



# Bloomfield Senior Services Township

7273 Wing Lake Rd. Bloomfield Hills MI 48301-3772

Phone: (248) 341-6450 Fax: (248) 341-6459

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

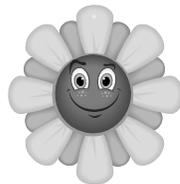
Summer 2008

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

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## Bloomfield Horticultural Society

*BTSS is proud to announce the  
blooming of its newest club –*

### ***Bloomfield Horticultural Society.***

*It's devoted to the art and science of  
plants. If you like to dig in the dirt,  
grow flowers or vegetables, or favor  
container gardens, there is much to  
learn, share and enjoy.*

*Join our 1st event we'll meet at:*

### **Plant Exchange & Rouge Rescue**

@ E.L. Johnson Nature Center  
3325 Franklin Rd.

Saturday, June 7<sup>th</sup> 9 – 12 Noon  
(SOC23-B0801)

*(Please register so we know to look for you!)*

☼ Trade your excess plants, increase variety in your garden, have fun talking dirt.

☼ All ages, explore the head-waters of Rouge River, enjoy the Nature Center through service projects and lessons on Benthic Macroinvertebrates (bugs) living in bottom of the river. Get involved, have fun!

☼ Stop by the exchange; learn about all the opportunities for members of our club.

☼ **FREE organic compost! Bring your own containers!**

Not gardening any more? Consider joining our group for **garden trips** and fun activity.

**Register for the interest list (SOC23-08).**

**For more info call Sally at 341-6450.**

## **Fitness Day 2008**

*...renew your commitment to a  
healthy lifestyle!*



**Wednesday, May 28th**

**9 AM – 2 PM**

(SEV06-B0801)

**Curious about classes? Try these:**

- |                       |               |
|-----------------------|---------------|
| ★ Strength Training   | ★ Tai Chi     |
| ★ On the (Fit) Ball   | ★ Feldenkrais |
| ★ Chair Exercise      | ★ Pilates     |
| ★ Low-impact Aerobics | ★ Yoga        |

***Fitness testing by Oakland U. Students,  
Free mini massages,***

***Door prizes & healthy snacks, too!***

To help in planning, please pre-register or get a free pass from an instructor.

***3 key principles for good brain exercise:  
Novelty, Variety & Constant Challenge!***

## **Esperanto**

**June 5<sup>th</sup>, 2008 11:00 AM**

For 120 years, Esperanto has been used in over 100 countries, as the global 2<sup>nd</sup> language it was created to be.

Sherry A. Wells, will present this amazing, easy to learn language. You can use it in Europe Canada, Brazil and even Transylvania! Helpful while traveling or emailing around the world.

**Register for refreshments. (EDU29-B0801)**

## Christine's Comments

### Mail Survey - help direct how we can best serve you

New survey of 50+ residents starts this summer. It will be a random sampling; approximately 1 in 4 households will receive it. We set a record response rate of 26% back in 2006 and hope to match it this year. Please send us your thoughts!

### Building Update

We had a great response to the Ground Breaking ceremony and Senior Service was very well represented there. You can keep up to date with the building developments when you visit the center, by going to the Township website [www.bloomfieldtwp.org](http://www.bloomfieldtwp.org) or by driving along Andover road, south of the high school. The foundations are being poured as this is being written!

### Who are caregivers?

Those who are supporting elders are not likely to identify with the term - but still need information and assistance to be effective.

Please join the **Caregiver Forum** to learn about programs and services available to you. Topics include: "Caregiver 101," *Short-term Respite* and *Adult Day Service*. Respite care, mini-massages and a light meal included. The Forum will be held at 2222 Franklin Road, Bloomfield Township. These are identical events which occur on the following dates:

Wednesday, May 21, 1-3 PM

Thursday, May 29, 5:30 -7:30 PM

Register by calling 248.341.6450

### New Program Partners

BTSS joins the effort to enhance health in MI with Walk Michigan! We are also kicking off the new Horticultural Society with multiple opportunities, and we thank business partners Goldner-Walsh Nursery and A. J. Desmond & Sons for their support!

*Christine Tvaroha*

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

### Our thanks to...

2008 Housing and Consumer Resource Fair Sponsors



**Register for 2008!** BTSS membership registration online, in person or by phone: 248-341-6450.

**MEM01-B0801** - Bloomfield Township residents\*, no fee.

**MEM02-B0801** - Non-Township residents, \$30 per household.

(\* If you previously registered as a BTSS Member, your membership has been renewed for 08-09. In doubt, please call us at 248-341-6450 to confirm.)

## 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/seniors](http://www.bloomfieldtwp.org/seniors)

### 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, Trips Coordinator/Driver

### BLOOMFIELD TOWNSHIP BOARD

Dave Payne, Supervisor

Janet Roncelli, Clerk

Dan Devine, Treasurer

David Buckley, Trustee

Neal J. Barnett, Trustee

Leo C. Savoie, Trustee

Gregory C. Jamian, Trustee

### BTSS ADVISORY COUNCIL

Steve Eskoff, Chairman

Al & Donna Artzberger

Shirley Colten

John & Janice Bellefleur

John Conti

Gus & Gladys Cifelli

Maxine Davison

Julie Eskoff

Don Foehr

Marie Gemmel

Victor & Suzanne Goldstein

Tony Klemer

Elizabeth Mahoney

Tom & Ginnie Richard

Ron Stinson

Peggy Todd

### BTSS will be closed on:

Monday, May 26 (Memorial Day)

Friday, July 4 (Independence Day)

Monday, September 1 (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**
- Availability of prorated fee for classes that have already begun based upon capacity and instructor approval

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

## FITNESS

### 50+ Strength Training

Instructors: Shelley Rubinstein & Lavon Cook

Certified Exercise Specialist's 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  
June 16 – July 31 (FIT01-B0816) no class 6/30, 7/3

Mon / Wed 11:30 - 12:30 PM Shelley  
June 16 – July 30 (FIT01-B0817) no class 6/30, 7/2

Mon / Wed *EVENING HOURS* 6:30–7:30 PM Shelley  
June 16 – July 30 (FIT01-B0818) no class 6/30, 7/2

Tue / Thur 10 – 11 AM Lavon  
June 3 – July 10 (FIT01-B0819)  
July 15 – Aug 28 (FIT01-C0801) no class 8/5, 8/7

Wed / Fri 8 – 9 AM Shelley  
May 30 – July 16 (FIT01-B0820) no class 7/2, 7/4

Wed / Fri 9 - 10 AM Shelley  
May 30 – July 16 (FIT01-B0821) no class 7/2, 7/4

Wed / Fri 10 – 11 AM Shelley  
May 30 – July 16 (FIT01-B0822) no class 7/2, 7/4

### 50+ Strength Training Open Hours

Must have successfully completed the instructional class. Self-supervised. Sign-in at office each visit.  
(MAY-FIT02-B0802) (JUNE-FIT02-B0803) (JULY-FIT02-c0801)

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	11:30 - 4:00 PM
Friday		11:30 - 4:00 PM

***NEW!!!*** On the Ball Instructor: Shelley Rubinstein  
Class involves; sitting on the ball & lying on the ball 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. Bring your own ball, ball size recommendations in office.

Wednesday 5 – 6 PM 6 classes Fee: \$48\*  
April 30 – June 4 (FIT12-B0801)

Hatha Yoga Instructor: Lavon Cook  
Emphasis on alignment and flexibility. Increase lung volume, reduce tension, improve your energy, strength, and well-being. Seated breath awareness and relaxation. Comfortable clothing; mat, small pillow water & towel.

Wednesday 9 – 10 AM 8 classes Fee: \$56\*  
July 2 – August 27 (FIT05-C0801) no class 8/6

Healthy Back Yoga Instructor: Lavon Cook  
Learn back care. Good 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.  
Fridays 9 – 10 AM

May 9– June 27 (FIT06-B0801) 8 wks Fee: \$56\*  
July 11 – Aug 29 (FIT06-C0801) 7 wks. Fee: \$49\*  
no class 8/8

Pilates/Yoga Instructor: Lavon Cook  
Certified American College of Sports Medicine  
Pilates exercises and yoga postures focusing on strengthening your back while firming your abdominals—the core of your body. Improves posture, alignment, muscle tone, joint mobility and flexibility. Leave class feeling invigorated, yet relaxed. Bring mat, small pillow and water  
Tuesday 11:30 – 12:30 PM 8 classes Fee: \$56\*  
July 1 – August 26 (FIT07-C0801) no class 8/5

Pilates NEW EVENING CLASS Instructor: Lavon Cook  
Focusing on strengthening abdominals—the core of your body. Medical professionals recommend program for stress reduction & improved joint functioning. Leave class feeling invigorated, yet relaxed. Bring mat, small pillow and water  
Mondays 6:30 – 7:30 PM 6 classes Fee: \$54\*  
June 2 – July 7 (FIT16-B0802)  
July 14 – Aug 25 (FIT16-C0801) no class 8/4

**Tai Chi Chuan** Instructor: Han Hoong Wang  
**Yang Style World Master Instructor**, this Chinese exercise improves balance and flexibility. Strengthens the muscle skeletal system through isometric exercises of the legs and increases oxygen to the cells and tissues. Reduces mental and physical stress, while **exercising your brain**. Begin your **journey to better health and well-being**.

Wednesdays 10:15 – 11 AM 7 classes Fee: \$56\*  
*Returns in the fall, have a peaceful summer.*

**Easy Does it** Instructor: Shelley Rubinstein  
Seated exercise improves circulation, flexibility, muscle strength and reduces stress in a fun, 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 AM 12 classes Fee: \$45\*  
June 16 – July 31 (FIT08-B0802) no class 6/30, 7/3

**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\*  
June 16 – July 31 (FIT09-B0802) no class 6/30, 7/3

*Fit/Card 10 classes \$50\*. Use within 3 months purchase.*  
(Purchased 4/1-6/30 FIT10-B0801, 7/1-10/31 FIT10-C0801)

### **Feldenkrais**

Does your back hurt? Have you stopped participating in activities you used to enjoy? Feldenkrais classes teach movements that can soothe pain. This gentle exercise program can help you deal with chronic pain, diabetes and sleep disorders while improving your over-all well being.

Free class on Wednesday, May 28 at 11:15 AM – 1 PM  
Register for Interest List FIT17-08

### **VisionaireArts...the creation & exploration of art**

*Award winning artist Karen Halpern, is nationally recognized for her watercolors. Her work has been exhibited in museum and gallery exhibitions throughout the U.S. and in private and corporate collections in the U.S. and abroad.*

**Creative Watercolor** Instructor Karen Halpern  
Explore the satisfying experience of painting with watercolors. All levels of students, beginners through advanced are welcome. Painting techniques, skills, color

theory and design principles, perspective, and proportion are interwoven as you explore varied subjects and styles. Develop your work in a supportive, low-key and individualized environment. Paint at your own pace.  
**Supply list available at BTSS Office.**

Wednesday 1:30- 3:30 PM 9 classes Fee: \$114\*  
June 11 – August 13 (ART02-B0802) no class 8/6

**Oil & Acrylic Painting** Instructor: Karen Halpern  
Painters of all levels, beginners through advanced, will learn basic painting skills and work at their own level. Students work with their choice of oil or acrylic paints with individualized instruction, while learning about materials, techniques, perspectives, proportions, composition and color theory. Varied painting subjects are explored as you paint at your own pace in a relaxed and supportive atmosphere. **Supply list available at BTSS Office.**

Tuesday 1:30–3:30 PM 9 classes Fee: \$114\*  
June 17 – Aug 19 (ART01-B0802) no class 8/5

**Drawing Basics** Instructor: Karen Halpern  
Find personal fulfillment, and relaxation, as you learn to see the world through new eyes. Noted Bloomfield Hills artist, Karen Halpern, introduces methods and information which help you to competently draw varied subjects using varied basic materials. Instruction on shading, composition, proportions and perspective. Individualized attention, supportive, relaxed atmosphere. Good introductory class for individuals wanting to try painting in the future. **Supply list available at BTSS Office.**

Mondays 1:30 – 3:30 PM 8 classes Fee: \$101\*  
June 16 – August 18 (ART03-B0802) no class 7/7, 8/4

### **BASIC COMPUTER & INTERNET INSTRUCTION** Micro Techniques, Inc. Instructor: Valerie Sinclair



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

### **PC for Beginners**

Slower paced course will assist students with fundamental computer skills, proper keyboard and mouse usage. Learn computer terminology and tips on purchasing equipment. Introduction to word processing using MS Word. Learn to create, save and retrieve documents.

(4) 2 hr classes 9:30 – 11:30 AM Fee: \$123\*  
May 23 – June 13 (COM01-B0803) Fridays  
June 6, 9, 20 & 23 (COM01-B0802) Friday Monday

### MS Word I

Learn essentials of word processing using MS Office. Topics include keyboard and mouse commands/shortcuts; use of toolbars; menus and dialog boxes. Create documents and learn difference between Save and Save as; open existing documents from various storage locations and then learn the basics of editing text plus much more! Requires some prior computer experience.

(4) 2 hr classes 12 – 2 PM Fridays Fee: \$123\*  
May 23 – June 13 (COM02-B0803)

### MS Word II

Extend your capabilities with Word using Text Enhancements, add clip art; resize and crop graphics; headers & footers, utilize spell check and grammar tools; set-up margins; tabs; printing options; cut; copy; paste and many other powerful tools in Word. Requires Word I class, or knowledge of Word I prior to class.

(4) 2 hr classes 9:30 – 11:30 AM Mon/Fri Fee: \$123\*  
August 11 – 22 (COM15-C0801)

### NEW!! MS PhotoStory

Not sure what to do with all the family, graduation, wedding and anniversary pictures on your computer, CD's and digital cameras? This class is for you! Create a picture story with music, slide transitions and special effects for play back on your computer. Includes how to **download** this application from Microsoft's website **FREE**.

(2) 2 hr classes 12 – 2 PM Wed/Fri Fee: \$63\*  
May 14 & 16 (COM13-B0802)  
July 9 & 11 (COM13-C0801)

### Internet Basics

Learn how to access the World Wide Web. Instruction will include customizing your home page and learning to create "bookmarks" for your frequently visited pages. Surf the web using links, customizing viewing preferences and discuss internet security issues.

(2) 2 hour classes 12 – 2 PM Tues/Thurs Fee: \$63\*  
May 27 & 29 (COM03-B0802)  
July 1 & 3 (COM03-C0801)

### Internet Search Engines

Are you wasting valuable time looking for topics, people & places on the Internet? Learn to use various search engines and directories to locate specific information/topics on the Web. Class will cover key words & narrow searches using specific search rules.

(2) 2 hr classes 9:30 – 11:30 AM Fee: 63\*  
May 27 & 29 (COM16-B0801) Tues/Thurs  
July 11 & 14 (COM16-C0801) Fri/Mon

### E-mail & More

Keep in contact with your children, grandchildren and friends! Create a free e-mail account using Yahoo! Mail. Learn to send and open your e-mail messages, construct your e-mail address book, edit contacts, use spell check, send and open attachments. There will be general discussion regarding e-mail security options and monitoring spam/junk mail.

(2) 2 hr. classes Fee: \$63\*  
May 14 & 16 (COM05-B0801) Wed/Fri 9:30-11:30 AM  
Aug 11 & 15 (COM05-C0801) Mon/Fri 12 – 2 PM

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

Learn about various types of CD media; what to look for when purchasing music and data CD's. How to gather photos and documents to be "burned" (copied) with CD burning software programs. Great tool to save files, folders and pictures! Learn to "burn" a CD as part of the class activities.

(2) 2 hour classes 12 – 2 PM Fri day Fee: \$63\*  
Aug 22 & 29 (COM10-C0801)

### File Management

Can't find documents you saved somewhere on your computer? Create folders, organize, copy, cut, paste, and delete documents using Microsoft Explorer. Learn to zip and unzip files, place a shortcut for a file or document on the desktop, restore deleted items from the recycle bin and utilize maintenance tools. Definite must for ALL users.

(2) 2 hr classes 12 – 2 PM Fri/ Mon Fee: \$63\*  
June 27 – June 30 (COM04-B0802)

### Envelopes, Labels & More

Use the power of MS Word (Word Processing) to make the job of creating mailing labels and envelopes quick and easy! Create a single address label, make a page of return labels, create an address to list to print labels for specific individuals and add graphics to envelopes and labels. Requires knowledge of MS Word prior to class.

(2) 2 hr classes Fee: \$63  
July 1 & 3 (COM11-C0801) Tues/Thur 9:30-11:30 AM  
Aug 18 & 25 (COM11-C0802) Monday 12 - 2 PM

**eBAY INSTRUCTION**  
**See page 6.**

**Instructor: Judy Domstein**

### KEYBOARDING

**Instructor: Yetta Davidson**

This course is designed to enable you to develop a basic "touch typing" skill with the use of the computer.

**Tuesdays 4 classes 1 – 3 PM Fee: \$38\***  
*Returns in September*

**eBAY INSTRUCTION** Instructor: Judy Domstein

Intro to eBay

Navigate eBay, as a seller and/or shopper. Learn the basics and continue to be more advanced. Every session is unique. **Work on your own account in class**; learn how to sell treasures on eBay. **Work on an auction in class.** For experienced computer/email users.

(4) 2 hour classes Tues Fee: \$120\*

June 3–June 24 (COM06-B0805) Tues 9:15 – 11:15 AM

June 5–June 26 (COM06-B0806) Thurs 12:30 – 2:30 PM

June 5–June 26 (COM06-B0807) Thurs 9:15 – 11:15 AM

July 29–Aug 26 (COM06-C0801) Tues 9:15 – 11:15 AM  
no class 8/5

July 31–Aug 28 (COM06-C0802) Thurs 9:15 – 11:15 AM  
no class 8/7

July 31–Aug 28 (COM06-C0803) Thurs 12:30 – 2:30 PM  
no class 8/7

Drop-in eBay – Glitches, problems & more

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

(1) 1 hour session Fee: \$25\*  
(Purchased 4/1-6/30 COM12-B0801; 7/1-9/31 COM12-C0801)

**BRIDGE LESSONS** Instructor: Eve Berk

Intermediate Bridge 5 PM – 6:30 PM

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

May 19 – June 9 (EDU13-B0802)

June 16 – July 7 (EDU13-B0803)

July 14 – August 18 (EDU13-C0801) no class 8/4

Beginner Bridge

4 classes Wednesday Fee: \$40\*

Returns in September

**CLUBS. . . Newcomers welcome!**

\* If interested in any club call contact listed, or check with the BTSS Office @ 248-341-6450 for more info

Current Events Mondays 10 - 12 NOON

(\* SOC03-08) Join in lively discussions of timely topics.

Lapidary Group Tuesdays/Thursdays 10–2 PM

(\* SOC17-08) Learn to process rocks and gemstones for the creation of art and jewelry. Informal instruction in beading/stain glass. Supplies and equipment available.

Pool (Billiards) Tuesdays & Thursdays 1– 4 PM

(\* SOC02-08) All levels of skill are welcome. No experience required. Two tables available, join a great group of guys.

Bridge Mondays/Fridays

(\* SOC04-08) Tables assigned 11:00; Play begins 11:30

Poker Wednesdays

(\* SOC18-08) Play begins 10:00

Euchre & Pinochle Club Fridays 11 AM – 12 PM

(\* SOC24-08) Just for fun play. For info call 248-624-1903.  
Volunteer Instructor: Joanne Carmichael

Scrabble Club 1st Wednesday of Month 12:45 PM

(\* SOC07-08) Calling all Word Freaks!

All welcome! Bring a lunch and meet in the Tea Room.  
Just for FUN play. Madelyn Doerr @ 248-851-6093.

The Card Shoppe Shop Keeper: Arlene Pinkos

(\*SOC13-08) Card workshop (TBA)

Questions call Sally @ 248-341-6450.

Gruppo Italiano - Italian Club

2<sup>nd</sup> Friday of the month. 10 AM – 12 NOON

(\* SOC05-08) Everyone welcome. Explore the sights of Italy, informal discussions on the arts and history. Sponsored by the Michigan Chapter of the Dante Alighieri Society. More info, Angie Giffels 248-645-0958.

Book Club 1<sup>st</sup> Friday of the month 10 - 11:30 AM

(\* SOC06-08) Everyone welcome, please join us for a stimulating book talk. Books on loan Bloomfield Twp. Library service desk. Contact: Madelyn Doerr @ 248-851-6093.

June 6 "For Whom the Bell Tolls" Lee

No Book Club in July & August resumes in September

Science Fiction or Mystery Book Club

(\*SOC22-08) Interested?...please email or call Sally at sbanks@bloomfield.org or 248-341-6450.

Golf @ Glen Oaks – Open Golf 62+

13 Mile Rd. West of Middlebelt (pay @ course)

M-F, Senior play until 3 pm. Call pro shop in advance to confirm play. Phone 248-851-8356.

**TRY SOMETHING NEW ... (classes for every interest)**

"Learn to Skate" Classes @ Detroit Skating Club

(For start date call DSC) 11 - 12 noon

Professional instructor teaches in a positive atmosphere.

9 weeks Skate rental available Fee: \$118

Registration at DSC (248) 332-3000 ext 115

## VOLUNTEER OPPORTUNITIES

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

Meals are delivered in the morning, Monday through Friday. Volunteer drivers generally deliver meals once a month on a set schedule.

### ***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.

### ***New Driver Position "Errands Shopper"***

According to AARP polls, almost 9 in 10 Americans over the age of 60, wish to remain in their own homes and community. BTSS currently offers services like HDM, Medical Transportation and Telephone Reassurance to make "aging in place" safe and affordable for our elderly residents. To further this effort we are adding a new volunteer driver position "Errands Shopper" to assist non-driving elders with their local grocery shopping and errands. The time commitment is planned for a 2 hour visit once a month. Schedule is flexible and can be worked out between client and volunteer as to day and time trip are made utilizing the volunteer's vehicle.

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

Office Volunteers answer phones, direct calls, greet visitors, take registrations for trips and programs using Internet based registration software and help the staff with miscellaneous assignments. Potential Office Volunteers should have some familiarity with word processing, multi-line phone systems and basic Internet search functions. Office Volunteers work either 9 AM –12:30 PM or 12:30–4 PM Monday through Friday, weekly or once a month.

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\***... Ursula Mullen, Carol Betke, Carol Goldstein, John Redfield, Mary Butler, Michael Jones, Bloomfield Red Hats, Anne Labbe, Laura Lerman, Esther Marquardt, Rosemarie Killenberger, Rema Frankel, Walter Oehrlein, Arlene Younger, Sheila Perlman, Shelley Rubinstein, Ruth McNair, Lavon Cook, Episcopal Church Women of Christ Church Cranbrook, Norma Abbott, Jane Galens, Lisa Kucinski

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

Roxanne Andoni \* Catherine Angeli \* Louise Angermeier \* Les Baron \* Diane Barrow-Fields \* Kerstin Baumann \* Ray Becker \* Shahina Begg \* Marion Benedict \* Lou Bogart \* Camille & Don Breen \* Julie Brown \* Grant Burnham \* 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 \* Carole & Ted Elder \* Phyllis Gara \* Mona Gibson \* Carol Goldstein \* Jim & Irene Grady \* Rose Ann Hanley \* Bob & Francois Harrod \* Rob Heeren \* Dolores Hekker \* John Hoban \* Pam Hoffman \* Jim & Joann Holden \* Linda Hsing \* Susan Hugel \* Pat Jacoby \* Maryvonne Jacquemart \* Gail Jaworski \* Clare & Jerry Kabel \* Doris Keydel \* Judy King \* Jane Levy-Sowers \* June Linklater \* Marcie Lloyd \* Huey Lynn \* Bill Mack \* Bruce Madsen \* Fritzie Mager \* Joan Mann \* Sue Martin \* Richard May \* Barry & Helene Mayo \* Marian Rey McIntyre \* Denise & John McKewan \* Beth Mergel \* 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 \* Priscilla Pettengill \* Alfred & Sarinna Ping \* Jean & Jeanne Planet \* Marie Pryce \* Rita Ravikrishnan \* Tom Richard \* Jerry Rivard \* Lionel Robbins \* Janice Rushton \* Janet Russell \* Michael Samson \* Mindy Saunders \* Ann & Jerry Scheel \* Linda Scheidemantel \* Hudson Scheifele \* Rita Schwimer \* Theresa Shea \* Mary Shepline \* Janet Smith \* Jean Smith \* Connie Szymczak \* Louise Taylor \* Marjorie & Mario Trafeli \* Maurice Vachon \* Elfride & Frank Voeffray \* Don Waples \* Bill Warner \* Joan & Dick Wells \* Lynn & Corey Wert \* Bill Williams \* Clint Williams \* Rasheeda Zafar



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

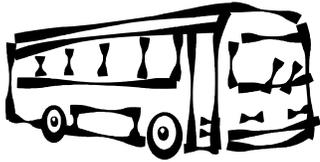
Call Joan for more information 341-6450.

**Thank you volunteers! 695+ Hrs. in Feb. – April 08**  
Office Volunteers, Telephone Reassurance Callers, Special Projects, Errands & Medical Appt. Drivers, Trip Leaders & ADS Volunteers .

Delores Atto\* Joan Barrett \* Verna Besancon \*Joan Brandt \* Ray Caloia \* Pat Caplin \*Joanne Carmichael \*Mary Ann Christ \* Dorothy Cole \* Marion Conat \* Ruth Connell \* John Conti \* Madelyn Damioli \* Maxine Davison \* Yetta Davidson \* Margaret Demark \* Inez DiPonio \* Madelyn Doerr \* Louise Dube \* Helen Efimoff \* Steve & Julie Eskoff \* Pat Fild \* Marie Gemmel \* Vera Gesse \* Mona Gibson \* Angie Giffels \* Carol Goldstein \* Jim & Irene Grady \* Nancy Heberer \* Danielle Heidemann \* Dolores Hekker \* Marcia Hiruo \* Kathy Jalon \* Connie Jaroh \* Sandy Johnson \* Gloria Kefalas \* Tony Klemmer \* Denise Kolkmeier \* Gloria Krause \* Patricia Kubik \* Dorothy Kwapisz \* Dorothy Laffrey \* Marilyn MacMillan \* Bruce Madsen \* Ruth McNair \* Katie Milam \* Delores Mooney \* Marge Morkin \* Eleanor Myers \*Vara Navaluri\* Joan Nedeljko \* Mary Ann O'Brien \* Arlene Pinkos \* Nancy Porter \* Tom Richard \* Jerry Rivard \* Queenie Sarkesian \* Marilyn Scheifele \* Faith Scholl \* Sonny Seckler \* Pragna Shah \* Terry Sorrentino \* Ronald Stinson \* Liang Tan \* Peggy Todd \* Maurice Vachon \* Mary Varchola \* Anjali Vale \* Inez Veraldi \* Marleeta Walton \* Suzanne Winn \* Cliff & Mary Agnes Winters \* Hope Yates JB Yeargan \* Anjel Yessayan \* Charlotte Young \* Rasheeda Zafar

#### \* 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.



**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.**
- If you use a wheelchair or need a special accommodation you must have a companion, please indicate this upon registration.

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

**Dossin Great Lakes Museum Tour *WAIT LIST ONLY!!***  
**Friday, May 16 (DAY13-B0801) 10:00 AM-3:30 PM**  
**BTSS Coach Fee: \$18\***

**"OY", JET Theatre *WAIT LIST ONLY!***  
**Wednesday, May 21 (DAY14-B0801) 11:30 AM-5:00 PM**  
**BTSS Coach Fee: \$42\***

**"Ashkenazy's Pictures" DSO**  
**Friday, May 23 (DAY24-B0801) 9:30 AM – 3:45 PM**  
 Ashkenazy, recognized as a consummate musician who has distinguished himself as pianist, chamber musician and conductor, now leads the DSO in his own orchestration of Mussorgsky's thrilling showpiece. **Lunch on your own after the performance at Bahama Breeze.**  
**BTSS Coach Fee: \$56\***

**"The Color Purple" at the Fox Theatre *WAIT LIST!!***  
**Saturday, May 24 (DAY16-B0801) 11:00 AM-5:15 PM**  
**Lunch on your own before the performance at O'Mara's.**  
**BTSS Coach Fee: \$83\***

**Historical Crocker House Museum in Mt. Clemens**  
**Wednesday, May 28 (DAY17-B0801) 10:00 AM-3:30 PM**  
 Travel back in time to Michigan in the 18<sup>th</sup> century during this tour of the Crocker House Museum. This Italianate style home of the 1870's-90's features a collection of work from the Michigan artist Franklin H. Haywood and an exhibit on the popular mineral bath industry that faded away with time. **Lunch on your own after the tour at Mac & Ray's Harbor Bistro.**  
**BTSS Coach Fee: \$18\***

**The Mall at Partridge Creek**

**Friday, May 30 (DAY18-B0801) 10:00 AM-3:45 PM**  
 The Mall features 90 stores, including Nordstrom's and Parisian, amidst lushly landscaped grounds with fountains, a children's play area and bocce courts. **Lunch on your own from many restaurant options in the mall.**  
**BTSS Coach Fee: \$6\***

**"Sister Amnesia's Country Western Nonsense Jamboree" Meadowbrook *WAIT LIST ONLY!!***  
**Wednesday, June 4 (DAY19-B0801) 11:00 AM-5:15 PM**  
**BTSS Coach Fee: \$39\***

**"The Mambo Kings" DSO *LAST DSO OF THE SEASON!***  
**Thursday, June 5 (DAY20-B0801) 9:30 AM-3:30 PM**  
 Hold on to your seat and get ready for sizzling excitement guaranteed to make you want to get up and dance in the aisles. The Mambo Kings serve up their explosive blend of Latin jazz and Afro-Cuban rhythms that have made them internationally known. **Lunch on your own after the performance at P.F. Chang's at Somerset Mall.**  
**BTSS Coach Fee: \$56\***

**The Detroit Skating Club Ice Show**  
**Saturday, June 7 (DAY21-B0801) 10:45 AM-4:15 PM**  
 Don't miss out on this great opportunity for reserved "Gold Seats" to see local figure skating talent in the 9<sup>th</sup> annual ice show, "Jungle-Zoo on Ice". The performers train at the internationally renowned DSC. **Lunch on your own before the show at The Gallery Restaurant.**  
**BTSS Coach Fee: \$40\***

**Ford Piquette Avenue Plant "Birthplace of the Model T"**  
**Friday, June 13 (DAY23-B0801) 9:45 AM-3:15 PM**  
 The Ford Piquette Avenue plant is a major national landmark. The first plant built by the Ford Motor Company and the birthplace of the Model T, it is well preserved and largely unchanged from its original 1904 appearance. The tour will include the secret "experimental room" where the Model T was developed. **Lunch on your own after the tour at Polonia in Hamtramck.**  
**BTSS Coach Fee: \$18\***

**Eden Organic Pasta**  
**Wed., June 18 (DAY26-B0801) 9:00 AM-2:30 PM**  
 The EDEN Organic Pasta Company (EOPC) is a Detroit landmark using only traditional pasta making techniques and vintage Italian style equipment since 1923. Join us as we tour EOPC and see how the dedicated crew makes the 25 different types of organic pasta. **Limited to 15 participants.**  
**Lunch on your own after the tour at Ivanhoe's Café (aka the Polish Yacht Club) on Joseph Campau in Detroit.**  
**BTSS Coach Fee: \$12\***

**Nostalgic Diamond Jack Bob-Lo Island Tour**  
**8 Thurs., June 19 (DAY27-B0801) 12:15-6:45 PM**

On this cruise to Bob-Lo you'll view the last remnants of the once famous amusement park. Enjoy sunny skies and cool breezes as you cruise by the island and riverside landscapes of Bob-Lo, Grosse Ile and Amherstberg, while listening to historic narration and interesting anecdotes about Bob-Lo Island's past. **Lunch on your own before the tour at Portifino's in Wyandotte.**

BTSS Coach

Fee: \$28\*

**Great Lakes Chamber Music Festival, Kirk in the Hills**

**Fri., June 20 (DAY28-B0801) 10:00 AM-3:15 PM**

Today's concert will be in the lovely Refectory on the west end of the church, which overlooks a beautiful lake. The artists will perform works from Schubert, Tower, Ravel and Messiaen. **Lunch on your own after the performance at Meriweather's.**

BTSS Coach

Fee: \$34\*

**Historic Fort Wayne Tour**

**Wed., June 25 (DAY29-B0801) 10:00 AM-2:45 PM**

Historic Fort Wayne was built in 1845 as a new artillery post to serve the United States in future attacks by British Canada. On this guided 1-1 ½ hour tour, we will visit the original 1848 limestone barracks building, 1845 Star Fort, the restored Commanding Officers house, Spanish American War guard house and the Tuskegee Airmen Museum. **Lunch on your own after the tour at Giovanni's Restaurant in Detroit.**

BTSS Coach

Fee: \$21\*

**Great Lakes Roses**

**Thurs., June 26 (DAY30-B0801) 9:30 AM-3:30 PM**

Are you a rose lover/grower? Don't miss this one-hour tour of Great Lakes Roses, a unique nursery and rose display garden located near Belleville, Michigan. The owners have developed the grounds around the 1890's farmstead into a large, residential garden with a diverse landscape that includes over 700 labeled rose bushes. Time for shopping afterwards. **Lunch on your own after the tour at Haab's Restaurant in Ypsilanti.**

BTSS Coach

Fee: \$15\*

**Great Lakes Chamber Music Festival, St. Hugo's**

**Fri., June 27 (DAY31/B0801) 10:00 AM-3:15 PM**

With its quiet, remote location and beautifully crafted stained glass windows, St. Hugo's Chapel makes an ideal chamber music venue. The musicians will perform selections from Beethoven, Bolcom and Franck. **Lunch on your own after the performance at Northern Lakes Seafood Company.**

BTSS Coach

Fee: \$34\*

**Yule Love It Lavender Farm Tour**

**Tues., July 8 (DAY04-C0801) 9:30 AM-3:00 PM**

Yule Love It Lavender is a developing organic farm in

Addison Township dedicated to growing lavender and lovely gardens. The farm walking tour includes a visit to the greenhouse, lavender lecture, handouts, and a visit to the Yule Love It Gift Shoppe. The landscape is rolling, so please wear your walking shoes. **Lunch is on your own after the tour at Red Knapp's in Oxford.**

BTSS Coach

Fee: \$19\*

**Detroit Tigers vs. Minnesota Twins**

**Thurs., July 10 (DAY02-C0801) 11:30 AM-5:30 PM**

Tigers tickets are hard to come by this season so don't miss out on your chance for a great day at Comerica Park. With the new additions to their All Star roster there are great expectations for the team in 2008. **Lunch included (hot dog or pizza and drink) at the ball park.**

BTSS Coach

Fee: \$39\*

**Plymouth Art in the Park**

**Fri., July 11 (DAY05-C0801) 9:30 AM-3:30 PM**

In its 25-year history, Plymouth Art in the Park has grown to become the second largest art fair in Michigan. View the artwork of over 400 artists from all over the country. **Lunch will be on your at one of the many restaurants downtown surrounding the park.**

BTSS Coach

Fee: \$12\*

**Tour of Mexicantown**

**Tues., July 15 (DAY06-C0801) 10:30 AM -3:45 PM**

Located on the city's southwest side at the foot of the Ambassador Bridge, Mexicantown is Detroit's small, but thriving Hispanic community. Tim McKay, our Corktown tour guide, will take us on a tour which includes St. Anne de Detroit, the second oldest Catholic Parish in the US, and a visit to one of the local bakeries. **Lunch will be before the tour at the Mexican Village Restaurant.**

BTSS Coach

Fee: \$17\*

**Safety First at Beaumont Hospital's Safety City**

**Thurs., July 17 (DAY07-C0801) 10:00 AM-3:00 PM**

Beaumont Hospital together with the Royal Oak fire and police departments offers Safety City U.S.A. in Royal Oak at the Northwood Shopping Center. The "classroom" is a replica of the inside of a home, so participants can learn how to handle real-life situations. You will participate in a "real life-hands on" informational presentation on fire safety, fall prevention and police safety issues as they pertain to seniors. **Lunch on your own after at the Berkley Breakfast Cafe and Bistro.**

BTSS Coach

Fee: \$12\*

**"The Little Dog Laughed" Performance Network**

9 **Sat., July 19 (DAY08-C0801) 11:45 AM-6:15 PM**

Don't miss this fast-paced and hilarious look at the world of celebrity. This Tony Award nominated play tells the story of

a hot Hollywood actor who may be about to win the role of the century and his scheming talent agent out to make the deal of a lifetime, if only they can keep his personal life a secret. **Lunch on your own before the play at The Seafood Company in Ann Arbor.**

BTSS Coach

Fee: \$32\*

### Chocolate the Exhibition at the Henry Ford

Tues., July 22 (DAY09-C0801) 9:30 AM-3:15 PM

Calling all chocolate lovers here's your chance to learn all about the history, manufacturing and appeal of chocolate. From the rainforest to ancient Mayan and Aztec civilizations of Central America and Mexico; upper class European society to mass-produced world commodity, chocolate has an interesting history. **Lunch on your own after the exhibition at the Dearborn Inn's Ten Eyck Tavern.**

BTSS Coach

Fee: \$19\*

### Octagon House Tour

Thurs., July 24 (DAY10-C0801) 10:00 AM-3:30 PM

Discover 150 years of history and experience what life was like in the Victorian era when we visit the Octagon House, a National Historic Landmark. Once a stop on the Underground Railroad, the tour will highlight the home's unique architectural pieces, which have been restored to their original glory, and a Civil War quilt collection. **Lunch on your own after the tour at the Lebanese Grill in Shelby Township.**

BTSS Coach

Fee: \$17\*

### Tour of Ford Field

Fri., July 25 (DAY11-C0801) 10 AM-2:30 PM

Don't miss this one hour walking tour of Ford Field for a behind-the-scenes glimpse of Detroit's crown jewel and the home of the Detroit Lions, Super Bowl XL and the 2009 NCAA Final Four. Ford Field integrates the Detroit Lions stadium into the historical old Hudson's warehouse built in the 1920's. Also, get a peek at a Ford Field suite, an NFL locker room, walk down the tunnel to the field and stand on the turf for a player's view of the stadium. **Lunch on your own after at Vincentes Cuban Restaurant.**

BTSS Coach

Fee: \$17\*

*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!!*

~~Benihana's Restaurant Farmington Hills~~

Wed., July 30 (DAY12-C0801) 11:00 AM-1:30 PM

**Lunch will be on your own at Benihana's where the food is not only cooked it's choreographed.** Enjoy the art of "eatertainment" as your personal chef will perform as they

cook such favorites as steak, chicken, seafood and fresh vegetables in traditional Japanese style on a hibachi table right before your eyes.

BTSS Coach

Fee: \$7\*

### Around Town Rochester Tour

Fri., Aug. 1 (DAY13-C0801) 10:45AM-3:45PM

We'll start our day with **lunch on your own at the Brookshire Restaurant** at the Royal Park Hotel. After lunch, we'll board the bus to the Paint Creek Center for the Arts to view the exhibits. Then you'll be on your own for shopping at The Hermitage Gallery, Wild Wings Gallery, the Home Bakery, Morley's or one of the many fine shops that line Main Street.

BTSS Coach

Fee: \$9\*

### Crossroads Village, Huckleberry RR, Genesee Belle

Wed, August 6\* (DAY01-C0801) 10:00 AM - 5:30 PM

**Lunch will be served on the Genesee Belle paddle-wheel riverboat** as you float on beautiful Mott Lake. Then we'll board an historic coach of the Huckleberry Railroad for a nostalgic 8-mile, 35-minute ride. Enjoy a trip back in time to Crossroads Village, with its 34 historic structures. Stroll around the 51-acre Village where friendly folks in period attire welcome you to the homes, mills and shops dating back to the 1800's. (\*Date change from spring newsletter.)

Motorcoach

Fee: \$54\*

### Lunch at Historic White Horse Inn in Metamora

Tues., Aug. 19 (DAY14-C0801) 10:45 AM-2:30 PM

The Historic White Horse Inn has been a favorite Michigan restaurant destination spot for 158 years. Travelers come from Oakland, Wayne, Genesee and Lapeer Counties to experience the Inn's charming atmosphere and menu.

BTSS Coach

Fee: \$31\*

### Apple Island Tour

Thurs., Aug 21 (DAY15-C0801) 9:30 AM-2:30 PM

Formed during the recession of an ice age glacier 10,000 to 12,000 years ago, Apple Island is a geological rarity that rests in Orchard Lake. We will travel by pontoon boat to and from the 35 acre island for a walking tour including the Indian Burial Grounds. Wear comfortable walking shoes, long pants, sunscreen and bug spray (45 minutes walking which includes climbing 15 stairs from dock to path). No restrooms on the island. Limited to 15 participants. **Lunch on your own after tour at The Lodge in Keego Harbor.**

BTSS Coach

Fee: \$32\*

"The Day Everything

Went Wrong"

10

**The Grand Hotel  
Mackinac Island**  
(EXT01-C0801)

**Performance Network, Ann Arbor**

**Sat., Aug. 23 (DAY16-C0801) 11:45 AM - 6:15 PM**

Enjoy this original play conceived, directed by and starring tour-de-force performer, Malcolm Tulip. Tulip will use his signature style from the famed French school of Jacques LeCoq to craft an uproarious evening of clown-based theatre. Combining physical comedy, with innovation - its sure to be a wild ride you will truly enjoy. **Lunch on your own before the performance at Metro Café in Ann Arbor.**  
BTSS Coach Fee: \$32\*

**Tour of the IHM "Green" Motherhouse**

**Tues., Aug. 26 (DAY17-C0801) 8:45 AM-3:00 PM**

Tour this EPA national award winning project; a "masterpiece of energy efficiency"! The **two-hour walking tour** begins with a video "*The Blue Nuns Go Green*", featuring the sisters' vision of sustainability and the story of the actual renovation of the 376,000 sq. ft. Motherhouse. Following is a guided tour including the geothermal HVAC system, the gray water recycling system, and more. **Lunch (included)** will follow, and then an opportunity to view their organic gardens, natural meadows and oak savannah.  
BTSS Coach Fee: \$33\*

**Detroit Tigers vs. Los Angeles Angels**

**Thurs., Sept. 4 (DAY03-C0801) 11:30 AM-5:30 PM**

Take me out to the ballgame... Join us as we cheer on the Tigers and enjoy a great day at Comerica Park. **Lunch included (hot dog or pizza and drink) at the ball park.**  
BTSS Coach Fee: \$39\*

**100 Years of the Model T at Greenfield Village**

**Wed., Sept. 10 (DAY19-C0801) 9:30 AM-3:15 PM**

It's the Model T's 100<sup>th</sup> birthday! Our visit includes a ride pass which will give you access to all of the rides: the Vintage Model T's, Herschell-Spillman Carousel, horse drawn Omnibus, 1931 Model AA bus and Weiser Railroad for a narrated tour of the village. **Lunch on your own after the tour at the Eagle Tavern or Taste of Honey restaurants in the Village.**  
BTSS Coach Fee: \$33\*



**✓ CHECK THESE OUT**

- ✓ Pilates (EVENING CLASS) – pg. 3
- ✓ Bridge classes – pg. 5
- ✓ Feldenkrais – pg. 4
- ✓ On the Ball Fitness (EVENING CLASS) – pg. 3
- ✓ Walking Club – pg. 12
- ✓ Bloomfield Horticultural Society – pg. 1 & 12



**Tues., Sept. 23 – Fri., Sept. 26**

See page 12 for more details.



**Interest List - EXT01-A0801a**

**Coming March 2009!**

**This is the world's largest indoor show** with 20 acres of fantastic flora, 500+ education programs, and 140 vendors.

To receive more information, register on the interest list above. **Registration begins Fall 2008.**

**Getting To Know You 1:30 – 2:30 PM**

**Thursday, May 15 (SEV03-B0802)**

**Wednesday, June 18 (SEV03-B0803)**

**Thursday, July 10 (SEV03-C0801)**

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 and good conversation! We'd love to get to know you. RSVP online ([www.bloomfieldtwp.org/Seniors](http://www.bloomfieldtwp.org/Seniors)) or by calling 248-341-6450.

**Bloomfield Historical Society**

Dedicated to identifying, promoting and conserving the rich history of the Bloomfield area.

BHS is active in the restoration of the historic 1859 Wing Lake Schoolhouse, the Benjamin-Barton House, and co-sponsor programs called Local History/Local Resources.

Let us know if you have Bloomfield stories or photos to add to the Local History Archive we are helping build at the Library. We invite you to become a Society member or join us at our next program. We'd love to have your help on any or all of these projects. Visit us or send a note:

***[www.bloomfieldhistoricalsociety.org](http://www.bloomfieldhistoricalsociety.org)***  
***[info@bloomfieldhistoricalsociety.org](mailto:info@bloomfieldhistoricalsociety.org)***

# Supportive Services

## Bloomfield Township Senior Services

7273 Wing Lake Road, Bloomfield, MI 48301

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

**Summer 2008**

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## SHINGLES VACCINE AVAILABLE

Wednesday, May 28, 2008  
10:00a.m. to 1:00 p.m.

The **shingles vaccine** will be available at BTSS through the *Greater Oakland VNA of Waterford*. Inoculations will be provided to those 60 and older who are members of BTSS or are Bloomfield Township Residents. The cost is \$220, payable by check or cash. If you have insurance coverage, you will need to submit the claim to them directly.

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



### PERSONAL CARE ITEMS DRIVE

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

CBC is a non-profit agency 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 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.

## ***Bloomfield Township-Adult Day Service (ADS)***



The Bloomfield Township Adult Day Service is the newest addition to the services offered by BTSS. The ADS (also known as "Friendship Club") offers significant support to elder Bloomfield Twp. residents living with dementia, as well as to their caregivers.

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                    | Cooking & Baking  | Work-life Skill Activities     |
| Music Therapy                  | Pet Therapy       | Intergenerational Programs     |
| Reminiscence Therapy           | Community Outings | Religious/Cultural Programs    |
| Gardening & Outdoor Activities |                   | Exercise & Physical Activities |

*For more information, please contact:*

Terri Ann Liller, M.B.A., Program Coordinator, 2222 Franklin Road, Ste. 200, Bloomfield Hills, 48302

Phone: (248) 335-2813

Email: [tliller@jvsdet.org](mailto:tliller@jvsdet.org)

## TRANSPORTATION SERVICES



Please contact Diane Socier, Outreach Coordinator at 341-6450, 12 - 4 p.m. Monday-Friday, for more 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: **\$2 each way.** (\*Availability of rides subject to BTSS use of bus for scheduled trips.)

### ≈ SMART Community Transit

Smart offers curb-to-curb service in the Service Area of: Bloomfield Township, West Bloomfield Twp., Beaumont Hospital and Rehab (Royal Oak), Henry Ford Hospital (West Bloomfield), Huron Valley Hospital (Commerce Twp.), St. Joseph Hospital (Pontiac), Somerset Collection (Troy), Downtown Birmingham and Bloomfield Town Square. Service hours are 6 a.m. to 7 p.m. Monday through Friday. Call up to 6 days in advance for medical trips, up to 2 days in advance for general service. Reservation hours are 7 a.m. to 4 p.m. Monday through Friday. **866-962-5515**

### ≈ 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 & ERRANDS TRANSPORTATION



BTSS is pleased to announce that a new program to assist with *grocery shopping* and *errands* has been developed. Volunteers are available to aid 60+, non-driving Bloomfield Township residents who need assistance, with a maximum of

2 hours per month and flexibility between client and driver. Please call Diane Socier, Outreach Coordinator, at 248-341-6450 for more information.

## NUTRITION SERVICES

BTSS addresses the nutritional needs of area (Bloomfield Township, Bloomfield Hills, West Bloomfield and Orchard Lake) seniors 60+ 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) area seniors 60+. 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 60+ 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.

## BLOOD PRESSURE CHECKS



Certified volunteers are now available on the **4<sup>th</sup> Wednesday** of every month from 11 am until 12 noon. Stop in on one of these dates:

May 28<sup>th</sup>    June 25<sup>th</sup>    July 23<sup>rd</sup>    August 27<sup>th</sup>

**THERAPEUTIC MASSAGE** 1<sup>st</sup> & 3<sup>rd</sup> Wednesday *table massage* with Laura Lerman. Appointments start at 10:30 a.m. \$30/30 minute session. Call 341-6450 to schedule an appointment. Treat yourself!

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

**Volunteers for this program all 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

Sincere Care Home Health Services LLC	248-875-1875
ExpertCare Management Services, Inc.	248-643-8590
Jan McHale	248-858-7443
Greti's Helping Hands	248-601-4623

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

## KNOXBOX SAFETY PROGRAM AVAILABLE IN BLOOMFIELD TWP

The Bloomfield Township Fire Department offers a new initiative to enhance resident safety. The *Knox Box Safety Program* ensures that emergency responders can access your home without any damage to doors or windows in the event that you cannot open the door for them. Mounted outdoors, the Knox Box gives the fire department quick access to a home in an emergency or when the homeowner is not home. It is completely secure - only the Fire Department/EMS can open your door. It eliminates the need for forced entry and/or dependence upon family or neighbors who may not be available.

This program is for residents, who live alone, are disabled or who care for someone unable to open a door. The cost of the Knox Box and installation are paid by the homeowner. For more information, call Senior Services 248-341-6450 or the Bloomfield Township Fire Dept, 248-433-7745.

## ESSENTIAL OAKLAND COUNTY PROGRAMS

### Discount Dental Program

Dental care is now more accessible through a 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.

### 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** and at other locations. For more information call 877-321-2652.

### Adult Benefits Waiver Program

New this year – Oakland County is offering the Adults Benefits Waiver Program which provides basic health insurance at no charge to the very low income ages 19 - 64. For more information call 888-654-2201.

## LEARNING FOR LIVING...



### CPR For Family and Friends

(EDU06-B0801)

Friday June 6 2008

Rich Watson, 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 \$15, and registration is required.

Limited class size. Call 248-341-6450.

#### Who are caregivers?

*Those supporting elders are not likely to identify with the term, but still need information and assistance to be effective.*

Please join the **Caregiver Forum** to learn about programs and services available to you. Topics include: "Caregiver 101," Short-term Respite, Legal answers and Adult Day Service. Respite care, mini-massages and a light meal will included.

Held at 2222 Franklin Road, Bloomfield Township  
Identical events will occur on the following dates:

**Wednesday, May 21, 1-3 PM (EDU30-B0801)**

**Thursday, May 29, 5:30 - 7:30 PM (EDU30-B0802)**

Register by calling 248-341-6450

#### Planning for your future? – Be in Charge

A website has been developed by *AssistGuide Information Services*, which works with the government, nonprofit agencies and others to provide information on services for seniors and those with disabilities. They offer downloads of checklist for caregivers, long term care insurance, retirement budget, hiring attorneys and last wishes. The checklist offers questions to ask yourself and others on being prepared for changes that could render you disabled or a caregiver. Go to [www.agis.com](http://www.agis.com).

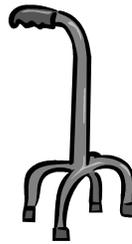
#### ICE – In Case of Emergency

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

#### BTSS LOAN CLOSET



Did you know that Bloomfield Township Senior Services has a loan closet that provides wheelchairs, walkers, canes and other equipment to anyone who would like to borrow them for short term use?

Call Diane at 248-341-6450 for more information.

#### MEDICAL ALERT SYSTEMS

There are many medical alert systems available to individuals who live alone and would feel more secure with a personal necklace or wristband that connects to a service that provides emergency help when needed.

ADT Monitoring (James Dunlap) 248-629-3123

Alert Alarm, Inc. 248-288-5100

AARP – LifeResponseUSA 800-921-2008

Philips Lifeline 800-543-3546 x 3050

#### ESTATE PLANNING CLINIC

Are you looking for information about preparing your Will, Durable Power of Attorney or Medical Power of Attorney? The Thomas M. Cooley Law School can help.

If you are an Oakland County resident over the age of 60 with an estate valued at a maximum of \$150,000 without a home or \$250,000 including the value of a home and would like legal assistance with your estate planning documents at no charge, please contact the Estate Planning Clinic at 248-751-7800 ext. 7724 or [epc@cooley.edu](mailto:epc@cooley.edu).

#### 2008 Tax Aide Volunteer Success

A special thanks to all of the AARP Tax Aide volunteers who made filing federal and state returns less "taxing" for 141 local taxpayers. These AARP trained volunteers donated 960 hours from February 7<sup>th</sup>-April 10<sup>th</sup> an increase of 23% from 2007. Great job!

Greg Coatsworth \* Frank Costello \* Yetta Davidson  
Laura Falby \* Bill Freidinger \* Bruce Hendershot  
Meredith Henley \* George Johnson \* Rob Kleinberg  
John E. Lilly, Jr. \* Harriet T. MacDowell \* Caron McCracken  
\* Steve McDermott \* Ruth D. McNair \* William J. Pitler  
Stefan M. Poth \* Dennis E. Scheiber \* Carol Stencil  
Janis E. Watkins \* Michael J. Williams



WALK MICHIGAN...  
WALKING WORKS  
Kick-Off  
(SOC16-B0801)

Michigan State Capitol, Lansing  
Thursday, May 22 9:30 AM-4:30 PM

Get Fit! Or walk for the sheer enjoyment of it! Sponsored by Michigan Parks and Recreation Assoc. Fun begins at the Capitol with a walk and a big festival with music, healthy snacks and more. Lunch is on your own at Clara's after the festival. Walk is free. BTSS Coach (to capitol) Transportation Fee: \$10\*



BTSS Walk Michigan Walking Club - Beginning in June thru August, Sally will lead our own club on weekly walks at area parks on Wednesday mornings. Each walk, prizes will be awarded and your name will be entered in a raffle for a trip to the Labor Day Bridge Walk for two. Do something healthy for yourself and enjoy nature. Lunch on your own following walks at local restaurants. Register on interest list - SOC16-08

### Bloomfield Horticultural Society

## Recycled Blooms

Are you looking for a rewarding volunteer experience that will surround you with beauty? Here is an opportunity to contribute to your community by recycling fresh flowers.

With donated flowers, you will learn how to make lovely fresh arrangements to be delivered to a special person in need of a fragrant pick-me-up and a friendly smile.

Register as a Recycled Blooms volunteer: SOC23-B0802

Recycled Bloom volunteers, enjoy a complimentary floral design class with refreshments at Goldner-Walsh

On Friday, June 13 Time: 1 PM

Pre-registration thru BTSS required: SOC23-B0803

Meet at Goldner-Walsh Florist, 559 Orchard Lake Road or carpool from the center.

For more info: Sally 248-341-6450

### BTSS Supportive Services

(Details on yellow pages)

Shingles Vaccine

Personal Care Items Drive

CPR for Family & Friends

Medicare, Medicaid & Long Term Care

Grocery Shopping & Errands Transportation



## The Grand Hotel Mackinac Island (EXT01-C0801)

Tuesday - Friday, Sept. 23 - 26

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

- Horse drawn taxi to & from the Grand Hotel
- Full breakfast each morning
- Tea & cookies each afternoon & nightly demitasse
- Five-course dinner each evening
- Champagne Reception & Elegant Banquet
- Dancing with the Grand Hotel Orchestra
- Choice of tours, lectures, classes, demos & contests
- Fudge Bingo and you guessed it... prizes are fudge
- Discounts on rentals, golf, salon/spa, shopping & fudge
- Evening entertainment and much, much more

Brochure & more information available in the office.

Only 10 rooms left! Deadline: June 30<sup>th</sup>

Double \$725\*\* Triple \$677\*\* Single \$968\*\*

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

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Bloomfield Hills Schools is looking for input from Bloomfield seniors as the development of a ten-year strategic plan for the District continues. A plan that has been fully-vetted by the community will be presented to the Board in June.

Voice your opinion at a special focus group Wednesday, May 14 from 9:30 to 11:30 a.m. at the Doyle Center. To RSVP call Brenna Lane at (248) 341-5424. The focus group is limited to the first 30 people to respond. The Doyle Center is located at 7275 Wing Lake Road.