

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

June 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



Front Row: Linda M. Vopat, Director of Human Services, City of Maple Heights; Dr. Brook Watts, Senior Vice President and Chief Medical Officer for Community Health, MetroHealth; Mayor Annette M. Blackwell, City of Maple Heights; Stanley Miller, Manager of Community and Local Government Relations, MetroHealth. Back Row: Michael Tobin, Vice President of Communications, Government and Community Relations, MetroHealth; Patrick Grogan-Myers, Director of Economic Development, City of Maple Heights.

MetroHealth - Maple Heights Vaccination Center

Maple Heights Mayor Annette Blackwell and staff were warmly welcomed by MetroHealth staff to tour this outstanding facility in our city. The vaccination center is open for business and serving our residents in an efficient, effective manner. Located at 5398 Northfield Road in Maple Heights, the COVID-19 vaccine is readily available. Appointments and/or walk-in access to the vaccine is provided. Thank you to the entire MetroHealth team for being great partners dedicated to the health of the Maple Heights community. To register or for more information, simply go to <https://gettheshot.coronavirus.ohio.gov>

The Scoop about 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 have tables set up inside the dining area of the Senior Center. We will be limiting the number of people accessing the building for distribution of the coupons. 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 begin distribution of the farmers market coupons on the following dates, from 1-4 PM each day.

Wednesday, June 23rd

Thursday, June 24th

Friday June 25th

The Maple Heights Senior Center will work to secure a farmer to come to the Senior Center for you to shop. The dates and times will be forthcoming. Be sure to check your monthly newsletter for more information.



Drive through with Style!

Join us to help celebrate Flag Day and Father's Day!
For Our Maple Hts. & Garfield Hts. 60+ Seniors
Wednesday, June 16th from 11:30 - 12:30 PM

Drive to the Maple Heights Library Parking Lot
5225 Library Lane, Maple Heights

You will receive a traditional Hot Dog boxed lunch
and some special surprises!

Sponsored by our friends at
UH Bedford Senior
Network
Altimate Home Health Care
Beachwood Pointe
Right at Home



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



<p>June 22nd Kevin Conwell & the Footprints 6:30 - 8:30 PM</p>
<p>July 27th Blue Lunch 6:30 - 8:30 PM</p>
<p>August 24th Hubb's Groove 6:00 - 8:00 PM</p>

The 4th Tuesdays in June, July and August!

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

Remember your Lawn Chairs!



June 2021 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: Ann Stahlheber MS, RDN, LD	1 *Hamburger 3 oz Mustard & Ketchup 1 PC each *Baked Beans ½ c *Seasoned Potato Wedges ½ c Whole Grain Bun, 2 oz Applesauce, ½ c ALT=CS TR	2 *Chicken Stir Fry 3 oz *Brown Rice ½ c/Sauce 2 oz Oriental Blend 1 c Mandarin Oranges ½ c Oatmeal Cookie, 1 oz ALT=CBG RB	3 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Creamed Spinach ½ c 2 Whole Grain Wheat Sliced Peaches ½ c ATL = CBG T	4 *Chicken Breast Stuffed w/ Broccoli 6 oz. *Green Beans ½ c *Harvard Beets ½ c Whole Grain Dinner Roll 2 oz Apricots ½ c ALT=CBG RB
7 *Breaded Fish 4oz Tartar Sauce 1PC *Brown Rice ½ c *Zucchini ½ c Carrots ½ c 1 Whole Grain Wheat Pineapple tidbits, ½ c ATL = CS RB	8 2-2 oz. *Stuffed Shells *w/Sauce 2 oz Zucchini ½ c Glazed Baby Carrots ½ c 2 Whole Grain Wheat Applesauce ½ c ATL = CBG RB	9 Rubeen with 2 oz *Turkey, 1 oz *Swiss Cheese, 1 oz Sauerkraut ½ c Thousand Island Dressing 1 PC *Cucumber Salad ½ c 2 Whole Grain Rye Peaches ½ c ATL= CBG TR	10 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c California Blend ½ c Whole Grain Dinner Roll 2 oz Banana, 1 ea. ATL = CBG T	11 Sliced Ham 3 oz w. Pineapple Glaze Scalloped Potatoes ½ c Harvard Beets ½ c Whole Grain Bun, 2 oz Fresh Grapes 1 c ATL = CBG TR
14 *Hamburger 3oz Mustard & Ketchup 1 PC ea. Baked Beans ½ c Seasoned Potato Wedges ½ c W.G. Hamburger Bun, 2 oz Pears ½ c ALT = CS TR	15 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c Green Peas ½ c 2 Whole Grain Wheat Applesauce ½ c ATL = CBG TR	16 *Chicken Cacciatore 3 oz *W.G. Spaghetti ½ c *w/ Sauce 2 oz Kyoto Blend ½ c Mushrooms ½ c Dinner Roll, 1 oz Pineapple ½ c ATL = CBG RB	17 *Roasted Turkey Breast 3 oz *Stuffing ½ c *Gravy 2 oz Mashed Potatoes ½ c Green Beans ½ c 1 Whole Grain White Cranberry Juice 4 oz ATL = CBG RB	18 *Beef Stew 8 oz *California blend 1/2 c Whole Grain Dinner Roll 2 oz Applesauce ½ c Grape Juice 4 oz ATL = CBG T
21 *Chicken Patty 3 oz Mayo 1 PC *Broccoli ½ c *Red Cabbage ½ c Whole Grain Bun Pears ½ c ALT = CS RB	22 *Roasted Pork Loin 3 oz *Sweet Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Rye Apple Juice 4 oz ALT = CBG TR	23 *Meatballs 3-1 oz *W.G. Spaghetti ½ c w/ Sauce 2 oz Antigua Blend 1 c Garlic Bread, 1 oz Peaches ½ c ATL= CBG T	24 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c w gravy *Carrot Coins ½ c Whole Grain Dinner Roll, 2 oz Tropical Fruit ½ c ATL = CBG RB	25 *Tuna Salad 3 oz *3 Bean Salad ½ c *Coleslaw ½ c Whole Grain Bun, 2 oz Fresh Fruit Salad 1 c ALT = CBG RB
28 *Beef Lasagna 6 oz Antiqua Blend Veggie 1 c Whole Grain Garlic Toast 2 oz Oatmeal Cookie, 1 oz Mandarin Oranges ½ c ATL = CS RB	29 *Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c Broccoli ½ c Capri Blend ½ c 1 Whole Grain Wheat Diced Pears, ½ c ATL = CBG TR	30 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Muffin, 1 oz Mixed Fruit ½ c ATL=CBG RB	*=Take Temperature of Milk and all food preceded 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

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

