

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.

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

February 2023

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

FEB ACTIVITIES AT A GLANCE

- Feb 2: Bingo 10:00 
- Feb 3: Chair Exercises with Video 10:00
- Feb 3: Grief Recovery Workshop 10:30
- Feb 6: Chair Volleyball 9:45
- Feb 7: Site Council Meeting 10:30
- Feb 8: Bunco 10:00 
- Feb 9: Valentine Craft 10:00 
- Feb 9: UH Health Screenings 10:45
- Feb 10: Movie— You've Got Mail
- Feb 10: Grief Recovery Workshop 10:30
- Feb 13: Chair Volleyball 9:45
- Feb 14: Secret Valentine Party 10:00
- Feb 14: February Birthday's Noon
- Feb 15: DSAS Benefits Check up
- Feb 16: Mobile Market 9:30 - 11:30
- Feb 17: Grief Recovery Workshop 10:30
- Feb 17: Chair Exercises with Video 10:00
- Feb 20: Closed— Presidents Day
- Feb 21: Site Council Meeting 10:30
- Feb 22: Book Lovers Club 10:00
- Feb 22: General Meeting 11:00
- Feb 23: Lutheran Church Dinner 5:00 PM
- Feb 24: Grief Recovery Workshop 10:30
- Feb 24: Movie— The Notebook
- Feb 27: Chair Volleyball 9:45



Maple Heights Office On Aging | 15901 Libby Rd | Maple Heights, Ohio 44137

Linda

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**.

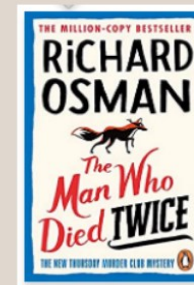
To register for the Senior Center call 216-587-5481. To make a van reservation, call the "STC Call Center" @ 1-216-265-1489 by 12 noon, three (3) business days prior to, or up to two (2) weeks in advance, Monday through Friday from 7:00 a.m. to 5:00 p.m.

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.**

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



February 22, 2023

WEDNESDAY, FEBRUARY 22, 2023
THE MAN WHO DIED TWICE BY RICHARD OSMAN - BOOK 2

IT'S THE FOLLOWING THURSDAY. ELIZABETH HAS RECEIVED A LETTER FROM AN OLD COLLEAGUE, A MAN WITH WHOM SHE HAS A LONG HISTORY. HE'S MADE A BIG MISTAKE, AND HE NEEDS HER HELP. HIS STORY INVOLVES STOLEN DIAMONDS, A VIOLENT MOBSTER, AND A VERY REAL THREAT TO HIS LIFE. AS BODIES START PILING UP, ELIZABETH ENLISTS JOYCE, IBRAHIM AND RON IN THE HUNT FOR A RUTHLESS MURDERER. AND IF THEY FIND THE DIAMONDS TOO? WELL, WOULDN'T THAT BE A BONUS? BUT THIS TIME THEY ARE UP AGAINST AN ENEMY WHO WOULDN'T BAT AN EYELID AT KNOCKING OFF FOUR SEPTUAGENARIANS. CAN THE THURSDAY MURDER CLUB FIND THE KILLER (AND THE DIAMONDS) BEFORE THE KILLER FINDS THEM?

WEDNESDAY, MARCH 22, 2023
THE BULLET THAT MISSED BY RICHARD OSMAN - BOOK 3

IT IS AN ORDINARY THURSDAY, AND THINGS SHOULD *FINALLY* BE RETURNING TO NORMAL. EXCEPT TROUBLE IS NEVER FAR AWAY WHERE THE THURSDAY MURDER CLUB ARE CONCERNED. A DECADE-OLD COLD CASE—THEIR FAVORITE KIND—LEADS THEM TO A LOCAL NEWS LEGEND AND A MURDER WITH NO BODY AND NO ANSWERS.

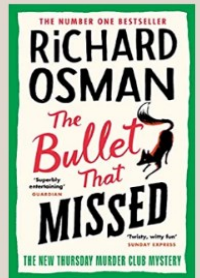
THEN A NEW FOE PAYS ELIZABETH A VISIT. HER MISSION? KILL OR BE KILLED. SUDDENLY THE COLD CASE HAS BECOME RED HOT.

WHILE ELIZABETH WRESTLES WITH HER CONSCIENCE (AND A GUN), JOYCE, RON, AND IBRAHIM CHASE DOWN THE CLUES WITH HELP FROM OLD FRIENDS AND NEW. BUT CAN THE GANG SOLVE THE MYSTERY AND SAVE ELIZABETH BEFORE THE MURDERER STRIKES AGAIN?

FROM AN UPMARKET SPA TO A PRISON CELL COMPLETE WITH ESPRESSO MACHINE TO A LUXURY PENTHOUSE HIGH IN THE SKY, THIS THIRD ADVENTURE OF THE THURSDAY MURDER CLUB IS FULL OF THE CLEVERNESS, INTRIGUE, AND IRRESISTIBLE CHARM THAT READERS HAVE COME TO EXPECT FROM RICHARD OSMAN'S BESTSELLING SERIES.

Pick up for The Man Who Died Twice will be January 25, 2023, the discussion session will be Wednesday, February 22, 2023 at the Maple Heights Senior Center.

Sponsored by the Cuyahoga County Public Library, Maple Heights Branch



March 22, 2023

MAPLE HEIGHTS SENIOR CENTER
PRESENTS

Secret



VALENTINE

Party

TUESDAY, FEBRUARY 14TH

15901 LIBBY ROAD | MAPLE HEIGHTS

ALL SENIORS THAT WISH TO PARTICIPATE WILL PUT THEIR NAME IN THE SECRET VALENTINE BASKET BY MONDAY, FEBRUARY 6TH. EACH PARTICIPANT WILL THEN DRAW ANOTHER NAME FROM THE BASKET AND THAT PERSON WILL BE YOUR SECRET VALENTINE. PURCHASE OR MAKE A VALENTINE CARD FOR YOUR SECRET VALENTINE AND PUT YOUR CARD IN THE SECRET VALENTINE MAIL BOX. IF YOU WISH TO GIVE A VALENTINE CARD TO SOMEONE SPECIAL AT THE SENIOR CENTER YOU CAN ADD THAT CARD TO THE BOX AS WELL. YOUR CARDS WILL THEN BE DISTRIBUTED ON VALENTINE'S DAY, TUESDAY, FEBRUARY 14, 2023. THERE WILL BE GUESSING GAME PRIZES AND OTHER FUN ACTIVITIES TOO! REMEMBER TO WEAR YOUR PRETTIEST RED TOP!

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 Marymount Place. 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, Feb 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 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

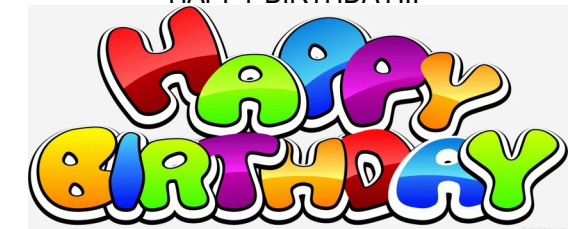
The Maple Heights Senior Center is offering a weekly chair exercise class. This is a 2 DVD set called SIT and be FIT for 2 complete workouts. Easy fitness for Seniors. This has been moved to Tuesdays, Until the end of the year. (unless other activities are planned) beginning at 10:15 AM. Please check the Newsletter for weekly dates.

January Birthday's

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

HAPPY BIRTHDAY!!!



Josephine Wright 1/4
Annie Hall 1/5
James Jones 1/22

Joseph Zarrelli 1/5
Mary Short 1/16
Willie Hardwick 1/26

Mary Bergman 1/26

Thank you for your donations!

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

Gayle Holman, Diane Rainey



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 2023
We continue to provide 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

Heart - of - My - Heart Cookies

Cookies

- 1 cup butter or margarine, softened
- 1 1/2 cups powdered sugar
- 1 teaspoon vanilla
- 1 egg
- 2 1/2 cups Gold Medal™ all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar

Powdered Sugar Glaze, if desired

- 1 1/2 cups powdered sugar
- 3 to 3 1/2 tablespoons milk
- Decorations, if desired**
 - Betty Crocker™ colored sugars
 - Betty Crocker™ decorating icings (from 4.25-oz tubes)

In large bowl, beat butter, 1 1/2 cups powdered sugar, the vanilla and egg with electric mixer on medium speed, or mix with spoon. Stir in flour, baking soda and cream of tartar. Cover; refrigerate 2 to 3 hours or until chilled.

Heat oven to 375°F. Divide dough in half. On lightly floured cloth-covered surface, roll each half 1/4 inch thick. Cut with 3 1/2-inch heart-shaped cookie cutter. On ungreased cookie sheet, place cutouts 2 inches apart. If desired, sprinkle with colored sugars.

Bake 8 to 10 minutes or until delicately golden. Remove from cookie sheet to cooling rack. Cool completely, about 30 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 2023 Year!

- Feb 16th | March 16th
- April 20th | May 18th | June 15th
- July 20th | August 17th | September 21st
- October 19th | November 16th | December 21st

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



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
February 15, 2023**

**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





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

Once a month or every 30 days.

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



Groovy Movies 9:45 AM

February Movies - 2nd Floor - Featuring Love Stories



Friday, February 10th - You've Got Mail

Book superstore magnate Joe Fox and independent book shop owner Kathleen Kelly fall in love in the anonymity of the Internet, both blissfully unaware that he's trying to put her out of business.

6.7/10 (1998)



Friday, February 24th - The Notebook

A poor yet passionate young man (Ryan Gosling) falls in love with a rich young woman (Rachel McAdams), giving her a sense of freedom, but they are soon separated because of their social differences.

7.8/10 (2004)



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.



University
Hospitals

The Next Lutheran Church Dinner - February 23, 2023

FREE

Monthly Community Meal

At the Lutheran Church of the Covenant

19000 Libby Road, Maple Heights, OH 44137

5:00-6:00 PM

4th Thursday of the Month

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

Dine -In Only

To schedule a ride. Please call the Maple Heights Transportation Dept. at 216-587-5472.

Chair Volleyball is back for 2023!

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 as often as they want or need to get it over the net. 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.



Income Tax Preparation

AARP will be providing the free income tax service for seniors and low-income individuals at the Maple Heights Senior Center for the 2022 tax season. AARP Tax preparers will be available for in-person tax preparation every Monday beginning February 6th through April 10th with the exception of February 20th, we are closed due to Presidents day. We are scheduling appointments until they are full. Please call 216-587-5481 to schedule your appointment.

At this time masks are not required. If you don't feel comfortable coming without a mask, please feel free to wear them. Masks are optional.

You will have 2 options:

- Come to the Maple Heights Senior Center for your in person tax appointment. Scheduled appointments will be every hour from 9:00 AM to 2:30 PM. We have a limited number of tax preparers this year, so please make your appointment early.
- Come to the Maple Heights Senior Center with your documents at your appointed time and have them scanned from 9 - 11:30 AM. Complete a brief interview with the tax preparer. Then pick up your completed return one week later. Your personal pick up time will be scheduled at the time of drop off.



Please call 216-587-5481 to schedule your appointment.

Podiatry Service

Lara S. Poduska, DPM will be available for foot care. Assignment from Medicare and Medicaid is accepted. Special arrangements can be made for persons on HMO insurances. Call Dr. Poduska's office at 216-662-0027 for an appointment. Please give her a call to schedule an appointment and she can let you know the next time she will be coming out.



Grief Recovery Method Workshop

Danyell Goggans is a Licensed Psychotherapist contracted with University Hospitals for wellness programming in the community. She will be coming to the Maple Height Senior Center for follow up sessions to the introductory workshop that was held on January 18, 2023

The Grief Recovery workshop follow-up sessions are scheduled below in February and March. Participants are not obligated to complete the full 8-week follow-up sessions to participate in workshops. Individuals that sign up will meet weekly back at the Maple Heights Senior Center for the workshop. We will provide the space at the center for all of the follow-up sessions.

Dates/Times Fridays 10:30- 12:00 pm

Feb 3rd, 10th, 17th, & the 24th

March 3rd 10th, 17th, 24th.

The Grief Recovery Method Workshops is an Introduction and presentation supporting residents and their loved ones who may have experienced all forms of losses including faith, death, health, unemployment, trust, divorce, safety, etc.

Decoupage Paper Mache Heart Box Craft

Learn to make a cute decoupage heart shaped box and display it in the center of your table or fill it with candy and give as a gift to your favorite Valentine. You will be provided with everything you need to make a cute heart shaped paper Mache box similar to the one pictured. There is a limit of 10 crafters to make this craft. The cost will be \$5.00 per box. The class will be Tuesday, February 7th starting at 10 AM on the second floor of the Senior Center.

