

Virtual BINGO!

Join us for a fast paced, fun-filled virtual BINGO game! We will play Four (4) classic "5 in a Row" BINGO plus one "Cover all" game. Prizes will be given to the winners of each game, and one grand prize for the winner will be crowned for the "Cover All" game! Come and have fun with your Bedford neighbors and Devoted Health!

Each player will receive a bingo kit with (2) Bingo Cards, Chips for the game-board, a Devoted Health thank you gift for playing, and a little something for a sweet tooth. Players will receive a flyer in the bingo kit with login information to join via Google Meets by telephone or video call. Maple Heights Senior Center will pass out the Bingo kits to all of our seniors that are interested in participating.

Location: Google Meets

Dates: Last Tuesday of the Month

April 25th & May 27th

Time: 1:00 pm rsvp: Roy Avery @ Devoted Health - 216.906.9295

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

April 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



[Empowering and Strengthening Ohio's People](#) (ESOP), a subsidiary of [Benjamin Rose Institute on Aging](#), in partnership with Ashbury Senior Community Computer Center ([ASC3](#)), and [DigitalC](#), is proud to announce a new collaborative program: Virtual Services for Older Adults.

The collaboration between these three Cleveland non-profits is designed to eliminate the Digital Divide in our community.

Thanks to the generous funding support from Huntington Bank and your ongoing support of our work, Virtual Services for Older Adults addresses all of these issues by providing:

- Free webcam-ready laptops (ESOP)
- Free Internet and technology training (ASC3)
- Free Internet connectivity for up to one year (DigitalC)
- Free Virtual Financial Education Workshops and one-on-one Financial Coaching to decrease expenses, reduce debt, increase income, and build emergency savings (ESOP)

An integral part of this design will include measuring the impact this program has on reducing social isolation.

Adults 55 and over interested in enrolling in our second class beginning April 28 should contact Antoinette Smith (216) 373-1850 or Tiffany Taylor (216) 373-1849 at ESOP



The First Virtual Services for Older Adults launched on March 10th.

Three participants of our first Virtual Services for Older Adults cohort, along with some of the team who make the program possible.



**CITY OF
MAPLE HEIGHTS**

COMMUNITY SHRED DAY

SATURDAY, MAY 15, 2021

9:00 AM - NOON

The "Shred-it" truck
will be at



STAFFORD PARK

5400 Mayville Ave., Maple Heights

Paper shred items only.

Watch them shred it!

CALL 216-587-5481 FOR INFORMATION



Cuyahoga County
SOLID WASTE DISTRICT
CuyahogaRecycles.org

Funds for this program provided
through a grant from the
Cuyahoga County Solid Waste District

Help Cuyahoga County Get the Shot



Ohio's Mass Vaccination Clinic at the Wolstein Center starts March 17, 2021.

2000 Prospect Ave. E, Cleveland, OH 44115

Help residents sign up for a free COVID-19 vaccine at gettheshot.coronavirus.ohio.gov

Need a ride?

Maple Heights residents can call

216-587-5481

Visit cuyahogacounty.us/vax for complete information on eligibility, registration, vaccine locations and transportation.

No computer?

Call the Maple Heights Department of Human Services
To sign up 216-587-5481



Cuyahoga County
Together We Thrive



Cuyahoga County
Consumer Affairs

CUYAHOGA COUNTY
BOARD OF HEALTH
YOUR TRUSTED SOURCE FOR PUBLIC HEALTH INFORMATION

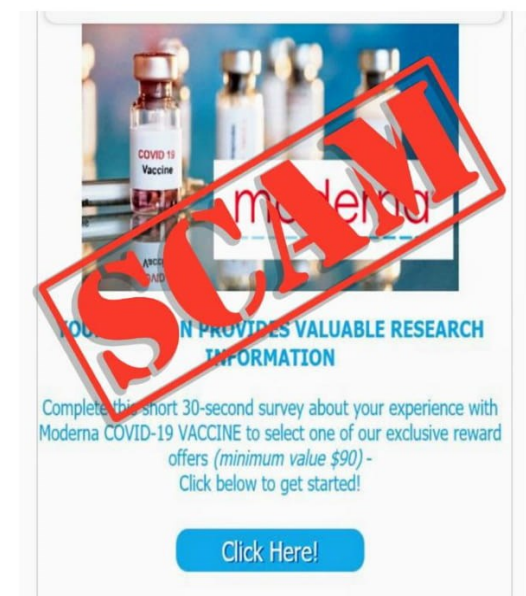
The Cuyahoga County Department of Consumer Affairs and Cuyahoga County Board of Health (CCBH) are warning the public to avoid two COVID-19 scams reported by county residents.

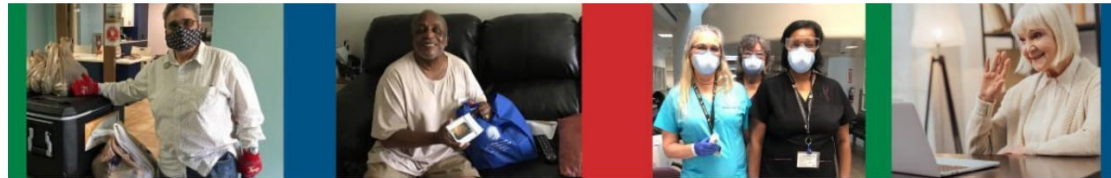
One scam is an emailed "survey" that baits people into participating by offering bogus \$90 rewards for sharing their opinions about Pfizer or Moderna vaccines. Do not open or click on any links on the email, including the unsubscribe button.

The other is a phone scam in which an imposter contact tracer asks people for their Social Security number. Legitimate contact tracers never request Social Security numbers or payment information.

For reliable information on COVID-19 vaccinations, please visit either www.cuyahogacounty.us/vax or www.ccbh.net/vax. You can also contact CCBH by phone at 216-201-2000 to obtain additional information on Covid-19, including the contact tracing and case contact process.

Report scams or learn how to protect yourself from fraud by visiting consumeraffairs.cuyahogacounty.us or calling the Scam Squad at 216-443-SCAM (7226).





March 26, 2021

What's Happening in the Community



Vaccine Assistance for Homebound Elders Coming Soon: We know there are many older adults in our community who are not able to leave their homes for various reasons and are homebound. We are looking at ways to help them get the vaccine safely without having to leave their homes.

The Western Reserve Area Agency on Aging and the Cuyahoga County Board of Health are working on a plan to bring vaccines to older adults. Stayed tuned for more details on this exciting development!

Visit [Maple Heights Senior Center](#)



Maple Heights Senior Center connects seniors to shots: Staff at the Maple Heights Senior Center have been registering older adults for the COVID-19 vaccine and transporting them to the CSU Wolstein Center to receive their vaccination.

"What a wonderful experience for everyone involved," said Center Director Linda Vopat. "The process at the Wolstein Center is seamless and efficient. Our seniors were treated with kindness, patience and respect. Calls have been coming in from our seniors commenting on how safe and secure they felt."

To find out more about the many services provided by the Maple Heights Senior Center, call 216-587-5481 or visit their website.

Are you concerned about falling?



Take steps to make falls less likely via Zoom!



1 Sign up for A Matter of Balance: This nationally-recognized program reduces the fear of falling and increases activity levels.



2 Get some exercise: Lack of exercise weakens legs, which increases the chance of falling. Exercise programs like Tai Chi increase strength and improve balance, making falls less likely for aging adults.



3 Be mindful of medications: Some medications, or combinations of medicines, can have side effects like dizziness or drowsiness. This can make falls more likely. Have a doctor or pharmacist review all your medications to reduce risky side effects.



4 Keep your vision sharp: Poor vision makes it harder to get around safely. To help make sure you're seeing clearly, have your eyes checked every year and wear glasses or contact lenses with the right prescription strength.



12200 Fairhill Road, Cleveland OH 44120
 (216) 421-1350 • programs@fairhillpartners.org
www.fairhillpartners.org



SIGN UP TODAY!
 Call (216) 421-1350 x182
A Matter of Balance

4/12–5/5 Mon/Wed, 1pm-3pm or
 4/13–5/6 Tu/Th 10am-12pm
 Remote—done via Zoom on your
 computer from home



A Matter of Balance was developed by Boston University and is licensed by MaineHealth. This program is made possible in part by an Older Americans Act Grant from Ohio Department of Aging through Western Reserve Area Agency on Aging, volunteers, and gifts to the Fairhill Partners Annual Fund.



Take Charge of Your Diabetes! Active Living with Diabetes Workshop

Participate from Home

If you or someone you know has diabetes or pre-diabetes, join an **Active Living with Diabetes workshop**. You'll get the support you need, find practical ways to deal with blood sugar control, pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health. We'll deliver a **Tool Kit: Living Healthy Life with Chronic Conditions** book, *Exercise CD*, *My Diabetes Plate Refrigerator Magnet*, *Self-Test*, and *Tip Sheets* to guide your progress. Weekly 30-minute phone conference calls with trained leaders and fellow participants enhance your experience and learning.



Register NOW!

Thursdays, April 22—May 27, 2-3pm
Call (216) 421-1350 x182

Space is limited • Dates subject to change based on enrollment



Western Reserve
Area Agency on Aging



ENCORE
Cleveland
Define your next chapter

Diabetes 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.



The true, inside story of the investigation into the assassination of John F. Kennedy, told by the men who solved the murder, and the people whose lives were changed by it. "Truth is the Only Client" features interviews from the Warren Commission staff and many others who were close to the event.

Join Community Partnership on Aging on Plugged-In Programming for a special discussion of the movie, "Truth is the Only Client" on

Wednesday, April 21 at 7:00pm

Joining us for the discussion will be one of the filmmakers, Todd Kwait!

"Truth is the Only Client" is available to watch on your own/in advance on Amazon Prime Video. If you don't have Prime Video you can join us for the discussion, regardless!

Register in advance for the program on April 21 by clicking below:

<https://us02web.zoom.us/meeting/register/tZMtCemsqz8qG9NyHOYNWkMtU2TUyloM6guC>

After registering, you will receive a confirmation email containing information about joining the meeting.

Reviews for "Truth is the Only Client" include:

"I will encourage you to watch this utterly riveting and important doc" - What She Said, November 12, 2020
"Undoubtedly the best film breakdown of the Warren Report" - Red Carpet Crash, November 16, 2020



Shaker Heights native, Todd Kwait, is a lawyer and businessman with a lifelong passion for film. *Truth is the Only Client* is his sixth motion picture. Todd wrote, produced and directed *Chasin' Gus' Ghost* which traced the history of Jug Band Music and won the award for Best Music Documentary at the Bare Bones Film Festival and the New York Film and Video Festival. *Vagabondo*, his second project, looks at the life of singer-songwriter Vince Martin. Mr. Kwait's recording company [Kingswood Records](#) releases companion soundtracks and several albums in the folk-inspired genre, most recently "I Just Want to Be Horizontal" (Samoa Wilson with the Jim Kweskin Band), "Jim Kweskin In the 21st Century," "Bright Lights and the Fame" by Michaela Anne, and Kiss Me Deadly's "What You Do In the Dark."

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 x182
- 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.

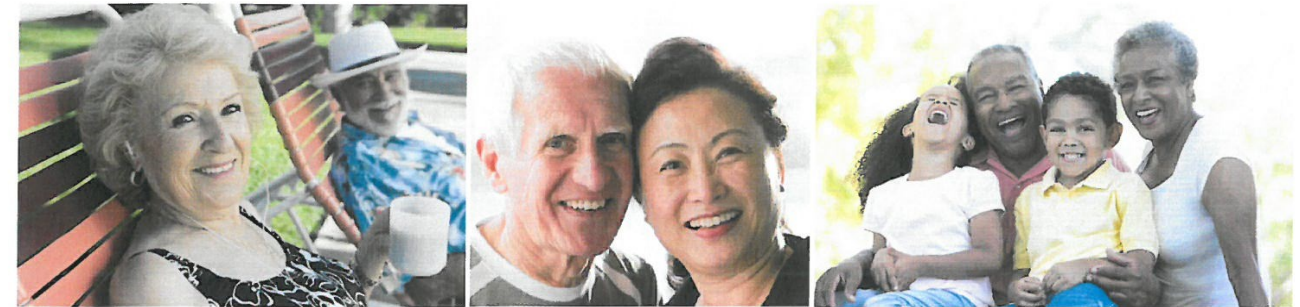


Find information about available workshops on the next few pages >>>>

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.



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!

April 12—May 17, Mondays
1pm—2pm

Call: 216-421-1350 x182
Or email programs@fairhillpartners.org

Dates subject to change based on enrollment •
Space is limited • Workshops being scheduled ongoing



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.