

The Southfield Scribe



Senior Appreciation Night

Thank you one and all for your participation at our annual *Senior Appreciation Night*. Great things happen when a community comes together. We appreciate the time you spent visiting vendors, dancing, or simply socializing and listening to music. There were smiling faces, and laughter all around.

One attendee shared with us that she brought a relative she is caring for who does not like to go many places. However, during the Senior Appreciation event, he would not leave until the band played the final note.



Thank You



We hope that each of you enjoyed the event and found it valuable.

To our sponsor, Vibe Credit Union, all our vendors, and the band-Motor City Soul...many thanks.

We look forward to seeing you at a future event.

Thank you to our Senior Appreciation Night sponsor



Thank You to all our Senior Appreciation Night vendors!

Aetna Medicare
Allegría Village
Amigo Mobility Center
AmeriCorps/Catholic Charities Service Corps
Ascension Health
BeachWood Consulting LLC
Brookdale Senior Living
CapTel Outreach
CaptionCall (Sorenson)
CCA Health MI
Corewell Health
COSA - Commission on Senior Adults
Dedicated Senior Medical Center
Rita Easley
Everdry Waterproofing of SE MI
Greater Detroit Agency for the Blind and
Visually Impaired
Hospice of Michigan
Humana
Impact Health Sharing
Lahser Hills Care Center
LegalShield
Lincoln Heritage Life Insurance
Medicare
Medilodge of Southfield

MiGen – Michigan LGBTQ+ Elders Network
Miller Vein
Oak Street Health
PACE Southeast Michigan
Park House Southfield Senior Living
Penny White
Presbyterian Villages of MI
Primerica
Priority Health
Recycling Authority - RRRASOC
The Reserve at Red Run
Southfield Fire Department
Southfield Police Department
Southfield Public Library
St. Marie's Hospice
Straith Orthopedics
Surgeons Choice Medical Center
Top Flite Financial
Vibe Credit Union
Walk the Line - Recovery Therapy
Waltonwood Royal Oak
World Medical Relief
Your Golden Connection

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 canceled 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.

We ask that individuals traveling with us on any day trips please park toward the back of the parking lot.
Your consideration is appreciated.

Shop Till You Drop

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

Oct 17 **The Mall at Partridge Creek** - Clinton Township

Nov 21 **Somerset Collection** - Troy

Dec 19 **Twelve Oaks Mall** - Novi

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 5 **BJ's Brewhouse** - Livonia

Nov 9 **Hudson Cafe** - Northville

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



Fall Cruise on the Michigan Princess

It's time once again to take our yearly cruise down the Grand River in Lansing and enjoy the beautiful display of autumn leaf colors on the *Michigan Princess*. During our 1½ hour cruise down the river we will enjoy live musical entertainment along with a delicious buffet lunch consisting of roasted turkey, vegetarian lasagna, mashed potatoes, gravy, sweet potato casserole, stuffing, assorted salads and vegetables, rolls, dessert, coffee and ice tea.

Thursday, October 12 9:30 am - 3:30 pm

Southfield Resident Rate: \$80 per person

Non-resident Rate: \$90

Frankenmuth, MI

Put on your walking shoes and join us for a full day of shopping. Participants will have four hours to wander the 107 outlet stores at Birch Run. This is a great place to start or finish your holiday shopping. On our way to Frankenmuth, we will make a quick stop at *Bronner's Christmas Wonderland* for those who would like to shop there. Participants, who want to continue to Frankenmuth, will have three hours to explore and shop there. Food will be at your own expense. Space is limited so sign up early. Be sure to wear comfortable shoes!

Thursday, November 30 9:00 am - 8:00 pm

Southfield Resident Rate: \$40 per person

Non-resident Rate: \$45



MGM Grand Casino

Game on at the *MGM Grand Casino* in Detroit! Are you a fan of table games? Try your luck at Ultimate Texas Hold 'Em or a classic favorite like Roulette. If slot machines are more your style, there are over 2,800 slot machines and video poker games to choose from. There are currently no incentives being offered by the casino, but don't let that stop you from joining the fun of gaming.

Wednesday, December 6 9:30 am - 3:00 pm

Southfield Resident Rate: \$5 per person

Non-resident Rate: \$5

Transportation may be requested to pick up off-site for trips. Anyone who wishes to be picked up must be signed up for the trip at least two weeks prior to the date of the trip.

This service is also based on the availability of drivers. Off-site pick-ups are not available when we travel by motorcoach.

At the Library

Call (248) 796-4200 or visit www.southfieldlibrary.org for more information or to register.

Anxiety and Stress Relief - Oct 11 6:30 pm

Join us to understand your anxiety and learn beneficial techniques to take charge of training your brain and feeling calm again.

Jazz & Blues: The Luddites - Oct 18 6:30 pm \$7/person

The Luddites are a fun 10-piece band with a 'Bohemian Folk Orchestra' sound that mixes American and Eastern European styles.

Safety Tips with The Southfield Police -

Nov 8 6:30 pm

Learn tips to keep yourself and your belongings safe this winter from Southfield Community Policing Officers Kelly Buckberry and Tim Simon.

Chair Massage by Appointment

Serenity824 provides a variety of therapeutic massage modalities with our licensed Massage Therapist, Leka Smith LMT. Some of the benefits senior citizens experience from receiving chair massages include:



- Helps with pain management
- Improves blood circulation
- Better sleep
- Stress Reduction

You must register in advance for a 15 minute time slot that falls within the times listed.

Resident: \$20 Non-resident: \$25

Wed, Oct 18 10:00 am-12:00 pm P&R Bldg

Wed, Nov 15 10:00 am-12:00 pm P&R Bldg

Tai Chi Beginner Classes

Mondays beginning Oct 16 6 - 7 pm
Parks & Recreation Building

Thursdays beginning Oct 5
9:30 - 10:30 am
Beech Woods Recreation Center

\$30/Resident \$35/Non-resident



Tai Chi Form

Instructor approval needed to participate.

Thursdays beginning Oct 5
10:45 - 11:45 am

Beech Woods Recreation Center

\$30/Resident \$35/Non-resident



Senior Drop-in Fun & Games

Weekly Planner

Monday	Tuesday	Wednesday	Thursday
Chair Exercise* 11 am - 12 pm	BINGO 10 - 11:30 am	Chair Exercise* 11 am - 12 pm	Bid Whist 12:30 - 3:30 pm
Games: Dominoes, Yahtzee, Chess, Backgammon 12:30 - 3:30 pm	Bid Whist 12:30 - 3:30 pm	Bridge 12:30 - 3:30 pm	Games: Dominoes, Yahtzee, Chess, Backgammon 12:30 - 3:30 pm
Cards: Euchre, Spades, Hand and Foot 12:30 - 3:30 pm		MAHJONG 12:30 - 3:30 pm	Cards: Euchre, Spades, Hand and Foot 12:30 - 3:30 pm

Senior Drop-in Packages, good for 10 visits, allow you to participate in a variety of drop-in programs at the Parks & Recreation Building. Stop in and come find a friendly game with friends new and old.

The Senior Drop-in package allows you to participate in any of the following programs:

Bid Whist Bingo Bridge Mahjong Dominoes Euchre
 Spades Yahtzee Hand and Foot

\$20 Southfield Resident

\$30 Non-Resident

*Chair Exercise is not part of the Senior Drop-in Package but it is a drop-in class, the daily drop-in fee for this program is \$5/Resident or \$6/Non-resident.

Call Senior Services at (248) 796-4650 for more information on drop-in programs at the Parks & Recreation Building.

SENIOR SPORTS DROP-IN

AT BEECH WOODS
RECREATION CENTER

Monday

BOUNCE VOLLEYBALL OPEN PRACTICE
10 am - 12 pm



Tuesday

Pickleball 10 am - 12 pm
Matches set up each week.
Rackets and balls available



Wednesday

BOUNCE VOLLEYBALL 10 AM - 12 PM
Open Practice through Oct 30
League Play Nov 1 - March 6



Thursday

INDOOR TENNIS 10 AM - 12 PM
All levels welcome, partners
determined each day



Friday

INDOOR TENNIS 10 AM - 12 PM
All levels welcome, partners
determined each day



\$2/SOUTHFIELD RESIDENT PER DAY
\$3/NON-RESIDENT PER DAY

Drop-in programs allow you to pay for only the days you attend. Check in and pay at the Beech Woods Recreation Center front desk to receive your wristband for the day. Senior Sports Drop-In begins Sept 11. There are no meetings on Oct 9, Nov 10 & Nov 23-24



Fall Equinox Luncheon

Enjoy salad and games with friends.

\$20/Southfield resident
\$30/Non-resident

Thursday, September 21
12 - 1:30 pm
Mary Thompson Farm



Pizza Party

Pizza and salad + games and friends = Pizza Party!!

\$20/Southfield resident
\$30/Non-resident

Thursday, October 19
12 - 1:30 pm
Parks & Recreation Building



Thanksgiving Luncheon

\$25/Southfield resident
\$35/Non-resident

Thursday, November 16
12 - 1:30 pm
Parks & Recreation Building



HOLIDAY LUNCHEON

\$25/Southfield resident
\$35/Non-resident

Thursday, December 21
12 - 1:30 pm
Parks & Recreation Building

Tech Classes for Adults 50+

Instructor Mike Wilson has taught thousands of seniors how to use their phone and/or computer to it's fullest potential.

Microsoft Word: The Very Basics

Your instructor will break down the unknown Microsoft Word stuff and present them to you in a clear, sensible and enjoyable way. We will explore saving, alignments, bullets, numbering and indents. This class is for anyone with Microsoft Word on their computer.

1 Day **Resident: \$40 Non-resident: \$45**
Fri, Oct 20 9:00-11:00 am P&R Bldg

Getting More out of Microsoft Word

Let's make your tasks in Microsoft Word a lot easier. You will save time and frustration and see how to properly use tabs. We will go on to explore dictation, easy paragraph functions, the sort feature and using macros to eliminate laborious repetition. Get tips and tricks as well as use shortcuts to save time.

1 Day **Resident: \$40 Non-resident: \$45**
Fri, Oct 20 1:00-3:00 pm P&R Bldg

All about Pictures

Find how to name and move pictures into folders. We will look at using the Photo Gallery, editing of pictures and inserting photos into Word documents.

1 Day **Resident: \$40 Non-resident: \$45**
Fri, Nov 17 9:00-11:00 am P&R Bldg

Organizing Your {Digital} Documents

Learn how to save files with Microsoft Word, how to create a PDF file and why we would use them. Learn how to organize your documents, place them on flash drives, external drives and in the Cloud.

1 Day **Resident: \$40 Non-resident: \$45**
Fri, Nov 17 1:00-3:00 pm P&R Bldg

Using Google to Search for Anything

Understand how to use and get the best out of a search engine, such as Google.

1 Day **Resident: \$40 Non-resident: \$45**
Fri, Dec 8 9:00-11:00 am P&R Bldg

Should I Click On That?

Find out what you should and should not click on. Learn about scams, suspicious popups, advertisements, email ads and links.

1 Day **Resident: \$40 Non-resident: \$45**
Fri, Dec 8 1:00-3:00 pm P&R Bldg



New Classes with Parks & Recreation

Hump Day Health

Instructor: Velonda Thompson
Embark on a culinary adventure that celebrates the vibrant and cozy flavors of fall. Gain practical culinary techniques to prepare healthy and delicious meals at home, and cooking for one. Learn time-saving tips and how to make cooking an enjoyable part of your routine.



1 Day **Resident: \$15 Non-resident: \$20**
Wed, Oct 4 12:15-1:00 pm Sfld Pavilion
Wed, Nov 1 12:15-1:00 pm Sfld Pavilion

CPR and AED Training

American Heart Association CPR and AED Training. Certification card is good for 2 years. Class is held in the Homeland Security & Emergency Preparedness Offices inside the Parks & Recreation Building

1 Day **Resident: \$55 Non-resident: \$65**
Thur, Oct 5 9:00 am-12:00 pm P&R Bldg

AARP Smart Driver Course

The *AARP Smart Driver Course* is the nation's first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way! Bring a bag lunch for a 30 minute lunch break.

2 Days **Resident: \$30 Non-resident: \$35**
Thur-Fri, Oct 26-Oct 27 9:00 am-2:00 pm
P&R Bldg

Music History Series

Join us each month and travel back in time and take a peek at the history of music with Stu Johnson.

American Film Institute's (AFI) 100 Years...100 Songs

Explore some of the songs on the *100 Years...100 Best Of* list. Watch Gene Kelly sing and dance in the rain, John Travolta showing his disco moves to *Staying Alive*, and many others.

1 Day **Resident: \$5 Non-resident: \$6.50**
Fri, Oct 27 1:00-2:15 pm P&R Bldg



The Music of the 70's

70's music became an all-out revolution, bridging the Hippie lifestyle of the 60's with the Yuppie lifestyle of the 80's. New styles emerged, led by Disco, that are still heard today. We'll watch as Elton John says Goodbye to the Yellow Brick Road, as The Eagles hole up at the Hotel California, a professional couple doing the Hustle, and others.

1 Day **Resident: \$5 Non-resident: \$6.50**
Fri, Nov 17 1:00-2:15 pm P&R Bldg

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

Unretirement

As I'm sure you've noticed, "Now Hiring" signs are still abundant even after the heights of the Covid-19 pandemic have subsided. You may have also noticed lacking service availability, reduced quality levels and even price increases at your favorite establishments. It seems businesses everywhere are in dire need of labor, however, the reasons driving this trend seem to be elusive. Perhaps older workers can be a key solution to the labor conundrum that employers are finding themselves in. According to a global study from *Bain & Company*, older and experienced workers will make up more than a quarter of the workforce in G7 Countries by 2031.

As Covid fears abate, inflationary pressures persist, and life expectancies continue to rise; unretirement is becoming a prevalent new trend. According to *Randstad's 2023 Workmonitor Report* there has been a shift in people's perception of retirement readiness. While last year 61% thought they'd retire before 65, now only 51% believe this. However, it is important to note that not all of this shift toward unretirement is driven out of necessity. Some desire to keep themselves busy, increase their social interaction and provide freedom through additional income. Research from Aviva's fourth edition of the *Age of Ambiguity* study discovered that more than 55% of workers surveyed like the idea of continuing to work through retirement.

There are challenges that need to be overcome to support growth of the Senior workforce, particularly combating ageism. Companies need to consider age as an important part of DEI and implement programs, policies, and training to support older workers. Older workers typically bring a wealth of wisdom, experience, and knowledge. Contrary to many ageist misconceptions, older workers may be the most productive as well. A 2010 study by *Cogito* followed 101 young adults (ages 20-31) and 103 older adults (aged 65-80) as they completed 12 different tasks over 100 days. The findings showed that older workers' productivity was more consistent than younger workers'. Their productivity was more stable and showed less day-to-day variability. Governments also need to do their part to support this key demographic. One great example is the *National Council on Aging's Senior Community Service Employment Program* (SCSEP) which works to provide job training and placement for Seniors. SCSEP focuses on the most vulnerable seniors with a particular focus on those 55 and older that fall under the income threshold of \$18,000 (125% of the federal poverty level). SCSEP places a particular emphasis on homeless veterans, those with limited literacy skills or proficiency in English, and those out of the workforce for several years.

As you consider your own 'unretirement' please also make sure to consider your individual implications. Social Security income may be reduced. Every \$2 earned over the cap (\$21,240) results in a \$1 decrease in Social Security Benefits. However, those benefits will be deferred as if they weren't turned on, not completely lost. Another consideration is Medicare premiums; as they are based on income, a return to work could increase the amount you are required to pay. Also, it is recommended to speak to your tax advisor about the income tax implications of returning to the work force.

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 Monday, through Friday from 8:30 am-1:30 pm. Appointments must be confirmed with the dispatcher. No same day or next day rides available.

Masks are required for all riders and drivers. The number of riders on each bus is 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 or Lathrup Village 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, Corewell Health (formerly 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.

Volunteer with AARP Tax Aide



AARP Tax-Aide provides free income tax preparation every year across the country including in Southfield, using volunteers that are IRS-certified. Tax-Aide specializes in serving low-to-mid-income seniors, though all are welcome. As an all-volunteer operation serving our community, new volunteers are always needed each year for welcoming and interviewing clients as well as for tax preparation. No experience is needed and training for all positions starts in late December continuing into January in preparation for the tax season that runs from early February

through mid-April. If you are available and interested in working with a great group of people, please leave a message at the Southfield Tax-Aide number (248) 971-0642 or by email at 42051503@aarpfoundation.org. Thanks.

Additional information on this program and volunteer opportunities available, can be found at www.aarp.org/volunteer/causes/tax-assistance/

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 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.

Southfield Senior Services
26000 Evergreen Road
Southfield, MI 48076

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

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Kathleen A. McNelis

Timothy Forrest, *Student Representative*

Parks & Recreation Department

Terry Fields, *Director*

Senior Services

Angela Verges, *Senior Coordinator*

Cathy Fresia, *Recreation Programmer*

Clerical Staff

Erica Copeland

Betty Simmons



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
- On-line 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 on-line 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.