

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

May 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

MAY ACTIVITIES AT A GLANCE

- MAY 1: Chair Volleyball 9:45
- MAY 1: Friendship Circle 11:00
- MAY 4: Bingo 10:00 
- MAY 5: Movie - Kindergarten Cop
- MAY 8: Chair Volleyball 9:45
- MAY 8 : Friendship Circle 11:00
- MAY 9: Site Council Meeting 10:30
- MAY 9: May Birthday's Noon
- MAY 10 : Bunco 10:00 
- MAY 10: Kings & Queen Give-a-way
- MAY 11: Mind Challenge 9:30 AM
- MAY 11: Health Screen UH Hosp. 10:45
- MAY 12: Mother's Day Garden Party
- MAY 15: Chair Volleyball 9:45
- MAY 15: Friendship Circle 11:00
- MAY 16: Backyard Composting 10:30 AM
- MAY 17: DSAS Benefits Check up
- MAY 18: Mobile Market 9:30 - 11:30
- MAY 18: Mind Challenge 1:00 PM
- MAY 19: Older Americans—Line Dancing
- MAY 22: Chair Volleyball 9:45 AM
- MAY 22: Friendship Circle 11:00
- MAY 23: Have a Laugh Presentation
- MAY 24: Book Lovers Club 10:00
- MAY 25 : Mind Challenge 1:00 PM
- MAY 25: Lutheran Church Meal 5:00 PM
- MAY 26: Movie - Hidden Figures
- MAY 29: Memorial Day—Closed
- MAY 30: Site Council Meeting 10:30
- MAY 31: General Meeting 11:00



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

Linda

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.**

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



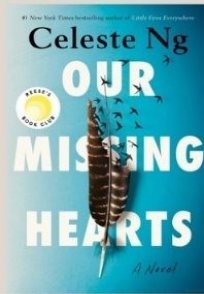
ROBERT "THE LINE DANCE KING"
WILL BE PERFORMING DURING THE BAND BREAKS FOR ALL 4 EVENTS

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

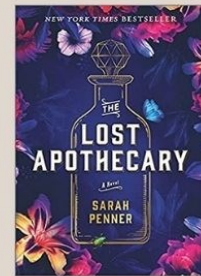


Join us for a monthly book discussion at
 Maple Heights Senior Center
 Every 4th Wednesday of the month at 10:00 AM

The Book Lovers Club



May 24, 2023



June 28, 2023

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 SHE 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

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.

Pick up for The Lost Apothecary will be May 24, 2023, the discussion session will be Wednesday, June 28, 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 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, May 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.

April Birthday's

On Tuesday, April 11th, 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 Care
 for providing the fresh cupcakes!**

HAPPY BIRTHDAY!!!



Marylou Harmon 04/05 Jeanette Tamulewicz 04/10

Betsy Wolf 04/15

Audrey Brandon 04/28

Thank you for your donations!

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



Audrey Brandon, Laura Dusiak, Carolyn 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

Breakfast in Bed for Mom - Prosciutto Egg Tarts

Ingredients:

- 1 tbsp. unsalted butter, plus more for muffin pan
- 1/2 shallot, chopped
- 4 c. baby spinach, chopped
- 6 large eggs
- 1 1/2 c. heavy cream, Kosher salt and freshly ground black pepper
- 12 Slices prosciutto
- 6 oz. Gruyère or Cheddar, grated (about 1 1/2 cups)



Directions:

1. **STEP 1** Preheat oven to 375°F. Lightly butter a 12-cup standard muffin pan. Melt butter in a medium skillet over medium heat. Add shallot and cook, stirring occasionally, until softened, 1 to 2 minutes. Add spinach and cook, stirring, until wilted, 4 to 5 minutes; cool.
2. **STEP 2** Whisk together eggs and cream in a bowl. Season with salt and pepper. Line cups of prepared muffin pan with prosciutto, dividing evenly. Top with Gruyère, dividing evenly. Top with spinach mixture, dividing evenly. Pour egg mixture over cheese and spinach, dividing evenly. (Do not worry if some of the egg goes behind the prosciutto.) Bake until slightly puffed and golden brown, 15 to 20 minutes. Serve immediately.

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!

- 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
May 17, 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 • 216-420-6700





BACKYARD COMPOSTING 101

GET THE DIRT ON BACKYARD COMPOSTING!
LEARN THE SCIENCE OF COMPOSTING AND RECEIVE
HOW - TO - COMPOST INSTRUCTIONS.

CITY OF MAPLE HEIGHTS SENIOR CENTER
15901 LIBBY ROAD | MAPLE HEIGHTS

ONE HOUR | FREE | OPEN TO THE PUBLIC



TUESDAY, MAY 16, 2023
STARTING AT 10:30 AM



Groovy Movies 9:45 AM

May Movies - 2nd Floor



Friday, May 5th - Kindergarten Cop

A tough cop must pose as a kindergarten teacher in order to locate a dangerous criminal's ex-wife, who may hold the key to putting him behind bars.

6.2/10 (1990)



Friday, May 26th - Hidden Figures

The story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program.

7.8/10 (2016)



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

CELEBRATE OLDER AMERICAN'S MONTH



WITH ROBERT JOHNSON - THE LINE DANCE KING

Friday, May 19, 2023 from 10:30 - 11:30 AM
at the Maple Heights Senior Center



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.



2023 Mind Challenge Team Formation Competition

What is The Mind Challenge for the New Majority? It is a trivia tournament for active seniors and baby boomers (50+) representing 36 cities/senior centers. This year marks the fifth year after a tremendously successful inaugural campaign in 2019.

The Maple Heights Mind Challenge Team will play the practice round on Thursday, May 11th at 9:30 AM. at the

Bedford Senior Center

**124 Ellenwood Rd
Bedford, OH 44146**

Maple Heights can have more than one team, but no team can be larger than 6 people.

After the practice round the Maple Heights team(s) will compete at the Bedford Senior center for the next 2 Thursday's on May 18th and Thursday, May 25th at 1PM. The 2 week combined score will determine which team will move on to the June 7th round of competition. The Bedford facility winner will play the Brecksville facility winner.

If the Maple Heights team(s) qualifies for the Fact Finding Six (Semi Finals) round that will be held on Tuesday, June 13th and Finals on Wednesday, June 14th at the Middleburg Heights Community Center 16000 E. Bagley Rd., Middleburg Hts.

For more information and to keep track on how the teams are doing visit: <https://themindchallenge.com/>

You are cordially invited to the
**Mother's Day
Garden Party**

JOIN US FOR A MOTHER'S DAY GARDEN PARTY ON
FRIDAY, MAY 12TH, STARTING AT 10:00 AM
MAPLE HEIGHTS SENIOR CENTER
IN HONOR OF MOTHER'S EVERYWHERE!

EACH GUEST WILL RECEIVE A CARNATION AS YOU ENTER THE
SENIOR CENTER. DONATED BY DARIUS WILLIAMS FROM
DEDICATED SENIOR MEDICAL CENTER.

WE WILL BE SERVING ICED TEA, LEMONAID AND FINGER
SANDWICHES. DONATED BY LISA OGRIN FROM SUNRISE
POINTE.

WEAR YOUR MOST AUTHENTIC GARDEN OUTFIT INCLUDING
SUN HATS. THERE WILL BE A FASHION SHOW AND CONTEST
FOR THE MOST AUTHENTIC GARDEN PARTY OUTFIT. COUNCIL
PRESIDENT RON JACKSON WILL PROVIDE THE GIFT CARDS FOR
THE TOP 3 WINNERS.

KIMBERLY HARSH, COMMUNITY OUTREACH SPECIALIST WITH
DEVOTED HEALTH PLANS WILL BE BRINGING ALL THE
SUPPLIES YOU NEED TO MAKE YOUR OWN HERB GARDEN.

OUR SENIOR SITE COUNCIL WILL BE BRINGING GUESSING
GAMES AND THEY WILL BE SELLING 50/50 RAFFLE TICKETS.

TO FINISH THE MOTHERS DAY CELEBRATION, WE WILL RAFFLE
OFF THE FLORAL CENTERPIECES ALSO DONATED BY LISA
OGRIN FROM SUNRISE POINTE.