

Seniors Famers Market Coupons

The Maple Heights Senior Center has been chosen as distribution site for the 2019 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. Coupons will be available on a first come, first serve basis. The distribution date of the coupons has not yet been announced. We should have more information after June 3rd.

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.



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

JUNE 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

JUNE PROGRAMS AT A GLANCE

- June 3: 9:30 USPS Mail Truck
- June 3: 9:45 Chair Volleyball - Beachwood Pt.
- June 4: 10:30 Low Vision Support Group
- June 5: 10:30 Tai Chi
- June 6 : 9:45 Movie: The Green Book
- June 7: 9:45 Chair Exercise - Video
- June 10: 9:45 Chair Volleyball - Beachwood Pt.
- June 11: 10:30 ESOP Financial Edu Workshop
- June 11 :Noon Sr. Site Council
- June 11: Noon June Birthday's
- June 11: 6:30 PM - Music in the Park 
- June 12 : 10:00 Family Feud - Beachwood Pt.
- June 13: 9:30 Goddess Touch Massage
- June 13: 9:45 Movie: A Dog's Purpose
- June 14: 9:45 Chair Exercise - Video
- June 17: 9:45 Chair Volleyball - Beachwood Pt.
- June 18: 10:30 ESOP Financial Edu Workshop
- June 18: 10:30 BP Screening - Suburban Hlth
- June 19: Stafford Park Picnic
- June 20: 10:00 
- June 21: 9:45 Chair Exercise - Video
- June 24: 9:30 Mr. Lewis - Upgrades Haircuts
- June 24: 9:45 Chair Volleyball - Beachwood Pt.
- June 25: 10:30 ESOP Financial Edu Workshop
- June 25: 12:00 Sr. Site Council Meeting
- June 25: 6:30 PM - Music in the Park 
- June 26: 10: 30 Tai Chi
- June 26: 12:45 General Meeting
- June 27: 9:45 Mayor's Breakfast Club
- June 28: 10:00 Bunco



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

Linda

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 Health for the May Bingo prizes. The next Bingo will be June 20th



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

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.



Who Wants a Massage!

Tara L. Adams is a Licensed Massage Therapist and will be coming to the Maple Heights Senior Center to provide a mobile message service to our Seniors. She will do a 10 minute message of your back, arms and hands for just \$5.00. Her first time coming will be on Thursday, May 9th from 9:30 - 11:30 AM. She will come once a month going forward. A sign up sheet will be available to make your appointment.



The Goddess Touch
A Mobile Massage Service
Tara L. Adams
Licensed Massage Therapist

Mobile Food Pantry— NEW LOCATION!

The City of Maple Heights and St. Andrew Eastern Orthodox Church in cooperation with the Greater Cleveland Food Bank are sponsoring a new Mobile Farmers Market at the

St. Andrew Eastern Orthodox Church
16029 Maple Park Drive
Maple Heights, Ohio 44137
From 9:30—11:30 AM

This is held the third Thursday of every Month.
Our next date will be Thursday, June 20th

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 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, and 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



Mandy Petty
for watering all of our plants.



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 & wrapping silverware.

Mr. & Mrs. Cesco, Carol Hromadka, Gail Holman, Colleen Woolweaver & 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 – 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

Tehron Lewis is a licensed barber that works in the new UpGrades Barber Shop that opened up in Maple Heights. He will be coming to the Maple Heights Senior Center on the last Monday of each month! 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

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.

Chair Volleyball

Our chair volley ball games are 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?



May Birthday's

On Tuesday, May 9th, 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 the cakes!

HAPPY BIRTHDAY!!!



Carol Bush 5/3	Carrie Bruce 5/6
Marilyn Gilner 5/12	Bernadette Winners 5/20
Faye Cox 5/21	Denise Dammons 5/22
Jessie Giles 5/22	Lois Vranich 5/24

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, June 3, 2019

Blood Pressure Screening - Tuesday

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

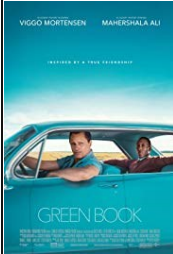


SuburbanHealth Organization



Groovy Movies 9:45 AM

June Movies - 2nd Floor

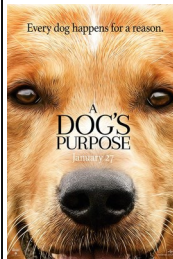


Thursday, June 6th - The Green Book

8.3/10 (2018)

A working-class Italian-American bouncer becomes the driver of an African-American classical pianist on a tour of venues through the 1960s American South.

Snacks provided by Suburban Health



Thursday, June 13th - A Dog's Purpose

7.1/10 (2017)

A dog looks to discover his purpose in life over the course of several lifetimes and owners.

Snacks provided by Beachwood Pointe

Free Tai Chi Classes

In cooperation with the Maple Heights Adult Activities Center, we are 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



Family Feud - Beachwood Point

Rebecca Moore from Beachwood Pointe will be coming to the Maple Heights Senior Center on Wednesday June 12th at 10:00 AM. She will be playing one of the most popular game shows of all time, The Family Feud game is better than ever in the new 5th edition full of "SURVEY SAYS" questions from the TV show! Be sure to come to the Senior center on this day to enjoy a fun fill game of Family Feud!



SENIOR FINANCIAL EDUCATION WORKSHOPS



**Protect Yourself Today!
Prepare for Tomorrow!**

SEVEN-SESSION WORKSHOP SERIES HELPS OLDER ADULTS TAKE CHARGE OF THEIR FINANCES

Whatever your situation, learn how to protect your money, property and identity!

TUESDAYS 10:30am-11:30pm

**Maple Heights Senior Center
15901 Libby Road
Maple Heights, Ohio 44137**

May 28, 2019: Recognizing & Avoiding Elder Financial Exploitation

June 11, 2019: Estate Planning & Preparing for the Future

June 18, 2019: Goal Setting & Budgeting

June 25, 2019: Taking Control of Credit & Debt

July 2, 2019: Building Savings & Understanding Financial Products

July 23, 2019: Tying it All Together: Action Plan

July 30, 2019: Financial Health & Wellness Resources

ESOP IS A SUBSIDIARY OF BENJAMIN ROSE INSTITUTE ON AGING

ESOP | 11890 Fairhill Road, Cleveland OH 44120 | esop-cleveland.org
216.361.0718

ESOP is a HUD-approved housing and financial counseling agency

Picnic in the Park

In lieu of our congregate meals the Maple Heights Seniors will be having a picnic lunch at Stafford Park on Wednesday, June 19th. Seniors should arrive at their regularly scheduled times. Those that are transported by the Maple Heights vans will be brought directly to Stafford Park and then brought home. If it is raining the lunch will be served at the Senior Center. This picnic lunch will be \$3.00 per person. We will be serving hamburgers with all the fixings. Please sign up for this fun summer event!



JUNE 2019 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: Jill Riffle MS, RDN, LD	Menu Written By: Carolynn Scott	*Take Temperature of Milk and all food proceeded by an asterisk.	Choice of 1% Milk or Buttermilk	
3 *Sweet & Sour Chicken 3 oz *Brown Rice ½ c/Sauce 2 oz Green Peas ½ c Capri Blend ½ c 1 Whole Grain White Mixed Fruit ½ c ATL = CS RB	4 2-2 oz. *Stuffed Shells *w/Sauce 2 oz Broccoli ½ c Glazed Baby Carrots ½ c 1 Whole Grain Wheat W.G. Vanilla Wafers 1 oz. Applesauce ½ c ATL = CBG TR	5 *Roasted Turkey Breast 3 oz *Brown Rice ½ c *Gravy 2 oz Harvard Beets ½ c Brussel Sprouts ½ c 1 Whole Grain White Mandarin Oranges ½ c ATL = CBG RB	6 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ATL = CBG T	7 Br'd Chicken Breast Patty 3 oz Basil Tomato Sauce 1 oz Spinach ½ c/ 1 Lemon PC Corn w/ Red Pepper ½ c Whole Grain Bun Banana ATL = CBG RB
10 *Cold Roasted "Sandwich" SI Turkey Breast 3 oz, Mayo 1PC *Potato Salad ½ c Tomato, Cucumber, and Onion Salad ½ c 2 Whole Grain Rye Pineapple Chunks ½ c ALT = CS T	11 *Br'd Fish 4oz Tartar Sauce 1PC *Cheese Potatoes ½ c Capri Blend ½ c 1 Whole Grain Wheat Oatmeal Bar 1 oz Orange Juice ½ c ATL = CBG TR	12 *Chicken Cacciatore 3 oz *w/ Sauce 2 oz *Spaghetti 1 c Corn ½ c, Green Peas ½ c Sliced Pears ½ c ATL = CBG RB	13 *BBQ Rib Patty 3 oz *Baby Lima Beans ½ c *Sweet Potatoes ½ c Whole Grain Bun Sliced Peaches ½ c ATL = CBG TR	14 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c California Blend ½ c Whole Grain Dinner Roll 2 oz Mandarin Oranges ½ c ATL = CBG T
17 *Roasted Pork Loin 3 oz *Au Gratin Potatoes ½ c Spinach ½ c/ 1 Vinegar PC 1 Whole Grain Rye Applesauce ½ c. W. G. Vanilla Wafers 1 oz ALT = CS RB	18 *Meatballs 3-1 oz *Spaghetti 1 c w/ Sauce 2 oz Green Beans ½ c Brussel Sprouts ½ c Banana ALT = CBG TR	19 Congregate - \$3 Picnic Lunch HDM *Hamburger 3 oz Ketchup 2 PC Hash Brown Potatoes 4 oz Mixed Vegetables ½ c Whole Grain Bun Sliced Peaches ½ c ATL = CBG T	20 *Chicken Breast Stuffed w/ Broccoli 6 oz *O'Brien Potatoes ½ c Green Peas ½ c 2 Whole Grain White Apricots ½ c ATL = CBG TR	21 *Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun Pineapple Chunks ½ c ALT = CBG RB
24 *Beef Hot Dog 2 oz Mustard & Ketchup 1 PC *Baked Beans ½ c *Seasoned Potato Wedges ½ Whole Grain Bun Mixed Fruit ½ c ATL = CS T	25 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c Green Peas ½ c 2 Whole Grain Wheat Applesauce ½ c ATL = CBG TR	26 *Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c Green Beans ½ c Baby Carrots ½ c 1 Whole Grain Wheat Banana ATL = CBG RB	27 *Beef Lasagna 6 oz Antiqua Blend Veggie ½ c Corn ½ c Whole Grain Garlic Toast 2 oz Mandarin Oranges ½ c ALT = CBG TR	28 *Lemon Pica Chicken 3 oz *Scalloped Potatoes ½ c Buttered Beets ½ c 2 Whole Wheat Bread Sliced Peaches ½ c ALT = CBG T

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



Western Reserve
Area Agency on Aging

June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3) Meal Reservations, 9:30 USPS Mail Truck, 9:45 Chair Volleyball Sponsored by Beachwood Pointe - Administered by Rebecca Moore</p> 	<p>4) Meal Reservations, 10:30 Low Vision Support Group</p> <p>Low Vision Support Group</p> 	<p>5) 10:30 Tai Chi, 1:00 PM Bid Whist, 7:00 PM Council Meeting</p> 	<p>6) Movie: 9:45 AM – The Green Book Snacks provided by Suburban Health</p> 	<p>7) 9:45 AM - Chair Exercises with Video, 1:00 PM Bid Whist Bunch</p> 
<p>10) Meal Reservations, 9:45 Chair Volleyball Sponsored by Beachwood Pointe - Administered by Rebecca Moore</p> 	<p>11) Meal Reservations, 10:30-11:30 Senior Financial Education Workshop, Noon Senior Site Council, Noon June Birthday's Suburban Health, 6:30 PM Music in the Park</p> 	<p>12) 10:00 Family Feud Game by Beachwood Point, 1:00 PM Bid Whist</p> 	<p>13) 9:30 AM The Goddess Touch – 10 min. massage. Movie: 9:45 AM - A Dog's Purpose Snacks provided by Beachwood Pointe</p> 	<p>14) 9:45 AM - Chair Exercises with Video, 1:00 PM Bid Whist Bunch</p> 
<p>17) Meal Reservations, 9:45 Chair Volleyball Sponsored by Beachwood Pointe - Administered by Rebecca Moore</p> 	<p>18) Meal Reservations, 10:30-11:30 Senior Financial Education Workshop 10:30 AM Blood Pressures Suburban Health</p> 	<p>19) 1:00 PM Bid Whist, Picnic in the Park</p> 	<p>20) 10:00 Bingo Sponsored by Walton Manor</p> 	<p>21) 9:45 AM - Chair Exercises with Video, 1:00 PM Bid Whist Bunch</p> 
<p>24) Meal Reservations, 9:30 Hair Cuts 9:45 Chair Volleyball Sponsored by Beachwood Pointe Administered by Rebecca Moore</p> 	<p>25) Meal Reservations, 10:30-11:30 Senior Financial Education Workshop, Noon Senior Site Council, 6:30 PM Music in the Park</p> 	<p>26) 10:30 Tai Chi, 12:45 General Meeting, 1:00 PM Bid Whist</p> 	<p>27) 9:00 AM Mayor's Breakfast Club</p> 	<p>28) 10:00 AM BUNCO, 1:00 PM Bid Whist Bunch</p> 

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