



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




GOLDEN MAPLE LEAVES



Greetings! May is Older Americans Month. When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month." Since then, Older Americans Month has grown into a nationwide observance, not just to acknowledge the contributions of older adults but also to raise awareness about the issues they face and celebrate aging as a positive, empowering experience. There are over 55 million older adults and the number expects to be over 84 million by 2050! The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. Check out our calendar of events and join us for food, fun, and movement as we celebrate this amazing population all month long!

The first Sunday in May is World Laughter Day. Laughing boosts your immune system, reduces stress hormones, increases endorphins and can even relieve pain. Kids laugh about 400 times a day, while adults average just 15–20 times. Laughter is contagious. Just hearing laughter can trigger your brain to laugh too—even if you don't know why the other person is laughing!

A reminder that the Senior Center has a very important **renewal levy** on the Ohio Primary ballot on Tuesday, May 6th. We will be offering rides to your voting poll. Please contact 216-587-5472 in advance.

On the second Sunday of May, we pause to honor all mothers - those with us and those who live on in our hearts. Mothers are the strength, the love, and the glue that hold us together. Today, and every day, we thank them for their endless sacrifices and unwavering support.

Finally, Memorial Day Weekend marks the official kickoff to summer - a time when we gather with friends and family for cookouts, sunshine, and shared memories. But most importantly, it's a time to honor and remember the brave soldiers who made the ultimate sacrifice, so that we may enjoy the freedoms and moments we hold dear.

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

TABLE OF CONTENTS

Activities.....2-4
 Food & Nutrition.....5
 Medical.....6
 Resources.....6-8
 Educational Presentation.....8-9
 Special EventsInserts & 9-10
 Announcements.....11-12

**Maple Heights
 Department of Human Services
 15901 Libby Road**

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

ACTIVITIES

Groovy Movies 9:45 AM

May Movies - Second Floor



Friday, May 2nd - Mamma Mia—Here we go Again!

Five years after the events of Mamma Mia! (2008), Sophie prepares for the grand reopening of the Hotel Bella Donna as she learns more about her mother's past.

6/10 (2018)



Friday, May 9th - Joyful Noise

G.G. Sparrow faces off with her choir's newly appointed director, Vi Rose Hill, over the group's direction as they head into a national competition.

5.7 /10 (2012)



Chair Volleyball

Every Monday starting at 9:45 AM. We play for 1 hour. It is played inside with players sitting on chairs using a beach ball. 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, May 1st

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. Just \$1.00 to play. 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.

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. 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, May 22nd at 10:30.

Announcements

April Birthdays

On Tuesday, April 8th, 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!

Scott Dunlap 04/01 Marylou Harmon 04/05
Veronica Keyser 04/10 Gloria Gaiduk 04/13
Audrey Brandon 04/28

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.

Gayle Holman, Nell Morgan, Jeanette Raum, Ray Gaiduk, Jeff Robertson, Ruth Kopczyk, Aubrey Hughley, Linda Vopat



MORE CHOICE. MORE FLEXIBILITY.

NOPEC provides customers with the flexibility to choose the competitively priced electric and natural gas pricing option that best meets their needs. All of NOPEC's programs provide the following benefits:

- No risk terms and conditions
- Flexibility to move between NOPEC's natural gas and electric products without penalty or fees
- 24/7 Customer Care Center at [855-667-3201](tel:855-667-3201)
- Peace of Mind: NOPEC has over 20 Years' Experience as an Energy Aggregation and is Trusted by 240+ Ohio Communities.

Special Events

SCENT-SATIONAL SOIREE

A MOTHER'S DAY ESSENTIAL OIL EXPERIANCE

Celebrate Mother's Day with a delightful one-hour sensory journey designed just for seniors. The Scent-Sational Soiree invites you to indulge in the soothing world of essential oils, where you'll experience calming and rejuvenating fragrances that evoke cherished memories and feelings of love.

This guided session will introduce you to the art of aromatherapy, allowing you to explore an array of Mother's Day-inspired scents that nurture the body and soul. From floral to refreshing citrus, each fragrance is carefully selected to provide a unique sensory experience that's both relaxing and uplifting.

Join us for a special moment of relaxation, connection, and fragrant bliss in preparation for Mother's Day. This event is sponsored by Chase Medical Services and is open to all that wish to attend.

WEDNESDAY, MAY 7 TH @ 10:30 AM



The Kings & Queens Within Us Organization

Sweeping Around My own Front Door

Maple Hts. Senior Center

15901 LIBBY RD MAPLE HTS. OHIO

Date: May 7, 2025

Time: 11:30a-1:30p

RSVP: thekingsandqueenswithinus.com



Honorable Delores Gray Ford



ACTIVITIES

Pickleball - Starting May 14th

Are you ready to experience the exciting game of pickleball? Get ready, because Pickle ball is starting May 14th!



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 14th., 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.

Line Dancing is back!



Darlene Brashers will be facilitating line dancing at the Senior Center on Friday, May 23rd and May 30th from 10:30 to 11:30 AM. Going forward the dates will be the **first and third Fridays of each month** at the same time. **Residents and non-residents are welcome to register and join the fun! Cost is \$3.00 per session for residents and \$5.00 per session for non-residents. Check the calendar for dates in case there are any changes.**

Ballo—Flex DEMONSTRATION

Join us for a free demonstration the fun chair exercise, BalloFlex. The demonstration will begin at 10:30.

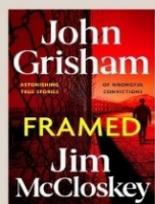
The BalloFlex seated fitness program is easy enough, yet effective, for everyone no matter your fitness level. It teaches individuals to have strong, toned muscles without spending hours in the gym.



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



May 14, 2025

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.

Wednesday, June 11, 2025 - *Lovely One*: A memoir by Ketanji Brown Jackson

Named "Ketanji Onyika," meaning "Lovely One," based on a suggestion from her aunt, a Peace Corps worker stationed in West Africa, Justice Jackson learned from her educator parents to take pride in her heritage since birth. She describes her resolve as a young girl to honor this legacy and realize her dreams: from hearing stories of her grandparents and parents breaking barriers in the segregated South, to honing her voice in high school as an oratory champion and student body president, to graduating magna cum laude from Harvard, where she performed in musical theater and improv and participated in pivotal student organizations. Here, Justice Jackson pulls back the curtain, marrying the public record of her life with what is less known. She reveals what it takes to advance in the legal profession when most people in power don't look like you, and to reconcile a demanding career with the joys and sacrifices of marriage and motherhood. Through trials and triumphs, Justice Jackson's journey will resonate with dreamers everywhere, especially those who nourish outsized ambitions and refuse to be turned aside. This moving, openhearted tale will spread hope for a more just world, for generations to come.

Pick up of "Lovely One" will be on or after May 14, 2025

The discussion session will be on Wednesday, June 11, 2025

The discussion sessions are the 2nd Wednesday of each month.

Sponsored by the Cuyahoga County Public Library, Maple Heights Branch

Educational Presentation

How Much Do You Know About MEDICARE

What services are covered under
Medicare Part B?

What is Medigap?

Should you receive a new Medicare card
each year?

Do you qualify for a free back brace?

Presented By:



Navigating Medicare



Preventing Medicare Fraud

JOIN US

Free Educational Session

Wednesday, May 21st, 10:30 a.m.
Maple Heights Senior Center

Supported by ACL, Dept of Health & Human Services, as part of a financial assistance award totaling \$967,420 with 100% funding by ACL/HHS.

Special Events



Join Us for a Cinco de Mayo
Celebration!

Monday, May 5th

We'll be serving up delicious
nachos with chips, nacho cheese,
and salsa. Don't forget to wear
your favorite Cinco de Mayo
poncho and hat!

This event is sponsored by
Marymount Place.

Come celebrate with us!



Cinco de Mayo



RESOURCES

2025 Senior Farmers Market Nutrition Program



We are excited to announce that 2025 Ohio SFMNP application site is live! As it was announced in the press release on Wednesday, April 16th. ODA will be directing older adults to ODA's SFMNP webpage: aging.ohio.gov/SeniorFarmersMarket

There are links to find Authorized Vendors at Ohio Farmers Market Network webpage: <https://ohiofarmersmarketnetwork.org/senior-farmers-market-nutrition-program/>

You are eligible for the Ohio Senior Farmers Market Nutrition Program and its \$50 annual benefit if: (1) You are age 60 or older, (2) You live in one of the 80 counties* that participate in the program, and (3) You have a household income that falls within 185% of the Federal Poverty Level.

Need Help? Call 216-587-5481 to learn more about the program and get help with applying.



Educational Presentation

FINANCIAL ELDER ABUSE

We are excited for Part 2 of our Elder Financial Exploitation Presentation. 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, May 6th 10:30 AM** a representative from Third Federal Bank will be at 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!



Bridges Core Service Agency Presentation

A representative from Bridges Core Service Agency will be at the Senior Center on **Thursday, May 15th at 11:00** for a presentation about the services they provide. They will talk about hands on treatments and education you can take home with you, enabling you to become an active participant in your own mental health, specific to Seniors. Please join us for this special presentation and enjoy some sweet treats.

FOOD & NUTRITION



Maple Heights Food Pantry

Location: 17100 Broadway Avenue, Maple Heights, OH

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.

Bring Your Reusable Bags in May!

Clients who bring their own reusable bags, when visiting the Food Pantry during the month of May will receive a "bonus item of the day" and you will be entered into a prize drawing for a \$25 SAV-A-LOT gift card at the end of the month. Don't forget your bags — you could win!

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

May 15th | 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.



Home Energy Assistance Program



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:
Thursday
May 15, 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

