

The Southfield Scribe



THE GRAND EXPERIENCE ON MACKINAC ISLAND · OCTOBER 2021

Another fantastic Mackinac trip is in the books! The October 2021 trip featured a return to The Grand Hotel after a year off, along with first time trip leaders/chaperones Cathy and Betty. There was good food, great company and happy times had by all.

Adding to the fun, was Ms. Angel placing 3rd in the “*What Am I Grateful For*” essay contest. An excerpt of her winning submission is included below.

Dates and information about the 2022 The Grand Experience will be released in March. You can check for dates online at:

www.cityofsouthfield.com/departments/parks-recreation/senior-activities

or

www.facebook.com/SouthfieldParksandRecreation

or call Senior Services at 248-796-4650.



What Am I Grateful For - Presented by Ms. Angel

“Fast forward to current day, in spite of the ups and downs, the good and bads, there is a time and season for everything in Gods Universe and I am grateful that I have embraced and live in the peaces of knowing that things will always work out and while I am still hear[sic] on earth, I can live heaven on earth and for that I am truly grateful that my husband left my children well off financially and because I was married for some 16 years, I receive widow’s benefits and run a successful business and enjoy my grands and can do anything I want!!!”

Day Trips - All the Info You Need to Know

Please call Senior Services at 248-796-4650 for more details.

All participants must follow current health and safety guidelines, including any mask requirements, on the bus and at any trip destinations.



Transportation - Pick Up/Return

At this time all trips will depart from the Southfield Parks & Recreation Building at 26000 Evergreen Road.



Travel & ID Policy

Receipt must be shown as proof of purchase on the day of the trip. Please note that while on the trip you must follow the group leader's guidelines.

Please be sure to bring your picture ID with you on all trips. Accepted forms of picture ID include government-issued photo identification card, or a driver's license. Please read trip descriptions closely to verify what you need to bring along on the trip.



Cancellations

The City of Southfield cannot be held responsible for cancellations due to the vendor or circumstances beyond our control. On all *Shop Till You Drop* and *Lunch Outs*, there are no refunds and no transfers!



Payments

We accept cash or credit cards (Visa, Master Card, Discover, American Express) for payment.

We ask that individuals traveling with us on any day trips or participating in our other programs, please refrain from the use of perfumes or colognes. Some of our seniors have respiratory problems and allergies to certain smells. Your consideration is appreciated.

Shop Till You Drop

Enjoy a leisurely morning shopping and exploring a different mall each month. Lunch and shopping are on your own.

January 3 **Great Lakes Crossing Outlets - Auburn Hills**

February 7 **Twelve Oaks Mall - Novi**

March 7 **Somerset Collection - Troy**

9:30 am - 2:30 pm \$5 per person



Senior Lunch Out

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.

Please remember food and tip, are on your own. (Tipping should be about 20%.)

January 4 **Mex**

February 1 **Red Lobster**

March 1 **Tavern On The Main**

11:30 am - 2:30 pm \$5 per person to ride bus

The bus leaves from the Parks & Recreation Building at 26000 Evergreen Road for all monthly excursions. Please call us at 248-796-4650 for more details on any of the above trips.

The Charles H. Wright Museum of African American History

As part of Black History Month, please join us for a guided tour of the *And Still We Rise* exhibit at *The Charles H. Wright Museum of African American History*. This 22,000-square foot exhibition begins in Africa, crosses the Atlantic Ocean, travels the Underground Railroad and moves along with the Civil Rights Movement and beyond. There will be time to explore the many other exhibits currently on display at the museum including *Detroit Performs*, *Inspiring Minds* and *Stories in Stained Glass*. All exhibitions are free with museum admission.

Please note, no food is provided on this trip.

Wednesday, March 2 9:00 am - 1:00 pm

Southfield Resident Rate: \$15 per person Non-resident Rate: \$20



FireKeepers Casino

Don't let those March winds keep you stuck inside, join us as we travel to Battle Creek to visit one of our favorite casinos, FireKeepers Casino. All participants will receive \$20 in free play and a \$5 food credit from the casino. There are over 2,900 slots, 70 table games and a non-smoking poker room along with 6 restaurants offering a little something for everyone to use those vouchers at. All packages are subject to change. Space is limited so please sign up early.



Wednesday, March 16

8:00 am - 6:00 pm

Southfield Resident Rate: \$30 per person Non-resident Rate: \$35

All participants must follow current health and safety guidelines, including any mask requirements, on the bus and at any trip destinations.



Cranbrook House Tour *and* Tea



Tour Cranbrook House, the former home of Cranbrook's founders, George Gough Booth and Ellen Scripps Booth, and the oldest surviving manor in the region.

At approximately 30,000 square feet, nearly every detail from the tiling, to the ornamental hand carved oak paneled walls and Tudor Rose ceilings, in the English-Tudor estate exemplifies George Booth's devotion to the Arts and Crafts movement.

Visitors will journey through the first floor on their guided tour, learning about the history of the manor, its founders, and the movement and organizations they supported and founded, while viewing the Booth's impressive library, dining room, living room, offices and other rooms complete with works by world-class artists! Afternoon Tea is included. Space is limited so please sign up early.

Wednesday, March 30

9:45 am - 2:00 pm

Southfield Resident Rate: \$45 per person Non-resident Rate: \$50

Valentine's Day Fun



LIVE ENTERTAINMENT
BINGO

MOCKTAILS AND CHARCUTERIE BOARDS

FRIDAY, FEBRUARY 11 **1 - 3 PM**

Southfield Parks & Recreation Building, Room 115

\$10/Southfield resident \$15/Non-resident

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



Spring Tea

\$15/Southfield resident
\$20/Non-resident

Tuesday, April 19

12 - 2 pm

**Burgh Historical Park Church,
26060 Berg Road**

AARP Tax Aide Returns

Scheduling of appointments will start January 18, 2022.

Appointments can be made by calling the Senior Services office at (248) 796-4650 after this date.

All participants must have an email address to utilize this service.

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. AARP is still determining the process and we will share that information when it becomes available.

All tax help is by appointment only and space will be limited.

Appointments will be scheduled for weekdays from February 1 through April 8. Appointments take place in the Marcotte Room of the Parks & Recreation Building. Underground parking is available providing easy access to the Marcotte Room.



Mary Thompson Farm Community Gardens

Have you ever been to the Mary Thompson Farm on Evergreen Road between 10 Mile and I-696? Did you know gardens are located there where you can grow and harvest your own crops? This City gem has approximately 70 plots which can be reserved for a growing season (approx. April-October).

If you like to garden but don't have the space to do so in your current residence, we invite you to join our Community Garden program. Our gardens cultivate a real sense of community in a safe and socially distant environment. Returning gardeners can reserve their spot for the 2022 season through March 7. After that date, available plots can be reserved by Southfield residents on a first come, first served basis for \$70/plot (non-resident pay \$85/plot).



Please call Senior Services for more details about the Mary Thompson Community Gardens.
(248) 796-4650 M-Th 9:00 am-4:00 pm F 9:00 am - 2:00 pm

Staying Active with Parks & Recreation

Stay active both physically and mentally with our senior class offerings.

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

Dance/Music

Hustles for Seniors

Instructor: K. Johnson

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**
12:00-1:00 pm P/R - Lower Level Dance
Th Jan 6-Feb 3 Activity Number: 8083
Th Feb 10-Mar 10 Activity Number: 8091
Th Mar 17-Apr 14 Activity Number: 8094

Fitness

Moderate Yoga

Instructor: L. Lerman

Release STRESS!!! We use basic Hatha Yoga techniques. We begin class in a chair and end class on your mat. Bring your yoga mat and non-slip socks.

**No class Jan 17 & Feb 21*

3 weeks **Resident: \$30 NR: \$40**
12:15-1:15 pm P/R - Room 115
M Jan 10-Jan 31* Activity Number: 8095
M Feb 7-Feb 28* Activity Number: 8096

4 weeks **Resident: \$40 NR: \$50**
12:15-1:15 pm P/R - Room 115
M Mar 7-Mar 28 Activity Number: 8097

All participants must follow current health and safety guidelines, including any mask requirements.



Beginning Tai Chi with Jeff Sotzen

Instructor: J. Sotzen

Nourish and strengthen the whole body, mind and spirit. Learn the slow, gentle movements of the tai chi form that has been practiced for hundreds of years.

6 weeks **Resident: \$25 NR: \$35**
Senior: Resident: \$22.50 NR: \$31.50
9:30-10:30 am BWRC - Multipurpose Rm
Th Jan 13-Feb 17 Activity Number: 8120
Th Mar 3-Apr 7 Activity Number: 8121

Tai Chi Form with Jeff Sotzen

Instructor: J. Sotzen

This class is a continuing tai chi class for those who know and understand the basics of tai chi. Focus is on the tai chi form.

6 weeks **Resident: \$25 NR: \$35**
Senior: Resident: \$22.50 NR: \$31.50
10:45-11:45 am BWRC - Multipurpose Rm
Th Jan 13-Feb 17 Activity Number: 8122
Th Mar 3-Apr 7 Activity Number: 8123

Special Interest

Learn to Play Mahjong

Join us as we learn to play Mahjong which is similar to Gin Rummy. Once you have the basics down you can join us at our weekly drop-in games on Wednesdays.

5 weeks **Resident: \$10 NR: \$15**
1:00-3:00 pm P/R - Room 223
W Jan 12-Feb 9 Activity Number: 8075

Senior Drop-In Programs

Call the Senior Services office at (248) 796-4650 for more information on any of the programs listed below. Drop-in fees are payable at the door.

Per day Drop-In Fees for all programs below **\$2/Resident** **\$3/NR**

Bingo

We will be playing with disposable cards. Coffee is provided but please bring your own snacks. No communal food sharing.

+\$0.25/card

10:00-11:30 am P/R - Room 223

Tu Jan 11-Apr 26

Bid Whist

Bid Whist is a partnership trick-taking variant of the classic card game whist.

12:00-3:00 pm P/R - Room 223

Tu Jan 11-Apr 26

Bridge Club

Don't have a partner? Not a problem, we've got you covered! We welcome any and all bridge players to join us, no matter your level of play.

12:30-3:30 pm P/R - Room 221

W Jan 5 -Apr 27

Mahjong

Mahjong is a tile-based game similar to Gin Rummy that is usually played in groups of four.

1:00-3:00 pm P/R - Room 223

W Mar 16-Apr 27

Chair Exercise

We suggest you bring your own hand weights (1- 3 lbs.), 8 lb. stretch bands with handles, water and a towel with you to class.

**No class Jan 17 & Feb 21*

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

M Jan 10-Apr 25

W Jan 12 -Apr 27

Senior Sport Drop-In

Drop-in programs allow you to pay for only the days you attend. Please check in and pay at the Beech Woods Recreation Center front desk to receive your wristband for the day.

Ages: 50 and up

Senior Sport Drop-In Card

10 Visits **Resident: \$20** **NR: \$30**

Pickleball

Matches are set up each week among players. Rackets and balls available to use on-site.

10:00 am-12:00 pm BWRC - Court D

Tu Jan 11-May 31

Senior Bounce Volleyball

The game is played by standard volleyball rules except that the ball can bounce before you hit it. All are welcome!

**No Drop-In Jan 17 & Feb 21*

10:00 am-12:00 pm BWRC - Court A

M,F Jan 10-May 27*

W Beginning in April

Senior Indoor Tennis

All levels of play are welcome and partners and play are determined each day.

**No Drop-In Apr 15*

10:00 am-12:00 pm BWRC - Court D

Th-F Jan 13-May 6*

All participants must follow current health and safety guidelines, including any mask requirements.



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 to Southfield residents in the geographical area of 8 Mile to 14 Mile and Coolidge to Middlebelt. 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.

If you need service outside of TOSS hours, or are not a Southfield resident, please call the SMART Connector at 866-962-5515.

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.



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.



If you have any questions about The Chore Program, please call Denise Glinz, Chore Coordinator, at 248-796-4180.



Southfield Celebrates Black History Month

Southfield Parks & Recreation presents a February full of events to **Remember, Educate** and **Celebrate** Black History.



Kick-off Event

**Saturday, February 5
4 - 9 pm**

Black History 101 Mobile Museum

*Presentations by
Black History 101 Mobile Museum founder
Dr. Khalid el-Hakim at 7 pm
and Professor Griff*

*Black-owned Business Marketplace
and Music with DJ DeezyD*

Free Admission

Southfield Pavilion

Suitable for ages 12 years and older



Walk Through History

**50 informational signs about influential
African Americans throughout Southfield and world history**

February 1 - 28

**Front lawn of the Southfield Municipal Complex,
26000 Evergreen Road**

Display is outdoors, please dress for the weather.

Southfield Celebrates Black History Month



Movie Night

Friday, February 18
7:00 - 9:00 pm

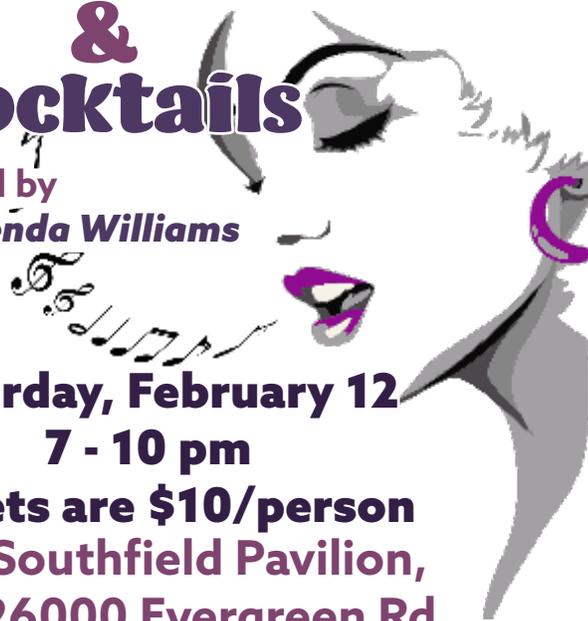
Free Admission
Southfield Pavilion

Conversations & Cocktails

Hosted by
Ber-Henda Williams

Saturday, February 12
7 - 10 pm

Tickets are \$10/person
Southfield Pavilion,
26000 Evergreen Rd



Call (248) 796-4620 for more information or to register.
Register online at apm.activecommunities.com/southfieldparks

THE SECRET SOCIETY OF TWISTED STORYTELLERS[®]

Friday, February 25

Pre-Glow
6 - 6:45 pm
Meet & Greet with
the performers

Cancel Culture
Hosted by Cheryl James
Produced and Directed by Satori Shakoor

Performances
7 - 9 pm



Tickets: \$10
For tickets call (248) 796-4620

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

From the Desk of COSA ...

COSA is always looking for opportunities to share valuable information that help seniors. Our monthly meetings usually have community stakeholders who pitch information about their companies. In this issue we spotlight *Homewatch CareGivers*.



Homewatch CareGivers of Southfield is a national, 40 year old company that brings a unique relationship to seniors. "Compassionate home care services include, but are not limited to: elder care, companion care, 24 hour care, dementia care, and personal care." Maryam Daniel is the franchise owner. Ms. Daniel informed COSA about other services such as short term care, after surgery/hospital stay, child/companion care and assistance with other conditions.

Sometimes when families or other care givers need a break, "respite care" is available. Respite care is when a temporary caseworker provides relief for another person who regularly takes care of a patient.

Homewatch CareGivers is eager to offer employment opportunities in Southfield. "Background checks and training for employees will be provided to match with clients to patients to accommodate most any unique situation, i.e. pets, personalities and personal choices." Full time and part-time jobs are available. Assessment visits are scheduled every 90 days to discuss the client's experience and make any changes as required.

Transportation is available 24/7 for personal needs. "In supporting your loved one through challenges that may extend beyond their physical needs, we consider their social, mental, and psychological well-being as well; then, we tailor our services to fit those best. When your elderly family member is in our care, safety and comfort are vital components in assisting them throughout the day. We aim to develop a long-lasting bond so they know they have a trusted companion who is acting with their best interest in mind."

The cost for services to patients or families can be a problem. The company provides staff training and other resources to identify other funding methods. If outside resources are needed, the company provides help with Medicare, Medicaid, Veterans benefits, long-term care insurance policies and private employer benefit analyses to assist patients.

"*Homewatch CareGivers* is honored to support seniors living in and around Southfield, offering thoughtful, dependable and robust caregiving services for almost every need. We always deliver our best because we know the most successful kind of care comes from the heart." The company works hard to keep seniors in their homes and assist them at maintaining their independence and health as long as possible.

We encourage you to get in touch online at www.homewatchcaregivers.com/southfield or call (248) 965-4164 to start building a lasting relationship. *Homewatch CareGivers'* Southfield office is at 26400 W. 12 Mile Rd, Suite 15. Employment information is also available via the website.

As we approach the Holidays, COSA wishes everyone a very Safe, Healthy and Happy Holiday Season!

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 is open to any Oakland County resident, and allows participants to pick up one (1) bag of nonperishable food. Please contact Human Services for program eligibility.

Focus Hope

Focus Hope provides individuals 60 years of age and older with one (1) 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

Southfield Senior Services
26000 Evergreen Road
Southfield, MI 48076

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US POSTAGE PAID
SOUTHFIELD, MI
PERMIT NO. 30

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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.