



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

November 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

Take Charge of Your Health!

Join us for **NEW Active Living Workshops**
from the comfort of your home



SIGN UP TODAY!

- Call (216) 421-1350 x184
- Email: programs@fairhillpartners.org



Introducing **NEW self-study “Active Living” workshops, proven to get results. Sign up today and get more out of life!** Participate by phone, from the comfort of your home. Weekly phone conference calls with trained leaders and 3-4 fellow participants offer support, as you learn proven skills to improve your health.

Stay **ACTIVE** and do more of what **YOU** want to do. You’ll find practical ways to deal with symptoms and challenges, set your own weekly goals, make a step-by-step plan to improve your health, make better eating and exercise choices, understand new treatment options, and discover better ways to talk to your doctor and family about your health. You’ll receive a self-study tool kit: *Living Healthy Life* book, *Relaxation* CD, *Exercise* CD, Self-Test, and Tips Sheets to guide your progress.



Find information about Chronic Pain workshops on the back >>>>

Dates subject to change based on enrollment • Space is limited
New workshops being scheduled on an ongoing basis.

Programs developed by Stanford University and licensed by the Self-Management Resource Center. Fairhill Partners is a 501(c)3 nonprofit. Programs are made possible in part by an Older Americans Act Grant from Ohio Dept. of Aging through Western Reserve Area Agency on Aging, Cleveland Foundation Encore Cleveland Initiative, volunteers & gifts to the Fairhill Partners Annual Fund.

4 SIGNS A JOB OFFER IS A SCAM

A job is a scam if your new employer tells you to:

- Deposit a check and then send funds -- in any form -- to someone else.
- Create a bank or e-currency account for the company.
- Accept or make payments by money wire, retail gift cards or e-currency.
- Accept and reship mail or packages.



Consumer Affairs And Its Scam Squad Partners Fight Fraud.

We're Here To Help You!

216-443-SCAM (7226) • consumeraffairs.cuyahogacounty.us

Connect with us!

Learn more
consumeraffairs.cuyahogacounty.us

Ask a question
216-443-7035 (main)

Report a scam or talk to an investigator
216-443-SCAM (7226)

Follow us on Facebook and Twitter
[@CuyCoConsumers](https://www.facebook.com/CuyCoConsumers)



Helpful Cuyahoga County Resources:

Cuyahoga Job and Family Services
844-640-OHIO (6446) or www.benefits.ohio.gov

Division of Senior and Adult Services
216-420-6700

County Board of Health
(contact tracing, report health violations)
216-201-2000 or www.ccbh.net

MetroHealth 24/7 COVID-19 hotline
440-59-COVID/440-592-6843

United Way First Call for Help
Dial 211 to connect with trusted free services



Cuyahoga County
Together We Thrive



Cuyahoga County
Consumer Affairs
consumeraffairs.cuyahogacounty.us

**SCAM
SQUAD**

216-443-SCAM(7226)



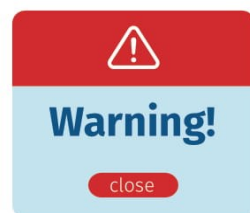
PROTECT YOURSELF FROM CORONAVIRUS SCAMS



3 PAYMENT METHODS TO AVOID

Only imposter scammers will demand that you pay debts, fines or fees with:

- Money wires
- E-currencies such as Bitcoin
- Retail or e-tail gift cards



Government agencies, tech companies and utilities do not accept these payments.

WATCH OUT FOR THESE SCAMS

Scammers usually want money or your personal information. Watch for scams disguised as:

- Offers to help you get stimulus payments or grants
- Threats to arrest you or seize your accounts
- Offers to help you get Coronavirus tests, cures or vaccines
- Calls or emails from sheriff, IRS or any government agency

Never pay or reveal private info (your Social Security or account numbers) to someone who contacts you!



Take Charge of Your Pain! Active Living with Chronic Pain Workshop *Participate from Home*

Start feeling better and get back to doing the things you love! Chronic pain—pain lasting six months or more from a variety of causes—can cause you to feel irritable, tired, isolated, or helpless, and keep you from doing the things you enjoy. Join an **Active Living with Chronic Pain Self-Study Workshop** and learn proven techniques for safely and effectively managing pain. You'll also learn a safe, no-impact exercise program. You'll receive a *Living a Healthy Life with Chronic Pain* book, *Relaxation* CD, *Exercise* CD, Self-Test, and Tips Sheets to guide your progress.

Register NOW for a Workshop!

Thursdays, 10/29-12/10 (skip 11/26), 10am

Tuesdays, 10/27-12/1, 2pm

Thursdays, 11/5-12/17, 10am

Fridays, 11/6-12/18 (skip 11/27), 10am,

Fridays, 11/6-12/18 (skip 11/27), 11am

Call: Leah at 216-421-1350 x182

Dates subject to change based on enrollment •



Chronic Pain Self-Management was developed by Stanford University and is licensed by the Self-Management Resource Center. Fairhill Partners is a 501(c)3 nonprofit. Programs are made possible in part by an Older Americans Act Grant from Ohio Department of Aging through Western Reserve Area Agency on Aging, Cleveland Foundation Encore Cleveland Initiative, volunteers & gifts to the Fairhill Partners Annual Fund.



Dealing with Robocalls

The Cuyahoga County Department of Consumer Affairs and the Scam Squad have received numerous reports of robocalls of all types. Some residents are reporting repeated, abusive calls – for example, 15 to 20 calls a day, just minutes apart. Follow these tips to ease your frustration with these pesky calls:

- **Do not pick up calls from unknown numbers.** Let calls from unknown numbers go to voicemail so you can screen them. Answering a robocall or scam call just gets you more unwanted calls.
- **If you pick up by mistake, hang up.** Don't ask robocallers to stop calling or interact with them at all. Interacting or following prompts to talk to someone only confirms your number is working and that they have reached a live person. This can lead to more scam calls.
- **Be wary of calls from numbers that resemble yours.** Robocallers may try to trick you into picking up by using "spoofed numbers" that fake your area code/exchange or duplicate your phone number. Resist the urge to answer the calls out of curiosity.
- **DO NOT automatically call back numbers that called you.** If the unknown caller did not leave a message, treat it like a scam call.
- **Don't be scared into paying or sharing personal info.** Many robocalls are designed to scare you into thinking you are under investigation, owe money to the IRS or another government agency, or have run afoul of the courts. No legitimate agency will tell you of an impending arrest or court action by phone. Treat all unexpected calls seeking personal information or money as suspicious.
- **If calls are persistent:** Opt for peace and quiet and turn the ringer on your phone off for a day or two (just leave yourself a reminder to turn it back on.) Abusive repeat calls tend to subside after a couple days.
- **Report robocalls.** [File a complaint](#) with the Scam Squad 216-443-SCAM (7226).

The Cuyahoga County Department of Consumer Affairs serves as a clearinghouse for Scam Squad, a multiagency financial fraud task force. Scam Squad provides one-on-one help to scam victims and refers scam reports to the agency best suited to investigate. Reporting scams helps law enforcement and your community.



November 2020 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 *Breaded Fish 4 oz Tartar Sce 1 PC *Brown Rice ½ c *Antigua Blend 1 c Whole Grain White Apricots ½ c ALT=CS RB	3 *Tomato Basil Chicken 3oz. *W.G. Pasta 1 c. w/Sauce 2 oz. *Mixed Vegetables ½ c *Corn w/Red Peppers ½ c Peaches ½ c ALT=CBG T	4 *Sloppy Joe 4 oz *Cheesy Potatoes ½ c *Baby Carrots ½ c Whole Grain Hamburger Bun Sliced Pears ½ c ALT=CBG RB	5 *Beef Stew 8 oz *Brussel Sprouts ½ c *Buttered Sliced Carrots ½ c 2 Whole Grain Wheat Fruited yogurt, 6 oz Banana, 1 ea ALT=CBG T	6 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Oriental Blend 1 c Whole Grain Wheat Pineapple chunks ½ c ALT=CBG RB
9 *Stuffed Cabbage w Beef 6 oz *Mashed Potatoes ½ c w 2 oz sauce *Buttered Beets ½ c Whole Grain White Mixed Fruit ½ c ALT=CS TR	10 *Salisbury Steak 3 oz *Noodles ½ c *Red Cabbage ½ c *Broccoli ½ c Whole Grain White Peaches ½ c ALT=CBG T	11 Veteran's Day Site Closed	12 *Hamburger 3 oz Ketchup 2 PC *Roasted Potato Wedges ½ c *Spinach ½ c/ Vinegar 1 PC Whole Grain Bun 2 oz Orange, 1 ea ALT=CBG TR	13 *Cold Sliced Turkey 3 oz Mayo 1 PC 3 Bean Salad ½ c *Cole Slaw ½ c 2 Whole Grain Rye Mandarin Oranges ½ c ALT=CBG RB
16 *Breaded Chicken Breast Patty Mayo 1 PC 3 oz *Buttered Beets ½ c *Broccoli ½ c W. G. Hamburger Bun 2 oz Apricots ½ c ALT=CS RB	17 *Meatballs 3-1oz *Spaghetti 1/2c w/ Tomato Sauce *Green Beans ½ c *Spinach ½ c w/ Vinegar 1 PC Whole Grain Wheat Banana, 1 ea ALT=CBG TR	18 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Swiss Chard ½ c WG Corn Muffin 1 oz Sliced Peaches ½ c ALT=CBG RB	19 *Sliced Ham 3 oz w/ Pineapple Glaze *California Blend ½ c *Cheesy Potatoes ½ c W.G. Dinner Roll 2 oz Grapes, 1 c ALT=CBG T	20 *Chicken Marsala 3 oz *Brown Rice ½ c Capri Blend 1 c Whole Grain wheat Scalloped Apples ½ c ALT=CBG TR
23 *Beef Stroganoff 4 oz *Noodles ½ c w/*Gravy 2 oz *Mixed Vegetables 1 c Whole Grain Wheat Pears ½ c ALT=CS TR	24 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Red Cabbage ½ c *Green Peas ½ c W.G. Vanilla Wafer 1 oz Applesauce ½ c ALT=CBG T	25 *Roasted Turkey Breast 3 oz *Gravy 2 oz & *Stuffing 4 oz *Green Beans ½ c *Sweet Potatoes ½ c Whole Grain Dinner Roll 1 oz Cranberry Juice ½ c ALT=CBG RB	26 Thanksgiving Day Site Closed	27 Thanksgiving Holiday Site Closed R
30 *Vegetable Lasagna *Cauliflower ½ c *Zucchini ½ c *Whole Grain White Diced Pears ½ c ALT=CS RB	Menu Approved By: <i>Ann Stahlheber MS, RDN, LD</i>	Choice of 1% Milk Or Buttermilk	*take temperature of Milk and all food proceeded by an asterisk.	

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



November 2020

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2)	3)	4)	5)	6)
9)	10)	11) Veterans Day – CLOSED 	12)	13)
16)	17)	18)	19) Mobile Market 9:30 – 11:30 AM Greater Cleveland Food Bank 	20)
23)	24	25)	26) Thanksgiving Day Holiday – CLOSED 	27) Thanksgiving Day Holiday – CLOSED 
30)				

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