

## 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

March 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

### MAR ACTIVITIES AT A GLANCE

- MAR 2: Bingo 10:00 
- MAR 3: Grief Recovery Workshop 10:30
- MAR 6: Chair Volleyball 9:45
- MAR 8: Bunco 10:00 
- MAR 9: Movie-Where Crawdads Sing 9:45
- MAR 9: UH Health Screenings 10:45
- MAR 10: Grief Recovery Workshop 10:30
- MAR 13: Chair Volleyball 9:45
- MAR 14: Site Council Meeting 10:30
- MAR 14: March Birthday's Noon
- MAR 15: DSAS Benefits Check up
- MAR 16: Movie—The Perfect Storm 9:45
- MAR 16: Mobile Market 9:30 - 11:30
- MAR 17: St. Patrick's Day Party 
- MAR 20: Chair Volleyball 9:45
- MAR 21: Cooking Demo UH Hosp. 
- MAR 22: Book Lovers Club 10:00
- MAR 23: Dr. Poduska by Appt.
- MAR 23: Lutheran Church Dinner 5:00 PM
- MAR 24: Grief Recovery Workshop 10:30
- MAR 27: Chair Volleyball 9:45
- MAR 28: Site Council Meeting 10:30
- MAR 29: General Meeting 11:00



*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**.

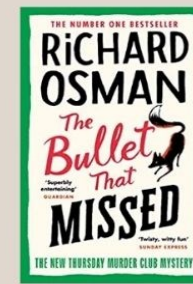
To register for the Senior Center call 216-587-5481. To make a van reservation, call the "STC Call Center" @ 1-216-265-1489 by 12 noon, three (3) business days prior to, or up to two (2) weeks in advance, Monday through Friday from 7:00 a.m. to 5:00 p.m.

### Maple Hts. Nutrition Program

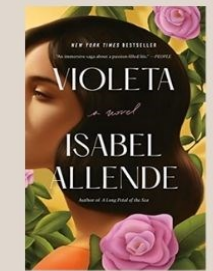
Provides a nutritionally sound hot meal to individuals 60 years of age or older in a friendly atmosphere. **The suggested donation for the meal is \$1.50.** Lunch is served promptly at noon unless otherwise specified. Grab and go lunches are also an option at this time. Meal reservations are made one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

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 22, 2023



April 26, 2023

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.

WEDNESDAY, APRIL 26, 2023  
VIOLETA BY ISABEL ALLENDE

VIOLETA COMES INTO THE WORLD ON A STORMY DAY IN 1920, THE FIRST GIRL IN A FAMILY WITH FIVE BOISTEROUS SONS. FROM THE START, HER LIFE IS MARKED BY EXTRAORDINARY EVENTS, FOR THE RIPPLES OF THE GREAT WAR ARE STILL BEING FELT, EVEN AS THE SPANISH FLU ARRIVES ON THE SHORES OF HER SOUTH AMERICAN HOMELAND ALMOST AT THE MOMENT OF HER BIRTH.

THROUGH HER FATHER'S PRESCIENCE, THE FAMILY WILL COME THROUGH THAT CRISIS UNSCATHED, ONLY TO FACE A NEW ONE AS THE GREAT DEPRESSION TRANSFORMS THE GENTEEL CITY LIFE SHE HAS KNOWN. HER FAMILY LOSES EVERYTHING AND IS FORCED TO RETREAT TO A WILD AND BEAUTIFUL BUT REMOTE PART OF THE COUNTRY. THERE, SHE WILL COME OF AGE, AND HER FIRST SUITOR WILL COME CALLING.

SHE TELLS HER STORY IN THE FORM OF A LETTER TO SOMEONE SHE LOVES ABOVE ALL OTHERS, RECOUNTING TIMES OF DEVASTATING HEARTBREAK AND PASSIONATE AFFAIRS, POVERTY AND WEALTH, TERRIBLE LOSS AND IMMENSE JOY. HER LIFE IS SHAPED BY SOME OF THE MOST IMPORTANT EVENTS OF HISTORY: THE FIGHT FOR WOMEN'S RIGHTS, THE RISE AND FALL OF TYRANTS, AND ULTIMATELY NOT ONE, BUT TWO PANDEMICS.

THROUGH THE EYES OF A WOMAN WHOSE UNFORGETTABLE PASSION, DETERMINATION, AND SENSE OF HUMOR CARRY HER THROUGH A LIFETIME OF UPHEAVAL, ISABEL ALLENDE ONCE MORE BRINGS US AN EPIC THAT IS BOTH FIERCELY INSPIRING AND DEEPLY EMOTIONAL.

Pick up for The Bullet that Missed will be February 22, 2023, the discussion session will be Wednesday, March 22, 2023 at the Maple Heights Senior Center.

Sponsored by the Cuyahoga County Public Library, Maple Heights Branch



# St. Patrick's Day Party

Friday, March 17, 2023

Starting at 10:00 AM

Guessing Games

Treats

50/50 Raffle

Martini  
Ice cream  
Floats

Join us at the Maple Heights Senior Center for a few festivities to celebrate St. Patrick's Day! There will be guessing games, treats, a 50/50 raffle, and ice cream floats in Martini glasses provided by The Village at Marymount. Please remember to wear green!



## 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, March 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.



## 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.

## February Birthday's

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

HAPPY BIRTHDAY!!!



Edward Frances 2/4  
Carmella Gramuglia 2/13  
Jeanette Daggette 2/27

Lalita Duke 2/13  
Diane Hemphil 2/18  
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.



Carol Hrodmake, Caroline Smith, Jean Lightfoot, Gayle Holman, Linda Sandefur, Holly Miller & Mark Gabor.

## 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 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

St. Patrick's Day Float

Ingredients:

- 2-3 scoops of vanilla bean ice cream
- 2-3 drops of green food coloring
- Lemon lime soda
- Whipped cream
- Sprinkles for topping

Instructions:

- Add ice cream to your glass and add 2-3 drops of food coloring.
- Fill with lemon lime soda
- Top with whipped cream and mints or sprinkles.
- Enjoy!



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!

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

March 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

March Movies - 2nd Floor



**Thursday, March 9th - Where the Crawdads Sing**

A woman who raised herself in the marshes of the Deep South becomes a suspect in the murder of a man with whom she was once involved.

7.1/10 (2022)



**Thursday, March 16th - The Perfect Storm**

An unusually intense storm pattern catches some commercial fishermen unaware and puts them in mortal danger.

6.5/10 (2000)



### 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 - March 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 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.

## 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 your appointment. The next scheduled visit is Thursday, March 23, 2023.



## 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

**March 3rd, 10th, 24th**

**Note: March 17th Danyell will be available, but there will not be a formal session, due to the St. Patrick's day party.**

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.

## Cooking Demonstration

University Hospitals Bedford, an Outpatient Campus of UH Regional Hospitals, invites you to attend free Community Wellness Programming.

Join us for a demonstration of healthy cooking options. Come learn how to plan and prepare great-tasting food with healthy recipes and simple ingredients. Chef Tony is the Sodexo Culinary Director for UH. He will be joined by Chef Ryan and Dietitian Julianna. You will be able to sample prepared food and have an opportunity to ask questions.

Chef Tony will be demonstrating St. Patrick themed recipes using cabbage, vegetables and fruit emphasizing low sodium & low salt options. You will have the opportunity to taste test everything he makes and take home the recipes.

**Tuesday, March 21, 2023**

11:00 a.m. – 11:45 a.m.

**Maple Hts. Senior Center  
15901 Libby Road  
Maple Heights, Ohio 44137**

