

## 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

June 2023



# GOLDEN MAPLE LEAVES



### Message from the Director of Human Services, Linda Vopat

Greetings Everyone,

This month, we begin a new feature in our Golden Maple Leaves Newsletter, A message from the Director. I will share thoughts and information concerning the Senior Center, Food Pantry, Mobile Market, City of Maple Heights, current happenings and, sometimes, things that are on my heart.

In this issue, I want to talk a little about Juneteenth National Independence Day. President Joe Biden signed the legislation in 2021 making Juneteenth a legal Federal holiday. It commemorates the day when enslaved Black Americans in Galveston, Texas were informed of their freedom. That was more than two months after the Civil War ended and more than two years after Abraham Lincoln issued the Emancipation Proclamation!

At the state level in 2023, approximately 25 states, including Ohio, legally recognize Juneteenth as a state holiday and a few others are considering legislation to make it an official state holiday. Every state, at some point at least, has passed resolutions designating Juneteenth as a day of observance.

Some have asked, "Why should we celebrate July 4th. and Juneteenth?" "I say we celebrate both." In my opinion, the 4th of July is about freedom and liberty. But how can we celebrate freedom when slavery still legally existed in our country. Juneteenth celebrates the emancipation of all people of the United States of America. Both holidays should be commemorated because they are important moments in our shared history.

It is my hope that this year, Juneteenth will call us to reflect on the true meaning of freedom to all Americans, particularly in respect to African Americans, as well as the entire world.

Director of Human Services

Linda M. Vopat

Meal Reservations: 216-587-0015

Fax: 216-587-9069

Transportation Reservations:  
216-265-1489

Transportation Registration:  
216-587-5481

Additional Information:  
216-587-5481

Maple Heights Office on Aging  
15901 Libby Road  
Maple Heights, Ohio 44137

Members of City Council

President of Council—Ron Jackson  
District 1 - Stafford L. Shenett Sr.  
District 2 - Toni Jones  
District 3 - Timothy Tatum  
District 4 - Dana Anderson  
District 5 - Tanglyn Madden  
District 6 - Richard Trojanski  
District 7 - Edwina Agee

City Hall  
5353 Lee Road  
Maple Heights, Ohio 44137  
Phone: 216-662-6000

### 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

### 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



COMMUNITIES ASSISTING RESIDENTIAL ELDERLY

1370 Victory Drive  
 South Euclid OH 44121  
 216-970-0599; info@careneo.org  
 www.careneo.org

CARE Members are homeowners, 60 and older who live in any of our partner cities

Cleveland Heights  
 Highland Heights  
 Lyndhurst

Maple Heights  
 Mayfield Heights  
 Mayfield Village

Richmond Heights  
 Solon  
 South Euclid

### ABOUT

CARE is a Membership Program that offers services focused on helping older adults to age in place with dignity. Volunteers assist with completing projects around the home and property. CARE works closely with its partner cities to expand access to their senior residents.

### CARE VOLUNTEERS

Our diverse and dedicated Volunteers include individuals, couples, faith-based groups, coworkers, students, youth, families and friends from a wide array of backgrounds, skills and abilities. Some Volunteers sign up for one day projects, while others volunteer regularly.



### SERVICES

Services provided are based on member needs. Our most popular requests are for yard care projects. We also do minor painting, repairs, garage cleanouts, window washing and more.  
*\*Volunteers do not provide mowing, snow removal, electrical, plumbing, gutter cleaning or services requiring a professional or the use of a ladder.*

### THE COST

For those who are income eligible there is no cost. For others participation is still welcome, and we can review any associated costs with you.

**TO BECOME A MEMBER  
 CALL 216-970-0599**

www.careneo.org

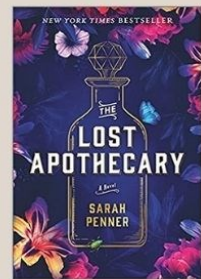


The Community Partnership on Aging Serves as our Fiscal Sponsor



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



June 28, 2023

WEDNESDAY, JUNE 28, 2023  
 THE LOST APOTHECARY BY SARAH PENNER

HIDDEN IN THE DEPTHS OF EIGHTEENTH-CENTURY LONDON, A SECRET APOTHECARY SHOP CATERS TO AN UNUSUAL KIND OF CLIENTELE. WOMEN ACROSS THE CITY WHISPER OF A MYSTERIOUS FIGURE NAMED NELLA WHO SELLS WELL-DISGUISED POISONS TO USE AGAINST THE OPPRESSIVE MEN IN THEIR LIVES. BUT THE APOTHECARY'S FATE IS JEOPARDIZED WHEN HER NEWEST PATRON, A PRECOCIOUS TWELVE-YEAR-OLD, MAKES A FATAL MISTAKE, SPARKING A STRING OF CONSEQUENCES THAT ECHO THROUGH THE CENTURIES.

MEANWHILE IN PRESENT-DAY LONDON, ASPIRING HISTORIAN CAROLINE PARCEWELL SPENDS HER TENTH WEDDING ANNIVERSARY ALONE, RUNNING FROM HER OWN DEMONS. WHEN SHE STUMBLES UPON A CLUE TO THE UNSOLVED APOTHECARY MURDERS THAT HAUNTED LONDON TWO HUNDRED YEARS AGO, HER LIFE COLLIDES WITH THE APOTHECARY'S IN A STUNNING TWIST OF FATE—AND NOT EVERYONE WILL SURVIVE.

WITH CRACKLING SUSPENSE, UNFORGETTABLE CHARACTERS AND SEARING INSIGHT, THE LOST APOTHECARY IS A SUBVERSIVE AND INTOXICATING DEBUT NOVEL OF SECRETS, VENGEANCE AND THE REMARKABLE WAYS WOMEN CAN SAVE EACH OTHER DESPITE THE BARRIER OF TIME.

WEDNESDAY, JULY 26, 2023  
 ALL THE LITTLE HOPES BY LEAH WEISS

A SOUTHERN STORY OF FRIENDSHIP FORGED BY BOOKS AND BEES, WHEN THE TIMELESS TROUBLES OF GROWING UP MEET THE MURKY SHADOWS OF WORLD WAR II.

DEEP IN THE TOBACCO LAND OF NORTH CAROLINA, NOTHING'S BEEN THE SAME SINCE THE BOYS SHIPPED OFF TO WAR AND WORRY TOOK THEIR PLACE. THIRTEEN-YEAR-OLD LUCY BROWN IS PRECOCIOUS AND ITCHING FOR ADVENTURE. THEN ALLIE BERT TUCKER WANDERS INTO TOWN, AN OUTCAST WITH A PUZZLING PAST, AND LUCY FIGURES THE TWO OF THEM CAN SOLVE ANY CURIOUS CRIME THEY FIND—JUST LIKE HER HERO, NANCY DREW.

THEIR CHANCE COMES WHEN A MAN GOES MISSING, A WOMAN STOPS SPEAKING, AND AN ECCENTRIC GIVES THE GIRLS A MYSTERY TO SOLVE THAT TAKES THEM BEYOND THE ORDINARY. THEIR QUIET TOWN, SEASONED WITH HONEYBEES AND SWEET TEA, BECOMES HOME TO A NAZI PRISONER-OF-WAR CAMP. MORE MEN GO MISSING. AND TOGETHER, THE GIRLS EMBARK ON A JOURNEY TO DISCOVER IF WE EVER REALLY KNOW WHO THE ENEMY IS.

LUSH WITH SOUTHERN ATMOSPHERE, ALL THE LITTLE HOPES IS THE STORY OF TWO GIRLS GROWING UP AS WAR CREEPS CLOSER, BLURRING THE DIFFERENCE BETWEEN WHAT'S RIGHT, WHAT'S WRONG, AND WHAT WE KNOW TO BE TRUE.



July 26, 2023

Pick up for All The Little Hopes will be June 28, 2023. The discussion session will be Wednesday, July 26, 2023 at the Maple Heights Senior Center.

Sponsored by the Cuyahoga County Public Library, Maple Heights Branch

## 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, June 1st.



## 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.

## May Birthday's

On Tuesday, May 9th, 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  
 Warrensville Rd. Giant Eagle  
 for providing the fresh cupcakes!**

HAPPY BIRTHDAY!!!



Donald Roborecki 5/5  
 Sandra Kish 5/18  
 Joyce Neal 5/22

Marilyn Gilner 5/12  
 Patricia Zarrelli 5/21  
 Lois Vranich 05/24

Romona Rivers 5/27

## Thank you for your donations!

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



Gayle, Renna, Marie, Marilyn, Ron Genevieve, Elliot, Holly, Jeanette, Caroline, Eva, Mark, & Audrey

## 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





# Food for Thought...

## 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

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

July is re-verification month. Please remember to bring your photo ID and Proof of Residency

### Location

17100 Broadway Ave

Maple Heights, OH

## Maple Heights Mobile Farmers Market

### Fresh Fruits and Vegetables

Hours: 9:30-11:30 AM

June 15th | July 20th

August 17th | September 21st

October 19th | 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.**



Join us for a good ole fashion picnic in honor of Father's everywhere on **Friday, June 23rd starting at 9:30 AM.**

The picnic will be at Stafford Park in pavilion #1. If you use the Maple Heights transportation service, the van will bring you directly to the park, instead of the Senior center and then take you home.

- Hot dog box lunches will be served.
- Root beer floats, as a special treat will be provided by Woodside Senior Care.

We will also have Gable, certified therapy dog, joining us for a game or two of catch from 10:30 - 11:30. Provided by Northeast Ohio Home Care & Hospice.







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  
June 21, 2023**

**Maple Heights Senior Center  
15901 Libby Road  
10:00 a.m. — Noon**

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

[dsas.cuyahogacounty.us](http://dsas.cuyahogacounty.us) • 216-420-6700



## Groovy Movies 9:45 AM

June Movie - Front Room



Friday, June 2nd - A League of Their Own

7.3/10 (1992)

One of the best women's sports movies (and now series) is based on the real women's baseball team, the Rockford Peaches. The Rockford Peaches represented Rockford, Illinois, and were a founding team of the All-American Girls Professional Baseball League (AAGPBL), which existed from 1943 until 1954.

Two sisters join the first female professional baseball league and struggle to help it succeed amid their own growing rivalry.



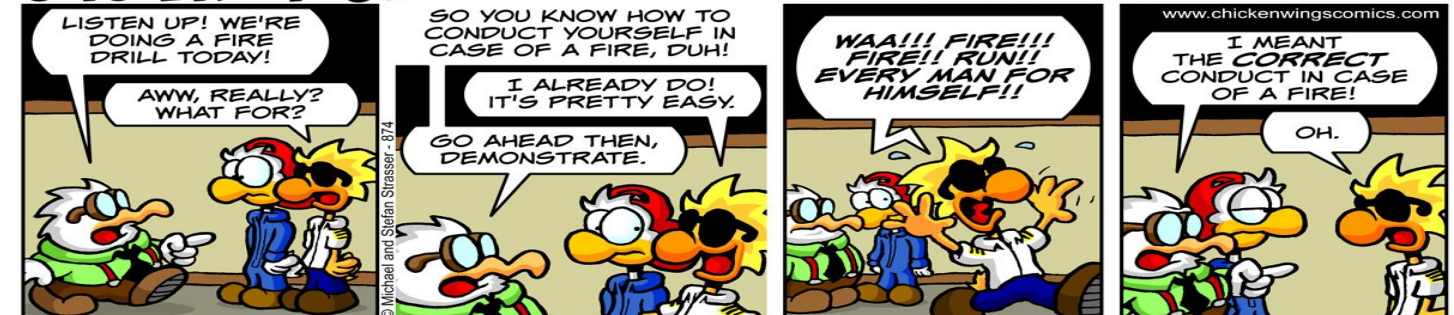
Snacks will be provided, sponsored Michael "Medicare Mike" Gold. An Independent Health Insurance Agent.

### Fire Safety and Evacuation Fire Drill Procedures

Captain Dan Sypen will be coming to the Maple Heights Senior Center on **Thursday, June 8th at 10AM** to present severe weather tips, fire safety, evacuation and fire drill procedures. How to conduct yourself during a fire drill will help prepare you for a real emergency. Behaving correctly in a fire drill will train you to respond calmly and safely in the unlikely event of real fire. Captain Dan Sypen will also address any concerns you may have regarding your safety at home and at the Maple Heights Senior Center. Be sure to join us for this very important and information presentation.



### CHICKEN WINGS



### 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



### 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.

### Senior Farmers Market Coupon

The Maple Heights Senior Center is a distribution site for the 2023 Senior Farmer's Market Program. To be eligible you must be 60 years of age or older and have an annual household income of 185% of the poverty or less. We will be tentatively serving seniors that reside in the 44137 zip code only. Coupons will be available on a first come, first serve basis.



**Western Reserve**  
Area Agency on Aging

Notification of the distribution of the coupons will be coming soon!  
For more information please call 216.587.5481

The Senior Farmer's Market Nutrition Program is supported by federal funds from the U.S. Department of Agriculture, the Ohio Department of Aging and the Western Reserve Area Agency on Aging.

### The Line Dance King is Coming Back!

Robert Johnson - the Line Dance King

Friday, June 9, 2023 from 10:30 - 11:30 AM

at the Maple Heights Senior Center sponsored by



# CITY OF MAPLE HEIGHTS MUSIC IN THE PARK 2023 SERIES

**TUESDAY, JUNE 13TH**  
AFTER THOUGHT &  
THE NU SOUL BAND  
6:30 - 8:30 PM

**TUESDAY, AUGUST 8TH**  
FORECAST  
6:30 - 8:30 PM

**TUESDAY, JULY 11TH**  
KEVIN CONWELL &  
THE FOOTPRINTS  
6:30 - 8:30 PM

**TUESDAY, AUGUST 22ND**  
ERIN NICOLE NEAL  
6:00 - 8:00 PM



STAFFORD PARK  
5400 MAYVILLE AVENUE  
MAPLE HEIGHTS, OH 44137

FOOD AVAILABLE FOR PURCHASE BY



&

GOODFELLAS  
ICE CREAM CART



ROBERT "THE LINE DANCE KING"  
WILL BE PERFORMING DURING THE BAND BREAKS  
FOR ALL 4 EVENTS

REMEMBER YOUR LAWN CHAIRS!  
QUESTIONS? PLEASE CALL 216-587-5481

