

# The Southfield Scribe PR

Parks & Recreation

## Let's Celebrate Our Seniors!

National Senior Citizens Day is August 21<sup>st</sup>. The day was officially established by former President Ronald Regan in 1988. The promulgation said “For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older – places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.”

The City of Southfield and the Parks and Recreation Department are committed to making Southfield a great place for older adults. They have established dedicated areas and commissions related to seniors. They are committed to quality service for our Seniors in the Southfield community. Senior Services staff work to offer programs and services that focus on mental and physical health, as well as social and transportation needs. Our goal is to offer programs and events that are engaging, supportive and accessible to all. Check out this edition of *The Southfield Scribe* and the *Parks & Recreation Activities Guide* to find a great program for all of your needs.

Southfield Senior Services	248-796-4650	M–Th F	9 am – 4 pm 9 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 (50+) APPRECIATION NIGHT

It's time to celebrate YOU, our Seniors!!! We want to show you our “Gratitude and Esteem” at this year’s Senior Appreciation Night on Wednesday, August 25. Join us on the front lawn of the Municipal Complex for entertainment, a boxed dinner (hot dog, chips, drink and dessert), senior resource vendors and goodie bags. Sponsored by COSA along with the Southfield Parks and Recreation and Human Services departments. See page 6 for more details.



# Let's "Meet Up" Programs

A COVID tweak to our Lunch Out and day trip programs. Instead of everyone piling onto the bus together we will meet the group to check in and hand out directions (in case we get separated along the way). Then everyone will get in their own cars and we will drive to the location separately, with the SMART bus and our escort leading the way. Don't forget to pre-register so we know you are joining us!

## Meet Up and Lunch Out

Participants will meet first at the Burgh Historical Park parking lot (corner of Civic Center Drive and Berg Road) at 11:30 am to check in and hand out maps.

You must pre-register so we don't leave without you.

Please remember food and tip, are on your own.

Tuesday, July 20

***Crispelli's Bakery & Pizzeria***

28939 Woodward Ave. in Berkley

Tuesday, August 3

***Cracker Barrel***

30750 Little Mack Ave in Roseville

Tuesday, September 7

***Lockhart's Southern Barbeque*** 202 E 3rd St in Royal Oak

Tuesday, October 5

***Outback Steakhouse\**** 23501 Greenfield Rd in Southfield

\*AARP members receive 10% discount on meal. Restrictions apply.



## Meet Up and Get Out Day Trips

Participants will meet at the Parks & Recreation Building parking lot (26000 Evergreen Road) at 9:30 am to check in and hand out maps. (You are welcome to meet at the destination) Each trip is limited to 15 people, you must pre-register for these trips.

Wednesday, August 5

***Summer at the Cranbrook Gardens***

Free

Stroll through the Sunken Garden, discover The Mountain and more tree-covered trails and take a moment to unwind by the Japanese Garden. Enjoy all 40 acres of Cranbrook Gardens - featuring extensive plantings, fountains, statuary, lakes and streams.

Wednesday, Sept. 15

***Michigan's Involvement in the Civil War and the Underground Railroad at the Troy Historical Village***

\$10/person

45 minute lecture and then self-guided tour and photo ops in and around the village.

Wednesday, Sept. 29

***Fall Splendor at the Cranbrook Gardens***

Free

See the gardens in their fall splendor, walk the trails and unwind by the reflecting pool.

# A WALK IN THE PARKS

Come join us as we exercise and explore our Southfield parks together.

Meet at the entrance to the park at 9 am

- July 1 *Carpenter Lake Nature Preserve*
- July 8 *Bedford Woods Nature Preserve*
- July 15 *Freeway Park*
- July 22 *Berberian Woods Park*
- July 29 *Civic Center Park*
  
- Aug. 5 *Inglenook Park*
- Aug. 12 *Carpenter Lake Nature Preserve*
- Aug. 19 *Bedford Woods Park*
- Aug. 26 *Berberian Woods Nature Preserve*



- Sept. 2 *Beech Woods Park*
- Sept. 9 *Inglenook Park*
- Sept. 16 *Carpenter Lake Nature Preserve*
- Sept. 23 *Bedford Woods Park*
- Sept. 30 *Freeway Park*
  
- Oct. 7 *Berberian Woods Nature Preserve*
- Oct. 14 *Bauervic Woods Park*
- Oct. 21 *Civic Center Park*
- Oct. 28 *Carpenter Lake Nature Preserve*

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## The Grand Experience at Mackinac Island's Grand Hotel

Trip includes lodging at the Grand Hotel, full breakfast each morning, tea and cookies each afternoon, four-course dinner each night, a special champagne reception, Grand Lunch Buffet on Tuesday and Wednesday and more!

*Final payment due September 1.*

Monday, October 25 - Thursday, October 28 Final Payment due September 1

Southfield Resident Rate: \$780/person Double Occupancy \$980/person Single Occupancy



# Fitness Trail

9 - 11 am

Every Monday & Wednesday

Along the walking path on the front lawn of the Donald F. Fracassi Municipal Complex



Through October 27

26000 Evergreen Road

# PICNIC IN THE PARK

This program will be held outdoors in the Civic Center Park picnic shelter #1 (near the playground) so please dress accordingly.

Thursday, September 16

12 - 2 pm

\$15/Resident \$20/NR

ages 50 and up

Call (248) 796-4650 for more information

# Staying Active with Parks & Recreation

Registration for these programs can be done from your home:

By phone (248) 796-4620 (Mon.-Fri., 9 am-5 pm)

Online at <https://apm.activecommunities.com/southfieldparks>

## Water Exercise

Water Exercise at the Southfield Sports Arena pool continues through August 25! Come enjoy an easy on your joints exercise class taught by Kwaves. Each session is limited to 40 students. 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 class.

**Southfield Resident: \$2/person, per session**

**NR: \$3/person, per session**

## Low Impact Water Exercise

Through August 25\* Sports Arena Pool

Mon, Wed 11:00 am-12:00 pm

Mon, Wed 6:30-7:30 pm

\*No class July 5

Through August 21 Sports Arena Pool

Sat 11:00 am-12:00 pm

## High Impact Water Exercise

Through August 22\* Sports Arena Pool

Sun 11:00-11:45 am

\*No class July 4



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

## Senior Sports Open Play Returns This Fall

It's time to get back to some friendly competition at the Beech Woods Recreation Center. All levels of play are welcome. Participants will need to check-in at the Beech Woods office before heading down to the gym.

### Pickleball

Tue Sept 14 - Oct 12 9:00-11:00 am

Tue Oct 19 - Nov 16 9:00- 1:00 am

**Resident: \$10 NR: \$15**

### Senior Indoor Tennis

Thur Oct 21 - Dec 16 9:00 am-12:00 pm

**Resident: \$16 NR: \$24**

Fri Oct 22 - Dec 17 9:00 am-12:00 pm

**Resident: \$16 NR: \$24**

## Fall Programs

Fall signals a return to the classroom. Are you looking to learn a new skill or improve an existing one? Maybe you would like to increase your activity level with a dance or fitness class. Start your search in the Parks & Recreation Fall 2021 Activities Guide coming out in August. Classes being offered include favorites like *Yoga for the Back*, *Tai Chi*, *Spanish*, *Moderate Yoga* and *Stretch and Tone* and just maybe a few surprises!

For more information on specific classes please call Senior Services at 248-796-4650.



# SENIOR (50+) APPRECIATION NIGHT

5 - 8 pm

Wednesday, August 25

Live Entertainment

Boxed Hot Dog Dinner

Community Vendors

Goodie Bags

And it's all FREE!

Front lawn of the

Donald F. Fracassi Municipal Complex,  
26000 Evergreen Road

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

TOSS is operating on a limited capacity for medical and grocery appointments. We are taking appointments for medical facilities and offices Monday – Friday 8 am – 4 pm.

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 2 business days 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**

 **Ascension**

 **SMART**

 **Southfield**  
the center of it all™

# MICHIGAN MASH UP

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

Find the following words in the puzzle.

Words are hidden ▲ ▼ ► ◀ and ↘



- |              |                |               |                 |
|--------------|----------------|---------------|-----------------|
| AGRICULTURE  | GERALDFORD     | MOTOWN        | THOMASEDISON    |
| APPLEBLOSSOM | GREATLAKES     | PASTIES       | TIGERS          |
| APPLES       | HENRYFORD      | PETOSKEYSTONE | TWOPENINSULAS   |
| AUTOMOBILES  | HITSVILLEUSA   | PISTONS       | UNDERGROUNDRAIL |
| CEREAL       | LANSING        | REDWINGS      | ROAD            |
| CHERRIES     | LIGHTHOUSE     | ROBIN         | VERNORS         |
| FAYGO        | LIONS          | SANDERS       | WHITETAILEDDEER |
| FUDGE        | MACKINACISLAND | SPARTANS      | WOLVERINES      |

# 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 June 9 and Sept 15 at the Southfield Human Services office at the 26000 Evergreen 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.

### 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.



## 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 Division: 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.



# News from the Commission on Senior Adults

## *Keep Moving Forward*

Borrowing from our United States Postal Service tribute, neither snow, nor rain, nor heat, gloom of night, nor Covid-19 can stay these trusty Southfield *Commissioners on Senior Adults* from the swift completion of the *AARP Livable Communities* initiative. Okay, so I changed the language somewhat. When the state shut down due to the coronavirus quarantine last year, we only missed our March meeting. Thanks to insightful leadership, strong administrative facilitation through Rhonda Terry of the Department of Human Services, and our partnership with the Planning Department and Parks and Recreation, COSA has continued with our meetings via Webex.

Let me reiterate our vision. The COSA by-laws state: The commission is in place to improve the lives of Southfield's senior adults. The vision of the Southfield Age-Friendly initiative is in part: Through the COSA led partnership with city government, volunteers, businesses and other community stakeholders, Southfield residents will be thriving and independent. Our vision has not changed; how we execute our vision may have to be altered because of the pandemic. Having to quarantine caused social isolation for many of our seniors. We as a commission had to reevaluate our goals and objectives to address issues in the current environment that we are living in today.

For instance, the need to address large groups of people in person is currently a challenge as is the necessity to meet with government officials, volunteers, and business representatives. Indeed, of our 8 domains of livability: outdoor spaces and buildings; transportation; housing; social participation; respect and social inclusion; work and civic engagement, communication and information; and community and health services, alterations may be necessary to complete our tasks, but COSA is not deterred. Our charge addresses issues that will benefit not only seniors, but ultimately improve the lives of all residents of Southfield.



As always, YOU are welcome to attend our virtual meetings which occur the 3<sup>rd</sup> Thursday of every month at 4 pm. For more information on how to attend, please contact Rhonda Terry at 248-796-4540 or [rterry@cityofsouthfield.com](mailto:rterry@cityofsouthfield.com).

by Earlene Traylor Neal

Southfield Senior Services  
26000 Evergreen Road  
Southfield, MI 48076

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US POSTAGE PAID  
SOUTHFIELD, MI  
PERMIT NO. 30

### City Officials

Kenson J. Siver, *Mayor*

#### City Council

Linnie Taylor, *Council President*

Michael "Ari" Mandelbaum, *Pro Tem*

Nancy L.M. Banks

Daniel Brightwell

Lloyd Crews

Myron Frasier

Jason Hoskins

Sherikia L. Hawkins, *City Clerk*

Irv M. Lowenberg, *Treasurer*

Frederick E. Zorn, *CEcD City Administrator*

#### Parks & Recreation Board

Jeannine D. Reese, *Chairperson*

Rosemerry D. Allen

Brandon B. Gray

Kathleen A. McNelis

Adam Wolf

Timothy Forrest, *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



### Registering for Programs

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:

- 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.

*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.