

(Last Modified on October 27, 2009)

***Department of Human Services  
Senior Services Resource Guide***

26080 Berg Road  
Southfield, MI 48033  
(248) 796-4540 – Fax (248) 796-4545  
[www.cityofsouthfield.com](http://www.cityofsouthfield.com)

**Mayor**

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Dear Southfield Residents:

It is once again our pleasure to offer the *Senior Services Resource Guide*, an easy reference guide outlining the fine programs, services and agencies available to our senior population.

As you review this guide, please make note of the special offerings that may enhance your quality of life. Whether it be social service needs, transportation assistance, nutrition suggestions, leisure opportunities or medical aid, Southfield offers you beneficial opportunities that are second to none!

We look forward to serving you better. If you are aware of any additional services or if you have any suggestions, please do not hesitate to call me.

This guide is also available online under the Human Services Department @ [www.cityofsouthfield.com](http://www.cityofsouthfield.com)

**Susan F. Cuevas, Director. . . . . (248) 796-4526**

**Department of Human Services**

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**Emergency & Personal Information**

**Police/Ambulance/Fire - 911**

Doctor's Name \_\_\_\_\_

Doctor's Telephone # \_\_\_\_\_

Pharmacy \_\_\_\_\_

Relative's Name \_\_\_\_\_

Relative's Telephone # \_\_\_\_\_

Neighbor's Name \_\_\_\_\_

Neighbor's Telephone # \_\_\_\_\_

**Current Medications**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

## **Frequently Called Numbers**

<b>Adult Recreation Center 50+.....</b>	<b>(248) 796-4650</b>
<b>Animal Control .....</b>	<b>(248) 796-5410</b>
<b>Beech Woods Recreation Center.....</b>	<b>(248) 796-4670</b>
<b>City Clerk &amp; Council.....</b>	<b>(248)796-5150</b>
<b>City Treasurer.....</b>	<b>(248) 796-5200</b>
<b>Deaf (Telecommunication Device) .....</b>	<b>(248) 354-4831</b>
<b>Police &amp; Fire (Emergency).....</b>	<b>911</b>
<b>(Non-emergency).....</b>	<b>(248) 796-5500</b>
<b>Garbage Pick Up.....</b>	<b>(248)796-4860</b>
<b>Housing .....</b>	<b>(248)796-4170</b>
<b>Human Services.....</b>	<b>(248)796-4540</b>
<b>John Grace Career Center.....</b>	<b>(248)796-4550</b>
<b>Library .....</b>	<b>(248)796-4200</b>
<b>Mayor's Office .....</b>	<b>(248) 796-5100</b>
<b>Neighborhood &amp; Information Center... </b>	<b>(248)796-5140</b>
<b>Parks &amp; Recreation .....</b>	<b>(248)796-4620</b>
<b>Social Security Administration.....</b>	<b>(800) 772-1213</b>
<b>Water Dept .....</b>	<b>(248)796-4850</b>

## **AREA RESOURCES**

Adult Protective Services (zip codes 48075 & 76) .	(248) 583-8803
(zip code 48034) .....	(248) 669-7600
Southfield Adult Recreation Center 50+ .....	(248) 796-4650
Southfield Human Services.....	(248) 796-4540
Area Agency on Aging .....	(800) 852-7795
Complaints and Concerns	
Landlord/Tenant .....	(248) 858-5402
Sfld. Chamber of Commerce .....	(248) 557-6661
Nursing Homes-Citizens for Better Care .....	(800) 833-9548
Counseling (Southfield Human Services).....	(248) 796-4540
Food Assistance	
Meals on Wheels .....	(248) 689-0001
Southfield Human Services .....	(248) 796-4547
Home Health Care Agencies	
Area Agency on Aging.....	(800) 852-7795
Home Repairs	
Southfield Home Improvement Program .....	(248) 796-4173
CHORE Program.....	(248) 796-4178
Hospital Equipment	
World Medical Relief .....	(313) 866-5333
Hospitals in Area	
Providence .....	(248) 424-3000
Beaumont.....	(248) 898-5000
Botsford .....	(248) 471-8000
Legal Aid	
Southfield Human Services .....	(248) 796-4540
Medical Coverage	
Medicare .....	(800) 803-7174
Medicaid. . . . . (zip codes 48075 & 76) .....	(248) 583-8700
Medicaid. . . . . (zip code 48034) .....	(248) 669-7600
Mental Health	
Emergency (Common Ground).....	(800)231-1127
Non-emergency (Sfld. Human Services).....	(248) 796-4547
Nursing Homes & Adult Foster Care Information	
Oakland County Health Department .....	(248) 424-7000
Citizens for Better Care .....	(800) 833-9548
Prescriptions	
Area Agency on Aging .....	(800) 852-7795
OLSHA.....	(248) 542-5860
World Medical Relief (Sfld. Human Svcs.)... ..	(248) 796-4546
Property Tax Information	
Assessing Department .....	(248) 796-5230
Social Security Administration .....	(800) 772-1213

## **AREA RESOURCES (continued)**

### Transportation

SMART Connector..... (866)962-5515  
T.O.S.S. .... (248) 796-4658

### Utility Assistance

Sfld. Human Services ..... (248) 796-4546  
Madison Heights FIA (48075, 48076)..... (248) 583-8700  
Walled Lake FIA (48034) ..... (248) 669-7600  
Salvation Army..... (248) 477-1153

## **ACTIVITIES & SERVICES**

### **Barber and Beauty Shop ..... (248) 356-1610**

Walk-ins and appointments are welcome at the Adult Recreation Center 50+. Hours of operation are Wednesday through Saturday.

### **Bands ..... (248) 796-4650**

The BanJoes of Michigan rehearse regularly at the Adult Recreation Center 50+ on Tuesdays from 7:00 p.m.- 10:00 p.m.

### **Bingo ..... (248) 796-4650**

Bingo is played at the Adult Recreation Center 50+ on Thursdays from 1:00 p.m. - 2:30 p.m.

### **Classes ..... (248) 796-4650**

More than 40 classes are offered, including arts, crafts, dance, cards, exercise, music, needlework and educational subjects at the Adult Recreation Center 50+ .

### **Food Co-Op @ The Bright Spot ..... (248) 796-4650**

A convenience store is located in the Adult Recreation Center 50+. Food, non-prescription drugs, and various sundries are available. Hours are Monday to Friday, from 10:00 a.m. - 2:00 p.m. Volunteers are always needed.

### **Gardening ..... (248) 796-4650**

Plowed and watered garden plots are available to seniors over 50 at Mary Thompson Farm on Evergreen Road @ Civic Center. The season begins in mid-April and ends with a Gardner's Festival near the end of the season.

### **Golf ..... (248) 796-4655**

The City of Southfield has two golf courses for its residents: Beech Woods and Evergreen Hills. During the summer, discount rates are available Monday through Friday (not including holidays) from 9:00 a.m. - 3:00 p.m. Private golf lessons are also available.

### **Goodfellows ..... (248) 796-4540**

The Southfield Goodfellows is a volunteer organization which, during the Christmas Season, assists needy families and senior citizens with food and clothing.

## **ACTIVITIES & SERVICES (continued)**

### **John Grace Community Center ..... (248) 796-4677**

The Center is located at 21030 Indian Road in Southfield. The following programs are offered:

\*First Tuesday of the Month: Monthly Birthday Celebration at 1:00PM in Room 104.

\*Second Tuesday of the Month: Odd months-Seniors go out to lunch at a local restaurant. Even months-Seniors Pot Luck Luncheon in Room 104 @ 12:00PM.

\*Third Tuesday of the Month: Senior Business Meeting 12:00PM in Room 104.

### **Post Office ..... (248) 796-4650**

The Post Office at the Adult Recreation Center 50+ offers all regular post office services with the exception of international mail and postal money orders. The hours are 9:00 a.m. to 3:00 p.m. - Monday through Friday.

### **Shopping & Dining & Day Trips ..... (248) 796-4650**

Various shopping malls, restaurants, and theaters are visited monthly from 9:00 a.m. - 3:00 p.m. Transportation is available and the cost varies.

### **SRO Productions ..... (248) 796-4650**

SRO Productions is a civic theatre group created to produce plays that are either nostalgic, have a senior theme or include senior participation. They present four yearly productions at the Burgh Historical Church.

### **Tax Assistance**

#### **American Association of Retired Persons ..... (248) 796-4650**

Provide free tax preparation for individuals 50 years and older during the months of February and March, at the Adult Recreation Center 50+.

#### **Accounting Aid Society ..... (248) 796-4540**

Provide free tax preparation for individuals during the months of February, March and April, at the Human Services Department.

## **ADULT DAY CARE**

The following facilities provide supportive care, stimulating activities, and/or referrals for older adults who need supervision during the day because they are experiencing physical disabilities, memory loss and/or social isolation.

### **Botsford Commons Adult Day Care ..... (248) 426-6930**

### **Catholic Social Services Sheltering Arms ..... (248) 557-7373**

### **Elder Link ..... (248) 592-2300**

### **Jewish Community Adult Care ..... (248) 559-5000**

### **Providence Adult Day Care ..... (248) 353-6280**

### **Senex Adult Respite Program..... (248) 473-1826**

**COMMITTEES & COMMISSIONS**

**Commission On Senior Adults (COSA) .....(248) 796-4540**

On September 14, 1987, the Southfield City Council approved the formation of the Commission on Senior Adults (COSA). The commission was developed to investigate senior concerns and create a master plan for senior social service needs. The commission began its work in the spring of 1988. COSA meets the third Thursday of each month in the City Council Study Room, from 4:00-6:00 p.m. The public is always welcome.

**Homes For the Aged Committee (HFA) ..... (248) 796-4540**

Southfield is the first Michigan city to receive State permission to have its representatives enter long-term care facilities in order to observe & evaluate the quality of care provided to senior residents. The Homes For the Aged Committee consists of volunteers who conduct unannounced visits to long-term care facilities and act as friendly visitors and objective observers. Volunteers receive an initial orientation and regular training sessions. They work diligently to improve and monitor the quality of care and life in Southfield’s long-term care facilities. The committee is always looking for new volunteers.

**The Senior Adult Advisory Council (SAAC)..... (248) 796-4673**

The Senior Adult Advisory Council is a nonprofit group operating within the City for the benefit of Southfield senior adults. This group of dedicated volunteers meets monthly. They have been responsible for developing Transportation Of Southfield Seniors (TOSS), the bus system which provides transportation for medical appointments for Southfield senior adults, and they continue to evaluate and address senior concerns.

**CRIME PREVENTION & SECURITY**

**Crime Prevention Unit..... (248) 796-5400**

Provides education to seniors about con games and other criminal activities which may target the senior population. Also, provides direction for protecting oneself and ones property.

**Free Home Security Survey** is a comprehensive review of a resident's home with recommendations provided on how to increase home security.

**Operation Identification Engraver** is made available free of charge to Southfield residents. This tool enables residents to mark household items with their driver's license number as part of the national Operation Identification Program. Free ID stickers are available when the engraver is returned.

**Police (Emergency) ..... 911**

**(Information & Non Emergency) (248) 796-5500 – (248) 796-4686**

The 911 Communications Center is an emergency information processing agency whose primary function is to gather data and dispatch the appropriate personnel and equipment for Police, Fire, and Life Support.

**Cellular Telephones**

**Oakland County Sheriff’s Dept. ....(248) 975-9700**

Free cellular telephones can be obtained to be used for 911 calls only.

**FITNESS & EXERCISE**

- Adult Recreation Center 50+ ..... (248) 796-4650**
- Burgh Historical Park ..... (248) 796-4627**
- Beech Woods Recreation..... (248) 796-4670**
- John Grace Community Center ..... (248) 796-4677**
- Parks & Recreation Building ..... (248) 796-4620**
- Southfield Sports Arena ..... (248) 796-4640**

**FOOD**

- Commodity Foods Program ..... (248) 796-4650**  
 Commodity foods are sponsored by the Oakland Livingston Human Service Agency and the Adult Recreation Center 50+ and distributed quarterly. Food is available to McDonnell Towers & Woodridge Apartments residents only.
- Focus Hope ..... (248) 796-4540**  
 Southfield Human Services administers this monthly food assistance program. Residents must be 60 years of age and older and meet income guidelines.
- Meals On Wheels ..... (248) 689-0001**  
 The Senior Citizen Nutrition Program serves daily hot lunches Monday through Friday to persons age 60 and over. Nutrition education, outreach, and a Homebound Meals Program are also provided.

**HEALTH SERVICES**

- Alcoholics Anonymous ..... (248) 332-3521**
- Alzheimers Association ..... (248) 351-0280**
- American Cancer Society ..... (248) 663-3400**
- American Diabetes Society ..... (248) 433-3830**
- American Heart Association ..... (248) 827-4214**
- American Lung Association ..... (248) 784-2000**
- Flu Shots (Adult Recreation Center 50+)..... (248) 796-4650**  
 (Oakland County Health Dept.)..... (248) 424-7000
- Henry Ford Medical Center ..... (248) 358-0722**  
 Non-emergency facility, has an emergency shelter and occupational and physical therapy.
- Medical Referrals ..... (248) 796-4547**  
 A social worker is available to assist seniors with information and referrals regarding area doctors and health facilities.

## **HEALTH SERVICES (continued)**

**Medicaid Hotline ..... (248) 669-7600**

Assistance with medical treatment and prescriptions for very low- income individuals.

**Medicare Hotline.....(800) 633-4227**

**Michigan Lupus Foundation..... (586) 775-8310**

**Michigan Parkinson’s Foundation ..... (248) 433-1011**

**Michigan Peer Review Org (M.P.R.O.) ..... (248) 465-7300**

This agency is contracted by the federal government to oversee the quality of care given to Medicare patients throughout the State of Michigan.

**Oakland County Health Department..... (248) 424-7000**

A nurse-clinician provides outpatient care on the second Monday of each month from 1:30 p.m. - 3:30 p.m. at the Adult Recreation Center 50+. Blood pressure checks, health education, flu shots, and professional advice are offered on a walk-in basis.

**Providence Hospital..... (248) 424-3000**

Emergency room, emergency shelter, full-range of doctors, nurses, social workers, counselors and pharmacy are available.

**Tri-County Dental Health Council..... (248) 559-7767**

**Visiting Nurse Association.....(800) 882-5720**

Nurses provide in-home services to seniors.

**Visiting Physicians Association.....(248) 352-2000**

Physicians provide in-home services to seniors.

**HOUSING**

**CHORE Program..... (248) 796-4178**

Arrangements can be made for mowing grass, raking leaves, shoveling snow, replacing storm windows and screens, and providing other services for home maintenance.

- Low or moderate income residents who are 60 years of age and older.
- Permanently disabled and living alone may also qualify.
- Must own home and it cannot be for sale.
- Service is free for those who qualify.

**Rental Assistance Program (Section 8) ..... (248) 796-4170**

The Section 8 Housing program is a federally subsidized program for qualified senior adults and low-income families. Applicants may find rental housing in any area as long as it is within the rent limits set by HUD. Participants in this program ordinarily pay 30 % of their monthly income toward rent. (The waiting list is not always open)

**Southfield Home Improvement Program (248) 796-4177 – (248) 796-4173**

The SHIP program is designed to give low and moderate-income residents a home improvement loan to make necessary home improvements.

- You must be a homeowner/occupant.
- The home must be covered by hazard insurance.
- The property taxes must be current.
- You must be within the income guidelines.
- You must be a Southfield resident for one year.

**Apartments**

- McDonnell Towers & River Park Place ..... (248) 355-2810**
- Woodridge ..... (248) 357-5450**
- Meadowcrest ..... (248) 423-3690**
- Highland Towers ..... (248) 569-7077**
- American House ..... (248) 809-4287**

**Retirement Communities**

- American House ..... (248) 809-4287**
- Franklin Terrace ..... (248) 358-0212**
- The Heatherwood ..... (248) 350-1777**

**Retirement & Assisted Living**

- Brookdale - The Heritage ..... (248) 727-2000**
- The Park at Trowbridge ..... (248) 352-0208**
- The Fountains at Franklin ..... (248) 353-2810**

**Nursing Centers**

- Bedford Villa ..... (248) 557-3333**
- Evergreen Health & Living Center ..... (248) 203-9000**
- Great Lakes Center ..... (248) 423-1409**
- Lahser Hills Nursing Center ..... (248) 354-3222**
- The Lakeland Center ..... (248) 350-8070**
- Menorah House ..... (248) 557-0050**
- St. Annes Mead ..... (248) 557-1221**

## **SOUTHFIELD PUBLIC LIBRARY**

The Southfield Public Library has something for everyone from books to DVDs and computers to great programs. The Library is open Monday – Thursday from 9:30 a.m. to 9:00 p.m.; Friday and Saturday from 9:30 a.m. to 5:30 p.m. and Sundays during the school year from 1:00 to 5:00 p.m.

### **Books by Mail..... (248) 796-4200**

Southfield Residents who are homebound are eligible to receive books by mail. A request by the patron=s medical practitioner is required to enroll. Patrons call the library requesting books which are mailed free of charge.

### **Library for the Visually and Physically Impaired**

#### **Oakland County ..... (248) 858-5050**

#### **Toll Free ..... (800) 774-4542**

#### **TDD (Telephone Device for the Deaf)..... (248) 452-2247**

#### **FAX. . ..... (248) 858-9313**

The Southfield Public Library has applications for this free service. Patrons may also contact the library directly. The County Library provides Books-on-Tape and recorders for those unable to use regular print materials.

### **Audio Visual Collection ..... (248) 796-4200**

The library maintains an extensive collection of materials in non-book formats. There are many feature and informational films. The feature films collection many award winning films in both English and other languages. Our collection also features many audio books in cassette, CD and MP3 CD formats that are available for check out.

### **Large Print Collection ..... (248) 796-4200**

The Southfield Public Library maintains a large collection of fiction and non-fiction titles. We also subscribe to the Large Print Reader’s Digest and Large Print New York Times. The AARP magazine and weekly Elder Law FaxLetter are also available to patrons.

### **Magnifying Reader ..... (248) 796-4200**

The Library has an Aladdin Pro Rainbow Reader. It is available to all patrons. Located in the 2<sup>nd</sup> floor large print collection, the reader allows patrons with visual impairments to magnify the size of print or pictures for easier viewing.

### **Computers..... (248) 796-4200**

The Southfield Public Library has over 190 computers for you to search our catalog, surf the Internet or use the Microsoft Office Suite. The library catalog near the large print collection also has enlarged font.

### **Humanities..... (248) 796-4200**

Twice a year the Library presents the Humanities discussion series. Using a specially prepared anthology, our moderators guide participants in reading & discussing these selections. Each session runs for eight weeks.

### **Opera in the Afternoon..... (248) 796-4200**

Twice a year we are honored by the presence of Dr. Wallace O. Peace. He speaks on one of the presentations at the Michigan Opera Theater. The week following his lecture a movie of the opera is shown free of charge.

### **Friends Book Cellar ..... (248) 796-4397**

The first Thursday, Saturday and Sunday of every month there is a used book sale sponsored by the Friends of the Southfield Public Library in the Book Cellar, where people can choose from a large selection of gently used books, sheet music, audio and video cassettes, DVD=s, CDs and current monthly magazines.

## **SOUTHFIELD PUBLIC LIBRARY (continued)**

### **Book Discussion..... (248)796-4200**

A discussion group meets once a month on the second Tues to discuss various literary works that have been selected for that month. Discussions are held at 2:00 p.m. and 7:00 p.m. in the Southfield History Room.

### **Local Author Book Fair ..... (248) 796-4200**

Come and meet local Michigan authors as they share their latest books, which are available for purchase and signing. The local Author Book Fairs are held four times a year in January, April, September, in conjunction with the Southfield Books & Beyond Festival and in November.

### **Computer Classes..... (248) 796-4200**

Hands-on classes are offered year round to give participants both the information and experience necessary to master the basics of the computer, Internet, email and computer software. Computer classes are available for Southfield and Lathrup Village residents only.

### **Library Volunteer Program..... (248) 796-4200**

The library is always in need of volunteers. If you are interested in volunteering your services, you may pick up an application at the circulation desk of the library.

### **Tax Information ..... (248) 796-4367**

The library carries a large supply of federal and state tax forms for the current tax year, as well as reproducible tax forms for prior years. The library also has a number of self-help tax books.

### **Jazz & Blues @ Your Library..... (248) 796-4200**

Experience Jazz and Blues at the Southfield Public Library through this monthly series, which features live performance and documentaries.

## **MEDICAL SUPPLIES**

### **Guardian Medical Monitoring ..... (888) 349-2400**

## **PRESCRIPTIONS**

This information is for people who do NOT have prescription coverage. There are a variety of programs, depending on financial and age qualifications.

Since the price of prescription medication is unregulated, it is important to call area pharmacies and shop around for the best price and/or discount card package.

### **AARP Pharmacy Services Card ..... (800) 424-3410**

### **GlaxoSmithKline Orange Card ..... (888) 825-5249**

### **Lily Answers Card ..... (877) 795-4559**

### **World Medical Relief..... (313) 866-5333**

## **PUBLICATIONS & PROGRAMS**

### **Cable 15..... (248) 796-4500**

**Just For Seniors** - A series of written messages is repeated continuously and designed to keep residents up to date on local senior adult programs and activities.

**Spotlight on Seniors** - A monthly program with a magazine-style format aimed at topics and activities for seniors.

### **The Southfield SCRIBE ..... (248) 796-4650**

The Southfield SCRIBE is a free bimonthly newsletter for Southfield seniors.

## **SUPPORT & COUNSELING**

### **Counseling & Social Work ..... (248) 796-4547**

Diagnostic, preventive and treatment services are available for seniors and their families who may be affected by social and psychological problems. A social worker with offices at the Adult Recreation Center 50+ and at the Human Services Department provides help, guidance, and community-wide referral services.

### **Emergency Assistance & General Problems .... (248) 796-4546**

Southfield residents experiencing particular types of financial need may be helped through the Southfield Human Services Department. An outreach caseworker can provide direct assistance or make a referral to an appropriate agency where other assistance may be received. Human Services caseworkers also make visits to residents who are homebound and/or experiencing special difficulties. The caseworkers can assist these residents in finding available resources for solving personal and practical problems.

### **HAVEN (Domestic Violence Shelter)..... (877) 922-1274**

### **Legal Aid Program ..... (248) 796-4540**

Free 15 minute legal consultation is available on Tuesday evenings from 6:00 p.m.- 8:00 p.m. at the Human Services Department.

### **Southfield Career Center ..... (248) 796-4550**

Helps senior adults locate job opportunities and gain employment. Those qualifying under income guidelines may also receive job training.

### **Support Groups ..... (866) 962-5515**

Support groups are scheduled discussion sessions for seniors to facilitate resolution of issues related to family communication, loneliness, loss, anxiety, and adjustment to retirement.

### **Volunteer Opportunities ..... (248) 796-4542**

Volunteers are needed on an on call basis to work as receptionists and assist in other areas of the Human Services Department.

**TRANSPORTATION**

**SMART ..... (248) 796-4650 or (248) 476-6630**

A lift-equipped bus operates a scheduled route to various apartment and shopping sites in the local community. The Smart Connector is available for door-to-door bus transportation. Proof of residency is required.

**T.O.S.S. (Transportation Of Sfld. Seniors) ..... (248) 796-4658**

Lift-equipped vans transport senior citizens and permanently physically challenged residents to medical appointments. A \$5 donation each way is requested.

**VOTING**

**City Clerk/Elections ..... (248) 796-5150**

An Absentee Ballot can be obtained in person or through the mail.

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