

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.

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

January 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

JAN ACTIVITIES AT A GLANCE

JAN 3: USPS Mail Truck 10:00

JAN 3: Chair Exercise Video 10:15

JAN 6: Bingo 10:00 

JAN 10:Chair Exercise Video 10:15

Jan 11: Site Council Meeting 10:30

JAN 11: January Birthday's Noon

JAN 14 : Movie - New Year's Eve

JAN 17:Chair Exercise Video 10:15

JAN 19: Bunco 10:00 

JAN 20: Mobile Market 9:30 - 11:30

JAN 24:Chair Exercise Video 10:15

Jan 25: Site Council Meeting 10:30

JAN 26: Book Lovers Club 10:00

JAN 31: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  
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.**

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 will begin scheduling appointments on Monday, January 3, 2022. 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



JANUARY 26, 2022:

**SUMMER ON THE BLUFFS** BY SONNY HOSTIN  
IN THE EXCLUSIVE BLACK BEACH COMMUNITY OF OAK BLUFFS,  
THREE GODDAUGHTERS OF AMELIA TANNER GATHER FOR ONE  
LAST SUMMER TOGETHER.

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.

Please pick up your copy of Summer on the Bluffs  
at the Maple Heights Senior Center beginning December 20, 2021

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, January 6th



### 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.

### December Birthday's

On Tuesday, December 14th, 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  
Beachwood Pointe  
for providing the cupcakes!**

*HAPPY BIRTHDAY!!!*



Phyllis Leanza 12/10

Agnes Kobzowicz 12/23

Victoria Sadowski 12/25

Vivian Paul 12/30

### Thank you for your donations!

For donations of money, cups, sugar, creamer, coffee, tea and/or snacks, straws & wrapping silverware.

Mary Bergman & Holly Miller

A special thank you to Gwen Jones for the hand made masks.



### 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!  
We will now be providing an “ In - Pantry” Shopping Experience!



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 Hour of Operation

Food Pantry Recipe Tip of the Month!

Canned Applesauce  
Oil Substitute for Baking

Applesauce replaces a 1:1 ratio in a baking recipe

Directions

1. If a recipe calls for 3/4 cup of oil use 3/4 cup of applesauce.

Sugar Substitute for Baking

Applesauce can also be used to replace a 1:1 ratio of sugar in a recipe. Only choose one substitute for a single baking recipe.



Canned Applesauce can be found at the  
Maple Heights Food Pantry

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!

January 20th | 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

January Movie - 2nd Floor



Friday, January 14th - New Year's Eve

5.7/10 (2011)

The lives of several couples and singles in New York City intertwine over the course of New Year's Eve.



Holiday Fun

Our Holiday party on Friday, December 17th started with breakfast donuts and donut holes donated by Carl Macey & Sharon Hagens to get the brain going for a fun game of Christmas Jeopardy game. We had 5 teams competing for prizes. The top three teams won prizes that were donated by the Gladys Sheary family.

Roslyn Mullens, Director of Activities from The Village at Marymount stopped by to help us Judge our Ugly Sweater contest. Each participant got to do a cat walk and show off their ugly sweaters. Our Seniors then voted for the top 3 winners. Lynette Maistros, Marie Sanda and Gwen Jones were the winners. Each winner received a gift card to CVS that was generously donated by Ms. Mullens and chose a gift from the table of gifts donated by Gladys Sheary's family.

We received gift bags donated from our friend Rebecca Moore from Beachwood Point and we raffled them off . All those in attendance had the opportunity to win one of the gift bags filled with wonderful usable products for the home.

We then had a wonderful hot meal with Christmas cup cakes for desert donated by Chris Meinke, Administrator from Marymount Village. Information about Marymount Village is in this publication for your reading pleasure. Our holiday celebration was completed with the guessing games that several of the seniors donated and won. The donations and winners are listed below:

Candy Jar Numbers 1 & 2 donated by Linda Sandefer & Lois Vranich were both won by Marie Sanda and even more incredible was her guesses were only off by one for each candy jar. Candy Jar #1 had 66 pieced and her guess was 65 and candy jar #2 her guess was 82 pieces and there were 83. AMAZING!









The mystery gift number 1 & 2 were donated by Lois Vranich & Marie Sanda. Neither of them were guessed so they were raffled off and won by Audrey Brandon & Sharon Hagens. The money jar was donated by Gail Holman and won by Gail Schroeder closest guess and finally the spider plant was donated by Marie Sanda and won by Audrey Brandon's closest guess.

Thank you so much to all who came and I hope you had a wonderful time!

From Left to Right in front: Ugly Sweater participants Marie Sanda, Bevely Fuller, Genevieve Cercek, Gwen Jones, Lynette Maistros  
Back Row: Roslyn Mullens, Director of Activities from the Village at Marymount



# January 2022

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
3) <b>Meal Reservations</b> , 10:15 AM-Chair Exercises with Video, 10:00 AM USPS Mail Truck 	4) <b>Meal Reservations</b>	5)	6) <b>10:00 Bingo</b> 	7)
10) <b>Meal Reservations</b> , 10:15 AM-Chair Exercises with Video 	11) <b>Meal Reservations</b> , Noon January Birthday's Sponsored by Beechwood Pt. 	12)	13)	14) <b>Movie: 10:00 AM - New Year's Eve</b> 
17) <b>MLK DAY – CLOSED</b> 	18) <b>Meal Reservations</b>	19) <b>Bunco 10:00 AM</b> 	20) <b>Mobile Market 9:30 – 11:30 AM</b> <b>Greater Cleveland Food Bank</b> 	21)
24) <b>Meal Reservations</b> , 10:15 AM-Chair Exercises with Video 	25) <b>Meal Reservations, Site Council Meeting 10:30 AM</b> 	26) <b>The Book Lovers Club Discussion</b> <b>10:00 – 11:30 AM</b> 	27)	28)
31) <b>Meal Reservations</b> , 10:15 AM-Chair Exercises with Video 				

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