

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

April 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

APRIL ACTIVITIES AT A GLANCE

APR 3: Chair Volleyball 9:45

APR 5: Coloring Eggs with Bernadette

APR 6: Bingo 10:00

APR 7: Movie - Ben Hur Part 1

APR 10: Chair Volleyball 9:45

APR 11: Site Council Meeting 10:30

APR 11: April Birthday's Noon

APR 12: Bunco 10:00

APR 13: Health Screenings UH Hosp.

APR 14: Spring Fling - Photo Booth

APR 17: Chair Volleyball 9:45

APR 18: Shield Health—Fall Risk Pres.

APR 19: DSAS Benefits Check up

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

APR 21: Movie - Ben Hur Part 2

APR 24: Chair Volleyball 9:45

APR 25: Site Council Meeting 10:30

APR 26: Book Lovers Club 10:00

APR 26: General Meeting 11:00

APR 27: Lutheran Church Dinner 5:00 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.**

Maple Heights Senior Center
Every 4th Wednesday of the month at 10:00 AM

The Book Lovers Club



April 26, 2023



May 24, 2023

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 HOMETLAND 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 UPEHAVAL, ISABEL ALLENDE ONCE MORE BRINGS US AN EPIC THAT IS BOTH FIERCELY INSPIRING AND DEEPLY EMOTIONAL

WEDNESDAY, MAY 24, 2023 OUR MISSING HEARTS BY CELESTE NG

TWELVE-YEAR-OLD BIRD GARDNER LIVES A QUIET EXISTENCE WITH HIS LOVING FATHER, A FORMER LINGUIST WHO NOW SHELVES BOOKS IN A UNIVERSITY LIBRARY. HIS MOTHER MARGARET, A CHINESE AMERICAN POET, LEFT WITHOUT A TRACE WHEN HE WAS NINE YEARS OLD. HE DOESN'T KNOW WHAT HAPPENED TO HER—ONLY THAT HER BOOKS HAVE BEEN BANNED—AND HE RESENTS THAT SHE CARED MORE ABOUT HER WORK THAN ABOUT HIM.

THEN ONE DAY, BIRD RECEIVES A MYSTERIOUS LETTER CONTAINING ONLY A CRYPTIC DRAWING, AND SOON HE IS PULLED INTO A QUEST TO FIND HER. HIS JOURNEY WILL TAKE HIM BACK TO THE MANY FOLKTALES HE POURED INTO HIS HEAD AS A CHILD, THROUGH THE RANKS OF AN UNDERGROUND NETWORK OF HEROIC LIBRARIANS, AND FINALLY TO NEW YORK CITY, WHERE HE WILL FINALLY LEARN THE TRUTH ABOUT WHAT HAPPENED TO HIS MOTHER, AND WHAT THE FUTURE HOLDS FOR THEM BOTH.

OUR MISSING HEARTS IS AN OLD STORY MADE NEW, OF THE WAYS SUPPOSEDLY CIVILIZED COMMUNITIES CAN IGNORE THE MOST SEARING INJUSTICE. IT'S ABOUT THE LESSONS AND LEGACIES WE PASS ON TO OUR CHILDREN, AND THE POWER OF ART TO CREATE CHANGE

Pick up for Our Missing Hearts will be April 26, 2023, the discussion session will be Wednesday, May 24, 2023 at the Maple Heights Senior Center. Sponsored by the Cuyahoga County Public Library, Maple Heights Branch



CITY OF MAPLE HEIGHTS COMMUNITY SHRED DAY

**SATURDAY, April 29, 2023
9:00 AM - NOON**

**The "SHRED-RITE" Truck will be at
Stafford Park
5440 Mayville Road, Maple Heights**

**PAPER SHRED ITEMS ONLY!
WATCH THEM SHRED IT!
CALL 216-587- 9014 FOR INFORMATION!**



**Funds for this program provided
through a grant from the
Cuyahoga County Solid Waste District**

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, April 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 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

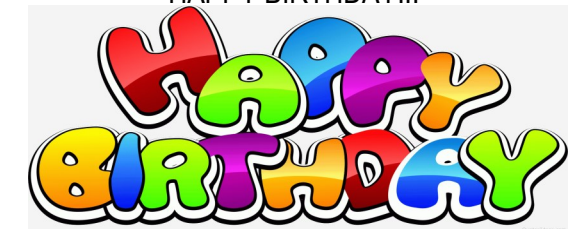
An OSHIIP Counselor is available to all seniors at the Maple Heights Senior Center. Staff will assist you with Medicare forms and questions. Appointments for this service can be made by calling 216-587-5481.

March Birthday's

On Tuesday, March 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
Marymount Place
for providing the fresh baked cupcakes!**

HAPPY BIRTHDAY!!!



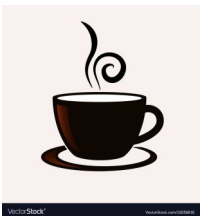
Joe Ventra 3/8

Stanley Tamulewicz 3/13

Eva Parnell 3/21

Thank you for your donations!

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



Audrey Brandon, Holly Miller,
Caroline Smith, 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

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

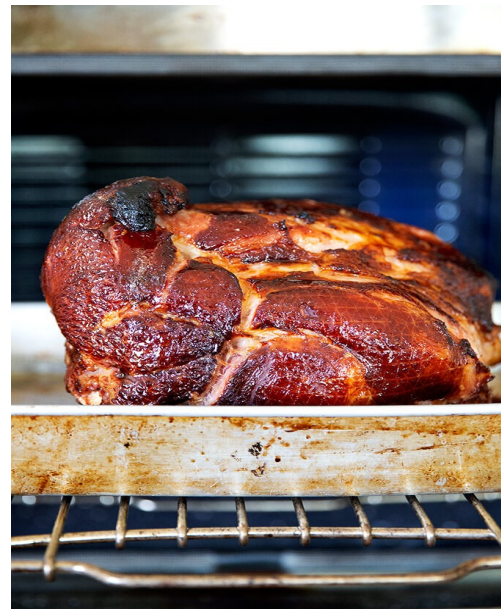
Maple Heights Food Pantry
17100 Broadway Ave.
Maple Heights, OH
216-365-2842
During Hours of Operation

Baked Ham Best Practices

Hams are available at the Maple Heights Food Pantry, while supplies last.

- Cook 10 minutes a pound at 325°F.
- Cook fat-side up in a roasting pan filled with about 1/2 inch of water covered tightly in foil for the bulk of the time.
- During the last 30 minutes, remove the foil, crank the heat up to 425°F, brush with a simple glaze at least twice.

Let rest 20 minutes before carving.



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!

- 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
April 19, 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



17100 Broadway Avenue
Maple Heights, Ohio 44137
216-365-2842

Hours of Operation:

Tuesday: 12 PM - 3 PM
Wednesday: 9 AM - 12 PM
Thursday: 4:30 PM - 7:30 PM

We will continue to follow safety protocol in accordance with the Greater Cleveland Food Bank's guidelines.



Who is eligible for food:

- Maple Heights residents ONLY
- 1 shopping day per household every 30 days

Eligibility is based on income and number of people in the household according to State and Federal regulations.

Proof of eligibility:

- Current photo ID (Driver's license or State ID)
- Proof of residency for each adult member of the household 18 or over (utility bill, cell phone bill, lease agreement, rent/mortgage receipt.)

NO EXCEPTIONS

- Proof of residency for children under 18 (School report, School ID, Documentation from Job and Family Services)

NO EXCEPTIONS

If resources permit, you may receive 6 days of food for each person in your household per month.

You will be allowed to authorize another person to receive food on your behalf, if you are unable to come to the food pantry. This person must have a written note from you with the date, your signature and the name of the person authorized to receive food for you. This person must provide their ID



Groovy Movies 9:45 AM

April Movie - 2nd Floor

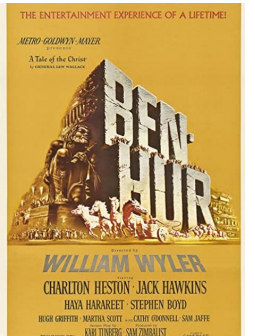


Friday, April 7th - Ben-Hur Part 1

8.1/10 (1959)

After a Jewish prince is betrayed and sent into slavery by a Roman friend in 1st-century Jerusalem, he regains his freedom and comes back for revenge.

Friday, April 21st - Ben-Hur Part 2



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 - April 27, 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 - Ends April 10th

AARP will be completing 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 final questions for those that have already completed their tax returns. They will be here Monday April 3rd & April 10th to complete the last 2 weeks of appointments. **At this time all our appointments are full.** We are taking names for a waiting list in case there are any cancellations. **Please call 216-587-5481 for final questions.**



Fall Risk/Incontinence Product Presentation

Every year every 3 adults age 65 or older falls. Many of these falls are caused by common hazards in the home that are easy to fix. Please join us at the Maple Heights Senior Center on Tuesday, April 18th from 10:30 -11:30 AM for a special presentation by Donna Solomon, Representative from Shield HealthCare and Lorraine Surgical Supply Co. to talk about Fall Risks for Seniors and Incontinence Products. Ms. Solomon will provide flyers and information and a home fall prevention checklist to reduce your risk of falls.

SPRING FLING

Maple Heights Senior Center

15901 Libby Road

Friday, April 14, 2023

Starting @ 10:00 AM

Join us for fun filled event at the Maple Heights Senior Center! Get your picture taken with Gable Weaver, 5 year -old certified therapy dog, in the Spring photo booth. Photos will be taken by Brandi Black

Guessing Games

Photo Booth with therapy dog Gable Weaver

Basket Raffle

50/50 Raffle



Treats

