

Maple Heights Senior Center Transportation

Seniors 60 years or older who reside in the city of Maple Heights can request van transportation. The Maple Heights Senior van can be used for medical appointments, prescription pick-ups, grocery shopping and banking/. Suggested donation is \$1.00 *each way is appreciated.*

To register for the Transportation call 216-587-5481. then make a van reservation, call the "STC Call Center" @ 1-216-265-1489 by 12 noon, three (3) business days prior to, or up to two (2) weeks in advance, Monday through Friday from 7:00 a.m. to 5:00 p.m.

MEDICAL APPOINTMENTS

Trips for medical appointments must be within our service area. If there is a doubt, please contact the STC with questions. Van service begins approximately **9:30 am** and service ends at approximately **3:00 pm**. Please schedule appointments during these hours and allow time to be home before service ends.

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

July 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

Message from Linda Vopat, Director of Human Services

Greetings Everyone.

On March 11, 2020 our life's and the life's of so many of you changed forever. For the first time in its 35 year history the Maple Heights Senior Center was closed to the public. Socializing with your friends was not possible. Transportation to the doctor or grocery store stopped. The hot meal you enjoyed at lunch was in jeopardy. So many activities of daily living that gave meaning and purpose to our life's seemed to be gone forever!

But, we all know as Vivian Greene says, that "Life isn't about waiting for the storm to pass; it's about learning to dance in the rain." And so we danced!

Meals continued to be prepared by Bernadette and delivered to the homebound and those who rely on our transportation by Barry, Don, Ed, Ray, Sidney and Tonya. Some of you who were able to pick up Grab and Go Meals at the Center. The numbers reached a staggering 4000 a month.

Jaimie at the Mobile Farmer's Market and Tonesha at the Maple Heights Food Pantry, with the help of many faithful volunteers, packed countless boxes of non-perishable and fresh fruits and vegetables. These were safely distributed to residents experiencing very difficult times during the pandemic.

Lynn kept you updated on our progress in the Golden Maple Leaves Newsletter. She was instrumental in planning some outdoor gathering to stay in touch.

Hundreds of welfare check phone calls were made by staff to make sure you were doing well. Arrangements were made to get you the COVID vaccine and so much more. Mayor Blackwell and the entire staff had your welfare and health as our priority.

Together we made it through the dark days of COVID 19 and can see the light. It is with great joy and relief that I am able to announce the Maple Heights Senior Center will open to the public on Monday, August 16, 2021!!! We will begin slowly with limited capacity. We will accommodate as many of you as we can in a safe and responsible manner. Please make your lunch and transportation reservation the week of August 9, 2021.

We will send out more information in the near future. We can't wait to see you!

Love you all, Linda and the Staff at the Maple Heights Senior Center



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 House- | Annual Total Household In- |
|--------------------------------|----------------------------|
| 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, Monday through Friday from 1-4 PM each day.

The Maple Heights Senior Center will work to secure a farmer to come to the Senior Center for you to shop. We will post a flyer of the information regarding the farmer that will be coming as soon as we get the information. 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>



City of Maple Heights Mobile Mammogram Clinic

Monday, July 12th

9:30 a.m. to 2:30 p.m.

Maple Heights Library

5225 Library Lane (Off Libby Rd)

Maple Heights, OH 44137

- No insurance, we can help!
- Mammogram screening offered by appointment only. No walk-ins.

For more information and to schedule your mammogram, please call 216-346-8511 or visit our website: www.CCF.org/CancerCommunityOutreach

COVID-19 Safety Measures

• Scheduling & Check-In Process

Includes:

- Advance Scheduling Required
- Social Distancing
- Personal Greeter
- Covid19 Screening Questions
- Temperature Check
- Mask (will be provided)
- Hand Sanitizer (will be provided)
- Personal Escort

Breast exams and mammogram screenings are **usually** covered under **most** insurance plans. Cleveland Clinic offers financial aid for the uninsured and underinsured. Financial responsibility is determined by completing the financial assistance application.



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



MUSIC in the PARK

June 29th

**Kevin Conwell & the Footprints
6:30 - 8:30 PM**

July 27th

**Blue Lunch
6:30 - 8:30 PM**

August 24th

**Hubb's Groove
6:00 - 8:00 PM**

Back in June, July and August, 2021!

All Performances at Stafford Park

5400 Mayville Avenue

Maple Heights, OH 44137

216-587-5481

Remember your Lawn Chairs!



July 2021 WRAAA MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| <p>Menu Approved By: Ann Stahlheber, M.S., R.D.N., L.D.</p> | <p>*=take temperature of Milk and all food proceeded by an asterisk</p> <p>Choice of 1% Milk or Buttermilk.</p> | | <p>1 *Roasted Turkey Breast 3 oz *Gravy 2 oz *Mashed Potatoes ½ c California Blend ½ c 2 Whole Grain Rye Pineapple Chunks ½ c</p> <p>ALT=CBG RB</p> | <p>2 *Hamburger 3 oz Ketchup 2 PC Roasted Potato Wedges ½ c Baked Beans ½ Whole Grain Bun Banana</p> <p>ALT=CBG TR</p> |
| <p>5 Closed Happy Fourth of July!</p> | <p>6 *Breaded Chicken Breast 3 oz *Sweet Potatoes ½ c Green Peas ½ c W.G. Dinner Roll 2 oz Apple Juice, 4 oz</p> <p>ALT-CS RB</p> | <p>7 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Harvard Beets ½ c 2 Whole Grain Wheat Sliced Pears ½ c</p> <p>ALT=CBG TR</p> | <p>8 *Chicken Alfredo 4 oz *Fettuccini ½ c Broccoli ½ c Cauliflower ½ W. G. Dinner Roll Orange</p> <p>ALT=CBG T</p> | <p>9 *Tuna Salad 3 oz *Three Bean Salad ½ c *Coleslaw 1/2 c 2 Whole Grain Wheat Fresh Grapes, 1 c</p> <p>ALT=CBG RB</p> |
| <p>12 *Stuffed Pepper 6 oz w/ 2 oz Sauce *Mashed Potatoes ½ c *Baby Lima Beans ½ c W.G. Honey Wheat Biscuit 2 oz Apricots ½ c</p> <p>ALT=CS T</p> | <p>13 *Sliced Ham 3 oz w/ Pineapple Glaze Mixed Vegetables ½ c *Cheesy Potatoes ½ c Corn Muffin 2 oz Mixed Fruit ½ c</p> <p>ALT=CBG TR</p> | <p>14 Rueben with 2 oz *Turkey, 1 oz *Swiss Cheese, Sauerkraut ½ c Thousand Island Dressing *Cucumber Salad ½ c 2 Whole Grain Rye Pineapple Chunks ½ c</p> <p>ALT=CBG RB</p> | <p>15 *Breaded Chicken Breast 3 oz W.G. Pasta ½ c Marinara Sauce 2 oz Antigua Blend 1 c Breadstick 1 oz Sliced Peaches ½ c</p> <p>ALT=CBG RB</p> | <p>16 *Beef Stew 8 oz Brussel Sprouts ½ c Buttered Sliced Carrots ½ c Whole Grain Wheat W.G. Vanilla Wafers 1 oz Banana</p> <p>ALT=CBG T</p> |
| <p>19 *Breaded Fish 4 oz Tartar Sauce 1 PC *Potato Wedges ½ c *Spinach ½ c/ Lemon Juice 1 PC W.G. Hamburger Bun 2 oz Sliced Pears ½ c</p> <p>ALT=CS RB</p> | <p>20 *Sweet & Sour Pork Loin 4 oz *Rice Pilaf ½ c Buttered Sliced Carrots ½ c Green Peas ½ c Applesauce ½ c W.G. Vanilla Wafer 1 oz</p> <p>ALT=CBG TR</p> | <p>21 *Chicken Stir Fry 3 oz *Brown Rice ½ c w Sauce 2 oz *Oriental Blend 1 c Cereal Bar 1 oz Mandarin Oranges ½</p> <p>ALT=CBG T</p> | <p>22 *Swedish Meatballs 3-1 oz *Noodles ½ c/* w/Gravy 2 oz Broccoli ½ c Red Cabbage ½ c Whole Grain White Sliced Pears ½ c</p> <p>ALT=CBG T</p> | <p>23 *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</p> <p>ALT=CBG RB</p> |
| <p>26 *Stuffed Cabbage 6 oz Sauce 2 oz *Mashed Potatoes ½ c Carrots ½ c 2 Whole Grain Wheat Apricots ½ c</p> <p>ALT=CS TR</p> | <p>27 Hawaiian chicken 3 oz *Rice Pilaf ½ c *Kyoto Blend 1 c Whole Grain Wheat Tropical Fruit ½ c</p> <p>ALT=CBG T</p> | <p>28 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Green Beans ½ c 2 Whole Grain Wheat Sliced Peaches ½ c</p> <p>ALT=CBG TR</p> | <p>29 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Baked Beans ½ c *Sauteed Swiss Chard ½ c W.G. Corn Muffin, 1 oz Mixed Fruit ½ c</p> <p>ALT=CBG RB</p> | <p>30 *Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Green Peas ½ c Whole Grain Bun Fresh Grapes, 1 c</p> <p>ALT=CBG T</p> |

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