

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

Happy Valentine's Day

Message from Linda M. Vopat, Director of Human Services

Hope your New Year is off to a wonderful start. So far we have sworn Mayor Blackwell in to her third term as Mayor of Maple Heights, along with one new and two re-elected City Council members, had the first major snow storm of the season, opened the first Chipotle with a drive thru window in Northeast Ohio and it's only the end of January!

We are off to a great start with much more to come. The elevator repair has reached an impasse, but we are hopeful that it will be up and running soon. The new updated signage and sign boards in the Senior Center, thanks to Mayor Blackwell, will be completed soon. It all looks great so far doesn't it?

I wanted to share some information with you concerning additions to our transportation destinations. Beginning February 20, 2024, we will begin transporting you to the new Zaks Supercenter at 22777 Rockside Road in Bedford. We hope this gives you an additional option to fulfill your shopping needs.

Also, on that same day you can start making reservations for doctor appointments at UH Ahuja Medical Center in Beachwood. Again, we want you to have choices in shopping and medical destinations. These new destinations will be included as part of our regular service area.

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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

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

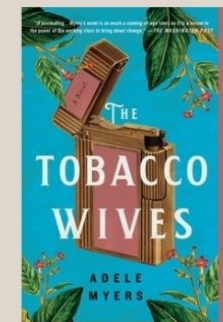
Provides a nutritionally sound hot meal to individuals 60 years of age or older in a friendly atmosphere. **The suggested donation for the meal is \$1.50.** Lunch is served promptly at noon unless otherwise specified. Grab and go lunches are also an option at this time. Meal reservations are made one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



February 28, 2024

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.

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. Toookie, 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.

Pick up of "The Tobacco Wives" 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



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
February 21, 2024**

**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



Groovy Movies 9:45 AM

February Movie's - Front Room
Romance



Thursday, February 15th - Valentine's Day

5.7/10 (2010)

Intertwining couples and singles in Los Angeles break-up and make-up based on the pressures and expectations of Valentine's Day.



Thursday, February 29th - Leap Year

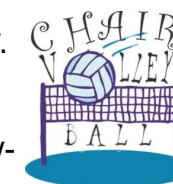
6.4/10 (2010)

The film follows a real estate stager who heads to Ireland to meet her boyfriend on [leap day](#), when tradition holds that women may propose marriage to men on that day. Her plans are interrupted by a series of events and are further complicated when she hires an Irish innkeeper to take her to her boyfriend in Dublin



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 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 \$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

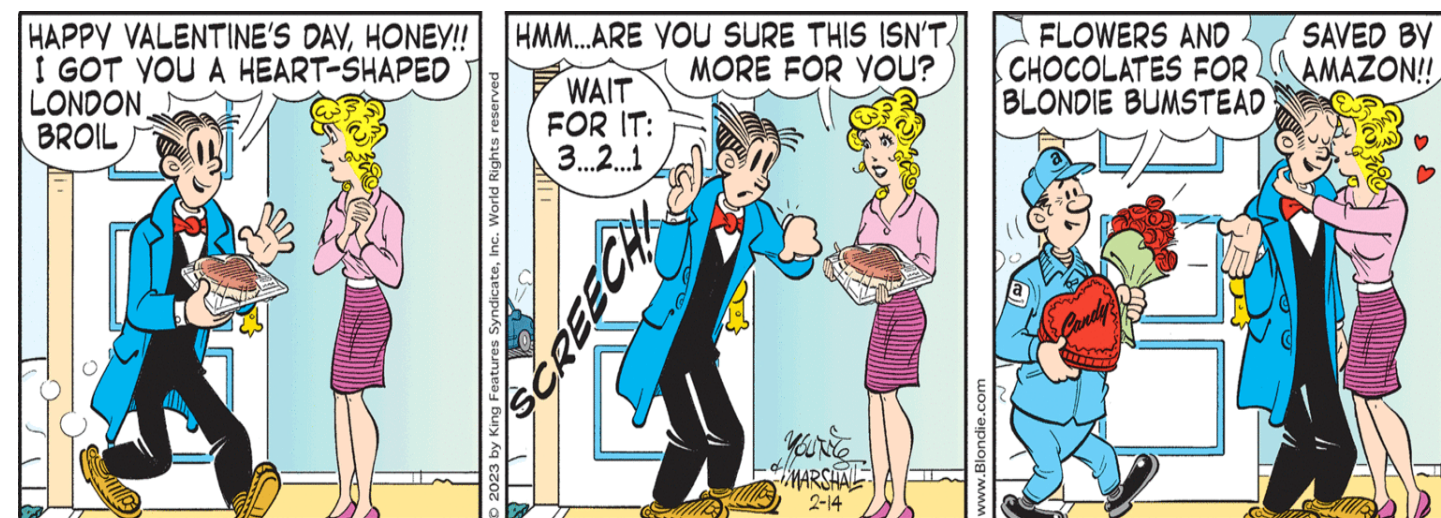
Message from Linda M. Vopat, Director of Human Services. Continued from front page:

Our donation of \$1 each way for transportation has remained the same for many, many years. The cost of fuel, maintenance of our vehicles, call center costs and wages have continued to rise. We are asking you to consider a modest donation increase of **\$3 round trip for medical and shopping trips**. We believe this is a reasonable donation for the door-to-door service you receive. Trips to the Senior Center will remain the same. Of course the choice to donate, as always, is up to you.

As you know, the Senior Center Levy is our main source of revenue along with grant monies and donations. Your lunch and transportation donations go a long way in keeping our budget on target. We truly appreciate the time, talent and treasure you share to assist the Senior Center. Your continued efforts show how much you value the services and programs offered to you. It also demonstrates your willingness to accept some of the responsibility for keeping our Senior Center one of the best in Cuyahoga County.

I can't wait to hear your presentations for Black History Month around the 2024 theme of "African Americans and the Arts". The presentations will start on February 1, 2024 at 11:30 am.

Happy Valentine's Day to all of you!



MAPLE HEIGHTS SENIOR CENTER
PRESENTS

Secret



VALENTINE

Party

WEDNESDAY, FEBRUARY 14TH

15901 LIBBY ROAD | MAPLE HEIGHTS

ALL SENIORS THAT WISH TO PARTICIPATE WILL PUT THEIR NAME IN THE SECRET VALENTINE BASKET BY MONDAY, FEBRUARY 5TH. EACH PARTICIPANT WILL THEN DRAW ANOTHER NAME FROM THE BASKET AND THAT PERSON WILL BE YOUR SECRET VALENTINE. PURCHASE OR MAKE A VALENTINE CARD FOR YOUR SECRET VALENTINE AND PUT YOUR CARD IN THE SECRET VALENTINE MAILBOX. IF YOU WISH TO GIVE A VALENTINE CARD TO SOMEONE SPECIAL AT THE SENIOR CENTER YOU CAN ADD THAT CARD TO THE BOX AS WELL. YOUR CARDS WILL THEN BE DISTRIBUTED ON VALENTINE'S DAY, WEDNESDAY, FEBRUARY 14, 2024. THERE WILL BE GUESSING GAME PRIZES, HEART SHAPED COOKIES PROVIDED BY ALPINE HOUSE, SMALL HEART CANDY BOXES PROVIDED BY WOODSIDE SENIOR LIVING AND OTHER FUN ACTIVITIES TOO! REMEMBER TO WEAR YOUR PRETTIEST RED TOP!



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, February 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.

January Birthday's

On Tuesday, January 9th, 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!!!



Josephine Wright 1/4
Sidney DeLoach 1/14
James Jones 1/22

Annie Hall 1/5
Mary Short 1/16
Manuel Payne 1/24

Willie Hardwick 1/26

Thank you for your donations!

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

Gayle Holman, Diane McGiboney,
Audrey Brandon, Gloria Gaiduk, Caro-
line Smith, Janice Dzigiel, Vivian Paul,
Jeanette Raum



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 Cleve-
land, Elyria, Jefferson & Painesville



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

IS A CARE MEMBERSHIP FOR YOU?

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.

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.

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.

**CARE is supported by foundations and donations.*

TO BECOME A MEMBER CALL 216-970-0599

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.

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.

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.



AARP will be 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 will be available for in-person tax preparation every Monday beginning February 5th through April 8th with the exception of February 19th, we are closed due to Presidents day. We will begin scheduling appointments on Tuesday, January 2, 2024. Please call 216-587-5481 to schedule your appointment.

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

You will have 2 options:

- Come to the Maple Heights Senior Center for your in person tax appointment. Scheduled appointments will be every hour from 9:00 AM to 2:30 PM. We have a limited number of tax preparers this year, so please make your appointment early.
- Come to the Maple Heights Senior Center with your documents at your appointed time and have them scanned from 9 - 11:30 AM. Complete a brief interview with the tax preparer. Then pick up your completed return one week later. Your personal pick up time will be scheduled at the time of drop off.

Please call 216-587-5481 to schedule your appointment.

