

free

LEGAL ADVICE

Brief Advice & Referral Legal Clinic

Civil Matters Only (Not Criminal)

THURSDAY, JULY 12
4:30 P.M. — 6:00 P.M.
Maple Heights Senior Center
15901 Libby Road
Maple Heights, Ohio 44137

First-come, First-served

- Bring important papers with you!
- Questions? Call 216-687-1900 or visit www.lasclev.org

*Attorneys are available for brief advice and referral only.
Clinic attorneys do NOT represent you.
If you need legal representation you may be referred
to The Legal Aid Society of Cleveland or another service provider.

----- A Program of the Volunteer Lawyers Program of The Legal Aid Society of Cleveland -----

Interested in Sponsoring the Golden Maple Leaves? Please Call for Details!

City of Maple Heights
Maple Heights Senior Center
15901 Libby Rd.
Maple Hts., Ohio 44137

PLACE
STAMP
HERE

Contact Us

Give us a call for more
information about our
services.

Maple Heights Senior Center
15901 Libby Rd.
Maple Heights, OH 44137

(216) 587-5481

E-Mail
lvopat@mapleheightsohio.com

Visit us on the web at
www.mapleheightsohio.com



GOLDEN MAPLE LEAVES



City of Maple Heights

Annette M. Blackwell , Mayor

JULY 2018

Linda M. Vopat, Director of Human Services

Meal Reservations: 216-587-0015

Transportation Reservations: 216-265-1489




Fax: 216-587-9069

Additional Information: 216-587-5481

From Mayor Annette M. Blackwell



JULY PROGRAMS AT A GLANCE

JULY 2: 9:40 USPS Mobile Mail Truck
JULY 2: 10:00 Matter of Balance
JULY 4: Closed - Independence Day
JULY 5: 9:45 Movie: Wonder Woman
JULY 9: 10:00 Matter of Balance
JULY 10: 9:30 Holly's Hearing Screen
JULY 10: 10:30 Site Council
JULY 10: Noon July Birthday's
JULY 10: 6:30 PM Music in the Park 
JULY 11: 10:30 Cleveland Clinic - Vitamins
JULY 11: 10:45 Tai Chi Class
JULY 12: 9:45 Movie: The Greatest Showman
JULY 12: 10:30 Farmers Market
JULY 12: 4:30 PM Legal Aid Clinic
JULY 16: 10:00 Matter of Balance
JULY 17: 10:30 Blood Pressure
JULY 19: 10:00 
JULY 23: 10:00 Matter of Balance
JULY 24: 10:30 Site Council
JULY 25: 10:30 Cleveland Water Dept.
JULY 25: 10:45 Tai Chi Class
JULY 25: 12:45 General Meeting
JULY 26: 9:45 Movie: Wonder
JULY 26: 10:30 Farmers Market
JULY 27: 10:00 Bunco 
JULY 30: 9:30 Hair Cuts

Maple Heights Office On Aging | 15901 Libby Road | Maple Heights, Ohio 44137

District 1 - Stafford L. Shenett Sr.
District 2 - Toni Jones
District 3 - Ebony Miller
District 4 - Terry Woody Sr.

Members of City Council
President of Council—Ron Jackson
City Hall
5353 Lee Road
Maple Heights, Ohio 44137
Phone: 216-662-6000

District 5 - Tanglyn Madden
District 6 - Sharri Thomas
District 7 - Edwina Agee

Donations Accepted



The services offered at the Maple Heights Senior Center are funded by the City of Maple Heights, the Older Americans Act through the Ohio Department of Aging and the Cuyahoga County Division of Senior and Adult Services, through the Health & Human Services Levy. Donations are accepted for the services of Congregate and Home-Delivered Meals, Outreach, Transportation, and Escort. The decision to donate or not to donate is totally yours and will in no way affect your eligibility for these services.

Monthly Bingo

The monthly bingo is usually the third Thursday of each month and starts at 10:00 a.m. Please check the newsletter for the date each month. If you would like to stay for lunch, your meal reservation should be made on Monday or Tuesday the week before. Thank you to Sharon Hagans for the June Bingo prizes. Bingo will be July 19th this Month



Volunteers Needed

The Maple Heights Senior Center offers many opportunities for you to give of your time and talents to others. Volunteers are needed to deliver home delivered meals and to escort seniors to medical appointments. For more information or to lend a hand, call 216—587-5481.

F.Y.I.

Division of Senior and Adult Services:	1-216-420-6750
Long-Term Care	
Ombudsman Helpline:	1-800-365-3112
Long-Term Care Ombudsman:	1-216-696-2719
Western Reserve Area Agency on Aging:	1-216-621-8010

Transportation

Seniors 60 years or older who reside in the city of Maple Heights and bordering areas can request van transportation. The Maple Heights Senior van can be used for medical appointments, prescription pick-ups, grocery shopping, banking and to come to the Maple Heights Senior Center. Suggested donation is \$1.00 **each way**.

To register for the Senior Center call 216-587-5481. To make a van reservation, call the "STC Call Center" @ 1-216-265-1489 by 12 noon, three (3) business days prior to, or up to two (2) weeks in advance, Monday through Friday from 7:00 a.m. to 5:00 p.m.

Maple Hts. Nutrition Program - New Meals!

Provides a nutritionally sound hot meal to individuals 60 years of age or older in a friendly atmosphere. **The suggested donation for the meal is \$1.50.** Lunch is served promptly at noon unless otherwise specified. It is the Center's policy that you arrive by 11:30 a.m. for your reserved lunch, otherwise it will be offered to a person on the stand-by list. Meal reservations are made one week in advance on Monday or Tuesday. You can reserve or cancel a lunch either by phone at 216-587-0015 or in person from 9:00 AM to 5:00 PM. **We are pleased to announce additional options to your menu! We will be accepting 3 different menu choices for each day. When calling in your meal reservation, please tell us if you want the regular hot meal, the Cold Plate (CP) option of Chicken Salad w/Croissant (Monday only) or Spring Lettuce Salad w/Chicken Breast (Tues—Fri) or the Boxed Lunch (BX) option of Tuna, Turkey or Roast Beef designated on the menu for each day. We are now taking lunch reservations for the new meal options.**

Outreach Service

If you know someone in Maple Heights who is 60 plus and needs assistance, please contact Jaimie Hasenohrl to arrange an OUTREACH VISIT from 8:30 a.m. to 5:00 p.m. at 216-587-5451.

Notary Services Available

Maple Heights Resident Audrey Brandon

Has offered her services as a Notary Public to all of our Seniors. Please call 1-216-587-5481 or speak to a staff member to make and appointment with Audrey for all your Notary needs.

Medicare Assistance

An OSHIIP Counselor is available to all seniors at the Maple Heights Senior Center. Staff will assist you with Medicare forms and questions. Appointments for this service can be made by calling 216-587-5481.

Cleveland Clinic

The Cleveland Clinic provides community outreach education as part of a grant with the Maple Heights Office on Aging. They will be coming on a quarterly basis. The next scheduled date is Wednesday, July 11th the topic will be on the importance of various Vitamins..



Senior Farmers Market Coupons

The Senior Center is a distribution site for the 2018 Senior Farmer's Market Program. To be eligible you must be 60 years of age or older and have an annual household income of 185% of poverty or less. We will serve seniors that reside in the 44125 & 44137 zip codes. All available coupons have been distributed. We are now taking a waiting list for those that are eligible.

The Senior Farmer's Market Nutrition Program is supported by federal funds from the U.S. Department of Agriculture, the Ohio Department of Aging and the Western Reserve Area Agency on Aging.

Mobile Food Pantry - NEW LOCATION

The City of Maple Heights and the Citadel of Faith Ministries in cooperation with the Greater Cleveland Food Bank are sponsoring a Mobile Farmers Market at the

Citadel of Faith Ministries
5250 Arch Street (off Libby Road)
Maple Heights, Ohio 44137

Saturday, July 7, 2018

10:30 AM – 1:30 PM

Please Bring Your Own Bags

Learn to Play BUNCO!

Bunco is a social dice game, traditionally played with 12 players, who are divided into three tables with 4 players at each table. But really, any number can play. Join in to play Bunco on Friday, July 27th at 10:00 AM, at the Maple Heights Senior Center. Just \$1.00 to play. The money collected will then be distributed to the person(s), who wins Most Bunco's, Most Baby Bunco's, Most Wins, Most Losses! Thank you to Suburban Pavilion for providing a gift card for the person who wins the "Most Bunco's" prize.



Volunteer of the Month



Paul Roman



For holding the doors open for the Seniors on the van and to the entrance of the center.



Telephone Reassurance

Any elderly person who is homebound or lives alone and would like a daily phone call, please contact the Center at 216-587-5451. Let us provide you with a reassuring daily call to let you know we care.

Legal Aid for Seniors

The Legal Aid Society offers legal counseling and services to persons age 60 and over.

New intakes are processed via phone:

888-817-3777 (toll-free)

Monday, Wednesday, Friday: 9 a.m. – 4 p.m.

Tuesday, Thurs: 9 a.m. – 2 p.m.

In-person intake applications are handled:

Tuesday, Thursday 9 a.m. – 1 p.m.

At any of four Northeast Ohio Offices in Cleveland, Elyria, Jefferson & Painesville

Visit www.lasclev.org for more information

Benefits Checkup

The program is a simple way for you to learn about state and federal programs you may be eligible for. You need to use a computer and answer several simple questions. The program will bring up a list of possible programs you may qualify for. Call 216-420-6840 for more information or the website to log onto is:

www.benefitscheckup.org/link/cuyahoga

Podiatry Service

Lara S. Poduska, DPM will be available for foot care. Assignment from Medicare and Medicaid is accepted. Special arrangements can be made for persons on HMO insurances. Call Dr. Poduska's office at 216-662-0027 for an appointment.

Thank You to the Following Seniors

For donations of money, cups, sugar, creamer, coffee, Tea and/or snacks & straws:

Mr. & Mrs. Cesco, Genevieve Cercek, Carol Fordham, Jessie Giles, Cardia Gosha, Sharon Hagans, Gayle Holman, Robert Oatman, Juanita Womack, Walter Wacławik, Kay Zeilinski



Hot Meals Program

The Maple Heights Lutheran Church of the Covenant will be offering a FREE Hot Meal on the last Thursday of the month. Meals will be served from 5:00 – 7:00 pm. The Maple Heights Lutheran Church of the Covenant is located at 19000 Libby Road. For a ride call 216-587-5481.

Hair Cuts - Isiah White

Isiah White is a licensed barber that will be coming to the Maple Heights Senior Center on the last Monday of each month! Except those months where there is a holiday that falls on the last Monday. He will then come the week before. The cost is \$6.00 per hair cut. He is scheduled to come Monday, July 30th starting at 9:30 AM. Please call 216-587-5481 to schedule your appointment.



Holly's Hearing

Holly's Hearing Aid Center will be at the Maple Heights Senior Center to conduct **FREE** Hearing Screenings for our Seniors. Tuesday, July 10, 2018 from 9:30 – 11:30 AM



Senior Employment Service

Employment opportunities are available through various Senior employment services. The following agencies offer some kind of assistance for employment opportunities.

AARP Senior Employment Program: 216-881-1155

Jewish Family Service Association: 216-292-3999

National Caucus & Center on Black Aged: 216-721-9197

Parma Employment Connection: 216-898-1366

Vocational Guidance Service Incorporated: 216-431-7800

Book Delivery for Homebound-Library2you

Library2You is a free service for homebound individuals from Cuyahoga County Public Library which mails library materials to your home. Are you a Cuyahoga County resident who is unable to visit the library for one of the following reasons?

- Frail older adult age 60 and older
- Physically, visually and/or mentally impaired
- Temporarily homebound

Contact the Adult Services Department at 216-749-9307 to make arrangements.

Low Vision Group

The Maple Heights Senior Center, in conjunction with the Cleveland Sight Center, co-sponsor a support group for those who are visually impaired. The group will focus on common problems low vision people encounter, how to cope with these problems, and services available in the community. They will meet on the first Tuesday of the month from 10:30 to 11:30 AM.

June Birthday's

On Tuesday June 12th, we celebrated birthdays at the Senior Center. The special birthday table was covered with a festive tablecloth distinguishing it from other tables in the dining room.

**Special Thank You to
Suburban Pavilion
For providing Cake!**

HAPPY BIRTHDAY!!!



Walta Mason 6/1
Paul Roman 6/7
Renee Jackson 06/22
Nora Ogletree 6/28

Pearly Rashad 6/6
Wendall Chinn 6/18
Jerome Coleman 6/28
Lydia Fotia 06/30

USPS Mobile Truck

The United States Post office Mobile truck usually visits the Maple Heights Senior Center on the first Monday of each month. This is a full service mail truck to accommodate all your mailing needs. The next visit will be

Monday, July 2, 2018

Blood Pressure Screening - Tuesday

Mercedes Kirby from Suburban Pavilion will be doing blood pressure screenings on the Third **Tuesday** of every month at 10:30 AM



Suburban Pavilion Nursing
and Rehabilitation Center



Groovy Movies 9:45 AM

July Movies - 2nd Floor



Thursday, July 5th Wonder Woman

7.5/10 (2017)

When a pilot crashes and tells of conflict in the outside world, Diana, an Amazonian warrior in training, leaves home to fight a war, discovering her full powers and true destiny.

Thursday, July 12th The Greatest Showman

7.7/10 (2017)

Celebrates the birth of show business, and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation.

Thursday, July 26th Wonder

8.0/10 (2017)

Based on the New York Times bestseller, WONDER tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters 5th grade, attending a mainstream elementary school for the first time.

Free Tai Chi Classes

In cooperation with the Maple Heights Adult Activities Center is offering a free Tai Chi Class on Wednesday Mornings from 10:45-11:15. The classes will be every other Wednesday, starting in 2018. Transportation will be available from the Maple Heights Senior Center leaving at 10:15 AM. You can drive directly to the activity center at the Maple Heights Adult Activities Center 14775 Broadway Ave., Maple Heights. For more Information call 1.216.587.5481



Music in the Park

The 2018 Music in the Park Series

Tuesday, July 10th from 6:30 – 8:30 pm

Raine Austen & Saxman David Millen, Sponsored by the Maple Heights Seniors and Friends of the Maple Heights Library

Tuesday, Aug. 14th from 6:00 – 8:00 pm

Herb Wilborn Jr. - National Recording Artist, Sponsored by your Local McDonalds and Maple Heights City Council

All Performances at Stafford Park
5400 Mayville Ave.

Maple Heights, OH 44137 216.587.5481

Rainout Location: St. Andrews Eastern Orthodox Church

16029 Maple Park Dr. | Maple Hts. 44137

Available for Purchase from the Sides to go! BBQ Food Truck

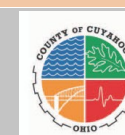


Cleveland Water - Education and Outreach

A representative from the Cleveland Water Department will be coming to the Maple Heights Senior Center on Wednesday, July 25, 2018 from 10:30—11:30 AM to present to the Seniors about “What makes Cleveland Water Erie-Sistable: A high-level overview of our history, water quality, distribution system and emerging technologies.” Please be sure to stop by and enjoy this presentation.



Farmers Market































The CARE Program is actively recruiting volunteers to assist elderly home owners with simple tasks around their homes in your area! Become a part of our team, give back to the community, and help make a difference in the lives of local senior citizens! For more information please call Eric McLellan at 216-848-0594 or email Eric at mclellane@communitypartnershiponaging.org.

This Initiative is funded in part through a Senior Center Innovation Grant awarded by the Cuyahoga County Division of Senior and Adult Services through the Health & Human service Levy.



July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2) Meal Reservations, 9:40 AM USPS Mobile Post Office Truck, 10:00 AM Matter of Balance Class</p>  	<p>3) Meal Reservations</p>	<p>4) Closed – Independence Day</p> 	<p>5) Movie: 9:45 AM, Wonder Woman 7:00 PM Council Meeting</p> 	<p>6)</p>
<p>9)) Meal Reservations, 10:00 AM Matter of Balance Class</p> 	<p>10)) Meal Reservations, 9:30 Holly's Hearing, 10:30 AM Site Council, Noon July Birthday's Sponsored by Walton Manor, Music in the Park, 6:30 pm-8:30 pm, Stafford Park</p>   	<p>11) 10:30 Cleveland Clinic – Vitamins, 10:45 AM Tai Chi Class, 1:00 PM Bid Whist</p>   	<p>12) Movie: 9:45 AM, The Greatest Showman Farmers Market 10:30 – 11:30, 4:30 – 6:00 PM FREE Legal Aid Society Clinic</p>   	<p>13)</p>
<p>16) Meal Reservations, 10:00 AM Matter of Balance Class</p> 	<p>17) Meal Reservations, 10:30 AM Blood Pressure Sponsored by Suburban Pavilion</p> 	<p>18) 1:00 PM Bid Whist</p> 	<p>19) 10:00 Bingo Sponsored by Suburban Pavilion</p> 	<p>20)</p>
<p>23) Meal Reservations, 10:00 AM Matter of Balance Class</p> 	<p>24) Meal Reservations, 10:30 AM Site Council</p> 	<p>25) 10:30 Cleveland Water Dept., 10:45 AM Tai Chi Class, 12:45 General Meeting 1:00 PM Bid Whist</p>    	<p>26) Movie: 9:45 AM, Wonder Farmers Market 10:30 – 11:30</p>  	<p>27) 10:00 Bunco</p> 
<p>30) Meal Reservations, 9:30 Hair Cuts Isiah White – Licensed Barber</p> 	<p>31) Meal Reservations</p>			

Meal Reservations are taken on Monday and Tuesday, One Week in Advance, @ 216.587.0015

July 2018 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>*Beef Hot Dog Mustard 1 PC /Ketchup 1 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun Apricots ½ c</p> <p>ALT=CS TR</p>	<p>3</p> <p>Hawaiian chicken 3 oz *Rice Pilaf ½ c Baby Carrots ½ c Green Beans ½ c Whole Grain Wheat Tropical Fruit ½ c</p> <p>ALT=CBG RB</p>	<p>4</p> <p>4th of July Holiday</p> <p>Sites Closed</p>	<p>5</p> <p>*Hamburger 3 oz Ketchup 2 PC Tator Tots ½ c Spinach ½ c/ Vinegar 1 PC Whole Grain Bun Banana</p> <p>ALT=CBG TR</p>	<p>6</p> <p>*Roasted Turkey Breast 3 oz *Gravy 2 oz *Mashed Potatoes ½ c California Blend ½ c 2 Whole Grain Rye Pineapple Chunks ½ c</p> <p>ALT=CBG RB</p>
<p>9</p> <p>*Beef Stew 8 oz Brussel Sprouts ½ c Buttered Sliced Carrots ½ c Whole Grain Wheat W.G. Vanilla Wafers 1 oz Orange</p> <p>ALT=CS T</p>	<p>10</p> <p>*Chicken Breast Filet Alfredo 4 oz *Buttered Noodles ½ c Mixed Vegetables ½ c Harvard Beets ½ c Whole Grain White Sliced Pears ½ c</p> <p>ALT=CBG RB</p>	<p>11</p> <p>*Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Broccoli ½ c 2 Whole Grain Wheat Banana</p> <p>ALT=CBG TR</p>	<p>12</p> <p>*Breaded Pork Pattie 3.75 oz *Sweet Potatoes ½ c Green Peas ½ c W.G. Dinner Roll 2 oz Scalloped Apples ½ c</p> <p>ALT=CBG T</p>	<p>13</p> <p>*Tuna Salad 3 oz *Potato Salad ½ c *Corn Relish Salad ½ c 2 Whole Grain Wheat Apricots ½ c</p> <p>ALT=CBG RB</p>
<p>16</p> <p>* Ham 3 oz Mixed Vegetables ½ c Cheesy Potatoes ½ c Corn Muffin 2 oz Mixed Fruit ½ c</p> <p>ALT=CS T</p>	<p>17</p> <p>*Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *Baby Lima Beans ½ c W.G. Honey Wheat Biscuit 2 oz Tropical Fruit ½ c</p> <p>ALT=CBG TR</p>	<p>18</p> <p>*Cold Sliced Turkey 3 oz Mayo 1 PC *Tomato Cuke Onion Salad ½ c *Cole Slaw ½ c 2 Whole Grain Rye Mandarin Oranges ½ c</p> <p>ALT=CBG RB</p>	<p>19</p> <p>*Chicken Breast 3 oz Marinara Sauce 2 oz Green Beans ½ c Capri Blend ½ c W. G. Breadstick 2 oz Sliced Peaches ½ c</p> <p>ALT=CBG RB</p>	<p>20</p> <p>*Swedish Meatballs 3-1 oz *Noodles ½ c/* w/Gravy 2 oz Broccoli ½ c Red Cabbage ½ c Whole Grain White Banana</p> <p>ALT=CBG T</p>
<p>23</p> <p>*Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Harvard Beets ½ c 2 Whole Grain White Sliced Peaches ½ c</p> <p>ALT=CS RB</p>	<p>24</p> <p>*Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c Buttered Sliced Carrots ½ c Green Peas ½ c Applesauce ½ c W.G. Vanilla Wafer 1 oz</p> <p>ALT=CBG TR</p>	<p>25</p> <p>*Pepper Steak 3 oz *Butternut Squash ½ c Green Beans ½ c Blueberry Muffin 2 oz Banana</p> <p>ALT=CBG T</p>	<p>26</p> <p>*Beef Stroganoff 4 oz *Noodles ½ c w/*Gravy 2 oz Mixed Vegetables ½ c Corn ½ c Whole Grain Wheat Pineapple Chunks ½ c</p> <p>ALT=CBG TR</p>	<p>27</p> <p>*Breaded Fish 4 oz Tartar Sauce 1 PC *Scalloped Potatoes ½ c Spinach ½ c/ Lemon Juice 1 PC W.G. Dinner Roll 2 oz Sliced Pears ½ c</p> <p>ALT=CBG RB</p>
<p>30</p> <p>*Stuffed Cabbage 6 oz Sauce 2 oz *Mashed Potatoes ½ c Kyoto Blend Vegetables ½ c 2 Whole Grain Wheat Tropical Fruit ½ c</p> <p>ALT=CS TR</p>	<p>31</p> <p>*BBQ Rib Patty 3 oz *Sweet Potatoes ½ c Cape Cod Blend ½ c 2 Whole Grain Wheat Apricots ½ c</p> <p>ALT=CBG T</p>	<p>Menu Written By: Carolynn Scott</p> <p>Menu Approved By: <i>Jill Riffle MS, RDN, LD</i></p>	<p>Choice of 1% Milk or Buttermilk</p>	<p>*=take temperature of Milk and all food proceeded by an asterisk</p>

Western Reserve Area Agency on Aging - 2018

Note: Box Lunch Default Menu choice is shown in the right hand corner of each day.

"T" = Tuna, "TR" = Turkey, "RB" = Roast Beef

ATL CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast



Western Reserve Area Agency on Aging