

The Cuyahoga County Solid Waste District asked the Maple Heights Senior Center to help spread the word about the launch of the Cuyahoga County bag ban that goes into effect on January 1, 2020.

In support of the Cuyahoga County Disposable Bag Ban that goes into effect on January 1, 2020, Enforcement is scheduled for July 1, 2020 the Cuyahoga County Solid Waste District has purchased 25,000 reusable shopping bags to distribute. Local organizations that serve the public such as senior centers, food pantries, libraries and social service organizations may request a supply of free bags to give out.

The Maple Heights Senior Center has begun distributing bags. 1 free bag per house hold at the Maple Heights Food Pantry and Mobile Food Pantry.



The Cuyahoga County Council unanimously passed legislation allowing for a six-month grace period for enforcing the ban on single-use plastic bags. Enforcement will begin July 1, 2020. Only violations that occur on or after this date will be



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 <http://www.citymapleheights.com/>



GOLDEN MAPLE LEAVES



City of Maple Heights

Annette M. Blackwell, Mayor

February 2020

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

The 2019 Holidays have passed and we are nearing the end of the first month of the New Year, 2020, on January 31.



How much about 2019 do you remember? I am certain that there were some very memorable times and maybe some painful moments as well, but we got through it. Life is so unpredictable, but worth living – I have heard the younger people say “I am living my best life!” I believe that the best way to do that is to live one day at a time.

While I have not made any New Year’s resolutions, I will try to take the time to do things that are meaningful to me. I am looking forward to my daughter’s graduation in May from college, attending a family reunion, learning to swim, finishing up a very big home remodeling project and celebrating the city’s release from “fiscal emergency” , which the Ohio State Auditor’s Office announced will happen sometime in June.

And I am very excited about having four more years as your Mayor, thank you for your support. I am looking forward to a prosperous and successful year for our city.

Best wishes always, Mayor Blackwell

FEBRUARY PROGRAMS AT A GLANCE

- FEB 3 : 9:30 USPS Mobile Truck
- FEB 3: 9:45 Chair Volleyball
- FEB 4: BP Screening—Relieve Home Health
- FEB 5: Craft - No Sew Tote Bag
- FEB 6 9:45 Movie: Loving
- FEB 7: 9:45 Chair Exercise with Video
- FEB 10: 9:45 Chair Volleyball
- FEB 11: 1:00 Mind Challenge - Solon
- FEB 11: 10:30 Senior Site Council Meeting
- FEB 11: Noon February Birthday’s
- FEB 12: 10:00 Tai Chi
- FEB 13: 9:30 Goddess Touch Massage
- FEB 13: 9:45 Movie: Brian Banks
- FEB 13: Maple Hts. Honor Society-Make Cards
- FEB 14: Valentine’s Day Party
- FEB 17: CLOSED Presidents Day
- FEB 18: 10:00 SVASO Presentation
- FEB 18: 10:30 BP Screening - Suburban Hlth.
- FEB 19: 10:00 CLE Clinic - Balance/Falling
- FEB 20: 10:00 **BINGO**
- FEB 21: 9:45 Chair Exercise - Video
- FEB 24: 9:45 Chair Volleyball
- FEB 24 10:00 Hair Cuts with Tymeka
- FEB 25: 10:30 Sr. Site Council Meeting
- FEB 26: 10:00 Tai Chi
- FEB 26: 10:30 Medicare Minute Presentation
- FEB 26: 12:45 General Meeting
- FEB 27: 9:45 Movie: Harriet
- FEB 28: 10:00 Bunco

Linda

Interested in Advertising in the Golden Maple Leaves? Please Call for Details! Like us on Facebook!

City of Maple Heights
Maple Heights Senior Center
15901 Libby Rd.
Maple Hts., Ohio 44137

PLACE
STAMP
HERE

Maple Heights Office On Aging | 15901 Libby Road | Maple Heights, Ohio 44137

District 1 - Stafford L. Shenett Sr.
District 2 - Toni Jones
District 3 - Christian Ostenson
District 4 - Dana Anderson

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 - Richard Trojanski
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 Health for providing Bingo prizes. The next Bingo will be Thursday, February 20, 2020



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 Minute Presentation

Join Michael Gold of Richard Weiss Agency for a 3 part series of Medicare Minute Presentations. All presentations will be at 10:30 AM at the Maple Heights Senior Center.

- February 26th - Premium Related Appeals/Troubleshooting
- March 31st - Medicare and Employer - Based Coverage
- April 29th - Original Medicare vs. Medicare Advantage

Chair Exercises - SIT and be FIT

The Maple Heights Seniors 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 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

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, February 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! We have added the Traveling Bunco too! Thank you to Council President Ron Jackson for providing gift cards for the person who wins the "Most Bunco's" prize.



Income Tax Preparation

AARP will be providing the free income tax service for seniors and low-income individuals every Monday beginning February 3rd through April 13th from 9:00 AM-2:30 PM with the exception of February 17th. We are closed due to Presidents day. We will begin scheduling appointments on Monday, January 6, 2019. Please call 216-587-5481 to schedule your appointment.



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, Gayle Holman & Walter Waclawik

Volunteer of the Month



Janice Talbert



Hot Meals Program

The Maple Heights Lutheran Church of the Covenant offers a FREE Hot Meal on the last Thursday of each month. If you are interested in going to this dinner, Please call 216-587-5481 to confirm details and to be put on the ride list.

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.

Hair Cuts are Back!

Tymeka, Owner of Blow Hair & Nail Studio will be coming to the Maple Heights Senior Center on the third Monday of each month! The cost is \$8.00 per hair cut. She is scheduled to come at 10:30 AM on Monday, February 24th due to Presidents Day being the Third Monday. Please call 216-587-5481 to schedule your appointment. See calendar for future dates.



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 volleyball games are so much fun! Every Monday we play chair volleyball Games. We start playing at 10:00 AM and usually play 3 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 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 the cakes!**



James Jones 1/22 Emanuel Payne 1/24
Constance Haynes 1/25 Mary Bergman 1/26
Willie Hardwick 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 3, 2020

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

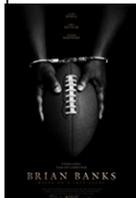
February Movies Honoring Black History Month - 2nd Floor



Thursday, February 6th - Loving

7.0/10 (2016)

The story of Richard and Mildred Loving, a couple whose arrest for interracial marriage in 1960s Virginia began a legal battle that would end with the Supreme Court's historic 1967 decision.



Thursday, February 13th - Brian Banks

6.9/10 (2018)

A football player's dreams to play in the NFL are halted when he is wrongly convicted and sent to prison. Years later, he fights to clear his name within an unjust system.



Thursday, February 27th—Harriet

6.2/10 (2019)

The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.

MIND CHALLENGE

for the New Majority

What is The Mind Challenge for the New Majority? It is a trivia tournament for active seniors and baby boomers (50+) representing 36 cities/senior centers. This year marks the second year after a tremendously successful inaugural campaign in 2019.

The Maple Heights Senior Center participated in the Team Formation round of the Mind Challenge and formed 2 teams. All Participants received a T-Shirt and the opportunity to move on to the Mind Challenge Knockout Round on Tuesday, February 11th at 1 PM for the SE Regional hosted by Solon. If successful, they can move on to the Smart 16 round. Congratulations to the team members for participating in this fun and challenging Mind Challenge contest!



Cleveland Clinic Presentation - Balance & Falling



A therapist from the Cleveland Clinic, scheduled by Meredith Seeley, Program Manager, will be coming to the Maple Heights Senior Center to speak on "Balance and Fall Prevention". This informative talk will be on Wednesday, February 19th at 10:30 AM. They will be bringing handouts too! Don't miss this informative talk.

Free Chair Tai Chi Classes are back!

In cooperation with the Maple Heights Adult Activities Center, now operated by SAW, Inc. is offering a free Chair Tai Chi Class for Seniors on Wednesday Mornings from 10:30 -11:30 AM. The classes will be 2nd & 4th Wednesdays 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.



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, Friday, February 14, 2020. There will be guessing game prizes. Remember to wear your prettiest red top!



Craft Class with Lynn - No Sew Reusable Tote Bag!

Join in on this fun craft class to make a reusable tote bag out of one of your own T-Shirts! With the plastic bag ban in effect this is a fun alternative to help you carry your grocery items home. This class will be at the Maple Heights Senior Center on the 2nd floor. We will start at 10:00 AM on Wednesday, February 5th. **What supplies will you need?** Old t-shirt –The thicker the fabric, the sturdier the bag. Sharp scissors, preferably fabric scissors. A felt tip marker.



Can't come to the class here are the simple instructions on how to make your own tote at home! And, Here is a link to a website that shows photos and has detailed instructions.

<https://mommypotamus.com/no-sew-t-shirt-tote-bag-tutorial/>

Step 1: Cut the sleeves off

If you'd like to fold the t-shirt in half you can cut both sleeves at once, so that they are identical.

Step 2: Cut the neckline area

If you'd like, you can turn the shirt inside out and trace the outline of a bowl before cutting. Or if you like free-hand cutting. Determine where you want the bottom of the bag to be and trace a line across. Keep in mind that depending on the fabric used, your tote is likely stretch and become longer when it's filled with stuff.

Step 3: Cut fringe

Now grab your scissors and cut slits from the bottom of the shirt up to the line marking the bottom of your bag. You'll want to cut both the front and back layers together, because they need to match up for the next step. I cut my slits about 3/4 to 1 inch apart.

Step 4: Tie fringe

Okay, this is going to sound really complicated, but it's NOT, promise. Take your first pair of fringe and tie it into a knot, then tie two more pairs. Now if you lift your bag you'll see that although the pairs are pulling the bag together, there's a hole between each pair. This next step will close those holes. In the photo on the right, you see three sets of fringe that have been tied in knots. What you do next is grab one strand from the middle set (the one with the arrow pointing left) and tie it in a knot with one of the strands on the left set. Then you take the other strand from the middle set (the one with the arrow pointing right) and tie it in a knot with one of the strands on the right set. Repeat this action all the way across the bottom and voila, you're done!



February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3) Meal Reservations, 9:30 USPS Mail Truck, 9:45 AM Chair Volleyball</p>  <p>FREE Income Tax Preparation Services By Appointment ONLY thru AARP</p>	<p>4) Meal Reservations, 10:30 Relieve Home Healthcare Agency - Blood Pressure</p> 	<p>5) 10:00 Craft Class with Lynn – No Sew Reusable Tote Bag. 1:00 PM Bid Whist, 7:00 PM Council Meeting</p>  	<p>6) Movie: 9:45 AM – Loving Snacks Provided by Walton Manor 7:00 PM Council Meeting</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</p>  <p>FREE Income Tax Preparation Services By Appointment ONLY thru AARP</p>	<p>11) Meal Reservations, 10:30 AM Senior Site Council, Noon February Birthday's Sponsored by Walton Manor, 1:00 PM Mind Challenge Regional Knock Out Round 1 (Solon)</p>  	<p>12) 1:00 PM Bid Whist, 10:00 AM Tai Chi, 10:00 – 11:30 AM Oak Street Health - BINGO</p>   	<p>13) 9:30 AM The Goddess Touch – 10 min. massage, 9:45 AM Movie – Brian Banks, 10:00 AM MH Honor Society</p>  	<p>14) 10:00 Valentine's Day Party, 1:00 PM Bid Whist Bunch</p>  
<p>17) CLOSED – Presidents Day</p> 	<p>18) Meal Reservations, 10:00 S.V.A.S.O. Presentation, 10:30 AM Blood Pressure Sponsored by Suburban Health</p>  	<p>19) 10:30 AM Cleveland Clinic, Meredith Seeley, Balance & Falling, 1:00 PM Bid Whist 7:00 PM Council Meeting</p>  	<p>20) 10:00 Bingo Sponsored by Suburban Health</p> 	<p>21) 9:45 AM - Chair Exercises with Video, 1:00 PM Bid Whist Bunch</p>  
<p>24) Meal Reservations, 9:45 Chair Volleyball, 10:00 AM Hair Cuts with Tymeke</p>   <p>FREE Income Tax Preparation Services By Appointment ONLY thru AARP</p>	<p>25) Meal Reservations, 10:30 AM Senior Site Council Meeting</p> 	<p>26) 10:00 A Tai Chi, 10:30 Medicare Minute Presentation – Michael Gold, 1:00 PM Bid Whist, 12:30 PM General Meeting</p>   	<p>27) Movie: 9:45 AM – Harriet</p> 	<p>28) 10:00 AM BUNCO, 1:00 PM Bid Whist Bunch</p>  
		<p>Celebrating Black History Month!</p> <p>Everyday in the Month of February our Maple Heights Seniors will be featuring notable African Americans in short 5 minute presentations.</p>		

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

February 2020 WRAAA Menu

Monday	Tuesday	Wednesday	Thursday	Friday
*=Take Temperature of Milk and all food preceded by an asterisk.	Choice of : 1 % Milk or Buttermilk	Menu Approved by: Ann Stahlheber, M.S. R.D.N. L.D.		
3 *Chicken Cordon Bleu 6 oz. *Mashed Potatoes ½ c *Harvard Beets ½ c W.G. Dinner Roll 2 oz. Apple Juice 4 oz ALT = CS T	4 *Hamburger 3 oz. Ketchup 2 PC * Seasoned Potato Wedges ½c *Red Cabbage ½ c Whole Grain Bun 2 oz. Sliced Peaches ½ c ALT = CBG T	5 *BBQ Chicken Breast 3 oz. *Butternut Squash ½ c *Brussels Sprouts ½ c W. G. Buttermilk Biscuit 2 oz. Mandarin Oranges ½ c ALT = CBG RB	6 *Sweet & Sour Meatballs 3-1 oz. Sauce 2 oz. /*Brown Rice ½ c *Green Peas ½ c Oriental Blend ½ c Whole Grain Wheat Tropical Fruit ½ c ALT = CBG TR	7 * Roasted Turkey Breast 3 oz. *Gravy 2 oz. *Sweet Potatoes ½ c *Cauliflower/Broccoli ½ c 2 Whole Grain Wheat Fresh Grapes 1 c ALT = CBG RB
10 *Sliced Ham 3 oz. w/ Pineapple Glaze *Scalloped Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain White Chunky Applesauce ½ c ALT = CS TR	11 *Lemon Gravy Chicken Breast 3 oz. *Butternut Squash ½ c *Green Beans ½ c 2 Whole Grain Wheat Banana ALT = CBG RB	12 *Beef Sloppy Joe 4 oz *Green Peas ½ c *Harvard Beets ½ c Whole Grain Bun Sliced Peaches ½ c ALT = CBG RB	13 *Stuffed Pepper 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Succotash ½ c 2 Whole Grain Wheat Fresh Grapes 1 c ALT = CBG TR	14 *Vegetable Lasagna 6 oz. *Carrots ½ c *Broccoli ½ c Whole Grain Wheat Pineapple Chunks ½ c Whole Grain Vanilla Wafers ALT = CBG RB
17 PRESIDENTS DAY Site Closed	18 *Salisbury Steak 3 oz. * Mushroom Gravy 2 oz. *W.G. Noodles ½ c *Swiss Chard Spinach blend ½ c *Mushrooms ½ c Whole Grain White Sliced Apricots ½ c ALT = CS T	19 *Breaded Fish 4 oz. Tartar Sauce 1 PC *Brown Rice ½ c *Carrots ½ c *Peas ½ c Whole Grain Wheat Orange ALT = CBG TR	20 *Stuffed Cabbage 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Corn w/ Red Peppers ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ALT = CBG RB	21 *Tomato Basil Chicken 3 oz w/ Sauce 2 oz W.G. Pasta ½ c. *Spinach ½ c Lemon Juice 1 PC *Capri Blend ½ c Whole Grain Wheat Sliced Pears ½ c ALT = CBG RB
24 *Swedish Meatballs 3-1 oz w/Gravy 2 oz. /*Noodles ½ c *Peas ½ c *Cauliflower ½ c Whole Grain White Sliced Apricots ½ c ALT = CS T	25 *Chicken Breast Stuffed w/ Broccoli 6 oz. *Green Beans ½ c *Harvard Beets ½ c Whole Grain Dinner Roll 2 oz Banana ALT = CBG RB	26 *Cheese Ravioli 6 oz. *Antigua Blend ½ c *Baby Lima Beans ½ c Whole Grain Breadsticks 2 oz. Mandarin Oranges ½ c ALT = CBG TR	27 *BBQ Rib Patty 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c Whole Grain Bun Chunky Applesauce ½ c ALT = CBG T	28 *Baked Fish 4 oz. Creamy Dill Sauce 1 oz. *Brown Rice ½ c *Carrots ½ c *Green Beans ½ c Pineapple Chunks ½ c ALT = CBG RB

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





THE BAN

Disposable plastic bags are a major source of pollution in our environment and our waterways. They also harm wildlife and people and impose cleanup costs on our communities. As a result, Cuyahoga County passed a county-wide ban on plastic bags that will go into effect on January 1, 2020.

By passing legislation, Cuyahoga County joins the many other communities and nations who are taking steps to curb plastic pollution. This ban prohibits retailers from providing disposable bags at checkout, but they may still provide recyclable paper bags and sell reusable bags. We can each be part of the solution to plastic pollution. Remember to **Bring Your Own Bags** when you shop.

THE BAN APPLIES TO

- Retail stores of all types
- Convenience stores
- Grocery stores and supermarkets
- Service stations
- Drug stores

Except when used for:

- Curbside pick-up or delivery
- Leftovers
- Prepared foods
- Packaging bulk items or perishables (such as meat, fish, produce, baked goods, flowers)
- Prescription medicines
- A newspaper
- Prepackaged bags used for pet waste

THE BAN DOES NOT APPLY TO

- Dry cleaners who only use plastic bags for dry cleaning items
- Restaurants
- Bakeries



ATTENTION

“WAR TIME”

VETERANS & SURVIVING SPOUSES

THE DEPARTMENT OF VETERANS AFFAIRS

WILL PROVIDE YOU WITH

\$2,230.00 OR MORE

PAID FOR LIFE !

**PAID TO THOSE QUALIFYING VETERANS AND THEIR
SURVIVING SPOUSES**

- **BENEFIT PAID MONTHLY.**
- **PAID DIRECTLY TO YOU.**
- **100% TAX FREE.**

**SEE IF YOU QUALIFY FOR THIS LITTLE BENEFIT
PRESENTED BY:**

S.V.A.S.O

(Senior Veterans Administration Services of Ohio)

A non-profit 501c3 charity

A presentation is scheduled at the
Maple Heights Senior Center on
Tuesday, February 18th @ 10 AM