



### 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

January 2021

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



## DO ANY OF THESE PROJECTS LOOK FAMILIAR?

These are all services that CARE Volunteers assist members with. Call today to learn more about being a CARE Member so you can get some these projects off your list!

Call 216-970-0599 or visit our website at [www.careneo.org](http://www.careneo.org).

|                                                                                                                                                                                       |                                                                                                                                                                                                                                     |                                                                                                                                                                                                                              |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Yard Care</b><br>Raking<br>Weeding<br>Planting<br>Trimming<br>Watering<br>Mulch<br>General Yard Cleanup<br>Spring Cleanup                                                          | <b>Home Exterior Projects</b><br>Minor Painting<br>Porch Cleanup<br>Window Cleaning<br>House Exterior Cleaning<br>Garage Cleanup<br>Outdoor furniture placement<br>Sweeping<br>Trash Removal                                        | <b>Interior General Housekeeping</b><br>Stove Cleaning<br>Refrigerator Cleaning<br>Floor Care<br>Window Care<br>Curtain Replacement<br>Dusting<br>Lightbulb & Battery Replacement<br>Cleaning out cabinets & Expired Items   |
| <b>Home Organizing</b><br>Packing Items<br>Room cleanouts including basement, attic<br>Sorting and moving for storage, donating or trash<br>Paper Shredding<br>Large & Small Projects | <b>Tech Assistance</b><br>Setting up new devices i.e. cell phones, tablets printers, computers & TVs<br>Support for hardware and software issues<br>Provide general overview of how to use products<br>Cable & Internet Connections | <b>Handy Person Projects</b><br>Screen, storm window & door seasonal change outs<br>Window air conditioning seasonal change outs<br>Furnace filter replacement<br>Minor Painting<br>Door Lock Installations<br>Minor Repairs |

## 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](http://consumeraffairs.cuyahogacounty.us)**

## Connect with us!

### Learn more

[consumeraffairs.cuyahogacounty.us](http://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



Cuyahoga County  
**Together We Thrive**

## Helpful Cuyahoga County Resources:

### Cuyahoga Job and Family Services

844-640-OHIO (6446) or [www.benefits.ohio.gov](http://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](http://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





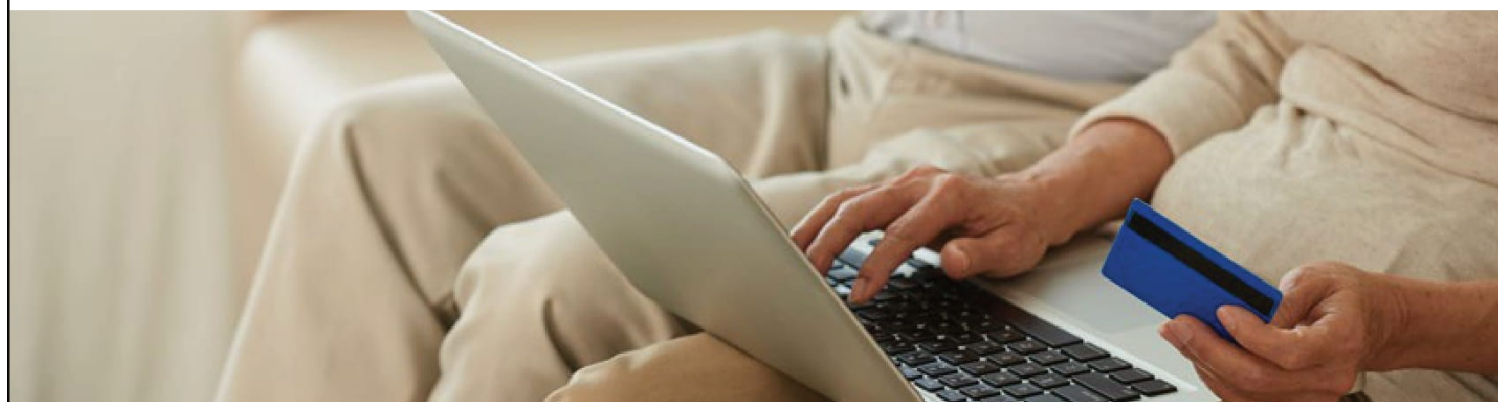
Cuyahoga County  
**Consumer Affairs**  
consumeraffairs.cuyahogacounty.us

**SCAM**  
**SQUAD**

216-443-SCAM(7226)



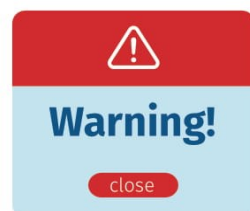
## PROTECT YOURSELF FROM CORONAVIRUS SCAMS



### 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!

### New Year 2021 — Adult Coloring



© www.ActivityVillage.co.uk

www.coloring-pages.info



# January 2021 WRAAA Menu

| Monday                                                                                                                                                            | Tuesday                                                                                                                                                                    | Wednesday                                                                                                                                                           | Thursday                                                                                                                                                       | Friday                                                                                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Menu approved by:<br/>Ann Stahlheber<br/>M.S.R.D.L.D.</b>                                                                                                      |                                                                                                                                                                            |                                                                                                                                                                     |                                                                                                                                                                | <b>HAPPY NEW YEAR<br/>2021<br/>Site Closed</b>                                                                                                                                |
| <b>4</b><br>*BBQ Chicken Breast 3 oz.<br>*Carrots ½ c<br>*Brussel Sprouts ½ c<br>Whole Grain Buttermilk<br>Biscuit 2 oz.<br>Orange Juice 4 oz.<br>ALT=CS RB       | <b>5</b><br>*Sweet & Sour Meatballs 3-1 oz<br>Sauce 2 oz /*Brown Rice ½ c<br>*Oriental Blend Vegetables ½ c<br>*Green Peas ½ c<br>Whole Grain Wheat<br>Banana<br>ALT=CBG T | <b>6</b><br>*Stuffed Cabbage 4 oz.<br>*w/Sauce 2 oz<br>*Mashed Potatoes ½ c<br>*Corn w/Red Peppers ½ c<br>2 Whole Grain Wheat<br>Sliced Apricots ½ c<br>ALT=CBG TR  | <b>7</b><br>* Beef Meatloaf w/Glaze 3 oz.<br>*Baked Beans ½ c<br>*Harvard Beets ½ c<br>Whole Grain Roll, 2 oz.<br>Fresh Grapes 1 c<br>ALT=CBG T                | <b>8</b><br>*2(2oz.) Stuffed Shells<br>*w/Sauce 2 oz.<br>*Spinach ½ c Lemon Juice 1 PC<br>*California Blend ½ c<br>W. G. Garlic Toast 2 oz.<br>Sliced Pears ½ c<br>ALT=CBG RB |
| <b>11</b><br>*Breaded Fish 4 oz.<br>Tartar Sce 1 PC/Ketchup 1 PC<br>*Potato Wedges 1/c<br>*Cole Slaw ½ c<br>W.G. Hamburger Bun<br>Sliced Peaches ½ c<br>ALT=CS RB | <b>12</b><br>*Ham 3 oz.<br>*Gravy 2 oz.<br>*Mashed Potatoes ½ c<br>*Cauliflower/Broccoli ½ c<br>2 Whole Grain White<br>Mandarin Oranges ½ c<br>ALT=CBG TR                  | <b>13</b><br>*BBQ Rib Patty 3 oz.<br>*Sweet Potatoes ½ c<br>*Brussel Sprouts ½ c<br>Whole Grain Bun<br>Chunky Applesauce ½ c<br>ALT=CBG TR                          | <b>14</b><br>*Chicken Cordon Bleu 6oz<br>*Mashed Potatoes ½ c<br>*Harvard Beets ½ c<br>Whole Grain Wheat<br>Whole Grain Vanilla Wafers<br>Orange<br>ALT=CBG RB | <b>15</b><br>*Roasted Turkey Breast 3 oz.<br>*Stuffing ½ c Gravy 2 oz.<br>*Butternut Squash<br>*Mixed Vegetables ½ c<br>Whole Grain White<br>Banana<br>ALT=CBG T              |
| <b>18</b><br><b>Martin Luther King<br/>Day</b><br><br><b>Site Closed</b>                                                                                          | <b>19</b><br>*Vegetable Lasagna 6 oz<br>*Seasoned Carrots ½ c<br>*Spinach ½ c w. Lemon 1 PC<br>W. G. Dinner Roll<br>Grape Juice 4 oz.<br>ALT=CS RB                         | <b>20</b><br>*Salisbury Steak 3 oz. w *Gravy<br>*W.G. Noodles ½ c<br>*Cauliflower ½ c<br>*Mixed Vegetables ½ c<br>W. G. Wheat<br>Banana<br>ALT=CBG TR               | <b>21</b><br>*Beef Sloppy Joe 4 oz.<br>Seasoned Wedge Potatoes ½ c<br>Ketchup 1 PC<br>Harvard Beets ½ c<br>Whole Grain Bun 2 oz.<br>Orange<br>ALT=CBG T        | <b>22</b><br>*Chicken Breast Stuffed<br>w*/Broccoli 6 oz.<br>*Green Beans ½ c<br>*Red Cabbage ½ c<br>2 Whole Grain White<br>Mixed Fruit ½ c<br>ALT=CBG RB                     |
| <b>25</b><br>*Cheese Ravioli 6 oz.<br>*Zucchini ½ c<br>*Cauliflower ½ c<br>Whole Grain Breadsticks 2 oz.<br>Mandarin Oranges ½ c<br>ALT=CS RB                     | <b>26</b><br>*Stuffed Pepper 4 oz.<br>*w/ Sauce 2 oz.<br>*Mashed Potatoes ½ c<br>*Green Beans ½ c<br>2 Whole Grain Wheat<br>Sliced Pears ½ c<br>ALT=CBG T                  | <b>27</b><br>*Lemon Gravy Chicken Breast 3oz.<br>*Brown Rice ½ c<br>*Butternut Squash ½ c<br>*Broccoli ½ c<br>Whole Grain Wheat<br>Sliced Peaches ½ c<br>ALT=CBG RB | <b>28</b><br>*Roasted Pork Loin 3 oz.<br>*Sweet Potatoes ½ c<br>*Brussel Sprouts ½ c<br>W.G. Dinner Roll 2 oz.<br>Chunky Applesauce ½ c<br>ALT=CBG TR          | <b>29</b><br>*Swedish Meatballs 6 oz.<br>Sauce 2 oz<br>*Noodles ½ c<br>*Peas ½ c, Carrots ½ c<br>Whole Grain White<br>Sliced Apricots ½ c<br>ALT=CBG TI                       |

Western Reserve Area Agency on Aging - 2021

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



# January 2021 WRAAA Menu

| Monday                                                                                                                                                                | Tuesday                                                                                                                                                                        | Wednesday                                                                                                                                                               | Thursday                                                                                                                                                           | Friday                                                                                                                                                                            |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Menu approved by:<br>Ann Stahlheber<br>M.S.R.D.L.D.                                                                                                                   |                                                                                                                                                                                |                                                                                                                                                                         |                                                                                                                                                                    | <sup>1</sup><br><b>HAPPY NEW YEAR<br/>2021<br/>Site Closed</b>                                                                                                                    |
| <sup>4</sup><br>*BBQ Chicken Breast 3 oz.<br>*Carrots ½ c<br>*Brussel Sprouts ½ c<br>Whole Grain Buttermilk<br>Biscuit 2 oz.<br>Orange Juice 4 oz.<br>ALT=CS RB       | <sup>5</sup><br>*Sweet & Sour Meatballs 3-1 oz<br>Sauce 2 oz /*Brown Rice ½ c<br>*Oriental Blend Vegetables ½ c<br>*Green Peas ½ c<br>Whole Grain Wheat<br>Banana<br>ALT=CBG T | <sup>6</sup><br>*Stuffed Cabbage 4 oz.<br>*w/Sauce 2 oz<br>*Mashed Potatoes ½ c<br>*Corn w/Red Peppers ½ c<br>2 Whole Grain Wheat<br>Sliced Apricots ½ c<br>ALT=CBG TR  | <sup>7</sup><br>* Beef Meatloaf w/Glaze 3 oz.<br>*Baked Beans ½ c<br>*Harvard Beets ½ c<br>Whole Grain Roll, 2 oz.<br>Fresh Grapes 1 c<br>ALT=CBG T                | <sup>8</sup><br>*2(2oz.) Stuffed Shells<br>*w/Sauce 2 oz.<br>*Spinach ½ c Lemon Juice 1 PC<br>*California Blend ½ c<br>W. G. Garlic Toast 2 oz.<br>Sliced Pears ½ c<br>ALT=CBG RB |
| <sup>11</sup><br>*Breaded Fish 4 oz.<br>Tartar Sce 1 PC/Ketchup 1 PC<br>*Potato Wedges 1/c<br>*Cole Slaw ½ c<br>W.G. Hamburger Bun<br>Sliced Peaches ½ c<br>ALT=CS RB | <sup>12</sup><br>*Ham 3 oz.<br>*Gravy 2 oz.<br>*Mashed Potatoes ½ c<br>*Cauliflower/Broccoli ½ c<br>2 Whole Grain White<br>Mandarin Oranges ½ c<br>ALT=CBG TR                  | <sup>13</sup><br>*BBQ Rib Patty 3 oz.<br>*Sweet Potatoes ½ c<br>*Brussel Sprouts ½ c<br>Whole Grain Bun<br>Chunky Applesauce ½ c<br>ALT=CBG TR                          | <sup>14</sup><br>*Chicken Cordon Bleu 6oz<br>*Mashed Potatoes ½ c<br>*Harvard Beets ½ c<br>Whole Grain Wheat<br>Whole Grain Vanilla Wafers<br>Orange<br>ALT=CBG RB | <sup>15</sup><br>*Roasted Turkey Breast 3 oz.<br>*Stuffing ½ c Gravy 2 oz.<br>*Butternut Squash<br>*Mixed Vegetables ½ c<br>Whole Grain White<br>Banana<br>ALT=CBG T              |
| <sup>18</sup><br><b>Martin Luther King<br/>Day<br/><br/>Site Closed</b>                                                                                               | <sup>19</sup><br>*Vegetable Lasagna 6 oz<br>*Seasoned Carrots ½ c<br>*Spinach ½ c w. Lemon 1 PC<br>W. G. Dinner Roll<br>Grape Juice 4 oz.<br>ALT=CS RB                         | <sup>20</sup><br>*Salisbury Steak 3 oz. w *Gravy<br>*W.G. Noodles ½ c<br>*Cauliflower ½ c<br>*Mixed Vegetables ½ c<br>W. G. Wheat<br>Banana<br>ALT=CBG TR               | <sup>21</sup><br>*Beef Sloppy Joe 4 oz.<br>Seasoned Wedge Potatoes ½ c<br>Ketchup 1 PC<br>Harvard Beets ½ c<br>Whole Grain Bun 2 oz.<br>Orange<br>ALT=CBG T        | <sup>22</sup><br>*Chicken Breast Stuffed<br>w*/Broccoli 6 oz.<br>*Green Beans ½ c<br>*Red Cabbage ½ c<br>2 Whole Grain White<br>Mixed Fruit ½ c<br>ALT=CBG RB                     |
| <sup>25</sup><br>*Cheese Ravioli 6 oz.<br>*Zucchini ½ c<br>*Cauliflower ½ c<br>Whole Grain Breadsticks 2 oz.<br>Mandarin Oranges ½ c<br>ALT=CS RB                     | <sup>26</sup><br>*Stuffed Pepper 4 oz.<br>*w/ Sauce 2 oz.<br>*Mashed Potatoes ½ c<br>*Green Beans ½ c<br>2 Whole Grain Wheat<br>Sliced Pears ½ c<br>ALT=CBG T                  | <sup>27</sup><br>*Lemon Gravy Chicken Breast 3oz.<br>*Brown Rice ½ c<br>*Butternut Squash ½ c<br>*Broccoli ½ c<br>Whole Grain Wheat<br>Sliced Peaches ½ c<br>ALT=CBG RB | <sup>28</sup><br>*Roasted Pork Loin 3 oz.<br>*Sweet Potatoes ½ c<br>*Brussel Sprouts ½ c<br>W.G. Dinner Roll 2 oz.<br>Chunky Applesauce ½ c<br>ALT=CBG TR          | <sup>29</sup><br>*Swedish Meatballs 6 oz.<br>Sauce 2 oz<br>*Noodles ½ c<br>*Peas ½ c, Carrots ½ c<br>Whole Grain White<br>Sliced Apricots ½ c<br>ALT=CBG TI                       |

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