

Program of All-inclusive Care for the Elderly



McGregor PACE

Home Care Plus!

Live At Home. Your Goal. Our Priority!

The PACE model of care includes a specialized trained team of medical professionals that works together to coordinate your medical and socialization needs. PACE gives you peace of mind while you live at home.

Who is Eligible for the PACE Program?

- 55 Years and Older
- Live in Cuyahoga & Lorain Counties
- Meet Level of Care
- Live Safely in the Community



888.895.PACE (7223) • mcgregorpace.org

PACE, Program of All-inclusive Care for the Elderly, provides services that address medical, rehabilitative, social and personal care needs of older adults.

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/>



City of Maple Heights
Maple Heights Senior Center
15901 Libby Rd.
Maple Hts., Ohio 44137

PLACE
STAMP
HERE

Interested in Advertising in the Golden Maple Leaves? Please Call for Details! Like us on Facebook!



GOLDEN MAPLE LEAVES



Message from Linda Vopat, Director of Human Services:

It is hard to believe that as I begin this months newsletter article, we are beginning the last quarter of 2024. To say that this year is flying by is an understatement.

After over 15 years of service to the City of Maple Heights, our Food Service Coordinator, Bernadette Winners retired on August 31, 2024. She played a very important part in the day to day operation of the Senior Center. You were all part of her extended family and she will certainly be missed and thought of fondly.

The day after Labor Day, we welcomed Michael Wells to our Senior Center staff as our new Food Service Coordinator. Michael has a wealth of food service experience from catering to the fast food genre. He is a hometown gentleman and is really looking forward to getting to know all of you. Stop by the kitchen and introduce yourself. Glad to have you with us Michael.

Just a reminder that it seems as if COVID is rearing its ugly head again. Please remember to wash your hands often, use hand sanitizer and wear a mask if it makes you feel more comfortable. If you are coughing, sneezing or have a fever, please stay home until your symptoms have cleared. Check inside the newsletter for information about the availability of flu, COVID,RSV, pneumonia and shingle vaccines at the Maple Heights Senior Center. We want you to stay healthy and safe.

October is Breast Cancer Awareness Month. The Maple Heights Senior Center will be celebrating Wear It Pink 2024 on Friday October 18, 2024. We are inviting you to wear pink clothing or accessories to show your support for breast cancer awareness and research. Drop by to show your support, pick up some potentially lifesaving information and join us for a glass of pink lemonade.

Enjoy the beautiful colors of the Fall season!

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

Tuesdays from Noon – 3 PM
Wednesdays from 9 AM – Noon
Thursdays, from 4:30-7:30 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

Location

St. Andrew Eastern Orthodox Church
16029 Maple Park Drive
Maple Heights, OH

October 17th
November 21st | December 19th

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







Maple Heights Vaccine Clinic

Maple Heights Senior Center
Tuesday, October 29, 2024
10:00AM to 1:00PM

Call 216-587-5481 for More Information

Vaccines offered at no cost with most insurance plans!

-  **Influenza**
-  **COVID-19 (2024-25)**
-  **Pneumonia**
-  **Shingles (Shingrix)**
-  **RSV**

**No Appointment
Needed for Flu or
COVID-19 Vaccines!**



Scan the QR code to sign-up for any other vaccine!

 330.325.6621

 info@neovationsrx.com

 neomed.edu/neovations-rx



Groovy Movies 9:45 AM

October Movies - Second Floor
Halloween Themed Movies



Thursday, October 3rd - Nightmare Before Christmas

7.9/10 (1993)

Jack Skellington, King of Halloween Town, discovers Christmas Town, but his attempts to bring Christmas to his home causes confusion.



Thursday, October 17th - Haunted Mansion

6.0/10 (2023)

A single mom named Gabbie hires a tour guide, a psychic, a priest and a historian to help exorcise her newly bought mansion after discovering it is inhabited by ghosts.



Chair Volleyball

We will play every Monday at the Maple Heights Senior Center starting at 9:45 AM.

We will play for 1 hour. **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.



Podiatry Appointments

Lara S. Poduska, DPM will be available for foot care at the Maple Heights Senior Center. Assignment from Medicare and Medicaid is accepted. Special arrangements can be made for persons on HMO Insurances. Dr. Poduska's office number is 216-662-0027. Please give her a call to schedule your appointment with her at the Senior Center, Ask for Renee.

The next scheduled visit be in Friday, December 13, 2024

Health Screenings - 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 with us the second Thursday of each month. 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.



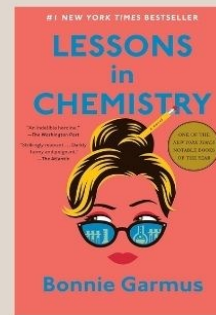
Senior Employment Service

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



October 23, 2024

Wednesday, October 23, 2024
Lessons in Chemistry by Bonnie Garmus

Chemist Elizabeth Zott is not your average woman. In fact, Elizabeth Zott would be the first to point out that there is no such thing as an average woman. But it's the early 1960s and her all-male team at Hastings Research Institute takes a very unscientific view of equality. Except for one: Calvin Evans; the lonely, brilliant, Nobel-prize nominated grudge-holder who falls in love with--of all things--her mind. True chemistry results.

But like science, life is unpredictable. Which is why a few years later Elizabeth Zott finds herself not only a single mother, but the reluctant star of America's most beloved cooking show Supper at Six. Elizabeth's unusual approach to cooking ("combine one tablespoon acetic acid with a pinch of sodium chloride") proves revolutionary. But as her following grows, not everyone is happy. Because as it turns out, Elizabeth Zott isn't just teaching women to cook. She's daring them to change the status quo. Laugh-out-loud funny, shrewdly observant, and studded with a dazzling cast of supporting characters, Lessons in Chemistry is as original and vibrant as its protagonist.

Wednesday, November 20, 2024
A Calamity of Souls by David Baldacci

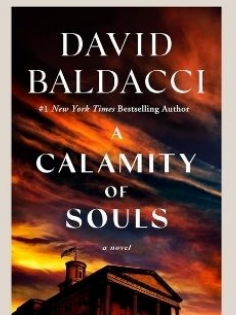
Jack Lee is a white lawyer from Freeman County, Virginia, who has never done anything to push back against racism, until he decides to represent Jerome Washington, a Black man charged with brutally killing an elderly and wealthy white couple. Doubting his decision, Lee fears that his legal skills may not be enough to prevail in a case where the odds are already stacked against both him and his client. And he quickly finds himself out of his depth when he realizes that what is at stake is far greater than the outcome of a murder trial.

Desiree DuBose is a Black lawyer from Chicago who has devoted her life to furthering the causes of justice and equality for everyone. She comes to Freeman County and enters a fractious and unwieldy partnership with Lee in a legal battle against the best prosecutor in the Commonwealth. Yet DuBose is also aware that powerful outside forces are at work to blunt the victories achieved by the Civil Rights era.

Lee and DuBose could not be more dissimilar. On their own, neither one can stop the prosecution's deliberate march towards a guilty verdict and the electric chair. But together, the pair fight for what once seemed impossible: a chance for a fair trial and true justice.

Pick up of "Calamity of Souls" will be on or after October 23, 2024.
The discussion session will be on Wednesday, November 20, 2024
at the Maple Heights Senior Center.

Please note: The November discussion is one week earlier due to the Thanksgiving Holiday
There will be no discussion in December, due to the scheduled Library recess.
Sponsored by the Cuyahoga County Public Library, Maple Heights Branch



November 20, 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
October 16, 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 • 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 Tuesday, October 22nd



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

Marge Bryant, Independent Insurance Advisor will be at the Maple Heights Sr. Ctr. On Thursday, October 10th at 10:30 AM to educate beneficiaries on upcoming changes to Medicare for 2025. Medicare open enrollment begins on October 15th and runs through December 7th. If you have any questions or want to review your medical/drug plans, please make an appointment with Jaimie at 216-587-9049.

September Birthdays

On Tuesday, September 10th, 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
Phoenix formally known as Sunrise Pointe
for providing the fresh cupcakes!**

HAPPY BIRTHDAY!!!



Carolyn Townsend 9/3 Linda Sandefur 9/5 Eleanor Richardson 9/7
Virginia Williams 9/8 Doug Roborecki 9/9 Kenneth Porter 9/10
Velma Cogburn 9/11 Walter Howard 9/13 Ralph Moore 9/15
Gwen McIntyre 9/18 Louis Cranshaw 9/20 Elaine Jackson Wyley 9/21
Thelma Roberson 9/22 Verma Williams 9/24 Karen Borsi 9/25
Ethel Stuplinski 9/27 Rose Vmak 9/27

Thank you for your donations!

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

Caroline Smith, Gayle Holman, Linda Sandefur, 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



The Kent State Mobile Flashes program is a collaboration between Kent State University and Partner organizations to provide screenings and wellness services in our community. They will be coming to the Maple Heights Senior Center on Friday, October 4, 2024 at 10:30 AM for a presentation on fall prevention and will be providing prizes for a fun Bingo game. Please be sure to join us for this fun and informative event.

More information regarding the vaccine Clinic to be held Tuesday, October 29th

On page 10 of this publication there is information regarding vaccine clinic that will be coming to the Maple Heights Senior center from 10:00 AM to 1:00 pm. Please note there is no appointment necessary for Flu and COVID vaccines, but if you wish to receive a Shingles or RSV vaccine you must scan the QR code on the flyer and let them know you are coming. Please also note that all participants will receive either a \$25.00 gift card to Aldi's or a \$10.00 gift card to Bob Evans. While supplies last..



Bid Whist Every Monday & Friday from 1:30 PM - 5 PM

Did you know that we have the Maple Heights Bid Whist players come to the Maple Heights Senior Center to play every Monday and Friday.? They are looking for new players to participate! Don't know how to play? Don't worry, they will teach you.

You are invited to play Bid Whist at the Maple Heights Senior Center! Bid Whist is a **true trick-taking game** for four players in **two partnerships**, where you try to win as many tricks as possible. You don't need a partner, Partners will be provided.

If you are interested in joining this group. Please contact Jennette Raum at 216.410.2574



Take Charge of Your Pain!
Living a Healthy Life With Chronic Pain
In-Person Workshop

Start feeling better and get back to doing the things you love! Chronic pain—pain lasting six months or more from a variety of causes—can cause you to feel irritable, tired, isolated, or helpless, and keep you from doing the things you enjoy. Join an **Chronic Pain In-Person Workshop** and learn proven techniques for safely and effectively managing pain. You'll also learn a safe, no-impact exercise program. You'll receive a *Living a Healthy Life with Chronic Pain* book, *Relaxation CD*, *Exercise CD* and more to guide your progress. Participate in weekly action plans in the class!

Register NOW for a In-Person Chronic Pain Workshop at

Maple Heights Senior Center
15901 Libby Road

Maple Heights, OH 44137

6 Fridays, 9:45-12:15pm, 10/11–11/15/24

Call today to register at (216) 587-9049

Enrollment is open to Seniors!

Dates subject to change based on enrollment •

Space is limited • Workshops being scheduled ongoing



Chronic Pain Self-Management was developed by Stanford University and is licensed by the Self-Management Resource Center. Fairhill Partners is a 501(c)3 nonprofit. Programs are made possible in part by an Older Americans Act Grant from Ohio Department of Aging through Western Reserve Area Agency on Aging, Cleveland Foundation Encore Cleveland Initiative, volunteers & gifts to the Fairhill Partners Annual Fund.