

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

August 2023



GOLDEN MAPLE LEAVES



Message from the Director of Human Services, Linda Vopat

Many of you have been asking about the activity you have observed in the retail business areas in the City of Maple Heights and the new housing activity. So I contacted our Planning and Development Director, Joe Duffy, for an update to share with you.

The restaurant and food industry is finding Maple Heights to be a great place to call home. Recently, the grand opening of the Red Velvet Cake at 21350 Libby Road in Southgate USA was held. Stop in and try one or two of their red velvet or key lime specialties.

At 17090 Broadway Avenue, the City welcomed the Gift of Faith Latin Kitchen. They offer authentic Latin specialties as well as American fare for your dining pleasure. Earlier this year, Taste of Kingston opened at 6172 Dunham Road in the Turney Dunham Plaza. They serve authentic Jamaican food made fresh daily. They also have an array of Soul Food selections. Give them all a try and welcome them to Maple Heights.

A new restaurant/lounge named Heir at 16941 Broadway Avenue recently opened. They provide an extensive menu with a touch of soul. A Chipotle Mexican Restaurant at 5501 Warrensville Center Road is under construction and will open soon.

The new housing market is doing brisk business in Maple Heights as well. There are 11 new single family homes in the works through the City Land Bank. These are either under construction or pending final approval. There are at least 2 other new homes on the private market nearing completion on Clement and Rockside. These new investments in our City are a sign of great things to come and as Mayor Blackwell likes to say, "We are winning."

Please remember there is a special election on Tuesday August 8, 2023. The only item on the ballot is State Issue 1. Do your research and cast an informed vote. If you need a ride to the polls call 216-587-9600 and reserve your ride.

The weather experts are predicting some very unusually hot temperatures coming our way in the next few weeks. Make sure to check out the tips inside the newsletter about hot weather and seniors. As always, we want you to stay safe and healthy during this time.

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

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

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.**

HealthinAging.org

Trusted Information. Better Care.

Expert Information from
Healthcare Professionals Who
Specialize in the Care of Older Adults

TIP
SHEET

Hot Weather Safety Tips for Older Adults

While summer brings us warmth and bloom, prolonged exposure to excessive heat in summer months can be dangerous. This is especially true for older adults. Every summer, more than 600 Americans die of health problems caused by excessive heat and humidity. Older adults and individuals with chronic medical conditions are at high risk of developing heat-related illnesses, because of aging-related physical changes in the body, chronic health conditions, and even effects of taking some medications.

Staying Safe When It's Too Darn Hot

80°

When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool.

■ **STAY AWAY** from direct sun exposure as much as possible. If possible, plan your outdoor activities either early in the morning or when the sun starts to set.

■ **STAY HYDRATED.** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.

■ **DRESS APPROPRIATELY.** Whenever you can, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they may absorb heat. Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.

■ **AIR CONDITIONING** is your friend in summer. Spend as much time as possible in air conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned. For example, you may read a book at the library, walk around in indoor malls, watch that new movie at the theater, or meet your friends at the senior center. (Note: The federal Low-Income Home Energy Assistance Program (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. To reach your state's LIHEAP program, call 1-866-674-6327.)

■ **DID SOMEONE SAY SUNBURN?** Buy a broad spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher. Apply the sunscreen liberally to all exposed skin. Also, bugs are abundant in summer, so spray insect repellent when going outdoors.

■ **COOL DOWN!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

Join us for a **free presentation** about kidney health.

Wonder why 33% of the cars are orange? **Kidneys.**

One third of all adults in the United States are at risk for kidney disease. That's like saying 1 out of every 3 drivers on a busy highway is at risk.



NATIONAL KIDNEY FOUNDATION®

YOUR KIDNEYS
and you.

Whether you think you're at risk or not, join us to learn about:

- What kidneys do
- How to stay healthy and protect your kidneys
- How kidney disease impacts people
- COVID-19 and kidney health
- and much more!

JOIN US!

THURSDAY, AUGUST 24, 2023
10:30am—11:30am ET

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

For more information, contact:
Leah Adams | leah.adams@kidney.org | 440-465-0245



THIS EVENT IS OPEN TO THE PUBLIC, REGISTRATION IS NOT REQUIRED.



Groovy Movies 9:45 AM

August Movies - Front Room
Featuring Tom Hanks



Friday, August 11th - A Man Called Otto

7.5/10 (2022)

Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around.



Friday, August 25th - Forest Gump

8.8/10 (1994)

The history of the United States from the 1950s to the '70s unfolds from the perspective of an Alabama man with an IQ of 75, who yearns to be reunited with his childhood sweetheart.



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.



Fair Housing Presentation

The Fair Housing Center is a nonprofit organization located in Cleveland who serves and educates the residents of Cuyahoga County. During our presentation, the Fair Housing Center will provide information for homeowners and renters on Fair Housing Law rights and responsibilities.

Emily Martin, Communications & Outreach Specialist at the Fair Housing Center will be coming to the

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



on **Tuesday, August 15th at 10:30 AM**. She will have giveaways available and she will raffle off a \$25 gift card to Giant Eagle supermarket for those who attend. Please be sure to join us for this informative presentation.

This event is open to the public | Reservations are not required

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

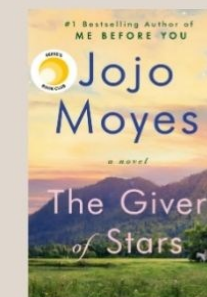
Employment opportunities are available through various Senior employment services. The following agencies offer some kind of assistance for employment opportunities.

- 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

Discussion
Recess



August 23, 2023

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.

Pick up for The Giver of the Stars started on July 26, 2023 and will be available through August, 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



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
August 16, 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, August 3rd



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.

July Birthday's

On Tuesday, July 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
Sunrise Pointe
for providing the fresh cupcakes!**

HAPPY BIRTHDAY!!!



Venessa Lawrence 7/3
Caroline Smith 7/6
Elliot Gully 7/21
Flora Jackson 7/24
Ruth Kopczyk 7/29

Alice Horak 7/3
Diane McGiboney 7/9
Delores Clark 7/24
Mark Gabor 7/25
Robert Kish 7/29

Thank you for your donations!

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

Audrey B., Gayle H., Bernadette W., Holly M., Elliot G., Janice D., Ethel S., Gail S.



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

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.

Torn Paper Collage Art - Craft with Laurie - August 18th

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. The torn paper technique is popular in scrapbooking, card making, and fine art work. It can be used to create realistic images like portraits or abstract art. Bring in your old magazines to pick from, to inspire you to make your own torn art. Laurie at the Maple Heights Senior center will show you how to make your special torn paper collage. This craft will be on Friday August 18th starting at 10:00 AM. All the other supplies will be provided by the Senior Site Council. Join us for this fun craft!



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, August 4th from 10:30 - 11:30 AM sponsored by Oak Street Health.



CITY OF MAPLE HEIGHTS MUSIC IN THE PARK 2023 SERIES

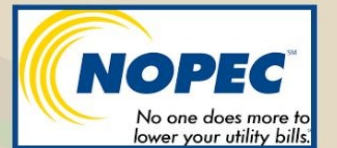
TUESDAY, AUGUST 8TH
FORECAST
6:30 - 8:30 PM



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

