

The Southfield Scribe

Lunch in the D

We've got a new, dining program kicking off in April 2020!

Lunch in the D features the opportunity to try a different restaurant in the downtown Detroit area each month. From casual to a bit more upscale, you pick the places you want to visit. Plus each outing is limited to just 12 people to help keep the conversation flowing.



Avalon International Breads April 23

Casual counter serving salads, sandwiches and organic, homemade pastries and bread.

11:00 am - 2:00 pm \$5 per person

Lunch and tip (18% recommended) are on your own.

Bobcat Bonnie's	May 28
Chartreuse Kitchen & Cocktails	June 25
Elwood Bar & Grill	July 23
Granite City Food & Brewery	August 27
Harmony Garden Cafe	September 24
Honest John's	October 22

UPCOMING LUNCHES

Call Senior Services at 248-796-4650 to register or for more information.

Overnight Casino Trip



Sure, spring may mean April showers, May flowers and baseball...but it also means our amazing triple play of a trip! Join in the fun as we head out to the *Gun Lake, Soaring Eagle* and *FireKeepers* casinos. Don't hesitate to sign up, this event will sell out!

Check out page 6 for more information.

Senior Vendor Fair



The Senior Vendor Fair is back! Come out to the Southfield Pavilion on Tuesday, May 19 to learn more about the many services and opportunities available. Bring your questions about home health care services, insurance, senior housing facilities and more.

See page 16 for more details.

Do you like to get out and have fun? Come join us on a day trip (or two!).

Flyers with further details regarding all day trips and other Senior Services events are available at our offices, inside the Parks & Recreation Building at 26000 Evergreen Road. Please call us at 248-796-4650 for more details.



Transportation - Pick Up/Return

All trips depart from the Southfield Parks & Recreation Building unless otherwise noted. A bus may be requested to pick up off-site if there are five or more passengers. Due to the overwhelming demand for off site pick ups we are requesting that anybody who wishes to be picked up must be signed up for the trip two weeks prior to when the trip will be leaving. If you sign up for the trip with less than two weeks until the trip, you must board the bus at the Southfield Parks & Recreation Building.



Travel & ID Policy

Receipt must be shown on the day of the trip as proof of purchase. Please note that while on the trip you must follow the group leader's guidelines.

Please be sure to bring your picture ID with you on all trips. Accepted forms of picture ID include a government-issued photo identification card or a driver's license. Please read trip descriptions closely to verify what you need to bring along on the trip.



Cancellations

The City of Southfield cannot be held responsible for cancellations due to the vendor or circumstances beyond our control. On all *Shop Till You Drop*, *Lunch Out* and *Dining Out* trips, there are no refunds and no transfers!



Payments

We accept cash or credit cards (Visa, Master Card, Discover, American Express) for payment.

We ask that individuals traveling with us on any day trips or participating in our other programs, please refrain from the use of perfumes or colognes. Some of our seniors have respiratory problems and allergies to certain smells. Your consideration is appreciated.

Monthly Excursions



Shop Till You Drop

Enjoy a leisurely morning shopping and exploring a different mall each month. Lunch and shopping are on your own.

April 6

Fairlane Town Center - Dearborn

May 4

Somerset Collection - Troy

June 1

Hunters Square/Tally Hall - Farmington Hills

9:30 am - 2:30 pm \$5 per person

Senior Lunch Out

Please remember food and tip, are on your own. (Tipping should be about 20%.)

April 1 P.F. Chang's

Family-friendly chain offering creative takes on Chinese fare in a striking space.

May 6 Anna's House

All-natural, fresh, local, quality ingredients in every dish served in a "retro diner" style.

June 3 Sinbad's Restaurant & Marina

Nautically themed marina mainstay featuring sandwiches, seafood and steaks.

11:30 am - 2:30 pm \$5 per person



Senior Dining Out

Please remember food and tip, are on your own. (Tipping should be about 20%.)

April 21

Crispelli's Bakery

Part bakery, part pizzeria, completely delicious. Pizzas cooked in stone fire ovens, paninis, pastas, soups and salads.

May 19

Rusty Bucket Restaurant and Tavern

Casual tavern serving comfort-food favorites.

June 16

Famous Dave's

Authentic and delicious BBQ. Ribs, brisket, chicken, burgers and more!

4:00 - 8:30 pm \$5 per person



The bus leaves from the Parks & Recreation Building at 26000 Evergreen Road for all monthly excursions. Please call us at 248-796-4650 for more details on any of the above trips.

Detroit's Underground Railroad

Highlights of this step-on guided bus tour include the accomplishments of Charles H Wright, the interesting story of *The Monument to Joe Louis*, known also as *The Fist*, and the intriguing tale of the Blackburn Affair and how they won their freedom. Additionally, we will walk and explore the special expanded *Doorway to Freedom Exhibit* at the *Detroit Historical Museum*. The drive along the waterfront showcases the "*Gateway to Freedom*" Memorial in Hart Plaza. Lunch will be at *Andiamo Detroit Riverfront* and features Chicken Piccata (olive oil, capers, white wine, lemon, herbs), House salad, side of pasta, veggie of the day, House dessert, and coffee, tea or pop. Unfortunately, on this trip there is no meal choice.



Thursday, April 16 9:30 am - 4:00 pm

Southfield Resident Rate: \$85 per person Non-resident Rate: \$95

Senior Day at the Detroit Zoo



Join us as we attend the annual *Senior Day* at the *Detroit Zoo*. Senior Citizens are free on this day with activities planned throughout the day. The *Detroit Zoo* is situated on 125 acres with many naturalistic habitats. Be sure to check out the new *Devereaux Tiger Forest* with brothers Nikolai (Russian for "victorious") and Aleksei (Russian for "defender of mankind") along with female Kisa ("kitty" in Russian). You can bring your grandchildren but remember you will have to pay their admission (\$15 for kids ages 2-18 years). Space is limited so sign up early.

Wednesday, April 22 9:30 am - 3:00 pm

Southfield Resident Rate: \$5 per person Non-resident Rate: \$5

“5- 6- 7- 8” at the OPC



It's time once again to head out to Rochester's *OPC* "Older Persons' Commission" to see a performance by their *650 Players*, a performing group made up of actors, singers, dancers and technicians who are 50 years of age and older. We will enjoy a lunch featuring Chicken Rustica with Bow Tie Pasta, salad, vegetable, rolls, dessert and beverage. After lunch, the show begins! "5- 6- 7- 8" features songs, dances and comedy from the 50's, 60's, 70's and 80's. It will be a relaxing and fun afternoon that you won't want to miss so please sign up soon.

Wednesday, April 29

11:00 am - 4:00 pm

Southfield Resident Rate: \$35 per person Non-resident Rate: \$45

TEA AT THE WHITNEY

Experience the charm and elegance of a bygone era. The Whitney Mansion is world famous for upscale dining in Detroit. Completed in 1894, the Motor City landmark retains the exquisite charm of Detroit's early upper echelon as a venue for all to enjoy. Join us for a delectable meal of scones, accompanied by preserves and Chantilly Cream; seasonal soup and salad; assorted tea sandwiches; hand crafted miniature pastries and an assortment of teas. Following tea, there will be some time left to allow you to walk through the magnificent mansion.



Wednesday, May 6 12:00 - 4:00 pm

Southfield Resident Rate: \$60 per person Non-resident Rate: \$70

Casino Fun!!



Saganing Eagles Landing Casino Standish, MI
The *Saganing Eagles Landing Casino* features over 800 slot machines and virtual games on the gaming floor with traditional table games such as blackjack and roulette offered through a virtual experience. All participants will receive \$10 in Premium Play and a \$5 food voucher.

Wednesday, April 8 8:00 am - 6:00 pm
Southfield Resident Rate: \$40 Non-resident Rate: \$45

Hollywood Casino Toledo, Ohio
On their smoke-free gaming floor, you'll find plenty of new games as well as old favorites. Take time to grab bite at the snack bar or the buffet. All participants will receive \$10 in Premium Play.

Wednesday, June 17 8:00 am - 4:30 pm
Southfield Resident Rate: \$30 Non-resident Rate: \$35



*You must have photo ID and give your date of birth to receive incentives from the casino.
All packages are subject to change.*

Overnight Casino Trip

featuring Gun Lake Casino, Soaring Eagle Casino and FireKeepers Casino

Our first stop will be *Gun Lake Casino* in Wayland. Here we will do some gaming and each participant will receive \$10 in Slot Play and a \$10 food coupon. Next, we will head to *Soaring Eagle Casino* in Mt. Pleasant where we will be staying the night. Each participant will receive a \$30 gaming credit and a \$20 dining gift card. On Thursday morning we will leave for *FireKeepers Casino* in Battle Creek. Each participant will receive \$20 in Slot Play and \$5 in points that can be used for food, merchandise or additional slot play. Space will be limited on this trip so please register early so you don't miss out!



Wednesday, May 20 at 7:00 am - Thursday, May 21 at 7:00 pm
Southfield Resident Rate: \$160/person Double Occupancy \$175/person Single Occupancy
Non-resident rates are \$10 higher.

Thursday at The DIA

Come join us for a special, free musical performance followed by a cookies and coffee reception in the amazing setting of the Detroit Institute of Arts. The *Detroit Song Collective* will provide a program of music for the season. If you prefer, you may use the time to visit as many of the more than 100 galleries the DIA offers that you can (but remember, running in a museum is frowned upon 😊). If you choose to explore rather than listen to the concert you can still come back and join in on the cookies, coffee and conversation. The choice is yours. Space is limited, so register early for this wonderful and free experience.



Thursday, May 14 12:00 - 3:30 pm

There is no charge for this program.

Eastern Market, Detroit



Come experience one of the oldest and largest year-round markets in the United States.

Sure, there's the Saturday Market with over 225 market vendors with unique foods and products for sale, but did you know there is also the Eastern Market District? The District is a collection of over 150 businesses, restaurants and others located within walking distance of the market sheds. Be sure to get out and explore the many offerings including the great murals throughout the district.

Saturday, May 30 9:00 am - 1:00 pm

Southfield Resident Rate: \$10 per person Non-resident Rate: \$10

Shipshewana, Indiana

It's time once again to head to Indiana for one of our favorite trips!

We start by visiting one of the largest flea markets in the Midwest. You will have of time to browse among the over 900 vendors. Lunch is on your own. In the late afternoon, we will take a relaxing Amish Buggy ride to an authentic Amish farm for a delicious Threshers Supper. This family style, all you can eat meal, features 2 meats, mashed potatoes and gravy, green beans, homemade noodles, salad, homemade bread served with jams and jellies, beverage and dessert. Space is limited and this is an extremely popular trip so don't wait, sign up today!



Wednesday, June 10

7:00 am - 10:00 pm

Southfield Resident Rate: \$75 per person Non-resident Rate: \$85

Bert's Market place *and* Music At the DIA

Come welcome summer with great food, art and music in downtown Detroit.

We will begin our outing with a late lunch at *Bert's Market Place* in the *Eastern Market District*. Your meal choices are: *Dean Martin Meat Loaf, Aretha Franklin World Famous Fried Chicken, Nat King Cole Baked Chicken* or *Sam Cooke Catfish*. Each meal comes with choice of 2 sides, a piece of cornbread, dessert and beverage. There is also a vegetarian option of 4 sides, cornbread, beverage and dessert. Next, we will head over to the *Detroit Institute of Arts* where you will have time to explore the many galleries and exhibits. We will top off the evening with some fine musical entertainment as part of the DIA's *Friday Night Live!* series. Exact performer will be named later.

Don't miss out on this great new trip, register today!

Friday, June 26

3:00 - 9:00 pm

Southfield Resident Rate: \$35 per person Non-resident Rate: \$40



Staying Active with Parks & Recreation

Senior Golf League "Tee Time for Seniors"



Like to golf and want to golf weekly? Want to meet new people or get together with friends? Want to have FUN? If you answered yes to any of these questions then you need to join our Senior Golf League at Evergreen Hills Golf Course this summer!

Individuals and foursomes are welcome. Program cost is \$185 per person, Southfield residents receive a \$45 discount. Reserved tee time, registered golfer giveaway, goody pack on the last day and contest opportunities are included.

A *Senior Golf Meeting* will be held on Tuesday, April 21 at Beech Woods Recreation Center at 10:00 am. For more information, please contact Claudia at 248-796-4673.

League is for ages 50 years and up

Begins Tuesday, May 5

Southfield Resident Rate: \$140 per person

7:10 am - 10:30 am

Program Cost: \$185 per person

Water Exercise at the Southfield Sports Arena Pool

The benefits are endless with this easy on your joints exercise class! This program is limited to 50 students per day. Participants must sign in the day of class on a first-come, first-served basis at the Sports Arena office. Registration begins 1 hour prior to the start of class. Each participant must be wearing a wristband to attend that day's class. Classes begin in June.



Ages 40 years and up

3 days and times available!

Mondays and Wednesdays 11 am - 12 pm

Mondays and Wednesdays 6:30-7:30 pm

Saturdays 11 am -12 pm

Southfield Resident Rate: \$2/person, per day

Non-resident Rate: \$3/person, per day

Summer 2020 Concert Series



FREE Outdoor Concerts on the front lawn of the Southfield Municipal Complex

- June 19** **Larry Lee & Back in the Day**
Funk, R&B, Soul, Motown
- June 26** **SeriuX**
Motown Tribute
- July 10** **Alise King**
Soul
- July 24** **The 313 Live Experience**
Jazzy-fused style with hints of R&B
- July 31** **Angela Davis**
R&B, Soul
- Aug. 14** **The Will C Experience**
R&B, Jazz, Soul and Funk

Food trucks on site beginning at 6 pm



Don't forget your lawn chairs or blankets!



will be there with games and fun for the kids!

7 - 9 pm

**Southfield Municipal Complex
Front Lawn, 26000 Evergreen Road**

Gazebo Concert Series

Bring your lawn chairs, a picnic dinner and join us for an evening of great music in a beautiful setting. Admission is free and so is parking!



- July 7** **Charles & Gwen Scales**
Jazz, R&B/Soul
- July 14** **Straight Ahead**
Virtuoso jazz ensemble
- July 21** **Notorious**
R&B, Jazz, Motown
- July 28** **Detroit Social Club**
Blues, Motown, 60's Soul
- Aug. 4** **The Persuasion Band**
Dance, Top 40, Pop & Rock
- Aug. 11** **Circle of Sound**
R&B, Funk, Pop
- Aug. 18** **The Groove Council**
Horn driven R&B with old school Detroit soul sound

7 - 8:30 pm

Burgh Historical Park,
northeast corner of Civic Center Drive and Berg Road



will be there with games and fun for the kids!

Call (248) 796-4620 for more details on summer music in Southfield.

Beech Woods Wellness Center



Membership includes:

- Equipment orientation
- Use of all equipment:
 - Treadmill
 - Elliptical
 - Stair climber
 - 12 Circuit Training Machines
 - Upright Stationary Bike
 - Recumbent Bike
 - Concept 2 Rowing Machine
 - Free Weights

- Indoor lap walking (Mon-Fri, 7 - 9 am) in Beech Woods Recreation Center gym.



For details on membership, stop by the Beech Woods Wellness Center or call (248) 796-4676 or (248) 796-4670.

TOSS - Transportation of Southfield Seniors

Transportation of Southfield Seniors (TOSS), provides transportation to and from medical facilities and offices within the geographical area bounded by Fourteen Mile on the north, Eight Mile on the south, Coolidge on the east and Middlebelt on the west. TOSS travels to Providence and Beaumont facilities on a regular basis. Appointments to and from addresses within the city limits may be made any time within a month before the appointment.

Buses are equipped with lifts to provide for wheelchair users. Riders who require wheelchairs or walkers are asked to be accompanied by a companion to assist the rider on and off the vehicle at point of pick up and destination. For personal safety all wheelchairs must be equipped with an attached seat belt and foot rests. For information and arrangements please call TOSS at 248-796-4658.

This service is funded and operated by the joint efforts of the City of Southfield, SMART funds, Beaumont Health and Ascension SE Michigan Mission Fund.

Beaumont

 **Ascension**

 **SMART**

 **Southfield**
the center of it all™



Senior Activities

Come join your friends, or make new ones, with Southfield Senior Services! Opportunities range from fitness programs to meeting groups and more. Programs are held throughout Southfield.

Barre Fitness Thursday 8:00 pm P&R

Chair Exercise Sept - June

Monday & Friday 10:00-11:00 am P&R
Drop-in class \$2/class

Enhance Fitness Drop-in class Beech Woods
Monday, Tuesday, Thursday 9:00-10:00 am
Tuesday & Thursday 6:00-7:00 pm
Daily Fee: Free/Southfield resident \$1/NR

Moderate Yoga Monday 11:30 am-12:30 pm P&R

Pavilion Walkers Group

Indoor walking group uses the Southfield Pavilion.

Pickleball*

Tuesday 9:00 am- 2:00 pm Beech Woods

Senior Bounce Volleyball Practice*

Monday, Wednesday, Friday 10:00 am - 12:00 pm
Beech Woods

Senior Tennis*

Wednesday, Thursday, Friday 9:00 am - 12:00 pm
Indoors at Beech Woods (Oct-April)
Outdoor at Civic Center Park tennis courts (May-Sept)

Tai Chi Thursday 9:30 -10:30 am Beech Woods

Women on Weights Tuesday 4:30-5:30 pm P&R

Zumba Gold Thursday 7:00-8:00 pm P&R

***Senior Sport Drop-In Program**

\$1/Day/Resident \$2/Day/Non-Resident
Program runs Sept - May unless otherwise noted.

American Association of Retired People #3483

2nd Thursday of month Room 115, P&R

Bridge Club Wednesday 11:00 am- 2:30 pm P&R
No partner needed. \$1/day to play

Coffee Group 8:30-10:00 am Room 112, P&R
Monday, Wednesday & Friday

Dominoes Wednesday 11:00 am-2:30 pm P&R

Drop-In Mahjong Thursday 1:00-3:00 pm P&R
\$1/day to play

Tax Aide Available by appointment only, P&R
Jan-April on Tuesday, Wednesday & Thursday.
Call (248) 796-4650 for details.

The Ban-Joes of MI Rehearsals open to the public.
7:00-9:00 pm 1854 Church
Tuesday (Sept - May) Monday (June - Aug.)

Bid Whist

Wednesday 2:00-6:00 pm 1854 Church
Monthly fee to play is \$2.

Photo Guild 7:30 pm 1854 Church
1st, 2nd & 3rd Monday of month (Sept - May)

Parks & Recreation Building (P&R)

26000 Evergreen Road
(248) 796-4620

Beech Woods Recreation Center (Beech Woods)

22000 Beech Road (south of Nine Mile)
(248) 796-4670

Burgh Historical Park (1854 Church)

northeast corner of Civic Center Drive & Berg Road
(248) 796-4620

News from the Commission on Senior Adults-

Karen Schrock, Chairperson

Happy Spring! Your *Commission on Senior Adults* continues to work on creating an *Age-Friendly Southfield*. Governor Whitmer has declared that Michigan will work towards becoming an Age-Friendly State. These are positive developments that will lead to more livable communities throughout our great state and our wonderful city. We thank all of you for your contributions to this progress and we encourage your continued involvement as we implement and update our plan.

In our article in the winter Scribe, we reported on Southfield's involvement in the *Age-Friendly Michigan Conference* in October of last year. Our city was a prominent participant in that conference. Southfield was called into action again at an AARP conference in February of this year to share its progress with communities just beginning their Age-Friendly journeys. It is rewarding to have our accomplishments recognized!

Our plan addresses the eight domains that we have discussed over the past several years. Some of our accomplishments have included publication of a transportation flyer, a Housing Forum and increasing COSA's presence on the City's technology platform. In each article, we have highlighted one of the domains and what we have planned/implemented in that area. In previous Scribe articles, we have discussed *Communication*, *Transportation* and *Social Participation*. This article highlights *Work and Civic Engagement* (previously titled Civic Participation and Employment). As AARP notes in its most recent publication on Age-Friendly Communities:

“Why does work need to be an all or nothing experience? An age-friendly community encourages older people to be actively engaged in community life and has opportunities for residents to work for pay or volunteer their skills.”

Most of us receive a sense of value from our work and civic engagement. All the members of COSA are volunteers. We feel a sense of pride from our contributions to our community. Work and civic engagement also contribute to success in several other domains – *Social Participation*, *Respect and Social Inclusion*, *Communication and Information*, and *Community and Health Services*. Our goal in this area is “To communicate paid work and volunteer opportunities to senior adults, employers and volunteer organizations.” This is to ensure that senior adults in our city are aware of and can participate in work and civic engagement according to their desire. It is also important to communicate the availability of senior adults to fill paid and volunteer opportunities to employers and volunteer organizations. There are many opportunities available in our community that go unfilled because of the gap between those opportunities and knowledge of those opportunities by people who are interested and available. Closing that gap makes a significant contribution to a more livable community.

On a personal note, this is my last article as I have served 2, two-year terms as Chairperson of the Commission. I have had the privilege of leading the launching of the *Age-Friendly Southfield* initiative. I thank members of the Commission and members of the City of Southfield government for their support. I look forward to continued progress. I also ask for your strong support of the new COSA leader. Have a great Spring.

Senior Programs

Flyers with details on the programs listed below can be found at the Senior Services office and on line at www.cityofsouthfield.com or you can call Senior Services at (248) 796-4650.

50+ Speaker Series

Join us at the *50+ Speaker Series* to learn more on a wide range of subjects that are important as we age. Subjects like Estate Planning, health issues and scams to long term care options and more are discussed. These programs aren't just for seniors. Caregivers, adult children and others can benefit also from the information shared. The information shared during these presentations is not an endorsement by the City of Southfield, Parks & Recreation Department. For further information relating to the topics discussed, you are encouraged to contact the speaker directly.



Free 8:30-9:30 am Wednesday P&R Building



Bingo

We like playing Bingo. We REALLY like winning. We like laughing even when we are on a bad streak. If this sounds like you, come join us for Bingo twice a month. Cash payout is determined day of play. Bring something to drink and a snack, coffee available for purchase. Our Bingo program is staffed by volunteers and is intended for fun.

\$0.25/card 10 - 11:30 am 2nd & 4th Tuesday of the month
P&R Building



Morning Movies for Seniors

What's more fun than movies with your friends? Join us for our monthly movie program in partnership with the Southfield Public Library. Due to license restrictions we can't list the titles but you can find them at www.southfieldlibrary.org or you can call 248-796-4650 and we'll let you know.

Free 10 am-12 pm 2nd Thursday of the month
Southfield Public Library Meeting Room



Drop-In Mahjong

For those who already know how to play but are looking for game to join in on. Come check us out on Thursdays at the Parks & Recreation Building.

\$1/day 1 - 3 pm Thursday P&R Building

Spring Tea

Put on your best spring hat and join us for
tea sandwiches, cakes and tea.

\$20 per person

Tuesday, April 21

11 am - 1 pm

Burgh Historical Park Church,

26060 Berg Road

Must be registered in advance.

Call (248-796-4650) or come into Senior Services (26000 Evergreen Road,
inside the Parks & Recreation Building) to register.



A WALK IN THE PARKS

Spring is here! It's time to get out and explore our great Southfield parks with a weekly morning stroll with friends.

We begin each walk with a series of stretches led by a physical therapist from *Surgeon's Choice Medical Center* to help get everyone ready for the day's walk.

The bus leaves the Parks & Recreation Building at 8:00 am.
Participants walk the park at their own pace.

May 5 *Freeway Park*

May 12 *Carpenter Lake Nature Preserve*

May 19 *Inglenook Park*

May 26 *Berberian Woods Nature Preserve*

Participants must register by calling Senior Services at 248-796-4650 by 4:00 pm the Monday prior to each walk.



Come Work at Parks & Recreation!

Park Maintenance Worker Golf Starter/Ranger
Golf Course Maintenance Worker or Facility Attendant

Positions listed are Non-Career Seasonal part-time positions ranging from 15 - 40 hours per week. Applications available online at www.cityofsouthfield.com or at the Southfield Parks & Recreation Building, 26000 Evergreen Road. Call 248-796-4620 for more information.

Senior Vendor Fair

Tuesday, May 19

10 am - 12 pm

Southfield Pavilion,
26000 Evergreen Road

Free Admission

Representatives will be on hand from city departments, home health care services, insurance providers, senior housing facilities and more!



A Matter of Balance

Managing Concerns About Falls



Learn how to improve strength, coordination and balance!
Join Ascension Health for an eight-session series to learn strategies to improve strength, coordination and balance with gentle exercise and lower your risk for falls. If you are interested in improving balance, flexibility and strength; are concerned about falls or have fallen in the past; or if you have restricted activities due to falling, you should attend this program.

Wednesdays, May 6 - June 24 10:00 am - 12:00 pm

Arts & Activities Building, 26000 Evergreen Road (north end of the complex near the tennis courts)

Program is FREE!



You must register at (248) 849-5752 or online at www.healthcare.ascension.org/event

Southfield Human Services

For more information on any of the programs listed below, please contact the Southfield Human Services Department at 248-796-4540.

The Emergency Food Assistance Program (TEFAP)

This program will take place on Wed., June 10 from 9:00 - 11:00 am at the 1854 Church at the Burgh Historical Park, 26080 Berg Road. This program, open to any Oakland County resident, allows participants to pick up two bags of food. Please contact Human Services for program eligibility.



Focus Hope

Focus Hope provides individuals 60 years of age and older with one box of non-perishable food. Boxes are distributed on the 3rd Friday of each month (April 17, May 15 and June 19). Please call Southfield Human Services for income eligibility details.

Department of Health and Human Services'

Mobile Social Worker

The Mobile Social Worker will be available to help residents: apply for food, Medicaid, cash and emergency assistance, as well as answer case questions and refer to other agencies. Please call Southfield Human Services Department for details.

Lakeshore Legal Aid

Lakeshore Legal Aid offers residents a chance to speak with an attorney free of charge on the 1st Friday of each month (April 3, May 1 and June 5) from 9:00 - 10:00 am at the Southfield Human Services offices (located inside City Hall at 26000 Evergreen Road).



Michigan Prescription Discount Cards

Michigan Prescription Card is a free statewide prescription assistance program available to Michigan residents. There are no restrictions or eligibility requirements—anyone can use the card regardless of age, income, or preexisting conditions. Please contact the Human Services Department to pick up your card.



THE CHORE PROGRAM



The Chore Program is for all Southfield homeowners who are senior citizens, 62 or older, living alone, OR Certified handicapped living alone and whose annual income meets Federal guidelines: for a family of ONE the income must be \$26,750 or less and for a family of TWO the income must be \$30,550 or less. Chore services include yard work (lawn care, shrub and tree trimming and leaf pick-up), snow removal, window and gutter cleaning, minor plumbing, minor furnace repair, minor electrical repair, minor painting and carpentry. Each qualified homeowner is allowed \$500 per year for the labor involved, while the client is responsible for material used. By helping with home and yard maintenance, the Chore Program enables homeowners to stay in their homes.

Any questions please call Denise Glinz, Chore Coordinator, at 248-796-4180.

Southfield Senior Services
26000 Evergreen Road
Southfield, MI 48076

PRESORTED STANDARD
US POSTAGE PAID
SOUTHFIELD, MI
PERMIT NO. 30

City Officials

Kenson J. Siver, *Mayor*



City Council

Dr. Lloyd C. Crews, *Council President*

Tawnya Morris, *President Pro Tem*

Nancy L.M. Banks Daniel Brightwell

Jason Hoskins Michael "Ari" Mandelbaum

Linnie Taylor

Sherikia L. Hawkins, *City Clerk*

Irv M. Lowenberg, *Treasurer*

Frederick E. Zorn Jr, *CEcD City Administrator*

Parks & Recreation Board

Rosemerry D. Allen, *Chairperson*

Brandon B. Gray Kathleen A. McNelis

Jeannine D. Reese Adam Wolf

Amani Johnson, *Student Representative*

Parks & Recreation Department

Terry Fields, *Director*

Senior Services

Nicole Messina, *Division Coordinator*

Claudia Brewer, *Recreation Programmer*

Cathy Fresia, *Recreation Programmer*

Clerical Staff

Sandra Krist • Betty Simmons

Nicholas Tubbs • Ruth Williams

• Daphne Fenster

The Senior Services office is located within the
Parks & Recreation Building at 26000 Evergreen Road.

Census Assistance

There's still time to take advantage
of assistance in filling out your
Census. Bring the letter the Census
mailed to your household with you



to the Southfield Public Library on the days listed below and
volunteers will help you fill it out on-line.

Tue. April 7 & April 14 10:00 am - 12:00 pm

Thur. April 2, April 9 & April 16 12:00 - 2:00 pm

Southfield Public Library, 26300 Evergreen Road

The Southfield Scribe can be mailed to your residence or you can
pick up a copy at the Senior Services office. If you would like to
receive the *Scribe* by mail, please call us at 248-796-4650.

Monday, through Thursday 8:30 am-4:00 pm

Friday 8:30 am-2:00 pm



Individuals with special needs who plan to attend any of the included
programs should contact Senior Services at 248-796-4650 if auxiliary aids or
services are needed. Reasonable advanced notice is required.