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!

Please use previous bingo kits that were distributed. Players will received 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 google link a few days before to all of our seniors that are interested in participating.

May 27th

Time: 1:00 pm - 2:30

Join Link

Or join by phone

1-234-348-1318

Pin# 212 977 884 #

Meet.google.com/myq-uwfe-ztd

nterested 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

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/







City of Maple Heights

Meal Reservations: 216-587-0015 Transportation Reservations: 216-265-1489



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

Annette M. Blackwell, Mayor

May 2021

Linda M. Vopat, Director of Human Services

Fax: 216-587-9069 Additional Information: 216-587-5481

> District 5 - Tanglyn Madden District 6 - Richard Trojanski **District 7 - Edwina Agee**

Help Cuyahoga **County Get** the Shot

Cleveland's Mass Vaccination Clinics - Now at 2 Locations!

- Wolstein Center 2000 Prospect Ave., E. Cleveland 44115
- MetroHealth Maple Heights Branch of the Wolstein Center 5398 Northfield Rd., Maple Heights 44137

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**

The Maple Heights Senior Center still has the ability to make appointments. Governor DeWine announced On Wednesday April, 21st during his press conference that the Wolstein Center is moving to the two-dose Pfizer vaccine beginning on April 27. Those that scheduled an appointment to receive the Johnson and Johnson shot will be notified of the switch to Pfizer. The registrant can then select to keep the scheduled appointment to receive the Pfizer vaccine or cancel. If you wish to register for an appointment please call 216.587. 5481. If you need transportation the Maple Heights Senior Center has transportation available for our Maple Heights residents every Monday and Wednesday at 9:30 AM and 1:30 PM. We now have a second location in Maple Heights! We are transporting our Maple Heights residents at this location every Friday at 1:30 PM only. If you wish to go another day, bus passes will be provided by the Greater Cleveland Regional Transit Authority.



CITY OF MAPLE HEIGHTS **COMMUNITY SHRED DAY** SATURDAY, MAY 15, 2021 9:00 AM - NOON

The "Shred-it" truck

Maple Heights Resident Receive a Free Gar Opener andfor Magne while supplies last

will be at

Paper shred items only. Watch them shred it! CALL 216-587-5481 FOR INFORMATION



Cuyahoga County SOLID WASTE DISTRICT CuyahogaRecyclas.org



STAFFORD PARK

5400 Mayville Ave., Maple Heights

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





The pantry offers a 3-day supply of food for breakfast, lunch, and dinner for everyone in your family, every month. Please bring your photo ID and proof of residency. July is the month to re-verify eligibility. COVID-19 safety protocol will be followed.

> Maple Heights Food Pantry 17100 Broadway Ave Maple Heights, OH Phone: 216-365-2842 During hours of operation or 216-587-5481 at other times



If you are interested in giving back to the community and becoming a volunteer at the Maple Heights Food Pantry, please call the Maple Heights Senior Center at 216.587.5481 for more information.



Maple Heights Food Pantry News!

Mayor Annette M. Blackwell announces New Food Pantry Coordinator Tonesha Houston Thank you Pequita Hansberry for your years of service!

The Food Pantry will continue to be open on Tuesdays from 12 PM - 3 PM Wednesdays from 9 AM - 12 PM Thursdays from 4:30 PM - 7:30 PM

Volunteers Needed!





VOLUNTEERS NEEDED

at

The Maple Heights Food Pantry 17100 Broadway Ave. Maple Heights, Ohio 44137

Volunteers Needed on ANY or ALL of the Following Days and Times

Tuesdays	Noon – 3:00 PM	
Wednesdays	9:00 AM - Noon	
Thursdays	4:30 - 7:30 PM	

Call 216-587-5481 for more information

"Volunteers don't get paid, not because they're worthless, but, because they're priceless."

Sherry Anderson



Take Charge of Your Health! Active Living with Chronic Conditions Workshop *Participate from Home*

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 selfstudy tool kit: Living Healthy Life with Chronic Conditions book, Relaxation audio CD, *Exercise audio* CD, Self-Test, and Tips Sheets to guide your progress.

Register NOW for a Workshop!

Call: 216-421-1350 x182 or Email: programs@fairhillpartners.org

Space is limited • Dates subject to change based on enrollment



Chronic Disease 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.

Fridays, May 14–June 18, 2pm-3pm





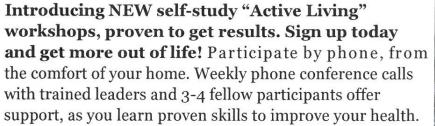
Take Charge of Your Health!

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



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 selfstudy tool kit: Living Healthy Life book, Relaxation CD, Exercise CD, Self-Test, and Tips Sheets to guide your progress.

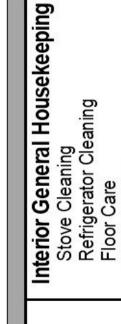


Find information about available workshops on the next few pages >>>>

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.





w Cleaning Exterior Cle Porch Cleanup Painting Window House | Garage

Window Care

Home Exterior Projects

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.



LOOK FAMILIAR?

PROJECTS

THESE

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ANY

8



Raking Weeding Planting rimmin

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

May 2021 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday
3	4	5	6
Roasted Pork Loin 3 oz	*Meatballs 3-1 oz	*Roasted Turkey Breast 3 oz	2-2 oz. "Stuffed Shells
"Sweet Potatoes % c	*Spaghetti ½ c w/ Sauce 2 oz	*Stuffing % c w/*Gravy	*w/Sauce 2 oz
*Green Peas % c	*Antigua Blend 1 c	*Mashed Potatoes ½ c	*Broccoli % c
1 Whole Grain Rye	W.G. Dinner Roll, 1 oz	*Green Beans ½ c	"Glazed Baby Carrots ½ c
Applesauce % c	Sliced Peaches % c	1 Whole Grain White	W. G. Dinner Roll, 2 oz
Oatmeal Cookie, 1 oz		Cranberry Juice 4 oz	Apricots ½ c
ALT = CS TR	ALT = CBG TR	ALT= CBG RB	ALT = CBG RB
10	11	12	13
*Beef Lasagna 8 oz	"Tuna Salad 3 oz	*Beef Meatloaf 3 oz w *Gravy 2	*Sliced Harn 3 oz w/ Pineapple Glaze
*Antiqua Blend ½ c	*3 Bean Salad % c	oz / *Mashed Potatoes ½ c	*Scalloped Potatoes ½ c
*Green Beans % c	*Coleslaw % c	*Broccoli % c	*Cauliflower % c
Whole Grain Garlic Toast 2 oz	Whole Grain Bun, 2oz	2 Whole Grain Wheat	2 Whole Grain White
Banana	Pineapple Chunks ½ c	Sliced Peaches % c	Mixed Fruit % c
ALT = CS TR	ALT = CBG RB	ALT = CBG T	ATL = CBG T
17	18	19	20
*Breaded Fish 4 oz	*Lemon Pepper Chicken 3 oz	*Stuffed Cabbage 6 oz	*BBQ Chicken Breast 3 oz
Tartar Sauce 1 PC	*Rotini ½ c	w/Sauce 2 oz	*Macaroni and Cheese % c
*Brown Rice ½ c	*Broccoli % c	*Mashed Potatoes ½ c	*Red Cabbage ½ c
*Carrots ½ c	*Beets ½ c	*California Blend ½ c	*Green Beans % c
*Spinach ½ c / 1 PC Vinegar	Whole Grain Dinner Roll	W. G. Dinner Roll, 2 oz	WG Corn Muffin 1 oz
1 Whole Grain Wheat	Pineapple Chunks ½ c	Apricots ½ c	Apple Juice 4 oz
Fresh Grapes 1 c			
ALT = CS RB	ALT=CBG RB	ALT = CBG T	ATL = CBG RB
24	25	26	27
*Salisbury Steak 3 oz	*Chicken Cordon Bleu 6 oz	*Stuffed Peppers 6 oz	*Roasted Pork Loin 3 oz
*Gravy 2 oz	*W.G. Pasta W. Pesto Sauce % c	w/Tomato Sauce 2 oz	*Au Gratin Potatoes ½ c
*Mashed Potatoes ½ c	*Green Beans % c *Carrot coins % c	*Mashed Potatoes ½ c	Spinach ½ c/ 1 Vinegar PC
Mixed Vegetables % c	2 Whole Grain White	*Zucchini % c	W.G. Dinner Roll, 2 oz
2 Whole Wheat Bread	Apricots % c	2 Whole Wheat Bread	Applesauce % c
Grape Juice 4 oz		Banana	
ALT = CS TR	ALT= CBG RB	ALT = CBG TR	ALT = CBG T
31			
Memorial Day			
Site Closed			

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

