

The Southfield Scribe PR

Parks & Recreation

Happy New Year! 2021!

2020 has certainly brought us many challenges and new ways of doing things. We closed our doors to the public, we offered virtual programs, we connected via phone, we had outdoor classes and events, worked on safety protocols and resumed some in person programs. We are ever adapting to the changes taking place but one thing has not changed - we continue to work to serve you.

With the new year comes new hope and new opportunities for growth. Take the time for YOU! These next couple of months include *Library Lovers Month* (February), *High-Tech Month* (January) and *Hobby Month* but you don't have to wait until a certain month to experience something new. New Year = time to explore and try new things. Southfield Parks and Recreation and the Senior Services staff are here to help! This issue of *The Southfield Scribe* has information on many safe in-person and virtual programs that you can participate in over the next few months to boost your mental and physical health.

Commit to trying something new in 2021. If you are not ready to try a new activity, start with just a simple phone call. Maybe it's to seek out a resource or to schedule that doctor's appointment you have been putting off. This newsletter includes many resources including contact numbers to organizations that can help you with food assistance, taxes, mental health and even organization. It's 2021 and the sky's the limit!!

Whatever you choose to do in 2021, keep in touch! Staying connected with people and your community is more important now than it ever has been before. We are here to serve you and we want to stay connected. Please contact us with any questions you may have. We are here to serve you.

Southfield Senior Services	248-796-4650	M-F 10 am – 2 pm
TOSS (Transportation of Southfield Seniors)	248-796-4658	M-F 8 am – 4 pm
Parks & Recreation Information Desk	248-796-4620	M-F 9 am-5 pm

Senior Connection Program

Due to Covid-19 we recognize many of our seniors have been isolated and could use a friendly call. Please let us know if you or someone you know could benefit from a regular phone call from our Senior Services Staff to check in. We are here to help! Please call us to get on our Senior Connection calling list 248-796-4650. We are all in this together!



TOSS (Transportation of Southfield Seniors)

TOSS is operating on a limited capacity for medical and grocery appointments. We are currently taking appointments for medical facilities and offices Monday – Friday 8 am – 4 pm. Trips to Kroger and Meijer are being offered on Tuesdays and Thursdays.

Riders and drivers must wear a mask at all times, the number of riders on each bus are limited, all touch points are being wiped after each rider and buses are being cleaned daily. Appointments must be made at least 48 hours in advance. Each rider will receive a prescreening health check call 24 hours in advance of their ride.

Bus service is provided in the geographical area of 8 mile to 14 mile and Coolidge to Middle Belt. Please contact the TOSS office at 248-796-4658 to schedule your appointment.

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



AARP Tax Aide Returns

AARP will once again be assisting senior residents with their taxes this season. This program's goal is to offer complimentary tax preparation help to anyone regardless of age, but the emphasis is on those over 50 years of age who cannot afford to have professional tax assistance. Tax-Aide volunteers are trained and IRS certified each year.

The tax preparation process has been modified this year to protect taxpayer and AARP volunteer health and safety. Specifically, there will be two short, in-person interactions between taxpayers and AARP volunteers at the Parks & Recreation Building –

- initially to bring in all forms and documents for scanning, and
- a few days later to receive and sign your final hard-copy tax return.

Appointments are mandatory for those two interactions. All communication during the off-site tax preparation process will be done by telephone and/or video - this includes the initial interview, return preparation, quality review, and result review.

Appointments will be scheduled for weekdays from February 1 through April 15. In-person appointments take place in the Marcotte Room of the Parks & Recreation Building. Underground parking is available providing easy access to the Marcotte Room. Beginning December 15, you can make your scanning appointment either

- on-line at <https://sfld.mitaxapp.com>, or
- by calling the Senior Services office at (248) 796-4650.



Join In!

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>

Due to the unpredictability of Covid-19, please call our office at (248) 796-4650 or check our website or Facebook page to check program status.

Bingo

In-person Bingo! We will play five games each session. Disposable cards and markers will be provided. We are playing for fun, not prizes. Space is limited.

1 hour Resident: \$2 NR: \$3
Tue. 10:00-11:00 am Burgh Church/Annex
Jan 26 Feb 2, 9, 16, 23 Mar 2, 9, 16, 23, 30

Brain Games

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

1 hour Resident: \$2 NR: \$3
Wed. 11:00 am-12:00 pm Burgh Church/Annex
Jan 27 Feb 3, 10 Mar 3, 10, 24, 31

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 hour Resident: \$2 NR: \$3
Fri. 11:00 am-12:00 pm Burgh Church/Annex
Jan 22, 29 Feb 5, 12, 19, 26 Mar 5, 12, 19, 26

Spanish

Beginner Spanish is based on learning basic grammar in an oral and written context. Using games and other fun activities every week, lessons will be fun and enjoyable.

\$12 manual fee in addition to registration fee.

Ages: 18 and up
6 weeks Resident: \$72 NR: \$82
Thur. 12:00-1:00 pm Burgh Church/Annex
Feb 18-Mar 25

Moderate Yoga

Release STRESS!!! 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.

6 weeks Resident: \$30 NR: \$40
Mon. 11:30 am-12:30 pm Burgh Historical Park
Mar 1-Mar 29

Hustles for Seniors

Seniors will learn basic hustle steps and help create their own hustles to popular Motown music. No partner required.

5 weeks Resident: \$30 NR: \$40
Thur. 12:00-1:00 pm Sfld Sports Arena Lobby
Mar 4-Apr 1

Pickleball

10 weeks Resident: \$10 NR: \$20
Tue. 9:30-10:30 am 11:00 am-12:00 pm
Jan 26-Mar 30 BWRC Court D

Senior Bounce Volleyball

11 weeks Resident: \$20 NR: \$30
Mon.,Wed. 9:30-10:30 am 11:00 am-12:00 pm
Jan 25-Apr 5 BWRC Court A

Senior Indoor Tennis

10 weeks Resident: \$20 NR: \$30
Thur.-Fri. 9:30-10:30 am 11:00 am-12:00 pm
Jan 28-Apr 2 BWRC Court D



Face Mask Required For All Indoor Programs

Technology Corner

Keeping connected via technology can be very scary.

We are here to help with a few tips.

Stay Connected with Facebook



Facebook is a great way to stay connected and see pictures of family and friends, stay connected with your faith based organization, city and parks and recreation department.

Here is how you can connect.

1. Go to www.facebook.com and click **Create New Account**
2. Sign up using your name, email, phone number and date of birth (you can hide your age once your account is made).
3. You will need to confirm your new account via an email or text sent to you by Facebook, then you are on your way!

Now that you have an account, it's time to make it safe.

Passwords - Make sure to create a password that is easy for you to remember but hard for a stranger to guess. Never use your birthday, email address or phone number and never reuse a password you are already using. Mix upper and lower case letters and maybe throw in a number or a symbol to make it strong.

Privacy Settings - It is important to adjust your Privacy Settings to control who can see your profile and info.

- a. Click on downward pointing arrow on the top right corner of the page
- b. Click Settings & Privacy, then click **Settings**.
- c. In the left side bar click **Privacy**
- d. Set who is allowed to see your posts and information from *Public* (everyone on and off Facebook) to *Just Friends* to *Specific Friends*.

Finding Friends or Family Members

You can look for your friends or family members who are already on Facebook by searching for them by entering their name in the Search Bar in the upper left corner (it has a magnifying glass icon in the bar). Be sure you have the right "John Smith" by clicking the name and looking at their profile picture or the info given like where they are from. Once you know that is the person you are looking for, click **Add Friend** and Facebook will send them a Friend Request. Once they accept your request, you will be connected and will see posts they make in your newsfeed and you will be able to privately message them as well.

Like and Follow business pages like Southfield Parks and Recreation (hint, hint) in the same way. Following an organization or group allows you to get updates from them such as new program offerings, special sales, online events or other important or fun happenings.

There are tons of easy tutorials on line to help you explore as well. Stay connected!

City of Southfield Facebook pages

Parks & Recreation @SouthfieldParksandRecreation
Beech Woods Recreation Center @BeechWoodsRecCenter
Evergreen Hills Golf Course
City of Southfield, Michigan USA @SouthfieldCityHall
Southfield Public Library @southfieldpubliclibrary
Southfield Police Department @SouthfieldPD
Southfield Fire Department @SouthfieldFD

Technology Corner

Virtual Classes and Programs with Southfield Senior Services

Wondering how to connect to a program or class we are offering virtually? It is super simple! First register for the program you are interested in. You can register a few different ways: call the Parks & Recreation Information Desk (248-796-4620) staff will register you go on line to <https://apm.activecommunities.com/southfieldparks> or in some cases such as programs with Oakland County or our trusted partners, call the number listed for the program and they will register you.

It is important that you include your email address when registering so that our staff can send you a link via email that allows you to access the class or program. We use the **Webex** platform for our virtual programs. You can download Webex to your smartphone, tablet or computer or you can join through your browser (Google).

All you need to do now is click on the link provided at the start time (or a few minutes before) of your class or program. If you have the platform downloaded you will be taken directly to the meeting. If you do not, click “**Open in Browser**” and it will take you to the meeting.

Once in the meeting, you will see a video camera and a microphone icon (picture) at the bottom of your screen. Make sure there isn't a slash through them. If there is, just click on them to turn them on so that everyone will be able to hear you and see you.

We want to stay connected to you and help you stay connected with others. If we can help you in any way, please call us at 248-796-4650.



Virtual Bingo

Virtual Bingo! Spend some time online with your Bingo Buddies. We play three games each week. Once registered, you will receive a weekly email with the links for your bingo cards and the virtual meeting. Join in every week or every other, whatever works for you. This is a free program and we play for fun, not prizes.

Ages:

12 weeks

Free

10:00-11:00 am

Webex

T Jan 12-Mar 30

Activity Number: 7319

Comcast Internet Essentials

You may qualify for the Comcast Internet Essentials program featuring affordable high-speed Internet, if you are eligible for public assistance programs such as Housing Assistance, Medicaid, SNAP, SSI, and others. Service, including in-home WiFi, is available for \$9.95 + tax per month. Once you are an *Internet Essentials* customer, you have the option to purchase a laptop or desktop computer at a discounted price.

Call 855-846-8376, 8 am to Midnight (EST), seven days a week to learn more or to have one of their agents walk you through the application process.

Drive-Thru Luncheons

Senior Services is presenting a monthly series of Drive-Thru Luncheons to add a little variety and fun to your month. Lunches will be packaged and ready at 12 pm for you to drive up to the Parks & Recreation Building circle drive (26000 Evergreen Road) and pick up. No need to get out of the car, we will hand you your lunch and an activity packet with puzzles and other fun. Included in the packet will be the meeting link information if you would like to join into the virtual activities with Senior Services staff and other participants at 1 pm.



Winter Warm Up Drive-Thru Luncheon

It's *National Soup Month!* It's *National Cheese Lovers Day!* It's *Hot Tea Month!* This warm winter lunch will feature all of the above! Join us for the virtual meeting at 1 pm for a twist on our favorite, Bingo!

1 day Resident: \$20 Non-resident: \$25
W Jan 20 12:00-1:30 pm P&R Bldg circle drive Activity Number: 7264

Black History Month Drive-Thru Luncheon

Lunch will be a *Beans & Cornbread* Shoebox lunch covered with Black History Month tidbits and stories. It will be packed with a protein, cornbread and 2 sides. Water and sweet treats will be included. Virtual meeting at 1 pm features Barbara Talley, former Southfield City Councilwoman, speaking on African American history in Southfield.

1 day Resident: \$20 Non-resident: \$25
W Feb 17 12:00-1:30 pm P&R Bldg circle drive Activity Number: 7336

St. Patrick's Day Drive-Thru Luncheon

Corned beef sandwiches, chips and sweet treats. Water will be included.

1 day Resident: \$20 Non-resident: \$25
W Mar 17 12:00-1:30 pm P&R Bldg circle drive Activity Number: 7263



Walking at the Southfield Sports Arena

Participation is limited to 15 walkers per time session.

Please call 248-796-4603 by 5 pm the day before and leave your name, phone number and the time you would like to attend.

Mondays, Wednesdays or Fridays

9 - 9:45 am or 10 - 10:45 am

Southfield Sports Arena, 26000 Evergreen Road

Please park on the west side of the building and enter only through those doors.



WINTER FUN

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

Find the following words in the puzzle.

Words are hidden ▲ ▼ ► ◀ and ↘

BLANKETS

HOCKEY

SLED

CAROLING

ICICLE

SNOWBALL

COCOA

MOVIES

SNOWMAN

EVERGREENS

NUTCRACKER

SNOWSHOE

FIREPLACE

SKATING

TOBOGGAN

FLORIDA

SKIING



News from the Commission on Senior Adults

Aging in place

Aging in place is significant for seniors today. It is important to consider the needs of the seniors in our communities. Research has shown us that aging in place is significant. Aging in place is contingent on the social connectedness and neighborhood satisfaction that seniors feel and include socioeconomic variables such as age, income, health status, or living arrangements, media influence and services available to them (Ahn, Kang, & Kwon, 2020). According to the U.S. Centers for Disease Control and Prevention (2020) aging in place is defined as “the ability to live in one’s own home and community safely, independently, and comfortably, regardless of age, income, or ability level”. Southfield, known as “The Center of it All”, has been in the process of studying and assessing needed services and resources for seniors to live healthy lives within the confines of their community, right in their own homes, condominiums and apartments through the Commission on Senior Adults (COSA). As aging seniors, it is valuable to be able to meet basic needs, continuing to do activities that are enjoyable, and understand the impact of aging in place.

Aging in place means being able to meet one’s basic needs as a senior. Making sure that as a senior we are able to run needed errands safely, attend medical appointments, grocery shop for healthy and nutritious food, get needed prescriptions, receive assistance with personal activities of daily living, and being able to access the online world for delivery of needed food and other needed supplies to take care of our basic needs as seniors. Aging in place means being able to connect with our love ones and others as needed meaningfully through videocalls, Facetime, texts, videoconferencing, and emails to stay in touch with those that we love and care about.



Aging in place means being able to continue doing those things that we love and enjoy doing. Aging in place requires that seniors are able to maintain a healthy physical and mental state. As seniors, it is important that we are able to get some exercise, get needed steps in, and continue movement and motion to keep us strong, safe, and mentally motivated. As seniors, we should be able to continue with hobbies that we love, participate in games and activities that help us pass the time, and be spiritually fed and supported.

Seniors aging in place will need to learn and stay abreast of the impact of aging on a senior in order to maintain mental and physical health. As seniors living in Southfield “The Center of It All”, many resources are available to keep us healthy in our homes and joyful in everyday activities. The opportunities for activities, services and transportation are abounding even more as COSA continues to strive to assure that needed services are available for those aging in place. It is important to consider the needs of the seniors in our communities and lives. Seniors aging in place need to stay in touch and be involved!

Vineta Mitchell, TLOVE Solutions, Inc

References

Ahn, M., Kang, J. & Kwon, H. (2020). *The concept of aging in place as intention*. Gerontologist, 60(1), 50-59.
Comfort Keepers (2020). *Coronavirus: How to maintain mental wellbeing during isolation*. www.comfortkeepers.com
U.S. Center for Disease Control (2020). General information about the older population. www.cdc.gov/aging

Here to Help

Southfield Human Services

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

The Emergency Food Assistance Program (TEFAP)

This program takes place at the 1854 Church at the Burgh Historical Park, 26080 Berg Road. It is open to any Oakland County resident, and allows participants to pick up 1 bag of food. Please contact Human Services for program eligibility and program dates.

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 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.



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 \$27,500 or less and for a family of TWO the income must be \$31,400 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.

Area Agency on Aging 1-B

Services like *Meals on Wheels*, home care, or transportation can play a big part in helping make sure seniors can live comfortably and safely in any place they call home—whether that's their own home or apartment, an assisted living facility or with family caregivers. These services can give families the extra help they need to fully care for an older loved one. Not sure of what services would work for your family? Call our Information and Assistance Telephone Line at (800) 852-7795 and get help from one of their trained and certified resource specialists.



COVID-19 HELPLINES

Oakland County – Nurse On Call: 1-800-848-5533
State of Michigan: 888-535-6136 or email
COVID19@michigan.gov
Oakland County Health Department: hotline for non-health needs such as locating community resources, food and housing assistance. 248-858-1000

Daily Meal Service Delivery

Individuals 60+ can register online at <https://newmibridges.michigan.gov/s/request-meal-delivery-reassurance> for meal delivery or for a phone call from a volunteer each day to check in on them.

Southfield Senior Services
26000 Evergreen Road
Southfield, MI 48076

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

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Clerical Staff

Sandra Krist

Betty Simmons

Ruth Williams



Covid-19 Update:

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

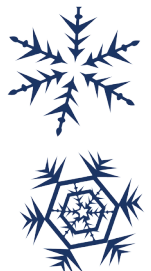
Program sizes are limited and all programs require pre-registration. Registration can be done safely from your home:

- By phone at (248) 796-4620, Monday-Friday from 9 am - 5 pm
- Online at <https://apm.activecommunities.com/southfieldparks>

Due to the unpredictability of Covid-19, please call our office at (248) 796-4650 or check our website or Facebook page to check program status.

Inclement Weather/Snow Day Policy

When the Southfield Public Schools are closed for inclement weather, TOSS will be closed. All other determinations will be made by staff and riders will be notified.



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.