

# The Southfield Scribe



Do you like mysteries? Solving puzzles? What do you do to keep your mind sharp? The mystery I'm working on right now is how to eat whatever I want and still remain healthy 😊. We know it doesn't really work that way; our lives need balance.

An article by *Visiting Angels Living Assistance*, listed *7 Ways to Help Seniors Keep a Sharp Mind*.

Here's their list:

1. Get Moderate Exercise
2. Cook Meals Together
3. Eat Right
4. Doodle, Paint, or Draw
5. Play Brain Teasers
6. Play Bridge
7. Get Social

Guess what? Many of the items on the list can be done through Parks & Recreation. Take a peek inside this edition of the Southfield Scribe and find an activity to join. There are exercise classes, Bridge Club, lunch outings, shopping, sports and more.

Do you have an idea for a class or activity? Complete the enclosed survey and let us hear your idea.

Here's one mystery that needs no solving. Start your day with gratitude and you set the tone for the rest of the day.

**Angie Verges**



# Senior Adult (50+) Program Survey

Your feedback matters to us. Please take a few minutes to let us know how we're doing

1. What do you like most about our programs?

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2. What areas can we improve on?

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3. Tell us any program ideas you have?

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4. What programs do you participate in with us?

Monthly Lunches (May Brunch, Spring Tea, etc)

Bingo/Bid Whist/Bridge/Mahjong

Exercise Classes

A Walk in the Parks

Day Trips (Lunch Out, Dining Out, Shop Till You Drop)

TOSS (Transportation of Southfield Seniors)

Others

5. What else you would like to share with us?

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**Thank You for your help.**

Please return completed survey to Southfield Parks & Recreation Department,  
Attn: Senior Services, 26000 Evergreen Road, Southfield, MI 48076

# Day Trips - All the Info You Need to Know

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



## Payments

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



## 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*, *Lunch Outs* and *Monthly Casino Trips*, there are no refunds and no transfers.



## Trip Refund Policy

- Full refunds are given only if the trip is cancelled by Senior Services.
- If you cancel, a refund will be given only IF Senior Services is able to fill your space.
- A \$5 Processing Fee will be deducted from all customer requested refunds. (Fee is waived if you decide to apply refund as a credit on your account.)
- No refunds on \$5 trips (*Shop Till You Drop*, *Lunch Outs*, *Monthly Casino Trips*, etc.)
- Please allow four (4) weeks for refunds.



## Shop Till You Drop

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

- Oct 18      **The Mall at Partridge Creek** - Clinton Township
- Nov 15      **Oakland Mall** - Troy
- Dec 20      **Great Lakes Crossing Outlets** - Auburn Hills

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



## Senior Lunch Out

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

- Oct 4      **Sinbad's Restaurant and Marina** - Detroit
  - Nov 1      **Golden Corral** - Westland
  - Dec 6      **The Cheesecake Factory** - Novi
- 11:30 am - 2:30 pm      \$5 per person to ride bus

## Local Casino Fun

Come try your luck at Detroit's local casinos. We will provide round trip bus transportation. Gaming and food are on your own. Please note: there are no group incentives packages available for these trips. Limited space available so register early

- Wed. Oct 12      **Motor City Casino**
  - Wed., Dec 7      **Greektown Casino**
- 9:30 am - 2:30 pm      \$5 per person to ride bus

The bus leaves from the Parks & Recreation Building at 26000 Evergreen Road for all Senior Services trips. Please call us at 248-796-4650 for more details.

## GUN LAKE CASINO

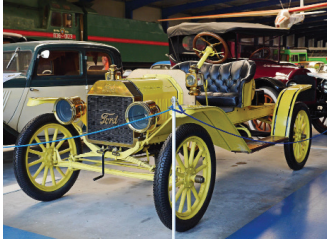
It's time to get our gaming on at Gun Lake Casino! There are over 2,000 gaming machines to enjoy with wagers from a penny and up. Try your hand at one of the many table games, some with a unique spin on the classics, like Three Card Poker or Progressive Mississippi Stud. Each participant will receive \$10 in Slot Play and a \$10 food coupon. Please note incentive packages are subject to change.

Thursday, November 10      8:30 am - 6:30 pm  
Southfield Resident Rate: \$40 per person  
Non-resident Rate: \$45





## The Henry Ford Museum of American Innovation



Washing machines, flying machines, the Rosa Parks Bus, and an aluminum circular house. Join us as we explore over 300 years of American History at *The Henry Ford Museum*. Lunch is on your own.

Wheelchairs and electric scooters are available for rent (inquire at the museum).

Wednesday, Oct 5 10:00 am - 3:00 pm

Southfield Resident Rate: \$25 per person  
Non-resident Rate: \$30

## Michigan Princess Luncheon Cruise

It's time once again to take in the fall colors on the Grand River in Lansing and relax on the *Michigan Princess*. During our 1½ hour cruise down the river we will enjoy live musical entertainment along with



a delicious buffet lunch. Buffet consists of roasted turkey, vegetarian lasagna, mashed potatoes, gravy, sweet potato casserole, stuffing, assorted salads and vegetables, rolls, dessert, coffee, and iced tea. On our way home, we will stop at a cider mill to grab some apples, cider, and delicious donuts.

Wednesday, Oct 19 9:30 am - 6:00 pm

Southfield Resident Rate: \$80 per person  
Non-resident Rate: \$90

**Space is limited on the bus.  
Don't wait to register or you could miss out!**

## Candle making and cafés in Berkley

Charming Berkley, Michigan is the home to many unique shops, cafes, and magical fairy doors. Come with us on a new adventure.



We will have a candle making session at *Pinspiration Arts & Crafts* studio where each participant will be given supplies to design and create their own custom candle. While your candle is cooling, you will have time explore the town, shop, and have lunch. Shopping and lunch are on your own. Then we head back to *Pinspiration* to collect your treasured candle.

Thursday, Oct 13 10:30 am - 3:30 pm

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

## Apples, Cider and More—Blake's Farm and Orchard

We are off to Armada to take in the sights, smells and tastes of *Blake's Orchard and Cider Mill*. Get a jump on your holiday shopping with their store that specializes in homemade jams and preserves, fun apparel, gift items and more! Enjoy lunch in their *Tasting Room* featuring hand crafted salads, sandwiches, and burgers. Shopping and lunch are on your own. After lunch we will take a ride out to the orchards to enjoy the fall colors and explore the orchard. Then it is back for cider, donuts and more. Dress for the weather.



Wednesday, Nov 2 10:00 am - 3:30 pm

Southfield Resident Rate: \$20 per person  
Non-resident Rate: \$25

## Cornwell's Turkeyville

This holiday turkey will not lay an egg. We are going to *Cornwell's Turkeyville* in Marshall for a traditional holiday luncheon and original musical show. This extravaganza stars an all you can eat Turkey Buffet and professional theatre performance filled with such timeless classics as *"Baby, It's Cold Outside"* and *"White Christmas"*. After lunch and the show, there will be time to visit the gift shop at *Turkeyville* and maybe even some of Marshall's quaint shops and boutiques.

Wednesday, Nov 16      9:00 am - 6:00 pm

Southfield Resident Rate: \$70 per person  
Non-resident Rate: \$80

**Space is limited on the bus.  
Don't wait to register or you  
could miss out!**

## Meadow Brook Hall Holiday Walk Group Tour and Lunch

For 50 years, Meadow Brook Hall has delivered a breathtaking holiday experience. Enjoy the wonder of more than 50 magnificent trees, flickering fireplaces, and lights galore! We start out with a delicious 3-course lunch, including salad, choice of a chicken or vegetarian entree, and dessert. After lunch, you will have approximately 90 minutes to leisurely stroll around 110-room estate on a self-guided tour and take in all the holiday magic. Following Meadow Brook, there will be time to shop for the holidays at the *Village Shops in Rochester*. On our way home, we will drive through Rochester's *Big Bright Light Show*, where the downtown stores are decorated with over 1 million lights.



Wednesday, Dec 14      10:00 am - 6:00 pm

Southfield Resident Rate: \$85 per person  
Non-resident Rate: \$95

**Third Friday  
Movies**

**Oct 21, Nov 18 & Dec 16**  
**10:00 am-Noon, Room 115**  
**Snacks available for purchase**



# A WALK IN THE PARKS

Sept 1 & Dec 8  
Inglenook Park

Sept 8, Oct 20 & Dec 15  
Beech Woods Park

Sept 15, Oct 27 & Dec 22  
Civic Center Park Nature Trail

Sept 22 & Nov 3  
Carpenter Lake Nature Preserve



Sept 29 & Nov 10  
Freeway Park/Lincoln Woods

Oct 6 & Nov 17  
Berberian Woods Nature Preserve

Oct 13 & Dec 1  
Bauervic Woods Park

**Meet at the entrance to the park  
at 9 am  
Dress for the weather**

## Staying Active with Parks & Recreation

### Monday

Chair Exercise with Kakeyta	11 am - 12 pm	P&R Bldg - Room 115	\$35/7 classes (no class Oct 10)
Bounce Volleyball	10 am - 12 pm	Beech Woods Rec. Center	\$2/Res (\$3/NR)
Moderate Yoga	12:15 - 1:15 pm	P&R Bldg - Room 115	\$10/class

### Tuesday

Bingo	10 - 11:30 am	P&R Bldg. - Room 223	\$2/Res (\$3/NR) +\$0.25/card
Pickleball	10 am - 12 pm	Beech Woods Rec. Center	\$2/Res (\$3/NR)
Bid Whist	12 - 3 pm	P&R Bldg - Marcotte Rm	\$2/Res (\$3/NR)

### Wednesday

Bounce Volleyball	10 am - 12 pm	Beech Woods Rec. Center	\$2/Res (\$3/NR)
Chair Exercise with Kakeyta	11 am - 12 pm	P&R Bldg. - Room 115	\$40/8 classes
Bridge Club	12:30 - 3:30 pm	P&R Bldg. - Marcotte Rm	\$2/Res (\$3/NR)
Mahjong	1 - 3 pm	P&R Bldg. - Room 223	\$2/Res (\$3/NR)
Yoga for the Back	4 - 5 pm	Beech Woods Rec Center	\$60/6 classes
Stretch & Tone	5:15 - 6 pm	Beech Woods Rec. Center	\$40.50/6 classes

### Thursday

Tai Chi (Beginning)	9:30 - 10:30 am	Beech Woods Rec. Center	\$22.50/6 classes
Tai Chi Form	10:45 - 11:45 am	Beech Woods Rec. Center	\$22.50/6 classes
Senior Indoor Tennis (& Fri)	10 am - 12 pm	Beech Woods Rec. Center	\$2/Res (\$3/NR)
Hustle for Seniors	12 - 1 pm	P&R Bldg - Dance Studio	\$30/5 classes

You must register in advance for all Senior Special Events.

# Fall Fest

Tuesday, October 18

5:30 - 7 pm

Mary Thompson Farm

\$15/Resident \$20/NR

*Featuring fall favorites like  
soup or chili, cider and donuts plus live entertainment*



# Thanksgiving Luncheon

Thursday, November 17

12 - 1:30 pm

Parks & Recreation Building, Room 115

**Admission: \$20/Resident \$25/NR**

*Includes lunch and Family Feud*



# Holiday Luncheon

Thursday, December 15

12 - 1:30 pm

Parks & Recreation Building, Room 115

**Admission:**

**\$20/Resident \$25/NR**

*Includes lunch and Bingo*





# TOSS (Transportation of Southfield Seniors)

*Are you familiar with our TOSS Pass? They are the new, easy, and convenient way to use our Transportation of Southfield Seniors service, no need to carry cash.*

*You will need a TOSS pass each time you ride with us.*

*Check out the next page for all the details.*



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 Monday, Tuesday and Wednesday from 8:30-11:30 am. If calling Thursday or Friday, please leave a message and the dispatcher will return your call on Monday. 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.

# Have you heard about the TOSS Pass?

TOSS Passes are here!

They are the new, easy and convenient way to use our Transportation of Southfield Seniors service, no need to carry cash.

Implementation of the pass process began on August 1. Order your passes now for a smooth transition of your future rides.

Passes can be purchased by calling the Senior Services Office at (248) 796-4650.

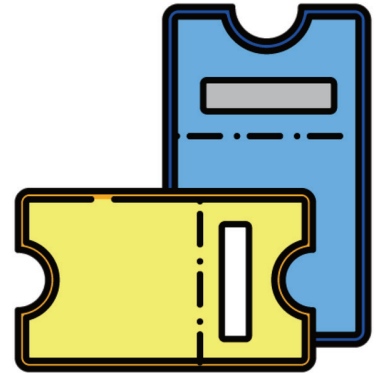
Passes can be purchased in packs of 4, 6, or 8.

Each pass is good for 1, one-way trip.

4 Pack - \$8

6 Pack - \$12

8 Pack - \$16



How the process works:

- Call Senior Services to purchase passes using your credit card; passes can also be purchased in person at the Senior Services office (cash or credit card, no checks) Mon.-Thur. from 9 am - 4 pm.
- Passes will be mailed to you as long as they are purchased no less than a week in advance of your scheduled ride.
- Passes purchased less than a week prior to your ride, will be handed to you by the TOSS driver on your next ride (tickets must be paid for through our office)
- There are no refunds for passes; The passes do not expire
- We are not responsible for lost tickets



# City of Southfield

## Commission on Senior Adults (COSA)

### MEMBERSHIP RECRUITMENT

#### **COSA needs your support!**

Who we are: The Commission on Senior Adults (COSA) is currently continuing the work of bringing the voice of the senior adults (ages 50+) to the leadership of the City of Southfield. We are working closely with, reaching out to, and have the commitment of all appropriate city departments, boards, commissions, and other communities toward our completion of the AARP Age-Friendly Community process. We have reached out to other communities and organizations to ensure the success of our process.



**Where we are:** COSA has received official endorsement and support from the Mayor and City Council on September 26, 2016. We have surveyed seniors in Southfield using the AARP designated survey. In late 2017, Southfield became a designated AARP Age-Friendly Community and in late 2019 the State of Michigan was designated an Age-Friendly state. To date, we have held three community conversations with seniors in order to gather input on issues affecting their quality of life. Our Action Plan is to complete the AARP Age-Friendly project and continue efforts and to advocate for seniors in the community. The process is divided into eight domain workgroups:

- Outdoor spaces and Buildings
- Transportation
- Housing
- Social Participation
- Respect and Social Inclusion
- Civic Participation and Employment
- Communication and Information
- Community Support and Health Services

#### **What we need:**

We need interested persons or organizations who have an interest in improving the lives of seniors to attend our monthly meetings and participate on a domain committee. Our meetings are held the third Thursday of each month, from 4 - 6 p.m. at the City of Southfield offices. **For more information, contact Rhonda Terry at [rterry@cityofsouthfield.com](mailto:rterry@cityofsouthfield.com) or by 248-796-4540.**



# Commission on Senior Adults (COSA): The Information Resource for Southfield Seniors

## *Chairperson's Message: A special thank you as term comes to an end.*

Greetings Everyone! My name is Kendell Murphy and I have served as a member, Vice-Chair, and Chair during my tenure with *Commission on Senior Adults* (COSA) over the past six years. As my service with COSA comes to an end, it is appropriate to look back on the things that have been accomplished in that time.

Jun 2016	Under the leadership of Karen Schrock, former COSA Chair, COSA pursued designation as an "Age Friendly Community".
Aug 2016	COSA requested that the City Council and Mayor endorse the effort.
Sep 2016	The Mayor and City Council passed a joint resolution endorsing the effort.
May 2017	COSA sponsored a community wide kickoff event where Karen Kafantaris, the <i>Michigan AARP Associate State Director</i> , spoke to those present and provided an overview of the designation process. Attendees submitted suggestions for consideration for each of the eight areas to be addressed during the planning phase. In addition, participants volunteered for the workgroups being established to review each of the eight areas.
Jun 2017 – Mar 2020	COSA organized its work around the eight "domain" areas identified by AARP with chairs for each area. Presentations were made to the appropriate City Boards and Commissions to inform them of the process and enlist their support.
May 2020	Even amidst the pandemic, COSA continued its work toward an Age Friendly Community in a virtual environment.
Jun 2022	COSA submitted the project results to AARP.
Jul 2022	COSA and the city of Southfield were recognized for successful completion of a cycle of improvement and for its age-friendly leadership, achievements, and continuing commitment toward being a livable community for people of all ages at the City Council meeting.

It has truly been a team effort between COSA, volunteers, city staff and council members and of course our mayor. My sincere personal thanks go out to you, the residents, for caring about our city. You have not only been diligent in investing in the city by living, working, and shopping in Southfield, but you have also generously given of your time through volunteering in our community. No city can be its best without committed and compassionate people coming together and focusing on common goals. You continue to make Southfield a wonderful place for us all to call home. Finally, COSA will continue its efforts with the AARP Network of Age Friendly Communities under the leadership of Brenda Threatt, new Chair of COSA.



# 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.

## 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](http://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.

## 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.

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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 \$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 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

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

Angela Verges, *Senior Coordinator*

Claudia Brewer, *Recreation Programmer*

Cathy Fresia, *Recreation Programmer*

*Clerical Staff*

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.