

The Southfield Scribe PR Parks & Recreation

Hello Friends,

We have missed you all so much! As many of you have heard, the Southfield Parks & Recreation Department announced in May that all summer programming was suspended (all classes, programs, camps, special events, athletic leagues and all senior programs, trips and the TOSS service) through August 31, 2020 to keep our participants, our staff and our community safe. This includes the closure of all Parks & Recreation facilities such as the Parks & Recreation Building (where the Senior Services offices are located), the Southfield Sports Arena pool and Beech Woods Recreation Center. While we are not able to see each other as we are used to right now, we have been hard at work creating new experiences for us to interact together. Check out this special Southfield Scribe newsletter to get the details on all the new programs and classes we are offering for Summer 2020.

We encourage you to get out and explore your Southfield parks which are open everyday from dawn to dusk. You can take a walk through Carpenter Lake Nature Preserve or Inglenook Park. Enjoy a game of tennis at the Civic Center tennis courts, hit a bucket of balls out at the Beech Woods Driving Range or play 9 holes of golf at Evergreen Hills Golf Course.

As we continue to plan for future programs please know that Parks & Recreation is taking measures to ensure the safety of our participants and staff. Stay up-to-date on Parks & Recreation programs by visiting www.cityofsouthfield.com/departments/parks-recreation and Facebook @SouthfieldParksandRecreation.



In June we began our **Senior Connection** calling program. If you haven't already heard from someone in Senior Services, you probably will

soon! Betty, Sandy, Ruth and the rest of the Senior Services staff are calling and checking in to see how you are all doing during this time. If you have a question about a program or trip, or maybe you are looking for a reference for a needed service, let them know and they will be happy to help.

Cathy Fresia is going virtual. You can join her each week on line on Tuesday for **Bingo** and on Friday for a morning coffee chat. **Register on-line at www.apm.activecommunities.com/SouthfieldParks and we will send you the information to log in.**

More details on both of these programs can be found on page 4.



A WALK IN THE PARKS

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

Meet at the entrance to the park at 9 am

There is no transportation provided for this program. All participants must wear a face mask, practice physical distancing and bring their own water.

- July 2 *Civic Center Park*
- July 9 *Inglenook Park*
- July 16 *Bedford Woods Park*
- July 23 *Carpenter Lake Nature Preserve*
- July 30 *Freeway Park*
- August 6 *Civic Center Park*
- August 13 *Inglenook Park*
- August 20 *Bedford Woods Park*



Sponsored in part by



**SURGEONS
CHOICE™**

As of this printing, restrooms in the parks remain closed.

Join us in this fun virtual challenge where residents of Lathrup Village and Southfield of all ages compete against each other weekly and overall for highest average step count. Step totals from both cities will also be combined each week to see how far we have traveled together as a community.

Step Up - The Challenge

**SOUTHFIELD VS.
LATHRUP VILLAGE**



Upcoming Competition
Dates:

July 5 - Aug 1
Aug 2 - 29

Check out our Facebook page
[@SouthfieldParksandRecreation](#)
for sign up information.

Virtual Senior Programs

You must have a computer or smart device with Internet connection to follow these programs.

Register on-line at www.apm.activecommunities.com/SouthfieldParks

Coffee with Cathy

Get a cup of coffee or tea and join us for some conversation from the comfort of your own home! We will discuss a wide range of topics from gardening and healthy recipes to favorite celebrations, vacations and crafts. It's a fun upbeat program to share ideas and learn something new.

You will Register up to the day before and we will send you the link to join us virtually. This is a free program.



Register on line to receive the login information.

Fri 9:00-10:00 am



Bingo

Virtual Bingo! Spend some time with all of your Bingo Buddies. We will play three games each week. **When you register, each week you will receive an email with the links for your bingo cards and the platform to play.** This is a free program. We are playing for fun, not prizes.

Register on line to receive the login information and Bingo card link.

Tue. 10:00-11:00 am

Jul 7, 14, 21 & 28 Aug. 4, 11, 18 & 25

Social Media “How To” Videos

Be on the lookout on City Cable 15 for our new series of Social Media “How To” videos we are making in conjunction with City Cable 15 and the Southfield Public Library. Each episode will focus on a different social media platform such as Facebook or Instagram. We'll talk about how to set up an account, what you can do on that platform and give you tips for connecting with your family, friends or favorite businesses or entertainment figures.



In the absence of in-person programming, Parks & Recreation staff have developed a virtual recreation program, Stay INterACTIVE, that features daily activities, arts & crafts, games, helpful links, video tips and more. Please visit Facebook @SouthfieldParksandRecreation to see how you can Stay INterACTIVE Southfield.

Virtual Senior Programs

You must have a computer or smart device with Internet connection to follow these programs. Check out the Parks & Recreation Virtual Programs Guide for Summer 2020 on-line at www.cityofsouthfield.com/departments/parks-recreation

You can register for these programs on-line at www.apm.activecommunities.com/SouthfieldParks

If you have any questions about setting up your account or registering for any class please call the Parks & Recreation Information Desk at (248) 796-4620.

Moderate Yoga

Come unwind with a moderate yoga class. We use basic Hatha Yoga techniques. We begin class in a chair and end class on your mat. **Once registered you will receive a link each week to tune into the class. You must have a computer or smart device to follow the class.**

7 weeks **Resident: \$56 N/R: \$66**
11:30 am-12:30 pm
M Jul 6-Aug 17 Activity Number: 6935



Land-Based Water Exercise

Do you enjoy water aerobics? K-Wave is offering a low to moderate impact workout on land just for you! All you'll need is a chair and noodle (optional). This workout is for all ages with modified moves specifically for the aging adult. **Once registered you will receive a link each week to tune into the class. You must have a computer or smart device to follow the class.** A minimum of 15 participants is needed for this course.

4 weeks **Resident: \$20 N/R: \$30**
11:00 am-12:00 pm
M Jul 6 -Jul 27 Activity Number: 6937

5 weeks **Resident: \$20 N/R: \$30**
11:00 am-12:00 pm
M Aug 3-Aug 31 Activity Number: 6941

Yoga for the Back

A contemporary approach to classic yoga, targeting strength training and stretching of the back and abdomen. Poses are introduced step-by-step, in a seated or lying down position and emphasize the quality of movement, proper breathing, flexibility and deep relaxation. **Once registered you will receive a link each week to tune into the class. You must have a computer or smart device to follow the class.**

6 weeks **Resident: \$29.70 N/R: \$38.70**
4:00-5:00 pm
W Jul 8-Aug 12 Activity Number: 6682



Virtual Programs with the National Kidney Foundation of MI

You must have a computer or smart device with Internet connection to follow these programs.

National Kidney Foundation Diabetes Prevention Program

The Diabetes Prevention Program (DPP) is part of the Centers for Disease Control and Prevention's *National Diabetes Prevention Program*. DPP helps people at risk learn how to make lifestyle changes and stick to them. As part of a small, supportive group on-line, you'll learn how to eat healthier, lose weight, and incorporate more physical activity into your life. A trained coach will guide the group in how to make better choices over the course of 16 one-hour weekly sessions right from home. After that, you'll join the group monthly, for one full year of the program.

To register please call 800-482-1455 or email PreventDiabetes@NKFMI.org
Free to Oakland County residents 60 years old or older.



National
Kidney
Foundation® | of
Michigan

Cooking Matters at The Store

The *National Kidney Foundation of Michigan* is partnering with *Share Our Strength* to provide virtual grocery store tours to adults with children in early care and elementary settings. Tours will be led by a trained facilitator. Tips on how to purchase budget friendly and healthy foods. Tips on how to properly read and compare food labels, and how to use unit pricing. Now hosting virtual tours on Zoom!

For more information or to register please contact:
Jennifer Reid | jreid@nkfm.org | 313-259-1574
Free to Oakland County residents 60 years old or older.

Walk With Ease

Walk With Ease is a 6-week physical activity program that can reduce pain and improve overall health by building up to 30 minutes of walking at least three days a week. If you can be on your feet for 10 minutes without increased pain, you can have success with *Walk With Ease*. You'll be sent a book, enrolled in weekly email communications, and connected to a coach who will "walk" you through the program over the phone. The program has helped participants improve balance, build confidence in walking pace, and improve limitations and symptoms.

For more information or to register contact Samantha Raad: 313-259-1574 ext. 310 or email her at sraad@nkfm.org.
Free to Oakland County residents 60 years old or older.

Better Choices, Better Health®

BCBH is the on-line version of the chronic disease self-management program PATH. It is a 6-week small group workshop offered on-line to help people living with chronic conditions to manage them better. Participants learn strategies to deal with pain, fatigue, and difficult emotions. Each week participants create personal action plans and set practical, achievable goals. Classes are offered through *Canary Health* and consist of about 25 people per workshop, with participants located across the country.

To register, please take the eligibility quiz at <https://www.nkfm.org/communities-families/better-choices-better-health>
Free to Oakland County residents 60 years old or older.

News from the Commission on Senior Adults-

Kendell Murphy, Chairperson

Amid the COVID-19 outbreak, like most organizations, COSA has had to pivot.

It means adjusting our Age Friendly Community action plans as well as holding monthly meetings virtually in efforts to continue our work towards an Age Friendly Community. COSA is continuing to meet every 3rd Thursday of the month at 4 pm. As usual, anyone is welcome to attend as we are still working towards our goals and objectives. Your continual participation and feedback is not only appreciated, but needed. If you would like to attend a meeting virtually to find out what COSA has been up to, please contact Rhonda Terry, Human Services Department at (248) 796-4540 for an email invitation to the next meeting. Meeting dates and times also continue to be posted on the city's website for awareness.

Despite all the changes around COVID-19, COSA has seen no telling disruptions to its strategy. We are continuing to work with other organizations throughout the city during the ongoing national emergency.

The City of Southfield's first priority is always the health, safety and welfare of our residents, businesses, visitors and employees. That's one reason boards and commissions organizations like COSA are so well-positioned to handle the coronavirus pandemic. The city has quickly adopted and created flexibilities in its programming for seniors. Below are resources you can contact amidst the COVID-19 emergency.

- **Well Connected by Covia** – Connects individuals to virtual classes, conversations, and activities by phone. Programs available in English and Spanish: (877) 797-7299 (English) or (877) 400-5867 (Spanish)
- **Lifetime Connections Without Walls by Family Eldercare** - Telephone activities program providing opportunities for older adults to connect with others in their community and across the country using a telephone conference call system. (888) 500-6472 or lcww@familyeldercare.org
- **Friendship Line by Institute on Aging** - The Friendship Line is both a crisis intervention hotline and a warmline for non-emergency emotional support calls. It is a 24-hour toll-free line and the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. (800) 971-0016
- If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice. Visit [Michigan.gov/coronavirus](https://www.michigan.gov/coronavirus), email COVID19@michigan.gov or call 1-888-535-6136 from 8 am – 5 pm seven days per week for more information.

COSA will continue to closely monitor the situation to keep the community informed on our activities. Please continue to visit the City's website at www.cityofsouthfield.com for regular updates on resources for senior adults.

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, open to any Oakland County resident, allows participants to pick up two bags of food. Please contact Human Services for program eligibility and distribution dates and times.



Focus Hope

Focus Hope provides individuals 60 years of age and older with one box of non-perishable food. Please call Southfield Human Services for income eligibility details and distribution dates.

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. Please call Southfield Human Services for more details.



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.

Transportation of Southfield Seniors TOSS



In response to the Covid-19 Pandemic, the TOSS program was suspended as of March 30 through August 31. Before the suspension of services, our buses were being cleaned and sanitized throughout the day. Drivers were required to wear masks and gloves and passengers were required to wear masks while riding. Southfield Parks and Recreation will continue its efforts to keep our riders and drivers safe when service resumes. There will be cleaning and safety protocols in place prior to the resumption of services for which a date is pending. In September, call (248) 796-4658 for more details about the TOSS program.

Let Us Know What You Think

Southfield Parks and Recreation has suspended most of its programs and services through August due to the Covid-19 crisis. This includes the Senior Services programs and TOSS (Transportation of Southfield Seniors). The Parks and Recreation Department has been making changes in consideration of keeping our staff and participants safe. Cleaning and sanitizing protocols are in place and will continue as we move forward, however in-person programming for Seniors will not resume until Fall.

When Senior Services begins providing modified programs and services, what kind of events or programs would you be comfortable participating in? Circle all that apply:

Fitness

Sports

Classes

Cards/Table Games

Concerts

Trips

Other: _____

With proper distancing and sanitizing processes in place do you think you will be comfortable riding our buses? Yes No

You can mail your response back to us at:

Senior Services - Parks & Recreation Department
26000 Evergreen Road, P.O. Box 2055 Southfield, MI 48037-2055

Or call us with your thoughts at (248) 796-4650

PLAY BALL!

Q B V G D L E I F T U O P I T C H E R V F F H
 D I N F I E L D A W E V O L G S R B T L U I H
 F R E T T A B W O R L D S E R I E S A E F H S
 S O U H E L M E T W M A N A G E R G B R A I T
 C U U M F S R E G I T T I O R T E D Q I N T A
 O G R L T S H O R T S T O P O M I X Z P S C D
 R K S T B L P N I S F F O Y A L P J K M E E I
 E S G E F A P S P E R R O R F B A L K U L S U
 B U O A R Z L U T V A B L E A C H E R S N W M
 O N D M T K I L N B A S E B A L L C A R D S S
 A R T S L L A B E S A B H Y M R O F I N U H A
 R O O S N U R E M O H C F P D G V L U I P Q F
 D C H S E S A B Q C R A C K E R J A C K Z L N
 F P T C A T C H E R D C S B A L L Y J R W M K
 X O B T X U R E C N U O N N A O H G W A L H O
 X P B O X M T U O E K I R T S I N L A E T S H

Find the following words in the puzzle.

Words are hidden ▲ ▼ ► ◀



ANNOUNCER

BALK

BALL

BASEBALL

BASEBALL CARDS

BASES

BAT

BATTER

BLEACHERS

CATCHER

CRACKER JACK

DETROIT TIGERS

ERROR

FANS

FOUL BALL

GLOVE

HELMET

HIT

HOMERUN

HOT DOGS

INFIELD

MANAGER

OUTFIELD

PITCHER

PLAYOFFS

POPCORN

SCOREBOARD

SHORTSTOP

STADIUM

STEAL

STRIKEOUT

TEAMS

UMPIRE

UNIFORM

WORLD SERIES

Southfield Senior Services
26000 Evergreen Road
Southfield, MI 48076

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

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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*

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Jeannine D. Reese Adam Wolf

Amani Johnson, *Student Representative*

Parks & Recreation Department

Terry Fields, *Director*

Senior Services

Claudia Brewer, *Recreation Programmer*

Cathy Fresia, *Recreation Programmer*

Clerical Staff

Sandra Krist • Betty Simmons

Ruth Williams



Gazebo Concert



We are teaming up with Cable 15 to bring you
Gazebo Concert performances from years past.



Tune in to Cable 15 or the
Cable 15 live page on the
City of Southfield website
starting in July to see some
not so live music!



The Southfield Scribe can be mailed to your residence.

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.