

**Farmers Market**  
**Maple Heights Senior Center**  
 15901 Libby Road | Maple Heights | 216-587-5481

Every Other Thursday, Starting June 28th!  
 Redeem your Coupons!

Thursday, June 28, 10:30-11:30  
 Thursday, July 12, 10:30-11:30  
 Thursday, July 26, 10:30-11:30  
 Thursday, August 9, 10:30-11:30  
 Thursday, August 23, 10:30-11:30  
 Thursday, September 6, 10:30-11:30  
 Thursday, September 20, 10:30-11:30

Western Reserve Area Agency on Aging

**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 Advertising in 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

SEPTEMBER 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

SEPTEMBER PROGRAMS AT A GLANCE

SEPT 3: CLOSED—LABOR DAY

SEPT 4: 10:30 Medicare 101 - Roy Avery

SEPT 6: 9:45 Movie: The Princess Diaries

SEPT 6: 10:30 Farmers Market

SEPT 7: 9:45 - Chair Exercise - Video

SEPT 10: 9:45 - Chair Volleyball—Beachwood Pt.

SEPT 11: 10:00 AM Walgreens Flu & Shingle Shots

SEPT 11: 10:30 Sr. Site Council

SEPT 11: Noon September Birthday's

SEPT 12: 10:45 Tai Chi Class

SEPT 13: 9:45 Movie: Finding Your Feet

SEPT 14: 9:45 - Chair Exercise - Video

SEPT 14: 10:30 Beltone Presentation

SEPT 17: 9:45 - Chair Volleyball—Beachwood Pt.

SEPT 18: 10:30 Blood Pressure - Suburban Pav.

SEPT 19: 10:30 Name that Tune - Stratford Com.

SEPT 20: 10:00 **BINGO**

SEPT 20: 10:30 Farmers Market

SEPT 21: 9:45 - Chair Exercise - Video

SEPT 24: 9:30 Hair Cuts—Mr. White

SEPT 24: 9:45 - Chair Volleyball—Beachwood Pt.

SEPT 25: 10:30 Site Council Meeting

SEPT 26: 10:30 Every Apron has a Story

SEPT 26: 10:45 Tai Chi Class

SEPT 26: 12:45 Sr. General Meeting

SEPT 27: 9:45 Movie: Heidi—Shirley Temple

SEPT 28: 10:00 Bunco

**From Mayor Annette M. Blackwell**



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 August Bingo prizes. Bingo will be September 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.



### Walgreens Flu & Shingles

Walgreens will be offering Flu Shots at the Maple Hts. Senior Center on Wednesday Sept. 11th 10:00 AM - 1:00 PM. PLEASE BRING YOUR INSURANCE CARDS.



### Beltone Hearing Care

Dawn from Beltone will be at the Maple Heights Senior Center on Friday September 14th at 10:30 AM to help you with better hearing. She will be doing free hearing screenings and adjust hearing aids.



### 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

The September Mobile Market will be CLOSED, due to the Labor Day Holiday

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, September 28th 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



Councilwoman Tanglyn Madden & Council President Ron Jackson for making the new benches and flowers





### 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](http://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](http://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 & wrapping silverware

**Lydia Fotia, Beverly Fuller, Sharon Hagans, Gayle Holman, Carol Hrodmake, Ruth Kopczyk, Walter Waclawik, Artimis Williams & Kay Zielinski**



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



### Medicare 101

Roydean Avery of Medical Mutual will be coming to the Maple Heights Senior Center to give a presentation on Medicare 101. This presentation will help Seniors get ready for open enrollment, which begins on October 15th. The Presentation will be Tuesday, September 4th from 10:30 – 11:30 AM. Coming on October 2nd is the Medicare Resource Fair from 10:00 AM – 12:00 pm



### 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

Our chair volley ball games are under way and so much fun! Rebecca Moore from Beachwood Pointe Care Center is coming every Monday to administer Chair Volleyball Games. Chair Volleyball is a rapidly growing sport among seniors and great exercise too! Won't you join us?



### August Birthday's

On Tuesday August 14th, 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!!!*



Linda Grant 08/02	Isaac Grant 08/08
Dennis Martin 08/11	Alice Coleman 08/17
Ozella Hardwick 08/20	Mildred Martin 08/26
Adele Wisniewski 08/26	Carol Hromadka 08/30

### 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, October 1, 2018**

### Blood Pressure Screening - Tuesday

Mason Yoder 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



## September Movies - 2nd Floor

### Thursday, September 6th The Princess Diaries

6.3/10 (2001)

Mia Thermopolis has just found out that she is the heir apparent to the throne of Genovia. With her friends Lilly and Michael Moscovitz in tow, she tries to navigate through the rest of her sixteenth year.

### Thursday, September 13th Finding Your Feet

6.6/10 (2017)

On the eve of retirement a middle class, judgmental snob discovers her husband has been having an affair with her best friend and is forced into exile with her bohemian sister who lives on an impoverished inner-city council estate.

### Thursday, September 27th Shirley Temple - Heidi

7.3/10 (1937)

A plucky little orphan girl gets dumped abruptly into her gruff, hermit grandfather's care, then later gets retaken and delivered as a companion for an injured girl.

## Name that Tune!

Join in all the fun with Laura Blair of Stratford Commons for "Name That Tune"! A fun Name that Tune/Variety Show game on Wednesday, September 19th from 10:30 -11:30 AM



## 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



## Every Apron has a Story!



Caroline Urban, "The Saver of Cherished Aprons" is coming to the Maple Heights Senior Center on Wednesday, September 26th at 10:30 AM to talk all about Aprons! This is a show to delight all ages! You will learn about Grandma's & Grandpa's aprons, Mom's & Dad's aprons, yours & mine. We'll reminisce, learn some surprising facts, model aprons, talk all about aprons and sip some tea. Please for both men and women seniors, remember to wear your favorite apron and bring your favorite vintage tea cup or mug. Wearing your apron and bringing your tea cup or mug will give you a chance to win one of 3 gift cards provided by Suburban Pavilion. So get your Apron on and join in on all the fun!

## FREE TRANSPORTATION AVAILABLE FOR SATURDAY MASSES

The Cluster Parishes of St. Martin of Tours, St. Monica, Sts. Peter & Paul and St. Therese in cooperation with the Maple Heights Department of Human Services, continue to offer transportation to the Saturday liturgy. This transportation is done on a rotating basis as follows:



- 1st Saturday of each month: St. Martin of Tours.....Mass time: 4:30 PM
- 2nd Saturday of each month: St. Monica.....Mass time: 4:00 PM
- 3rd Saturday of each month: Sts. Peter and Paul.....Mass time: 4:00 PM
- 4th Saturday of each month: St. Therese.....Mass time: 5:30 PM



This service is open to residents of Maple Heights and Garfield Heights who are 60 years of age or older. You are welcome to attend Mass at any or all of the four parishes whether or not you are a parishioner.

To reserve your seat or request more information, please call the Maple Heights Senior Center at 216-587-5472 by the Wednesday, before the Saturday you wish to attend. The first time you call to reserve your ride, you will be asked some basic information such as name, address, phone number, birthday and emergency contact information. Please have this information handy. We ask that you be ready for pickup one hour before the scheduled church service. This program will operate on a first call, first served basis.



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](mailto: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.







# Oktoberfest

**GAMES, MUSIC, PRIZES & FOOD!**  
**FREE for seniors in Cuyahoga County**

**Thursday, October 4th**  
**10:00 - 2:00 PM**

**Garfield Heights Senior Center**  
**5407 Turney Road in Garfield Hts.**

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**10:15 - Enjoy games**

**11:30 - Lunch - Bratwurst and much more!**

**12:30 - Entertainment (to be announced)**  
**& Raffle prizes!**



**Transportation for Garfield Heights residents.**

**RSVP by Sept. 26 at 216-475-3244**

NORTHEAST OHIO  
**MIND CHALLENGE**  
*for the New Majority*

Enjoy Academic Challenge or Trivia? Ever want to be part of the Team? If so, represent the City of Maple Heights in the inaugural NEO Mind Challenge for the New Majority, coordinated by SCORE Communications, a local marketing firm.

Local municipalities will seat one team to compete against others throughout the Northeast Ohio region. Bragging rights and cash prizes will be rewarded to both team members and the team's organization – more than \$2,500 will be awarded to the winning team! All participants, regardless of team placement, will receive a T-Shirt and the opportunity to attend the Championship event in April, 2019.

If you are interested, participants will begin competing in December for the opportunity to make our team. The team will include the top 4 scorers and 2 alternates. Play-off competition against other municipal teams will follow with the Smart Sixteen (January), Elevated Eight (February), Fact Finding Four (March) and Mind Challenge Championship (April).

Participants may register through the Maple Hts., Senior Center, as individuals or in groups of two. Cost of participation is \$15 (\$30/team of 2). Registration is due by Friday, November 16<sup>th</sup>. Local competition, playoff and championship dates will be announced in October. Please call 216-587-5481 for more information.



# SEPTEMBER 2018 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><b>Labor Day Holiday</b></p> <p><b>Sites Closed</b></p>	<p>4</p> <p>*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</p> <p>ALT=CS TR</p>	<p>5</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>6</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>7</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>10</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=CS RB</p>	<p>11</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=CBG T</p>	<p>12</p> <p>*Chicken Breast Filet Alfredo 4 oz *Buttered Noodles ½ c Mixed Vegetables ½ c Harvard Beets ½ c Whole Grain White Apricots ½ c</p> <p>ALT=CBG RB</p>	<p>13</p> <p>*Stuffed Cabbage 6 oz Sauce 2 oz *Mashed Potatoes ½ c Kyoto Blend Vegetables ½ c 2 Whole Grain Wheat Mixed Fruit ½ c</p> <p>ALT=CBG T</p>	<p>14</p> <p>*Meatballs 3-1 oz *Spaghetti 1c w/ Sauce 2 oz Broccoli ½ c Corn ½ c Mandarin Oranges ½ c</p> <p>ALT=CBG TR</p>
<p>17</p> <p>*Meat Loaf 3 oz w/Gravy 2 oz *Mashed Potatoes ½ c Spinach ½ c/Lemon Juice 1 PC W.G. Dinner Roll 2 oz Sliced Peaches ½ c</p> <p>ALT=CS TR</p>	<p>18</p> <p>* Ham 3 oz w/ Pineapple Glaze Mixed Vegetables ½ c Cheesy Potatoes ½ c Corn Muffin 2 oz Banana</p> <p>ALT=CBG T</p>	<p>19</p> <p>*Stuffed Pepper 6 oz w/ Sauce 2 oz *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>20</p> <p>*Tuna Salad 3 oz *Potato Salad ½ c Corn Relish Salad ½ c Whole Grain Bun Apricots ½ c</p> <p>ALT=CBG RB</p>	<p>21</p> <p>*Chicken Breast 3 oz w/ Marinara Sauce 2 oz Green Beans ½ c Capri Blend ½ c W. G. Breadstick 2 oz Sliced Pears ½ c</p> <p>ALT=CBG RB</p>
<p>24</p> <p>*Beef Stroganoff 4 oz *Noodles ½ c w/ Gravy 2 oz Broccoli ½ c Red Cabbage ½ c Whole Grain White Mixed Fruit ½ c</p> <p>ALT=CS T</p>	<p>25</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=CBG RB</p>	<p>26</p> <p>*Sweet &amp; 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>27</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>28</p> <p>*Hamburger 3 oz Ketchup 2 PC Tatar Tots ½ c Spinach ½ c/ Vinegar 1 PC Whole Grain Bun Apricots ½ c</p> <p>ALT=CBG TR</p>
<p>Menu Written By: Carolynn Scott</p> <p>Menu Approved By: Jill Riffle MS, RDN, LD</p>		<p>Choice of 1% Milk or Buttermilk</p>		<p>*=take temperature of Milk and all food preceded 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