

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

Visit www.lasclev.org for more information



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

September 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

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

Volunteers Needed

The Maple Heights Senior Center offers many opportunities for you to give of your time and talents to others. Volunteers are needed to deliver home delivered meals and to escort seniors to medical appointments. 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
Western Reserve Area Agency on Aging: 1-216-621-8010

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,

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. It is the Center's policy that you arrive by 11:30 a.m. for your reserved lunch, otherwise it will be offered to a person on the stand-by list. 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.**



CITY OF MAPLE HEIGHTS COMMUNITY SHRED DAY

**SATURDAY, OCTOBER 9, 2021
9:00 AM - NOON**

**The "SHRED-IT" Truck will be at
St. Andrew Eastern Orthodox Church
16029 Maple Park Drive, 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 MAGNET
(WHILE SUPPLIES LAST)**



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

Farmers Market

Maple Heights Senior Center

15901 Libby Road | Maple Heights | 216.587.5481



Redeem your Coupons!
Masks required if not vaccinated

Farmers Market Dates

Redeem your coupons at the Maple Heights Senior Center
Wednesdays from 10:30 to 11:30 AM

August 4th & 18th
September 1st & 15th
October 6th & 20th



Front 9 Farm
<https://front9farm.com/>



GARAGE SALE WILL BE HELD AT YOUR OWN HOME!
WE WILL TAKE CARE OF PERMITS!
WE WILL DO THE ADVERTISING!
INCLUDES A NEW SIGN!



Mayor Annette Blackwell

CITY OF MAPLE HEIGHTS CITY-WIDE GARAGE SALE

Cost is \$5.00 to participate
Fill out registration form at the
Maple Heights Senior Center

**CITY OF MAPLE HEIGHTS
GARAGE SALE**



Thursday, Sept 9 & Friday, Sept 10th from 10 AM - 5 PM
Saturday, Sept 11th & Sunday, Sept 12th from 9 AM - 5 PM

Maple Heights Senior Center | 15901 Libby Road | Maple Heights, OH

Registration Deadline is Friday, September 3rd

Call 216.587.5481 for more information

SEPTEMBER 2021 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Approved By: Ann Stahlheber MS, RDN, LD	Choice of 1% Milk or Buttermilk	1 Chicken, 3 oz and Dumplings ½ c Green Beans ½ Spinach ½ c w Lemon 1 PC Whole Grain Wheat Tropical Fruit ½ c ALT=CBG RB	2 *Roasted Turkey Breast 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Butternut Squash ½ c 2 W.G. White Banana ALT=CBG RB	3 *Tuna Salad 3 oz, W.G Croissant, 2 oz Spring Mix 1 c w Dressing 1 PC Tomatoes, Shredded Carrots, & Cucumbers, 1 cup Grape Juice 4 oz ALT=CBG TR
6 Labor Day Sites Closed	7 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Corn ½ c W.G. Dinner Roll, 2 oz Pears ½ c ALT=CS TR	8 *Breaded Fish 3 oz *Brown Rice Pilaf ½ c *Capri Blend 1 c W.G. Dinner Roll 1 oz Peaches ½ c ALT=CBG RB	9 *Beef Stew 8 oz Brussel Sprouts ½ c Buttered Sliced Carrots ½ c Whole Grain Wheat W.G. Wheat Crackers 1 oz Orange ALT=CBG TR	10 *Sweet & Sour Pork Loin 4 oz Buttered Noodles ½ c Sautéed Cabbage ½ c Beets ½ c W.G. Dinner Roll Applesauce ½ c ALT=CBG T
13 *Stuffed Pepper 6 oz w/2 oz Sauce *W.G. Pasta ½ c Zucchini ½ c *Mixed Vegetables ½ c W.G. Wheat Orange ALT=CS TR	14 *Roasted Turkey Breast 3 oz Gravy 2 oz, Bread Stuffing ½ c *Sweet Potatoes ½ c *Green Beans ½ c W.G. Dinner Roll Cranberry Juice 4 oz ALT=CBG RB	15 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c *Carrots ½ c 2 Whole Grain White Sliced Peaches ½ c ALT=CBG RB	16 *Swedish Meatballs 3-1 oz *Noodles ½ c * w/Gravy 2 oz *Broccoli ½ c *Red Cabbage ½ c Whole Grain White Apricots ½ c ALT=CBG TR	17 *Sliced Ham 3 oz w/ Pineapple Glaze Mixed Vegetables ½ c *Cheesy Potatoes ½ c Corn Muffin 2 oz Mixed Fruit ½ c ALT=CBG T
20 *Stuffed Cabbage 6 oz *Noodles ½ c w/*Gravy 2 oz *Mixed Vegetables 1 c Whole Grain Wheat Pineapple Chunks ½ c ALT=CS TR	21 *Chicken Stir Fry 3 oz Brown Rice Pilaf ½ c *Kyoto Blend 1 c Mandarin Oranges ½ c W.G. Vanilla Wafer 1 oz ALT=CBG RB	22 *Beef Sloppy Joe 4 oz *Seasoned Wedge Potatoes ½ c *Green Peas ½ c Whole Grain Bun Apple Juice 4 oz ALT=CBG TR	23 *Breaded Fish 4 oz Tartar Sauce 1 PC *Scalloped Potatoes ½ c *Spinach ½ c/ Lemon Juice 1 PC W.G. Dinner Roll 2 oz Sliced Pears ½ c ALT=CBG RB	24 *Breaded Chicken Breast 3 oz Marinara Sauce 2 oz *W.G. Pasta ½ c *Capri Blend 1 c W. G. Breadstick 1 oz Fresh Grapes 1 c ALT=CBG RB
27 *Chicken Alfredo 4 oz *W.G. Pasta ½ c *Broccoli ½ c *Cauliflower ½ c Whole Grain White Sliced Pears ½ c ALT=CS RB	28 *Rosemary Pork Chop 4 oz *Sweet Potatoes ½ c *Green Peas ½ c W.G. Dinner Roll 2 oz Apricots ½ c ALT=CS T	29 BBQ Chicken *W.G. Macaroni and Cheese ½ c *Baked Beans ½ c *Sauteed Swiss Chard ½ c W.G. Corn Muffin, 1 oz Banana ALT=CS RB	30 *Hamburger 3 oz Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans, ½ c Whole Grain Bun Orange ALT=CBG TR	*=take temperature of Milk and all food proceeded 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

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