



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/>



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



GOLDEN MAPLE LEAVES



City of Maple Heights

Annette M. Blackwell , Mayor

July 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



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

COVID-19 Coronavirus

The best ways to protect yourself:

Wear a Cloth Face Mask



Wash Your Hands



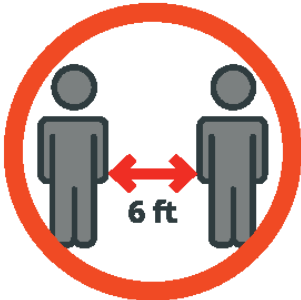
Cough or Sneeze into Your Elbow



Avoid Large Groups



Practice Social Distancing



Clean and Disinfect



Stay Home When Sick



Maintain Healthy Habits



If you have chest pain, shortness of breath, dizziness, a severe headache or other potentially life-threatening problems, go to the nearest emergency department or call 911.

ODH Hotline: 833-4-ASK-ODH

Cuyahoga County Board of Health: 216-201-2000

Cleveland Dept of Public Health: 216-664-2300



Message from Linda Vopat, Director of Human Services

It is really hard to believe that we are more than half way through 2020! COVID -19 has caused us to adjust to a whole new normal. I want to give you all an update on what is going on at the Senior Center and the City of Maple Heights.

Thankfully, we are all doing well and staying healthy. And, that certainly is our wish for you. Our staff is reaching out to you by phone, meal delivery or when you pick up meals at the Center to make sure you are having all your needs met and are staying well and healthy.

We have started to provide transportation again on a limited basis. Medical appointments are taking priority. Out of an abundance of caution and concern for the safety of our participants, there will be fewer riders on the van for shopping trips. You may be asked to change your shopping day to accommodate these limitations. We are asking that you wear a mask when using our service. You can begin to schedule appointments by calling the call center at 216-265-1489.

Many of you have asked about Farmers Market Coupons. We have been told that the program will be going forward beginning in late July. Plans are being formulated to safely distribute the coupons even though we are still closed to the public. More to come.

The staff has taken part in several webinars with the Western Reserve Area Agency on Aging, the Ohio Department of Aging and the Cuyahoga County Division of Senior and Adult Services concerning protocols to be put in place to safely begin re-opening Senior Centers across the State of Ohio. Governor DeWine is very concerned about the health and welfare of our older adult population and does not want to rush this process. Mayor Blackwell shares that view as well. As soon as plans are in place, we will notify you immediately.

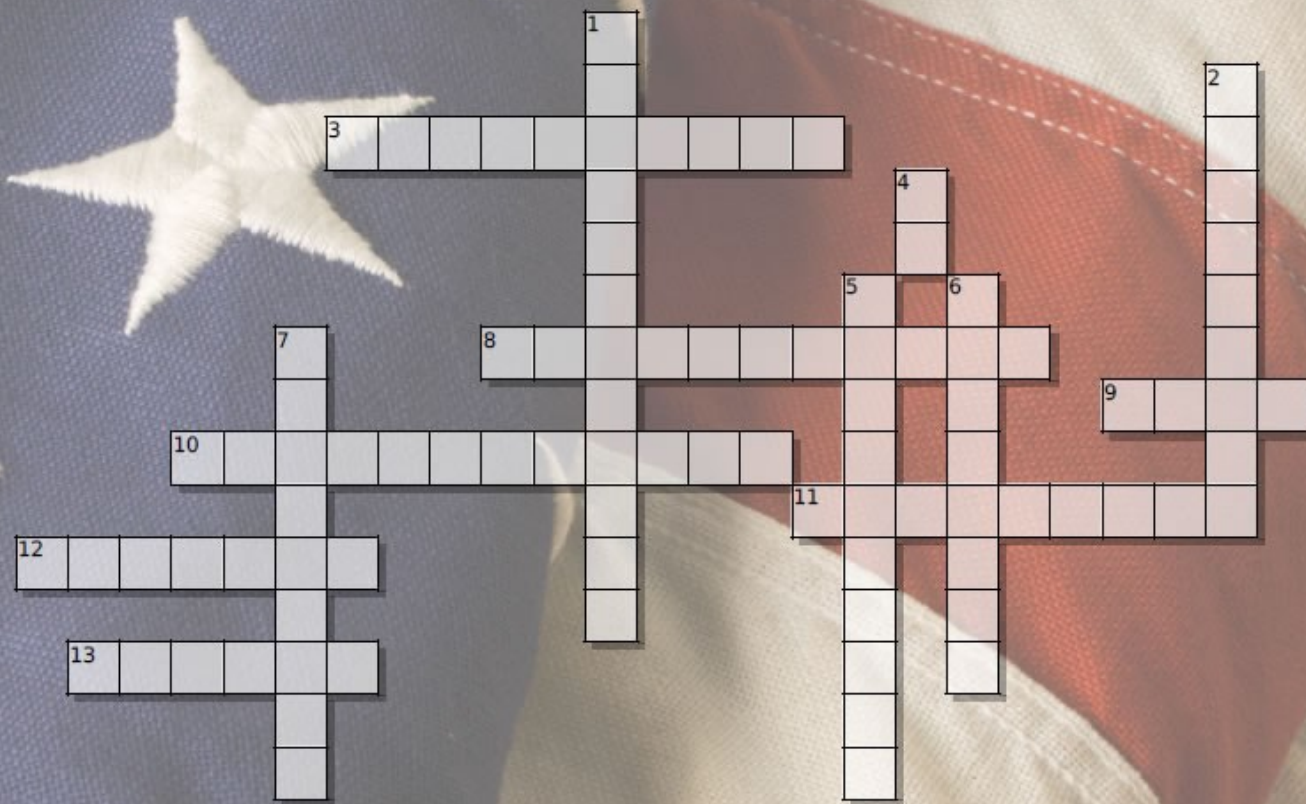
There is great news on the economic development front in Maple Heights. The GOJO Company, makers of Purell, are opening a new manufacturing facility in our City. This will initially bring 100 new jobs to Maple Heights and a boost to our income tax revenue. Walgreens new store is nearing completion and is scheduled to open in late July on Broadway. In their current store, ChenMed, the nation's leading senior-focused primary care practice, will open a Dedicated Senior Medical Center to serve older adults in the community. Also, Farmer Jones Market plans a summer re-opening under new ownership and a new operator. This is all such wonderful news for the City of Maple Heights! Great work Mayor Blackwell and Economic Development Director Patrick Grogan- Meyers.

Lastly, please remember to vote in the Special Election on Tuesday, August 4, 2020. This is the renewal of the 5 year Maple Heights Senior Center Levy. This levy funds all programs and services provided at the Senior Center, the Maple Heights Food Pantry and the Mobile Farmers Market. This is a renewal and that means NO NEW TAXES!

Please follow all the social distancing guidelines, wear a mask when you go out and stay positive. It may take some time, but, this too shall pass. We miss you and love each and every one of you. Bless you all.

Happy 4th of July!

Celebrating our independence one firework at a time!



ACROSS

- 3 Required food
- 8 Must eat! Side dish
- 9 This month
- 10 What we are celebrating
- 11 Let's blow some up tonight!
- 12 Who we got our independence from
- 13 This date

DOWN

- 1 Don't get too messy
- 2 The kids go crazy over these
- 4 Number of family members here today
- 5 Hero of the revolution
- 6 Required meal
- 7 Danny is going to cream us all in this sport

WORD BANK: WASHINGTON, POTATOSALAD, POPSICLES, JULY, INDEPENDENCE, HAMBURGERS, FOURTH, FIREWORKS, CORNONTHECOB, BRITAIN, BARBECUE, BADMINTON, 32

COVID-19 Resource Guide



Food Information

Greater Cleveland Food Bank –
216-738-2067 or toll-free at 855-738-2067

- **Hours:** Monday through Friday 7 a.m. - 6 p.m.
- **Service Area:** Ashland, Ashtabula, Cuyahoga, Geauga, Lake and Richland Counties
- Offers service to locate food immediately, apply for benefits including food stamps (SNAP).
- **Website:** findfoodbank.org/find-food

Hunger Network of Greater Cleveland –
216-619-8155

- hungernetwork.org

Cleveland Metropolitan School District –
216-838-0000

- Provides meals at 22 locations
- **Website:** clevelandmetroschools.org/Page/15493

Akron Canton Food Bank – call 2-1-1

- **Service Area:** Medina, Summit and Portage Counties

Second Harvest – 440-960-2265

- **Service Area:** Crawford, Erie, Huron, Lorain Counties
- Mobile Food Pantry offering grocery delivery services
- **Website:** 2-Harvest.org

Boys and Girls Club of Lorain County –
440-444-1279

- Provides meals Mon-Wed-Fri
- 12:00 p.m. - 2:00 p.m.
- 4111 Pearl Ave, Lorain, OH 44055
- **Website:** loraincountybgc.com

Are you a parent or guardian looking for SFSP sites near you? Find a summer site in your community with our [Summer Meal Site Finder](#) mapping tool. You can also text "Summer Meals" to 97779 or call 866-348-6479 to find a site near you.



Mental/Emotional Health

National Suicide Hotline: 800-273-8255

Lifeline Chat:

suicidepreventionlifeline.org/chat

General Information Mental Health Resources – ONLINE ONLY:

- **Ohio Department of Health:** bit.ly/2zsg4WJ
- **Cuyahoga Community College:** bit.ly/3bqupiN
- **National Alliance on Mental Health:** bit.ly/2yTCiRo
- **Child Mind Institute:** bit.ly/3cteHWe

Mindfulness and Meditation Websites and Apps – ONLINE ONLY:

- **Stop Breathe Think:** stopbreathethink.org
- **Headspace:** headspace.com
- **Insight Timer:** insighttimer.com
- **Calm:** calm.com
- **Buddhify:** buddhify.com
- **Centered:** centeredapp.com
- **Mind Yeti:** mindyeti.com
- **Chopra Meditation Center:** chopra.com/articles/guided-meditations



COVID-19 Resource Guide, continued



Coronavirus and Your Health

Accurate information in English and Spanish on Coronavirus

- Centers for Disease Control and Prevention: bit.ly/2WsYg74

Accurate information in English

- Cleveland Clinic: cle.clinic/2WqUMLx
- University Hospitals: uhhospitals.org/coronavirus

Ohio Department of Health:
General questions, call ODH hotline
833-4 ASK ODH (833-447-5634)

Cleveland Department of Public Health:
216-664-2324

Cuyahoga County Board of Health:
General number **216-201-2000**

Mask Information: contact your local
Community Development Corporation (CDC)
or local Council Leader

- clevelandnp.org/cleveland-cdcs
- clevelandcitycouncil.org



Jeff Hastings
Chairman

Inaio Davis Chappell
Member

Robert S. Frost
Member

David J. Wondolowski
Member

Anthony W. Perlati
Director

Shantiel H. Soeder
Deputy Director

The August 4, 2020 Maple Heights Special Election

Maple Heights voters will decide a municipal tax question that is on the August 4, 2020 Special Election ballot.

The voter registration deadline is Monday, July 6, 2020 at 9:00 pm. People may register to vote or update their registration on the Board of Elections website: www.443VOTE.us. Voters may call the Board at 216-443-VOTE (8683) if they would like a registration card mailed to their home.

Voters may cast ballots Early In-person at the Board of Elections or Vote-by-Mail. Early In-person voting hours and Vote-by-Mail ballot applications are available on the Board of Elections website or by calling 216-443-VOTE (8683)

The Board of Elections will be implementing CDC recommendations for conducting voting at polling places. This includes routinely cleaning frequently touched surfaces and incorporating social distancing strategies as feasible. The polls will be open from 6:30 am until 7:30 pm.



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Inaio Davis Chappell
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August 4, 2020 Maple Heights Special Election Social Media Posts

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Early and Vote-by-Mail:

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Election Day Voting:

Maple Heights voters will decide a municipal tax question that is on the August 4, 2020 Special Election ballot. Coronavirus prevention procedures will be in place during Election Day voting. The Board of Elections will be implementing CDC recommendations for conducting voting at polling places. This includes routinely cleaning frequently touched surfaces and incorporating social distancing strategies as feasible. The polls will be open from 6:30 am until 7:30 pm.

