



**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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City of Maple Heights

Mayor Annette M. Blackwell

April 2025



# GOLDEN MAPLE LEAVES



## Message from Jaimie Hasenohrl , Director of Human Services

As winter fades and the spring winds blow in, it's the perfect time to explore new ways to get involved and make a positive impact in your community! April is National Volunteer Month, a time to celebrate and recognize the contributions of volunteers who help shape and strengthen our communities.

This month is also an opportunity to reaffirm your commitment to giving back. I'd like to take a moment to thank all of the incredible volunteers in our Human Services Department, whose dedication makes a difference in the lives of so many. From our senior center team—including the congregate meal crew, reservationists, advisory site council members, and telephone reassurance volunteers—to our loyal food pantry teams, mobile produce pantry helpers, and home-delivered meal volunteers, we appreciate everything you do, rain, shine, or snow!

We are always in need of volunteers to help deliver meals and assist at both of our food pantries. Your time and effort can truly make an impact.

### Important Upcoming Election:

Additionally, I'd like to let you know that May 6th marks a crucial date for the Senior Center: the state primary election. Issue 16 will be a renewal tax to support the ongoing operations and current expenses of the Maple Heights Senior Center. This will be a \$21 valuation for every \$100,000 of appraised property value, for a five-year period.

Over the past year, we've served over 27,000 meals, provided more than 8,800 one-way trips, and assisted over 400 consumers through our nutrition and transportation programs. We've also seen a 28% increase in pantry attendance, helping even more members of our community.

Absentee voting begins on April 8th, so make sure to have your voice heard!

## 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:**

**216-265-1489**

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

## ACTIVITIES



### Groovy Movies 9:45 AM

#### April Movies - Second Floor



#### Friday, April 11th - Queen Bees

After reluctantly agreeing to move into a home for seniors, a woman encounters a clique of mean-spirited women and an amorous widower.

6.4/10 (2021)



#### Friday, April 25th - The Notebook

An elderly man reads to a woman with dementia the story of two young lovers whose romance is threatened by the difference in their respective social classes.

7.8/10 (2004)



### 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 sitting on chairs. The ball is a beach ball. Players can hit the ball 2 consecutive times to 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 usually 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 the Maple Heights Senior Site Council. 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, April 10th**

### 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

### March Birthdays

On Tuesday, March 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!

Sharon Sims 3/3	Gloria James 3/4
Dorothy Snell 3/9	Gary Bush 3/15
Nancy Stepro 3/19	Dorothy Glover 3/20
Eva Parnell 3/21	Michael Wells 3/30
Eleanor Goudreau 3/31	

### 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.



Gayle Holman, Nell Morgan, Jeanette Raum, Mary Bartko, Linda Smith-Peterson, Janice Dzigiel, Aubrey Hughley, Mike Plon



### 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)**



## Special Presentations

### **Elder Financial Exploitation**

We are excited to announce an upcoming presentation focused on the critical issue of **Elder Financial Exploitation**. As our population ages, protecting seniors from financial scams and abuse has become a growing concern. This session will provide valuable information on identifying, preventing, and addressing financial exploitation of older adults. On Tuesday, **April 1st at 10:30 AM** a representative from Third Federal Bank will be the Senior Center. This is a must-attend event for caregivers, professionals, and anyone who wants to learn more about protecting our older loved ones from financial harm. Don't miss out on this important conversation! We look forward to seeing you there.

## **WHEN TO CALL 911 FOR EMERGENCIES**

Emergencies can happen at any time, and knowing when to call 911 could make all the difference in saving lives. We're pleased to invite you to an important and informative presentation about *When to Call 911*. Presented by Michelle Mikhli, Administrator LSW, Phoenix of Maple Heights. They are coming to the Senior Center on **Friday, April 4th, at 10:30 AM**. Enjoy a lighthearted presentation on the brief history of 911, examples of lives saved by 911 and when to call 911. Healthy snacks will be provided.

## Announcements

The Maple Heights Food Pantry updated its hours 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 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 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. Feel free to stop by and 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.

### **Golden Threads Needle Work Group**

**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.**



### **Easter Egg Key Chains - Diamond Painting**

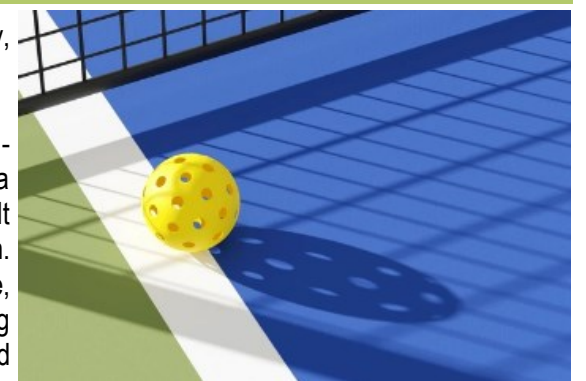
**Join us at the Senior Center for a fun Easter themed diamond painting craft. It is an egg shaped key-chain. There are 40 keychain kits available. There will be a sign up sheet for participants and each key chain will cost \$1.00. Diamond painting is a craft that involves applying resin rhinestones, also known as drills, to a self adhesive canvas to create a mosaic image. This craft will be on Tuesday, April 15th starting at 10 AM.**



### **Pickleball - Starting May 7th**

Are you ready to experience the exciting game of pickleball? Get ready, because pickleball is 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.



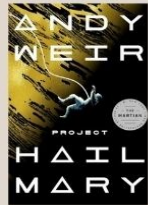
We will be offering this fun game indoors for Seniors 60+ years of age and older. Whether you're a seasoned player or new to the game, pickleball is sure to provide endless hours of fun and entertainment for everyone involved. Our first instructional session will be on **Wednesday, May 7th., from 1:30 -2:30 PM**. It will be facilitated by Brandon Beck, Human Services Program Manager. A \$1.00 donation per person per class would be appreciated.



## 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



April 9, 2025

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. Hurtling 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?

Wednesday, May 14, 2025 - Framed by John Grisham

In his first work of nonfiction since The Innocent Man, #1 bestselling author John Grisham and Centurion Ministries Founder Jim McCloskey share ten harrowing true stories of wrongful convictions. Impeccably researched and grippingly told, Framed offers an inside look at the injustice faced by the victims of the United States criminal justice system. A fundamental principle of our legal system is a presumption of innocence, but once someone has been found guilty there is very little room to prove doubt. Framed shares ten true stories of men who were innocent but found guilty and forced to sacrifice friends, families, wives, and decades of their lives to prison while the guilty parties remained free. In each of the stories, John Grisham and Jim McCloskey recount the dramatic hard-fought battles for exoneration. They take a close look at what leads to wrongful convictions in the first place, and the racism, misconduct, flawed testimony, and the corrupt court system that can make them so hard to reverse. Told with page-turning suspense as only John Grisham can deliver, Framed is the story of overcoming adversity when the battle already seems lost, and the deck is stacked against you.

Pick up of the "Framed" will be on or after April 9, 2025

The discussion session will be on Wednesday, May 14, 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

GARFIELD HEIGHTS HIGH SCHOOL  
THEATRE DEPARTMENT PROUDLY PRESENTS...



# SIX

THE MUSICAL

TEEN EDITION

Free Senior Citizen Preview Performance!  
Thursday April 3 10am

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AT THE GARFIELD HEIGHTS CENTER FOR THE PERFORMING ARTS



## 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](mailto:treascomment@cuyahogacounty.gov)  
🌐 [cuyahogacounty.gov](http://cuyahogacounty.gov)

#### How to Apply



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



Cuyahoga County  
Treasurer's Office



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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



Serving Cleveland Heights, Highland Heights, Lyndhurst, Maple Heights, Mayfield Heights, Mayfield Village, Richmond Heights, Solon, and South Euclid.

Call 216-970-0599 or visit [careneo.org](http://careneo.org)

## FOOD & NUTRITION



# Maple Heights Food Pantry

Location: 17100 Broadway Avenue, Maple Heights, OH

### New Hours of Operation

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

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

## 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 round trip to 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.

### Medicare Assistance

An OSHIP 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.



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 April 17, 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](https://dsas.cuyahogacounty.us) • 216-420-6700

