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

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

GOLDEN MAPLE LEAVES

City of Maple Heights | **Annette M. Blackwell , Mayor** | **AUGUST 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

How many remember New Year's Day, January 1, 2018? I can barely remember it because these past months have gone by so quickly! It is August already, the 8th month of the year. This is the month that our long summer days end too soon; school supplies appear on store shelves stacked high and local clothing stores have everything on sale for children to go back to school cleaned up with new clothes and shoes.

As I was researching the month of August I came upon some sweet facts about this month. Did you know that this is a very delicious month? Look at the sweet days of August:

- **August 1: National Milkshake Day**
- **August 15: National Lemon Meringue Pie Day**
- **August 17: National Vanilla Custard Day**
- **August 22: National Eat a Peach Day**
- **August 24: National Waffle Day**
- **August 25: National Banana Split Day**

So after finding this out, my advice would be to you that in the month of August you should plan on having a sweet treat almost every day. You wouldn't want to miss celebrating a national holiday and enjoy because our sweet summer is almost gone.

August PROGRAMS AT A GLANCE

AUG 2: 9:45 Movie: A Question of Faith
AUG 3: 9:45 - Chair Exercise - Video
AUG 6: 9:45 - Chair Volleyball—Beachwood Pt.
AUG 8: 10:45 Tai Chi Class
AUG 9: 9:45 Movie: All Saints
AUG 9: 10:30 Farmers Market
AUG 10: Senior Movie Day-Spy Who Loved Me
AUG 13: 9:45 - Chair Volleyball—Beachwood Pt.
AUG 14: 10:30 Sr. Site Council
AUG 14: Noon August Birthday's
AUG 14: 6:30 PM Music in the Park
AUG 16: 10:00 BINGO
AUG 17: 9:45 - Chair Exercise - Video
AUG 20: 9:45 - Chair Volleyball—Beachwood Pt.
AUG 21: 10:30 Blood Pressure
AUG 21: 10:30 Family Feud Game—Oak St.
AUG 22: 10:45 Tai Chi Class
AUG 23: 9:45 Movie: Stronger
AUG 23: 10:30 Farmers Market
AUG 24: 9:45 - Chair Exercise - Video
AUG 27: 9:30 Hair Cuts—Mr. White
AUG 27: 9:45 - Chair Volleyball—Beachwood Pt.
AUG 28: 10:30 Site Council
AUG 29: Clock Presentation—Mr. Hagans
AUG 29: 12:45 Sr. General Meeting
AUG 30: 9:45 Movie: Same Kind of Different
AUG 31: 10:00 Bunco

Linda

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 Suburban Pavilion for the July Bingo prizes. Bingo will be August 20th 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 an 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.

Chair Exercises - SIT and be FIT

By request of the Maple Heights Seniors, the center will be starting a weekly chair exercise class. This a 2 DVD set called SIT and be FIT for 2 complete workouts. Easy fitness for Seniors. This exercise format will be administered by Juanita Womack, Vice President of the Senior Site Council every Friday (unless other activities are planned) starting on Friday August, 3rd at 9:45 AM. Please check the Newsletter for weekly dates.

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 no longer taking a waiting list . Please call in the Spring for 2019 availability.

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, August 4, 2018

11:00 AM – 1:00 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, August 31st 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

Carol Hrodmaka

for packing HDM lunches

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, Carol Fordham, Carol Hrodmaka, Jessie Giles, Dorothy Snell, Walter Waclawik

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 in 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, August 27th starting at 9:30 AM. Please call 216-587-5481 to schedule your appointment.

Patrick Hagans-Clock Presentation

Patrick Hagans will be coming to the Maple Heights Senior Center on August 29th from 10:30—11:30 from the Cog Counters and the NAWCC National Association of Watch and Clock Collectors. He will tell you all you ever wanted to know about clocks!

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.

NEW Chair Volley Ball! NEW

Rebecca Moore from Beachwood Pointe Care Center will be coming every Monday starting on August 6th at 9:45 AM to administer Chair Volleyball Games. Chair Volleyball is a rapidly growing sport among seniors and great exercise too!

July Birthday's

On Tuesday July 10th, 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
Walton Manor
For providing Cake!

HAPPY BIRTHDAY!!!

Willie Bush 7/16 Marylou Soklich 7/28

Ruth Kopcyk 7/29

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 30, 2018

Blood Pressure Screening - Tuesday

Mason 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

© Can Stock Photo

Groovy Movies 9:45 AM

August Movies Feature Faith Based Drama - 2nd Floor

© Can Stock Photo

Thursday, August 2nd A Question of Faith **5.2/10 (2017)**

When tragedy strikes three families, their destiny forces them on a converging path to discover God's love, grace and mercy as the challenges of their fate could also resurrect their beliefs.

Thursday, August 9th All Saints **5.9/10 (2017)**

When a group of Burmese refugees join the congregation, the pastor of a failing Anglican church attempts to aid them by planting crops and enlisting the help of the community.

Thursday, August 23rd Stronger **7.0/10 (2017)**

Stronger is the inspiring real life story of Jeff Bauman, an ordinary man who captured the hearts of his city and the world to become a symbol of hope after surviving the 2013 Boston Marathon bombing.

Thursday, August 23rd Same Kind of Different **8.0/10 (2017)**

International art dealer Ron Hall must befriend a dangerous homeless man in order to save his struggling marriage to his wife, a woman whose dreams will lead all three of them on the journey of their lives.

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

MUSIC in the PARK

SIDES to go! BBQ

CITY OF MAPLE HEIGHTS

The 2018 Music in the Park Series

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

Herb Wilborn Jr. - National Recording Artist, Sponsored by your Local McDonalds and Council President Ron Jackson & Council Members Jones, Miller, Woody, Madden & Agee

All Performances at Stafford Park
5400 Mayville Ave.
Maple Heights, OH 44137 216.587.5481
Rainout Location: St. Andrews Eastern Orthodox
16029 Maple Park Dr. | Maple Hts. 44137

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

SENIOR MOVIE DAY

BEAT THE HEAT at Playhouse Square

Presented by the Division of Senior and Adult Services, Western Reserve Area Agency on Aging and Playhouse Square Association

Enjoy a FREE Screening of the 1973 Classic "The Spy Who Loved Me"

Friday,
August 10, 2018
Movie Starts at 1:00pm

Resource Fair:
11:30am-12:30pm

Connor Palace Theater
1615 Euclid Avenue
Cleveland, OH 44115

Call **216-420-2562** to reserve your tickets by July 27, 2018

DSAS
CUYAHOGA COUNTY DIVISION OF SENIOR AND ADULT SERVICES
Services & Solutions for Better Living

Western Reserve Area Agency on Aging

The mission of the Division of Senior and Adult Services is to empower seniors and adults with disabilities to age successfully by providing resources and support that preserve their independence.

216.420.6750 **Main** • 216.420.6700 **Centralized Intake** • 216.420.6735 **Fax**

OAK STREET HEALTH

Maple Heights Senior Center

FAMILY FEUD GAME DAY

Tuesday, Aug 21 | 10:30 -11:30 AM
15901 Libby Rd Cleveland, OH 44137
Prizes and Snacks!

JOIN THE OAK STREET HEALTH DOCTOR'S OFFICE FOR A FAMILY FEUD GAME DAY!

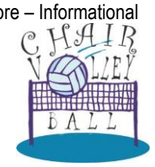
*Oak Street Health is not affiliated with and does not endorse these

CARE

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.

August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
July 30) Meal Reservations Mobile Post Office Truck, 10:00 AM 	**July 31) Meal Reservations**	1) **7:00 PM Council Meeting** 	2) Movie: 9:45 AM – A Question of Faith 	3) 9:45 AM - Chair Exercises with Video
6) **Meal Reservations**, 9:45 Chair Volleyball Sponsored by Beachwood Pointe - Administered by Rebecca Moore – Informational 	7) **Meal Reservations**	8) 10:45 AM Tai Chi Class, 1:00 PM Bid Whist 	9) Movie: 9:45 AM – All Saints **Farmers Market 10:30 – 11:30** 	10) 12:15 PM Senior Movie Day – The Spy Who Loved Me
13) **Meal Reservations**, 9:45 Chair Volleyball Sponsored by Beachwood Pointe - Administered by Rebecca Moore 	14) **Meal Reservations**, 10:30 AM Senior Site Council, Noon August Birthday's Sponsored by Suburban Pavilion, **Music in the Park, 6:30 pm-8:30 pm, Stafford Park** 	15) 1:00 PM Bid Whist 	16) 10:00 Bingo Sponsored by Sunrise Pointe 	17) 9:45 AM - Chair Exercises with Video
20) **Meal Reservations**, 9:45 Chair Volleyball Sponsored by Beachwood Pointe - Administered by Rebecca Moore 	21) **Meal Reservations,** 10:30 Family Feud sponsored by Oak Street, 10:30 AM Blood Pressure Sponsored by Suburban Pavilion 	22) 10:45 AM Tai Chi Class, 1:00 PM Bid Whist 	23) Movie: 9:45 AM – Stronger **Farmers Market 10:30 – 11:30** 	24) 9:45 AM - Chair Exercises with Video
27) **Meal Reservations**, 9:30 Hair Cuts Isiah White – Licensed Barber, 9:45 Chair Volleyball Sponsored by Beachwood Pointe Administered by Rebecca Moore 	28) **Meal Reservations,** 10:30 AM Senior Site Council Meeting 	29) 10:30 Clock Presentation, 12:45 PM General Meeting 	30)) Movie: 9:45 AM – Same Kind of Different 	31) 10:00 AM - Bunco

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

AUGUST 2018 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Written By: Carolynn Scott Menu Approved By: Jill Riffle MS, RDN, LD	Choice of 1% Milk or Buttermilk *=take temperature of Milk and all food proceeded by an asterisk.	1 *Beef Hot Dog 2 oz Mustard 1 PC /Ketchup 1 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun Applesauce ½ c ALT=CBG TR	2 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c Baby Carrots ½ c Green Beans ½ c Whole Grain Wheat Tropical Fruit ½ c ALT=CBG RB	3 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Broccoli ½ c W.G. Dinner Roll 2 oz Banana ALT=CBG TR
6 *Hamburger 3 oz Ketchup 2 PC Tater Tots ½ c Spinach ½ c/ Vinegar 1 PC Whole Grain Bun Mandarin Oranges ALT=CS TR	7 *Roasted Turkey Breast 3 oz *Gravy 2 oz *Mashed Potatoes ½ c California Blend ½ c 2 Whole Grain Rye Pineapple Chunks ½ c ALT=CBG RB	8 *Beef Stew 8 oz Brussel Sprouts ½ c Buttered Sliced Carrots ½ c Whole Grain Wheat W.G. Vanilla Wafers 1 oz Sliced Peaches ½ c ALT=CBG T	9 *Chicken Breast Filet Alfredo 4 oz *Buttered Noodles ½ c Mixed Vegetables ½ c Broccoli ½ c Whole Grain White Sliced Pears ½ c ALT-CBG RB	10 *Beef Lasagna 6 oz Green Beans½ c Buttered Beets ½ c W.G. Garlic Toast 2 oz Mixed Fruit ½ c ALT=CBG TR
13 *Breaded Pork Pattie 3 oz *Sweet Potatoes ½ c Green Peas ½ c W.G. Dinner Roll 2 oz Applesauce ½ c ALT=CS T	14 *Meat Loaf 3 oz w/Gravy 2 oz *Mashed Potatoes ½ c Spinach ½ c /Lemon Juice 1 PC 2 Whole Grain White Orange ALT=CBG TR	15 * Ham 3 oz w/ Pineapple Glaze Mixed Vegetables ½ c Cheesy Potatoes ½ c Corn Muffin 2 oz Banana ALT=CBG T	16 *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 ALT=CBG TR	17 *Tuna Salad 3 oz *Potato Salad ½ c *Corn Relish Salad ½ c Whole Grain Bun Apricots ½ c ALT=CBG RB
20 *Chicken Breast 3 oz Marinara Sauce 2 oz Green Beans ½ c Capri Blend ½ c W. G. Breadstick 2 oz Sliced Pears ½ c ALT=CS RB	21 *Beef Stroganoff 4 oz *Noodles ½ c w/Gravy 2 oz Broccoli ½ c Red Cabbage ½ c Whole Grain White Banana ALT=CBG T	22 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Harvard Beets ½ c 2 Whole Grain White Sliced Peaches ½ c ALT=CBG RB	23 *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 ALT=CBG TR	24 *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 ALT=CBG RB
27 *Meatballs 3-1oz *Spaghetti 1 c w/ Sauce 2 oz Brussel Sprouts ½ c Corn ½ c Pineapple Chunks ½ c ALT=CS TR	28 *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 Apricots ½ c ALT=CBG RB	29 *Stuffed Cabbage 6 oz Sauce 2 oz *Mashed Potatoes ½ c Kyoto Blend Vegetables ½ c 2 Whole Grain Wheat Tropical Fruit ½ c ALT=CBG TR	30 *BBQ Rib Patty 3 oz *Baked Beans ½ c Tater Tots ½ c Whole Grain Bun Sliced Pears ½ c ALT=CBG T	31 *Pepper Steak 3 oz *Butternut Squash ½ c Cape Cod Blend ½ c Blueberry Muffin 2 oz Banana ALT=CBG T

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

wraaa
Western Reserve Area Agency on Aging