

## 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**

**Or join by phone**

**Time: 1:00 pm - 2:30**

**1-234-348-1318**

**Join Link**

**Pin# 212 977 884 #**

**Meet.google.com/myq-uwfe-ztd**

## 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**

**May 2021**

**Linda M. Vopat, Director of Human Services**

**Meal Reservations: 216-587-0015**

**Fax: 216-587-9069**

**Transportation Reservations: 216-265-1489**

**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**

# 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](https://gettheshot.coronavirus.ohio.gov)

## Need a ride?

Maple Heights residents can call  
**216-587-5481**

Visit [cuyahogacounty.us/vax](https://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  
will be at



**STAFFORD PARK**

**5400 Mayville Ave., Maple Heights**

Paper shred items only.

Watch them shred it!

**CALL 216-587-5481 FOR INFORMATION**

*Maple Heights  
Residents  
Receive a Free  
Jar Opener  
and/or Magnet  
(while supplies last)*



**Cuyahoga County**  
SOLID WASTE DISTRICT  
[CuyahogaRecycles.org](https://CuyahogaRecycles.org)

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

**YES!**

**WE'RE  
OPEN**

**Alpine House Assisted Living in Maple Heights is OPEN!**

**NO MOVE-IN FEE**

**NO COMMUNITY FEE**

**\*NOW ACCEPTING ASSISTED LIVING MEDICAID WAIVER\***

**Call 1-866-468-7302 for details.**



### Maple Heights Food Pantry News!

**Mayor Annette M. Blackwell  
announces New Food Pantry Coordinator  
Tonisha 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**

**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**

### Volunteers Needed!



**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.**



# **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**

|                   |                       |
|-------------------|-----------------------|
| <b>Tuesdays</b>   | <b>Noon - 3:00 PM</b> |
| <b>Wednesdays</b> | <b>9:00 AM - Noon</b> |
| <b>Thursdays</b>  | <b>4:30 - 7:30 PM</b> |

**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 self-study 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!**

**Fridays, May 14—June 18, 2pm-3pm**

**Call: 216-421-1350 x182 or Email: [programs@fairhillpartners.org](mailto:programs@fairhillpartners.org)**

Space is limited • Dates subject to change based on enrollment



**Western Reserve**  
Area Agency on Aging



**ENCORE  
Cleveland**  
Define your next chapter

*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.

# 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](mailto: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.



## DO ANY OF THESE PROJECTS LOOK FAMILIAR?

These are all services that CARE Volunteers assist members with. Call today to learn 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](http://www.careneo.org).**

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

# May 2021 WRAAA MENU

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   |
|--|--|--|---|--|
| <p>3</p> <p>*Roasted Pork Loin 3 oz<br/>*Sweet Potatoes ½ c<br/>*Green Peas ½ c<br/>1 Whole Grain Rye<br/>Applesauce ½ c<br/>Oatmeal Cookie, 1 oz</p> <p>ALT = CS TR</p>                       | <p>4</p> <p>*Meatballs 3-1 oz<br/>*Spaghetti ½ c w/ Sauce 2 oz<br/>*Antigua Blend 1 c<br/>W.G. Dinner Roll, 1 oz<br/>Sliced Peaches ½ c</p> <p>ALT = CBG TR</p>                  | <p>5</p> <p>*Roasted Turkey Breast 3 oz<br/>*Stuffing ½ c w/*Gravy<br/>*Mashed Potatoes ½ c<br/>*Green Beans ½ c<br/>1 Whole Grain White<br/>Cranberry Juice 4 oz</p> <p>ALT= CBG RB</p> | <p>6</p> <p>2-2 oz. *Stuffed Shells<br/>*w/Sauce 2 oz<br/>*Broccoli ½ c<br/>*Glazed Baby Carrots ½ c<br/>W. G. Dinner Roll, 2 oz<br/>Apricots ½ c</p> <p>ALT = CBG RB</p>         | <p>7</p> <p>*Fish 4 oz/Tartar Sauce1PC<br/>*Brown Rice ½ c<br/>*Mixed Vegetables ½ c<br/>*Spinach ½ c / 1 PC Vinegar<br/>1 Whole Grain Wheat<br/>Fresh Grapes 1 c</p> <p>ALT = CBG TR</p>    |
| <p>10</p> <p>*Beef Lasagna 8 oz<br/>*Antigua Blend ½ c<br/>*Green Beans ½ c<br/>Whole Grain Garlic Toast 2 oz<br/>Banana</p> <p>ALT = CS TR</p>  | <p>11</p> <p>*Tuna Salad 3 oz<br/>*3 Bean Salad ½ c<br/>*Coleslaw ½ c<br/>Whole Grain Bun, 2oz<br/>Pineapple Chunks ½ c</p> <p>ALT = CBG RB</p>                                  | <p>12</p> <p>*Beef Meatloaf 3 oz w *Gravy 2 oz / *Mashed Potatoes ½ c<br/>*Broccoli ½ c<br/>2 Whole Grain Wheat<br/>Sliced Peaches ½ c</p> <p>ALT = CBG T</p>                            | <p>13</p> <p>*Sliced Ham 3 oz w/ Pineapple Glaze<br/>*Scalloped Potatoes ½ c<br/>*Cauliflower ½ c<br/>2 Whole Grain White<br/>Mixed Fruit ½ c</p> <p>ATL = CBG T</p>              | <p>14</p> <p>* Chicken Stir Fry 3 oz<br/>*Brown Rice ½ c<br/>*Oriental Blend 1 c<br/>1 Whole Grain White<br/>Mandarin Oranges ½ c</p> <p>ALT = CBG RB</p>                                    |
| <p>17</p> <p>*Breaded Fish 4 oz<br/>Tartar Sauce 1 PC<br/>*Brown Rice ½ c<br/>*Carrots ½ c<br/>*Spinach ½ c / 1 PC Vinegar<br/>1 Whole Grain Wheat<br/>Fresh Grapes 1 c</p> <p>ALT = CS RB</p> | <p>18</p> <p>*Lemon Pepper Chicken 3 oz<br/>*Rotini ½ c<br/>*Broccoli ½ c<br/>*Beets ½ c<br/>Whole Grain Dinner Roll<br/>Pineapple Chunks ½ c</p> <p>ALT=CBG RB</p>              | <p>19</p> <p>*Stuffed Cabbage 6 oz<br/>*w/Sauce 2 oz<br/>*Mashed Potatoes ½ c<br/>*California Blend ½ c<br/>W. G. Dinner Roll, 2 oz<br/>Apricots ½ c</p> <p>ALT = CBG T</p>              | <p>20</p> <p>*BBQ Chicken Breast 3 oz<br/>*Macaroni and Cheese ½ c<br/>*Red Cabbage ½ c<br/>*Green Beans ½ c<br/>WG Corn Muffin 1 oz<br/>Apple Juice 4 oz</p> <p>ATL = CBG RB</p> | <p>21</p> <p>*Swedish Meatballs 3-1 oz<br/>w/ *Gravy 2 oz<br/>*Buttered Noodles ½ c<br/>*Green Peas ½ c<br/>*Mushrooms ½ c<br/>1 Whole Wheat Bread<br/>Applesauce ½ c</p> <p>ALT = CBG T</p> |
| <p>24</p> <p>*Salisbury Steak 3 oz<br/>*Gravy 2 oz<br/>*Mashed Potatoes ½ c<br/>Mixed Vegetables ½ c<br/>2 Whole Wheat Bread<br/>Grape Juice 4 oz</p> <p>ALT = CS TR</p>                       | <p>25</p> <p>*Chicken Cordon Bleu 6 oz<br/>*W.G. Pasta W. Pesto Sauce ½ c<br/>*Green Beans ½ c *Carrot coins ½ c<br/>2 Whole Grain White<br/>Apricots ½ c</p> <p>ALT= CBG RB</p> | <p>26</p> <p>*Stuffed Peppers 6 oz<br/>w/Tomato Sauce 2 oz<br/>*Mashed Potatoes ½ c<br/>*Zucchini ½ c<br/>2 Whole Wheat Bread<br/>Banana</p> <p>ALT = CBG TR</p>                         | <p>27</p> <p>*Roasted Pork Loin 3 oz<br/>*Au Gratin Potatoes ½ c<br/>Spinach ½ c/ 1 Vinegar PC<br/>W.G. Dinner Roll, 2 oz<br/>Applesauce ½ c</p> <p>ALT = CBG T</p>               | <p>28</p> <p>*Chicken Alfredo 3 oz<br/>*Sauce 2 oz/*Noodles ½ c<br/>*Broccoli ½ c<br/>*Cauliflower ½ c<br/>1 Whole Grain Wheat<br/>Fresh Orange</p> <p>ALT = CBG RB</p>                      |
| <p>31</p> <p><b>Memorial Day</b></p> <p><b>Site Closed</b></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

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

