

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

January 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

JAN ACTIVITIES AT A GLANCE

- Jan 1: Closed- Happy New Year
- Jan 5: Bingo 10:00
- Jan 6: Chair Exercises with Video 10:00
- Jan 9: Chair Volleyball 9:45
- Jan 10: Site Council Meeting 10:30
- Jan 10: January Birthday's Noon
- Jan 11: Bunco 10:00
- Jan 12: UH Health Screenings 10:45
- Jan 13: Movie—The Blind Side 9:45
- Jan 16: Closed— MLK Day
- Jan 18: Grief Recovery Workshop 10:30
- Jan 19: Dr. Poduska 10:00
- Jan 19: Mobile Market 9:30 - 11:30
- Jan 23: Chair Volleyball 9:45
- Jan 24: Site Council Meeting 10:30
- Jan 25: Book Lovers Club 10:00
- Jan 25: General Meeting 11:00
- Jan 26: Therapy Dog Session (Savannah)
- Jan 26: Lutheran Church Dinner 5:00 PM
- Jan 27: Movie - Gravity 9:45
- Jan 30: Chair Volleyball 9:45
- Jan 31: Recycle Right Presentation 10:30



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.**

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 the first session on Wednesday, January 18, 2023 from 10:30 - 11:30 AM

The Grief Recovery Method Workshop 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.

The Grief Recovery workshop follow-up 8-week sessions are scheduled below in February and March. Participants are not obligated to complete 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 the follow-up sessions.

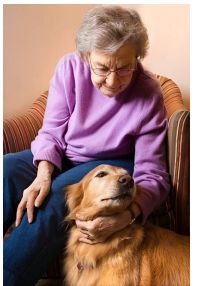
Dates/Times Fridays 10:30- 12:00 pm

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

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

Dog Therapy Visitation

On Thursday, January 26, 2023 from 10:30—11:30 AM Savannah will be coming to the Maple Heights Senior center for a visitation therapy session with our Seniors. Savannah is a certified therapy dog. Savannah's handler is Wendy Graves, LNHA, MHA, Director of Marketing at the Village of Marymount. Come join us to participate in this wonderful opportunity to visit with this beautiful dog!



WHAT IS PET THERAPY?

Anyone who has spent time with a loving dog or heard the rumble of a cat's purr knows that animals have a powerful effect on people. A pet companion can bring many health benefits to seniors, even if seniors are unable to properly care for a pet. Through pet therapy animals interact with seniors to help improve their quality of life.

Pet therapy can occur in a range of settings including retirement communities, hospices, rehabilitation centers, and senior's homes. Animals used in pet therapy range from domesticated cats and dogs to farm animals. Animals who are therapy trained, go through a basic obedience course, must be well socialized, and understand how to interact with seniors who have limited mobility.

BENEFITS OF PET THERAPY

The companionship of a pet can be an invaluable tool bringing purpose and engagement for people of all ages, and especially for seniors. Spending time with a pet is a powerful way to combat loneliness and isolation, bringing comfort and companionship while reducing stress and promoting overall health and wellness.

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 will begin scheduling appointments on Tuesday, January 3, 2023. 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. She is scheduled to come to the Maple Heights Senior Center on Thursday, January 19, 2023 at 10AM. Please give her a call to schedule an appointment.



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 Dedicated Senior Services. 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, Jan 5th.



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.

December Birthday's

On Tuesday, December 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 cupcakes!**

HAPPY BIRTHDAY!!!



Victoria Sadowski 12/25

Vivian Paul 12/30

Thank you for your donations!

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



Holly Miller

Caroline Smith

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

BBQ Chicken Bites - New Year Appetizers!

- 6 bacon strips
- 3/4 pound boneless skinless chicken breasts, cut into 1-inch cubes (about 18)
- 3 teaspoons Montreal steak seasoning
- 1 teaspoon prepared horseradish, optional. 1/2 cup barbecue sauce

Directions:

Preheat oven to 400°. Cut bacon crosswise into thirds. Place bacon on a microwave-safe plate lined with paper towels. Cover with additional paper towels; microwave on high 3-4 minutes or until partially cooked but not crisp. Place chicken in a small bowl; sprinkle with steak seasoning and toss to coat. Wrap a bacon piece around each chicken cube; secure with a toothpick. Place on a parchment-lined baking sheet. Bake 10 minutes. If desired, add horseradish to barbecue sauce; brush over wrapped chicken. Bake until chicken is no longer pink and bacon is crisp, 5-10 minutes longer. Bacon, BBQ sauce, chicken

Bacon, BBQ sauce, & Chicken are available at the Maple Heights Food pantry while supplies last.



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!

- Jan 19th | Feb 16th | March 17th
 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



Groovy Movies 9:45 AM

January Movies - 2nd Floor—Featuring Sandra Bullock



Friday, January 13th - The Blind Side

The story of Michael Oher, a homeless and traumatized boy who became an All-American football player and first-round NFL draft pick with the help of a caring woman and her family.

7.6/10 (2009)



Friday, January 27th - Gravity

Two astronauts work together to survive after an accident leaves them stranded in space.

7.7/10 (2013)



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.



The Next Lutheran Church Dinner - January 26, 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.