



The Cuyahoga County Department of Consumer Affairs Division of Consumer Protection will be coming to the Maple Heights Senior Center to introduce a new tool to use in the fight against scams. SCAMO! This is a BINGO-based game that helps to educate players on scams and scam related terms. Join us for a fun game of SCAMO and learn ways to keep yourself, your family, and your friends safe from scams. No need to sign up this activity will be provided on **Wednesday, September 1st at 10:00 AM.**

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

August 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

Here's What We Have Been Waiting To Share With You:

REOPENING GUIDELINES!

1. The Senior Transportation Connection is ready for you to make your van reservation. Call 216-265-1489 at least 3 days in advance.
2. Meal reservations for those of you eating lunch at the Senior Center, as usual, can be made on Monday and Tuesday the week before you would like to come in.
3. Those of you who have been assessed and qualify for home delivered meals, your service delivery will remain the same.
4. Grab and Go meals may be available at a later date. More information will follow.
5. If you have been vaccinated, masks are not required in the Senior Center. But, when using our vans, masks are required at all times.
6. If you have not been vaccinated, out of an abundance of caution and concern for your friends and the staff, please wear your mask.
7. If you are experiencing any of the following symptoms: cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, loss of taste or smell or have been in contact with someone known or presumed to have COVID-19 within the past 14 days, please stay home and contact us.
8. While at the Senior Center you will be asked to social distance while waiting in line for lunch or other programs. Please respect others personal space.
9. Depending on the number of people who make reservations and arranging for proper social distancing, you may be asked to adjust the days you would like to come in.
10. This is new to us all. It is our intention to open in the safest way possible to ensure your health and wellbeing. Please be patient with us as together we work towards a full reopening of the Senior Center.

If you have any questions or concerns regarding these guidelines, please feel free to call us. We look forward to seeing you!



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

Sip and Paint Class



Join Oak Street Health at Maple Heights Senior Center and SO SO ARTSY for a festive event where we will paint and sip together.*

Location: Maple Heights Senior Center
15901 Libby Road
Maple Heights, Ohio 44137

Date: Tuesday, 08/24 **Time:** 10:00 am - 12:00 pm

RSVP today at
(844) 822-3005



*Oak Street Health limits one (1) prize per person with the value not exceeding \$15, while supplies last, one time use only. Doctor's authorization may be required to participate in select events. We are not affiliated with and do not endorse other parties' services or products. Sales agents may be present with plan specific information and enrollment options. Oak Street Health provides a community service to help seniors understand Medicare facts. Please note that we are not insurance agents or Medicare employees nor does Medicare in any manner endorse our educational assistance. The assistance is provided as a service to the community by Oak Street Health.

Farmers Market Coupons

The Maple Heights Senior Center will receive the Farmers Market Coupon in June 2021. The Department of Aging is recommending that we follow a safe distribution process as we did in 2020, so that we can continue to be safe for all of our Seniors that receive them, due to COVID-19. Please consider working to find a proxy to pick up your coupons and shop for you, if you are unable to pick up your coupons and access the market yourself.

The Department of Aging partners with Area Agencies on Aging offer the Senior Farmers' Market Nutrition Program in 45 counties. Participants receive 10 - \$5.00 coupons for a total of \$50.00 to use at participating farmers' markets and roadside stands. Coupons can be redeemed for Ohio-grown fresh vegetables, fruits, herbs and honey. Some restrictions apply.

You are eligible for the Ohio Senior Farmers' Market Nutrition Program if:



- You are age 60 or older,
- You live in a service area that participates in the program, and
- You have a household income that falls within certain guidelines. See Chart below:

# of Individuals in the Household	Annual Total Household Income
1	\$23,828
2	\$32,227
3	\$40,626
4	\$49,025
5	\$57,424
6	\$65,823

The Maple Heights Senior Center will allow access to the Senior Center to pick up your coupons. We will be limiting the number of people accessing the building for distribution of the coupons if there are several people coming at the same time. We may have to have you sit outside and wait in the parking lot for your turn. Please remember to wear your masks. We will be servicing the 44105, 44125 and 44137 zip codes. We will continue distribution of the farmers market coupons, while supplies last, You can come anytime. Monday through Friday from 8:30 AM - 4 PM each day. At the time of the printing of this newsletter we have approximately 25 sets or coupons left.

The Maple Heights Senior Center has secured a farmer to come to the Senior Center for you to shop. The flyer has been posted in this newsletter as well as on all of our social media outlets, announcing the dates and times. Be sure to check the City of Maple Heights website and the Department of Human Services Facebook Page.

<https://www.citymapleheights.com>

<https://www.facebook.com/MapleHtsSeniorCtr>

Farmers Market

Maple Heights Senior Center

15901 Libby Road | Maple Heights | 216.587.5481



Redeem your Coupons!
Masks required if not vaccinated

Farmers Market Dates

Redeem your coupons at the Maple Heights Senior Center
Wednesdays from 10:30 to 11:30 AM

August 4th & 18th
September 1st & 15th
October 6th & 20th



Front 9 Farm
<https://front9farm.com/>



CITY OF MAPLE HEIGHTS 2021 MUSIC IN THE PARK SERIES IS BACK!



MUSIC in the PARK

July 27th
Blue Lunch
6:30 - 8:30 PM

August 24th
Hubb's Groove
6:00 - 8:00 PM

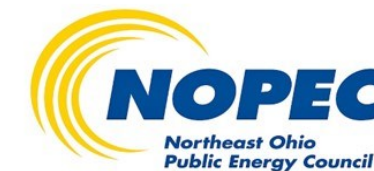
August 31st (Rescheduled)
Kevin Conwell & the Footprints
6:00 - 8:00 PM

July and August 2021, RAIN OR SHINE!

All Performances at Stafford Park
5400 Mayville Avenue
Maple Heights, OH 44137
216-587-5481

Remember your Lawn Chairs!

Rain out location will be at THE LANES 21400 Southgate Park Blvd., Maple Heights



AUGUST 2021 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 *Hawaiian Chicken 3 oz *Rice Pilaf ½ c *Kyoto Blend 1 c W.G. Cereal Bar, 1 oz Mandarin Oranges ½ c ALT=CS RB	3 *Stuffed Cabbage 6 oz Sauce 2 oz *Wide Noodles ½ c *California Blend 1 c Whole Grain Wheat Tropical Fruit ½ c ALT=CBG TR	4 *Breaded Fish 4 oz Tartar Sauce 1 PC *Seasoned Potato Wedges ½ c Cole Slaw ½ c W.G. Bun 2 oz *Scalloped Apples ½ c ALT=CBG RB	5 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Beets ½ c 2 Whole Grain Wheat Banana ALT=CBG TR	6 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c *Cauliflower ½ c Green Peas ½ c W.G. Vanilla Wafer 1 oz Applesauce ½ c ALT=CBG TR
9 *Hamburger 3 oz Ketchup 2 PC Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun Orange ALT=CS TR	10 *Beef Stroganoff 4 oz *Noodles ½ c w/*Gravy 2 oz Mixed Vegetables 1 c Whole Grain Wheat Pineapple Chunks ½ c ALT=CBG T	11 *Roasted Turkey Breast 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Peas ½ c 2 Whole Grain Rye Apricots ½ c ALT=CBG RB	12 *Beef Stew 8 oz Brussel Sprouts ½ c Buttered Sliced Carrots ½ c W.G. Biscuit, 2 oz Banana ALT=CBG T	13 *Chicken Alfredo 4 oz *W.G. Pasta ½ c w 2 oz sauce Broccoli 1/2c, Cauliflower 1/2c W.G Roll 1 oz Sliced Pears ½ c ALT=CBG RB
16 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Tropical Fruit ½ c ALT=CS TR	17 *Breaded Chicken Breast 3 oz Marinara Sauce 2 oz *W.G. Pasta ½ c *Capri Blend 1 c W. G. Breadstick 1 oz Sliced Peaches ½ c ALT=CBG RB	18 *Tuna Salad 3 oz *Cucumber Salad ½ c *3 Bean Salad ½ c 2 Whole Grain Wheat Pears ½ c ALT=CBG RB	19 *Sliced Ham 3 oz w/ Pineapple Glaze Green Beans ½ c Cheesy Potatoes ½ c Dinner Roll 2 oz Chunky Applesauce ½ c ALT=CBG T	20 *Stuffed Pepper 6 oz w/2 oz Sauce W.G. Pasta ½ c *Zucchini 1 c W.G. Wheat Banana ALT=CBG TR
23 BBQ Chicken Breast 3 oz *Sweet Potatoes ½ c Green Beans ½ c W.G. Corn Bread (2 oz) Apricots ½ c ALT=CS RB	24 *Swedish Meatballs 3-1 oz *Noodles ½ c/* w/Gravy 2 oz Broccoli ½ c Carrots ½ c Whole Grain White Banana ALT=CBG TR	25 *Turkey Tetrazzini 4oz *Spaghetti ½ c California Blend 1 c W.G. Wheat Applesauce ½ c ALT=CBG T	26 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c w Gravy 2 oz Harvard Beets ½ c 2 Whole Grain White Sliced Peaches ½ c ALT=CBG TR	27 *Cold Sliced Turkey 3 oz Mayo 1 PC *Cucumber Salad ½ c *Cole Slaw ½ c 2 Whole Grain Rye Fresh Grapes 1 c ALT=CBG RB
30 *Rosemary Pork Chop 4 oz *Sweet Potatoes ½ c Green Peas ½ c W.G. Dinner Roll 2 oz Applesauce ½ c ALT=CS T	31 *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	Menu Approved By: Ann Stahlheber MS, RDN, LD		Choice of 1% Milk or Buttermilk
* =take temperature of Milk and all food proceeded by an asterisk.				

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

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

