

## 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



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 - Tina Stafford-Marbury  
216-990-4850

District 7 - Edwina Agee  
216-323-8829



## Food for Thought... Maple Heights Food Pantry

### Hours

Tuesday's from Noon – 3 PM

Wednesdays from 9 AM – Noon

Thursdays, from 4:30-7:30 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

March 21st | April 18th

May 16th | June 20th

July 18th | August 15th | September 19th

October 17th | November 21st | December 19th

### 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. **For the Traditional OAA Menu Providers, Consumers will have additional choices starting in 2024. in addition to a choice between 1% milk and buttermilk, consumers now have the option to request calcium fortified juice. The Calcium fortified juice will not replace fruit or juice in the meal. Also, additional cold plate and boxed lunch option are available. The "V" on the menu is for Vegetarian boxed lunch the CF on the menu is Chef Salad.**

**Vegetarian/Cheese Boxed Lunch:** 2oz Cheese on whole grain white bread (2), 1 pc mustard, 1/2c potato salad, 4oz. Juice, 1 medium orange, 4oz fruited yogurt, 8 oz milk.

**Chef Salad Cold Plate:** 1 hard boiled egg, sliced, 1oz ham slices, 1oz cheddar cheese cubes, 1 cup spring lettuce mix, 1/2 cup cucumber slices, grapes, tomatoes, shredded carrots, 1/2 Cup fruit or whole piece of fruit that is on the hot meal menu, Ranch Dressing packet, 1oz WG Breadsticks, 1oz cereal bar, 8 oz Milk



# SOLAR ECLIPSE

## Presentation

Monday, April 8, 2024

10:30 - 11:30 AM

Maple Heights Senior Center

15901 Libby Rd.

Maple Heights, Ohio 44137

Join us at the Maple Heights Senior Center to explore the experience of a total solar eclipse and learn about the mechanics of eclipses, presented by Meteorologist Bryan Shaw. Get a pair of Helioclipse glasses for safe viewing, when the peak spectacle occurs at 3:13 pm and will last up to 4 minutes, 28 seconds. Enjoy Capri Sun pouches and Sun Chips too!

Helioclipse glasses and Sun themed treats sponsored by the  
Maple Heights Senior Site Council and Marymount Place.  
While Supplies Last!



This event is open to the public

# AARP<sup>SM</sup>

## Tax-Aide<sup>TM</sup>

AARP is in the process of providing the free income tax service for seniors and low-income individuals at the Maple Heights Senior Center for the 2023 tax season. AARP Tax preparers are available for in-person tax preparation every Monday through April 8<sup>th</sup>. Please call 216-587-5481 to schedule your appointment as soon as possible. **There are only a few appointments left on Monday, April 8<sup>th</sup>.** All other dates have been booked. Please call 216-587-5481 to schedule your appointment. Available time slots are every hour from 9:00 AM to 1:30 PM.

When you come to the Maple Heights Senior Center, be sure to bring a driver's license or photo ID, your social security card, your tax documents for 2023, and your previous year's tax returns. Plan to arrive 10 to 15 minutes early if possible to allow time to fill out required paperwork.

**At this time masks are optional. If you don't feel comfortable coming without a mask, please feel free to wear them.**

### Family Favorite Recipes Needed

A family recipe is like a time machine. One taste instantly transports you back to a time and place in your life when food brought family's together. It could have been a picnic, a holiday celebration, a family dinner—or maybe the recipe brings you back to your mother's or grandmother's kitchen. These tiny time machines not only provide information on foods your family has enjoyed for generations, but they have the potential to create memories for generations to come.

The Maple Heights Seniors would like to start compiling your "Family Favorite Recipes" to collect in a recipe box. Large index cards will be available on Friday, March 1st. Bring in your favorite family recipe to put in the box. Several copies of your recipe will be made for you to share. If you need a recipe you can take one home to try! A great way to share your family's recipe's and traditions.



## Groovy Movies 9:45 AM

March Movie's - Front Room



### Thursday, March 14th - Angela's Ashes 7.3/10 (1999)

An Irish Catholic family returns to 1930s Limerick after a child's death in America. The unemployed I.R.A. veteran father struggles with poverty, prejudice and alcoholism as the family endures harsh slum conditions.



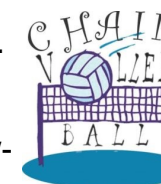
### Thursday, March 21st - The Easter Parade 7.3/10 (1948)

A nightclub performer hires a naive chorus girl to become his new dance partner to make his former partner jealous and to prove he can make any partner a star.



### 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.

### 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.



### 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:	1-216-696-2719
Western Reserve Area Agency on Aging:	1-216-621-8010
Suicide & Crisis Lifeline	988
First Call for Help	211

### Hot Meals Program

The Maple Heights Lutheran Church of the Covenant will be offering a FREE Hot Meal on the 4th 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 \$3.00 round trip, for Medical and Shopping Trips. \$1.00 each way remains the same to the Senior Center .**

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.



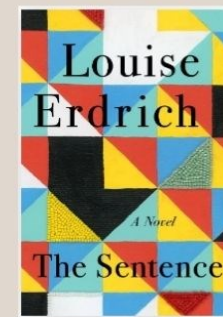
### Senior Employment Service

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



March 27, 2024

**Wednesday, March 27, 2024**  
**The Sentence by Louise Erdrich**

A small independent bookstore in Minneapolis is haunted from November 2019 to November 2020 by the store's most annoying customer. Flora dies on All Souls' Day, but she simply won't leave the store. Tookie, who has landed a job selling books after years of incarceration that she survived by reading with murderous attention, must solve the mystery of this haunting while at the same time trying to understand all that occurs in Minneapolis during a year of grief, astonishment, isolation, and furious reckoning.

**Wednesday, April 25, 2024**  
**Someone Else's Shoes by Jojo Moyes #1 New York Times Bestselling Author of "The Giver of Stars"**

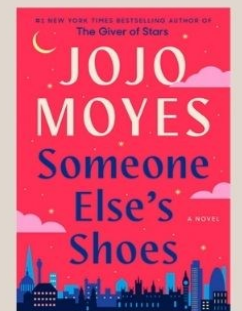
"Nisha Cantor lives the globetrotting life of the seriously wealthy, until her husband announces a divorce and cuts her off. Nisha is determined to hang onto her glamorous life. But in the meantime, she must scramble to cope--she doesn't even have the shoes she was, until a moment ago, standing in.

That's because Sam Kemp – in the bleakest point of her life – has accidentally taken Nisha's gym bag. But Sam hardly has time to worry about a lost gym bag--she's struggling to keep herself and her family afloat. When she tries on Nisha's six-inch high Christian Louboutin red crocodile shoes, the resulting jolt of confidence that makes her realize something must change—and that thing is herself.

Full of Jojo Moyes' signature humor, brilliant storytelling, and warmth, Someone Else's Shoes is a story about how just one little thing can suddenly change everything."

Pick up of "The Sentence" will be on or after the February 28, 2024.  
The discussion Session will be on Wednesday March 27, 2024  
at the Maple Heights Senior Center

Sponsored by the Cuyahoga County Public Library, Maple Heights Branch



April 25, 2024



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  
March 20, 2024**

**Maple Heights Senior Center  
15901 Libby Road  
10:00 AM - 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



### 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, March 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 additional \$5 gift card prizes for the winners each month. Please note: the \$5 prize may be substituted if gift cards are not available. Each player will have their own set of die to play. This is fun game for all!



### Medicare Assistance

An OSHIP 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.

### February Birthday's

On Tuesday, February 6th, 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 Nursing Home  
for providing the fresh cupcakes!**

HAPPY BIRTHDAY!!!



Edward Francis 02/04	Thomas Fasick 02/4
2/4 Grace Noble 02/05	Carmella Gramuglia 02/13
Rex Johnston 02/15	William Harris 02/16
Diane Hemphil 02/18	Joe Salvucci 02/25
Janette Daggett 02/27	Betty Puleo 02/28

### Thank you for your donations!

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

Gayle Holman, Marie Sanda, Aubrey Hughley, Laurie Kuehne, Ruth Kopczyk, Genevieve Cercek, Ethel Stuplinski, Caroline Smith, Audrey Brandon



### 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



Please join us at the Maple Heights Senior Center on Monday March 18, 2024 for a traditional St. Patrick's Day Lunch. The lunch will be a Corn Beef sandwich, chips and a pickle. The sandwiches will be made right off the brisket! You will need to order your Corn Beef lunches in advance. The cost of each lunch is \$8.00. The Maple Heights Senior Site Council will be donating \$3.00 towards one lunch for each of our registered congregate meal clients. You pay \$5.00 for your first lunch. If you wish to order more than one lunch, you will need to pay the full \$8.00 for each additional lunch ordered. All lunches must be paid in full by Friday March 15th, so that we may turn in an accurate count. Alpine House will be bringing Shamrock Cookies Please remember to wear green!

### Color Eggs with Bernadette

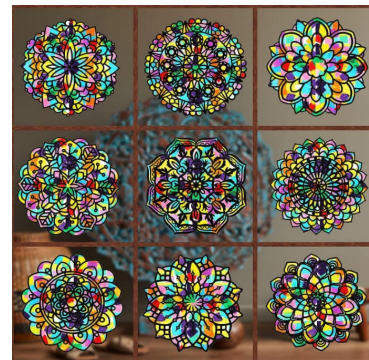


Color Easter Eggs with Bernadette on Tuesday, March 26th starting at 10:30 AM the first 3 eggs are free and then \$1.00 for every 3 eggs after that. PLUS please wear your prettiest Easter Bonnet. All who wear a pretty Easter Bonnet will have their names put in a drawing for a chance to win one of 3 \$10 gift cards. Prizes sponsored by Council President Ron Jackson.



### Mandala Window Suncatchers Craft With Lynn

Make colorful Mandala Window Suncatchers and display it in your window for the spring or in celebration of the upcoming solar eclipse. You will be provided with everything you need to make the suncatchers like the ones pictured. There is a limit of 12 crafters to make this craft. The cost will be \$2.00 per suncatcher. You can make more than one! Each person can make up to 3. The class will be Thursday, March 28th starting at 10 AM. Lynn & Laurie will assist you with this craft.



1370 Victory Drive  
South Euclid, OH 44121  
216-970-0599; careneo.org

## IS A CARE MEMBERSHIP FOR YOU?

[www.careneo.org](http://www.careneo.org)

### WHAT WE DO

We support older adults to age in place with dignity by assisting with completing projects around their homes and properties.

### VOLUNTEER SUPPORT

Volunteers help with completing projects. They are diverse and dedicated individuals, couples, faith-based groups, coworkers, students, youth, families, and friends with a wide array of backgrounds, skills, and abilities.

\*Volunteers do not provide mowing, snow removal, electrical, plumbing, gutter cleaning, housekeeping, or services requiring a professional or the use of a ladder.

### WHO WE SERVE

We serve homeowners who are 60 and older and live in the cities of Cleveland Heights, Highland Heights, Lyndhurst, Maple Heights, Mayfield Heights, Mayfield Village, Solon, and South Euclid.

### SERVICES ARE BASED ON MEMBER NEEDS

Services are available in the categories of yard care, minor painting & repairs, exterior cleaning, home organizing, and safety support.

### MEMBERSHIP BENEFITS

Includes receiving a certain number of services in a one-year period, general information services and support from our partner city social workers and CARE staff.

### 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. 85% of members receive services at no cost.

*\*CARE is supported by foundations and donations.*

**TO BECOME A MEMBER CALL 216-970-0599**