

The Southfield Scribe



SENIOR (50+) APPRECIATION NIGHT 2021



Thank You to Our Senior Appreciation Night Vendors

Ace Home Care Network

Beltone

Care Patrol of Oakland County

Dedicated Senior Medical Center

Guardian Medical Monitoring

Haley Funeral Directors

Highland Towers Apartments

Humana Market Point, Inc

Lahser Hills Care Center

Molina Health Care

Oakland Talking Book Service

Oak Street Health

PACE Southeast MI

Presbyterian Villages of Michigan

Rutkowski Law Firm

Senior Visiting Physicians

Southfield Fire Department

Southfield Police Department

Surgeons Choice Medical Center

Vascular Center of America

Villa Health Care

Waltonwood Royal Oak

World Medical Relief Fund

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.

Ride with Us Option: We will offer a limited number of seats on our bus to the Lunch Out destination for those who don't want to ride alone. Masks are required for all riders and drivers. The number of riders on each bus are limited, all touch points are being wiped after each rider and buses are being cleaned daily. This option is \$5 per person and is VERY limited so please do not wait to register if you want the Ride with Us.

Please remember food and tip, are on your own.

- Tuesday, October 5 **Outback Steakhouse*** 23501 Greenfield Rd in Southfield
*AARP members receive 10% discount on meal. Restrictions apply.
- Tuesday, November 2 **Kyoto Japanese Steakhouse** 1824 W. 14 Mile Rd in Royal Oak
- Tuesday, December 7 **MI.MOSA** 23360 Farmington Rd. in Farmington

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.

A WALK IN THE PARKS

- 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*

**Come join us as we exercise in our Southfield parks together.
Meet at the entrance to the park at 9 am**

- Nov 4 *Beech Woods Park*
- Nov 18 *Inglenook Park*
- Dec 2 *Carpenter Lake Nature Preserve*
- Dec 9 *Bauervic Woods Park*
- Dec 16 *Berberian Woods Nature Preserve*

There is no charge to participate and no need to register.

Fall Fest

With
all your fall
favorites like
cider, donuts and
apples plus
entertainment

**Wednesday,
October 20
1-3pm
Mary Thompson Farm**

\$10/Resident \$15/NR

Call Senior Services at (248) 796-4650 to register today!

TOSS (Transportation of Southfield Seniors)

Transportation of Southfield Seniors - TOSS is currently providing transportation to medical appointments, grocery shopping, pharmacies, some retail stores and banks between the hours of 8:30 am-3:30 pm, Monday - Friday. The dispatcher is available to take your reservation Tuesday, Wednesday and Thursday from 8:30-11:30 am. Appointments must be made with the dispatcher, at least 2 business days in advance.

Masks are required for all riders and drivers. The number of riders on each bus are limited, all touch points are being wiped after each rider and buses are being cleaned daily.

Bus service is provided in the geographical area of 8 Mile to 14 Mile and Coolidge to Middle Belt. If you have any questions, or would like to schedule a reservation, please call the TOSS office at 248-796-4658 and leave a message with your name, phone number and someone will return your call as soon as possible.

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™

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>

Senior Drop-In Programs

Drop-in fees are payable at the door.

Mahjong

Join us as we play Mahjong, a tile-based game similar to Gin Rummy that is usually played in groups of four.

\$2/Resident \$3/NR

1:00-3:00 pm P/R - Marcotte Room

Wed Sep 15-Dec 22

Bingo

Cash payout is determined day of play. We will be playing with disposable cards. Coffee will be provided but please bring your own snacks (no communal food sharing). Our Bingo program is staffed by volunteers and is intended for fun.

\$2/Resident \$3/NR +\$0.25/card

10:00-11:30 am P/R - Marcotte Room

Tue Sep 14-Dec 21* **No meeting Nov 2*

Chair Exercise

Looking for an alternative to the normal fitness class? Move to the music and get a full body sit down workout that is good for your heart and other muscle groups. We suggest you bring your own hand weights (1- 3 lbs.), water and a towel with you to class.

\$2/Resident \$3/NR

11:00 am-12:00 pm P/R - Room 115

Mon Sep 13-Dec 20* **No class Oct 11*

\$2/Resident \$3/NR

11:00 am-12:00 pm P/R - Room 115

Wed Sep 15-Dec 22

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 Oct 19 - Nov 16 9:00-11:00 am

Tue Nov 23 - Dec 21 9:00- 11:00 am

Resident: \$10 NR: \$15

Senior Indoor Tennis

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

Resident: \$30 NR: \$45

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

Resident: \$30 NR: \$45

Senior Bounce volleyball

Open Practice

There are no Wednesday practices, Nov 3 through Mar 2 due to league play.

Mon,Wed Oct 18 - Dec 6 10:00 am-12:00 pm

Resident: \$20 NR: \$30

Senior Bounce Volleyball League

Includes 14 weeks of league play and t-shirt.

4 person Team W Nov 3 - Mar 2 10:00 am

6 person Team W Nov 3 - Mar 2 11:00 am

Resident: \$30 NR: \$40



Fall for Seniors

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

Find the following words in the puzzle.

Words are hidden ↑ ↓ → ← and ↘

APPLES

CHAIR EXERCISE

CIDER

DONUTS

FALL FEST

GAMES

GARDENS

HALLOWEEN

HOLIDAY

LUNCHEONS

MAHJONG

MUSIC

PARKS

PICKLE BALL

PICNIC

SCRIBE

SPANISH

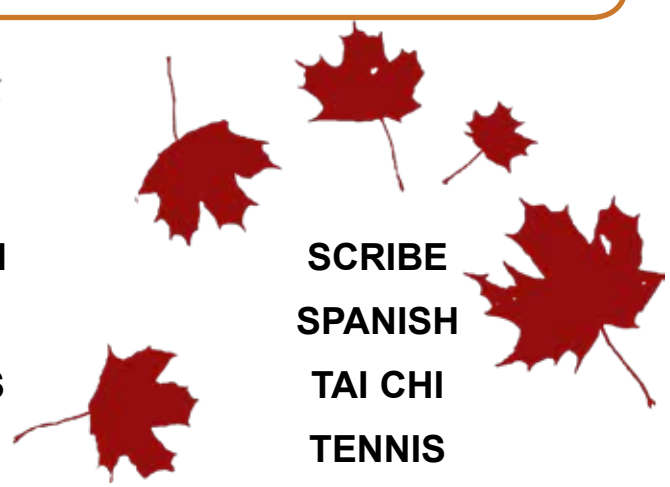
TAI CHI

TENNIS

THANKSGIVING

TOSS

YOGA





Thanksgiving Luncheon

**Wednesday, November 17
12 - 2 pm**

Southfield Parks & Recreation Building, Room 115

Admission \$15/person

Includes lunch (Honey Baked Ham boxed lunch, water/coffee) and Scattagories.

Call Senior Services at (248) 796-4650 to register!



Holiday Luncheon

**Wednesday, December 15
12 - 2 pm**

Southfield Parks & Recreation Building, Room 115

Admission \$15/person

Includes lunch (Honey Baked Ham boxed lunch, water/coffee) Bingo and more!

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 Dec 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 non-perishable 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.

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.

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.



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 go to www.michigan.gov/mibridges or call 248-262-6400 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.



Daily Meal Service Delivery

Individuals 60+ can register online at www.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.

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

Commission on Senior Adults (COSA): Taking Care of Southfield Seniors

Welcome to fall, a favorite time of the year for many. Though some people have been vaccinated, COVID continues to evolve calling for us to remain cautious and in some cases, continue masking and social distancing. Today, we would like to discuss how important it is to focus on communication, and sharing of information, so that others might learn.

Recently, a COSA commissioner received a phone call requesting help with a transportation issue. Portia Tremholm-Hamlar's regular transporter was unable to provide a ride to a regularly scheduled doctor's appointment. COSA referred her to *Go Senior Transportation* based in Birmingham. She was about to get a real surprise in how some transportation companies have evolved.

Her request was urgent. Go Senior responded immediately. Keep in mind, Southfield offers free rides via TOSS (*Transportation of Southfield Seniors*) and SMART bus, but sometimes, it does not work out due to the urgency of the request, rider capacity or trip distance. Portia stated she was so delighted with the first experience, she decided to use them again, several times. She enjoyed the driver's use of GPS, so the trip was quick, "from here to there". She felt safe. The vehicle was clean; and she was the only passenger. The driver stayed with her the entire time and returned her to her home so there was never a wait. Upon arriving at start and finish, he exited the vehicle and provided assistance from "door to door". She expressed how quiet and pleasant the ride was.

Another trip was to get her vaccination. Portia uses a walker. The driver took her inside, waited in line and helped the staff in processing her visit quickly. On another occasion, she went to the beauty shop and he waited until she was done to drive her home. Fortunately, the same driver was always available, even though she had not requested it. As she was describing her experience, it was obvious the driver presented compassionate care, consideration and kindness that you rarely see in today's world.

Further, Ms. Tremholm-Hamlar said that he was a good driver; always on time, helpful to assist in storing her walker, and the vehicle was clean and quiet. When asked about the cost, she indicated "there is a cost, but worth it"; and that was important. Overall, she was thrilled and very satisfied with the whole experience. By the way, Portia recently celebrated her 89th birthday. We applaud her desire to live independent and safe. Belated Happy Birthday, Portia!

Go Senior Transportation is only one of many transporters in our area. They are stakeholders in our senior community. We share this information because it may be of value to others. We share Portia's story because it highlights her experience with a company with superior customer service. The website reflects the company is "...deeply committed to providing the most compassionate, efficient and highest quality of customer service". They also promise, "...door to door, non-emergency medical transportation is available 24/7, persons with disabilities or wheelchairs are welcomed." They operate in the metro Detroit area. For more information, please visit the website goseniortransportation.com, or call 248-929-9000.

Calling all seniors! Do you have a service that you felt went above and beyond, want to share a story, request for information? Please call Rhonda Terry at the *City of Southfield, Human Services Department* at 248-796-4540. A COSA member will call you back. We welcome everyone to our virtual meetings, held on the 3rd Thursday of each month at 4 pm. For more information on how to attend please contact Rhonda Terry by phone or email rterry@cityofsouthfield.com

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

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

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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



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.