

# The Southfield Scribe PR

Parks & Recreation

## The New Look of Senior Services

With the changing times our Senior Services division is looking a little different. Our main priority is YOU and your safety! We are still here to serve you, just from a safe distance. Our office remains closed to the public but many of our staff continue to work both in the office and remotely. We are available Monday through Friday from 9 am - 2 pm to answer your calls in person. If we miss you, leave us a message and we will call you back.

We miss seeing you all and we all need RECREATION in our lives! In order to keep you safe, provide recreation and continue social distancing, we are offering both virtual programs that allow you to participate from home, and in person programs outside in our parks. The *Seniors in the Park* program (see page 4) allows you to participate in a safe, in-person program and interact with your friends and our staff. As the weather turns colder and we move indoors, those programs will have participation limits in place to be in compliance with state and CDC guidelines. If you are interested in a program, do not wait too long to register as limits are in place for your safety. We ask that all program participants maintain physical distance from one another and wear a mask.

The Parks & Recreation Information Desk is open from 9 am-5 pm, Monday-Friday to help with your questions or to get you registered for programs. You can call the Information Desk at (248) 796-4620 to register or you can come in person and register at the Parks & Recreation Information Desk window that is inside the Southfield Pavilion.



### Bingo - In-person and Virtual Options

Our weekly *Virtual Bingo* games continue through December but we are adding a couple *Bingo in the Park* options through the end of October. Sign up for whatever option you prefer and join us for 3 fun games of Bingo



See page 3 for details on *Virtual Bingo* and page 4 for our *Bingo in the Park* dates.

### TOSS Reboot



*Transportation of Southfield Seniors* (TOSS) is rebooting on October 5. There are new protocols and new procedures in place for both riders' and drivers' safety. Please take a moment to read over our updated transportation program on page 2.

# **TOSS** (*Transportation of Southfield Seniors*) **Reboot**

Transportation of Southfield Seniors is rebooting and relaunching on October 5. We have diligently been working on protocols to keep everyone safe and to still be able to provide necessary transportation services.

- Our drivers have been trained on our safety protocols and wear personal protection equipment (PPE) like masks, shields and gloves.
- Our buses are regularly sanitized with extra attention to major touch points.
- Riders are asked to wear masks and complete prescreening health questionnaires.
- We are currently taking reservations for necessary medical appointments only.
- We are limiting the number of appointments per day and the number of riders per run to a maximum of 2.

Make a reservation beginning October 5 by calling (248) 796-4658. All reservations must be made at least 48 hours in advance.

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.



# Virtual Senior Programs

You must pre-register to participate in these programs.

Call (248) 796-4620 (Mon.-Fri. from 9 am-5 pm) or stop by the Parks & Recreation Information Window inside the Southfield Pavilion to get registered. You must have a computer or smart device with Internet connection to follow these programs.

## Coffee with Cathy

Get your coffee or tea and meet virtually. You can wear your pjs and we won't know! We discuss many different topics from movies, music and crafts to food and so much more.

**Fridays 9-10 am**

This is a FREE activity but you must register to participate.

The link to the virtual meeting will be emailed to registered participants each week.

Call the Parks & Recreation Information Desk at (248) 796-4620 to register



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## Virtual Bingo

We play 3 games a week, for fun, not prizes

**Tuesdays  
10 - 11 am**

This is a FREE activity but you must register to participate.

Links for bingo cards and virtual meeting are emailed to registered participants each week.



Call the Parks & Recreation Information Desk at (248) 796-4620 to register

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# SENIORS IN THE PARK

These programs will be held outdoors in the Civic Center Park picnic shelter #1 (near the playground) so please dress accordingly. Face mask and social distancing required.

## Craft in the Park

Like to craft? Want to get out of the house? Crafting in a park is perfect. Try your hand at something new and useful. You will receive all the necessary supplies when you arrive. A snack will be provided.

Ages: 50 and up

### Artist Trading Cards

Have you ever heard of Artist Trading Cards? They are a fun, quick craft you can share or keep for yourself.

**Resident: \$10**

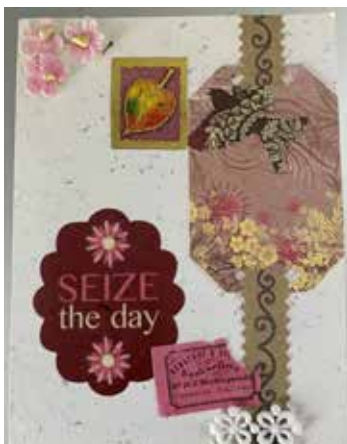
**NR: \$10**

12:30-1:30 pm

Civic Center Park Shelter #1

Th Oct 1

Activity Number: 7103



## Bingo in the Park

In-person Bingo! Drop in and spend some time with all of your Bingo Buddies. We will play three games each session. Disposable cards and markers will be provided. This is a free program. We are playing for fun, not prizes.

Please note: we will also be running Virtual Bingo on these days at the same time.

**Free**

10:00-11:00 am

Civic Center Park Shelter #1

T Oct 13

Activity Number: 7109

T Oct 27

Activity Number: 7110

## Picnic in the Park

Enjoy getting out with your friends or meeting new friends for a box lunch. Picnic in the Park will take place outdoors in the Civic Center Park picnic shelter #1 (located at 26000 Evergreen Road, the picnic shelter is located behind the Southfield Sports Arena/pool). Lunch will include a sandwich, chips, apple, cookie and water. After lunch we will play a rousing game of *Family Feud*.

**Resident: \$15**

**NR: \$20**

12:00-1:30 pm

Civic Center Park Shelter #1

W Oct 14

Activity Number: 7099

Registration for these programs can safely be done from your home:  
By phone (248) 796-4620 (Mon.-Fri. 9 am-5 pm)  
Online at <https://apm.activecommunities.com/southfieldparks>

# A WALK IN THE PARKS

## October 1 *Freeway Park*

located on the south side of Lincoln,  
just west of Greenfield

## October 8 *Civic Center Park*

26000 Evergreen Road, meet in front of the  
Parks & Recreation Building

## October 15 *Inglenuok Park*

Twelve Mile Road between Evergreen and Lahser roads

## October 22 *Bedford Woods Park*

Lathrup Drive, north of Twelve Mile Road,  
east of Southfield Road

## October 29 *Carpenter Lake Nature Preserve*

south side of Ten Mile Road, east of Inkster Road

Sponsored in part by



**SURGEONS CHOICE**  
MEDICAL CENTER

**Meet at the entrance to the park at 9 am**

**Participants must wear a face mask, practice physical distancing and bring their own water.**

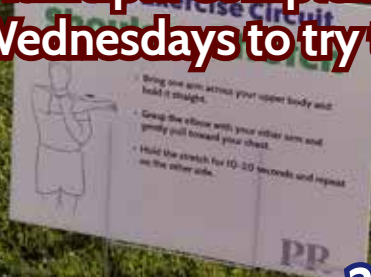
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# Fitness Trail

**Every Monday & Wednesday  
September 9 - October 28 (closed Oct. 12)**

**from 9 - 11 am**

**Follow the signs placed along the walking path on the front lawn of  
the Donald F. Fracassi Municipal Complex for a fun, free workout.  
Bring the grandkids on Wednesdays to try the Fitness Trail for Kids.**



**26000 Evergreen Road**



# UPCOMING GOLF LESSONS

Work on your game in a small, semi-private lesson setting. These lessons, taught by PGA teaching Pro Terri Ryan, will be limited to 3-6 people per session to allow for proper social distancing. Face masks are required.

## Putting Clinic at Evergreen Hills Golf Course \$15/person



Thur. Oct. 1 5:00-6:00 pm  
Activity Number: 7011

Evergreen Hills Golf Course,  
26000 Evergreen Road

**Call (248) 796-4620 to register today!**

## Lessons at Beech Woods Driving Range

Senior: Resident: \$45 N/R: \$58.50

The price of range balls (\$6 per bucket) is not included in the registration fee.

### Beginner Golf

Introduction to the game from how to address the ball and how to hold the club to aiming, swinging and putting.

Tue Oct 6-Oct 27 6:00-6:50 pm  
Activity Number: 7062

### Intermediate Golf

This program covers a fundamentals review, chipping and pitching along with full swing concentration.

Thur. Oct 8-Oct 29 7:00-7:50 pm  
Activity Number: 7008



**Beech Woods Driving Range, 22202 Beech Road**

# FALL AT THE BURGH

These programs will be held inside the 1854 Church and Annex at the Burgh Historical Park. Per state guidelines at time of printing, each program is limited to 9 participants. Face mask and social distancing required. Due to participation limits, you must be pre-registered for these programs.

Due to the unpredictability of Covid-19, please call our office at (248) 796-4650 or check our website or Facebook page as we get closer to the date of your program to check on its status.



## Moderate Yoga

Instructor: L. Lerman  
Release STRESS!!! Tune in and unwind with a moderate yoga class. We use basic Hatha Yoga techniques. Bring your mat and wear non slip socks. We begin class in a chair and end class on your mat.

The class will incorporate chairs that will be provided and cleaned after each use.

Ages: 50 and up  
6 weeks      **Resident: \$30**      **NR: \$40**  
11:30 am-12:30 pm      Burgh Historical Park  
Mon. Nov 2- Dec 21-Oct 26

## Brain Games

Keep your brain working at its best! Challenging games will keep you on your toes. Supplies will be provided.

1 week      **Resident: \$2**      **NR: \$3**  
11:00 am-12:00 pm      Burgh Historical Park  
Wed Nov.4-25      No class Nov 11  
Wed Dec 2-16

## Craft at the Burgh

We had so much fun out in the park we are moving the crafting indoors. A new craft will be introduced each week. Find a new hobby. Make a gift for someone special. You will receive all the necessary supplies when you arrive.

1 week      **Resident: \$10**      **NR: \$10**  
12:30-1:30 pm      Burgh Historical Park  
Thur. Nov 5-19  
Thur. Dec 3-17

Crafts we will explore this term:

Beading      Crochet  
Garden Stepping Stones  
Fabric Flower Pins  
Decoupage planter pots

## Coffee & Coloring

Relax your brain and enjoy a cup of coffee, coloring and some quiet conversation. Coffee, coloring sheets and supplies will be provided.

1 week      **Resident: \$2**      **NR: \$3**  
11:00 am-12:00 pm      Burgh Historical Park  
Fri. Nov 6-20  
Fri. Dec. 4-18

Registration for these programs can safely be done from your home:  
By phone (248) 796-4620 (Mon.-Fri., 9 am-5 pm)  
Online at <https://apm.activecommunities.com/southfieldparks>

# News from the Commission on Senior Adults

## *There's Usually a Silver Lining ...*

As we enter the sixth month of the COVID-19 pandemic, many of us have complained about the restrictions placed on our “normal” activities. Most of the in-person activities offered by our wonderful Parks and Recreation Department have been canceled. Transportation offered has been disrupted. Senior Appreciation Day has been postponed/canceled. Summer concerts were not held. Movie theaters were closed. We must wear masks, should wear gloves, and now face shields are recommended. Little did we know in mid -March that the novel virus would change so much of our lives.

However, many of us have learned how to adapt to difficult situations. The recent loss of two of our great Civil Rights heroes of the twentieth and twenty-first centuries, John Lewis and C.T. Vivian, reminds us of the need for patience and determination. While it has not been easy to modify our lifestyles in such a drastic way, we can at least look forward to a resumption of normal participation in society when the virus becomes mitigated. We can return to restaurants, movie theaters, bowling alleys, libraries, and other amenities in our communities without legal barriers prohibiting it. We will probably appreciate them more. A silver lining.

Most importantly, WE CAN VOTE! We do not have to guess the number of jellybeans in a jar to register and we will not be beaten when we try to vote. As seniors in our community, we have the responsibility to educate the generations coming after us about the importance of registering and voting. We have all slowed down enough to have those conversations and contribute to the election of leaders who will represent our interests and that of our communities. Silver lining.

We also can use this time to call friends and family to check on them. In the past, many of us have been “so busy” that we may have neglected family, friends, neighbors and others. Now, as we have seen over 154,000 people die from the virus, we remember what is important. Hopefully when we emerge from this phase of semi isolation, we will remember to focus on what is important and who is important. If we do that, we will have embraced one of the many silver linings resulting from the epidemic.

Mask up, stay at least six feet away from people, wash your hands and check on someone.

Karen Schrock, Past President, COSA





# 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., Dec. 9 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 1 bag 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. 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 or go to [www.michigan.gov/mibridges](http://www.michigan.gov/mibridges) for details.

### Lakeshore Legal Aid

Lakeshore Legal Aid offers residents a chance to speak with an attorney free of charge. Please call (888) 783-8190 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.



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# 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

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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

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Brandon B. Gray Kathleen A. McNelis

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



#### Covid-19 Update:

The Southfield Senior Services office remains closed to the public until further notice.

Program sizes may be limited and all programs require preregistration. Registration can be done 3 ways:

- In-person Monday-Friday from 9 am-5 pm at the Parks & Recreation Information Window inside the Southfield Pavilion (26000 Evergreen Road)
- By phone at (248) 796-4620, Monday-Friday from 9 am - 5 pm
- Online at <https://apm.activecommunities.com/southfieldparks>

*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

*The Southfield Scribe* is also available online at [www.cityofsouthfield.com/departments/parks-recreation/senior-activities](http://www.cityofsouthfield.com/departments/parks-recreation/senior-activities).



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.