

Department of Human Services Mission Statement

The mission of the City of Maple Heights Department of Human Services is to identify and address the unmet needs of persons who reside within the City of Maple Heights. We are especially sensitive to those families, individuals, older persons and disabled residents disadvantaged by virtue of impairment, economic need, discrimination, abuse/neglect/exploitation or being isolated regardless of race, religion, gender or ethnicity.

The City of Maple Heights Department of Human Services strives to enhance the quality of life for all residents through programs and services designed to enable them to live independently and thrive.

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

Mayor Annette M. Blackwell

November 2023



GOLDEN MAPLE LEAVES



Message from Linda Vopat, Director of Human Services

The Thanksgiving season gives us time to review the past year and realize how very blessed we are. Even with the challenges and difficulties we may have faced and survived, there is so much to be grateful for.

For me professionally, I so appreciate the support and assistance I receive from Mayor Blackwell and all the Chiefs, Directors and Department Heads. I have the honor and pleasure of working with some really great people to make the Department of Human Services and the entire City of Maple Heights the best it can be.

As for my staff, I could not ask for a more dedicated group of people to work with. They go the extra mile for the people we serve and ask very little in return. When I say they are the BEST, I really mean it.

We could not do all that we do without our faithful, devoted volunteers. They give of their time and talent at the Senior Center, Food Pantry, Mobile Farmers Market, delivering home delivered meals, assisting with community projects and much, much more. They give true testimony to the caring community around us.

What can I say about my husband Damian? He is the most patient person I know. He has to be to put up with me. He never complains about the time I spend away at work, meetings or events and he thinks Mr. Chicken is an old family recipe. He is truly my better half.

And last but not least, we are blessed to have wonderful participants involved in our programs and using our services. You are the heart and soul of the Maple Heights Senior Center. We appreciate and are grateful for all of you. Have a Blessed Thanksgiving from all of us to all of you.

Director of Human Services

Linda M. Vopat

Senior Center: 216-587-5481

Meal Reservations: 216-587-0015

Fax: 216-587-9069

Transportation Reservations:

216-265-1489

Maple Heights Office on Aging

15901 Libby Road

Maple Heights, Ohio 44137

Members of City Council

President of Council—Ron Jackson
216-663-0995

District 1 - Stafford L. Shenett Sr.
216-256-3182

District 2 - Toni Jones
216-650-5409

District 3 - Timothy Tatum
216-810-6075

District 4 - Dana Anderson
216-316-8822

District 5 - Tanglyn Madden
216-346-5098

District 6 - Richard Trojanski
440-447-0742

District 7 - Edwina Agee
216-323-8829



Food for Thought...

Maple Heights Food Pantry

Special November Hours

Monday, November 20th, **ONLY** from 4:30 –7:30 PM
 Tuesday's from Noon – 3 PM
 Wednesdays from 9 AM – Noon
 Thursdays, from 4:30-7:30 PM, **Closed November 23rd**

Location
 17100 Broadway Ave
 Maple Heights, OH

Phone Number: 216-365-2842 during hours of operation or 216-587-5481 at other times

Due to the Thanksgiving Day Holiday the Maple Heights Food Pantry will be open on Monday, November 20th from 4:30 - 7:30 PM and Closed Thursday, November 23rd

Maple Heights Mobile Farmers Market

Fresh Fruits and Vegetables

Hours: 9:30-11:30 AM

November 16th | December 21st

Location

St. Andrew Eastern Orthodox Church
 16029 Maple Park Drive
 Maple Heights, OH

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.**



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

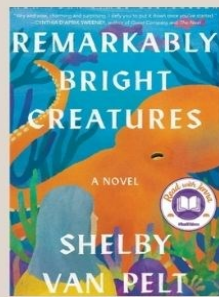
Ordering deadline is Friday, December 1, 2023

ITEM TOTALS	15.	14.	13.	12.	11.	10.	9.	8.	7.	6.	5.	4.	3.	2.	1.	EXAMPLE: John Smith	YOUR NAME:	YOUR PHONE:	DATE TO RETURN FROM:	Make checks payable to your organization.	FM RAISING FUNDS FOR (NAME OF THE ORGANIZATION):
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SF																					
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NP																					
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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 29, 2023



Discussion
Recess

December 27, 2023

WEDNESDAY, NOVEMBER 29, 2023
REMARKABLY BRIGHT CREATURES BY SHELBY VAN PELT

AFTER TOVA SULLIVAN'S HUSBAND DIED, SHE BEGAN WORKING THE NIGHT SHIFT AT THE SOWELL BAY AQUARIUM, MOPPING FLOORS AND TIDYING UP. KEEPING BUSY HAS ALWAYS HELPED HER COPE, WHICH SHE'S BEEN DOING SINCE HER EIGHTEEN-YEAR-OLD SON, ERIK, MYSTERIOUSLY VANISHED ON A BOAT IN PUGET SOUND OVER THIRTY YEARS AGO. TOVA BECOMES ACQUAINTED WITH CURMUDGEONLY MARCELLUS, A GIANT PACIFIC OCTOPUS LIVING AT THE AQUARIUM. MARCELLUS KNOWS MORE THAN ANYONE CAN IMAGINE BUT WOULDN'T DREAM OF LIFTING ONE OF HIS EIGHT ARMS FOR HIS HUMAN CAPTORS—UNTIL HE FORMS A REMARKABLE FRIENDSHIP WITH TOVA. EVER THE DETECTIVE, MARCELLUS DEDUCES WHAT HAPPENED THE NIGHT TOVA'S SON DISAPPEARED. AND NOW MARCELLUS MUST USE EVERY TRICK HIS OLD INVERTEBRATE BODY CAN MUSTER TO UNEARTH THE TRUTH FOR HER BEFORE IT'S TOO LATE. SHELBY VAN PELT'S DEBUT NOVEL IS A GENTLE REMINDER THAT SOMETIMES TAKING A HARD LOOK AT THE PAST CAN HELP UNCOVER A FUTURE THAT ONCE FELT IMPOSSIBLE.

The discussion session will be Wednesday, November 29, 2023
This is the 5th Wednesday due to the Thanksgiving Holiday
at the Maple Heights Senior Center.

Please note: The Maple Heights Library is taking a break from the
Book Club discussion in December, book discussion will resume in January 2024
Sponsored by the Cuyahoga County Public Library, Maple Heights Branch



Groovy Movies 9:45 AM

November Movies - Front Room
Thanksgiving Themed



Friday, November 17th - An Old Fashioned Thanksgiving

6.5/10(2008)

In the late 1880's, a widowed mother of three struggles to keep her family intact and to put food on the table. The oldest daughter sends a letter to her estranged, very wealthy grandmother urging her assistance, much to her mother's disapproval. When the grandmother arrives, old wounds are opened but eventually healed. From a story by Louisa May Alcott. Stars Jacqueline Bisset, Ted Atherton, Tatiana Maslany, Helene Joy, Paula Boudreau, and Michael Barbuto.



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.



ALZHEIMER'S ASSOCIATION®

Alzheimer's and dementia don't come with an instruction manual, but there are resources available to help. The Alzheimer's Association of Cleveland will be coming to the Maple Heights Senior Center to offer educational programs to learn more about what to expect and how to prepare for the future for you or your loved ones. There will be 3 presentations in the month of November. All presentations will be for one hour and begin at 10:30 AM. Come to one or come to them all! This event is open to the public.

Wednesday, NOVEMBER 1st, 10:30 AM

[Healthy Living for Your Brain and Body: Tips from the Latest Research](#) — Join us to learn about the latest research providing insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Wednesday, NOVEMBER 15th, 10:30 AM

[Understanding and Responding to Dementia-Related Behavior](#) — Learn about some of the common triggers for behaviors associated with dementia, how to assess the person's needs, and how to intervene effectively in this educational training program for non-professional caregivers.

Wednesday, NOVEMBER 29th, 10:30 AM

[Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning](#) — Learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia

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:	1-216-696-2719
Western Reserve Area Agency on Aging:	1-216-621-8010
Suicide & Crisis Lifeline	988
First Call for Help	211

Hot Meals Program

The Maple Heights Lutheran Church of the Covenant will be offering a FREE Hot Meal on the last Thursday of the month. Meals will be served from 5:00 – 7:00 pm. The Maple Heights Lutheran Church of the Covenant is located at 19000 Libby Road. For a ride call 216-587-5481.

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.

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.



Senior Employment Service

Employment opportunities are available through various Senior employment services. The following agencies offer some kind of assistance for employment opportunities.

AARP Senior Employment Program:	216-881-1155
Jewish Family Service Association:	216-292-3999
National Caucus & Center on Black Aged:	216-721-9197
Parma Employment Connection:	216-898-1366
Vocational Guidance Service Incorporated:	216-431-7800

**Sunday
November 26, 2023
5:30 - 7:00 PM**

Mayor Annette M. Blackwell
Invites you to the Annual

Holiday Lighting Ceremony

GET YOUR CAMERAS READY!

FEATURING:
 HOLIDAY MUSIC 5:30 PM
 VISIT FROM SANTA 6:00 PM
 CITY HALL LIGHTING 6:15 PM
 HOT CHOCOLATE & COOKIES

**MAPLE HEIGHTS CITY HALL
5353 LEE ROAD | MAPLE HEIGHTS**



Rock Painting

JOIN LAURIE FOR ROCK PAINTING ON TUESDAY, NOVEMBER 21, 2023 BEGINNING AT 10 AM. THEN FOR AN ADDED FUN TWIST HIDE YOUR PAINTED ROCK IN THE NEIGHBORHOOD. JOIN THE "NORTHEAST OHIO ROCKS" FACEBOOK PAGE AND SEE IF YOUR ROCK IS FOUND! A PHOTO OF YOUR ROCK MAY BE POSTED ON THIS PAGE AND RE-HIDDEN, WHEN THEY FOLLOW THE INSTRUCTIONS ON THE LABEL THAT YOU WILL BE ADDING TO YOUR PAINTED ROCK. WHAT A GREAT WAY TO SEND CHEERFUL THANKSGIVING MESSAGES!



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 will be provided by Sunrise Pointe. 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 2nd



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 of people 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 additional \$5 gift card prizes for the winners each month. Each player will have their own set of die to play. This is fun game for all!



Medicare Assistance

An OSHIP Counselor is available to all seniors at the Maple Heights Senior Center. Staff will assist you with Medicare forms and questions. Appointments for this service can be made by calling 216-587-5481.

October Birthday's

On Tuesday, October 10th, 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
Sunrise Pointe
for providing the fresh cupcakes!**

HAPPY BIRTHDAY!!!



Webb Horton 10/1 | Laurie Kuehnle 10/3 | Roosevelt Bishop 10/11
Gail Schroeder 10/11 | Vernon Wyley 10/11 | Sandra Snyder 10/13
Connie Nadolski 10/14 | Clara Rizzo 10/20 | Michael Plon 10/21
Palice Courtney 10/27 | James Trenka 10/27 | Vivian Woolley 10/27

Thank you for your donations!

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



Margie Autero | Audrey Brandon | Genevieve Cercek | Elliot Crane | Michael Gay | Gayle Holman | Aubrey Hughley | Ruth Kopczyk | Jeanette Raum
Gail Schroeder | Dorothy Snell | Ethel Stuplinski

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

Chair Volleyball

More fun than you can possibly stand - while seated! Come enjoy this fun-filled game played with a beach ball. Chair volleyball is great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance. The game is played with a beach ball and a five foot high net. Rules are similar to regular volleyball except "cheeks on the chair!"



It's played inside, players sit on chairs and the ball is a beach ball. Players can hit the ball 2 consecutive times get it over the net, then another player can assist and the first player can hit it 2 more times. The net is lower than traditional volleyball, usually five feet high, and each team seats six players on each side of the net. Then the fun, jokes and laughter begin.

We will play every Monday at the Maple Heights Senior Center starting at 9:45 AM. We will play for 1 hour.

The Line Dance King

Robert Johnson - the Line Dance King

Will be coming to the Maple Heights Senior Center on the first Friday of every month until the end of the Year!

The next event will be Friday, November 3rd from 10:30 - 11:30 AM

sponsored by Oak Street Health.



Avon Skin Care Presentation with Vivian Paul

Please join us for an Avon Skin Care Presentation with our resident Avon Representative Vivian Paul on Thursday, November 9th at 10:30 AM. See which brand is best to treat your skin care concerns, Learn about different skin types and which one is yours, Practice a skincare routine and much more! Please be sure to fill out the sign up sheet so that Vivian can bring enough product to try! Also, each person will receive skin care samples.



Thanksgiving Reflection

Please join us for a Thanksgiving Reflection as we break bread together at the Senior Center on Wednesday, November 22nd at 11:30 AM. The reflection will be presented by Rev. Juelene Thompson of New Beginnings AME Church. Remember to make your lunch reservations on November 13th & 14th so that you can join this special Thanksgiving Reflection. Hope to see you there!



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:
Wednesday
November 15, 2023**

**Maple Heights Senior Center
15901 Libby Road
10:00 AM - Noon**

- ♦ **Must be a Senior/Disabled w/proof of disability**
- ♦ **Call 216-587-5481 to register**

dsas.cuyahogacounty.us • 216-420-6700

