint & Learn about WRAAA, your local Area Agency on Aging.



## Word Search

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

## Word Bank

BEES	LADYBUGS
BASEBALL	LEMONADE
BEACH	LIFEGUARD
BARBECUE	POOLSIDE
BUTTERFLIES	PICNIC
BOAT	RAFTING
BONFIRE	SANDALS
COOKOUT	SUNGLASSES
CAMPING	SANDCASTLE
FISHING	STRAWBERRIES
FIREWORKS	SUNSCREEN
GARDENING	SWIMMING
GRILL	SURFING
HAMMOCK	VOLLEYBALL
HIKING	WATERPARK
HAT	DOGS
HAMBURGERS	
HOTDOGS	
HAZY	

## Reading is FUNdamental

Reading is known to enhance well-being, relieve stress, and promote lifelong learning. If you are looking to enjoy a summer sizzler, check out these reads from the American Senior Communities summer book list:

***And Then There Was You* by Nancy Naigle** - After falling victim to a con artist who absconded with the better part of her belongings, Natalie Maynard begins collaborating with Detective Randy Fellowes, who is assigned to her case.

***The Spectacular* by Fiona Davis** - This historical fiction novel takes place in New York City in 1956. Marion Brooks has decided to audition for Radio City Rockettes. People in the city, however, are living in fear over the "Big Apple Bomber." Marion finds herself assisting the police in the search, along with a young doctor, Peter Griggs, who is trying to use profiling to catch the criminal.

***The Secret Life of Lincoln Jones* by Wendelin Van Draanen** - Popular author Wendelin Van Draanen brings the story of Lincoln Jones alive in this book. He's a boy who always has a notebook in hand. In it, he writes tales in which the hero always overcomes and the bad guy lands in jail. It helps compensate for his own messy life. Then a girl at his new school wants to know more: what he's writing, where he goes after school and why he never talks to anyone.

Find these books at your local library or check to see if you are eligible to have items delivered to your home.

*News Flash...WRAAA Virtual Book Club...Coming Soon. For questions or book suggestions contact Fatima Perkins, Director of Community Outreach & Advocacy.*

## Cooking on a Budget

### Vegetable-Chicken Stir-Fry

Prep: 5 MIN

Total: 14 MIN

Servings: 4

#### Ingredients

- 2 tablespoons vegetable oil
- 1 pound boneless skinless chicken breast halves or thighs, cut into 1-inch pieces
- 3 cups cut-up assorted vegetables (bell peppers, broccoli flowerets, shredded carrots)
- 1 garlic clove, finely chopped
- 1/2 cup stir-fry sauce



#### Instructions

1. Heat 1 tablespoon of the oil in 12-inch skillet or wok over high heat. Add chicken; stir-fry about 3 minutes or until no longer pink in center. Remove from skillet.
2. Heat the remaining 1 tablespoon oil in skillet. Add vegetables and garlic; stir-fry about 2 minutes or until vegetables are crisp-tender. Add chicken and stir-fry sauce. Cook and stir about 2 minutes or until hot.

Betty Crocker Kitchens 2021, Betty Crocker Website, accessed 17 June 17, 2024

<https://www.bettycrocker.com/recipes/vegetable-chicken-stir-fry/458fda98-88e4-43de-8766-b05782ab5488>

## Tall Tails

The interaction and personality of pets bring social, mental, and physical benefits that play a significant role in your mental well-being.

#### Featured pet: Squirt

Parson Russell Terrier/ 11-year-old

Squirt is calm natured, friendly and loves to give a lot of kisses.

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](mailto:cterry@areaagingsolutions.org)



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