



Continued from page 11. Maple Heights can have more than one team, but no team can be larger than 6 people. After the practice round the Maple Heights team(s) will compete at the Bedford Heights Community Center for the Knockout Round on **Monday, May 5, 2025 at 1:00 PM.** If the Maple Heights team (s) qualify for the Smart Sixteen round it will be held at the Bedford Hts. location on **Monday, May 12th at 1:00 PM.** The Sheffield Lake winner & Bedford Hts. winner will advance to the Elevated Twelve round on **Monday, May 19th at 9:00 AM.** Also, at Bedford Hts. Location. The semi finals & finals will be held at the Parma Smallwood Center on **Wednesday, May 28th at 9:30 AM and 1:00 PM** and the finals will be on **Thursday, May 29th at 11:00 AM.**

Be sure that all members of your team are available for all competition dates in case your team advances all the way to the finals. If not, you will have to forfeit.

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

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

Jhasenohrl
@mapleheightsohio.com



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City of Maple Heights
Maple Heights Senior Center
15901 Libby Rd.
Maple Hts., Ohio 44137

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GOLDEN MAPLE LEAVES



Message from Jaimie Hasenohrl, Director of Human Services.

As we leave a bitterly cold February behind and move into March let's hope Buckeye Chuck was correct in predicting an early spring for Ohio!

March is such a dynamic month with a beautiful sense of renewal and awakening in the air. As the world transitions from winter's quiet slumber to the vibrant energy of spring, it's a natural time to reflect, recharge, and embrace new opportunities.

The Spring Equinox on March 20th marks that perfect balance of day and night, which mirrors the internal balance many people feel as they start to come out of the colder, more introspective months. With the days getting longer, it feels like there's more room for connection whether it's forging new bonds or rekindling old ones.

March is also Women's History Month. Women's History Month has its origins in a week-long celebration called "Women's History Week," which began in Santa Rosa, California, in 1978. The organizers chose the week of March 8th to coincide with International Women's Day (which has been celebrated globally on March 8th since the early 1900s). By recognizing women's achievements and raising awareness of the challenges they face every day, we can all help to create a world where women are respected, valued, and treated fairly.

The hard work, dedication, and resilience of previous generations of women have paved the way for our current group of inspiring female leaders in the Maple Heights community; Mayor Annette Blackwell, our five City Councilwomen, School Superintendent Olympia Della Flora, Deva Walker, Library Branch Manager, and Veranda Rodgers, President and CEO of Pregnant with Possibilities Resource Center. Though, I cannot acknowledge all of the wonderful women in Maple Heights, please know that your work, big and small, helps build a future full of possibilities and every contribution matters by opening doors for future generations of young women.

Human Services Staff

Director: Jaimie Hasenohrl
Assistant Director: Pequita Hansberry
Program Manager: Brandon Beck
Administrative Assistant: Lynn Shaw
Transportation Coordinator: Ray Coe

Senior Center: 216-587-5481
Meal Reservations: 216-587-0015
Fax: 216-587-9069

Transportation Reservations:

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**Maple Heights
Department of Human Services
15901 Libby Road
Maple Heights, Ohio 44137**

ACTIVITIES



Groovy Movies 9:45 AM

March Movies - Second Floor



Friday, March 14th - Father Stu

6.5/10 (2022)

Follows the life of Father Stuart Long, a boxer-turned-priest who inspired countless people during his journey from self-destruction to redemption.



Friday, March 28th - Just Mercy

7.6/10 (2019)

World-renowned civil rights defense attorney Bryan Stevenson works to free a wrongly condemned death row prisoner.



Chair Volleyball

Every Monday at the Senior Center starting at 9:45 AM we will play for 1 hour. **It is played inside with players sit on chairs. 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.

Bingo

The monthly bingo is held on 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 are provided by Marymount Place for the month of February. 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, March 6th**

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!



Announcements

February Birthdays

On Tuesday, February 11th, we celebrated birthdays at the Senior Center.

This month's healthy treats were individually packaged strawberry crunch heart cakes with sugar free yellow cake, sugar free butter cream frosting, topped with vanilla/strawberry crunch

*Special Thank You to
UH Hospitals of Bedford
for sponsoring healthy snacks in 2025!*

Thank you to CakeUs Designs for making them!



HAPPY BIRTHDAY!

Edward Francis 02/04	Grace Noble 02/05
Carmella Gramuglia 02/13	William Harris 02/16
Diane Hemphil 02/18	Joe Salvucci 02/25
Jeanette Daggett 02/27	Betty Puleo 02/28

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.

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.

Thank you for your donations!

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



Ruth Kopczyk, Gail Schroeder, Kay Zielinski, Aubrey Hughley, Jeff Robertson, Betty Smith, Mark Gabor, Gayle Holman



2025 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. Now is the time to start selecting team members and registering for the competition.

The Maple Heights Mind Challenge Team(s) will play the practice round on Monday, April 28, 2025 at 9:30 AM at the Bedford Hts. Community Center, 5661 Perkins Road Bedford Hts. 44146. (Continued on page 12)

Meet Our Seniors!

Mr. William Harris is the second of eleven children born to Mr. Nathan & Mrs. Elma Harris. He was born on February 16, 1926 in Tuskegee, Alabama. As a young adult, Mr. Harris became secretary of his Sunday School Department and sang in the choir at his church. Mr. Harris attended Tuskegee Institute schools in Tuskegee, Alabama. He graduated from high school in 1946. As a student on the Tuskegee campus, he saw George Washington Carver walking around throughout the campus grounds on a daily basis. In addition to seeing the famous and well known Carver, He also had the opportunity to meet and hear as a special guest speaker on campus, Eleanor Roosevelt.



Mr Harris relocated to Cleveland, Ohio in August of 1947. A short time later he met and married the love of his life Susie Ann. He taught Sunday School from 1948-1978. He became a Deacon of his church and was on the Deacon Board for over 40 years. He worked with the Layman's Department of the State of Ohio's Baptist Union. He also organized and conducted many workshops for Deacons throughout the Cleveland area. He has been invited and accepted many speaking engagements in various cities throughout the USA.

Mr. Harris was employed by the Sealy Mattress company for over 41 years and has enjoyed a happy and healthy retirement since 1991. His loving wife of 68 years passed away in November of 2017. They were blessed with 4 daughters, 6 grandchildren, 12 great grandchildren and 4 great great grandchildren! Mr. Harris states that the most important aspect of his life is that he is a born again Christian and the his steps are ordered by the Lord!

Announcements

The Maple Heights Food Pantry is updating its hours starting March 3, 2025, to better serve the community and manage increasing demand. Here's the new schedule:

- **Tuesdays:** Maple Heights residents only from **12:00 PM to 3:00 PM**
- **Wednesdays:**
Maple Heights Seniors (60+) from **9:00 AM to 10:00 AM**
Non-residents from **10:00 AM to 12:00 PM**
- **Thursdays:** Maple Heights residents from **4:30 PM to 7:30 PM**

These designated time slots aim to ensure residents have access when they need it most, while helping to streamline the process and provide better service to everyone.

The change in hours at the Maple Heights Food Pantry was implemented to better address the growing need for food assistance in the community. By adjusting the schedule to accommodate specific groups such as residents, seniors, and non-residents at designated times, the goal is to enhance access and improve the efficiency of the service. This adjustment ensures that those in need have a designated time to receive support, making the process smoother and more organized. These changes are intended to help the community more effectively and positively impact those who depend on the pantry.

ACTIVITIES

NEW! Golden Threads Needle Work Group NEW!

Are you a needlework enthusiast? Do you knit, crochet, cross stitch, sew garments latch hook, etc.? Then come and join other enthusiasts to socialize, share and learn.

Whether you are a beginner or an expert, all are welcome! Share your skills and talents or learn new ones. Bring your project and come and share a fun morning, make new friends and connect with old ones! The next meeting will be Thursday, March 27, 2025. Going forward it will be the fourth Thursday of every month from 10:30 AM till noon, at the Senior Center, unless there is a scheduling conflict.



New Puzzle Table & Board Games for Seniors

Jigsaw puzzles can have many benefits for seniors including improved memory, mood and cognitive function. They can also help with fine motor skills and social interaction. The Senior Center has a new puzzle table located in the Lecture Room. Our first puzzle is a 1,000 piece puzzle of a world map. Feel free to stop by a add a piece or two.



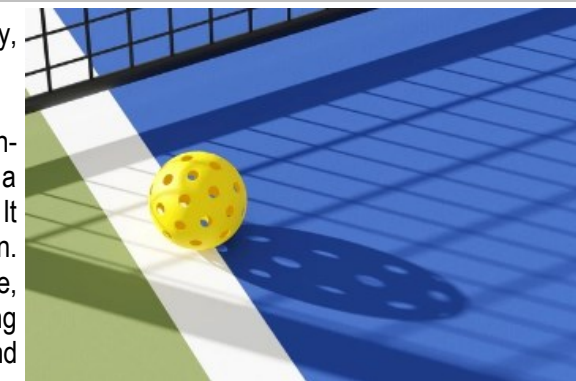
Are you looking for a fun and engaging activity to do with your senior friends? Why not gather everyone together and enjoy a day of playing board games? Not only does it provide entertainment, but it also promotes social interaction and cognitive stimulation. Check the calendar for dates that are set aside specifically for playing board games, with a variety of options to choose from. Melody Madness Singing Game, Senior Moments Puzzle Book, Wii, Scattergories, Rummikub, Scrabble, Trivial Pursuit, just to name a few. Most of games are located in the living room area. Of course you can play games any time you wish, if the dates we choose don't work with your favorite friends.



Pickleball - Coming Soon!

Are you ready to experience the exciting game of pickleball? Get ready, because pickleball is coming soon to the Senior Center in May!

What is Pickleball? This popular sport combines elements of tennis, badminton, and table tennis, making it a fun and challenging activity. Pickleball is a racket sport that can be played both indoors and outdoors on a small court. It is typically played in doubles, although singles matches are also common. The game involves hitting a perforated plastic ball over a net using a paddle, with the objective of scoring points by getting the ball to land in the opposing team's court. Pickleball is known for its fast-paced nature, quick reflexes, and strategic gameplay, making it a favorite among players of all skill levels.

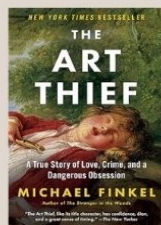


We will be offering this fun game indoors for Seniors 60+ years of age and older. Whether you're a seasoned player or new to the game, pickleball is sure to provide endless hours of fun and entertainment for everyone involved. More details will be coming soon. It will be facilitated by Brandon Beck, Human Services Program Manager.

ACTIVITIES

Join us for a monthly book discussion at
Maple Heights Senior Center
Every 2nd Wednesday of the month at 10:00 AM

The Book Lovers Club



March 12, 2025

Wednesday, March 12, 2025
The Art Thief by Michael Finkel

"The Art Thief" tells the true story of Stéphane Breitwieser, a man who, over several years, stole hundreds of priceless art pieces from museums across Europe, amassing a collection worth an estimated \$2 billion, all while never selling a single piece; his motivation was not money, but a deep desire to possess beauty, and he displayed his stolen art in his home, with his girlfriend acting as his lookout during the heists; the book details his elaborate schemes, his obsession with art, and the eventual downfall that led to his capture.

Wednesday, April 9, 2025
Project Hail Mary by Andy Weir

Ryland Grace is the sole survivor on a desperate, last-chance mission—and if he fails, humanity and the earth itself will perish. Except that right now, he doesn't know that. He can't even remember his own name, let alone the nature of his assignment or how to complete it. All he knows is that he's been asleep for a very, very long time. And he's just been awakened to find himself millions of miles from home, with nothing but two corpses for company. His crewmates dead, his memories fuzzily returning, Ryland realizes that an impossible task now confronts him. Hurling through space on this tiny ship, it's up to him to puzzle out an impossible scientific mystery—and conquer an extinction-level threat to our species. And with the clock ticking down and the nearest human being light-years away, he's got to do it all alone. Or does he?

Pick up of the "Project Hail Mary" will be on or after March 12, 2025

The discussion session will be on Wednesday, April 9, 2025

**The discussion sessions have been moved to the
2nd Wednesday of each month.**

Sponsored by the Cuyahoga County Public Library, Maple Heights Branch

SPECIAL EVENTS

Paczki Day, celebrated on Fat Tuesday, is indeed a delicious Polish tradition that involves indulging in paczkis, (Pronounced Poonch-Key) which are deep-fried, round donuts filled with sweet fillings. These delightful treats are a staple of the pre-Lent festivities. For a special lunch dessert on March 4th, "Paczki Day", the Maple Heights Senior Center is serving paczkis for all home delivered & congregate meal clients to enjoy! Be sure to put your meal reservations in!



SCAMO

SCAM SQUAD

Play Scamo with us! Scamo is a fun, bingo-style game that teaches you how to spot, avoid and report current scams. Learn how to handle robocalls, dodge common scams, and protect yourself online with Scam Squad!

Date: Wednesday, March 5th, 2025 **Time:** 10:45 AM – 11:45 AM **Address:** 15901 Libby Road | Maple Heights
Sponsored By: Maple Heights Senior Center or call for questions or need more info at 216.587.5481.

St. Patrick's Day Party

Monday, March 17, 2025

Come and partake in an unforgettable celebration of Irish fortune at the Maple Heights Senior Center! We are thrilled to announce that Chef Bailey Gordon, Community Outreach Dietitian from University Hospitals, will be gracing us with his culinary expertise. Prepare to be amazed as he unveils the secrets behind his delectable creation of Air fried Irish Egg Rolls.

These crispy delights will be an appetizer, setting the stage for a traditional St. Patrick's Day feast that will leave your taste buds dancing. Our WRAAA menu will feature the classic combination of tender corned beef and cabbage, accompanied by perfectly cooked carrots and roasted red potatoes. Each dish is carefully crafted to honor the rich Irish heritage and deliver an unforgettable lunch experience.

So mark your calendars and join us for an afternoon filled with mouthwatering aromas and the joyous spirit of St. Patrick's Day. Chef Gordon's cooking demo is certain to leave a lasting impression, as we come together to celebrate the luck of the Irish in true culinary style. In addition, enjoy the thrill of guessing games and the excitement of a 50/50 raffle, don't forget to don your finest shades of green for an unforgettable day.

RESOURCES

The Treasurer's Office is here to help!

Taxpayer Assistance Program

A \$10,000 one-time financial assist is available to qualifying residents who are struggling with property taxes.



Questions? Contact Us

Cuyahoga County Treasurer's Office

- 216-443-7400, Option 1
- treascomment@cuyahogacounty.gov
- cuyahogacounty.gov

How to Apply



Scan this QR code or visit <https://chnhousingpartners.org/taxpayer-assistance>



Cuyahoga County Treasurer's Office



CHN Housing Partners
The Power of a Permanent Address.™

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IS A CARE MEMBERSHIP FOR YOU?

Supports homeowners, 60 and older with completing projects around their homes and property. For those who are income eligible there is no cost.

EXTERIOR

- Exterior Cleaning
- Minor Painting & Repairs

INTERIOR

- Home Organizing
- Safety Support

YARD CARE

- Spring Cleanup
- Fall Leaf Raking
- Bushes & Weeding



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Call 216-970-0599 or visit careneo.org

FOOD & NUTRITION



Maple Heights Food Pantry

Location: 17100 Broadway Avenue, Maple Heights, OH

New Hours of Operation (Effective March 3, 2025)

Tuesdays: MH Residents Only | Noon - 3PM Wednesdays: MH Seniors Only: 9:00 - 10:00 AM
Non-Residents 10:00 AM - Noon Thursdays: MH Residents Only 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.

Maple Heights Mobile Farmers Market

Fresh Fruits and Vegetables

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

Hours: 9:30-11:30 AM

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

Please note: We will not be providing home delivery service of produce boxes from January thru March, 2025.

Maple Heights Nutrition Program

A nutritionally sound hot meal is provided 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. 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. **In addition to 1% milk and butter-milk, consumers now have the option to request calcium fortified juice. The Calcium fortified juice will not replace fruit or juice in the meal. Also, 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, grape tomatoes, shredded carrots, 1/2 Cup fruit or whole piece of fruit that is on the hot meal menu, ranch dressing packet, 1oz whole grain breadsticks, 1oz cereal bar, 8 oz milk

Community Hot Meals Program

The Maple Heights Lutheran Church of the Covenant offers 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.

MEDICAL

Podiatry Appointments

Lara S. Poduska, DPM is available for foot care at the Maple Heights Senior Center. By appointment ONLY. Assignment from Medicare and Medicaid is accepted. **Special arrangements can be made for persons on HMO insurances.** Please contact Renee at Dr. Poduska's office at 216-662-0027 to schedule your appointment.. **The next scheduled visit be in Friday, May 9, 2025**



Health Screenings - University Hospital Bedford Medical Center



A representative from University Hospitals Bedford Wellness Center will be at the Senior Center to administer health screenings. The health screenings will include blood pressure, glucose screening, heart rate and oxygen level testing. The representative can answer your health questions and provide resources. **Medical screenings are held on the second Thursday of each month.** Please stop by for your screening. Please check the calendar for the date.

RESOURCES

Telephone Reassurance

Any elderly person who is homebound or lives alone and would like a phone call, please contact the Senior 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

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

Important Phone Numbers

Division of Senior and Adult Services:	216-420-6750
Long-Term Care Ombudsman:	216-696-2719
Western Reserve Area Agency on Aging:	216-621-8010
Suicide & Crisis Lifeline	988
First Call for Help	211

RESOURCES

Transportation

Seniors 60 years or older who reside in the city of Maple Heights and bordering areas can request van transportation. Van service 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, and \$2.00 one way the Senior Center.**

To register for van service to the Senior Center call 216-587-5481. To make a van reservation, call the "STC Call Center" @ 1-216-265-1489 by 12 noon, no less than 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.



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
Thursday March 20, 2025**

**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



Medicare Assistance

An OSHIIP Counselor is available to all seniors at the Senior Center. Staff will assist you with Medicare forms and questions. Appointments for this service can be made by calling 216-587-5481.

