

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

January 18th | February 15th | 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

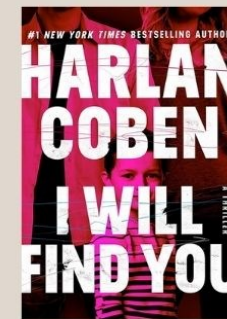
Provides a nutritionally sound hot meal to individuals 60 years of age or older in a friendly atmosphere. **The suggested donation for the meal is \$1.50.** Lunch is served promptly at noon unless otherwise specified. Grab and go lunches are also an option at this time. Meal reservations are made one 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

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



January 24, 2024

WEDNESDAY, JANUARY 24, 2024
I WILL FIND YOU BY HARLAN COBEN

An innocent father serving life for the murder of his own son receives evidence that his child may still be alive, and must break out of prison to find out the truth in #1 New York Times bestselling author Harlan Coben's latest breathtaking thriller.

WEDNESDAY, FEBRUARY 28, 2024
THE TOBACCO WIVES BY ADELE MYERS

North Carolina, 1946. One woman. A discovery that could rewrite history. Maddie Sykes is a burgeoning seamstress who's just arrived in Bright Leaf, North Carolina--the tobacco capital of the South--where her aunt has a thriving sewing business. After years of war rations and shortages, Bright Leaf is a prosperous wonderland in full technicolor bloom, and Maddie is dazzled by the bustle of the crisply uniformed female factory workers, the palatial homes, and, most of all, her aunt's glossiest clientele: the wives of the powerful tobacco executives. But she soon learns that Bright Leaf isn't quite the carefree paradise that it seems. A trail of misfortune follows many of the women, including substantial health problems, and although Maddie is quick to believe that this is a coincidence, she inadvertently uncovers evidence that suggests otherwise. Maddie wants to report what she knows, but in a town where everyone depends on Big Tobacco to survive, she doesn't know who she can trust--and fears that exposing the truth may destroy the lives of the proud, strong women with whom she has forged strong bonds. Shedding light on the hidden history of women's activism during the post-war period, at its heart, *The Tobacco Wives* is a deeply human, emotionally satisfying, and dramatic novel about the power of female connection and the importance of seeking truth.

Pick up of "New Selection" will be on or after the January 24, 2024.
The discussion Session will be on Wednesday February 28, 2024
at the Maple Heights Senior Center

Sponsored by the Cuyahoga County Public Library, Maple Heights Branch

LOOKING FOR A FUN, NEW WAY TO BE MORE ACTIVE?



Bingo + Gentle Exercise = Bingocize®

BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise and content on nutrition. Play bingo, exercise and meet new people.



Maple Heights Senior Center
15901 Libby Rd.
Maple Hts., OH 44137

Sign Up Today!
Call (216) 587-9049
Mondays and Fridays from
10:45am-11:45am,
1/16 – 3/22/2024
20 in person sessions



Call to register at
(216) 587-9049
Tuesdays and Fridays
10:45am-11:45am
1/16 – 3/22/24

20 sessions, 1 hour a session
Fairhill Partners is offering this
Bingocize workshop so you can
have fun and stay healthy!
Bingocize will meet 2x per week
for one hour per session.

We'll play Bingo, exercise
together (seated or standing),
and share useful information
on fall prevention.

Make new friends! Meet
others interested in staying
healthy. Bingocize is proven to
get results!

Groovy Movies 9:45 AM

January Movie - Front Room



Friday, January 12th - The Count of Monte Cristo

7.7/10 (2002)

A young man, falsely imprisoned by his jealous "friend", escapes and uses a hidden treasure to exact his revenge.



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.

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 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

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, January 4th.



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. 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.

December Birthday's

On Tuesday, December 12th, 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 fresh cupcakes!

HAPPY BIRTHDAY!!!



- Marion Payne 12/11
- Ernestine Jones 12/15
- Vivian Paul 12/26

Thank you for your donations!

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

Gayle Holman, Bernice Kopczyk, Ruth Kopczyk, Caroline Smith, Steve Vasas



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