

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

March 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

MAR ACTIVITIES AT A GLANCE

MAR 3: Bingo 10:00

MAR 3: Diabetes Training 10:00

MAR 4: Oak St. - Winter Warming

MAR 7:Chair Exercise Video 10:15

MAR 8: March Birthday's Noon

MAR 10: Diabetes Training 10:00

MAR 11: Movie - 10:00

MAR 14 : Chair Exercise Video 10:15

MAR 16: Bunco 10:00

MAR 17: Diabetes Training 10:00

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

MAR 18 : St. Patrick's Day Party

MAR 21 : Chair Exercise Video 10:15

MAR 22: Site Council Meeting 10:30

MAR 23: Book Lovers Club 10:00

MAR 28:Chair Exercise Video 10:15

MAR 30: COVID Vaccine Clinic

4:00- 6:00 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.**



Better Business Bureau® Senior Awareness Initiative
Don’t listen to wrong number texts asking you for love

A new text message scam seems so innocent that it's tempting to reply. But con artists are using phony “wrong number” texts to lure victims into conversation and falling for a scam.

In this scam, you receive a text from someone you don’t know asking about a date. If you reply to a text like this, even with a polite, “Sorry, wrong number,” the stranger responds anyway, seemingly ignoring your answer. Usually, you’ll receive a few compliments and some photos of “Amanda,” who appears to be a scantily clad blonde woman. However, as the word gets out about this scam, scammers will change the names, backstory, and photos.

If you continue to engage with the stranger, who is really a chatbot, it tries to trick you into registering for dating or adult websites. Your new “friend” will encourage you to sign up for a specific website to see more explicit photos, which may involve offering up your credit card number. Considering the dubious nature of this scam, if you hand over your credit card information at any point, you could be putting yourself at risk for fraudulent charges and identity theft.

One consumer was recently targeted by this scam but was quickly able to spot the fraud. The victim received a text from someone allegedly looking for a person they had spoken with previously about dating. When the victim said the texter had the wrong number, the texter responded “oh no did I text the wrong man? I can b [sic] so stupid sometimes” and kept trying to engage with the victim. The victim told the texter they should “go for someone who gives them the right number,” at which point the texter asked if the victim would like to go on a date. The victim then recognized the interaction as a scam and blocked the caller.

BBB Serving Greater Cleveland offers these tips to help you avoid chatbot scams:

- **Ignore texts from strangers.** If you receive a text from someone you don’t know, simply don’t reply. It’s the safest route. If you engage with a scammer, even briefly, they will mark your number as active and you could receive even more shady texts in the future.
- **Block numbers that appear to come from scammers.** Unsolicited texts that look like they come from a chatbot or that ask you to click on suspicious links are probably not safe. Block these numbers to prevent scammers from contacting you through them again.
- **Never give your personal information to strangers.** Never share your credit card or banking information, your full name, home address, or social security number with someone you never met in person.

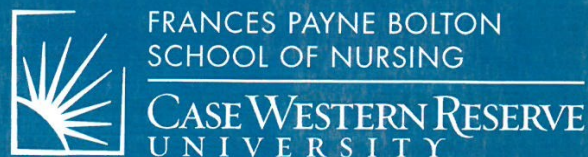
Better Business Bureau® Serving Greater Cleveland
200 Treeworth Blvd., Broadview Hts., OH 44147
info@cleveland.bbb.org | BBB.org | 216.241.7678



**Are you a caregiver of a family member with
Alzheimer's disease or dementia?
Have you recently entered the role, or have they
recently enrolled in a care facility?**

If so, you may be interested in participating in our research study, which is looking at caregiver stress and health. Study participants will be compensated for their time.

To find out more about the Dementia Caregiver Study, please call us at 216.368.8848 or email caregiver@case.edu.



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, March 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.

February Birthday's

On Tuesday, February 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
Dedicated Senior Medical Center
for providing the cupcakes!**

HAPPY BIRTHDAY!!!



Edward Francis 2/4
Carmella Gramuglia 2/13
Diane Hemphil 2/18

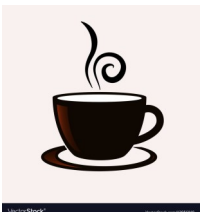
Latia Duke 2/13
Mary Glenn 2/16
Jeanette Daggette 2/27

Betty Puleo 2/28

Thank you for your donations!

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

Thank you
Holly Miller & Kay Zielinsky for your
donations this month.



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

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

Food Pantry Recipe of the Month - Tuna and Tomato Pasta Casserole

4 tablespoons unsalted butter
1 28-ounce can tomatoes, diced
Salt (optional)
1 pound pasta shells
1/2 cup ricotta cheese
1 6-ounce can tuna packed in olive oil
1/4 cup fresh basil, chopped or torn
A generous 1/2 cup grated Parmesan cheese

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

- **Diced canned tomatoes**
- **Pasta shells or elbow noodles**
- **Starkist Tuna Packets in olive oil**



Simmer diced canned tomatoes with butter (30 Min): Melt the butter in a medium pot on medium heat and add the can of tomatoes, including the juice. **Cook Pasta:** While the sauce is cooking, heat a large pot of well salted water to a strong boil. Add the shell pasta to the boiling water and cook at a vigorous boil, uncovered, until al dente, cooked through but still a bit firm to the bite, which is usually whatever the time specified on the pasta package minus about 2 minutes. Drain and set aside. **Combine tuna, Tomato sauce, ricotta, pasta & basil.** Pour off the excess oil from the tuna can and stir the tuna into the tomato sauce. Add the ricotta cheese, and add salt to taste. Turn off the heat. Mix the sauce with the pasta in a large bowl. Mix in the basil. **Put into casserole, top with parmesan, broil:** Pour the pasta into a 2 to 3-quart casserole dish and top with the parmesan cheese. Put under a hot broiler for 4-6 minutes, until the cheese is melted and lightly browned. Serve hot.

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!

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!



Maple Heights Food Pantry Hours

**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
Phone: 216-365-2842**

Please bring your photo ID and proof of residency. Please note that the Maple Heights Food Pantry serves Maple Heights residents only. July is the month to re-verify eligibility. We are a choice food pantry.

Come shop for your favorite nutritious foods.

**Maple Heights Residents are able to come to the Food Pantry
twice a month or every 15 days.**

Six (6) days worth of food will be provided for each family member at each visit.

“This will be significant in our efforts to alleviate food insecurity in our community.”

Anjenette Whitted, Maple Heights Food Pantry Coordinator.

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



COVID-19

Vaccine Clinic



WEDNESDAY, MARCH 30, 2022

4:00 - 6:00 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 | 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

March Movie - 2nd Floor



Friday, March 11th - The Quite Man (1952)

7.8/10

A retired American boxer returns to the village of his birth in 1920s Ireland, where he falls for a spirited redhead whose brother is contemptuous of their union.



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 third year after a tremendously successful inaugural campaign in 2019.

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

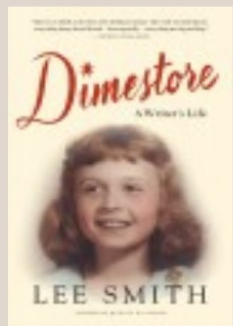
There will be two weeks of competition within each participating city. During these two weeks cities will conduct individual trivia competition for team selections. There is no maximum number of teams that a city can have representing them. The only rule about team formation is that no team can exceed 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



March 23, 2022

MARCH 23, 2022:

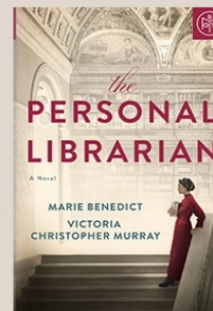
DIMSTORE: A WRITER'S LIFE BY LEE SMITH

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 BREATHED WITH THE RHYTHMS AND PEOPLE OF THE APPALACHIAN SOUTH. BUT NEVER BEFORE HAS SHE WRITTEN HER OWN STORY.

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."



April 27, 2022

Please pick up your copy of Dimstore
at the Maple Heights Senior Center beginning March 23, 2022

Sponsored by the Cuyahoga County Public Library, Maple Heights Branch



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.

Thank you

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



The Community Partnership on Aging Serves as our Fiscal Sponsor

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