



CITY OF MAPLE HEIGHTS

COMMUNITY SHRED DAY SATURDAY, SEPTEMBER 14, 2019 9:00 AM - NOON

The "Gateway Recycling" truck

will be at



Maple Heights Residents
Receive a Free Recycling Jar Opener

St. Andrew Eastern Orthodox Church,
16029 Maple Park Drive, Maple Heights

Paper shred items only.
Watch them shred it!
CALL 216-587-5481 FOR INFORMATION



Funds for this program provided through a grant from the Cuyahoga County Solid Waste District

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

SEPTEMBER 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

SEPT PROGRAMS AT A GLANCE

- SEPT 2: CLOSED—LABOR DAY
- SEPT 3: 10:30 Low Vision Support Group
- SEPT 5: 9:45 Movie: The Upside
- SEPT 6: 9:45 Chair Exercise - Video
- SEPT 9: 9:45 Chair Volleyball - Beachwood Pt.
- SEPT 10: 10:45 Sr. Site Council
- SEPT 10: Noon September Birthday's
- SEPT 11: 10:30 Tai Chi
- SEPT 12: 9:30 Goddess Touch Massage
- SEPT 12: 10:00 Picnic in the Park
- SEPT 13: 9:45 Chair Exercise - Video
- SEPT 13: 10:30 Farmers Market - Cossel Farms
- SEPT 16: 9:45 Chair Volleyball - Beachwood Pt.
- SEPT 17: 10:00 Walgreens—Flu & Shingles
- SEPT 17: 10:30 BP Screening - Suburban Hlth.
- SEPT 19: 10:00 **BINGO**
- SEPT 20: 10:30 RTA Presentation - Erica Tucker
- SEPT 23: 9:45 Chair Volleyball - Beachwood Pt.
- SEPT 24: 10:45 Sr. Site Council Meeting
- SEPT 25: 10: 30 Tai Chi
- SEPT 25: 12:45 General Meeting
- SEPT 26: 9:00 Mayor's Breakfast Club
- SEPT 27: 10:00 Bunco
- SEPT 27 : 10:30 Farmers Market - Cossel Farms
- SEPT 30: 9:45 Chair Volleyball - Beachwood Pt.



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 Walton Manor for the August Bingo prizes. The next Bingo will be September 19th



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.

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, October 1st from 10:00 –11:00 AM



Medicare Insurance Fair

The Medicare Insurance fair will be Friday, October 11th. Several Insurance representatives will be available to discuss potential plans. They will be on the second floor of the Maple Heights Senior center from 10:00 AM—Noon



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 massage service to our Seniors. She will do a 10 minute massage of your back, arms and hands for just \$5.00. She will be coming on the second Thursday of each month from 9:30 - 11:30 AM. 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, September 19th

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



Marilyn Gilner



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, Jessie Giles, Gayle Holman & Walter Waclawik

Donations of Coffee, Creamer & Sugar Supplies are needed most at this time. Thanks!



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

The Maple Heights Senior Center is unable to provide hair cuts at this time. We are working to find another licensed barber to fill the need. We apologize for the inconvenience this may have caused.

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.

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?



August Birthday's

On Tuesday, August 13th, 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 Health for providing the cakes!

HAPPY BIRTHDAY!!!



Linda Grant 8/2	Isaac Grant 8/8
Dennis Martin 8/11	Martha Jones 8/16
Ozella Hardwick 8/20	Mildred Martin 8/26
Adele Wisniewski 8/26	Carol Hromadka 8/30

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 7, 2019

Blood Pressure Screening

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

August Movies - 2nd Floor



Thursday, September 5th - The Upside

6.8/10 (2017)

A comedic look at the relationship between a wealthy man with quadriplegia and an unemployed man with a criminal record who's hired to help him.

Snacks provided by Walton Manor

Picnic in the Park

Weather permitting our congregate meal seniors will be having a picnic in the park with the regular menu. Our massage therapist will also be coming out to the park! How lovely and relaxing it will be to enjoy lunch and a massage in the park. Remember to bring \$5.00 for your massage. The picnic will be on **Thursday, September 12th**. Our regular scheduled transportation services will also be running.



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



Walgreens Flu and Shingles Shots

Walgreens will be offering Flu and Shingles Shots at the Maple Hts. Senior Center on Tuesday Sept. 17th 10:00 AM - 1:00 PM. **PLEASE BRING YOUR INSURANCE CARDS.**



RTA PRESENTATION

- WHEN:** Friday, September 20, 2019
- WHERE:** Maple Heights Senior Center
- TIME:** 10:30 a.m.
- SPEAKER:** Erica M. Tucker, MPA
Community Engagement Supervisor/
Brand Manager
- TOPIC:** RTA Service, Fares, Discounts, Funding, Pillar Studies and Paratransit



Annette M. Blackwell, Mayor



CITY OF MAPLE HEIGHTS CITY-WIDE GARAGE SALE


Thursday, Sept 12th and Friday, Sept 13th from 10 am – 5 pm
Saturday, Sept 14th and Sunday, Sept 15th from 9 am – 5 pm

- Garage sale will be held at your own home.
- We will take care of all permits.
- We will do the advertising!
- Includes new sign!

Cost is \$5.00 to participate
Fill out registration form at the Maple Heights Senior Center
Registration deadline is Friday, September 7th
Call 216.587.5481 for further information

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

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2) CLOSED</p> 	<p>3) Meal Reservations, 10:30 Low Vision Support</p> 	<p>4) 1:00 PM Bid Whist, 7:00 Council Meeting</p> 	<p>5) Movie: 9:45 AM – The Upside Snacks provided by Walton Manor</p> 	<p>6) 9:45 AM - Chair Exercises with Video, 1:00 PM Bid Whist Bunch</p>  
<p>9) Meal Reservations, 9:45 Chair Volleyball Sponsored by Beachwood Pointe - Administered by Rebecca Moore</p> 	<p>10) Meal Reservations, 10:45 Senior Site Council, Noon August Birthday's by Walton Manor</p>  	<p>11) 10:30 Tai Chi, 1:00 PM Bid Whist</p>  	<p>12) 9:30 AM The Goddess Touch – 10 min. massage in the Park, 10:00 Picnic in the Park</p>  	<p>13) 9:45 AM - Chair Exercises with Video, 10:30- 11:30 Farmers Market, 1:00 PM Bid Whist Bunch</p>   
<p>16) Meal Reservations, 9:45 Chair Volleyball Sponsored by Beachwood Pointe - Administered by Rebecca Moore</p> 	<p>17) Meal Reservations, 10:00 AM Walgreens Flu & Shingles Shots, 10:30 AM Blood Pressures screening by Suburban Health</p>  	<p>18) 1:00 PM Bid Whist, 7:00 Council Meeting</p> 	<p>19) 10:00 Bingo Sponsored by Suburban Health</p> 	<p>20) 10:30 AM RTA Presentation – Erica Tucker 1:00 PM Bid Whist Bunch</p>  
<p>23) Meal Reservations, 9:45 Chair Volleyball Sponsored by Beachwood Pointe - Administered by Rebecca Moore</p> 	<p>24) Meal Reservations, 10:45 Senior Site Council</p> 	<p>25) 10:30 Tai Chi, 12:45 General Meeting, 1:00 PM Bid Whist</p>   	<p>26) 9:00 AM Mayor's Breakfast Club</p> 	<p>27) 10:00 BUNCO, 10:30-11:30 Farmers Market, 1:00 PM Bid Whist Bunch</p>   
<p>30 Meal Reservations, 9:45 Chair Volleyball Sponsored by Beachwood Pointe Admin. by Rebecca Moore, Noon Site Council Mtg.</p> 				

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

SEPTEMBER 2019 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Labor Day</p> <p>Sites Closed</p>	<p>3</p> <p>*Hamburger 3 oz Ketchup 2 PC Broasted Potatoes ½ c Spinach ½ c w/ Vinegar 1 PC Whole Grain Bun Pineapple Chunks ½ c</p> <p>ALT=CBG TR</p>	<p>4</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>5</p> <p>*Roasted Turkey Breast 3 oz *Gravy 2 oz *Mashed Potatoes ½ c California Blend ½ c 2 Whole Grain Rye Banana</p> <p>ALT=CBG RB</p>	<p>1</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=CBG TR</p>
<p>9</p> <p>*Chicken 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-CS RB</p>	<p>10</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>11</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>12</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>8</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>16</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=CS TR</p>	<p>17</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>18</p> <p>*Breaded 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>19</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>15</p> <p>*Sliced Ham 3 oz w/ Pineapple Glaze Mixed Vegetables ½ c Cheesy Potatoes ½ c Corn Muffin 2 oz Mixed Fruit ½ c</p> <p>ALT=CBG T</p>
<p>23</p> <p>*Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c Buttered Sliced Carrots ½ c Green Peas ½ c W.G. Vanilla Wafer 1 oz Applesauce ½ c</p> <p>ALT=CS TR</p>	<p>24</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>25</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>26</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>22</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>30</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=CS T</p>		<p>Choice of 1% Milk or Buttermilk</p>	<p>Menu Approved By: <i>Jill Riffle MS, RDN, LD</i></p>	<p>*=take temperature of Milk and all food proceeded by an asterisk</p>

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

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