

## 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

## OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024

### Message from Linda Vopat, Director of Human Services

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.

As I always say, it's not just about having someone to chat with, It's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being. We recognize and nurture the role that connectedness plays. It can mitigate issues like loneliness and isolation and promote healthy aging for more Americans.

### What can you and I do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities at the Maple Heights Senior Center.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

#### 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



## 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

### 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

May 16th | June 20th  
July 18th | August 15th | September 19th  
October 17th | November 21st | December 19th

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



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

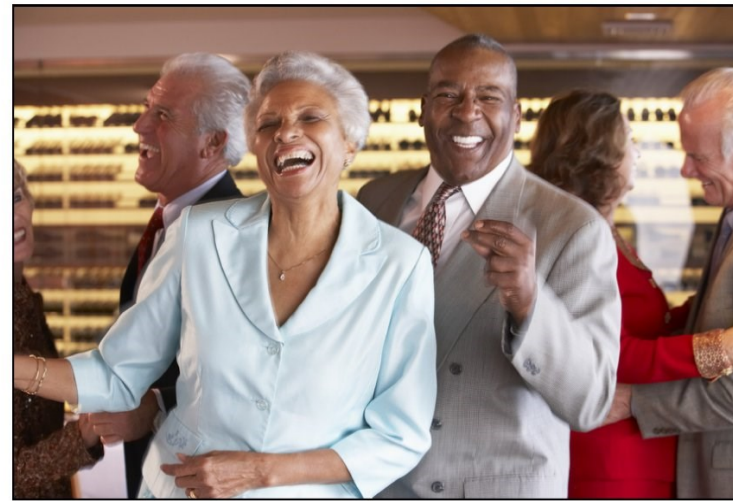
Includes receiving a certain number of services in a one-year period, general information services and support from our partner city social workers and CARE staff.

### 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**



“Even though I am 95 years old, I still learned something new.” - CDSM participant

## Take charge of your long lasting health concerns —and your life!

**Join a No-Charge Chronic Disease Self-Management (CDSM) workshop.** You'll learn how to do more of what YOU want to do, find practical ways to deal with symptoms and challenges, set your own weekly goals, make a step-by-step plan to improve your health, make better eating and exercise choices, understand new treatment options, and discover better ways to talk to your doctor and family about your health.



12200 Fairhill Road, Cleveland, OH 44120  
216-421-1350 • programs@fairhillpartners.org  
www.fairhillpartners.org



### Chronic Disease Self-Management Workshop at Maple Heights Senior Center

**In-Person**  
May 3—June 7,  
6 sessions, 2 1/2 hours a session  
Fridays, 9:30am-12:00pm  
**Register TODAY!**  
Call (216) 587-9049



**Western Reserve**  
Area Agency on Aging



**ENCORE Cleveland**  
Define your next chapter

Fairhill Partners is a 501(c)3 nonprofit. Programs made possible in part by an Older Americans Act Grant from Ohio Dept. of Aging through Western Reserve Area Agency On Aging and initiative, & gifts to the Fairhill Annual Fund. CDSM developed at Stanford University & licensed by the Self-Management Resource Center.



## Groovy Movies 9:45 AM

May Movie's - Front Room  
Mother's Day Themed



**Thursday, May 16th - Steel Magnolias**  
7.3/10 (1989)

A young beautician, newly arrived in a small Louisiana town, finds work at the local salon, where a small group of women share a close bond of friendship, and welcome her into the fold.



**Thursday, May 30th - Mama Mia**  
6.5/10 (2008)

The story of a bride-to-be trying to find her real father told using hit songs by the popular 1970s group ABBA.



### 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 - 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.



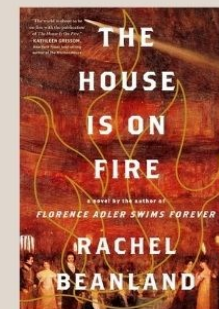
### Senior Employment Service

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



May 22, 2024

**May 22, 2024**  
**The House is on Fire by Rachel Beanland**

The author of Florence Adler Swims Forever returns with a masterful work of historical fiction about an incendiary tragedy that shocked a young nation and tore apart a community in a single night-told from the perspectives of four people whose actions during the inferno changed the course of history.

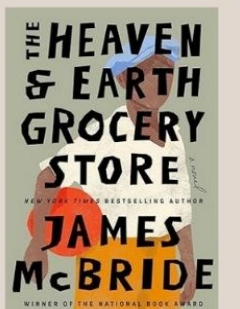
**June 26, 2024**  
**The Heaven & Earth Grocery Store by James McBride**

"In 1972, when workers in Pottstown, Pennsylvania, were digging the foundations for a new development, the last thing they expected to find was a skeleton at the bottom of a well. Who the skeleton was and how it got there were two of the long-held secrets kept by the residents of Chicken Hill, the dilapidated neighborhood where immigrant Jews and African Americans lived side by side and shared ambitions and sorrows.

As these characters' stories overlap and deepen, it becomes clear how much the people who live on the margins struggle and what they must do to survive. When the truth is finally revealed about what happened on Chicken Hill and the part the town's white establishment played in it, McBride shows us that even in dark times, it is love and community-heaven and earth-that sustain us."

Pick up of "The House is on Fire" will be on or after the April 25, 2024.  
 The discussion Session will be on Wednesday May 22, 2024  
 at the Maple Heights Senior Center

Sponsored by the Cuyahoga County Public Library, Maple Heights Branch



June 26, 2024



CITY OF CLEVELAND  
Mayor Justin M. Bibb

THE CLEVELAND DEPARTMENT OF AGING  
PRESENTS THE 34TH ANNUAL

# SENIOR DAY

WEDNESDAY  
**MAY 15, 2024**

**Cleveland Public Hall**  
500 Lakeside Avenue

10 a.m. – Information Fair

11 a.m. – Program

Noon – Lunch

12:30 p.m. – Entertainment

All seniors invited to attend this  
**FREE** event.

The 2024 Senior Day program will be both  
in person and livestreamed on TV 20.

For more information call 216-664-2833 or  
visit [www.clevelandohio.gov/aging](http://www.clevelandohio.gov/aging)



POWERED BY CONNECTION: MAY 2024

## 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, May 2nd



## 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.

## April Birthday's

On Tuesday, April 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!!!



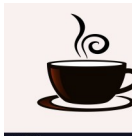
Scott Dunlap 4/1  
Marylou Harmon 4/5  
Gloria Gaiduk 4/13

Ron Rapsik 4/2  
Celilia Mackin 4/11  
Audrey Brandon 4/28

## Thank you for your donations!

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

Gayle Holman, Caroline Smith, Ruth Kopczyk, Carol Hromadka, Jean Lightfoot, Ron Jackson, Aubrey Hughley, Michael Plon



## 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

# MIND CHALLENGE<sup>®</sup> *for the New Majority*

## 2024 Mind Challenge Competition

What is The Mind Challenge for the New Majority? It is a trivia tournament for active seniors and baby boomers (50+) representing cities/senior centers. Fresh off a most successful 2023 season, the 2024 Mind Challenge Tournament will have 66 cities (as of February 1, 2024) with more to come. We should approach 700 participants who will compete for cash prizes for their Senior Municipal Centers.

The Maple Heights Mind Challenge Team(s) will play in the knock out round on

Thursday, May 2nd at 1:00 PM at the

**Bedford Senior Center**

**124 Ellenwood Rd**

**Bedford, OH 44146**

If the Maple Heights team(s) qualifies for the Smart Sixteen Round they will also be held at the Bedford Senior Center on **Thursday, May 9th at 1:00 PM**. The Twinsburg Winner & Bedford Winner will advance to the Elevated Eleven round which will also be held in Bedford on May 16th at 9:30 AM. The Fact finding 6 (Semi Finals) will be held in Beachwood on May 21st at 9:30 AM and 1PM and the finals will be on May 22nd at 11:00 AM.

For more information and to keep track on how the teams are doing visit: <https://themindchallenge.com/>

## 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 is Friday, May 10, 2024.



## Special Transportation Announcement

**We will provide limited transportation for our residents on Tuesday May 21, 2024.**

**Our drivers will be attending a special meeting from 11:00 AM to 1:00 PM on that day. Transportation to and from the Senior Center will be available.**



You are cordially invited to a

## Mother's Day Spa-tacular

Join us at the Maple Heights Senior Center for a Mother's Day Spa-tacular with the Cosmetology Students from Maple Heights High School, guided by Instructor Arianne Henighan.

The students will be coming to the Senior Center on Wednesday, May 8th from 10 - 11:30 AM. They will be offering hot towel cleansing facials and hand massages. The facial sheet masks and hand massage creams will be provided by our resident Avon Lady Vivian Paul.

Don't miss this special day! Be sure to make your appointment for your 1/2 hour spa treatment. Wear comfy clothing, bring your favorite robe & slippers and share your favorite memories of Mom.

**AVON**

**MAPLE HEIGHTS  
MUSTANGS**

Maple Heights Senior Center | 15901 Libby Road | Maple Heights