



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



City of Maple Heights

Annette M. Blackwell , Mayor

June 2020

Linda M. Vopat, Director of Human Services

Meal Reservations: 216-587-0015

Transportation Reservations: 216-265-1489

Fax: 216-587-9069

Additional Information: 216-587-5481

Message from Mayor Blackwell

It is June and the rain has gone away, flowers are blooming and fragrant; I am loving the sun on my face.

These past months have been very difficult ones, so much has changed and we are all now embracing a “new normal.”

I miss the warmth of embraces, the sound of laughter, and the sight of smiles. We have given up so much to stay safe from this deadly virus. Most of all, I miss you, each and every one of you!

We are waiting to hear, when the Senior Center will open again and how we will organize to achieve social distancing, we all hope that it will be very soon. Until then, I encourage each of you to be happy, reach out and stay connected. Always ask for help when you need it, we are here for you.

Lastly, I appreciate how much you all care about us and keep us in your thoughts.



The Scoop about Farmers Market Coupons

The Maple Heights Senior Center tentatively will receive the Farmers Market Coupon in mid to late July. The Department of Aging is currently working on a new distribution process that will be safe for all of our Seniors that receive them, due to COVID-19. Please consider working to try and find a proxy to pick up your coupons and shop for you, if you are unable to pick up your coupons and access the market yourself.

The Department of Aging partners with area agencies on aging to offer the Senior Farmers' Market Nutrition Program in 45 counties. Participants receive ten \$5 coupons to use at participating farmers' markets and roadside stands. Coupons can be redeemed for Ohio-grown fresh vegetables, fruits, herbs and honey. Some restrictions apply.

You are eligible for the Ohio Senior Farmers' Market Nutrition Program if:

- You are age 60 or older,
- You live in a service area that participates in the program, and
- You have a household income that falls within certain guidelines.



Maple Heights Office On Aging | 15901 Libby Road | Maple Heights, Ohio 44137

District 1 - Stafford L. Shenett Sr.
District 2 - Toni Jones
District 3 - Christian Ostenson
District 4 - Dana Anderson

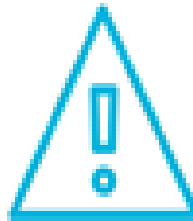
Members of City Council
President of Council—Ron Jackson
City Hall
5353 Lee Road
Maple Heights, Ohio 44137
Phone: 216-662-6000

District 5 - Tanglyn Madden
District 6 - Richard Trojanski
District 7 - Edwina Agee

COVID-19 RELATED SCAMS

BEWARE OF SCAMMERS

Scammers are exploiting the fear and isolation people are feeling during the COVID-19 shelter-in-place. Beware of scammers posing as government officials, bank employees, or health professionals. They want your money and sensitive personal information, including Social Security number, Medicare number, credit card information, and bank account information.



HOW SCAMMERS CAN REACH YOU



PHONE



SOCIAL MEDIA



EMAIL

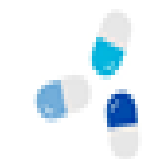


WEBSITES



IN PERSON

COMMON SCAMS



- Sell you fake respiratory masks, COVID-19 testing or vaccine kits, or COVID-19 cures.
- Ask for charity donations. You can look up charities at [give.org](https://www.give.org) or [charitynavigator.org](https://www.charitynavigator.org).
- Promise direct deposit of your stimulus check.
- Tell you your Social Security check has been cancelled due to COVID-19 and try to get your personal information to verify.
- Offer 'relief money' to those affected by COVID-19.
- Say a loved one has contracted COVID-19 and needs money wired for their treatment.
- Contact you pretending to be from the WHO, CDC, or a volunteer agency.
- Ask you to download a mobile app that tracks and sends you COVID-19 updates.

FATHER'S DAY CROSSWORD PUZZLE

Look at the numbers on the pictures and write the Father's Day vocabulary in the crossword puzzle



Copyright © 17/12/2019 [englishworksheets.com](https://www.englishworksheets.com). All rights reserved.

CLASSIC PEANUTS

BY CHARLES SCHULZ



Springing Into Action with Senior Helpers' Seated Chair Exercises



Overhead Bend and Reach (left)

1. Raise both arms above your head.
2. Lower your right arm and lean to the right. Feel the stretch in your left side.
3. Hold for at least 15 seconds.
4. Return to your original position with your arms over your head.
5. Drop your left arm and lean to the left.
6. Repeat 2 to 4 times toward each side.

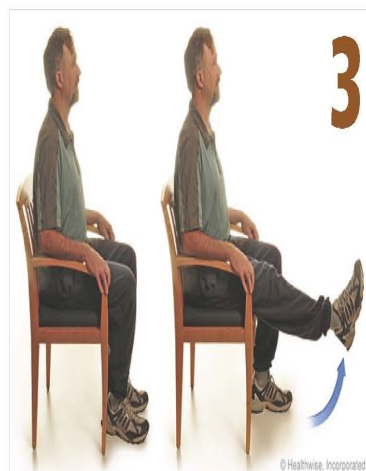
Shoulder Blade Squeeze (right)

1. Lift your arms near the level of your shoulders with your elbows pointed straight out.
2. Bring your elbows back while you squeeze your shoulder blades together. Don't lift or shrug your shoulders as you are squeezing.
3. Hold 6 seconds.
4. Repeat 8 to 12 times.



Knee Extension (right)

1. Straighten and lift one leg, and hold while you slowly count to 5. Be sure you don't lock your knee.
2. Slowly lower your leg back down.
3. Repeat 8 to 12 times.
4. Do the exercise with the other leg.



Neck Rotation (left)

1. Keeping your chin level, turn your head to the left, and hold for at least 15 seconds.
2. Turn your head to the right and hold for at least 15 seconds.
3. Repeat 2 to 4 times to each side.



Marching in Place (left)

1. Sit with your feet slightly apart, and keep your hands at the edge of your chair or on the armrests.
2. March in place, lifting your knees high toward the ceiling. Remember to breathe normally.
3. Keep marching in a smooth rhythm for 1 minute. Work up to marching 5 minutes or longer.

Chair Push-ups (right)

1. Sit tall with your feet flat on the floor and spread comfortably apart.
2. Grip the armrests, and take a deep breath in.
3. Breathe out as you use your arms (not your legs) to push your body off the chair. Straighten your arms as much as you can.
4. Hold for about 1 second, and then lower yourself back to the chair.
5. Repeat 8 to 12 times.



RED FLAGS



- A sense of urgency. Scammers will use the words "urgent", "act now", "important", and "official" to pressure you into acting quickly.
- Asking for payment via wire transfer or gift cards.
- Requesting your Social Security number, Medicare number, credit card information, or bank account information.
- Links from unknown or unverified sources.
- Purported government agencies contacting you by phone, email, or social media.
- Emails from personal accounts - beware of emails from Yahoo, Hotmail, Gmail, AOL addresses, etc.
- Websites that look like important COVID-19 news and information sources. These sites could install malware on your computer that damage your computer or gain unauthorized access to your information.
- Unverified apps. These apps can lock your phone and steal data from your device. Only download apps with a verified publisher from Google Play or Apple Store.

Thank you to the Warrensville Road Community Baptist Church

The volunteers of the Maple Heights Food Pantry accepted care packages for the children of Maple Heights from the Warrensville Road Community Baptist Church.

A heartfelt thank you to the Warrensville Road Community Baptist Church for the gift bags of coloring books, reading books, crafts, crayons, markers and more for the children of Maple Heights. It was so thoughtful of this faith community to remember the children of families who frequent the Maple Heights Food Pantry.



From left to right: Maple Heights volunteers Margaret & Marie, Food Pantry Coordinator Pequita and Assistant, Carolyn. From Warrensville Road Community Baptist Church are Rev. Dr. Gregory Walker and First Lady Patricia Walker.

Cuyahoga Courts! CENSUS 2020

Did you know for every person not counted in Ohio, more than \$1,200 per person would be lost in funds that would go toward programs and resources. Programs that would be affected include:

- Medicaid
- Supplemental Nutrition Assistance Program (SNAP) or "food stamps"
- Medicare Part B
- Special Education Grants
- National School Lunch Program
- Head Start/Early Head Start
- Foster Care
- Health Care Programs (Community, Migrant, Homeless, Public Housing)

There are several easy ways to complete the Census:



1. Online - <https://www.my2020census.gov>



2. Over the phone - 1-844-330-2020



3. Submit a paper form - you will receive a Census questionnaire in the mail.

**You Matter ...
Be Counted!**

Shape
your future
START HERE >

United States
**Census
2020**



GIFTS FOR DAD



Aftershave
Beer
Belt
Book
Card
Chocolate
Compass
Cuff Links

Golf Balls
Grilling Tools
Hat
Keyring
Mouse Pad
Mug
Pen
Phone Case

Pocket Knife
Power Tools
Razor
Slippers
Socks
Tie
Wallet
Watch