

## 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

July 2023



# GOLDEN MAPLE LEAVES



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

Did you ever wonder what the “ Dog Days of Summer “ meant ? I’ve heard this expression used in reference to hot, humid days that are not “fit for a dog.” Some suggest that the extreme heat drives dogs mad. But where does the phrase come from and what does it have to do with dogs?

You may be as surprised as I was to find you need to look to the stars for the answer. It is a reference to the Dog Star, Sirius. Sirius is a part of the constellation Canis Major, the Greater Dog. It occupies the same region of the sky as the sun. In the summer, Sirius rises and sets with the Sun. So, the saying Dog Days of Summer came to mean the 20 days before and the 20 days after the alignment of Sirius with the Sun which occurs July 3 to August 11 each year. And now you know the rest of the story!

You may have noticed some new faces in the Senior Center recently. Kazairia (Kay) Williams has joined our staff as a Food Service Coordinator working with Bernadette in the kitchen. Kay has extensive experience in many fields and is a welcomed addition to the Senior Center.

Allan Bogigian joins our staff as a Senior Van Driver. He is a retired high school teacher and served our country as a United States Marine. We are pleased to welcome him aboard.

Please introduce yourselves to Kay and Allan and welcome them to the Maple Heights Senior Center staff.

Our driver, Clarise Williams, will be starting in a new position in the Department of Human Services. Clarise will be the new Food Service Coordinator at the Maple Heights Food Pantry. Service to people experiencing food insecurity is very close to her heart. Anjenette Whitted has served in that position for the last year and a half and did an outstanding job serving our residents with respect and compassion. We wish her all the best in her future endeavors.

On a final note, if you use the Maple Heights Food Pantry, remember that you must re-register on your first visit in July. See inside for details.

### 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



# 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

## Location

17100 Broadway Ave

Maple Heights, OH

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

## Maple Heights Mobile Farmers Market

### Fresh Fruits and Vegetables

Hours: 9:30-11:30 AM

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.**



COMMUNITIES ASSISTING RESIDENTIAL ELDERERS

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



July 26, 2023

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.

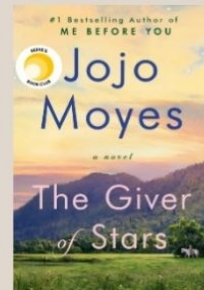
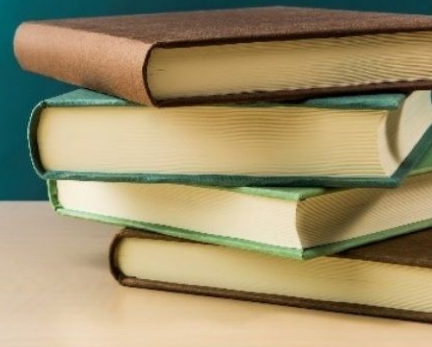
WEDNESDAY, SEPTEMBER 27, 2023  
 THE GIVER OF STARS BY JOJO MYERS

ALICE WRIGHT MARRIES HANDSOME AMERICAN BENNETT VAN CLEVE, HOPING TO ESCAPE HER STIFLING LIFE IN ENGLAND. BUT SMALL-TOWN KENTUCKY QUICKLY PROVES EQUALLY CLAUSTROPHOBIC, ESPECIALLY LIVING ALONGSIDE HER OVERBEARING FATHER-IN-LAW. SO WHEN A CALL GOES OUT FOR A TEAM OF WOMEN TO DELIVER BOOKS AS PART OF ELEANOR ROOSEVELT'S NEW TRAVELING LIBRARY, ALICE SIGNS ON ENTHUSIASTICALLY. THE LEADER, AND SOON ALICE'S GREATEST ALLY, IS MARGERY, A SMART-TALKING, SELF-SUFFICIENT WOMAN WHO'S NEVER ASKED A MAN'S PERMISSION FOR ANYTHING. THEY WILL BE JOINED BY THREE OTHER SINGULAR WOMEN WHO BECOME KNOWN AS THE PACKHORSE LIBRARIANS OF KENTUCKY. WHAT HAPPENS TO THEM--AND TO THE MEN THEY LOVE--BECOMES AN UNFORGETTABLE DRAMA OF LOYALTY, JUSTICE, HUMANITY, AND PASSION. THESE HEROIC WOMEN REFUSE TO BE COWED BY MEN OR BY CONVENTION. AND THOUGH THEY FACE ALL KINDS OF DANGERS IN A LANDSCAPE THAT IS AT TIMES BREATHTAKINGLY BEAUTIFUL, AT OTHERS BRUTAL, THEY'RE COMMITTED TO THEIR JOB: BRINGING BOOKS TO PEOPLE WHO HAVE NEVER HAD ANY, ARMING THEM WITH FACTS THAT WILL CHANGE THEIR LIVES.

Pick up for The Giver of the Stars will be July 26, 2023. The discussion session will be Wednesday, September 27, 2023 at the Maple Heights Senior Center.

Please note: The Maple Heights Library is taking a break from the Book Club discussion in August

Sponsored by the Cuyahoga County Public Library, Maple Heights Branch



September 27, 2023



## Groovy Movies 9:45 AM

July Movies - Front Room  
 Featuring Goldie Hawn



Friday, June 14th - Private Benjamin

A sheltered young high-society woman joins the United States Army on a whim and finds herself in a trickier situation than she ever expected.

6.2/10 (1980)



Friday, June 21st - Overboard

A cruel but beautiful heiress mocks and cheats a hired carpenter. When she gets amnesia after an accident, he decides to introduce her to regular life by convincing her that they're husband and wife.

6.9/10 (1987)



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

### 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.



### Wellness thru the Senses and the Power of Meditation

Lynn Hermensky from Hospice of Western Reserve will be coming to the Maple Heights Senior Center on Thursday, July 27th from 10:30—11:30 for an informative presentation about Wellness thru the Senses and the Power of Meditation. In this presentation, they will help you gain an understating of the five senses. Use practical advice regarding the five senses to provide a sense of well being and understand the impact of daily stressors and the ability to combat stressors through wellness methods.



### Dr. Poduska D. P. M. Visit

Lara S. Poduska, DPM will be available for foot care at the Maple Heights Senior Center. Assignment from Medicare and Medicaid is accepted. Special arrangements can be made for persons on HMO insurances. Dr. Poduska's office number is 216-662-0027. Please give her a call to schedule your appointment with her at the Senior Center. The next scheduled visit is Friday, July 28, 2023.



### 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



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  
 July 19, 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](https://dsas.cuyahogacounty.us) • 216-420-6700





## Our Mission

### To make your home your safe haven

Rosalind Strickland, of Interior Design, LLC customizes your home to reduce the risk of accidents that may make living in your home difficult and otherwise force you into a care facility. She has an overwhelming passion for helping Seniors and those with special needs maintain their independence and quality of life. Rosalind focuses her attention to designing home safety solutions that help clients avoid common accidents that often end up a national statistic.

Rosalind is a certified Senior Home Safety Specialist, a rare and unique certification to help you provide optimal living space to keep you in your home. She will be presenting her services at the

Maple Heights Senior Center  
15901 Libby Road  
Maple Heights, OH 44137  
216.587.5481

**Tuesday, July 18th**  
from 10:30 - 11:30 AM.

Please be sure to come to the Maple Heights Senior Center to participate in this important and informative presentation.

For more information contact Rosalind Strickland  
216.581.7233 | roz@rstrickland.design  
or visit [www.rstrickland.design.com](http://www.rstrickland.design.com)

**This event is open to the public | Registration is not required**



### 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, July 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.

### June Birthday's

On Tuesday, June 13th , 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 cupcakes!**

HAPPY BIRTHDAY!!!



- Anna Wallace 6/1
- Jim Short 6/11
- Gwendolyn Jones 06/17
- Wendall Chinn 06/18
- Elizabeth Dukes 06/21

### Thank you for your donations!

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

Gayle Holman



### 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

## 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.

## Older Adult Financial Exploitation Presentation by the FBI

Older adult abuse and exploitation refers to any intentional act(s) by a caregiver or another person in a relationship of trust that causes harm or distress to older adults, age 60 and older. Older adult financial fraud in a form of older adult exploitation where a person misuses or steal financial assets, savings, income, or personal identifying information (e.g., SNN) for an older adult, often without direct knowledge or consent. Fraudsters often use deception and misinformation on older adults, and in the past have posed as persons in position of trust, romantic interests, or as persons promising a financial windfall in exchange for a credit card number or other personally identifiable information.



**FBI Special Agents Milan Kosanovich & Ricky Olasz will be coming to the**

Maple Heights Senior Center  
15901 Libby Road  
Maple Heights, OH 44137

on **Wednesday, July 5th at 10:30 AM** for a special presentation to help you recognize the signs of Older Adult Financial Exploitation and to help you navigate ways to protect yourself.

**This event is open to the public - Registration is not required**

## 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, July 7th from 10:30 - 11:30 AM sponsored by Oak Street Health.



# CITY OF MAPLE HEIGHTS MUSIC IN THE PARK 2023 SERIES

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

**TUESDAY, AUGUST 8TH**  
FORECAST  
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**



**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

