



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

September 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 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

Farmers Market

Maple Heights Senior Center

15901 Libby Road | Maple Heights | 216.587.5481

Redeem your Coupons!
Please Wear your Mask

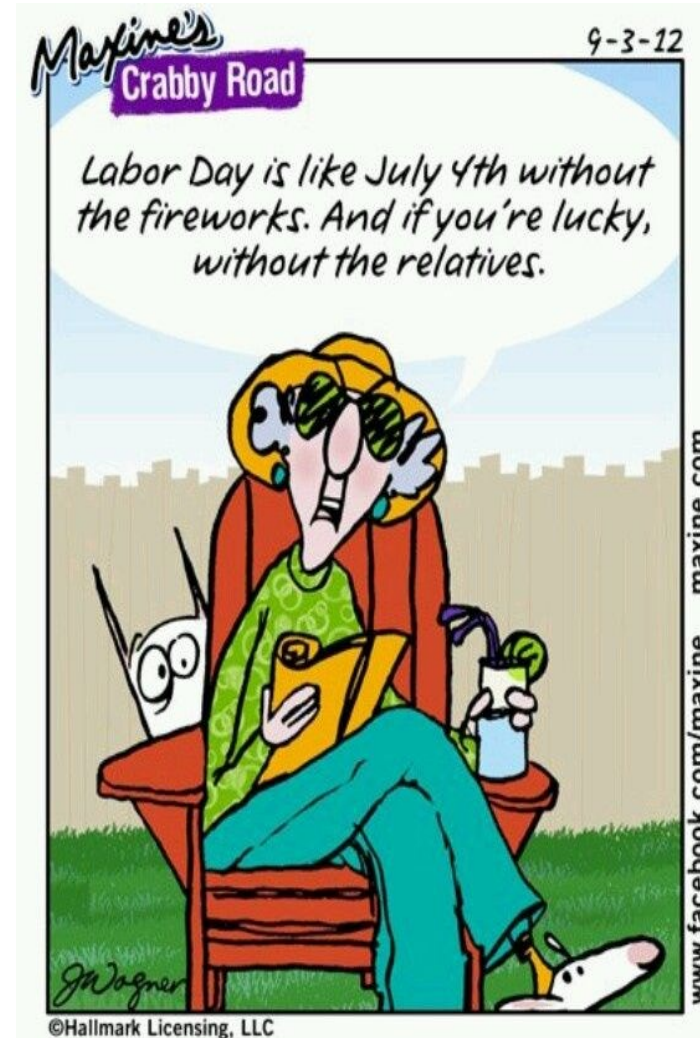
Farmers Market Dates

Redeem your coupons at the Maple Heights Senior Center

Thursday, September 3rd at 1 PM
Tuesday, September 15th at 1 PM
Tuesday, September 29th at 1 PM

Cossel Farm Stand
www.cossel farms.com

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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](https://findfoodbank.org/find-food)

Hunger Network of Greater Cleveland –
216-619-8155

- hungernet.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

Governor Announces Potential Openings for Adult Day Care and Senior Centers

While the announcement for the openings of Adult Day Cares and Senior Centers on September 21st is potentially exciting news, there will be several guidelines that will need to be considered before moving forward. Some of those items include:

- 1) Case status in surrounding community, including the Ohio Public Health Advisory System and risk levels;
- 2) Case status in the center;
- 3) Facility staffing levels;
- 4) Access to adequate testing for participants and staff;
- 5) Ability of participants to wear masks;
- 6) Local hospital capacity.

We are waiting to receive further news and instructions from the Ohio Department on Aging and will keep you updated. Senior Centers will only be allowed to open at limited capacity so that means that we would have to create a system to try to allow everyone an opportunity to attend if interested. For planning purposes, please let us know if you have any interest in returning to the senior center for the congregate lunch program, if we were to re-open.

Walgreen Flu, Pneumonia & Shingles Shots

Walgreens will be coming to the Maple Heights Senior Center at 15901 Libby Rd. on Tuesday September 22nd and October 7th, from 10:00 AM to 1:00 PM to administer flu, pneumonia and shingles shots. We will be setting up in the parking lot (weather permitting) or in the coat room area of the Senior Center to be compliant with the social distancing guidelines.

An appointment will be necessary to get your shots. Beginning at 10:00 AM, every 10 minutes. We will be able to accommodate 1 person in each time slot, for a maximum of 18 appointments per day. Please call 216.587.5481 to schedule your day and time. Please do not arrive more than 15 minutes before your scheduled time. You will be asked to remain in your car, until your appointed time.

The Flu and Pneumonia shots should be covered by your insurance. The only carrier that is not accepted by Walgreens is Care Source. Please bring your ID and your insurance card. Also, insurance verification of the shingles shot will need to be completed at the time of your appointment.



celebrating LABOR DAY

Word Search

W	U	U	O	H	N	S	Y	A	D	I	L	O	H	Z
S	I	J	I	L	Y	P	P	H	S	O	C	T	L	X
D	E	M	W	E	E	K	E	N	D	U	G	E	I	S
E	T	P	S	I	J	I	L	S	Y	A	D	N	O	M
C	V	K	T	R	M	W	U	U	O	H	N	S	Y	G
F	Q	L	E	E	N	S	I	M	I	L	Y	P	U	H
N	A	O	C	V	M	D	R	M	W	U	U	O	N	S
A	Z	I	F	Q	L	B	T	E	S	I	A	I	A	R
T	X	U	K	R	O	W	E	R	D	Y	D	W	C	E
I	S	Y	M	Z	I	F	Q	R	E	T	A	S	I	R
O	C	T	R	A	V	E	L	O	C	V	K	D	R	O
N	G	E	I	S	D	M	Z	G	N	O	L	E	E	B
A	H	R	O	A	T	L	X	U	K	A	O	F	M	A
L	N	S	Y	G	N	I	D	N	E	Z	I	F	A	L
L	Y	P	P	H	R	O	C	T	L	A	B	O	R	P

See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2012

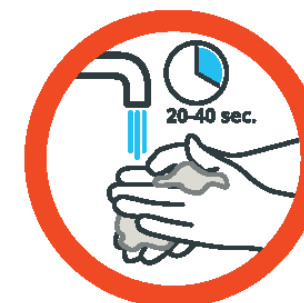
- | | | | |
|--------------|------------|--------------|--------------|
| 1. LABOR | 5. WORK | 9. SUMMER | 13. AMERICAN |
| 2. DAY | 6. LONG | 10. NATIONAL | 14. MONDAY |
| 3. HOLIDAY | 7. WEEKEND | 11. USA | 15. DAY |
| 4. SEPTEMBER | 8. ENDING | 12. TRAVEL | 16. OFF |

COVID-19 Coronavirus The best ways to protect yourself:

Wear a Cloth Face Mask



Wash Your Hands



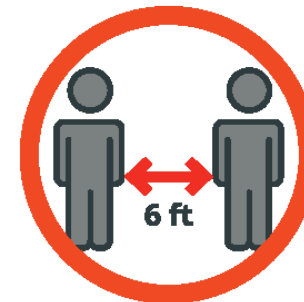
Cough or Sneeze into
Your Elbow



Avoid Large Groups



Practice Social Distancing



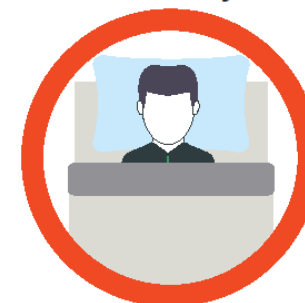
Clean and Disinfect



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



SEPTEMBER 2020 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By: Ann Stahlheber MS, RDN, LD</p>	<p>1 *Hamburger 3 oz Ketchup 2 PC Roasted Potato Wedges ½ c Baked Beans ½ c Whole Grain Bun Pineapple Chunks ½ c ALT=CBG TR</p>	<p>2 Chicken, 3 oz and Dumplings ½ c Cauliflower ½ Spinach ½ c w Lemon 1 PC Whole Grain Wheat Tropical Fruit ½ c ALT=CBG RB</p>	<p>3 *Roasted Turkey Breast 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Butternut Squash ½ c 2 W.G. White Applesauce ½ c ALT=CBG RB</p>	<p>4 *Tuna Salad 4 oz, W.G Pita Bread, 2 oz Spring Mix 1 c w Dressing 1 PC Tomatoes, Shredded Carrots, & Cucumbers, 1 cup Grape Juice 4 oz ALT=CBG TR</p>
<p>9 Labor Day Sites Closed</p>	<p>8 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Corn ½ c W.G. Dinner Roll, 2 oz Pears ½ c ALT=CBG TR</p>	<p>9 *Breaded Fish 3 oz *Brown Rice Pilaf ½ c Capri Blend 1 c W.G. Dinner Roll 1 oz Peaches ½ c ALT=CBG RB</p>	<p>10 *Beef Stew 8 oz Brussel Sprouts ½ c Buttered Sliced Carrots ½ c Whole Grain Wheat W.G. Wheat Crackers 1 oz Orange ALT=CBG TR</p>	<p>11 *Sweet & Sour Pork Loin 4 oz Buttered Noodles ½ c Sautéed Cabbage ½ c Beets ½ c W.G. Dinner Roll Applesauce ½ c ALT=CBG T</p>
<p>14 *Stuffed Pepper 6 oz w/2 oz Sauce *W.G. Pasta ½ c *Zucchini & *Yellow Squash 1 c W.G. Wheat Pineapple Chunks ½ c ALT=CS TR</p>	<p>15 *Roasted Turkey Breast 3 oz Gravy 2 oz, Bread Stuffing ½ c *Sweet Potatoes ½ c *Green Beans ½ c W.G. Dinner Roll Cranberry Juice 4 oz ALT=CBG RB</p>	<p>16 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c Carrots ½ c 2 Whole Grain White Sliced Peaches ½ c Orange ALT=CBG RB</p>	<p>17 *Swedish Meatballs 3-1 oz *Noodles ½ c * w/Gravy 2 oz *Broccoli ½ c *Red Cabbage ½ c Whole Grain White Apricots ½ c ALT=CBG T</p>	<p>18 *Sliced Ham 3 oz w/ Pineapple Glaze Mixed Vegetables ½ c Cheesy Potatoes ½ c Corn Muffin 2 oz Mixed Fruit ½ c ALT=CBG T</p>
<p>21 *Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Green Peas ½ c Whole Grain Bun Apple Juice 4 oz ALT=CS TR</p>	<p>22 *Chicken Stir Fry 3 oz Brown Rice Pilaf ½ c *Kyoto Blend 1 c Mandarin Oranges ½ c W.G. Vanilla Wafer 1 oz ALT=CBG RB</p>	<p>23 *Stuffed Cabbage 6 oz *Noodles ½ c w/*Gravy 2 oz Mixed Vegetables 1 c Whole Grain Wheat Pineapple Chunks ½ c ALT=CBG TR</p>	<p>24 *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 ALT=CBG RB</p>	<p>25 *Breaded Chicken Breast 3 oz Marinara Sauce 2 oz *W.G. Pasta ½ c *Capri Blend 1 c W. G. Breadstick 1 oz Fresh Grapes 1 c ALT=CBG RB</p>
<p>28 *Chicken Alfredo 4 oz *W.G. Pasta ½ c Broccoli ½ c Harvard Beets ½ c Whole Grain White Sliced Pears ½ c ALT=CS T</p>	<p>29 *Rosemary Pork Chop 4 oz *Sweet Potatoes ½ c Green Peas ½ c W.G. Dinner Roll 2 oz Apricots ½ c ALT=CS TR</p>	<p>30 BBQ Chicken *W.G. Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Muffin, 1 oz Banana ALT=CS RB</p>	<p>Choice of 1% Milk or Buttermilk</p>	<p>*=take temperature of Milk and all food preceded by an asterisk</p>

Western Reserve Area Agency on Aging - 2020

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



September 2020

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	1)	2)	3) 1:00 – 2:00 PM Farmers Market 	4)
7) CLOSED 	8)	9)	10)	11)
14)	15) 1:00 – 2:00 PM Farmers Market 	16)	17)	18)
21)	22) FLU AND SHINGLES SHOTS Starting at 10:00 AM – 1:00 PM by appointment only, please wear your mask. 	23)	24)	25)
28)	29) 1:00 – 2:00 PM Farmers Market 	30)		

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