

**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.

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

**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



**GOLDEN MAPLE LEAVES**



**Message from Linda Vopat, Director of Human Services:**

Summer has officially arrived and we sure have felt the heat. We ended June with 6 consecutive days of temperatures of 90 degrees or higher! The last time that happened was 7 years ago in 2017.

Hopefully, we will get some relief and more seasonal temperatures. Please remember to drink plenty of water, cut down on beverages that contain caffeine, dress appropriately for the hot weather and stay indoors in air conditioning, if possible. We want you to stay healthy and well when temperatures are extreme.

You may have noticed a few new additions to our activities last month. Regular line dancing classes have been added to the calendar. Many of you attended our special Juneteenth program. A presentation by storyteller and quilter, Regina Abernathy, proceeded a delicious free catered lunch by Personal Chef Emmet Johnson featuring baked chicken, yellow rice, seasoned cabbage and cornbread topped off with peach cobbler and sweet tea.

These programs were planned by Assistant Director, Jaimie Hasenohrl, and funded by a Healthy Aging Grant from the Ohio Department of Aging through the Cuyahoga County Department of Senior and Adult Services. The funds will be used to enhance our home delivered meal program, transportation services and adult development programming.

This month's newsletter contains two new programs provided by the Healthy Aging Grant. Cardio Drumming will begin on Tuesdays and Pedal Power on Thursdays in July thru September. Read more about these exciting activities inside and make sure to sign up early because space is limited. Remember that our exercise room is always available for you to use.

We strive to present programs and activities that you enjoy and assist in keeping you active, engaged and healthy. We hope you agree that we are succeeding. If you have not participated at the center before, now is the perfect time to get involved!

**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

### 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

July 18th | August 15th | September 19th  
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



## Take charge of your health! Diabetes Empowerment Education Program

The Diabetes Empowerment Education Program (DEEP) workshop can help you take control of your Diabetes and reduce the risk of complications. DEEP empowers people with diabetes and pre-diabetes to take charge of their health. With hands-on learning, DEEP is a fun, interactive, small-group workshop. Our workshop will meet for 2-hour sessions, 6x.

**Diabetes Empowerment Education Program (DEEP)**  
**Sign up for a workshop! Call (216) 587-9049**  
**Maple Heights Senior Center, 15901 Libby Rd.,**  
**Maple Hts., OH 44137, Fridays, 9:45am-11:45am,**  
**8/2–9/6/24**



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



**Western Reserve**  
Area Agency on Aging

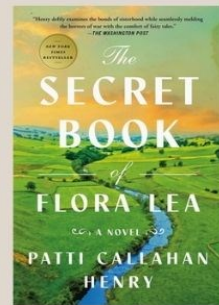


Define your next chapter

*Fairhill Partners is a 501(c)3 nonprofit organization. Programs are made possible in part by an Older Americans Act Grant from Ohio Dept. of Aging through Western Reserve Area Agency On Aging, The Cleveland Foundation Encore Cleveland initiative, gifts to the Fairhill Annual Fund, and our volunteers.*

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



July 24, 2024

Wednesday, July 24, 2024

**The Secret Book of Flora Lea by Patti Callahan Henry**

When a woman discovers a rare book that has connections to her past, long-held secrets about her missing sister and their childhood spent in the English countryside during World War II are revealed.

Thursday, September 26, 2024

**The First Ladies by Marie Benedict & Victoria Christopher Murray**

A novel about the extraordinary partnership between First Lady Eleanor Roosevelt and civil rights activist Mary McLeod Bethune—an unlikely friendship that changed the world, from the New York Times bestselling authors of the Good Morning America Book Club pick *The Personal Librarian*.

The daughter of formerly enslaved parents, Mary McLeod Bethune refuses to back down as white supremacists attempt to thwart her work. She marches on as an activist and an educator, and as her reputation grows, she becomes a celebrity, revered by titans of business and recognized by U.S. Presidents. Eleanor Roosevelt herself is awestruck and eager to make her acquaintance. Initially drawn together because of their shared belief in women's rights and the power of education, Mary and Eleanor become fast friends confiding their secrets, hopes and dreams—and holding each other's hands through tragedy and triumph. This is the story of two different, yet equally formidable, passionate, and committed women, and the way in which their singular friendship helped form the foundation for the modern civil rights movement.

Pick up of "The First Ladies" will be on or after July 24, 2024.  
The discussion session will be on Thursday, September 26, 2024  
at the Maple Heights Senior Center.

**PLEASE NOTE: The Maple Heights Library is taking a recess from the Book Club discussion in August. Also, the September book club discussion will be Thursday instead of Wednesday, due to scheduling conflicts.**

Sponsored by the Cuyahoga County Public Library, Maple Heights Branch



September 26, 2024



## Groovy Movies 9:45 AM

July Movie's - Front Room



Friday, July 12th - Apollo 13

7.1/10 (1995)

NASA must devise a strategy to return Apollo 13 to Earth safely after the spacecraft undergoes massive internal damage putting the lives of the three astronauts on board in jeopardy.



Friday, July 26th - The Boys in the Boat

7/10 (2023)

A 1930s-set story centered on the University of Washington's rowing team, from their Depression-era beginnings to winning gold at the 1936 Berlin Olympics.



### 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 4th Thursday in the month of July at 10:45 AM due to a scheduling conflict. Going forward her time with us will return to the Second Thursday of the 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

**Paint & Sip Party**

**10:30am-12pm**

**Tues. July 23**

**BIG HEART HOME HEALTH CARE**

**Big Heart Home Healthcare will be sponsoring a sip and paint for the Maple Hts. Senior Center Bring out your family and friends to have some creative fun- this event is free for all attendees!**

**Send RSVP to Dee McGhee at [dee@bigheartthc.com](mailto:dee@bigheartthc.com)**

**15901 Libby Rd., Maple Hts, OH**

## 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 Wednesday, July 24, 2024.

## Line Dancing with Jaki Ward

Jaki Ward will be coming to the Maple Heights Senior Center every Wednesday, starting June 5, 2024 thru September 25, 2024 from 11:00 AM-Noon. This exercise is open to all 60+ Seniors.

Line dancing is a low-impact, choreographed dance that involves a group of people dancing in a line or rows to a repeated sequence of steps. Dancers usually face the same

direction, but can also face each other. Line dancing can be a good activity for seniors because it can help with:

- Balance and coordination - Strength and endurance
- Cardiovascular health - Flexibility
- Stress and anxiety - Self confidence
- Sense of belonging - Mental health



This activity is made possible by the Ohio department of Aging Healthy Aging Grant



## 2024 Senior Farmers Market Nutrition Program

2024 Senior Farmers Market Nutrition Program is moving into the future as it will be administered electronically. Age and income eligible consumers will need to apply online. Once you have applied and been approved you will receive a code and account with \$50.00 loaded via e-mail or a physical debit card, which you then can use at the farmer's markets. The Ohio Department of Aging website has information on how to access the application link and offers instructions. We will try to offer as much support as we can. To be eligible for the program, Ohioans must be 60 or older and earn less than 185% of the federal poverty level. Ohioans can now apply for the program online at [Aging.Ohio.gov/SFMNP](https://Aging.Ohio.gov/SFMNP). For more Information please call 216.587.5481



## 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 Friday July, 5th



## 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 OSHIIP 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.

## June Birthday's

On Tuesday, June 11th, 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 Health Services  
for providing the fresh cupcakes!**

HAPPY BIRTHDAY!!!

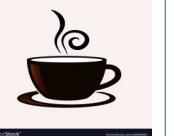


Sharon Hagans 06/01	Anna Wallace 06/01
Michelina Bruchac 6/03	Karen Becoat 06/10
Gwendolyn Jones 06/17	Elizabeth Dukes 06/21
Shawn Brown 06/22	

## Thank you for your donations!

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

Gayle Holman, Kay Zielinski, Caroline Smith, Michael Plon, Mark Gabor, Mary & Dennis Bartko, Diane McGiboney



## 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 Exercise Classes

Every Tuesdays & Thursdays @ 12:30 PM  
Starting July 9th through September 26th

Maple Heights Senior Center  
15901 Libby Road | Maple Heights



## Every Tuesday - Cardio Drumming

Cardio drumming is a dynamic cardiovascular workout that combines drumming, rhythm, and music. Participants typically use drumsticks to hit an exercise ball placed on a bucket, following the rhythm of the music. The exercise can also incorporate dance moves and steps, enhancing the overall experience. Limit 12 per class!



## Every Thursday - Pedal Power

Pedal Power, a modified peddling class, is a seated, low impact exercise class focusing on overall body strengthening and cardiovascular health. Enjoy the benefits of riding a bike from the comfort of your chair while engaging in a variety of upper body exercises to improve core stability, upper and lower body strengthening, and endurance.

Due to the popularity of these classes please call 216-587-5481 to register for each class that you are attending. You will only be able to register one week at a time. There is a limit of 12 participants per class. If you cannot make a class that you registered for please call to cancel, so that your spot can be filled.

These Classes are Made Possible by the Ohio  
Department of Aging - Healthy Aging Grant



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  
July 17, 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

