

TELECARE NEWSLETTER



July, August, September 2026

WHY OLDER ADULTS SHOULD FOCUS ON EYE HEALTH NOW

As you age, it's important to keep an eye on your vision. While some vision changes can be expected over time, others may signal something more serious, such as cataracts, glaucoma or age-related macular degeneration (AMD), which can result in vision loss, blurred vision and glare.

According to one study, one-third of all cases of cataracts, open-angle glaucoma and early AMD occur in those 80 years old or older.

"Older adults with diabetes are especially at risk of developing eye-related issues over time, including cataracts and glaucoma, as well as diabetic retinopathy," said Dr. Grant Tarbox, senior executive medical director with HealthSpring, which offers Medicare plans across the country.

In fact, more than half of people with diabetes eventually develop diabetic retinopathy, according to the National Eye Institute. This is a serious condition that can cause blindness if left untreated.



Vision screening recommendations for older adults vary by organization based on health status and medical history. If you have a vision benefit in your insurance plan, it's a good idea to take advantage of it in 2026.

Many eye diseases don't present symptoms in the early stages, making screenings important. When conditions are caught and treated early, disease progression can be slowed. Both Original Medicare and MA plans generally cover treatment for various eye diseases. Beneficiaries may have to pay coinsurance or copays, depending on their coverage. Additionally, a Medicare Part D plan, which is often included in an MA plan, generally covers eye drops and other vision-related prescriptions.

You should always ask your eye doctor to share information about your vision health with your primary care physician, including any prescriptions ordered, to better coordinate care," said Tarbox.

In addition to screenings, you can support healthy eyes with lifestyle tweaks. Tarbox added that the same habits that benefit your overall health are also good for your eye health. This includes eating well, maintaining a healthy weight, washing your hands, not smoking, and taking medications as prescribed.

"Additionally, because of the heightened risk of diabetic retinopathy, people with diabetes should undergo comprehensive annual eye exams and keep their A1C (a measurement of blood sugar), blood pressure and cholesterol levels under control.

"Although we can take our eyes for granted, having good vision is a critical part of maintaining our independence as we age," Tarbox said. "Good vision can help prevent a number of adverse events, including falls or car accidents, allows us to manage our health and home, and even helps us connect with others."

Hello July

"AGING IS NOT LOST YOUTH BUT A NEW STAGE OF OPPORTUNITY AND STRENGTH."

JULY AWARENESSES

National Minority Mental Health Awareness -

highlighting the unique mental health challenges faced by racial and ethnic minority communities in the U.S.

EASY, MEATY SHEET PAN MEAL

<https://www.allrecipes.com/recipe/283077/easy-meaty-sheet-pan-meal/>

- Prep Time: 10 min
- Cook Time: 20 min
- Total Time: 30 mins
- 4 Servings total
- Calories: 511
- Fat: 29 grams
- Carbs: 25 grams
- Protein: 37 grams

VIEW RECIPE HERE



Instructions

Step 1: Preheat the oven to 425 degrees F (220 degrees C). Line a 10x15-inch baking pan with aluminum foil.

Step 2: Arrange chicken, potatoes, and cherry tomatoes in a single layer on the prepared pan. Drizzle with oil and sprinkle with salt and pepper.

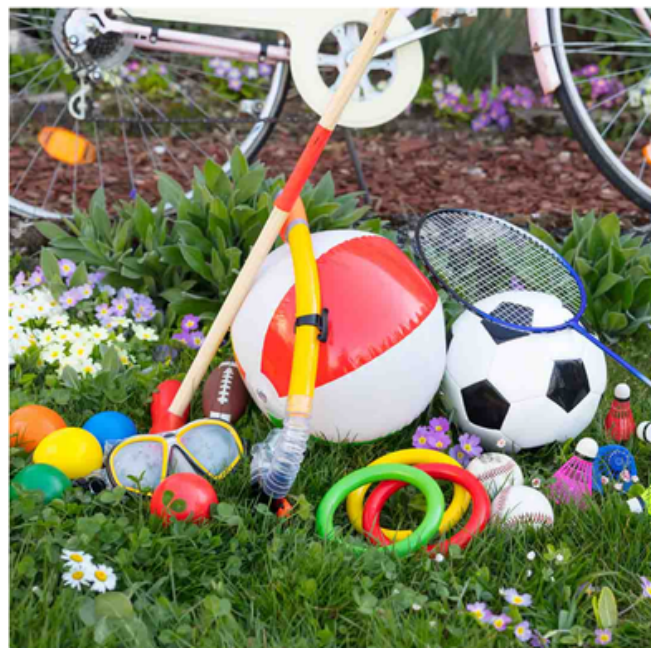
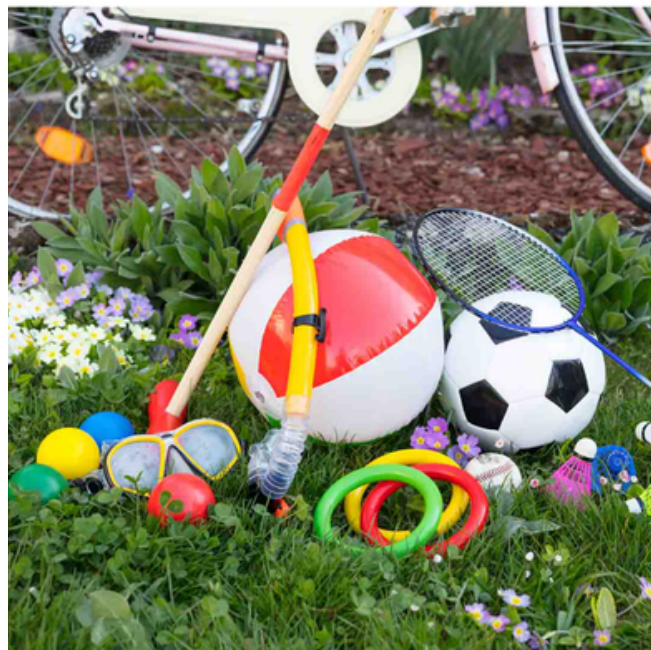
Step 3: Roast in the preheated oven until vegetables are tender and chicken is no longer pink in the center and the juices run clear, 20 to 30 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Step 4: Serve with pesto and garnish with basil.

Ingredients

- 1 ½ pounds boneless, skinless chicken thighs
- 1 pound tiny new potatoes, cut into 1-inch pieces
- 2 cups cherry tomatoes
- 2 teaspoons olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ cup pesto
- 1 tablespoon chopped fresh basil

SPOT 5 DIFFERENCES



amac.us/games/spot-the-difference/classic-outdoor-games/

Hello August

"YOU ARE NEVER TOO OLD TO SET ANOTHER GOAL OR DREAM A NEW DREAM"

AUGUST AWARENESSES

National Immunization Awareness

Highlighting the crucial importance of vaccination for people of all ages.

Hello September

"AGING GRACEFULLY MEANS BEING FLEXIBLE, BEING OPEN, ALLOWING CHANGE, AND LOVING YOURSELF"

SEPTEMBER AWARENESSES

Cancer Awareness

Aims to reduce mortality through early detection, education on risk reduction, and promoting regular screenings.

HEAT STROKE AND HEAT EXHAUSTION

Heat stroke occurs when the body is unable to control its temperature. The body's temperature rises rapidly to 106 degrees Fahrenheit or higher, the sweating mechanism fails, and the body can't cool down. Heat stroke can cause death or permanent disability if emergency treatment is not administered. Those most prone to heat exhaustion are older adults and people working or exercising in a hot environment.

HEAT STROKE PREVENTION



DRINK PLENTY OF FLUIDS



WEAR SUNSCREEN



WEAR LIGHT-COLORED LOOSE CLOTHING AND SUNGLASSES



NEVER LEAVE ANYONE IN A PARKED CAR



STAY AWAY FROM DIRECT SUN EXPOSURE FROM ABOUT 10 AM TO 4 PM



AVOID EXERCISE DURING THE HOTTEST PART OF THE DAY



ACCLIMATE TO HOT CONDITIONS SLOWLY



KEEP YOUR HOUSE COOL



TAKE COOL SHOWERS



EAT LIGHT FOOD



TAKE PRECAUTIONS WITH MEDICATIONS



STAY INFORMED

Warning signs of heat stroke vary, but may include:

- An extremely high body temperature (above 103 degrees Fahrenheit, orally)
- Unconsciousness
- Dizziness, nausea and confusion
- Red, hot and dry skin (no sweating)
- Rapid and strong pulse
- Throbbing headache

Warning signs of heat exhaustion vary, but may include:

- Heavy sweating
- Muscle cramps
- Weakness
- Headache
- Nausea or vomiting
- Paleness, tiredness and dizziness

WRAAA VIRTUAL

Every 3rd Thursday of each month, Virtual Bingo begins at 1 PM. Register by emailing: cwillis@areaagingsolutions.org. Please leave your complete mailing address, email address and phone number. You must have access to Zoom to participate.

SUICIDE PREVENTION COALITION

WRAAA partners with the Suicide Prevention Coalition in Cuyahoga County to collectively prevent suicide through public awareness, education, and community advocacy providing hope and resources to individuals in crisis and those affected by suicide. The coalition is composed of organizations, community members, and survivors dedicated to instilling hope, raising awareness, and providing resources in an effort to reduce the incidence of suicide and suicidal behaviors.

Adults age 75 and older consistently exhibit the highest suicide rates per 100,000 in the population. Primary risk factors include late-onset depression, the burden of chronic physical illnesses, and profound social isolation due to the loss of spouses or peers.

If you or someone you know is experiencing emotional distress, help is just three digits away. By calling or texting 988, or chatting online, you can connect with trained counselors who are available 24/7 to listen and provide support. The service is free, confidential, and available to everyone. Whether you're feeling overwhelmed, concerned about a loved one, or simply need someone to talk to, you are not alone.



NEXT GENERATION MYCARE OHIO

As we approach the mid-year point in 2026, the State of Ohio continues to roll out the Next Generation MyCare Ohio Program.

The MyCare Ohio program is a dual-eligible (Medicare + Medicaid) program aimed at providing better coordination of care for individuals, their providers and families in Ohio, with much of the work being in partnership with local Area Agencies on Aging.

The WRAAA was one of the first regions to enter the Next Generation program on January 1st of 2026, and the rollout continues until August 1st at which time MyCare Ohio will be available in all 88 counties in Ohio.

The program is implemented by the Ohio Department of Medicaid, which contracts with 4 health plans to provide benefits:

- Anthem Blue Cross
- Molina HealthCare
- Buckeye HealthCare
- CareSource

For anyone interested in selecting benefits or learning more about the program, you can visit www.ohiomh.com to enroll or change benefits, or contact the Ohio Medicaid Hotline at 800-324-8680, or call 1800-Medicare.

Making any decisions about your healthcare coverage is very important, so using a resource like the Ohio Senior Health Insurance program (OSHIP) to ask questions and gather information is a great option: OSHIP 800-686-1578.



- Anthem Blue Cross and Blue Shield: (833) 727-2169
- Buckeye Health Plan: (855) 445-3562
- CareSource: (855) 475-3163
- Molina HealthCare of Ohio: (866) 856-8295

NOVEL PLAYERS BOOK CLUB

East Cleveland Public Library
 July 21, August 23, September 22
 From 12:00 PM - 2:00 PM

July: Hello Beautiful, by Ann Napolitano
August: The Pale Faced Lie by David Crow
September: Love by Toni Morrison

Farihill Partners

August 8
 From 10:00 AM - 12:00 PM

August: Judge Stone, by Viola Davis & James Patterson



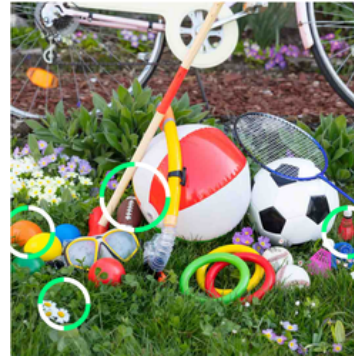
Western Reserve
 Area Agency on Aging



Limited number of books available while supplies last.
To register, call or email: Community Outreach & Advocacy
 (216)543-5402 or Communications@areaagingsolutions.org.

ANSWER KEYS

Spot 5 Differences



Summer Word Search

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

Word Jumble

DNEEMOAL = LEMONADE

SASEHNWIDC = SANDWICHES

TKENLAB = BLANKET

ERLCOO = COOLER

LEMONAEWTR = WATERMELON

MICROWAVE LEMON CURD

www.allrecipes.com/recipe/70036/microwave-lemon-curd/



Ingredients

- 1 cup white sugar
- 3 large eggs
- 1 cup fresh lemon juice
- ½ cup unsalted butter, melted and cooled slightly
- 3 medium lemon, zested

- Prep Time: 5 min
- Cook Time: 5 min
- Total Time: 10 mins
- 16 Servings total
- Calories: 117
- Fat: 7 grams
- Carbs: 14 grams
- Protein: 1 gram

Directions

Step 1: Gather the ingredients.

Step 2: Whisk sugar and eggs together in a microwave-safe bowl until smooth. Stir in lemon juice, melted butter, and lemon zest.

Step 3: Microwave on high in 1-minute intervals, stirring after each interval, until thick enough to coat the back of a metal spoon.

Step 4: Pour into small sterile jars.



@WRAAonAging



@WRAAACommunity



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