



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



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

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City of Maple Heights

Mayor Annette M. Blackwell

February 2025



GOLDEN MAPLE LEAVES



Message from Jaimie Hasenohrl: Hello February!

As we say goodbye to a very cold and snowy January, it is a great time to remind everyone that our Senior Center is a designated Warming Center. We are here to provide a safe and warm environment. Please join us for a cup of coffee, socialize, and get out of the cold. If you prefer to hibernate at home during these winter months, it is very important to ensure your home is properly heated and insulated. Remember: dress in layers and stay active while inside, as both of these suggestions help keep you warm. Please bring your pets inside during cold, harsh conditions. If you would like us to give you a daily phone call to check-in to make sure you're comfortable and secure please reach out and let us know.

Black History Month is celebrated in February. Carter G. Woodson was an African American historian, scholar, and educator who made significant contributions to the study and recognition of African American history and culture. He is credited with establishing "Negro History Week" in 1926. He chose February for the week to coincide with the birthdays of Abraham Lincoln and Frederick Douglass, two important figures in the history of African Americans. In 1976, this week evolved into a Black History Month celebration. We encourage you to find ways to honor Black History Month by reading books by Black authors, poets, and historians; watching documentaries that tell the stories of influential Black figures; and purchasing products from Black-owned businesses or restaurants; all of these help empower and support the Black community.

February is also Heart Health Month. Eating fresh fruits, vegetables and lean proteins, such as chicken and fish and exercising on a regular basis all promote a healthy heart. Aim for at least 150 minutes a week of moderate exercise such as walking and biking, and have your blood pressure checked on a regular basis. Maintaining a healthy heart improves your overall health and wellness.

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

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

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Transportation Reservations:

216-265-1489

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ACTIVITIES



Groovy Movies 9:45 AM

February Movies - Second Floor
In Honor of Black History Month



Friday, February 7th - Loving

7.0/10 (2016)

The story of Richard and Mildred Loving, a couple whose arrest for interracial marriage in 1960's Virginia began a legal battle that would end with the Supreme Court's historic 1967 decision.



Friday, February 28th - Harriet

6.7/10 (2019)

The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.



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, February 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

January Birthday's

On Tuesday, January 14th , 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

UH Hospitals of Bedford for sponsoring healthy snacks in 2025!

Thank you to CakeUs Designs for making them!



HAPPY BIRTHDAY!

Annie Hall 1/5

Mary Bartko 1/6

Harold Herron 1/6

John Linda 1/24

Willie Hardwick 1/26

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.



Michael Plon, Jeannette Raum, Gloria Glover, Diane McGiboney, Jeff Robertson, Betty Smith, Caroline Hrodmadka, Caroline Mathews, Gail Schroeder, 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)

SPECIAL EVENTS

MAPLE HEIGHTS SENIOR CENTER

VALENTINE'S DAY



JOIN US FOR GUESSING GAMES, VALENTINE'S TREATS, 50/50 RAFFLE AND MUCH MORE!
REMEMBER TO WEAR YOUR PRETTIEST RED TOP!



Tuesday, February 18th

10:30 am

Heart Healthy Living presented by Rena O'Hara, Clinical Services Manager, RN,
Phoenix Health Services

Learn ways to maintain heart health with healthy eating, exercise and health
Monitoring. Healthy snacks will be provided.



ACTIVITIES

Diamond Painting—Valentine Keychains

Join us for a fun valentine themed diamond painting craft. It is a keychain that is heart shaped . There are 30 keychain kits available. There is no limit in the number of people who can participate. There is no need to sign up. Just come and enjoy the craft. Diamond painting is a craft that involves applying resin rhinestones, also know as drills, to a self adhesive canvas to create a mosaic image. Some say diamond painting is a combination of cross-stitch and paint-by-numbers. Instead of thread or paint, you use colorful resin drills to create an image. The canvas is printed with a design and symbols that indicate where to place each colored drill. You use an applicator pen to pick up the drills and place them on the canvas. **This craft will be on Wednesday, February 5th starting at 10 AM.** Please thank Mary Bartko for purchasing the Valentine keychains and for her time in facilitating the class.



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 first meeting will be Thursday, February 27, 2025. Going forward it will be the fourth Thursday of every month from 10:30 AM till noon, at the Senior Center.



Puzzle Table

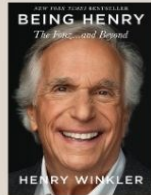
Jigsaw puzzles can have many benefits for seniors including improved memory, mood and cognitive function. They can also help with fine motor skills and social interaction. The Senior Center has a new puzzle table located in the Lecture Room. Our first puzzle is a 1,000 piece puzzle of a world map. Feel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



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



February 12, 2025

Wednesday, February 12, 2025

Being Henry: The Fonz...and Beyond by Henry Winkler, James Kaplan

Henry Winkler, launched into prominence by his role as “the Fonz” in the beloved Happy Days, has transcended the role that made him who he is. Brilliant, funny, and widely regarded as the nicest man in Hollywood (though he would be the first to tell you that it’s simply not the case, he’s really just grateful to be here), Henry shares in this achingly vulnerable memoir the disheartening truth of his childhood, the difficulties of a life with severe dyslexia, the pressures of a role that takes on a life of its own, and the path forward once your wildest dream seems behind you.

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.

Pick up of the “The Art Thief” will be on or after February 12, 2025

The discussion session will be on Wednesday, March 12, 2025

**NEW in 2025, the discussion sessions have been moved to the
2nd Wednesday of each month.**

Sponsored by the Cuyahoga County Public Library, Maple Heights Branch

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



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RESOURCES

What Can the Cuyahoga County Division of Senior and Adult Services Do for You?

Jackie Adams, Social Services Supervisor for “DSAS” will be at the Senior Center on Thursday, February 20th at 10:30 AM to enlighten you about County benefits that you may not be aware of. She will also discuss how to recognize a Snap Card scam. Not only that, after her talk you can consult with a Benefit Specialist and get one on one help. One benefit is help with Ohio’s Home Energy Assistance Winter Crisis Program.

Protect Your SNAP EBT Benefits Don’t Be Scammed!



Helpful Tips:



1. Download the **ConnectEBT app** from your app store to Lock and Unlock your SNAP benefits. This app can also be used to change your PIN
2. Never share your EBT card number or PIN. Cuyahoga Job and Family Services will not request this information

How Do I Protect My EBT Card?



1. Access or create your ConnectEBT account please visit: connectebt.com or scan the QR code above
2. Create a ConnectEBT account to lock/unlock your EBT card
3. Change your PIN regularly (before your load date)

What Should I Do If I Think My Benefits Were Stolen?



For more information on how to report suspected stolen SNAP EBT benefits or information on how to complete the JFS 07011 form (available in multiple languages) please visit our website: <https://bit.ly/SNAPCardTips>



Department of Health and Human Services
Cuyahoga Job and Family Services



Non-discrimination Statement: This institution is an equal opportunity provider. Visit <https://www.fns.usda.gov/cr/fns-nondiscriminationstatement>. Cuyahoga Job and Family Services provides access to an interpreter at no charge to customers who are limited – English proficient and individuals with impaired vision and/or hearing.

CUY_911_cebs11/2024

FOOD & NUTRITION



Maple Heights Food Pantry

Location: 17100 Broadway Avenue, Maple Heights, OH

Hours of Operation

Tuesdays: Noon - 3PM | Wednesdays: 9AM - Noon | Thursdays: 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

**February 20th | 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. 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. **In addition to 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, 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, February 21, 2025**



Health Screenings - University Hospital Bedford Medical Center



A representative from University Hospital Bedford Medical Center will 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:	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

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 \$1.00 each 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:
Thursday
February 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 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.

