

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

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

Location

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

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

End of Summer Picnic in the Park

MONDAY, AUGUST 26TH
9 am - at Stafford Park, pavilion #1

Join us at Stafford Park to check out all of the new updates the city has done over the past few years, from the new bandstand to the Storybook/exercise trail. Play cornhole or try the new hit game Pickleball. Bring your painted rocks that were painted on August 15th and hide them in the park. Just relax and play a game of cards with your favorite Senior friends.

A hot dog lunch will be provided and refreshing treat to cool you down! Vegetarian box lunches can be ordered instead of the hot dogs, if you prefer.

Please call ahead to reserve your spot
216-587-5481

This event is made possible by the Ohio Department of Aging Healthy Aging Grant

Senior Food Program with FRESH FORK MARKET

**Maple Heights Senior Center
15901 Libby Road | Maple Heights**

**2 opportunities to Participate!
Friday, August 16th, 1-3 PM
Friday, September 13th, 1-3 PM**

Join us for a pop-up market from our local farmers, hosted by Fresh Fork Market. Participants will receive a pre-assembled bundle of seasonal veggies and eggs in a Fresh Fork reusable tote bag. Like the weather, we can't predict exactly what will be in the "farm share," but the way the season is trending we expect sweet onions, tomatoes, cantaloupe, zucchini, and even sweet corn. In addition to the vegetable selection, participants can select from a mobile market, frozen meats, farmstead cheeses, dairy, grains and cereals, and extra fruits and veggies. Each bag will be \$50.00 in value. Eat healthy and go on a culinary adventure on with Fresh Fork Market and the City of Maple Heights.

**Limit 50
Participants
per Event!**

- **Call 216-587-5481 to Register**
- **Must be a Maple Heights Resident**
- **Must be 60+ years of Age**
- **You may only shop one time!**
- **Learn more about Fresh Fork**
<https://freshforkmarket.com/summer-farm-share/>

The event is made possible by the
Ohio Department of Aging Healthy Aging Grant



Groovy Movies 9:45 AM

August Movie's - Front Room
Dog Days of Summer Themed



Wednesday August 7th - The Dog Days of Summer

5.6/10 (2007)

A mysterious drifter lures two boys into uncovering the secrets of a sleepy southern town..



Wednesday August 21st- Marley & Me

7/10 (2008)

A family learns important life lessons from their adorable, but naughty and neurotic dog.



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.



WRAAA Sponsored Town Hall with Rep. Brewer

Maple Heights Senior Center and the Western Reserve Area Agency on Aging welcome State Representative Darnell Brewer. Representative Brewer will be visiting our center on **Wednesday, August 28th at 11 AM** to discuss issues important to seniors, as well as share his views on the current policy challenges and priorities facing our state. A question-and-answer session will follow.

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 |



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
August 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



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, September 27, 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

Kent State Senior Center Needs Assessment Survey

Dr. Steve Paciorek, Ph.D., Director of Human services for the City of Brecksville, and adjunct faculty member for Kent State College of Public Health at Kent State University, and the Director of Kent State University Northeast Ohio Senior Center Research Consortium (KSUNOSCRC) will be coming to the Maple Heights Senior Center on Thursday, August 8th at 11:15 AM to provide some information on a very important Community Health Needs Assessment survey.

The Consortium has been created to understand better the needs of older adults in Cuyahoga County and Northeast Ohio. The Assessment aims to describe the needs of the older adult population in Cuyahoga County and provide Senior Centers and aging services data that can help meet their short and long term goals of providing and maintaining services for our diverse older adult population. Anyone 50 years of age and older is eligible to complete the survey. The survey will focus on Mental Health Awareness and Social Isolation and Loneliness. If you have any questions please call Jaimie at 216-587-9049.

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 August,1st



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.

July Birthday's

On Tuesday, July 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
for providing the fresh cupcakes!**

HAPPY BIRTHDAY!!!



| | | |
|--------------------|--------------------|----------------------|
| Al Glontz 7/3 | Caroline Smith 7/6 | Diane McGiboney 7/9 |
| Dennis Bartko 7/10 | Carl Sidoti 7/10 | Janet Dembowski 7/18 |
| Elliott Gully 7/21 | Delores Clark 7/24 | Flora Jackson 7/24 |
| Mark Gabor 7/25 | | Ruth Kopczyk 7/29 |

Thank you for your donations!

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

Gayle Holman, Gail Schroeder, Laurie Kuehnle, Mike Plon, Kay Zielinski, Jeanette Raum, Ethel Stuplinski



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

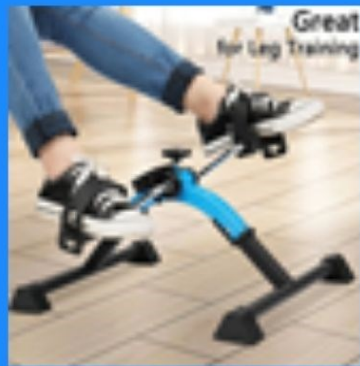
Every Tuesdays & Thursdays @ 12:30 PM
Starting July 9th through September 26th

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



Department of
Aging



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



ENCORE
Cleveland
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.