

Election Day November 2, 2021

VOTE

There is a very important election coming up on Tuesday, November 2, 2021 in the City of Maple Heights. You are being asked to cast your vote for our Representative to Congress, City Council President, City Council members in Districts 1, 3, and 5, City School Board members and 6 City Charter Amendments. This is your chance to make your voice heard and have a say in the future of the City of Maple Heights. The polls are open from 6:30 AM to 7:30 PM on November 2nd. If you need transportation, please call 216-587-5481 to reserve your ride. Please exercise your right to vote!

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

November 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

NOV ACTIVITIES AT A GLANCE

Nov 1: USPS Mail Truck 10:00

Nov 1: Chair Exercise Video 10:15

Nov 2: Election Day **VOTE**

Nov 4: Bingo 10:00

Nov 5: Matter of Balance 10:00 AM

Nov 8: Chair Exercise Video 10:15

Nov 9: Matter of Balance 10:00 AM

Nov 9: November Birthday's Noon

Nov 10: Bunco 10:00

Nov 11: CLOSED - Veterans Day

Nov 12: Matter of Balance 10:00 AM

Nov 15: Chair Exercise Video 10:15

Nov 16: Matter of Balance 10:00 AM

Nov 17: Movie - 9:45 Thanksgiving

Nov 18 : Mobile Market 9:30 - 11:30

Nov 19: Mammogram Clinic 9:30

Nov 19: Matter of Balance 10:00 AM

Nov 22: Chair Exercise Video 10:15

Nov 23: Matter of Balance 10:00 AM

Nov 24: Breaking Bread 11:30 AM

Nov 25: CLOSED Turkey Day

Nov 26: CLOSED Turkey Day Obs.

Nov 29: Chair Exercise Video 10:15

Nov 30: Matter of Balance 10:00



Linda

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

Donations Accepted



The services offered at the Maple Heights Senior Center are funded by the City of Maple Heights, the Older Americans Act through the Ohio Department of Aging and the Cuyahoga County Division of Senior and Adult Services, through the Health & Human Services Levy. Donations are accepted for the services of Congregate and Home-Delivered Meals, Outreach, Transportation, and Escort. The decision to donate or not to donate is totally yours and will in no way affect your eligibility for these services.

Volunteers Needed

The Maple Heights Department of Human Services offers many opportunities for you to give of your time and talents to others. Volunteers are needed to deliver home delivered meals, to escort seniors to medical appointments, and at the Maple Heights Food Pantry. For more information or to lend a hand, call 216- 587-5481.

F.Y.I.

Division of Senior and Adult Services: 1-216-420-6750
Long-Term Care
Ombudsman Helpline: 1-800-365-3112
Long-Term Care Ombudsman: 1-216-696-2719

Telephone Reassurance

Any elderly person who is homebound or lives alone and would like a phone call, please contact the Center at 216-587-5451. Let us provide you with a reassuring call to let you know we care.



Transportation

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

To register for the Senior Center call 216-587-5481. To 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.

Maple Hts. Nutrition Program

Provides a nutritionally sound hot meal to individuals 60 years of age or older in a friendly atmosphere. **The suggested donation for the meal is \$1.50.** Lunch is served promptly at noon unless otherwise specified. Grab and go lunches are also an option at this time. Meal reservations are made one week in advance on Monday or Tuesday. You can reserve or cancel a lunch either by phone at 216-587-0015 or in person from 9:00 AM to 5:00 PM. **We are pleased to announce additional options to your menu! We will be accepting 3 different menu choices for each day. When calling in your meal reservation, please tell us if you want the regular hot meal, the Cold Plate (CP) option of Chicken Salad w/Croissant (Monday only) or Spring Lettuce Salad w/Chicken Breast (Tues—Fri) or the Boxed Lunch (BX) option of Tuna, Turkey or Roast Beef designated on the menu for each day. We are now taking lunch reservations for the new meal options.**



Maple Heights Mammogram Clinic

Friday, November 19th

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

Maple Heights Senior Center

15901 Libby Road
Maple Hts, 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.



Chat Pals

Promote friendship through developing caring connections.

What is Chat Pals?

Chat Pals is a telephone-based or video-based (Facetime or Zoom) program designed to provide:

- Connection to community
- Emotional support
- Companionship
- Improved mental and physical well-being

How Chat Pals Works

- Participants and volunteers will be matched based on like-minded interests and experiences, so that a friendship can be formed remotely.
- Participants will receive a call from a background-checked volunteer on a weekly basis.

Participants aged 55+ and volunteers 18+.

Kirsten Riley

Kriley@greaterclevelandvolunteers.org

Phone: 216-391-9500 x 2124

MISSION STATEMENT

Greater Cleveland Volunteers enriches the community and individuals through volunteer service.

FOLLOW US ON:



@CLEvolunteers

Greater Cleveland Volunteers is a 501(c)(3) nonprofit organization



Our RSVP program is funded in part by AmeriCorps Seniors

Greater Cleveland Volunteers

4415 Euclid Avenue, Suite 200
Cleveland, Ohio 44103-3758
Phone: 216-391-9500
Fax: 216-391-9010
greaterclevelandvolunteers.org

Monthly Bingo

The monthly bingo will be the First Thursday of each month and starts at 10:00 a.m. Please check the newsletter for the date each month. If you would like to stay for lunch, your meal reservation should be made on Monday or Tuesday the week before. Bingo will be Thursday, November 4th



Learn to Play BUNCO!

Bunco is a social dice game, traditionally played with 12 players, who are divided into three tables with 4 players at each table. But really, any number can play. Join in to play Bunco at the Maple Heights Senior Center. Just \$1.00 to play. The money collected will then be distributed to the person(s), who wins Most Bunco's, Most Baby Bunco's, Most Wins, and Most Losses! We have added the Traveling Bunco too! Thank you to the Gladys Sheary Family for providing prize for the person who wins the "Most Bunco's" prize. We will practice COVID protocol to play. Each player will have their own set of die to play. Each Player must wear a mask while playing.



Chair Exercises - SIT and be FIT

The Maple Heights Senior Center is offering a weekly chair exercise class. This is a 2 DVD set called SIT and be FIT for 2 complete workouts. Easy fitness for Seniors. Every Monday (unless other activities are planned) beginning at 10:15 AM. Please check the Newsletter for weekly dates.

October Birthday's

On Tuesday, October 12th, we celebrated birthdays at the Senior Center. The special birthday table was covered with a festive tablecloth distinguishing it from other tables in the dining room.

**Special Thank You to
Beachwood Pointe
for providing the cakes!**

HAPPY BIRTHDAY!!!



Brenda Moore 10/6	Roosevelt Bishop 10/11
Marge Toole 10/11	Margaret Subwick 10/22
Clinton Leverett 10/22	Marshall Foster 10/28

Thanksgiving Reflection

Please join us for a Thanksgiving Reflection as we break bread together at the Senior Center on Wednesday, November 24th at 11:30 AM. Hope to see you there!



Legal Aid for Seniors

The Legal Aid Society offers legal counseling and services to persons age 60 and over.

New intakes are processed via phone:

888-817-3777 (toll-free)

Monday, Wednesday, Friday: 9 a.m. – 4 p.m.

Tuesday, Thurs: 9 a.m. – 2 p.m.

In-person intake applications are handled:

Tuesday, Thursday 9 a.m. – 1 p.m.

At any of four Northeast Ohio Offices in Cleveland, Elyria, Jefferson & Painesville



Are you concerned about falling?



Take steps to make falls less likely — Participate in A Matter of Balance!



Sign up for A Matter of Balance: This nationally-recognized program reduces the fear of falling and increases activity levels.



Get some exercise: Lack of exercise weakens legs, which increases the chance of falling. Exercise programs like Tai Chi increase strength and improve balance, making falls less likely for aging adults.



Be mindful of medications: Some medications, or combinations of medicines, can have side effects like dizziness or drowsiness. This can make falls more likely. Have a doctor or pharmacist review all your medications to reduce risky side effects.



Keep your vision sharp: Poor vision makes it harder to get around safely. To help make sure you're seeing clearly, have your eyes checked every year and wear glasses or contact lenses with the right prescription strength.



Remove hazards at home: About half of all falls happen at home. A home safety check helps identify fall hazards, like clutter & poor lighting that should be removed or changed.



12200 Fairhill Road, Cleveland OH 44120
(216) 421-1350 • programs@fairhillpartners.org
www.fairhillpartners.org



SIGN UP TODAY!
Call Jaimie Hasenohrl
216-587-9049
A Matter of Balance at
Maple Hts Sr Center, 15901 Libby Road, Maple Hts, OH 44137
Tu + Fri, 11/5—12/3 10am-12pm
(skipping 11/26)



Western Reserve
Area Agency on Aging



Define your next chapter

A Matter of Balance was developed by Boston University and is licensed by MaineHealth. This program is made possible in part by an Older Americans Act Grant from Ohio Department of Aging through Western Reserve Area Agency on Aging, volunteers, and gifts to the Fairhill Partners Annual Fund.

Groovy Movies 9:45 AM



October Movie - 2nd Floor

The third Friday of every month

Moved to Wednesday this month due to scheduled workshop

Wednesday, November 17th - An Old Fashioned Thanksgiving 6.6/10 (2008)

Inspired by a short story. Isabella Caldwell is a high-society woman in late-1800's, New York. When Isabella's estranged daughter Mary becomes ill and is too proud to ask her mother for assistance, Mary's daughter Tilly contacts her grandmother to plead for help. Isabella's arrival causes upheaval in many lives, but may also lead to reconciliation within the family.



Volunteer Position: Home Delivery Team

Greater Cleveland Food Bank



Greater Cleveland Food Bank

The Home Delivery volunteer will assist the Benefits Outreach Department in delivering shelf stable food boxes to homebound older adults and those with disabilities. This is a perfect volunteering opportunity for those interested in seeing more of their communities.

This volunteer will be responsible for picking up food boxes from GCFB, the Maple Heights Food Pantry, or Audrey's Outreach, and delivering to individuals' homes.

Requirements:

- Ability to regularly lift boxes of food that can weight up to 50 lbs.
- Ability to utilize personal vehicle to complete assignments.
- Functioning cell phone (with gps navigation capabilities and internet browser access).
- Strong communication skills.
- Strong customer service skills.
- Comfortable visiting and traveling through a diverse range of neighborhoods.
- Must complete "Volunteer Personal Vehicle Use Waiver".
- Must attend Civil Rights Training, led by a GCFB staff member.
- Must complete a background check prior to starting.

Ability to give 1-3 hours of time per week on average.

If interested, please contact Chloe Francis at cfrancis@clevelandfoodbank.org for more information.

November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1) Meal Reservations, 10:15 AM-Chair Exercises with Video 10:00 AM USPS Mail Truck</p> 	<p>2) Meal Reservations, Election Day</p> <p>VOTE</p>	<p>3)</p>	<p>4) 10:00 AM Bingo</p> 	<p>5) 10:00 AM – Noon, Matter of Balance Class</p> 
<p>8) Meal Reservations, 10:15 AM-Chair Exercises with Video (Moved to front TV Room) (Upstairs is Reserved for Workshop)</p> 	<p>9) Meal Reservations, 10:00 AM – Noon, Matter of Balance Class, Noon November Birthday's sponsored by Beechwood Point</p> 	<p>10) Bunco 10:00 AM</p> 	<p>11) CLOSED – Veterans Day</p> 	<p>12) 10:00 AM – Noon, Matter of Balance Class</p> 
<p>15) Meal Reservations, 10:15 AM-Chair Exercises with Video</p> 	<p>16) Meal Reservations, 10:00 AM – Noon, Matter of Balance Class</p> 	<p>17) Movie: 9:45 AM – An Old Fashioned Thanksgiving</p> 	<p>18) Mobile Market 9:30 – 11:30 AM Great Cleveland Food Bank (Upstairs is Reserved for Workshop)</p> 	<p>19) Mammogram Clinic 9:30 AM – 2:30 PM 10:00 AM – Noon, Matter of Balance Class</p> 
<p>22) Meal Reservations, 10:15 AM-Chair Exercises with Video</p> 	<p>23) Meal Reservations, 10:00 AM – Noon, Matter of Balance Class</p> 	<p>24) Breaking Bread 11:30 AM</p> 	<p>25) CLOSED Thanksgiving Day</p> 	<p>26) CLOSED Thanksgiving Day Observed</p> 
<p>29) Meal Reservations, 10:15 AM-Chair Exercises with Video</p> 	<p>30) Meal Reservations, 10:00 AM – Noon, Matter of Balance Class</p> 			

Meal Reservations are taken on Monday and Tuesday, One Week in Advance @ 216.587.0015