



# Bloomfield Senior Services Township

7273 Wing Lake Rd. Bloomfield Hills MI 48301-3772  
Phone: (248) 341-6450 Fax: (248) 341-6459  
[www.bloomfieldtp.org](http://www.bloomfieldtp.org)

Fa;; 2007

PRSRT STD  
US POSTAGE  
PAID  
BLOOMFIELD TWP  
PERMIT NO 40

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*Enriching lives with learning opportunities ≈ Providing services that support well-being and independence ≈ Building Community*

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Fall 2007

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## Flu Shot Clinic

*Friday, November 2, 2007 \*\**  
*9:00 a.m. – 1 p.m.*

*Exhibitors & Raffle*

Limited flu shots will be available to  
Bloomfield Twp. Residents  
and BTSS Members  
65 years and older.

**Pre-registration required.**

BTSS onsite registration beginning  
Tuesday, October 16, 2007, 9:00 a.m.  
No phone registrations.

Bring proof of residency & Medicare Card.  
**Questions – Call 248-341-6450**

\*\* *Why so late a date? See Services Supplement for information from Center for Disease Control on recommended time period to receive vaccine.*



**35<sup>th</sup> Anniversary Celebration**  
Friday, September 28  
12 noon – 2 p.m.

**Shenandoah Country Club**  
5600 Walnut Lake Road  
West Bloomfield, MI  
(FUN02-C0701) **\$23**

Delicious buffet, dessert, and beverage.  
Live entertainment! Familiar faces and  
voices - sure to get you singing!

Advisory Council invites you to celebrate  
the amazing growth in these past few  
years and the excitement still on the way!

**Oakland Press  
Food Drive**  
Oct. 1 - 12



Proceeds will benefit the *Food Bank of Oakland County (FBOC)*, a charitable, non-profit organization helping to eliminate hunger in Oakland County. **Collection barrels will be available in the center.**

**They're here!!!**  
ENTERTAINMENT BOOKS

**Only \$20**  
**Available now in BTSS Office**  
(See page 12 for info  
on special buyer incentive!)



**Get great savings;  
support  
BTSS!**  
(FUN04-C0701)

## Christine's Comments

### 35<sup>th</sup> Anniversary

So much has changed since our last milestone anniversary! Starting with our Strategic Plan; the creation of an active Advisory Council; the passage of the Senior Services millage; the transfer of our department to Bloomfield Township; and most recently the passage of the Bond Project and the work to build the permanent location for Senior Services. All of these successes reflect tremendous team work and positive communication by all involved. Join us to celebrate with camaraderie, music and outstanding cuisine at the Shenandoah Country Club. At last year's event; the food was so beautifully displayed, colorful, and fresh that it was by overwhelming demand that we return for this year. Hope to see you there!

### Home Delivered Meals

It is with great pride that we announce our partnership with Corporate Food Service; the executive dining provider at the Chrysler Financial Services headquarters in Farmington Hills. Our new provider has enhanced the quality, appearance and taste of the meals while creating savings for our program. During our implementation phase, staff, volunteers, and most importantly our recipients, have been quite pleased, even impressed with all aspects of the new menu. Special thanks to Jo Anne Braun and her CFS staff, Chrysler Financial for their understanding of the value of this service, and of course to our own Donna DeWitte, RN, Nutrition Coordinator for ensuring the smoothest of transitions.

Please help us advocate this service to any of your neighbors, it is an important strategy for independence and wellness. (Service details on page 2 of Services Supplement).

### Building Update

The George P. Auch Company, Bond Project Construction Manager, will begin the bid process for the senior center component this fall. Construction is slated to begin in 2008.

### National Adult Day Service Week September 16-22, 2007

Telling the "story" of Adult Day Service encourages family caregivers to consider the many benefits to their loved ones. Personal conversations are the primary source for many caregivers to learn about services available. Learn more about BTSS ADS called "Friendship Club" on [www.bloomfieldtwp.org](http://www.bloomfieldtwp.org).

*Christine Tvaroha*

[ctvaroha@bloomfield.org](mailto:ctvaroha@bloomfield.org) or (248) 341-6450

## Bloomfield Township Senior Services

7273 Wing Lake Road  
(W. of Telegraph, S. of Maple)  
(248) 341-6450 fax: 341-6459  
Monday - Friday 8 AM - 4 PM

[www.bloomfieldtwp.org](http://www.bloomfieldtwp.org)

### BTSS STAFF

Christine Tvaroha, Director  
Sally Banks, Programs Coordinator  
Diane Socier, Outreach Coordinator  
Donna DeWitte, Nutrition Coordinator  
Joan Patzelt, Volunteer/Communication Coordinator  
Ruth Nagy, Office Manager  
Kathy Birkhold, Bus Driver

### BLOOMFIELD TOWNSHIP BOARD

Dave Payne, Supervisor  
Janet Roncelli, Clerk  
Dan Devine, Treasurer  
Sherry Stefanos, Trustee  
David Buckley, Trustee  
Neal J. Barnett, Trustee  
Leo C. Savoie, Trustee

### BTSS ADVISORY COUNCIL

Steve & Julie Eskoff	Tom & Ginnie Richard
Al & Donna Artzberger	Shirley Colten
John & Janice Bellefleur	John Conti
Gus & Gladys Cifelli	Maxine Davison
Don Foehr	Marie Gemmel
Victor & Suzanne Goldstein	Peggy Todd
Eleanor Myers	Ron Stinson
Elizabeth Mahoney	

### BTSS will be closed on:

Monday, September 3 (Labor Day)  
Monday, November 12 (Veteran's Day)  
Thurs. & Fri., November 24 & 25 (Thanksgiving)

Sponsors for BTSS events are not necessarily endorsed by the BTSS or the Municipality of Bloomfield Township

Service area: Bloomfield & West Bloomfield Townships, the Bloomfield Hills Schools, the Cities of Bloomfield Hills & Orchard Lake Village.

BTSS Membership: Adults 50 years and older.

Membership year is April 1 – March 31.

*Bloomfield Twp. Resident:* free with registration.

*Non-Bloomfield Twp. Residents:* \$30 per year per household annually. Registration required.

Register by phone, mail or online.

### Class Registration Policies:

- Registration begins the date the newsletter is mailed
- \* **Non-members pay \$5 additional per class**
- \$30 fee for checks returned due to insufficient funds
- **\$5 Cancellation fee**
- No refund once class has begun
- **Full payment required with registration**
- Registration in classes that have already begun at a prorated fee based upon capacity and instructor approval

**MAKE CHECKS PAYABLE TO: Bloomfield Twp.**

**\*\*\* KNOW YOUR FITNESS LEVEL \*\*\***

Please read the course descriptions carefully & check with your medical professionals about your participation. No refunds will be given for classes once they have begun. Call with any questions/concerns prior to enrollment.

## FITNESS

### 50+ Strength Training

Instructors: Shelley Rubinstein & Lavon Cook

Certified Exercise Specialist instructs on proper form, breathing and use of HUR pneumatic weight machines to **strengthen all major muscle groups**. Individual progress charted/reviewed in a non-competitive atmosphere. Regular exercise may lower blood pressure, increase HDL/good cholesterol and **make you feel good!** Dr.'s note & BTSS membership required. 12 classes Fee: \$68

Mon / Thurs 8 - 9 AM Shelley  
 Sept 6 - Oct 25 (FIT01-C0706) no class 9/13,10/15,10/18  
 Oct 29 - Dec 13 (FIT01-D0701) no class 11/12, 11/22

Mon / Wed 11:30 - 12:30 PM Shelley  
 Sept 5 - Oct 22 (FIT01-C0707) no class 10/15, 10/17  
 Oct 24 - Dec 5 (FIT01-D0702) no class 11/12

Mon / Wed *EVENING HOURS* 6:30-7:30 PM Shelley  
 Sept 5 - Oct 22 (FIT01-C0708) no class 10/15, 10/17  
 Oct 24 - Dec 5 (FIT01-D0703) no class 11/12

Tue/Thur 10 - 11 AM Lavon  
 Aug 28 - Oct 4 (FIT01-C0705)  
 Oct 9 - Nov 15 (FIT01-D0707)  
 Nov 27 - Jan 10 (FIT01-D0708) no class 12/25, 1/1

Wed / Fri 8 - 9 AM Shelley  
 Sept 5 - Oct 24 (FIT01-C0709) no class 9/7, 10/17, 10/19  
 Oct 26 - Dec 12 (FIT01-D0704) no class 11/2, 11/23

Wed / Fri 9 - 10 AM Shelley  
 Sept 5 - Oct 24 (FIT01-C0710) no class 9/7,10/17,10/19  
 Oct 26 - Dec 7 (FIT01-D0705) no class 11/23

Wed / Fri 10 - 11 AM Shelley  
 Sept 5 - Oct 24 (FIT01-C0711) no class 9/7,10/17,10/19  
 Oct 26 - Dec 7 (FIT01-D0706) no class 11/23

### 50+ Strength Training Open Hours

Must have successfully completed the instructional class. Self-supervised. Sign-in at office each visit. (AUG-FIT02-C0702) (SEPT-FIT02-C0703) (OCT-FIT02-D0701)

Bloomfield Twp. Members: \$15 month or \$80 /6 months  
 Outside Twp. Members: \$20 month or \$100 /6 months

Monday	9 - 11 AM	1:00 - 6:15 PM
Tuesday	7 - 10 AM	11:30 - 4:00 PM
Wednesday		1:00 - 6:15 PM
Thursday	7-8 & 9-10 AM	12:00 - 4:00 PM
Friday		11:30 - 4:00 PM

**NEW!!! On the Ball** Instructor: Shelley Rubinstein  
 Stability balls offer a unique approach to exercise. Class involves; sitting on the ball, lying on the ball (both supine & prone) while performing exercises that work on the core (abdominal and back muscles) while challenging the body to balance and stabilize. Class suitable for **beginners and experienced** exercisers. Fun, fun for everybody!! Bring your own ball, flyer in the office with information on **ball size recommendations**. More questions? ask Shelley.  
 Wednesday 5 - 6 PM 6 classes Fee: \$48\*  
 Sept 5 - Oct 10 (FIT12-C0701)  
 Nov 7 - Dec 12 (FIT12-D0701)

**Hatha Yoga** Instructor: Lavon Cook  
 Instructor/Certified American College of Sports Medicine Emphasis on alignment and flexibility. Increase lung volume, reduce tension, improve your energy, strength, and well-being. Seated breath awareness and relaxation. Wear comfortable clothing; bring mat, water & towel.  
 Wednesday 9 - 10 AM 7 classes Fee: \$49\*  
 Sept 12 - Oct 24 (FIT05-C0702)  
 Oct 31 - Dec 19 (FIT05-D0701) no class 11/21

**Healthy Back Yoga** Instructor: Lavon Cook  
 Learn back care. Great for Arthritis or Osteoporosis. Strengthen abdominal and back muscles. Incorporates stretches for strengthening and flexibility. Not intended to replace therapy, **good follow up to successful rehabilitation**. Bring water, small pillow & yoga mat. Purchase mat @ class  
 Fri 9 - 10 AM  
 Sept 14 - Oct 26 (FIT06-C0702) (7 wks) Fee: \$49\*  
 Nov 9 - Dec 21\*\* (FIT06-D0701) (6 wks) Fee: \$42\*  
 \*\* (no class 11/23)

**Pilates/Yoga Combo** Instructor: Lavon Cook

**Certified American College of Sports Medicine**

Safe Pilate's exercises focusing on strengthening your back while firming your abdominals—the core of your body. Improve posture, alignment, muscle tone, joint mobility and flexibility. **Leave class feeling invigorated, yet relaxed.** Bring mat.

**Tuesday 11:30 – 12:30 PM 7 classes Fee: \$49\***

**Sept 11 – Oct 23 (FIT07-C0702)**

**Oct 30 – Dec18 (FIT07-D0701) no class 11/20**

**Mon/Wed 6:30 – 7:30 PM 8 classes Fee: \$64\***

**Sept 10 – Oct 3 (FIT07-C0703)**

**Oct 9 – Oct 31 (FIT07-D0702)**

**Nov 5 – Dec 3 (FIT07-D0703) no class 12/12**

**Tai Chi Chuan** Instructor: Han Hoong Wang

**Yang Style World Master Instructor**, this Chinese exercise improves balance and flexibility. **Strengthens muscles that support joints.** Reduces mental and physical stress. **Exercises your brain...keep your mind sharp!** Begin your **journey to better health** and well-being.

**Wednesday 10:15 – 11 AM 7 classes Fee: \$56\***

**Sept 12 – Oct 24 (FIT03-C0701)**

**Oct 31 - Dec 12 (FIT03-D0701)**

**Tai Chi from Arthritis Foundation**

**Instructor: Karen Zylman**

**Based on Australian Tai Chi for Arthritis Program which was designed to improve the quality of life for people with arthritis.** Sun style Tai Chi is particularly effective because it includes agile steps and exercises that may improve mobility. In addition, the movements have higher stances, which make it easier and more comfortable to learn. The program consists of twelve movements 6 basic/ 6 advanced, a warm-up and cool down. Once familiar with movements you will be able to continue at home with aide of a video that's available for purchase at completion of class.

**Wednesday 6:30–7:30 PM 7 classes Fee: \$49\***

**September 12 – October 24 (FIT11-C0701)**

**Easy Does it** Instructor: Shelley Rubinstein

Seated exercise designed to improve circulation, flexibility, muscle strength and reduce stress in a fun and supportive group atmosphere. Focus on balance exercises to help prevent falls. Some standing exercises. Resistance bands and hand weights used and provided. Class can benefit anyone with Arthritis, Parkinson's, Osteoporosis or MS.

**Mon/Thurs 10:15-11:00 AM 12 classes Fee: \$45\***

**Sept 6-Oct 25 (FIT08-C0702) no class 9/13,10/15,10/18**

**Oct 29-Dec 13 (FIT08-D0701) no class 11/12,11/22**

**Senior Fit Aerobics** Instructor: Shelley Rubinstein

**Low impact for active adults.** Fun easy-to-follow moves to music. Improve coordination, balance, strengthen heart, lungs, increase muscle strength and improve flexibility. Includes floor work. Bring hand weights, mat & water.

**Mon/Thurs 9–10 AM 12 classes Fee: \$45\***

**Sept 6–Oct 25 (FIT09-C0702) no class 9/13,10/15,10/18**

**Oct 29- Dec13 (FIT09-D0701) no class 11/12,11/22**

***Fit/Card 10 classes \$50\*. Use within 3 months purchase.***

***(Purchased 7/1-9/30 FIT10-C0701; 10/1-12/31 FIT10-D0701)***

***\*Join SeniorFit & Easy Does It anytime during the session.***

**Visionaire...the creation & exploration of art**  
Karen Halpern is nationally recognized for her Painting Workshops. Her work has been exhibited in galleries and museums throughout the United States.

**Drawing/Let's Talk Basic's** Instructor: Karen Halpern

Learning to draw is an attainable goal. Find personal fulfillment, and relaxation, as you learn to see the world through new eyes. Improved knowledge of perspective, proportion, shading and composition will enable students to draw varied subjects using several basic materials. Essential class for beginners and experienced painters. Individualized attention, supportive, relaxed atmosphere. **Supply list available at BTSS Office.**

**Monday 1:30 – 3:30 PM 8 classes Fee: \$101\***

**Sept 10 – Oct 29 (ART03-C0701)**

**Oils and Acrylics** Instructor Karen Halpern

Beginners and advanced students learn basic painting skills while developing a personal means of expression. Painting with either oils or acrylics with individualized instruction. Learn about material, techniques, perspective, proportion, composition and color theory as they apply to your own work. Develop paintings at your own pace in a supportive/relaxed atmosphere. **Supply list BTSS Office.**

**Tuesday 1:30- 3:30 PM 8 classes Fee: \$101\***

**Sept 11 – Nov 6 (ART01-C0701) \*no class 10/2**

**Creative Watercolor Painting** Instructor Karen Halpern

Explore color, dabble with design. Learn basic methods of using watercolors in a sensitive and creative way. Beginners or seasoned students work at your own level. Information about painting a variety of subjects, applying knowledge of color theory and design principles will provide the core of this class which is individualized to meet each student's needs. **Supply list BTSS Office.**

**Wednesday 1:30–3:30PM**

**Sept 19 – Nov 7 (ART02-C0701) 8 classes Fee: \$101\***

**Nov 14 – Nov 28 (ART02-D0701) 3 classes Fee: \$38\***

## KEY BOARDING Instructor: Yetta Davison

If you've never learned how to type, then this class is for you. This course is designed to enable you to develop a basic "touch typing" skill with the use of the computer. You will have time to practice during class to improve your speed and accuracy. Learn to type reports and business letters.

**Tuesday** 4 classes 1 – 3 PM Fee: \$38\*  
**Beginner I** Sept 11 – Oct 2 (COM14-C0701)  
**Beginner II** Nov 6 - Nov 27 (COM14-D0701)

## BASIC COMPUTER & INTERNET INSTRUCTION

Valerie Sinclair, Micro Techniques, Inc.



BTSS Computer Lab has Dell Intel Pentium 28 GHZ computers with Slim Line monitors. High quality instruction with limited class size – **maximum 7 students per class; one student per computer.** *Software: Office 2003 and Windows XP, high speed internet.*

### PC for Beginners

Introduction to word processing. Overview of hardware and software, computer terminology and tips on buying equipment Book included.

(4) 2 hr classes 9:30–11:30 AM Fee: \$123\*  
September 5, 7, 12 & 14 (Wed/Fri) (COM01-C0702)  
October 17, 24, 31 & Nov 7 (Wed) (COM01-D0701)

### MS Word I

Learn to set-up a main document with emphasis on key boarding and mouse usage for commands from drop down menus and dialog boxes. **File saving and editing.**

(4)2 hr classes M/W/F 9:30–11:30 AM Fee:\$123\*  
Sept 17, 19, 26 & 28 (COM02-C0701)

### Internet Basics

What is the "Web?" Connect and access web sites. Tips for "surfing" the web. Learn to customize your webpage.

(2) 2 hour classes Fri/Mon 12-2 PM Fee: \$63\*  
September 14 & 17 (COM03-C0702)

### Envelopes, Labels & Lists

Learn to address a single envelope, create a single address label, make a page of return address labels, create an address list, and add graphics too!

(2) 2 hr classes 9:30 – 11:30 PM Fee: \$63\*  
November 14 & 21 (COM11-D0701) **Wednesday**  
December 7 & 14 (COM11-D0702) **Friday**

### E-mail & More

Set-up a free e-mail account with Yahoo! Send, receive forward mail; create, send and open attachments.

(2) 2 hr. classes **Friday** 12 – 2 PM Fee: \$63\*  
December 14 & 21 (COM05-D0701)

### Learn to burn CD's on your PC

A great tool, a must for all computer users!

(2) 2 hour classes **Wednesday** 12 – 2 PM Fee: \$63\*  
Oct 31 & Nov 7 (COM10-D0701)

### File Management

Create and organize your computer filing systems. Learn to copy, move, delete and recover files. Must for all computer users!

(2) 2 hr classes **Wed/Fri** 9:30–11:30 AM Fee: \$63\*  
October 3 & 5 (COM04-D0701)

### NEW!! MS PhotoStory

Learn how to insert photos, pan and zoom, add sound, music and save a PhotoStory project for playback on a computer. Includes how to download free program onto your computer.

(2) 2 hr classes **Wednesday** 12 – 2 PM Fee: \$63\*  
October 17 & 24 (COM13-D0701)

## eBAY INSTRUCTION Instructor: Judy Domstein

### Intro to eBay

**Beginners**, navigate eBay website, learn how the "savvy shopper" shops. **Open your own account in class**, learn how sell treasures on eBay. Work on an auction in class. Need email address & credit card to open eBay account.

(4) 2 hour classes Fee: \$92\*

Sept 4–Sept 25 (COM06-C0701) **Tues 9:15-11:15 AM**

Sept 6–Oct 11\*\* (COM06-C0702) **Thurs 1:00–3:00 PM**

(\*\*no class 9/13 and 10/4)

Oct 18–Nov 15\*\* (COM06-D0701) **Thurs 9:15-11:15 AM**

(\*\*no class 11/18)

### More eBay (Prerequisite: Intro to eBay)

**Set-up eBay and paypal seller accounts in class.** Open shipper accounts, research item to sell, photo tools, calculate shipping options, creating title and description. Work on your auction in class. **Separate checking account & credit card recommended just for PAYPAL.**

(4) 2 hr classes Fee: \$92\*

Sept 6-Oct 11\*\* (COM07-C0701) **Thurs 9:15-11:15 AM**

(\*\*no class 9/13 & 10/4)

Oct 16-Nov 13\*\* (COM07-D0701) **Tues 9:15-11:15 AM**

(\*\*no class 11/6)

### Drop-in eBay – Glitches, problems & more

**Individual help** with all your eBay questions. Work on your auctions here (**buy/sell**) in our computer lab. Schedule day/time directly with instructor (248) 770-9770 then **call BTSS to register.**

(1) 2 hour session (COM12-D0701) Fee: \$35\*

## BRIDGE LESSONS

Instructor: Eva Berk

### Intermediate Bridge

5 PM – 6:30 PM

Students with bridge experience. On-going class, join anytime. 4 classes Monday Fee: \$40\*

Sept 17 – Oct 8 (EDU13-C0703)

Oct 15 – Nov 5 (EDU13-D0701)

Nov 19 - Dec 10 (EDU13-D0702)

### Beginner Bridge

Instructor: Eva Berk

If you've always dreamed of playing bridge, or you haven't played in years and need a refresher course, this is the class for you. 4 classes Wednesday Fee: \$40\*

Sept 19 – Oct 10 (EDU12-C0702)

Oct 17 – Nov 7 (EDU12-D0701)

Nov 14 – Dec 5 (EDU13-D0702)

## CLUBS... *You are invited!*

### Communication and Scheduling

If a club contact is shown, please call them to confirm a meeting. There are occasional cancellations.

If you currently participate or are interested in any of the following clubs, please register using the \* code number. You can do this online or call the office and we'll do it!

### Lapidary Group Tuesdays/Thursdays 10 – 2 PM

(\* SOC17-07) Learn to process rocks and gemstones for the creation of art and jewelry. Informal instruction in beading/stain glass. Supplies and equipment available.

### Current Events Mondays 10 - 12 NOON

(\* SOC03-07) Join in lively discussions of timely topics.

### Pool (Billiards) Tuesdays & Thursdays 1– 4 PM

(\* SOC02-07) All levels of skill are welcome. No experience required. Two tables available, join a great group of guys.

### Cards

#### Bridge Mondays/Fridays (\* SOC04-07)

Tables assigned at 11:00 Play begins 11:30

#### Poker Wednesdays (\* SOC18-07)

Play begins 10 AM

### Trendy Games Club Fridays 11 AM – 12 NOON

Volunteer Instructor: Joanne Carmichael

(\* SOC12-07) Would you like to learn to play Euchre or Pinochle? Joanne will teach you. If you play euchre, please join us for some friendly play. Drop in No fee

### Scrabble Club (\* SOC07-07) Calling all Word Freaks!

1st Wednesday of the Month 12:45 PM

All welcome! Bring a lunch and meet in the Tea Room. Just for FUN play.

For info, call Madelyn Doerr @ 248-851-6093.

## The Card Shoppe - Workshop Marathon

Shop Keeper: Arlene Pinkos

Friday, Sept. 21

10 AM – 3 PM

(\* SOC13-07) The card shoppe is desperate for cards. Join members in an afternoon blitz of card making. Bring your lunch too! We will break for lunch and share in some good conversation and laughter. With Arlene's guidance you will learn to make beautiful and clever cards out of recycled cards, ribbons, stamps, buttons, etc. Join us, no experience needed. Support the center and have fun too! Stay as long as you like.

## Gruppo Italiano - Italian Club (\* SOC05-07)

2<sup>nd</sup> Friday of every month.

10 AM – 12 NOON

Everyone welcome. Explore the sights of Italy, informal discussions on the arts and history. Group is organized and sponsored by the Michigan Chapter of Dante Alighieri Society. No meeting in August. More information, Angie Giffels 248-645-0958.

## Book Club (\* SOC06-07)

1<sup>st</sup> Friday of the month

10 – 11:30 AM

Everyone welcome, please join us for a stimulating book talk. Books on loan at Bloomfield Township Library service desk. Book selections will be available Sept 1. Contact: Madelyn Doerr @ 248-851-6093.

Sept 7, Oct 5, Nov (TBD) & Dec 7



**NEW!!!**

### Walking Club

Tuesdays 9 AM

(\* SOC16-07)

Enjoy walking?? Join us for local walks around the BTSS neighborhood. Meet at BTSS.

Questions: Sally @ 248-341-6450

## "Open" Bowling for Fun @ Sylvan Lanes

3 games for \$6.00 with shoes and "free" coffee.

9:30 AM to Noon

Looking for "new" bowlers. Enjoy open bowling with no registration fee. Pay weekly as you play. Call to register interest with the office and for more information. Ask for Sally! (\* SOC09-C07)

## New Clubs Welcome!!

Do you enjoy quilting, gardening, walk-a-thon teams etc.? If you are interested in starting up a new club, please email [sbanks@bloomfield.org](mailto:sbanks@bloomfield.org) or call Sally at 248-341-6450.

## VOLUNTEER OPPORTUNITIES

### ***BTSS Home Delivered Meals Driver***

BTSS needs volunteer drivers for the Home Delivered Meals Program. Every weekday morning, volunteers deliver much more than a hot meal. For Bloomfield area homebound seniors, the volunteers' visits mean contact with the outside world and the chance for them to remain in their homes. Meals are delivered in the morning, Monday through Friday. Volunteer drivers generally deliver meals once a month on a set schedule.

### ***New Home Delivered Meals Driver Opportunity***

Due to the growth of the Home Delivered Meals and the Adult Day Service programs we are planning for an additional route that would deliver only to the Bloomfield Township Adult Day Service. The drivers will pick up the meals at Bloomfield Township Senior Services, deliver to the ADS on Franklin Road and return to BTSS with the empty hot and cold meal containers. The daily time commitment would be approximately one hour. Drivers can deliver once a week or once a month.

### ***BTSS Office Volunteer***

Do you enjoy meeting new people? Office Volunteers generally answer phones, direct calls, greet visitors, take registrations for trips and programs and help the staff with miscellaneous assignments. Also, our OV's have the opportunity to use our online software training tutorials. Office volunteers work either 9 AM –12:30 PM or 12:30–4 PM Monday through Friday, weekly or once a month.

For more information on all these opportunities contact BTSS Volunteer Coordinator, Joan Patzelt at 248-341-6450 or e-mail her at [jpatzelt@bloomfield.org](mailto:jpatzelt@bloomfield.org).

**Thank You for Your Donations\*...** Jeanette MacWilliams, Mary Butler, Bloomfield Red Hats, Annette Anzick, Laura Lerman, Bette Dyer, Diane Gillette, Terry Sorrentino, John Redfield, Nancy Porter, Nathan & Shirley Fink, Janice Grimshaw, Julie & Steve Eskoff, Edward Krajca, Dana Waterman, Mitchell & Zofia Kafarski, Suzanne Boyce

#### \* CHARITABLE CONTRIBUTIONS AND GIFTS

An individual may deduct under Internal Revenue Code Sec. 170 (subject to maximum deduction of 50% of a taxpayer's contribution base) any charitable contribution which is made within the taxable year, to a State, federal or local government units, or any political subdivision thereof, only if the contribution of gift is made exclusively for public purpose.

### **Thank you to our Home Delivered Meals Volunteers!**

Roxanne Andoni \* Val Andrews \* Catherine Angeli \* Louise Angermeier \* Les Baron \* Diane Barrow-Fields \* Kerstin Baumann \* Ray Becker \* Shahina Begg \* Marion Benedict \* Mary Bleisch Julie Brown \* Ray Caloia \* Bill Carson \* Mary Ann Christ \* Suchuan Chuang \* Cindy Clement \* Frank & Sally Cliff \* Greg Coatsworth \* Ruth Connell \* Dianne Cornell \* Carla Cronin \* David Dinger \* Ursula Dobbs \* Kitty Dobritt \* Judy Domstein \* Marge Edwards \* Jim Eichner \* Phyllis Gara \* Mona Gibson \* Carol Goldstein \* Jim & Irene Grady \* Rose Ann Hanley \* Bob & Francois Harrod \* Dolores Hekker \* Rob Heeren \* John Hoban \* Pam Hoffman \* James Holden \* Shendy Hopkins \* Linda Hsing \* Susan Hugel \* Pat Jacoby \* Maryvonne Jacquemart \* Gail Jaworski \* Doris Keydal \* Judy King \* Marian Lam \* June Linklater \* Marcie Lloyd \* Jane Levy-Sowers \* Bill Mack \* Bruce Madsen \* Fritzie Mager \* Joan Mann \* Sue Martin \* Richard May \* Barry & Helene Mayo \* Denise & John McKewan \* Beth Mergel \* Wendy Metzger \* Donald Michau \* Katie Milam \* Jean Miller \* Debbie Mitchell \* Robert & Barbara Munn \* Walter Oehrlein \* Lee Ann Pantalone \* Nancy Pavy \* Deb Payne \* Judy & Lawrence Pazol \* Kathleen & Robert Pelkey \* Bill Penz \* Alfred & Sarinna Ping \* Marie Pryce \* Rita Ravikrishnan \* Tom Richard \* Jerry Rivard \* Lionel Robbins \* Janice Rushton \* Janet Russel \* Mary Ellen Sabol \* Michael Samson \* Mindy Saunders \* Ann & Jerry Scheel \* Hudson Scheifele \* Pamela Schmidt \* Rita Schwimer \* Theresa Shea \* Jean Smith \* Connie Szymczak \* Louise Taylor \* Marjorie & Mario Trafeli \* Maurice Vachon \* Ginny Vincent \* Elfride & Frank Voeffray \* Don Waples \* Bill Warner \* Harold Weiner \* Joan & Dick Wells \* Lynn Wert \* Mona Wiig \* Bill Williams \* Clint Williams \* Rasheeda Zafar



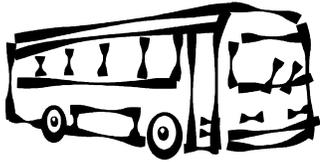
**Volunteering is important to long and healthful lives.**

Call Joan for more information - 341-6450.

### **Thank you volunteers! 560+ Hrs. in May 07-July 07**

Office Volunteers, Telephone Reassurance Callers, Special Events/Project Assistance, Leaders & Medical Appointment Drivers.

Shirley Allen \* Corlene Ashley \* John & Judith Balint \* Joan Barrett \* Verna Besancon \* John Bowker \* Joan Brandt \* Pat Caplin \* Ruth Barr \* Ruth Carr \* Dorothy Cole \* Marion Conat \* John Conti \* Madelyn Damioli \* Maxine Davison \* Yetta Davidson \* Phyllis Day \* Inez DiPonio \* Judy Domstein \* Louise Dube \* Helen Efimoff \* Russell Fisher \* Marie Gemmel \* Vera Gesse \* Dolores Hekker \* Ann Horaczek \* Mary Kelly \* Denise Kolkmayr \* Patricia Kubik \* Dorothy Kwapisz \* Leo Linsenmeyer \* Marilyn MacMillan \* Jeannette MacWilliams \* Ruth McNair \* Katie Milam \* Delores Mooney \* Marge Morkin \* Art Mulkoff \* Raji Murthy \* Eleanor Myers \* Joan Nedeljkovic \* Mary Ann O'Brien \* Nancy Porter \* Tom Richard \* Jerry Rivard \* Lynda Sandberg \* Queenie Sarkesian \* Marilyn Scheifele \* Faith Scholl \* John Scholl \* Pragna Shah \* Terry Sorrentino \* Leo Steinel \* Jo Stephen \* Ronald Stinson \* Gladys Theus \* Marge Thomas \* Peggy Todd \* Maurice Vachon \* Mary Varchola \* Inez Veraldi \* Marleeta Walton \* Harold Weiner \* Suzanne Winn \* Cliff & Mary Agnes Winters \* Hope Yates \* JB Yeargan \* Anjel Yessayan \* Charlotte Young \* Rasheeda Zafar



**CLUB  
BLOOMFIELD  
TRAVEL**

**Trip Registration Policies:**

- Registration begins the date the newsletter is mailed
- \* **Non- BTSS members pay additional \$5 per trip**
- Full payment is required with registration
- **\$30 fee for checks returned due to insufficient funds**
- BTSS Emergency Card must be presented at check-in
- **No refunds with less than 3 business days' notice**
- Cancellation fee **\$5 plus costs incurred**
- Trips depart from and return to Center.  
Return times are approximate.

**MAKE CHECKS PAYABLE TO: Bloomfield Twp.**

**Diamond Jack River Cruise**

**Wednesday, August 15 (DAY11-C0701) 10 AM – 4:30 PM**  
Enjoy a 2 hr. narrated cruise down the Detroit River, and review the history of the Detroit & Windsor waterfronts. View the Ambassador Bridge as you enjoy a **leisurely lunch on your own at the River Café, before the cruise.**  
BTSS Coach Fee: \$45\*

**Kars Nuts Factory**

**Thursday, August 16 (DAY12-C0701) 9 AM – 2:30 PM**  
**Calling all nuts...or shall I say, calling all nut lovers!**  
Tour this nut processing plant, learn nut facts, or just enjoy sampling some tasty and unusual nuts. **\*\*Anyone with any nut allergies cannot attend this tour. Lunch will be on your own after tour at Antonio's.**  
BTSS Tour Fee: \$12\*

**Henry Ford Estate**

**Tuesday, August 21 (DAY13-C0701) 10 AM – 4:30 PM**  
Visit the home of auto manufacturing pioneer Henry Ford and his wife Clara. The mansion resides along the Rouge River, built in 1915 and was occupied by the Fords until their passing. Don't ask about the secret tunnels, they'll deny they exist...**after the house tour, enjoy dining on your own at the estate, order from the menu, individual checks.** After lunch there's time to stroll the grounds.  
BTSS Coach Fee: \$20\*

**Ticket a Tasket Oakland County Market**

**Thursday, August 23 (DAY08-C0701) 10 AM – 2:30 PM**  
Put flowers and veggies in your basket followed by **lunch on your own after the market at the Red Lobster.**  
BTSS Coach Fee: \$8\*

**Monday, August 27 (DAY14-C0701) 9 AM – 2:30 PM**  
The Michigan State Fair was established in 1849, it was the 1<sup>st</sup> State Fair in America. From live entertainment to baby lambs, to delicious food, it's all here. Its senior day so there will be "free" donuts, orange juice & raffle tickets (while they last.) **Lunch is on your own at the fair.**  
Re-live the memories...  
BTSS Coach Fee: \$12\*

**Gourmet Dining @ It's a Matter of Taste**

**Wednesday, August 29 (DAY15-C0701) 10:30 AM – 2 PM**  
Eating out can be three things. It can be just eating, it can be dining with a white tablecloth, or it can be an experience. **The experience is ambience, service, and cuisine.** It's a Matter of Taste, with its graceful building and lakefront veranda is the perfect place for intimate dining with friends. The food...what an experience! **Lunch is on your own.**  
BTSS Coach Fee: \$12\*

**Senior Day @ Zoo**

**Wednesday, Sept. 5 (DAY17-C0701) 9 AM – 3:30 PM**  
Start your day with a **tasty breakfast on your own at the Whistle Stop** in Birmingham followed by a leisurely self-guided stroll of the zoo. **The zoo has changed, there's everything from baby kangaroos running loose...to the Arctic Ring of Life, where you're submerged in a glass tube to observe the underwater antics of polar inhabitants.**  
BTSS Coach Fee: \$12\*

**"Hit Parade" Novi Theatre WAIT LIST ONLY!!**

**Thursday, Sept. 6 (DAY18-C0701) 11 AM – 4:30 AM**  
Re-live the memories. Swing and sway to the sounds of a live band. Reminisce with Frank Sinatra, Ethel Merman, and Judy Garland, could we forget Jackie Gleason and the June Taylor dancers? **Lunch before show @theatre (included.)**  
BTSS Coach Fee: \$29\*

**Tour of "Cork Town" & Lunch @ Baile Corcaigh**

**Tuesday, Sept. 11 (DAY19-C0701) 10 AM- 2:30 PM**  
In the heart of **Corktown** you'll discover a wee bit of Ireland in the form of a pub/restaurant. Baile Corcaigh means "town of cork" in Gaelic. When you enter the restaurant you'll be met with the scent of a genuine peat fire. The food is authentic Irish fare, the owner personally imported the menus from Ireland. For those that prefer familiar foods there's steak, salmon, chicken, etc. . **Lunch is on your own before the "Cork Town" tour.** Tour includes a church and other local historical sites.  
BTSS Coach Fee: \$12\*

**Clinton River Cruise**

**Thursday, Sept 13 (DAY21-C0701) 10 AM – 4 PM**  
Enjoy a lovely fall day aboard the "Clinton Friendship." This

tour is different than the Detroit River tours, it's more country... lovely cabins, homes and lush green foliage line the banks. If you've never traveled the Clinton River at its widest point, you will be pleasantly surprised...don't miss the adventure. **A 3 hr. cruise and a tasty buffet lunch is included on the boat. (Roast chicken, Meatloaf, potatoes, salad, vegetable, rolls, coffee, tea & dessert.)**

BTSS Coach Fee: \$50\*

### Brunch & Movie @ the Palladium

Tuesday, Sept 18 (DAY05-C0701) 11 AM – 4 PM

Enjoy a **tasty buffet (included) complete with dessert and beverages.** Then sink into a leather chair for a **private showing** of a first-run movie (title available mid-August) while enjoying "free" popcorn & beverages during the movie.

BTSS Coach Fee: \$26\*

### Cranbrook House Buffet

Thursday, Sept 20 (DAY20-C0701) 10:15 AM – 3:30 PM

Former residence of Cranbrook founders George and Ellen Booth, the house was designed by famed architect Albert Kahn in 1908. Today, the English Arts and Crafts-style home is the oldest manor home in metro Detroit. Enjoy a **lovely salad buffet before tour (included)** with turkey or beef, finger desserts and coffee or tea at the house, followed by a **docent lead tour of the gardens.** Take peaceful paths to flowers, plants and herbs of all colors and varieties, surrounded by **fountains and sculptures by Marshall Fredricks and Carl Mille.**

BTSS Coach Fee: \$36\*

### King Book Store

Wednesday, Sept 26 (DAY22-C0701) 9 AM – 3:30 PM

So many of you asked for a return visit, in the fall. Tour this **mega second-hand bookstore, four floors and over one million books** in stock. Have a book you've been looking for? It's here. **Jay Leno** always **shops here** when he's in town, and he mentions it on his show regularly. You will have 1 hour after the tour to shop and explore. **Lunch on own after tour at The Woodward.**

BTSS Coach Fee: \$12\*

### 35<sup>th</sup> Anniversary Celebration

Friday, September 28

Transportation from the center available.

See back page for more information

Fee: \$23

### "Hitchcock" DSO

Thursday, October 4 (DAY01-D0701) 9:30 AM – 4 PM

Alfred Hitchcock scenes come to life on a big screen above the orchestra with scores played LIVE by the DSO. Dial M

for Murder, Strangers on a Train, North by Northwest and of course a few surprises! This afternoon of suspense, intrigue and spine-tingling music is guaranteed to keep you on the edge of your seat. **Lunch on your own after concert at the Kona Grill.**

BTSS Coach Fee: \$56\*

### Pebble Brook Alpaca Farm

Friday, October 5 (DAY02-D0701) 10 AM – 4 PM

Alpacas are adorable cousins of the Lamas. Their wool is the most expensive wool sold. Alpacas are gentle inquisitive animals and enjoy the company of people. Get ready for a fun day at the farm, don't miss it. **Lunch will be on your own after the tour,** at Kathy's "new" favorite restaurant, the Cranberries Café.

BTSS Coach Fee: \$17\*



September 29 – October 2

Depart 6:30 AM – Return 8:30 PM

EXT01-C0601

The fantasy begins...with a ferry ride to Michigan's crown jewel, "Mackinac Island." Spend 3 nights/4 days at the regal Grand Hotel.

Double \$697\*\* Triple \$639\*\* Single \$940\*\*

(\*\* Non-BTSS Members \$25 additional per person)

**WAIT LIST ONLY!**

### "Spelling Bee" Fisher Theatre

Saturday, Oct 6 (DAY03-D0701) 10:45 AM – 5:30 PM

**Tony Award – winning new musical** "The 25<sup>th</sup> Annual Putnam County Spelling Bee, six young people in the throes of puberty, overseen by grownups who barely managed to escape childhood themselves, learn that winning isn't everything and that losing doesn't make you a loser. **Lunch will be on your own at O'Mara's.**

BTSS Coach Fee: \$83\*

### 9 "Cyrano" Opera

Friday, October 12 (DAY04-D0701) 8:30 AM – 3:30 PM

MOT kicks off the season with a world premiere of "Cyrano." The opera recounts the story of Cyrano, a charismatic French nobleman, and poet who has an astonishingly large nose. Though he has fallen deeply in love with beautiful

Roxanne, Cyrano keeps his feelings to himself. Cyrano agrees to help Christian, his handsome rival to win Roxanne's heart. It's only after Christian is dead, and Cyrano lay dying, that Roxanne discovers the truth—that she has only loved one man all along, yet has lost him twice. **Lunch on own after the opera at Schuler's Steak House.**  
BTSS Coach Fee: \$59\*

### NuStep Manufacturing Tour

**Wednesday, Oct 17 (DAY06-D0701) 9 AM – 3 PM**  
Calling all Strength Training Guru's come see how the equipment that is making you strong and healthy is made. Founded in 1987, NuStep, Inc. of Ann Arbor, manufactures the innovative, low-impact equipment popular in our fitness program. Tour their plant to witness this successful **business dedicated to wellness for every age and ability.** **Lunch on your own after tour at Ann Arbors famous Gandy Dancer.**  
BTSS Coach Fee: \$12\*

### "In Stitches" @ Genitti's

**Thursday, Oct 18 (DAY07-D0701) 10:30 AM – 3 PM**  
Feeling under the weather? Then it might just be time to check yourself into Amazing Grace Memorial Hospital. But be careful you don't run a temperature, because when these hot doctors aren't operating on patients, they're operating on the nurses. **They say laughter is the best medicine**, so we'll keep you... in stitches! **All-inclusive 7 course Italian dinner and coach transportation.**  
BTSS Coach Fee: \$47\*

### Fisher Mansion

**Friday, October 19 (DAY08-D0701) 10 AM - 3:30 PM**  
Marvel at the elegance of a time past, a unique blend of Italian Renaissance and Vintage Hollywood. **Pure gold and silver leaf, highlight the decorative ceilings and moldings.** Exquisite European handcrafted stained glass windows, brilliant Art Deco tile work, and exquisite chandeliers are unique, in all the world. Famous for its marble work, doors and arches carved from woods imported from Indian and Africa. Don't miss this visual journey into an exciting eloquent chapter in Detroit's illustrious cultural history. **Lunch is on your own at Sindbad's after tour.**  
BTSS Coach Fee: \$17\*

### Sherlock Holmes: Final Adventure Meadow Brook

**Wednesday, Oct 24 (DAY09-D0701) 11:30 AM – 5:30 PM**  
Now, for the very first time ever on a stage in Michigan, a chilling mystery and gleeful whodunit involving a kidnapped damsel, scandalous letters and Victorian London's seamy underworld finds Master Sleuth Sherlock Holmes pitted against his two most perilous foes: certain death and impassioned love. Adapted from two 1899 plays by William

Gillette and Holmes' creator, Arthur **Lunch on your own before play at Macaroni Grill.**

BTSS Coach

Fee: \$38\*

### "Magical Music of Disney" DSO

**Thursday, Nov 1 (DAY10-D0701) 9:30 AM – 4 PM**  
Get ready for a magical afternoon from some of Disney's most beloved films. From Disney's first movie "Snow White" through his most recent movies, it's all here. The music and songs will make you smile and remind you that dreams do come true. Sure to leave a song in your heart. **Lunch on your own at Bahama Breeze after concert.**  
BTSS Coach Fee: \$56\*

### Introduction to Islam & Muslim Culture

**Tuesday, Nov 6 (EDU18-D0701) 11 AM - 2 PM**  
Tour & luncheon of Unity Center in Bloomfield Twp. Transportation included from BTSS. Part one of a four part series. See back page for details.

### "Let the Good Times Roll" OPC

**Thursday, Nov 8 (DAY11-D0701) 10:30 AM – 4 PM**  
Lots of great music and lively dancing. Get ready to take a trip down memory lane. **Variety show with luncheon before show (included.)**  
BTSS Coach Fee: \$22\*

*The decision to run a class, trip or program may be determined days (sometimes even weeks) in advance of the start date.*

*Others fill very quickly.*

***Don't delay; register today!!***  
***Don't miss participating in your favorite class, trip or program!!***

### DuMouchelle's Art Gallery

**Friday, Nov 9 (DAY12-D0701) 9:15 AM – 2:30 PM**  
10 Du Mouchelles is recognized with highest recognition as Sothebys and Christies of New York. The gallery and auction house has been in business for over 75 years and distributes catalogs to clients all over the world. Enjoy a special tour, snack and extra time to browse at the prestigious gallery. **Lunch will be on your own at Sweet Lorraine's after the tour.**  
BTSS Coach Fee: \$12\*

**"Escanaba in Love" The Gem**

**Thursday, Nov 15 (DAY13-D0701) 11 AM – 5 PM**  
Escanaba In Love brings a touching, romantic comedy element to the rugged hunter-humor of Michigan's favorite yoooper family. As deer hunting season arrives, the guys meet their biggest challenger; not a great buck, or hunter's dream, but the camp's first female visitor, young Albert Soady Jr.'s impromptu bride Big Bette Balou. Daniels' hilarious humor kicks into high gear when the Soady men make their best attempts to grapple with their newest, surprising, family member. Lunch on your own before play at Twingo's.

**BTSS Coach Fee: \$48\***

**Holiday Shopping @ Villages of Rochester**

**Tuesday, Nov 27 (DAY14-D0701) 10:30 AM – 3:30 PM**  
It's holiday time...let's do lunch & shop!

Lunch is on your own and there are lots of options...  
Cosi, Kruse & Muer, Mitchell's Fish Market and Nestle Toll House Café. So many choices, you choose.

**BTSS Coach Fee: \$6\***

**Detroit Institute of Arts - Grand Re-Opening**

**Thursday, Nov 29 (DAY15-D0701) 10 AM – 4 PM**  
It's been a long time coming...the finishing touches are being done as you read this. You will be among the first to see the "NEW" DIA, so signup today. You will be free to wander about, guided tours are not available, but there will be hand-outs to guide you around to the exhibits. Your day will begin with breakfast on your own at Berkley Breakfast Café (featured in HOUR magazine.) It's sure to be a tasty treat. There is also a café in the institute if you would like to take a coffee/dessert break on your own in the afternoon.

**BTSS Coach Fee: \$20\***

**"Hairspray" Macomb Theatre**

**Saturday, Dec 1 (DAY17-D0701) 10:30 AM – 4:30 PM**  
Remember BIG Hair, great music, soda, and GUYS. It's all here...along with great music, dancing and jokes...good enough to give you a pain in your side. Get ready for the fun. Lunch will be on your own before the musical at Alibi's.

**BTSS Coach Fee: \$63\***

**"Every Christmas Story Ever Told" Meadow Brook**

**Friday, Dec 7 (DAY18-D0701) 11 AM – 5:30 PM**  
When an acting troupe tires of performing A Christmas Carol

every year, they try to take Christmas to the extreme by performing every Christmas story ever told. From the *Grinch* to *It's A Wonderful Life*, all of your favorite Christmas stories are brought to life, if slightly skewed, in two crazy hours. Lunch is on your own before play at Bistro Bordeaux.

**BTSS Coach Fee: \$38\***




**JFS Door-Through-Door Escorted Transportation**

*At JFS Transportation, we offer:*

- ✓ Professional Drivers--safe and insured
- ✓ Clean and comfortable vehicles
- ✓ Trips to 55 cities in the metro area

- Annual client surveys consistently achieve 99.4% satisfaction rate.
- We provide more than 32,000 rides per year to 1,700 locations.
- Advance reservations are required. In case of urgent need, every effort is made to accomodate the request.

*Please call 248-592-2266 to schedule a ride, or for more information.*

## Getting To Know You 1 – 2:30 PM

Friday, Sept. 25 (SEV03-C0702)

Tuesday, Oct. 23 (SEV03-D0701)

Wednesday, Nov. 28 (SEV03-D0702)

Attention new members and those considering membership! Join us for a fun, informative gathering to meet other new members and tour the center. Warm cookies & good conversation! **We'd love to get to know you.** RSVP appreciated. 341-6450



### THERAPEUTIC MASSAGE

Call 341-6450 to schedule an appointment. Treat yourself!

1<sup>st</sup> & 3<sup>rd</sup> Wednesday *table massage* with Laura Lerman beginning at 10:00 a.m. \$30/30 minute session.

### BCTV VOLUNTEER WORKSHOP

September 11, 2007

10 AM – Noon or 6:30 – 8:30 PM

BCTV, Bloomfield Township's local cable television studio, is looking for volunteers to help with our productions. Attend our Volunteer Workshop and learn basic camera operation and procedures. After completing the workshop you are eligible to crew on any number of interesting shoots, including studio and on-location programs. Our production crews travel to area churches, parks, concerts, and restaurants. Our studio shows cover many interesting topics, including politics, health issues, global affairs, local issues, sports and more.

Be a part of our TV production team! Call 248-433-7790 to register.



### Introduction to Islam & Muslim Culture (EDU18-D0701)

Broaden your horizons with this new offering, *Introduction to Islam and Muslim Culture*. This four-part series will include a visit and tour of the Unity Center in Bloomfield Twp., presentation and a Mediterranean luncheon, as well as three additional presentations to be held at BTSS.

#### Tuesday, November 6

Unity Center Tour & Luncheon 11:00 - 2:00 PM  
Transportation included from BTSS.

Tuesday, November 13 "Women in Islam"

Monday, November 19 "Art in Islam"

Tuesday, November 27 "God and His Prophets"

Remaining sessions held at BTSS 1-2 PM

Instructor: Shahina Begg

Fee: \$40\*



### CALLING ALL BASKETBALL & VOLLEYBALL PLAYERS!!



BTSS and BHSD Recreation are working together to make daytime basketball and volleyball available to 50+ players. Register on our interest lists!

Basketball (SOC19-07)

Volleyball (SOC20-07)

#### *Check out some of our new offerings.....*

Ball Class, Keyboarding, MS PhotoStory, Trendy Games, Walking Club, Bridge Lessons, Drawing. Also, look for more Saturday Theatre Trips.



## 35<sup>th</sup> Anniversary Celebration

Friday, September 28

12 noon – 2 p.m.

\$23 (FUN02-C0701)

Shenandoah Country Club

5600 Walnut Lake Road, West Bloomfield, MI

Delicious buffet (including baked white fish, chicken piccata, green beans almandine, red skin potatoes, yellow rice w/ almonds and raisins, fruit, Greek salad, fresh baked rolls or Syrian bread), dessert and coffee/tea/pop. Live entertainment! Familiar faces and voices - sure to get you singing!

Advisory Council invites you to celebrate the amazing growth in these past few years and the excitement still on the way!

(Transportation from BTSS available, pre-registration required, limited seating – FUN02-C0702)

# Support Services Supplement

## Bloomfield Township Senior Services

7273 Wing Lake Road, Bloomfield, MI 48301

Phone: 248-341-6450 Fax: 248-341-6459 Web: [www.bloomfieldtp.org](http://www.bloomfieldtp.org)

Fall 2007

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### BTSS Staff

Christine Tvaroha  
Director of Senior Services

Sally Banks  
Programs Coordinator

Diane Socier  
Outreach Coordinator

Donna DeWitte, R.N.  
Nutrition Coordinator

Joan Patzelt  
Volunteers & Communications  
Coordinator

Ruth Nagy  
Office Manager

Kathy Birkhold  
Bus Driver

### BTSS Hours

Monday, Wednesday  
8:00 a.m. – 8:00 p.m.

Tuesday, Thursday, Friday  
7:00 a.m. – 4:00 p.m.



## Health Fair & Flu Shot Clinic

*Friday, November 2, 2007\*\**  
*9:00 a.m. – 1 p.m.*

*Health Screenings*  
*Exhibitors & Free Raffle*

Limited flu shots will be available  
to BTSS Members and  
Bloomfield Twp. residents  
65 years and older only.

### **Pre-registration REQUIRED**

BTSS onsite registration beginning  
Tuesday, October 16, 9:00 a.m.  
Bring proof of residency & Medicare card

**No phone registrations.**

Questions – Call 248-341-6450

**\*\* When is the best time to get a flu shot?** Ordinarily, the best time to receive your shot is late October through December, because protection develops about 2 weeks after vaccination. Flu is typically seasonal, appearing December through March in Michigan.

[www.uhs.umich.edu/services/flu.html#when](http://www.uhs.umich.edu/services/flu.html#when)  
University of Michigan University Health Service

## Food Drive Oct. 1 - 12



Proceeds from the drive will benefit the *Food Bank of Oakland County (FBOC)*, a charitable, non-profit organization helping to eliminate hunger in Oakland County.  
**Collection barrels will be in the center.**

## CPR

### For Family and Friends

(EDU06-D0701)

Friday, October 19 1 – 4 p.m.

*Don Bertucci, EMS Coordinator BTFD* will conduct a course in CPR at BTSS. It will cover adult, infant and child CPR, relief of foreign body airway obstructions (Heimlich Maneuver), and the signs and symptoms of heart attack and strokes.

*Class is free, but registration is required.*  
Limited class size. Call 248-341-6450.

## National Adult Day Services Week

September 17 – 22, 2007

(EDU19-C0701)

Telling the “story” of Adult Day Service encourages family caregivers to consider the many benefits to their loved ones.

Personal conversations are the primary source for many caregivers to learn about services available. Therefore, special educational events are being planned for Homeowners Associations’ leaders, Clergy, Health Care Providers and, of course, Caregivers.

*To be placed on an interest list and contacted about upcoming programs, please call at 248-341-6450 or email [seniorservices@bloomfieldtp.org](mailto:seniorservices@bloomfieldtp.org).*

All events will be held at BTSS ADS  
“Friendship Club” 2222 Franklin Road  
Bloomfield Township, 48301

General information at the National Adult Day  
Services Association - [www.nadsa.org](http://www.nadsa.org)

## TRANSPORTATION SERVICES



Please contact Diane Socier, Outreach Coordinator at 341-6450, 12 - 4 p.m. Monday-Friday, for reservations and information.

### ≈ Rides from your home to BTSS\*

Service is provided to residents of the Bloomfield Hills School District, the City of Bloomfield Hills and Bloomfield Township. Call 248-341-6450 to schedule a ride. Two business days' notice required. Fee: \$1 each way. (\*Availability of rides subject to BTSS use of bus for scheduled trips.)

### ≈ SMART Community Transit

Small SMART bus service is available from your home in Bloomfield Township to many destinations. Call Diane at 341-6450 for information or to schedule a ride.

### ≈ Medical transportation services

Medical Transportation is available to 60+ senior residents of Bloomfield Hills and Bloomfield Township thru SMART funding. Application and eligibility for program required. Call Diane at 341-6450 for information.

### ≈ Volunteer drivers

Volunteer drivers provide transportation to local medical appointments to BTSS Members. Subject to availability.

## GROCERY SHOPPING TRIPS



Rides from home to a grocery store within Bloomfield Township can be scheduled on the following dates

August 22	Oct. 10 & 23
Sept. 12 & 27	Nov. 7 & 20

Shoppers will be dropped off at the grocery store and picked up approximately 90 minutes later. Trips will be to Meijer's in Southfield. Service is for non-drivers who are Bloomfield Township residents 60+. **To register, please call 248-341-6450 by noon one or more days prior.**

**ASK THE NURSE** Mondays, 11 a.m. – Noon  
Nurses from the *Greater Oakland Visiting Nurses Association* will be discussing the following topics –

October 1 – HIV & the Impact on Families  
December 3 – Cooking For One

## NUTRITION SERVICES

BTSS addresses the nutritional needs of area seniors with two essential programs, Home Delivered Meals and Liquid Nutritional Supplements. For additional information on either program, contact *Donna DeWitte, Nutrition Coordinator* at 341-6450.



### HOME DELIVERED MEALS

BTSS provides home delivered meals to homebound (unable to drive or leave the home independently) seniors 60+ living in Bloomfield Township, Bloomfield Hills, West Bloomfield and Orchard Lake. Meals are delivered by volunteer drivers Monday through Friday between 10 a.m. and 12 noon. The suggested donation is \$3.75 per hot meal (price reflects partial funding provided by Area Agency on Aging 1B).

Bloomfield Township Senior Services both acknowledges and appreciates **Chrysler Financial Services** in-kind support of the Home Delivered Meals program through their partnership with our meal provider, **Corporate Food Services**, by lending them use of their kitchen facility.



### NUTRITIONAL SUPPLEMENTS

Nutritional supplements are available to area seniors based on medical necessity. BTSS orders Ensure Products monthly directly from the manufacturer at a reduced rate. Prices vary by product. Talk to your physician and see if a nutritional supplement is recommended. Physician's note (prescription) required and must be renewed every six months.

BTSS is partially funded through the Area Agency on Aging 1-B through the Office of Services to the Aging, Nutrition Service Incentive Program (NSIP). BTSS complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended in Section 504 of the Social Rehabilitation Act of 1973. Equal opportunity employer program. Reasonable accommodation is provided upon notification or request.

## LEGAL QUESTIONS AND ASSISTANCE

*Lakeshore Legal Aid* offers **FREE** consultations to senior citizens through the **Council & Advocacy Law Line at 1-888-783-8190**. Visits are available to homebound seniors or to nursing homes, as necessary.



### BLOOD PRESSURE CHECKS

Certified volunteers are now available on the 2<sup>nd</sup> Monday, 3<sup>rd</sup> Thursday and 4<sup>th</sup> Wednesday to check blood pressure. No appointment necessary. 11:00 - Noon



## TELEPHONE REASSURANCE

If you or someone you know lives alone and would like to receive a daily telephone call, we would be happy to include you on our list.

Volunteers call Monday through Friday, between 9 and 10 a.m. for a friendly conversation. Please call Diane at 248-341-6450 for information.

Volunteers for this program are always welcome.

## INFORMATION AND REFERRAL

BTSS maintains files on many subjects of interest to seniors. If you need information about any of the subjects below, call Diane at 248-341-6450.

Energy Assistance	Housing Options
Home Repair	Service People
Home Health Care	Transportation
Tax Assistance	Medicare
Social Security	Support Groups

### FROM OUR RESOURCE GUIDE

Personal Aide/Companion

All Valley Home Care & Nursing – 248-601-0777  
Bernadine Hillman – 586-838-0528

If you need information about selecting a personal aid/companion, please call Diane at 248-341-6450.



## Oakland County Senior Cell Phone Program

Cell phones are available free of charge to any Oakland County Senior Citizen for their use in contacting 911 in the event of an emergency. These phones are distributed every Friday from 9:00 a.m. to 12:00 noon at the Oakland County Sheriff's Office, 1201 North Telegraph Road, Pontiac, 48341.

The Sheriff's Officer also accepts donations of unwanted inactive cell phones with the AC/DC recharging unit. They may be dropped off or mailed to their office.

For more information, please call the Sheriff's Office at 248-858-5000.

## HELP AVAILABLE TO PAY FOR PRESCRIPTION DRUGS

Thousands of older adults and persons with disabilities are eligible to receive the *Medicare Part D Prescription Drug Plan Low Income Subsidy (LIS)*, which helps pay the costs of prescription drug coverage (i.e., premiums, deductibles, co-pays), but have not yet enrolled in the benefit.

Eligibility criteria are:

	<i>Single</i>	<i>Couple</i>
<i>Income</i>	≤ \$15,315	≤ \$20,535
<i>Assets</i>	≤ \$11,710	≤ \$23,410

For more information or assistance in applying, please contact the Medicare Medicaid Assistance Program at 1-800-803-7174. Trained staff/volunteers are available to answer questions and assist with the LIS application process.



## SHINGLES VACCINE

Friday, September 21<sup>st</sup>  
Thursday, October 4<sup>th</sup>  
Tuesday, December 11<sup>th</sup>

9:30 AM to 3:30 PM

The **shingles vaccine** will be available at BTSS through The *Greater Oakland VNA of Waterford*, in cooperation with *Pontiac Trail Pharmacy*. Inoculations will be provided to those 60 and older who are members of BTSS or are Bloomfield Township Residents. The cost is \$210. Please check with your insurance provider in advance about possible coverage. Representatives from *Pontiac Trail Pharmacy* will be available to provide assistance with claims to your insurance carrier.

If you have had chickenpox, you are at risk for shingles. The older you get, the more you are at risk for long-term nerve pain. One out of two people who live to age 85 will have shingles. The first signs of shingles are itching, tingling and burning, followed by a rash of fluid-filled blisters. The blisters may take 2 to 4 weeks to heal.

**Pre-registration required.** Please call to make an appointment (248-341-6450).



## AARP DRIVER SAFETY PROGRAM

Wednesday, Oct. 10  
& Thursday, Oct. 11  
10:00 am – 2:30 pm  
(EDU03-D0701)

The nation's first and largest classroom refresher course geared especially to your safety needs will be available at BTSS. Learn defensive driving techniques, how to adjust to age-related changes in vision & hearing and get an insurance discount for taking the class. Class is a two day program.

Lunch not provided. Bring a bag lunch. Pre-registration and payment required. \$10 registration fee.

## DENTAL DISCOUNT & PRESCRIPTION DRUG CARD PROGRAMS

Tuesday, September 19 – 1:30 p.m.  
(EDU16-C0701)

Oakland County Commissioner, David Potts will be available at BTSS on September 19, 2007 at 1:30 p.m. to discuss two valuable programs provided through Oakland County. Pre-registration appreciated.

### Oakland County Discount Dental Program

Dental care is now more accessible through a new discount program provided through Oakland County. This is not an insurance program, but promises discounts on many services ranging from 20 to 50 percent on most dental procedures for a monthly fee of \$6.96 per month or \$69 per year through participating dentists. For more information or to register, go to [www.ocdiscountdental.com](http://www.ocdiscountdental.com) or call 866-498-7914.

### Oakland County Prescription Drug Card

The Oakland County Board of Commissioners has provided a new discount prescription drug card for any Oakland County resident. It is available to those who are uninsured or underinsured by their insurance plan, with an average savings of 20%. It can be used when prescriptions are not covered, even through mail-order purchases.

The card is available at **BTSS**, Bloomfield Twp. offices, the Bloomfield Twp. Library, and other county facilities. For more information, contact Diane at 248-341-6450.

## HOSPICE 101

Tuesday, October 9, 2007

1:30 p.m.

Would you like to have a better understanding of how hospice enhances quality of life for those with advanced chronic illness? *Hospice of Michigan* is a non-profit community based program that provides support for the whole family through emotional and spiritual support through chaplaincy and social workers, grief support, and a helping hand through volunteers no matter their age, diagnosis, or ability to pay. It's about *hope* for everyone!

Peggy O'Hare Vance from *Hospice of Michigan* will be available to discuss all the benefits of hospice. Call to register for this free program. (EDU17-D0701)

## *In Memoriam...*

*Deepest sympathies to the families and friends of:*

Betty Rice, Mary Jo Mularoni, Patrick Cogan,  
Irene Jarosz, Morris Weiss, Edna Mae Rush,  
Ruth Carr, Mercedes Lichtwardt, Larry Bischof  
Nettie Anderson and Russell Fisher



## BLOOD PRESSURE CHECKS

Certified volunteers are now available several times each month to check blood pressure.

Blood pressure checks will be taken the 2<sup>nd</sup> Monday, 3<sup>rd</sup> Thursday and 4<sup>th</sup> Wednesdays of every month from 11 a.m. until 12 noon. Stop in on one of these dates:

2 <sup>nd</sup> Monday	9/10	10/8	
3 <sup>rd</sup> Thursday	9/20	10/18	11/15
4 <sup>th</sup> Wednesday	9/26	10/24	11/28



## **CPR For Family and Friends**

(EDU06-D0701)

Friday, October 19

1 – 4 p.m.

*Don Bertucci*, BTFD *EMS Coordinator* will conduct a course in CPR at BTSS. It will cover adult, infant and child CPR, relief of foreign body airway obstructions (Heimlich Maneuver), and the signs and symptoms of heart attack and strokes.

*Class is free, but registration is required.* Limited class size. Call 248-341-6450.