



The Maple Heights Senior Center will be hosting the Brecksville Senior Center for the Mind Challenge Bracket Competition Elimination Round 1, on February 6th at 10:00 AM. Please stop by and support your home team! Winners of this bracket will move on to the next round that will take place on Wednesday March 6th and Thursday March 7th. Other Smart Sixteen teams and Play-off dates are listed below!

Mind Challenge Bracket Competition Elimination Round 1

- Feb 6 10 AM - Brecksville vs. Maple Heights (host)**
1 PM - Westlake vs. Rocky River (host)
- Feb 7 10 AM - Cleveland Heights vs. Beachwood (host)**
1 PM Chagrin Falls/Bainbridge vs. Solon (host)
- Feb 20 10 AM - Partnership on Aging vs. Mentor (host)**
1 PM - Shaker Heights vs. Broadview Heights (host)
- Feb 21 10AM - Strongsville vs. Lakewood (host)**
1 PM - Hillcrest YMCA vs. Middleburg Heights (host)

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! Like us on Face book!

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

February 2019

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

FEBRUARY PROGRAMS AT A GLANCE

- FEB 1: Valentine Wreath Craft - Fundraiser
- FEB 4: 9:30 USPS Truck
- FEB 4: 9:45 Chair Volleyball—Beachwood Pt.
- FEB 5: 10:30 Low Vision Support Group
- FEB 6: Mind Challenge - Maple Hts /Breckville
- FEB 7: 9:45 Movie: Marshall
- FEB 8: 10:00 Valentine Pop up Card Craft
- FEB 11: 9:45 Chair Volleyball—Beachwood Pt.
- FEB 12: 10:30 Sr. Site Council
- FEB 12: Noon February Birthday's
- FEB 13: Walgreens - Shingles Booster Shots
- FEB 13: 10: 30 Tai Chi
- FEB 14: Valentine's Party/Pop up Book Demo
- FEB 15: 9:45 - Chair Exercise - Video
- FEB 18: CLOSED - Presidents Day
- FEB 19: 10:30 BP Screening - Suburban Hlth
- FEB 21: 10:00 **BINGO**
- FEB 22: 10:00 Bunco
- FEB 22: BELTONE - Hearing Screenings
- FEB 25: 9:30 Hair Cuts—Mr. White
- FEB 25: 9:45 - Chair Volleyball Beachwood Pt.
- FEB 27: 10:30 Sr. Site Council Meeting
- FEB 27: 10: 30 Tai Chi
- FEB 27: 12:45 General Meeting
- FEB 28: 9:45 Movie: Only The Brave



Message from Mayor Annette M. Blackwell

Winter has arrived, while delayed but it is here with the wind, cold and snow! We know that with a New Year comes the cold of winter and yet, we always find ourselves wishing that it wasn't so cold and that it would hurry, so the days would be warmer and summer would be here sooner. This year, I hope will be blessed for you all and that each day will bring most of what you have asked and hoped for.

I want you all to know that I appreciate all of you very much and thank you for the Christmas card, which so many of you signed! Your support has made some very hard work easier. You all always include me in everything that you do and I enjoy your events that I can make it to, you clearly love to have fun!

February is a short month and will be over 28 days after it arrives and before you can get really tired of it, therefore, this message is short. We will talk more in March.

Stay warm, blessed and the very special person that you are to so many people who love and cherish you.



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 January Bingo prizes. The next Bingo will be February 21st



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 is offering 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 is administered by Juanita Womack, Vice President of the Senior Site Council every Friday (unless other activities are planned) on Friday's beginning at 9:45 AM. Please check the Newsletter for weekly dates.



Income Tax Preparation

AARP will be providing the free income tax service for seniors and low-income individuals every Monday beginning February 4th through April 8th from 9:15 AM—2:30 PM with the exception of February 18th. We are closed due to Presidents day. We will begin scheduling appointments on Monday, January 7, 2019. Please call 216-587-5481 to schedule your Appointment.



Mobile Food Pantry

The City of Maple Heights and the Cuyahoga County Board of Developmental Disabilities in cooperation with the Greater Cleveland Food Bank are sponsoring a New Mobile Farmers Market at the Maple Heights Adult Training Center 14775 Broadway Ave. Maple Heights, Ohio 44137 From 9:30—11:30 AM

On the third Thursday of every Month our next date will be Thursday, February 21st

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 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



James Evans



for vacuuming after lunch everyday



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

Office of State Rep. Juanita Brent

Please feel free to join State Representative Juanita Brent at the Maple Heights Senior Center for her upcoming District Office Hours on February 4th from 4:00 - 6:30 PM. This is an opportunity for you to share your comments, questions and concerns regarding state government related issues. This event is free and open to the public. Please see flyer insert for future dates and locations.

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.

Mr. & Mrs. Cesco &
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 – 6:00 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 at 9:30 AM. Please call 216-587-5481 to schedule your appointment. See calendar for date.



Low Vision Support Group is Back!

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.



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?



January Birthday's

On Tuesday January 8th, 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 Cassata Cakes!**

HAPPY BIRTHDAY!!!



Walter Waclawik 1/12

James Jones 1/22

Willie Hardwick 1/26

Mary Bergman 1/26

Joann Reddinger 1/28

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, February 4, 2019

Blood Pressure Screening - Tuesday

Melissa 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

February Movies - 2nd Floor



Thursday, February 7th - Marshall

7.2/10 (2017)



The story of Thurgood Marshall, the crusading lawyer who would become the first African American Supreme Court Justice, as he battles through one of his career-defining cases.

Snacks provided by Suburban Health

Thursday, February 28th - Only The Brave

7.7/10 (2017)



Based on the true story of the Granite Mountain Hotshots, a group of elite firefighters who risk everything to protect a town from a historic wildfire.

Snacks provided by Sunrise Point

Free Tai Chi Classes

In cooperation with the Maple Heights Adult Activities Center is offering a free Tai Chi Class on Wednesday Mornings from 10:30 -11:30 AM. The classes will be 2nd & 4th Wednesday's of the Month. Transportation will be available from the Maple Heights Senior Center leaving between 10:00 AM and 10:15 AM. You can drive directly to the activity center and participate at the Maple Heights Adult Activities Center 14775 Broadway Ave., Maple Heights. For more Information call 1.216.587.5481



Pop UP Valentine Card Craft

Learn to make Valentine Pop UP cards! All the supplies will be provided at no cost to you to make these cute cards. We will need your help to make approximately 50 cards signed with the Maple Hts Sr Ctr. that will then be distributed to our HDM clients on Valentine's day. The craft class will be Friday, February 8th starting at 10:00 AM. Join in on the fun!



Valentine Heart - Fundraiser - Sold Out

Learn to make this beautiful Heart Wreath craft. This Craft class will be on Friday February 1st beginning at 9:45 am. All the supplies you need will be provided to make this Beautiful wreath Please bring a pair of **sharp** scissors and if you have a glue gun with glue sticks please bring that too, there will be some minor gluing. The cost will be just \$10.00 each. We are limited to 12 crafters and 2 finished Heart wreath will be for sale! 4 colors to choose from White, Red, Fushia & Purple



Secret Valentine Card Exchange

All Seniors that wish to participate will put their name in the Secret Valentine basket by February 8th. Once you put your name in the basket, you then draw another name on February 11th to be your secret Valentine. Purchase or make a Valentine card for your secret Valentine and put your card in the Secret Valentine Mail box. If you wish to give a Valentine card to someone special at the Senior Center you can add that card to the box as well. Your cards will then be distributed on Valentine's Day, Thursday, February 14, 2018. There will be guessing game prizes. Remember to wear your prettiest red top! Valentine treats will be provided by Beechwood Pointe



Happy Hearts Day! Pop Up Book Demo!

In addition to our Valentine celebration, please join us in welcoming Corinne Jalkanen to the Maple Heights Senior Center. Corinne is a former librarian and is delighted to share her extensive Valentine and Memorabilia collection. Her collection includes vintage cards, candy boxes and assorted novelties. She will also be reading her favorite Valentine book and have a special treat for everyone in attendance. Her demo will begin 10:30 AM on Thursday, February 14th.

Walgreens Booster Shingles Shots

Walgreens will be coming to the Maple Heights Senior Center on Wednesday, February 13, 2019 from 10 AM - Noon to administer the shingles booster shots. Please be sure to sign up if you are in need of a booster shot and bring your insurance information for the 2019 year.



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 mcllellane@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.



February 2019 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
*=Take Temperature of Milk and all food proceeded by an asterisk.	Choice of : 1 % Milk or Buttermilk	Menu Approved By: Jill Riffle MS, RDN, LD		1 *Swiss Steak 3 oz. w/Gravy 2 oz. *Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain White Pineapple Chunks ½ c ALT = CBG TR
4 *Sliced Ham 3 oz. w/ Pineapple Glaze Scalloped Potatoes ½ c Spinach ½ c /1PC Lemon Juice 2 Whole Grain White Chunky Applesauce ½ c ALT = CS TR	5 *Hamburger 3 oz. Ketchup 2 PC * Seasoned Potato Wedges ½c Green Peas ½ c Whole Grain Bun Sliced Pears ½ c ALT = CBG T	6 *BBQ Chicken Breast 3 oz. Butternut Squash/Sweet Potato Medley ½ c *Brussel Sprouts ½ c Whole Grain Buttermilk Biscuit 2 oz. Orange Juice 4 oz. ALT = CBG RB	7 *Stuffed Cabbage 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c Corn w/ Red Peppers ½ c 2 Whole Grain Wheat Banana ALT = CBG TR	8 *Breaded Fish 4 oz. Tartar Sauce 1 PC Au Gratin Potatoes ½ c Broccoli ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ALT = CBG RB
11 *Beef Stroganoff 4 oz. *Noodles ½ c Harvard Beets ½ c Baby Carrots ½ c Whole Grain White Mixed Fruit ½ c ALT = CS T	12 *Lemon Gravy Chicken Breast 3 oz. *Butternut Squash ½ c Green Beans ½ c 2 Whole Grain Wheat Banana ALT = CBG RB	13 *Cheese Ravioli 6 oz. Broccoli ½ c *Baby Lima Beans ½ c Whole Grain Breadsticks 2 oz. Mandarin Oranges ½ c ALT = CBG RB	14 *Sweet & Sour Meatballs 3-1 oz. Sauce 2 oz. * Brown Rice ½ c Capri Blend Vegetables ½ c Whole Grain Wheat Apple Juice 4 oz. Tropical Fruit ½ c ALT = CBG TR	15 **Vegetable Lasagna 6 oz. Green Peas ½ c Buttered Beets ½ c Whole Grain Wheat Pineapple Chunks ½ c Whole Grain Vanilla Wafers ALT = CBG RB
18 PRESIDENTS DAY Site Closed	19 *Salisbury Steak 3 oz. *Gravy 2 oz. *Mashed Potatoes ½ c Spinach ½ c w /1 PC Vinegar 2 Whole Grain White Sliced Apricots ½ c ALT = CS T	20 *Beef Sloppy Joe 4 oz Green Peas ½ c Harvard Beets ½ c Whole Grain Bun Banana ALT = CBG TR	21 * Roasted Turkey Breast 3 oz. * Gravy 2 oz. *Mashed Potatoes ½ c Cauliflower/Broccoli ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ALT = CBG RB	22 *2-2 oz. Stuffed Shells w/ Sauce 2 oz. Spinach ½ c /Lemon Juice 1 PC Capri Blend ½ c Whole Grain Garlic Toast 2 oz. Sliced Pears ½ c ALT = CBG RB
25 * Swedish Meatballs 3-1 oz. w/ Gravy 2 oz. *Noodles ½ c Peas ½ c Carrots ½ c Whole Grain White Sliced Apricots ½ c ALT = CS T	26 *Chicken Breast Stuffed w/ Broccoli 6 oz. Green Beans ½ c Buttered Beets ½ c Whole Grain White Mixed Fruit ½ c Whole Grain Vanilla Wafers ALT = CBG RB	27 *BBQ Rib Patty 3 oz. *Sweet Potatoes ½ c * Brussel Sprouts ½ c Whole Grain Bun Chunky Applesauce ½ c ALT = CBG TR	28 *Chili Con Carne 8 oz. Mixed Vegetables ½ c Corn Muffin 2 oz. Apple Juice 4 oz. Banana ALT = CBG T	Menu Written By: Carolynn Scott

Western Reserve Area Agency on Aging - 2019






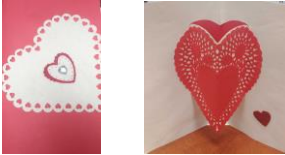














Note: Box Lunch Default Menu choice is shown in the right hand corner of each day.

“T” = Tuna, “TR” = Turkey, “RB” = Roast Beef

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



February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1) 9:45 AM Valentine Burlap Wreath Craft Fundraiser 
4) Meal Reservations , 9:30 USPS Mail Truck, 9:45 Chair Volleyball Sponsored by Beachwood Pointe - Administered by Rebecca Moore 	5) Meal Reservations , 10:30 Low Vision Support Group 	6) 10:00 AM Mind Challenge Maple Hts VS. Brecksville, 1:00 PM Bid Whist, 7:00 PM Council Meeting 	7) Movie: 9:45 AM - Marshall Snacks Provided by Suburban Health 	8) 10:00 AM Valentine Pop Up Card Craft – Donated to Home Delivered Meal Clients 
11) Meal Reservations , 9:45 Chair Volleyball Sponsored by Beachwood Pointe - Administered by Rebecca Moore 	12) Meal Reservations , 10:30 AM Senior Site Council, Noon January Birthday's Sponsored by Suburban Health 	13) 10:30 Tai Chi, 1:00 PM Bid Whist, Walgreens Shingles Booster Shots 10AM-Noon 	14) 10:30 AM Pop Up Book Demo by Corinne Jalkanen, Valentine's Day Party – Secret Valentine Card Exchange 	15) 9:45 AM - Chair Exercises with Video 
18) CLOSED – Presidents Day 	19) Meal Reservations , 10:30 AM Blood Pressure Sponsored by Suburban Health 	20) 1:00 PM Bid Whist, 7:00 PM Council Meeting 	21) 10:00 Bingo Sponsored by Walton Manor 	22) 10:00 AM BUNCO, 10:30 AM Beltone 
25) Meal Reservations , 9:30 Hair Cuts Isiah White – Licensed Barber, 9:45 Chair Volleyball Sponsored by Beachwood Pointe Administered by Rebecca Moore 	26) Meal Reservations , 10:30 AM Senior Site Council Meeting 	27) 10:30 Tai Chi, 12:45 General Meeting, 1:00 PM Bid Whist 	28) Movie: 9:45 AM – Only The Brave Snacks Provided by Sunrise Point 	

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