



Bloomfield Senior Services Township

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

Summer 2007

PRSR STD
US POSTAGE
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BLOOMFIELD TWP
PERMIT NO 40

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



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National Senior Health & Fitness Day Wednesday, May 30 9 AM – 12 PM

Experts say even small increases in physical activity can promote better health.

Join over 150,000 people at 1,000+ locations to walk, dance, play and learn their way to better fitness and health.

- ◆ healthy breakfast (SEV06-B0701)
- ◆ blood pressure checks
- ◆ mini massages
- ◆ audiology screenings
- ◆ balance testing
- ◆ falls prevention presentation
- ◆ demos of yoga, t'ai chi, fitness balls & strength training

Learn what's available to you!

*** Healthy breakfast sponsored by ***

Birmingham-Bloomfield Audiology
Pre-registration required. Limited availability.
(SEV06-B0701)

Power & Benefits of Physical Activity can be Yours!

The power and benefits of regular physical activity are significant. They include:

- ◆ **Reduced risk of heart disease** by helping to control major risk factors such as high blood pressure and high cholesterol. Exercise can raise the "good" cholesterol (HDL) and lower blood pressure.
- ◆ **Reduced risk of developing diabetes.** The body uses insulin more efficiently, helping to control it in those who already have diabetes.
- ◆ **Improves the body's muscle-to-fat ratio** by building or preserving muscle mass, burning calories more efficiently.
- ◆ **Can increase bone density**, slowing bone loss – a major cause of fractures.
- ◆ **Greater strength and endurance** to stay independent longer.
- ◆ **Promotes psychological well-being**, reduced feelings of depression and anxiety and better sleep.
- ◆ **Helps to keep weight under control** – lowering the risk of some cancers.

Don't wait another day – sign up for one of our MANY exercise classes. There is a class for EVERY body and level of fitness. It's NEVER too late to start an active physical life. Experience how wonderful you can feel!

Christine's Comments

Dear Friends,

Adult Day Service (ADS)

Reaching the caregivers in need of respite and assistance through ADS is often the most difficult part of this new service. They are typically at their physical and emotional limits and don't have time to read the newspaper, let alone this newsletter. Can you act as an advocate for them? Educate yourself about this service; what is offered and who is eligible. You may see caregivers in your neighborhood, at worship services or in other circles that you move through daily. A kindhearted mention of available assistance could be just what they need to hear. The Services Supplement has important information and events related to ADS.

Building Update

Considerable thought and work have gone into the conceptual design of the new senior center. The new architects have offered a wonderful model that will be very functional and appealing. A ground breaking will be planned for this fall as we await design development, and most importantly cost estimates. We are determined that the project is within budget prior to any shovel going in the ground.

Services Supplement

This yellow section of our newsletter holds invaluable information about resources offered through BTSS and many other service providers. New this season is an opportunity for receiving the *Shingles Vaccine and a drive to collect personal care items for seniors in need* (see page 12 for details).

Christine Tvaroha

ctvaroha@bloomfield.org or (248) 341-6450

Special Thanks to our sponsors...



McMahon
AND ASSOCIATES, LTD



Housing & Consumer Resource Fair



Law Day Luncheon

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

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, May 28 (Memorial Day)
Wednesday, July 4 (Independence Day)
Monday, July 30 – Friday, Aug. 3 (Cleaning Week)
Monday, September 3 (Labor Day)

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 and check with your medical professionals about your participation. No refunds will be given for classes once they have begun. Call our office 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

May 17 – July 5 (FIT01-B0702) no class 5/28, 6/25, 6/28
July 9 – August 23 (FIT01-C0701) no class 7/30, 8/2

Mon / Wed 11:30 - 12:30 PM Shelley

May 9 - June 20 (FIT01-B0703) no class 5/28
July 2 – August 20 (FIT01-C0702) no class 7/4, 7/30, 8/1

Mon / Wed **EVENING HOURS** 6:30–7:30 PM Shelley

May 9 - June 20 (FIT01-B0704) no class 5/28
July 2 – August 20 (FIT01-C0703) no class 7/4, 7/30, 8/1

Tue/Thur 10 – 11 AM Lavon

May 15 – June 21 (FIT01-B0706)
July 10 – August 23 (FIT01-C0704) no class 7/31 & 8/2
August 28 – October 4 (FIT01-C0705)

Wed / Fri 8 – 9 AM Shelley

May 9 – June 15 (FIT01-B0707)
June 20 – August 17** (FIT01-B0710)
**no class 6/22, 6/27, 6/29, 7/4, 8/1 & 8/3

(⇒ See next column for more Strength Training Classes.⇒)

Wed / Fri 9 - 10 AM Shelley

May 9 - June 15 (FIT01-B0708)
June 20 – August 17** (FIT01-B0711)
**no class 6/22, 6/27, 6/29, 7/4, 8/1 & 8/3

Wed / Fri 10 – 11 AM Shelley

May 9 - June 15 (FIT01-B0709)
June 20 – August 17** (FIT01-B0712)
**no class 6/22, 6/27, 6/29, 7/4, 8/1 & 8/3

50+ Strength Training Open Hours

Must have successfully completed the instructional class. Self-supervised. Sign-in at office each visit.

(MAY-FIT02-B0702) (JUNE-FIT02-B0703) (JULY-FIT02-C0701)

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 4 classes Fee: \$32*

May 30, June 6, 13, & 20 (FIT12-B0701)

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 8 classes Fee: \$48*

May 2 – June 20 (FIT05-B0701)

July 11 – Sept 5 (FIT05-C0701) no class 8/1

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 8 classes Fee: \$48*

May 4 - June 22 (FIT06-B0701)

July 13 – Sept 7 (FIT06-C0701) no class 8/3

Pilates/Yoga Combo Instructor: Lavon Cook
 Certified American College of Sports Medicine
 Instructor will lead you through a series of 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
 May 22 - June 19 (FIT07-B0701) 5 classes Fee: \$30*
 July 10 – Sept 4** (FIT07-C0701) 8 classes Fee: \$48*
 **no class 7/31

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
 April 18 - May 30 (FIT03-B0701) 7 classes Fee: \$56*
 June 6 - June 27 (FIT03-B0702) 4 classes Fee: \$32*
No Tai Chi classes July & Aug., see you in September!

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 one of four major styles of Tai Chi. This style is particularly effective because it includes **fragile steps and exercises that may improve mobility.** In addition, the movements have higher stances, which make it easier and more comfortable to learn. 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 the aide of a video that is available for purchase at completion of program.
 Wednesday 6:30–7:30 PM 7 classes Fee: \$49*
 June 6 – July 25 (FIT11-B0701) no class 7/4

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: \$40*
 May 17 – July 5 (FIT08-B0702) no class 5/28, 6/25, 6/28
 July 9 - August 23 (FIT08-C0701) no class 7/30, 8/2

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

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: \$40*
 May 17 – July 5 (FIT09-B0702) no class 5/28, 6/25, 6/28
 July 9 - August 23 (FIT09-C0701) no class 7/30, 8/2

Fit/Card 10 classes \$45. Use with-in 3 months purchase.* (Purchased 4/1-6/30 FIT10-B0701; 7/1-9/30 FIT10-C0701)

Visionaire...the creation & exploration of art

Oils and Acrylics Instructor Karen Halpern
 Beginners and advanced students will 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*
 April 17 – June 12 (ART01-B0701) no class 5/8
 June 19 – August 21 (ART01-B0702) no class 6/26, 7/31

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 8 classes Fee: \$101*
 April 18 – June 6 (ART02-B0701)
 June 20 – August 29 (ART02-B0702) no class 6/27, 7/4, 8/1

*The decision to run a class
 may be determined days in advance
 of the start date. Others fill quickly.
 Don't miss participating in your favorite class.
 Don't delay register today!!*

Instructors/Volunteers Wanted!
 Bloomfield Township Senior Services is in search of individuals with special skills or a hobby they are willing to share! This is a great way to express your passion/insight for a particular topic with others. The format could be a onetime informal presentation to a defined class schedule – we work with you to develop what may be best.

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. All materials are included.*

Internet Search Tools

Learn to use various search engines and directories to locate specific information on the internet. Use key words to narrow a search on the internet. Make your searches less time consuming and more efficient!

(2) 2 hour classes **Wednesday 12-2 PM** Fee: \$49*
May 23 & 30 (COM16-B0701)

Excel

Create, edit and format data in a spread-sheet. Write/copy formulas, adjust column width, use auto sum, print preview and printing tips. Track investments, expenses, medical history and medication schedules!

(4) 2 hour classes **Wed 9:30-11:30 AM** Fee: \$95*
May 23, 30, June 6&13 (COM17-B0701)

Learn to burn CD's on you PC

A great tool, a must for all computer users!

(2) 2 hr classes **Fri/Wed 9:30-11:30 AM** Fee: \$49*
June 15 & 20 (COM10-B0701)

Envelopes & Labels

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 to your labels or envelopes and more!

(2) 2 hr classes **Friday 9:30-11:30 AM** Fee: \$49*
July 6 & 13 (COM11-B0701)

PC for Beginners

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

(4) 2 hr classes **Wed/Fri 9:30-11:30 AM** Fee: \$95*
July 11, 18, 25 & 27 (COM01-C0701)

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 9:30-11:30 AM** Fee: \$49*
August 8 & 15 (COM04-C0701)

E-mail

Set-up a free e-mail account with Yahoo! Learn to send, receive and forward mail. Create, send and open attachments and more.

(2) 2 hr. classes Fee: \$49*
July 11 & 18 (COM05-C0701) **Wed 12:00- 2:00 PM**
August 17 & 22 (COM05-C0702) **Fri/Wed 9:30-11:30 AM**

Internet Basics

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

(2) 2 hr classes **Wed/Thurs 12 - 2 PM** Fee: \$49*
August 22 & 30 (COM03-C0701)

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 **Wed/Fri 9:30-11:30 AM** Fee: \$49*
August 29 & 31 (COM13-C0701)

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*
Mon 9:30 - 11:30 AM **Thurs 1:15 - 3:15 PM**
June 11, 18, 25 & July 9 June 7, 14, 21 & 28
(COM06-B0706) (COM06-B0705)

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. **Separate checking account & credit card recommended just for PAYPAL.**

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

Mon 1:15 - 3:15 PM **Thurs 9:30 - 11:30 AM**
June 11, 18, 25 & July 9 June 7, 14, 21 & 28
(COM07-B0706) (COM07-B0705)

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-B0701) Fee: \$30*

Bridge Lessons Instructor: Eva Berk
Intermediate / Mondays 5 PM – 6:30 PM
 Students with bridge experience. On-going class, join anytime. 4 classes. Fee: \$40*
 June 11 - July 2 (EDU13-B0703)
 July 9 – Aug 6 (EDU13-C0701) no class 7/30
 Aug 13 – Sept 10 (EDU13-C0702) no class 9/3

Novice Duplicate/Wednesdays 5 PM – 7 PM
 It's played in clubs, leagues and back halls. Now it's here!
 Join this relaxed **non-competitive** novice game of Duplicate Bridge for **intermediate and advanced** players.
Drop-in program, pre-registration not required!
 "No master points."
 Fee: \$3

CLUBS

*** BTSS would like to know who is spending time with us. If you currently participate or are interested in any of the following clubs, please register for the club using the *code number. You can do this online or call the office and we'll do it for you. Thank you.**

(If number is shown, please call club contact to confirm monthly meeting)

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. **Everyone Welcome**

Current Events Mondays 10 - 12 NOON
 (* SOC03-07) Join in lively discussions of timely topics. **All welcome.**

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 10:30 Play begins 11 AM.

Poker Wednesdays (* SOC18-07)
 Play begins 10 AM

The Card Shoppe Shop Keeper: Arlene Pinkos
Workshop Friday, June 1 1 PM
 (* SOC13-07) Learn to make beautiful and clever cards out of recycled cards. Make 2 cards for yourself and 2 cards to sell in the card shoppe. It's all about fun & friendship

Gruppo Italiano - Italian Club (* SOC05-07)
 2nd Friday of every month. 10 a.m. – 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. Meeting June 8th, no meeting in July or August. More information, Angie Giffels 248-645-0958.

Scrabble Club (* SOC07-07) Calling all Word Freaks!
 1st Wednesday of the Month 12:45 PM
 Continues throughout Summer. All welcome! Bring a lunch and meet in the Tea Room. Just for FUN play.
 For info, call Madelyn Doerr @ 248-851-6093.

Book Club (* SOC06-07)
 1st 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. Contact: Madelyn Doerr @ 248-851-6093.

June 1 **Known World** Jones
 **No Book Club July & August, resumes in September

Tummy Trimmers "Discontinued" lack of interest!

Trendy Games Club Fridays 11 – 12 noon
 Volunteer Instructor: Joanne Carmichael
 (* SOC12-07) Would you like to learn to play Euchre or Pinochle? Never played euchre, haven't played in a long time? Joanne will teach you. If you play euchre, please join us for some friendly play. Drop in **No fee**



NEW!!!

Walking Club
 Tuesdays & Thursdays 9 AM
 (* SOC16-07)

Enjoy walking?? Join us for local walks around the BTSS neighborhood. Meet at BTSS.
 For more info call Sally @ 248-341-6450

Golf @ Glen Oaks – Open Golf-On-Your-Own
 (* SOC10-07) Call Pro Shop (248-851-8356) for days/hours. Located at 13 Mile Rd., West of Middlebelt.
 Cost: \$12/9 holes walking, \$19/9 holes riding, \$19/18 holes walking, \$29/18 holes riding.
 Glen Oaks invites you to participate in the Oakland County 55+ Senior Golf Tournament on Sept 14, (register @ golf course.)

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.

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.

Special Volunteer Needed for Blood Pressure Checks

BTSS is seeking volunteers to do blood pressure checks on the 2nd Monday & 4th Thursday of every month at 11:00 a.m. Individuals must have had some training which certifies them in this procedure (eg. MD, RN, LPN, EMT, Certified Nursing Aide, Certified Medical Assistant).

For information about BTSS volunteer opportunities, please contact *Joan Patzelt* at 341-6450.

Bloomfield Youth Guidance Needs Volunteer

The Bloomfield Youth Guidance Mentors Plus program seeks volunteers willing to spend as little as one hour a week with local children who need mentors. Mentors Plus is a prevention based program that matches "at risk" youth, ages 6 to 16, with a caring adult volunteer. For more information contact Bloomfield Youth Guidance at (248) 341-5680.

Thank you AARP Tax Aide Volunteers – The 2007 AARP Tax Aide program assisted 117 taxpayers through the efforts of: Bill Cornell * Yetta Davidson * Bill Freidinger * Joe Goldring * George Johnson * Rob Kleinberg * John Lilley * Harriet MacDowell * Ruth McNair * Bill Pitler * Steve Poth * Dennis Scheiber * Pragna Shah * Jyotsna Shah * Savilla Stokas * Carol Stencil * Jan Watkins * Mike Williams

Thank You for Your Donations*... John Redfield, Queenie Sarkisian, Howard Schaefer, Anne Sharako, Florence Sigler, Eleanor Whitson, Bill Wise, Beate Sturges, Anthony Cote, Dana Waterman

* 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 * 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 * Marjorie & Mario Trafeli * Maurice Vachon * Ginny Vincent * Elfriede & Frank Voeffray * Don Waples * Bill Warner * Harold Weiner * Joan & Dick Wells * Lynn Wert * Mona Wiig * Bill Williams * Clint Williams * Rasheeda Zafar



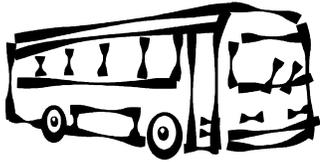
Volunteering is important to long and healthful lives.

Call Joan for more information - 341-6450.

Thank you volunteers! 525+ Hrs. in Feb.07-Apr.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 * Betty & Robert Janssen * Chitra Joshi * Mary Kelly * 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 * Roger Rice * Tom Richard * Jerry Rivard * Lynda Sandberg * Queenie Sarkesian * Marilyn Scheifele * Faith Scholl * John Scholl * Pragna Shah * Terry Sorrentino * Leo Steinl * 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.

Tigers vs Seattle @ Comerica Park WAIT LIST ONLY!
Thursday, May 10 (DAY16-B0701) 11 AM – 5 PM
 Dress for weather; sun-block & hat. Outfield box seats.
 BTSS Coach Fee: \$37*

"Abduction from the Seraglio" DOT WAIT LIST ONLY!
Friday, May 11 (DAY11-B0701) 8:30 AM – 3:45 PM
 By Amadeus Mozart. Lunch on own afterwards at The
 Whitney. BTSS Coach Fee: \$40*

Lunch & Movie @ The Palladium
Tuesday, May 15 (DAY05-B0702) 11 AM – 4 PM
 Begin with a delicious **buffet lunch (included)** with
 beverage and dessert. Then sink into a luxurious leather
 seat for a **private showing of "Georgia Rule,"** starring Jane
 Fonda. Enjoy **"free" popcorn and pop** during the movie.
 BTSS Coach Fee: \$26*

"Sisters of Swing: Story of the Andrews Sisters"
@ Meadow Brook Theatre WAIT LIST ONLY!
Wednesday, May 16 (DAY12-B0701) 11 AM – 5:30 PM
 Lunch is on your own before play at Papa Vino's.
 BTSS Coach Fee: \$59*

"Znaider Returns" DSO
Friday, May 18 (DAY13-B0701) 9 AM – 4 PM
 Last DSO performance of the season! You won't want to
 miss this impassioned interpretation of Brahms **Violin**
concerto, Siegfried's Idyll and La Mer's **The Sea**. Join us in
 celebrating the conclusion of another banner DSO season!
 Lunch on own after concert Fox & Hounds.
 BTSS Coach Fee: \$56*

Tuesday, May 22 (FUN03-B0701) 5:30 – 6:30 PM
 A personal favorite...it's so heartwarming to see young
 adults rolling out the red carpet for us and providing a nice
 dinner for all to enjoy. If you've never attended please join
 us for some good food and conversation. This fund raiser
 helps support BTSS nutrition programs. **Following dinner,**
"free" student concert (optional) 7 PM Fee: \$5

"Respect" Gem Theatre WAIT LIST ONLY!
Thursday, May 24 (DAY14-B0701) 11 AM – 5:30 PM
 A funny, exuberant look at the lives of women as reflected in
 music through-the-years from "Someone to Watch over Me"
 to "I Will Survive." **Lunch included before the play at**
The Century Grille @ the Gem.
 BTSS Coach Fee: \$59*

"City Light & Moonshine" Heartland Players
Wednesday, May 30 (DAY15-B0701) 10 AM – 3:30 PM
 Delightful **musical comedy** presented by well-seasoned
 talent of Sage Productions. **Song, music and dance**
 recreates the era of the '20s and '30s. Prohibition,
 gangsters, marathon dancers, country music and
 moonshiners. Enjoy music we can relate to and comedy we
 can enjoy. **Lunch before show, Included: Chicken lavash,**
salad, beverage and dessert.
 BTSS Coach Fee: \$28*

"When the Lights Come On" Purple Rose Theatre
Wednesday, May 30 (DAY19-B0701) 11:30 AM – 6 PM
 Written by a former football coach, this play **explores the**
high-stress world of coaching and the impact on the
women in the coaches' lives. Tommy Leonard needs to
 sign a brilliant new recruit to save his career. His new wife
 Jamie wants a baby. Surrounded by the insanity of the
 coaching world, it's hard to make the right call. **Lunch on**
own before play at the Common Grill.
 Luxury Motor Coach Fee: \$59*

*** NOTE: NEW DATE...STILL A FEW TICKETS**

Nunsensations Vegas Revue Meadow Brook Theatre
Wednesday, June 6 (DAY17-B0701) 10:45 AM– 4:30 PM
 The nuns from Hoboken are at it again, their doing their act
 in Vegas to secure a \$10,000 pledge from a parishioner. Did
 they clear it with the Pope? Oh no, close your eyes...**USA**
Today calls it "Hilarious, another sure winner!"
Lunch is on your own before the play @ TGI Friday's .
 BTSS Coach Fee: \$45*

Lasagna Dinner & Concert Lahser Student Council

Doppler National Weather Station
Friday, June 8 (DAY20-B0701) 9 AM – 3 PM

Potentially deadly weather impacts every American. Learn how the National Weather Service's **Storm Ready** program can help safe-guard our community. Don't miss the tour of this state-of-art national weather station. **Lunch on your own after the tour at Red Knapps.**
BTSS Coach Fee: \$12*

Franklin Garden Walk

Wednesday, June 13 (DAY18-B0701) 9:30 AM – 3:30 PM
Stroll back in time in the historical village of Franklin. Enjoy the fragrances of quaint gardens. **Tour 4 gardens, then enjoy a beautiful salad buffet luncheon** by the Franklin Garden Club (**included**) a tasty treat! Following the luncheon you'll **tour 2 more gardens**. To add a special touch to your whimsical day... there will be artists painting in the gardens.
BTSS Coach Fee: \$28*

Oakland County Forensic Lab

Thursday, June 14 (DAY21-B0701) 10:30 AM – 3:30 PM
Are you a CSI junkie? Tour Oakland's 3 million dollar Crime Lab. Meet Barbara Martin, Oakland County's well-know head sculptor. Barbara discovers identities of long-lost victims by applying clay to the victims' skull. Learn about crime scene investigation and how local experts solve crimes using the latest technology. **Lunch is on own before tour at the Lion's Den.**
BTSS Coach Fee: \$12*

Detroit Princess Riverboat

Thursday, June 21 (DAY22-B0701) 9:45 AM – 2:30 PM
Cruise the Detroit River with the power of a real paddle-wheel. Enjoy **live musical** entertainment and a **buffet lunch (included)** Turkey, vegetarian lasagna, mashed potatoes, cornbread casserole, assorted salads, green beans, corn, rolls, dessert, coffee and iced tea. **Luncheon served during cruise.** A lovely way to begin the summer.
BTSS Coach Fee: \$57*

Chamber Music Festival @ The Music Box DSO

Friday, June 22 (DAY23-B0701) 10 AM – 4 PM
Enjoy Zemlinsky's String Quartet No. 4, Johansen's Sonata No. 2 for Piano "Pearl Harbor", Ravel's, La Valse, for two Pianos and Shostakovich's Piano trio No. 2. This is a first time for the festival in the **new Music Box** at the Music Hall. It's sure to be an intimate and enchanting morning. **Followed by lunch on your own at the Old Woodward.**
BTSS Coach Fee: \$45*

IKEA Swedish Department Store

Tuesday, June 26 (DAY24-B0701) 10AM – 4 PM
Sign-up today. It's sure to be a sell-out. Be prepared to walk. Lots of European gadgets, it's everything you can

imagine and more. The food court has both American and Swedish food, be adventurous, try some Swedish treats. **Lunch is on own after shopping at Buffalo Wild Wings.**
BTSS Coach \$12*

Tigers vs Texas

Thursday, June 28 (DAY16-B0702) 11 AM – 5 PM
Take me out to the ball game! Make '07 the BEST season yet. **Lunch @ the Park included** your choice: **hotdog or pizza and a soda.** Dress for the weather in **outfield box seats; hat and cool, comfortable clothes, water bottle.**
BTSS Coach Fee: \$37*

"High School Musical" @ The Fisher Theatre

Thursday, July 5 (DAY03-C0701) 10:15 AM – 4:30 PM
Pre-Broadway Tour... don't miss it. This musical burst onto the stage with a soundtrack that climbed to the top of the billboard charts earlier this year, with great hits like "We're all in this Together!" Take a journey back to your high school days with all the crazy friends, fun and music. Created by Disney Theatrical Productions, this exciting up-beat play will leave you singing. **Lunch on own before play at Grand City Grill or the Deli it's your choice.**
BTSS Coach Deadline May11 Fee: \$89*

Cranbrook House & Gardens

Friday July 6 (DAY04-C0701) 10:45 AM – 3:30 PM
Enjoy a tour of the Cranbrook House followed by a whimsical tour of the gardens, it's an authentic glimpse of elegant living. Dress for weather, wear comfortable shoes. **Lunch on your own will follow at Brandy's.**
BTSS Coach Fee: \$18*

"Sea of Fools" Purple Rose Theatre

Wednesday, July 11 (DAY06-C0701) 11:30 AM – 6 PM
Set in the McCarthy era, this farce glimpses a company of actors who live in an elaborately-constructed fantasy world. As they mourn the passing of their leader, an undercover FBI agent infiltrates the funeral in the guise of a gossip columnist. The entire company freely admits to being "Commies," and when Elia Kazan joins the party, it's anyone's guess what that actually means. **Lunch on your own at the Common Grill before play.**
Luxury Motor Coach Fee: \$59*

Senior Showcase Macomb Center

Friday, July 13 (DAY07-C0701) 10:30 AM – 5 PM
Enjoy the combined talents of 90 Michigan Seniors as they grace the stage of the Macomb Center for the Performing Arts. Auditions were held earlier this year and only the best-

of-the-best were selected. There will be lots of great music and beautiful costumes. **Lunch on your own before show at your favorite The Aspen.**

BTSS Coach

Fee: \$24*

"Boat Week" @ Port Huron

Wednesday, July 18 (DAY01-C0701) 10 AM – 9:30 PM

Your day begins with **lunch (included)** overlooking the beautiful St. Clair River at **The Voyageur**. Be a part of a Great Lakes tradition; view the sailboats preparing for the Port Huron to Mackinac Race. Enjoy a **cruise on the Huron Lady II** on the Black, St. Clair Rivers and Lake Huron. Take an up close and personal **view of the sailboats as they arrive for the race**. There will be time for shopping in town, or strolling the waterfront and soaking up a little festival ambience. **Space is very limited, sign-up early.**

Luxury Coach

Fee: \$84*

"Miss Saigon" Huron Country Playhouse, Ontario

Thursday, July 19 (DAY02-C0701) Time: TBD

One of Ontario's most popular summer theatres, "Miss Saigon" tells the tragic tale of romance involving an Asian woman abandoned by her Soldier lover. The setting of the plot is the 1970's Saigon during the Vietnam War. It's a musical that takes you to the heights of the human spirit and touches the soul. **Main floor seating.** A **tasty chicken dinner (included)** with all the trimmings including dessert and beverage at the **Forest Golf & Country Club.**

Luxury Motor Coach

Fee: \$99*

Detroit News/Free Press Production Plant.

Friday, July 27 (DAY09-C0701) 10 AM– 4 PM

The goal of the tour is to offer an understanding of how a paper is born, from the tree...to your own front porch. There will be a walk through the massive facility to watch staff and machinery in action. This facility has just gone through a four-year \$177 million renovation. Lots of walking. **Lunch will be on own after at Café Mario, Troy.**

BTSS Coach

Fee: \$12*

Tigers vs. Tampa Bay Rays

Thursday, August 9 (DAY16-C0701) 11 AM – 5 PM

Come on out and support the home-town team! **Lunch @ the Park included** your choice: **hotdog or pizza and a coke.** Dress for the weather; hat; outfield box seats.

BTSS Coach

Fee: \$37*

WTVS/Channel 56 PBS

August 10 (DAY10-C0701)

11:45 PM – 5 PM

If you enjoy watching the Public Broadcasting Station you won't want to miss this opportunity to visit the station. See the station in action and meet the people who make it all happen. **Lunch will be on own before the tour at the Red Coat Inn.**

BTSS Coach

Fee: \$12*

Diamond Jack River Cruise

Wednesday, August 15 (DAY11-C0701) 10 AM – 4:30 PM

Last cruise of the season, 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) 9AM – 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-C0801) 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 tunnels though, 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 market at the Red Lobster.**

BTSS Coach

Fee: \$8*

Michigan State Fair 2007

10 Monday, August 27 (DAY14-C0701) 9 AM – 2:30 PM

The Michigan State Fair was established in 1849, it was the **1st 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.) 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**, followed by a self-guided tour 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. **Lunch is on your own at the zoo.**

BTSS Coach Fee: \$12*

"Hit Parade" Novi Theatre

Thursday, Sept. 6 (DAY18-C0701) 11 AM – 4:30 AM
Here's your chance to re-live the memories and excitement that have been, and always will be a Hit Parade. Swing and sway to the sounds of a live band. Reminisce with Frank Sinatra, Ethel Merman, and Judy Garland and how could we forget Jackie Gleason and the June Taylor dancers? **Luncheon included @ theatre.**

BTSS Coach Fee: \$29*

Around 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 hearth wall is similar to the walls of Donegal Castle, built with stones from 32 Irish counties. The owner personally imported the menus, as well. For those that prefer familiar foods there's steak, salmon, chicken, etc. **Lunch is on your own.**

BTSS Coach Fee: \$12*

Cranbrook House & Gardens

Thursday, Sept. 20 (DAY20-C0701) 10:15 PM – 3:30 PM
The centerpiece is the 1908 Booth House surrounded by lush greenery, fountains and works by Marshall Fredricks and Carl Mille. Start with a docent led tour of the Cranbrook House, followed by a lovely **Salad Buffet (included)** with ham, turkey or beef, with finger desserts and coffee or tea. After lunch there will be a guided docent tour of the gardens.

BTSS Coach Fee: \$36 *


The decision to run a class, trip or program may be determined days (some in less than weeks) in advance of the start date. Others fill very quickly.

The Grand Hotel Mackinac Island

Don't delay; register today!!

Saturday, September 29 - Tuesday, October 2 (EXT01-C0601)
your favorite class, trip or program!!

The fantasy begins...with a ferry ride to Michigan's crown jewel, "Mackinac Island." Spend 3 days at the regal Grand Hotel, enjoy fine dining as the Grand Hotel Orchestra plays, then retire each evening to luxury accommodations. It's all here **great food, garden lectures, history talks, movies, dancing to a live band, teas, island tours, bike rides, and lots more. All-inclusive...no tipping.** Not to mention ½ off shopping galore. See the Island without the summer crowds and enjoy the **fall colors, too!** Treat yourself to a leisurely vacation...come to play or relax.

Only 9 rooms left, sign-up today!

Brochure available in the office.

For more information, see Sally.

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

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

Getting To Know You 1 – 2:30 PM

June 19 (SEV03-B0702) August 14 (SEV03-C0701)
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!

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



SHINGLES VACCINE AVAILABLE AT BTSS MAY 30TH

The shingles vaccine will be available at BTSS on Wednesday, May 30 from 9 AM to 1 PM. The *Greater Oakland VNA of Waterford*, in cooperation with Farmer Jacks, will provide the inoculations. The cost is \$190. Please check with your insurance provider in advance about possible coverage. Representatives from Farmer Jack 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.

Please call to make an appointment (248-341-6450).

07-08 MEMBERSHIP DRIVE

It's time to renew your BTSS Membership. Enjoy class & trip discounts! Receive first class mailing of your newsletter! Call BTSS if you need assistance.

Bloomfield Township Residents: Please complete a profile and also register for class: MEM01-B0701. Membership is free to you.

Outside of Bloomfield Township: You may register by phone or online. Please complete a profile and also register for class: MEM02-B0701. \$30 per household.

Still working? Busy during the day?

BTSS offers a variety of evening classes.

Check out these offerings:

- **50+ Strength Training** (pg. 3)
(Monday/Wednesdays, 6:30 - 7:30 p.m.)
- **Tai Chi from Arthritis Foundation** (pg. 4)
(Wednesdays, 6:30 - 7:30 p.m.)
- **On the Ball (Stability Ball Training)** (pg. 3)
(Wednesdays, 5 – 6 p.m.)
- **Intermediate Bridge** (pg. 6)
(Wednesdays, 5 – 6:30 p.m.)



CALLING ALL BASKETBALL & VOLLEYBALL PLAYERS!!



BTSS and BHSR Recreation are working together to make daytime basketball and volleyball available to 50+ players. Please register on one or both interest lists. You will be contacted as information becomes available.

Basketball (SOC19-07)

Volleyball (SOC20-07)

PERSONAL CARE ITEMS DRIVE

BTSS is hosting a **Personal Care Items Drive** during the month of **July** for *Citizens for Better Care (CBC)*.

CBC is a non-profit people call when their loved ones are neglected, abused or forgotten in long-term care facilities. When visiting a facility, CBC often sees seniors who have no immediate family. They are very lonely and need small items that family members often provide.

BTSS will collect small personal care items for CBC who will distribute as needed. Items might include – **skin cream, perfume, cologne, brushes, combs, hair clips, and any other small items that can be used by seniors.** A drop-off container will be available in the office throughout July. For more information call Diane.

Special Volunteer Needed for Blood Pressure Checks



BTSS is seeking volunteers to do blood pressure checks on the 2nd Monday and 4th Thursday of every month at 11:00 a.m. Individuals must have had some training which certifies them in this procedure (eg. MD, RN, LPN, EMT, Certified Nursing Aide, Certified Medical Assistant).

For information about BTSS volunteer opportunities, please contact *Joan Patzelt* at 341-6450.

Support Services Supplement

Bloomfield Township Senior Services

7273 Wing Lake Road, Bloomfield, MI 48301

Phone: 248-341-6450 Fax: 248-341-6459 Web: www.bloomfieldtwp.org

Summer 2007

Bloomfield Township-Adult Day Service (ADS) Now Open and Accepting Members

“Friendship Club”

Fostering Pleasant Moments and Peace of Mind



Adult Day Service is a community-based, therapeutic program designed to provide care for frail elders with memory impairment with a focus on safety and maintaining abilities.

Program services offer a full complement of social, recreational, and therapeutic activities based on the individual members' interest and ability. Supporting our members with:

Art Therapy

Music Therapy

Reminiscence Therapy

Exercise & Physical Activities

Cooking & Baking

Pet Therapy

Community Outings

Work-life Skill Activities

Intergenerational Programs

Religious/Cultural Programs

Gardening & Outdoor Activities

Additionally, the Program Provides:

- Continental Breakfast, Hot Lunch, and Nutritious Snacks
- Assistance with activities of daily living (ADLs) (eating, grooming, toileting, ambulating, and bathing)
- Counseling & Support for members provided by a licensed Social Worker

Caregiver-Family Services:

Besides providing that much needed respite, the ADS program supports our families with:

- Caregiver counseling and support
- Caregiver resource and community referral information and assistance
- Monthly caregiver support group meetings

For More Information Please Contact:

*Terri Ann Liller, M.B.A., Program Coordinator
Bloomfield Township Adult Day Service - “Friendship Club”
2222 Franklin Road, Ste. 200, Bloomfield Hills, MI 48302
Phone: (248) 335-2813 Email: tliller@jvs*

BTSS ADULT DAY SERVICE ("The Friendship Club")



CAREGIVER SUPPORT GROUP

A Caregiver Support Group meets at the *Friendship Club* the **second Tuesday of the month** from 2–4 p.m. The group is co-sponsored by the Alzheimer's Association. Upcoming meeting dates are:

June 11th
July 9th
August 14th

Please RSVP your attendance by calling Cathie Yunker at 248-335-2813. If you are in need of respite services during the meeting, please let her know when you call.

"FRIENDSHIP CLUB"
Bloomfield Township Senior Services
Adult Day Service
2222 Franklin Road
(North of Square Lake on west side of street)

*Fostering pleasant moments....
and Peace of Mind*

BTSS Adult Day Service Volunteer

Volunteers are being recruited to assist at the BTSS Adult Day Service. The ADS offers enrichment activities to memory impaired individuals, who are in need of a structured setting while their family members are at work or require respite time.

Volunteers will be directly involved with the program participants. The BTSS Adult Day Care is open weekdays (8:30 AM – 4:30 PM). Training will be scheduled. Call Joan Patzelt, Volunteer Coordinator for more information (248-341-6450).

Adult Day Service Wish List

Please contact the ADS @ 248-335-2813 to arrange for drop off.

piano	small throws
toss pillows	small foot stools (2-3)
stuffed animals	4-6 large out-door pots
planting soil	annuals—flowers
tea cups	tea pots
hair dryer	curling iron
fabric remnants	modeling clay
card stock paper	beads & wire
yarn	knitting & crochet needles

books: humor, sports, the arts, poetry, travel, bibliographies
music CDs: from the 1940s - 1970s and musicals, classical,
jazz, early rock & roll (50s & 60s)
movies (DVDs): musicals, travel, comedy, adventure



Library Books and Audio Tapes Mailed to You!

The Baldwin Public Library, in partnership with the Bloomfield Township Public Library, provides library books and audio tapes to homebound seniors in the Bloomfield Township area who have a library card for either library.

Books will be mailed to your home and are returned in the same package, postage free. To receive books, please contact Sarah Ormond at the **Baldwin Public Library**, at 248-647-1700 or the **Adult Services Desk** at 248-554-4650.

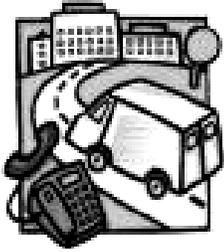
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BTSS will collect small personal care items for CBC to distribute as needed. Items might include – **skin cream, perfume, cologne, brushes, combs, hair clips, and any other small items that can be used by seniors.** A drop-off container will be available in the BTSS office. For more information call Diane.

TRANSPORTATION SERVICES



A number of transportation options are available to BTSS members and/or residents of our service area. For more information about all these options, please contact Diane Socier, Outreach Coordinator at 341-6450, 12 - 4 p.m. Mon-Friday

≈ 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

May 17 & 29

June 12 & 27

July 12 & 25

August 8 & 22

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 –

June 4 – The Hospital Maze

July 2 – 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).



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.

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

Jan McHale	248-858-7443
Global Care Services	248-588-9683

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

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.

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 & 10 a.m. for a friendly conversation. Please call Diane Socier at 248-341-6450 for information.

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.

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.

ICE – In Case of Emergency

Put ICE in your cell phone and make it easier for emergency personnel to contact loved ones in case of an emergency.

Make a new entry with the word "ICE" followed by the name of the person you want called. Make sure your emergency contact knows your medical history.

FROM: Oakland County Emergency Response and Preparedness



SHINGLES VACCINE AVAILABLE AT BTSS MAY 30TH

The shingles vaccine will be available at BTSS on **Wednesday, May 30 from 9 AM to 1 PM**. The *Greater Oakland VNA of Waterford*, in cooperation with Farmer Jacks, will provide the inoculations. The cost is \$190. Please check with your insurance provider in advance about possible coverage. Representatives from Farmer Jack 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.

Please call to make an appointment (248-341-6450).

New Use for Unused Medical Supplies

Don't throw away unused medical supplies and equipment! Barbara Stone (248-592-1327), a local contact for *World Medical Relief*, will pick up small unopened items, such as medications and supplies.

If you have any large items, please call the *World Medical Relief - Detroit office* at 313-866-5333.

In Memoriam...

Deepest sympathies to the families and friends of:

Anna Mickel, David Porter and Ginnie Sharpe