

## Maple Heights 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. A Suggested donation of a \$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



City of Maple Heights

Annette M. Blackwell, Mayor

February 2022

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

### FEB ACTIVITIES AT A GLANCE

FEB 3: Bingo 10:00

FEB 7: USPS Mail Truck 10:00

FEB 7: Chair Exercise Video 10:15

FEB 7: Shh! Draw Secret Valentine

FEB 8: February Birthday's Noon

FEB 10: Diabetes Training 10:00

FEB 14: Valentine's Day Party 10:00

FEB 16: Bunco 10:00

FEB 17: Diabetes Training 10:00

FEB 17: Mobile Market 9:30 - 11:30

FEB 18: Movie - The Proposal 10:00

FEB 21: Closed - Presidents Day

FEB 22: Site Council Meeting 10:30

FEB 23: Book Lovers Club 10:00

FEB 24: Diabetes Training 10:00

FEB 28: Chair Exercise Video 10:15

*Linda*

Maple Heights Office On Aging | 15901 Libby Rd | Maple Heights, Ohio 44137

District 1 - Stafford L. Shenett Sr.  
District 2 - Toni Jones  
District 3 - Timothy Tatum  
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 1-800-365-3112  
Ombudsman Helpline: 1-216-696-2719  
Long-Term Care Ombudsman:

### 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.**

AARP will be providing the free income tax service for seniors and low-income individuals at the Maple Heights Senior Center for the 2021 tax season. AARP Tax preparers will be available every Monday beginning February 7th through April 11th with the exception of February 21st, we are closed due to Presidents day. We have begun taking appointments and they are filling up fast! Please call 216-587-5481 to schedule your appointment.

**Due to COVID precautions, you will only be able to come in at your appointment time and you will not be able to stay in the room while your taxes are prepared.** You will have 2 options:

- Come to the Maple Heights Senior Center with your documents at your appointed time and have them scanned from 9 - 11 AM. Complete a brief interview with the tax preparer and leave your paperwork with the preparer. Then pick up your completed return at your scheduled time from 12:30 - 2:30 PM the same day.
  - Come to the Maple Heights Senior Center to have your documents scanned into AARP's secured system. Scheduled appointments will be every 30 minutes from 9:15 AM to 1:15 PM. Complete a video interview with the preparer using a computer or smartphone. Then pick up your completed return at your scheduled time from 1:15 - 2:45 PM the following week.
- **Please call 216-587-5481 to schedule your appointment.**



### 2022 Mind Challenge Team Formation Competition

**What is The Mind Challenge for the New Majority?** It is a trivia tournament for active seniors and baby boomers (50+) representing 36 cities/senior centers. This year marks the third year after a tremendously successful inaugural campaign in 2019.

**Mind Challenge Qualifying/Team Formation Round will be in May 2022**

There will be two weeks of competition within each participating city. During these two weeks cities will conduct individual trivia competition for team selections. There is no maximum number of teams that a city can have representing them. The only rule about team formation is that no team can exceed 6 members per team and must have at least 3 members to form a team.

### WE WANT YOU!

The City of Maple Heights team formation competition will be at the Maple Heights Senior Center 15901 Libby Rd., Maple Heights. If there is enough interested Senior participation.

Join us for a monthly book discussion at  
 Maple Heights Senior Center  
 Every 4th Wednesday of the month at 10:00 AM

# The Book Lovers Club



February 23, 2022



March 23, 2022

FEBRUARY 23, 2022:

**COUNT THE WAYS** BY JOYCE MAYNARD

THE STORY OF A COUPLE WHOSE MARRIAGE IS SHATTERED BY TRAGEDY AND INFIDELITY AND HOW, DURING THE DECADES THAT FOLLOW, THEY MAKE DISCOVERIES AND DECISIONS THAT BRING THEM TOGETHER AND TEAR THEM APART.

MARCH 23, 2022:

**DIMSTORE: A WRITER'S LIFE** BY LEE SMITH

SET DEEP IN THE MOUNTAINS OF VIRGINIA, THE GRUNDY OF LEE SMITH'S YOUTH WAS A PLACE OF COAL MINERS, TENT REVIVALS, MOUNTAIN MUSIC, DRIVE-IN THEATERS, AND HER DADDY'S DIMSTORE. WHEN SHE WAS SENT OFF TO COLLEGE TO GAIN SOME "CULTURE," SHE UNDERSTOOD THAT PERHAPS THE RICHEST CULTURE SHE WOULD EVER KNOW WAS THE ONE SHE WAS LEAVING. LEE SMITH'S FICTION HAS ALWAYS LIVED AND BREATHE WITH THE RHYTHMS AND PEOPLE OF THE APPALACHIAN SOUTH, BUT NEVER BEFORE HAS SHE WRITTEN HER OWN STORY.

Please pick up your copy of *Count the Ways*  
 at the Maple Heights Senior Center beginning January 26, 2022

Sponsored by the Cuyahoga County Public Library, Maple Heights Branch

## 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, February 3rd



### 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 prizes 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.

## January Birthday's

On Tuesday, January 11th, 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  
 Dedicated Senior Medical Center  
 for providing the cupcakes!**

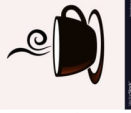
*HAPPY BIRTHDAY!!!*



Josephine Wright 1/4  
 Elaine Stone 1/12  
 Mary Short 1/16  
 Mary Bergman 1/26

Joseph Zarrelli 1/5  
 Marilyn Phillips 1/14  
 James Jones 1/22  
 Willie Haradwick 1/26

Thank you for your donations!



Donations of money, cups, sugar, creamer, coffee, tea and/or snacks, straws & wrapping silverware are appreciated.

### 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:**

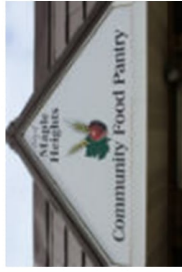
Tuesday, Thursday 9 a.m. – 1 p.m.

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

Visit [www.lasclev.org](http://www.lasclev.org) for more information

## Maple Heights Choice Food Pantry News for 2022

We will now be providing an "In - Pantry" Shopping Experience!



**Mayor Annette M. Blackwell announces new Food Pantry Coordinator Anjnette Whitted**

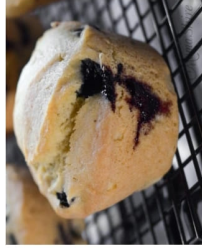
The Food Pantry will continue to be open on  
**Tuesdays from 12 PM – 3 PM**  
**Wednesdays from 9 AM – 12 PM**  
**Thursdays from 4:30 PM – 7:30 PM**

**Maple Heights Food Pantry**  
 17100 Broadway Ave.  
 Maple Heights, OH  
 216-365-2842  
**During Hours of Operation**

## Food Pantry Recipe of the Month—Gluten Free Blueberry Muffins

- 2 cups gluten-free flour\*
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup sugar
- 1/2 cup buttery spread, softened\*\*
- 2 eggs
- 1 teaspoon vanilla
- 1/2 cup almond milk
- 1 cup blueberries, fresh or frozen (do not thaw)

- **Items available in this recipe at the Maple Heights Food Pantry, while supplies last.**
- **Pillsbury Best Gluten Free Flour**
- **Butter and eggs**
- **Almond Milk**
- **Frozen Blueberries**



Preheat oven to 350°. Grease bottoms of 12 muffin cups or place cupcake liners in each cup. In a medium bowl whisk together the gluten-free flour, baking powder, baking soda, and salt. Set aside. In a large bowl using a hand or stand mixer cream together the softened buttery spread and sugar. Then beat in the eggs and vanilla. Next, mix in the almond milk. Add the flour mixture to the batter and mix until combined. Then fold in the blueberries. Fill muffin cups about 3/4th full. And bake at 350° for 28-30 minutes or until golden brown and a toothpick test comes out clean. Remove the muffins from the oven and let them sit in the pan for about 5 minutes to finish cooking and setting up. Use a butter knife or a plastic knife to run around the edges of the muffins to loosen them before lifting them out of the pan. Carefully lift muffins out of the pan and place them on a wire rack to continue to cool.

## Maple Heights Mobile Market (Produce)

The City of Maple Heights and St. Andrew Eastern Orthodox Church in cooperation with the Greater Cleveland Food Bank will continue to have a Mobile Food Market on the third Thursday of each month.

We will be open on the following Thursdays throughout the 2022 Year!

February 17th | March 17th | April 21st | May 19th | June 16th  
 July 21st | August 18th | September 15th | October 20th | November 17th | December 15th

The Maple Heights Mobile Food Pantry will be at the  
**St. Andrew Eastern Orthodox Church**  
 16029 Maple Park Drive  
 Maple Heights, Ohio 44137  
 9:30 – 11:30 AM

We will continue to provide a drive-thru service to comply with COVID-19 social distancing guidelines. Please be sure to remain in your car and wear a mask!



## Groovy Movies 9:45 AM

February Movie - 2nd Floor

Friday, February 18th - The Proposal

6.7/10 (2009)

A pushy boss forces her young assistant to marry her in order to keep her visa status in the U.S. and avoid deportation to Canada.



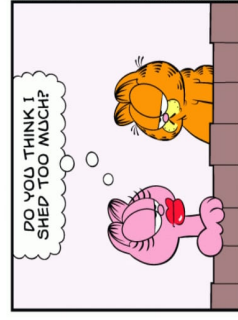
## Secret Valentine Card Exchange

All Seniors that wish to participate will put their name in the Secret Valentine basket by Monday, February 7th. Each participant will then draw another name from the basket and that person will be your secret Valentine. Purchase or make a Valentine card for your secret Valentine and put your card in the Secret Valentine Mail box. If you wish to give a Valentine card to someone special at the Senior Center you can add that card to the box as well. Your cards will then be distributed on Valentine's Day, Monday, February 14, 2022. There will be guessing game prizes and other fun activities too! Remember to wear your prettiest red top!


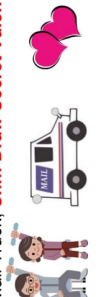













## New Maple Heights Food Pantry - Referral / Rewards Program

"Refer" an eligible neighbor or friend to the Maple Heights Food Pantry for your chance to win a "reward", valued at \$25.00 or more. Who is eligible to shop at the Maple Heights Food Pantry? Any Maple Heights household who's income falls below [230% of the federal poverty line](#) (\$49,956 for a family of three), then you are income-eligible to receive food from the Maple Heights Food Pantry. The new referral / rewards program will run monthly. Remember we now are offering an "In Pantry" shopping experience.



# February 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1) Meal Reservations</p>	<p>2) Meal Reservations</p>	<p>3) 10:00 Bingo</p> 	<p>4)</p>	
<p>7) Meal Reservations, 10:15 AM-Chair Exercises with Video, 10:00 AM USPS Mail Truck, <b>Shhh! Draw Secret Valentine</b></p> 	<p>8) Meal Reservations, Noon February Birthday's Sponsored by Dedicated Senior Medical Center</p> 	<p>9)</p>	<p>10) Diabetes Training University Hospitals Bedford – Lifestyle Changes for Diabetes-10 AM</p> 	<p>11)</p>
<p>14) Meal Reservations, 10:00 AM Valentine's Day Party</p> 	<p>15) Meal Reservations</p>	<p>16) Bunco 10:00 AM</p> 	<p>17) Diabetes Training University Hospitals Bedford – Lifestyle Changes Part 2-10 AM Mobile Market 9:30 – 11:30 AM</p> 	<p>18) Movie: 10:00 AM – The Proposal</p> 
<p>21) CLOSED – Presidents Day</p> 	<p>22) Meal Reservations, Site Council Meeting 10:30 AM</p> 	<p>23) The Book Lovers Club Discussion 10:00 AM - Count the Ways by Joyce Maynard</p> 	<p>24) Diabetes Training University Hospitals Bedford – Diabetes ABC's-10 AM</p> 	<p>25)</p>
<p>28) Meal Reservations, 10:15 AM-Chair Exercises with Video</p> 				

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