

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



GOLDEN MAPLE LEAVES



Message from the Director of Human Services, Linda Vopat

Nights are getting a little cooler, children are heading back to school and as you are reading this, we are less than two weeks from the Cleveland Browns Home Opener on September 10! Where does the time go? It seems like just yesterday we were looking forward to warm weather, Music in the Park and the Guardians making a run at the pennant.

There is so much to look forward to in September. The last holiday that triggers the end of summer, Labor Day is coming up on September 4, 2023. President Grover Cleveland made it a federal holiday in 1894 to celebrate American workers. It has deep roots in the 130 years of the labor movement and its efforts to improve working conditions in America.

The City of Maple Heights is hosting a Shred Day on Saturday, September 9th from 9:00 to Noon at St. Andrews on Maple Park Drive. Time to clean out those old papers and dispose of them in a safe, secure manner.

The new senior living facility, Beacon Grove, is coming along right on schedule. It should be completed by the end of the year. Jennings has scheduled several community meetings to share information and answer questions. Check in the newsletter for dates, times and locations.

Another exciting upcoming event is the Joint State of the Maple Heights City Schools and the City of Maple Heights. Make plans to attend this informative evening on September 26, 2023 from 5:30 PM to 7:00 PM at Milkovich Middle School.

Those of you who live in District 6 in Maple Heights, remember there is a primary election on September 12, 2023 in your area. Polls are open from 6:30 AM until 7:30 PM. If you need a lift to the polls, call us at 216-587-9600 to schedule a ride.

Sunday September 10, 2023 is Grandparents Day. This is a day to pause and remember older adults for the wisdom and love they share with their grand and great grand-children. Whether you have grandchildren or simply act as a grand-friend to someone, please know you are loved and appreciated for all you do.

Director of Human Services

Linda M. Vopat

Senior Center: 216-587-5481

Meal Reservations: 216-587-0015

Fax: 216-587-9069

Transportation Reservations:

216-265-1489

Maple Heights Office on Aging

15901 Libby Road

Maple Heights, Ohio 44137

Members of City Council

President of Council—Ron Jackson

216-663-0995

District 1 - Stafford L. Shenett Sr.

216-256-3182

District 2 - Toni Jones

216-650-5409

District 3 - Timothy Tatum

216-810-6075

District 4 - Dana Anderson

216-316-8822

District 5 - Tanglyn Madden

216-346-5098

District 6 - Richard Trojanski

440-447-0742

District 7 - Edwina Agee

216-323-8829



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

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.**

Beacon Grove Apartments

Scheduled to open this winter!



Please join us for one of our informational meetings to learn more about these new affordable apartments coming to Maple Heights!

- Tuesday, **September 19, 2023** at 10:30a.m.
Maple Heights Senior Center: 15901 Libby Road in Maple Heights, Ohio
- Tuesday, **September 19, 2023** at 6:00p.m.
Auditorium at Jennings: 10204 Granger Road in Garfield Heights, Ohio
- Saturday, **September 23, 2023** at 10:00a.m.
Auditorium at Jennings: 10204 Granger Road in Garfield Heights, Ohio
- Monday, **September 25, 2023** at 6:30p.m.
Maple Heights Library: 5225 Library Lane in Maple Heights, Ohio
- Wednesday, **September 28, 2023** at 1:00p.m.
Maple Heights Senior Center: 15901 Libby Road in Maple Heights, Ohio
- Thursday, **September 28, 2023** at 3:00p.m.
Auditorium at Jennings: 10204 Granger Road in Garfield Heights, Ohio



At these meetings, Jennings staff will provide information about:

- Details of Beacon Grove Apartments' features and available apartments
- Age and income guidelines for prospective applicants
- Application process, rates and timeline

Meetings will last approximately one hour, and each meeting will present the same information. **No reservation is necessary.**

216.581.2900
www.beacongrove.org



Farmers Market

Maple Heights Senior Center

15901 Libby Road | Maple Heights | 216.587.5481



**Redeem your Coupons!
Open to the Public (Cash Only)**

Farmers Market Dates

at the Maple Heights Senior Center

from 10 AM to 11 AM

Cossel Farms, Inc.
Tuesday, September 5th
Tuesday, October 3rd

Cossel Farms, Inc.

from 10:30 AM to Noon

Front9 Farm
Wednesday, September 20th
Wednesday, October 18th



Groovy Movies 9:45 AM

September Movies - Front Room
Featuring Denzel Washington



Friday, September 8th - Fences

7.2/10(2016)

A working-class African-American father tries to raise his family in the 1950s, while coming to terms with the events of his life. .



Friday, September 22nd - Flight

7.3/10 (2012)

An airline pilot saves almost all his passengers on his malfunctioning airliner which eventually crashed, but an investigation into the accident reveals something troubling



Snacks will be provided, sponsored by 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.



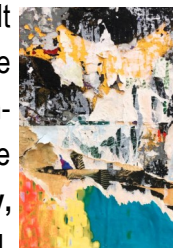
Medicare 101 with Demetrius Holmes CVS

Medicare Open enrollment is just around the corner! Open enrollment is the time when you are able to switch Medicare health and prescription plans. The Medicare open enrollment period runs from October 15th – December 7th. In order to get you prepared, Demetrius Holmes from the Medicare Support Center at CVS will be here to present a Medicare 101 informational program on **Friday, September 15th at 10:00 AM**. If you would like to stay for lunch, please order on Tuesday, September 5th or Wednesday morning, September 6th.



Torn Paper Collage Art—Craft with Laurie - Part 2

What is torn paper Collage art? Torn paper collage art is a technique that has been around for centuries. It is a common method of using torn bits of a variety of papers to create shapes, and to add color and texture to art. It can be used to create realistic images like portraits or abstract art. Last month many of our seniors joined Laurie at the Maple Heights Senior center and made their special torn paper collage art. Laurie is doing a "part 2" of your torn art session, which will be a little more advanced. This craft will be on **Friday, September 29th starting at 10:00 AM**. All the other supplies will be provided by the Senior Site Council. Join us for this fun craft! If you missed last months craft class it is not too late to still join in this one!



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.



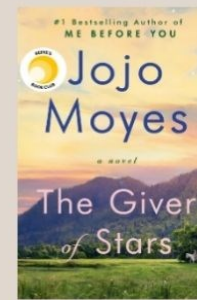
Senior Employment Service

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

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



September 27, 2023

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

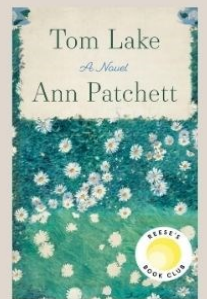
ALICE WRIGHT MARRIES HANDSOME AMERICAN BENNETT VAN CLEVE, HOPING TO ESCAPE HER STIFLING LIFE IN ENGLAND. BUT SMALL-TOWN KENTUCKY QUICKLY PROVES EQUALLY CLAUSTROPHOBIC, ESPECIALLY LIVING ALONGSIDE HER OVERBEARING FATHER-IN-LAW. SO WHEN A CALL GOES OUT FOR A TEAM OF WOMEN TO DELIVER BOOKS AS PART OF ELEANOR 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.

WEDNESDAY, OCTOBER 25, 2023
 TOM LAKE BY ANN PATCHETT

TOM LAKE IS A MEDITATION ON YOUTHFUL LOVE, MARRIED LOVE, AND THE LIVES PARENTS HAVE LED BEFORE THEIR CHILDREN WERE BORN. BOTH HOPEFUL AND ELEGIAC, IT EXPLORES WHAT IT MEANS TO BE HAPPY EVEN WHEN THE WORLD IS FALLING APART. AS IN ALL OF HER NOVELS, ANN PATCHETT COMBINES COMPELLING NARRATIVE ARTISTRY WITH PIERCING INSIGHTS INTO FAMILY DYNAMICS. THE RESULT IS A RICH AND LUMINOUS STORY, TOLD WITH PROFOUND INTELLIGENCE AND EMOTIONAL SUBTLETY, THAT DEMONSTRATES ONCE AGAIN WHY SHE IS ONE OF THE MOST REVERED AND ACCLAIMED LITERARY TALENTS WORKING TODAY.

Pick up for Tom Lake will be on September 27, 2023
 The discussion session will be Wednesday, October 25, 2023
 at the Maple Heights Senior Center.

Sponsored by the Cuyahoga County Public Library, Maple Heights Branch



October 25, 2023



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
September 20, 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



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, September 7th



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 of people 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 addition \$5 gift card prizes for all 4 winners each month Each player will have their own set of die to play. This is fun game for all!



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.

August Birthday's

On Tuesday, August 8th , 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
Sunrise Pointe
for providing the fresh cupcakes!**

HAPPY BIRTHDAY!!!



- | | |
|---------------------|-----------------------|
| Sharon Dunlap 8/2 | Annie Jones 8/7 |
| Raymond Gaiduk 8/9 | Bernice Kopczyk 8/11 |
| Alicia Hardy 8/12 | Lynette Maistros 8/13 |
| Aubrey Hughley 8/22 | Juanita Womack 8/28 |
| Ozie Clark 8/29 | Carol Hromadka 8/30 |

Thank you for your donations!

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

Jeanette Daggett, Gayle Holman, Carol Hromadka, Holly Miller, Caroline Smith, Ethel Stuplinski, Kay Zielinski



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

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.

Blackberry Smoothie Demo - Marymount Place - Thursday, September 21st

The first day of Fall is Saturday, September 23rd lets celebrate with a Smoothie demo sponsored by Marymount Place. **On Thursday, September 21st** there will be a Blackberry Smoothie demo with a recipe for you to take home. Once the demo is complete each person will enjoy this wonderful end of summer treat for desert after lunch.

Blackberries are considered a Fall fruit. Blackberries are a superfood with beneficial vitamins, minerals, fiber, and antioxidants. They're low in calories, carbs, and fat. Blackberries may even fight cancer and help prevent heart disease. Blackberries offer many health benefits. They're full of vitamins and minerals like C, K, and manganese, high in fiber, and may boost brain health.

Here is a quick and easy smoothie recipe for you to enjoy at home:

1 cup fresh blackberries, 1/2 of a Frozen banana, 1/2 cup of plain Greek yogurt , ice, 1/2 cup of unsweetened almond milk, and liquid stevia. Blend and enjoy!



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, September 1st from 10:30 - 11:30 AM

sponsored by Oak Street Health.



SCAMO

SCAM SQUAD

Scamo is a fun, bingo-style game that teaches you how to spot, avoid and report current scams.

Learn about how to handle robocalls, dodge common scams and what agencies are working to protect residents with the Cuyahoga County Department of Consumer Affairs!

Date: Wednesday, September 6th

Time: 10:30am-11:30am

Place: Maple Heights Senior Center
15901 Libby Rd.
Maple Heights, Ohio 44137

Sponsored By: Maple Heights Senior Center

Questions or need more info? Reach out to Drew Thomas:

216-443-7167 (Office)

216-543-8316 (Cell)

dthomas01@cuyahogacounty.us