

## 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

## Special November Hours

**Monday, November 25th Only 4:30-7:30 PM**  
 Tuesdays from Noon – 3 PM  
 Wednesdays from 9 AM – Noon  
 Thursdays, from 4:30-7:30 PM, **Closed November 28th**

**Location**  
 17100 Broadway Ave  
 Maple Heights, OH

Phone Number: 216-365-2842 during hours of operation or 216-587-5481

**Due to the Thanksgiving Day Holiday the Maple Heights Food Pantry will be open on Monday, November 25th from 4:30 - 7:30 PM and Closed Thursday, November 28th**

# Maple Heights Mobile Farmers Market

## Fresh Fruits and Vegetables

Hours: 9:30-11:30 AM

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



## Maple Heights Senior Center Annual Nut Fund Raiser

Taking orders for fresh and delicious nuts to Benefit the Maple Heights Senior Center.

All payments are due upon ordering. Please make checks payable to the Maple Heights Senior Advisory Site Council  
 Ordering deadline is Wednesday, November 27, 2024

**NEW THIS YEAR!** People from all over the Country can order from this link!  
 Deadline for online ordering is December 31, 2024

<https://fundraising.kingnut.com/default?afid=45>  
 Affiliate ID is 45

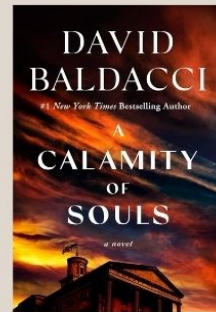
ITEM TOTALS	15.	14.	13.	12.	11.	10.	9.	8.	7.	6.	5.	4.	3.	2.	1.	EXAMPLE: John Smith	YOUR NAME:	YOUR PHONE:	DATE TO RETURN FORM:	Make checks payable to your organization.	ITEM TOTALS
FT																					<b>FESTIVE TIN</b> 15 oz. Tin - \$20.00
RT																					<b>REINDEER TIN</b> 14 oz. Tin - \$20.00
SF																					<b>SNOWFLAKE TIN</b> 11 oz. Tin - \$20.00
CS																2					<b>WHOLE CASHEWS SALTED</b> 10 oz. Bag - \$15.00
CU																					<b>WHOLE CASHEWS UNSALTED</b> 10 oz. Bag - \$15.00
NP																					<b>NATURAL PISTACHIOS</b> 10 oz. Bag - \$15.00
HP																					<b>HONEY PEANUTS</b> 10 oz. Bag - \$11.00
PH																					<b>PECAN HALVES</b> 8 oz. Bag - \$16.00
CP																					<b>CHOCOLATE PEANUTS</b> 11 oz. Bag - \$15.00
CR																					<b>CHOCOLATE RAISINS</b> 12.5 oz. Bag - \$15.00
PS																					<b>CHOCOLATE PRETZEL STICKLETS</b> 9 oz. Bag - \$15.00
DR																					<b>DARK CHOCOLATE RAISINS</b> 12.5 oz. Bag - \$16.00
DA																					<b>DARK CHOCOLATE ALMONDS</b> 11 oz. Bag - \$16.00
MB																					<b>MILK CHOCOLATE MALT BALLS</b> 11 oz. Bag - \$16.00
EM																					<b>FANCY GOURMET NUT MIX</b> 10 oz. Bag - \$15.00
SD																					<b>SNOW DAY TRAIL MIX</b> 11 oz. Bag - \$11.00
CN																					<b>DARK CHOCOLATE NON-PAREILS</b> 11 oz. Bag - \$16.00
SW																					<b>SOUR GUMMI WORMS</b> 10 oz. Bag - \$12.00
GB																					<b>GUMMI BEARS</b> 11 oz. Bag - \$12.00
																					<b>\$45.00</b>
																					<b>AMOUNT DUE</b>





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



November 20, 2024



December Recess

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.

The November discussion session is one week earlier due to the Thanksgiving Holiday  
it will be on Wednesday, November 20, 2024  
at the Maple Heights Senior Center.

Please note: There will be no discussion in December  
due to the scheduled recess.

Sponsored by the Cuyahoga County Public Library, Maple Heights Branch



## Groovy Movies 9:45 AM

November Movies - Second Floor



Friday, November 22nd - Grumpy Old Men

7.0/10 (1993)

A lifelong feud between two neighbors since childhood only gets worse when a new female neighbor moves across the street.

Reviews:

- "Grumpy Old Men" is hilarious and very sentimental. Jack Lemmon and Walter Matthau are great actors and perfect for the parts they played.
- "Grumpy Old Men stands out as a timeless 90s movie featuring the talented trio of Jack Lemmon, Walter Matthau, and Ann-Margret. Witnessing the genuine connection between Jack and Walter as they vie for Ann-Margret's attention on the television screen was truly remarkable. It's a delightful film that promises a great time, so gather your family, prepare some popcorn, and indulge in this enjoyable cinematic experience."



### 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. **Due to a scheduling conflict LaTanya will be here on November 21st.**





### 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 3rd Thursday of the month because of the Holiday. 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



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  
November 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



### Thanksgiving Reflection

Please join us for a Thanksgiving Reflection as we break bread together at the Senior Center on **Wednesday, November 27th at 11:30 AM**. The reflection will be presented by Rev. Erin Bell from Hope Alliance Bible Church. Remember to make your lunch reservations on November 18th & 19th so that you can join this special Thanksgiving Reflection. Hope to see you there!







**Refrigerator Magnet Diamond Painting Craft - Thanksgiving Themed - Limit 12**

Join us at the Maple Heights Senior Center for a fun Thanksgiving themed diamond painting. This a refrigerator magnet that are special shapes . Diamond painting is a craft that involves applying resin rhinestones, also know as drills, to a self adhesive canvas to create a mosaic image. Some say diamond painting is a combination of cross-stitch and paint-by-numbers. Instead of thread or paint, you use colorful resin drills to create an image. The canvas is printed with a design and symbols that indicate where to place each colored drill. You use an applicator pen to pick up the drills and place them on the canvas. **This craft will be on November 5th, starting at 10 AM.**



**Transportation for Voting**

**November 5th is the General Election.** If you need transportation to the voting polls, please call give the Maple Heights Senior Center a call to make arrangements for a ride. For scheduling purposes please call the day before election day at 216.587.5481. Your vote matters! You can make a difference!



**Avon Skin Care Presentation with Vivian Paul**

Please join us for an Avon Skin Care Presentation with our resident Avon Representative Vivian Paul on **Thursday, November 14th at 10:30 AM.** See which brand is best to treat your skin care concerns, Learn about different skin types and which one is yours, Practice a skincare routine and much more! Please be sure to fill out the sign up sheet so that Vivian can bring enough product to try! Also, each person will receive skin care sam-



**Alzheimer's Association Presentation**

The Alzheimer's Association will be coming to the Maple Heights Senior Center on **Tuesday, November 19th at 10:30 AM** to discuss Managing Money: A Care Giver's Guide to Finances. It is never too early to put financial plans in place. This program features tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.



**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, November 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**

Medicare open enrollment began on October 15th and continues 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.



**October Birthdays**

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

HAPPY BIRTHDAY!!!

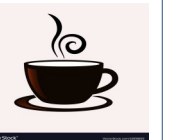


- |                       |                        |
|-----------------------|------------------------|
| Laurie Kuelnle 10/3   | Roosevelt Bishop 10/11 |
| Gail Schroeder 10/11  | Vernon Wyley 10/11     |
| Sandra Snyder 10/13   | Clara Rizzo 10/20      |
| Michael Plon 10/21    | Clinton Leverett 10/22 |
| Palice Courtney 10/27 | James Trenka 10/27     |

**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, Ruth Koczyk, Betty Smith, Gail Schroeder, Jeanette Raum, Jean Lightfoot, Carolyn Mathews, Gloria Gaiduk



**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



## SENIOR COMPANION PROGRAM



The Senior Companion Program at Benjamin Rose Institute on Aging connects older adults aged 55 and older with a trained peer volunteer who can share a friendly conversation, offer companionship and minimize isolation.

**Senior Companion volunteers help their peers with:**

- Running occasional errands
- Staying engaged in enjoyable activities at home or in the local community
- Light meal preparation
- In-person and remote activities

If you are providing care and assistance for a loved one, this program may provide much needed respite to you and other family members and friends.

Could you or someone you know benefit from having a caring companion? For up-to-date information on program eligibility guidelines, please visit our website: [www.benrose.org/senior-companion](http://www.benrose.org/senior-companion).

To find out if you or your loved one is eligible for a Senior Companion, contact **216.791.8000** or email [intake@benrose.org](mailto:intake@benrose.org).

### INTERESTED IN VOLUNTEERING?

Senior Companions provide over 40,000 hours of service each year to older adults in need throughout Cuyahoga County.

For more information on becoming a Senior Companion, contact us at [volunteering@benrose.org](mailto:volunteering@benrose.org) or **216.791.8000**.

216.791.8000

[benrose.org](http://benrose.org)

0405BR1A035

Rebekkah Whelan of Benjamin Rose Institute will be coming to the Maple Heights Senior Center on **Wednesday, November 6<sup>th</sup> at 11:00 AM**. She will present about the Senior Companion Program. The Senior Companion Program at Benjamin Rose Institute on Aging connects older adults aged 55 and older with a trained peer volunteer who can share a friendly conversation, offer companionship and minimize isolation. Join us to learn more about all of the programs and volunteer opportunities through the Benjamin Rose Institute on aging.

# THANK YOU VETERANS

HONORING OUR BRAVE  
**NOVEMBER 12, 2024 11:00 AM**

Join us at the Maple Heights Senior Center for a special presentation from the Cuyahoga County Veterans Service Commission regarding special assistance available to veterans and their spouses. Also, a "Table of Honor" will be set up for Senior members who wish to bring in items i.e. photos, medals etc. honoring veterans you wish to remember. A special treat will be served during lunch to celebrate the event, sponsored by Chef Bailey Gordon from University Hospitals of Bedford.



**University Hospitals**

The Science of Health. The Art of Compassion.

