

## 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



# GOLDEN MAPLE LEAVES



City of Maple Heights

Annette M. Blackwell, Mayor

April 2022

Linda M. Vopat, Director of  
Human Services

Meal Reservations: 216-587-0015

### APR ACTIVITIES AT A GLANCE

APR 4 :Chair Exercise Video 10:15

APR 4: Post office on Wheels 9:45

APR 7: Bingo 10:00

APR 8: Easter Party/Easter Bonnet

APR 11 : Mind Challenge Team Round

APR 12: April Birthday's Noon

APR 13: Bunco 10:00

APR 18 : Chair Exercise Video 10:15

APR 20: Sunflower Paper Craft

APR 21: Mobile Market 9:30 - 11:30

APR 21: Movie-10 Commandments #1

APR 22: Movie-10 Commandments #2

APR 25: Chair Exercise Video 10:15

APR 26: Site Council Meeting 10:30

APR 27: Book Lovers Club 10:00

APR 27: COVID Vaccine Clinic

4:30- 6:30 PM

*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  
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

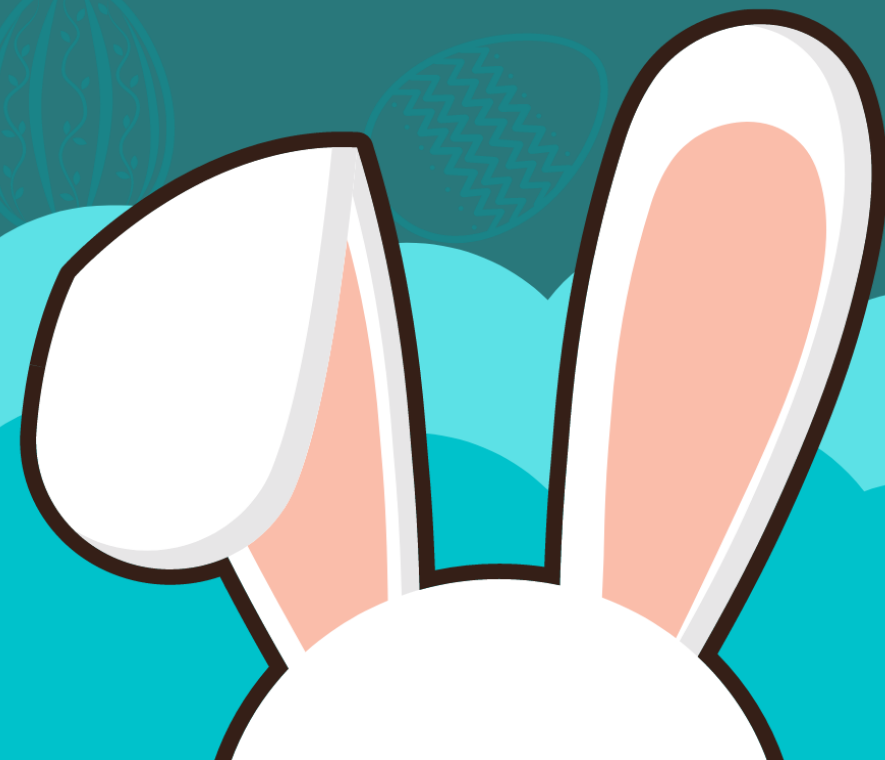
Provides a nutritionally sound hot meal to individuals 60 years of age or older in a friendly atmosphere. **The suggested donation for the meal is \$1.50.** Lunch is served promptly at noon unless otherwise specified. Grab and go lunches are also an option at this time. Meal reservations are made one 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.**



## The City of Maple Heights and the Community Life and Education Committee presents

# Funniest Easter Video Contest

- Maple Heights families with children 12 and under should submit their funniest Easter video with name and phone # to [tom@freshtuesdays.com](mailto:tom@freshtuesdays.com)
- Your video should be 20 to 45 seconds long
- Your video must be submitted by the end of the business day **Monday, April 4th, 2022**
- Top 3 entries will win gift cards , 1st - \$100, 2nd - \$50, 3rd - \$25
- Video's will be viewed and voted upon by the Community Life and Education Committee
- Winners will be announced the week before Easter
- For more information call 216-587-5481





# CITY OF MAPLE HEIGHTS COMMUNITY SHRED DAY

**SATURDAY, April 9, 2022  
9:00 AM - NOON**

**The "SHRED-RITE" 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**



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

## 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, April 7th



## 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.

## March Birthday's

On Tuesday, March 8th, 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  
Marymount Place  
for providing the cupcakes!**

**HAPPY BIRTHDAY!!!**



Lonnie Mitchem 03/02  
Stanley Tamulewicz 03/13

Linda Mitchem 03/08  
Eva Parnell 03/21

Susan Lovelady 03/25

## Thank you for your donations!

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



**Thank you  
Ruth Kopczyk & Caroline Smith**

## 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 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

The Perfect Bone - in Spiral Sliced Ham and Ham Bone Soup Recipe for the Left Overs

The bone-in hams are usually more flavorful, and love how the slicing is already done. Since it's pre-cooked, you can enjoy it cold on roll sandwich or warm it in the oven with a glaze. Make sure to use the leftovers for Ham Bone Soup

Items available in this recipe at the Maple Heights Food Pantry, while supplies last.

- Bone-in spiral sliced ham
- Canned Carrots
- Canned Potatoes
- Canned kidney beans
- Canned Corn



1 leftover hambone, 1 tablespoon olive oil, 3 cloves garlic - minced, 1 onion - diced, 2 carrots - peeled and diced or canned, 1 russet potato - peeled and diced or canned, 1 cup canned kidney beans - drained and rinsed, 3/4 cup frozen corn kernels or canned, 3/4 teaspoon fresh thyme leaves, 2 bay leaves, salt and freshly ground black pepper, to taste 1 1/2 cups leftover diced ham.



Place leftover hambone in a large stockpot or Dutch oven and add enough water to cover the bone halfway, about 6-7 cups. Bring to a boil; reduce heat and simmer until very fragrant, about 30 minutes to 1 hour; set aside ham stock and discard hambone.

Heat olive oil in a large stockpot or Dutch oven over medium heat. Add garlic, onion, carrots and potato. Cook, stirring occasionally, until onions have become translucent, about 2-3 minutes. Stir in ham stock, beans, corn, thyme and bay leaves; season with salt and pepper, to taste.

Bring to a boil; reduce heat and simmer until potatoes are tender, about 10-12 minutes. Stir in ham until heated through, about 1-2 minutes.

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!

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!

Dziekuje

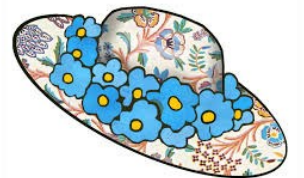


To Evelyn and Janice Dzigiel for providing the Paczki's for all the Seniors at the Maple Heights Senior Center on Paczki Day!



Coloring Easter Eggs/Easter Bonnet Contest

Color Easter Eggs with Bernadette on Friday, April 8th starting at 10:30 AM the first 3 eggs are free and then \$1.00 for every 3 eggs after that. PLUS please wear your prettiest Easter Bonnet . All who wear a pretty Easter Bonnet will have their names put in a drawing. There will be a small fashion show. There will be 3 prizes sponsored by Council President Ron Jackson. Stay tuned for news of the Easter egg hunt!



AARP Online Tax Assistance

Online tax assistance from AARP Foundation Tax Aide is available year-round to answer your tax questions. For more information on tax aide services please contact AARP at 888-687-2277 or email [taxaide@arp.org](mailto:taxaide@arp.org). You can also visit the AARP Foundation Tax-Aide Online Tax Assistance website at [taxaideqa.arp.org](http://taxaideqa.arp.org)

Food Pantry Easter Egg or Lily Hunt

Earn a free gift at the Maple Heights Food Pantry. How? If you find the hidden Easter Egg or Lily anywhere in the food pantry you could win a free gift. These gifts are a variety of household items anywhere from alarm clocks to chair massagers. You never know what is available, we get different items all of the time. Be sure to turn in your Easter Egg or Lily and chose your favorite items.

Paper Sunflower Craft Class in support of Ukraine

Did you know the national flower of Ukraine is the Sunflower? Let's send our prayers and support to Ukraine by making paper sunflowers to display. Participate in this fun craft at the Maple Heights Senior Center to make beautiful large sunflowers out of paper. We will then display them on one of the wall panels in the dinner room to show our support to our Ukrainian friends during this difficult time.



The craft class will be on Wednesday, April 20th starting at 10 AM. All the supplies will be provided by the Senior Site Council. Lynn will provide step by step instructions on how to make these beautiful sunflowers to display. You can even make one for yourself to take home.

CUYAHOGA COUNTY  
BOARD OF HEALTH  
YOUR TRUSTED SOURCE FOR PUBLIC HEALTH INFORMATION



COVID-19

Vaccine Clinic



WEDNESDAY, APRIL 27, 2022

4:30 - 6:30 PM

MAPLE HEIGHTS SENIOR CENTER

15901 Libby Road  
Maple Heights, OH 44137

WHAT'S AVAILABLE

- 1st doses, 2nd doses and boosters
- Moderna & Pfizer vaccines will be used J&J, if available
- Flu Shots
- Transportation for Maple Heights residents

**\$100 gift card given to individuals receiving their 1st dose**

PLEASE BRING YOUR CDC COVID-19 VACCINATION RECORD CARD TO YOUR BOOSTER SHOT APPOINTMENT, SO WE CAN FILL IN THE INFORMATION REGARDING YOUR BOOSTER DOSE

Register online: [gettheshot.coronavirus.ohio.gov](https://gettheshot.coronavirus.ohio.gov) | use zip code 44137

No internet access?

Dial 2-1-1 to register on the phone with an operator for United Way.  
Or call the Maple Heights Senior Center 216-587-5481



Groovy Movies 9:45 AM

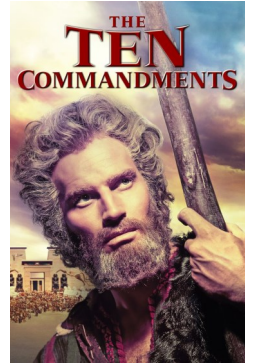
April Movie - 2nd Floor



Thursday, April 21th - The 10 Commandments Part 1

Friday, April 22nd - The 10 Commandments Part 2

Moses, raised as a prince of Egypt in the Pharaoh's household, learns of his true heritage as a Hebrew and his divine mission as the deliverer of his people from slavery.



**MIND CHALLENGE**  
*for the New Majority*

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 fourth year after a tremendously successful inaugural campaign in 2019.

**The Mind Challenge Team Formation Round will be Monday, April 11th at 10:30 AM.**

Maple Heights can have more than one team, but no team can be larger than 6 people.

**Maple Heights Senior Center**

**15901 Libby Rd., Maple Heights. OH 44137**

The Knockout round will begin Friday, May 27th from 9:30 -11:30 AM at the

Bedford Heights Community center.

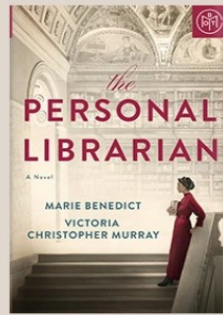
5615 Perkins Rd, Bedford Heights, OH 44146

If the Maple Heights team(s) qualifies for the smart 16 round that will be held on Friday, June 3rd at the same time and place as the Knockout round. For more information and to keep track on how the teams are doing visit:

<https://themindchallenge.com/>

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



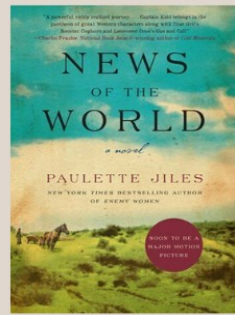
April 27, 2022

APRIL 27, 2022:  
**THE PERSONAL LIBRARIAN** BY MARIE BENEDICT

HIRED BY J. P. MORGAN TO CURATE A COLLECTION OF RARE MANUSCRIPTS, BOOKS AND ARTWORK FOR HIS NEWLY BUILT LIBRARY, BELLE DE COSTA GREENE BECOMES ONE OF THE MOST POWERFUL WOMEN IN NEW YORK DESPITE THE DANGEROUS SECRET SHE KEEPS."

MAY 25, 2022  
**NEWS OF THE WORLD** BY PAULETTE JILES

A NEWS READER TRAVELING THE ANTEBELLUM SOUTH IS OFFERED \$50 TO BRING AN ORPHAN GIRL, WHO WAS KIDNAPPED AND RAISED BY KIOWA RAIDERS, BACK TO HER FAMILY IN SAN ANTONIO.



May 25, 2022

Please pick up your copy of the Personal Librarian  
 at the Maple Heights Senior Center beginning April 27, 2022

Sponsored by the Cuyahoga County Public Library, Maple Heights Branch



1370 Victory Drive  
 South Euclid OH 44121  
 216-970-0599; info@careneo.org  
 www.careneo.org

COMMUNITIES ASSISTING RESIDENTIAL ELDERS

CARE Members are homeowners, 60 and older who live in any of our partner cities

Cleveland Heights  
 Highland Heights  
 Lyndhurst

Maple Heights  
 Mayfield Heights  
 Mayfield Village

Richmond Heights  
 Solon  
 South Euclid

## ABOUT

CARE is a Membership Program that offers services focused on helping older adults to age in place with dignity. Volunteers assist with completing projects around the home and property. CARE works closely with its partner cities to expand access to their senior residents.

## CARE VOLUNTEERS

Our diverse and dedicated Volunteers include individuals, couples, faith-based groups, coworkers, students, youth, families and friends from a wide array of backgrounds, skills and abilities. Some Volunteers sign up for one day projects, while others volunteer regularly.



## SERVICES

Services provided are based on member needs. Our most popular requests are for yard care projects. We also do minor painting, repairs, garage cleanouts, window washing and more.

*\*Volunteers do not provide mowing, snow removal, electrical, plumbing, gutter cleaning or services requiring a professional or the use of a ladder.*

## THE COST

For those who are income eligible there is no cost. For others participation is still welcome, and we can review any associated costs with you.

**TO BECOME A MEMBER  
 CALL 216-970-0599**

[www.careneo.org](http://www.careneo.org)



The Community Partnership on Aging Serves as our Fiscal Sponsor