

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 transportation 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 of your appointment. 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.

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

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/>



GOLDEN MAPLE LEAVES



City of Maple Heights

Annette M. Blackwell , Mayor

November 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

NOV ACTIVITIES AT A GLANCE

Nov 1 : Peterson Nut Fundraiser Begins

Nov 1: Chair Exercise Video 10:15

Nov 3: Bingo 10:00

Nov 7: Writing Workshop w Morgan

Nov 8: Site Council Meeting 10:30

Nov 8: November Birthday's - Noon

Nov 8: DSAS Benefits Checkup 10AM-2PM

Nov 9: Bunco 10:00 AM

Nov 10: UH Health Screenings 10:45

Nov 11: Closed—Veterans Day

Nov 14: Writing Workshop w Morgan

Nov 15: Chair Exercise Video 10:15 AM

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

Nov 17: Lutheran Church Dinner 5:00 PM

Nov 18: Movie - The Blind Side

Nov 21: Writing Workshop w Morgan

Nov 22: Chair Exercise Video 10:15 AM

Nov 23: Book Lovers Club 10:00

Nov 23: Breaking Bread Ceremony

Nov 24: Thanksgiving Day—Closed

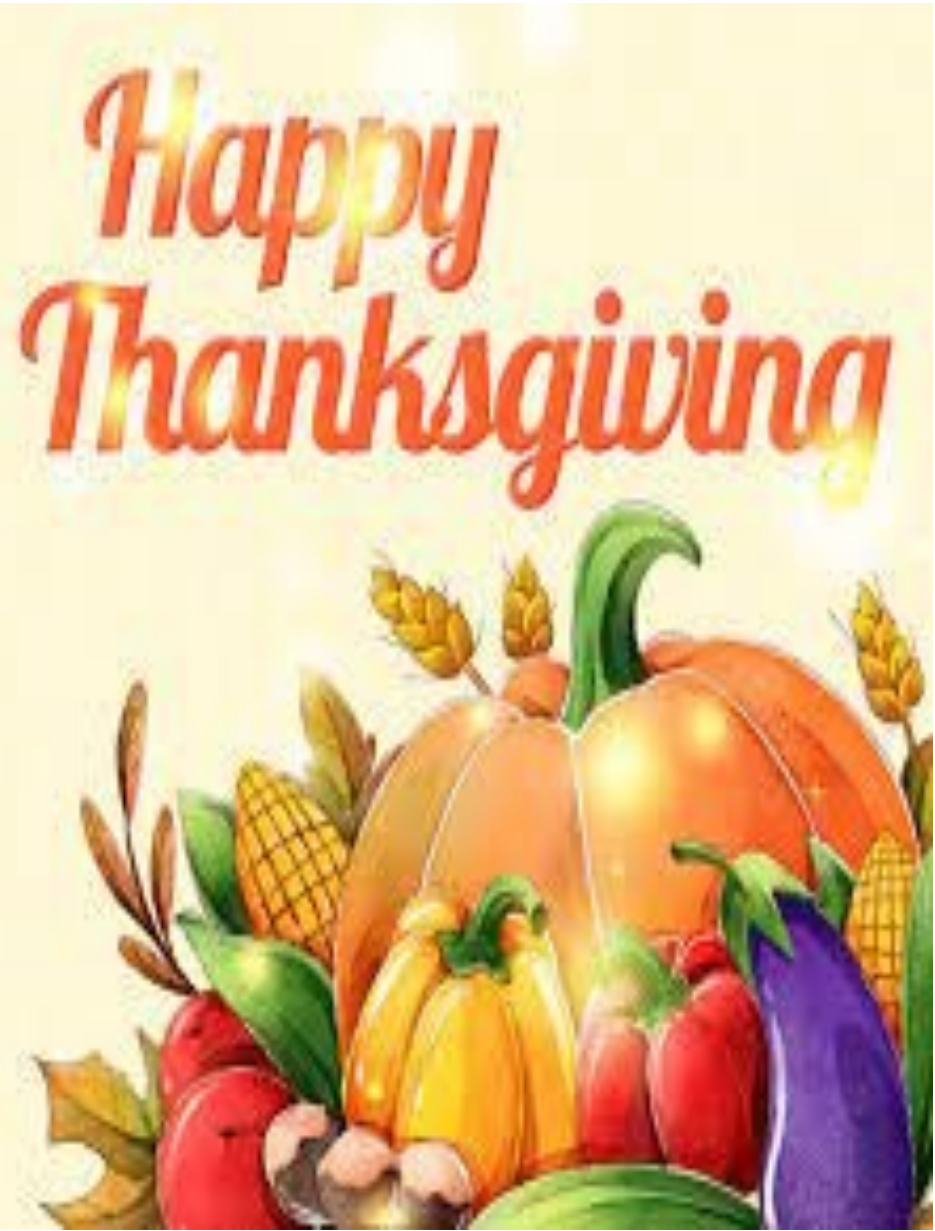
Nov 25: Thanksgiving Obs.—Closed

Nov 28: Writing Workshop w Morgan

Nov 29: Site Council Meeting 10:30

Nov 30: General Meeting 11:00

Dec 2: Peterson Nut Fundraiser Ends



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  
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.**



Cuyahoga County  
Division of Senior and Adult Services

## Do you need assistance with your home energy costs? Ohio's Home Energy Assistance Program can help!

**Ohio's Home Energy Assistance Programs (HEAP) can help you manage your utility bills and improve your home's energy efficiency**

**Apply online or call our hotline for details**



Application requirements:

- Completed application
- List of all household members
- Proof of citizenship and photo ID
- Proof of income for last 30 days and 12 months
- Income documents (pay stub, benefit letter, W-2, etc.)
- Copies of current heating bills (gas and electric)

## Upcoming Event:

**Tuesday, November 8, 2022**

**Maple Heights Senior Center**

**15901 Libby Road**

**10:00 a.m. — 2:00 p.m.**

♦ **Must be a Senior/Disabled w/proof of disability**

♦ **Call 216-587-5481 to register**

**dsas.cuyahogacounty.us • 216-420-6700**







**HAPPY THANKSGIVING WORD SEARCH**

P	C	O	W	X	Y	W	O	C	O	W	X	Y	W	W
U	H	K	E	A	U	L	U	F	F	I	N	A	H	T
M	V	O	I	S	T	U	C	K	Y	J	N	G	F	D
P	M	J	L	W	M	C	N	J	T	M	T	W	A	C
K	T	A	U	I	K	G	A	M	U	G	Y	D	E	B
I	N	M	H	C	D	N	H	T	R	P	I	O	N	R
N	R	V	I	E	O	A	Y	K	E	V	E	R	G	E
Q	E	B	O	R	L	D	S	A	Y	P	F	L	J	A
F	R	I	E	N	D	S	L	E	T	I	B	P	K	D
S	Q	U	L	B	L	O	S	A	S	O	P	F	L	O
W	A	Y	G	S	E	I	X	D	S	D	K	G	A	O
X	S	A	L	A	D	S	X	D	S	D	K	G	A	O
D	Y	A	M	A	N	K	S	D	S	D	K	G	A	O
F	L	T	H	A	N	K	S	D	S	D	K	G	A	O
G	P	Q	C	H	S	E	L	B	A	T	E	G	E	V

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

1. THANKSGIVING	5. THANKFUL	9. STUFFING	13. PUMPKIN
2. HOLIDAY	6. FOOD	10. SALAD	14. PIE
3. FAMILY	7. TURKEY	11. BREAD	15. VEGETABLES
4. FRIENDS	8. POTATOES	12. YAM	16. HAM

Thanksgiving Reflection

Please join us for a Thanksgiving Reflection as we break bread together at the Senior Center on Wednesday, November 23rd at 11:30 AM. The reflection will be presented by Pastor Webb. Remember to make your lunch reservations on November 14th & 15th so that you can join this special Thanksgiving Reflection. Hope to see you there!



Senior Center Closed

With the holidays approaching please remember that there will be several days in the next 2 months that the Maple Heights Senior Center will not be open. There will be no food services provided during these days. This includes Home Delivered Meals. Please see the calendar for the following these dates;

- Friday, November 17th Veterans Day
- Thursday, November 24th Thanksgiving day
- Friday, November 25th Thanksgiving Observed

Monthly Bingo

The monthly bingo will usually be the First Thursday of each month and starts at 10:00 a.m. Please check the newsletter for the date each month in case a scheduling conflict occurs. Bingo prizes are provided by Dedicated Senior Care. 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 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 Council President Ron Jackson 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. Masks are no longer required.



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. This has been moved to Tuesdays, Until the end of the year. (unless other activities are planned) beginning at 10:15 AM. Please check the Newsletter for weekly dates.

October Birthday's

On Tuesday, October 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 Care for providing the cupcakes!**



- |                        |                           |
|------------------------|---------------------------|
| Brenda Moore 10/6      | Delores Watson 10/6       |
| Roosevelt Bishop 10/11 | Marg Toole 10/11          |
| James Moore 10/12      | Sandra Snyder 10/13       |
| Doris Watson 10/14     | Clara Rizzo 10/20         |
| Michael Plon 10/21     | Clinton Leverett 10/22    |
| Margaret Subwick 10/22 | Michael Wyrzykowski 10/30 |

Thank you for your donations!

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

Elizabeth Duke, Mark Gabor, Gayle Holman, Holly Miller, Lynette Maistros, Marie Sanda

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!



Food Pantry Coordinator Anjenette 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

Easy Pumpkin Pie

- Pie Crust:** Use a store-bought crust or make your own with our top-rated Butter Flaky Pie Crust recipe.
- Pumpkin Puree:** This simple pumpkin pie recipe calls for a 16-ounce can of pumpkin puree. Of course, you can puree your own pumpkin, if you want to go the homemade route.
- Sweetened Condensed Milk:** A can of sweetened condensed milk adds irresistible flavor and creates a rich, smooth texture.
- Eggs:** Two whole eggs lend richness and help bind the filling together.
- Pumpkin Pie Spice:** A teaspoon of aromatic pumpkin pie spice gives this pumpkin pie all the aromatic, cozy flavor you need.
- Mix:** Combine the pumpkin puree, condensed milk, eggs, and pumpkin pie spice in a large bowl. Mix until smooth, then pour into the prepared pie crust.
  - Bake:** Bake in an oven preheated to 425 degrees F for about 15 minutes, then reduce the heat to 350 degrees F and continue baking until the filling is set. Approx. 35 to 40 minutes. Remove from the oven, set on wire rack, and cool completely before serving.



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!

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

YOUR NAME: \_\_\_\_\_

YOUR PHONE: \_\_\_\_\_

DATES TO RETURN FORM: \_\_\_\_\_

Make checks payable to your organization.

I'M RAISING FUNDS FOR (NAME OF THE ORGANIZATION): \_\_\_\_\_

EXAMPLE: *John Smith*

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

ITEM TOTALS

FT

RT

SF

CS

CU

NP

HP

PH

CP

CR

PS

DR

DA

MB

FM

SD

CN

SW

GB

FESTIVE TIN  
15 oz. Tin – \$20.00

REINDEER TIN  
14 oz. Tin – \$20.00

SNOWFLAKE TIN  
11 oz. Tin – \$20.00

WHOLE CASHEWS SALTED  
10 oz. Bag – \$14.00

WHOLE CASHEWS UNSALTED  
10 oz. Bag – \$14.00

NATURAL PISTACHIOS  
10 oz. Bag – \$14.00

HONEY PEANUTS  
10 oz. Bag – \$9.50

PECAN HALVES  
8 oz. Bag – \$16.00

CHOCOLATE PEANUTS  
11 oz. Bag – \$14.00

CHOCOLATE RAISINS  
12.5 oz. Bag – \$14.00

CHOCOLATE PRETZEL STICKLETS  
9 oz. Bag – \$14.00

DARK CHOCOLATE RAISINS  
12.5 oz. Bag – \$15.00

DARK CHOCOLATE ALMONDS  
11 oz. Bag – \$15.00

MILK CHOCOLATE MALT BALLS  
11 oz. Bag – \$15.00

FANCY GOURMET NUT MIX  
10 oz. Bag – \$14.00

SNOW DAY TRAIL MIX  
11 oz. Bag – \$10.00

DARK CHOCOLATE NON-PAREILS  
11 oz. Bag – \$15.00

SOUR GUMMI WORMS  
10 oz. Bag – \$12.00

GUMMI BEARS  
11 oz. Bag – \$12.00

2

1

\$43.00

AMOUNT DUE

Peterson's  
Gourmet Nuts and Snacks

2022-2023  
FUNDRAISING  
PRODUCT BROCHURE





## Maple Heights Senior Center Annual Nut Fund Raiser

Taking orders for fresh and delicious nuts to Benefit  
the Maple Heights Senior Center.

All payments are due upon ordering. Please make checks payable to the  
Maple Heights Senior Advisory Site Council

Ordering deadline is Friday, December 2, 2022



## Groovy Movies 9:45 AM

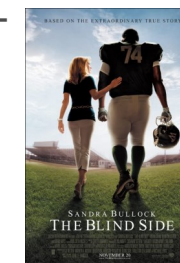
November Movie - 2nd Floor



Friday, November 18th - The Blind Side

7.6/10 (2009)

A disadvantaged teenager is taken in by a conservative family who see tremendous promise in the young man. Despite certain obstacles, the attention and inspiration he receives helps him mature into an athletically and academically successful NFL prospect.



### Health Screenings Latanya—University Hospital Bedford Medical Center

Latanya from University Hospital Bedford Medical Center will be coming to the Maple Heights Senior Center to administer Health Screenings. The health screenings will include blood pressure, glucose screening, Heart rate and oxygen level testing. Plus she can answer any questions you might have and provide resources. She will be coming the second Thursday of every month at 10:45 AM going forward. Please stop by for your screening. Please check the calendar for the date.



The Next Lutheran Church Dinner - November 17, 2022

# FREE

## MONTHLY COMMUNITY MEAL

At The Lutheran Church of the Covenant  
19000 Libby Road, Maple Heights, OH 44137

**5:00 – 6:00 PM**

Every 4<sup>th</sup> Thursday of each month

Come to the back of the church to enter the church hall

**DINE-IN ONLY**

(Take-out available for those physically unable to attend)

Questions? Call Mary (216-924-6096)

July 28, 2022  
August 25, 2022  
September 22, 2022  
October 27, 2022

**November 17, 2022**  
December 22, 2022  
January 26, 2022  
February 23, 2023

March 23, 2023  
April 27, 2023  
May 25, 2023  
June 22, 2023

To schedule a ride. Please call the Maple Heights Transportation Dept. at 216-587-5472.  
Due to the Thanksgiving Holiday the Community Meal will be served on the 3rd Thursday.





# creativity club

MONDAYS:  
11/7-28  
10:30- 11:30

PAINTING| DRAWING| WRITING|  
AND MORE!

MAPLE HEIGHTS SENIOR CENTER

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



November 23, 2022



WEDNESDAY, NOVEMBER 23, 2022

**THE LIBRARY BOOK** BY SUSAN ORLEAN

THE LIBRARY BOOK IS A 2018 NON-FICTION BOOK BY SUSAN ORLEAN ABOUT THE 1986 FIRE AT THE LOS ANGELES CENTRAL LIBRARY. IT RECEIVED STRONGLY FAVORABLE REVIEWS AND BECAME A NEW YORK TIMES BEST SELLER.

**PLEASE NOTE:**

**THERE WILL BE NO BOOK CLUB DISCUSSION SESSION SCHEDULED  
FOR THE MONTH OF DECEMBER, 2022.**

**ALL BOOKS MUST BE RETURNED BY THE NOVEMBER 23, 2022 DISCUSSION SESSION.  
THE BOOK CLUB WILL RESUME THE 4TH WEDNESDAY IN JANUARY, 2023.**

Pick up and announcement of the publication choice for the January, 2023 discussion session  
will be announced at a future date at the Maple Heights Senior Center.

Sponsored by the Cuyahoga County Public Library, Maple Heights Branch