



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

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BLOOMFIELD TWP
PERMIT NO 40

Winter 2007-08

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

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BAKING DEMONSTRATION FRENCH MORNING PASTRIES

Tuesday, January 29 9:30 AM - Noon
In France they know how to do breakfast!
Join Pastry Chef Jean Marc, for a traditional French breakfast. He will show us how to make breakfast pastries, including his famous almond croissants. You'll enjoy breakfast and leave with an assortment of pastries you can enjoy at home. **Limited to 20.** More registration info on page 6.



TREE OF LIFE

Home Delivered Meals are provided through BTSS to seniors in Bloomfield Township and Hills, Orchard Lake and West Bloomfield who are frail and/or low-income individuals.

Make this holiday season special by sponsoring a meal for seniors in our community who are less fortunate.

Purchase a sponsor card for \$3.75 a meal and decorate our "Tree of Life". Donation cards available at BTSS.

Thank you for your support.
(FUN05-D0701)

TAX ASSISTANCE

Thursdays

February 7th – April 3rd

9:00 a.m. – 2:00 p.m.

Free tax counseling and help preparing your tax returns is available for taxpayers with low and middle income (with special attention to those aged 60 and over). AARP trained volunteers will help you complete both state & federal forms. Please bring W-2 forms, a copy of last year's statement, pension, interest, dividend & Social Security statements. E-filing available.

Appointment required: 248-341-6450

Become an AARP Tax-Aide Counselor

Join the nation's largest, free, volunteer-run tax counseling and preparation service, which helps nearly 2 million low income seniors file their state and federal income tax returns. Training begins January 2008. If this sounds interesting to you, please call the local Tax-Aide Coordinator at (248) 505-9507 to learn more.

Only available until Dec. 14!!

ENTERTAINMENT BOOKS

Only \$20

With each book you purchase, receive a coupon for unlimited coupons for two weeks at a destination of your choice...even home!



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

Christine's Comments

Joys and Challenges of Growth

The number of members, volunteers, classes and people receiving supportive services follows growing attention in our upcoming building. As such, we are challenged to expand programs to meet wider interests and to prepare for utilizing our new building.

Fortunately, we have excellent resources within our current staff to meet this goal. I am pleased to announce that Sally Banks, Program Coordinator has accepted the challenge to expand our programs on a very broad scale. To do this, she has graciously handed off her successful day trips division to Kathy Birkhold. This transition allows us to further benefit from Sally's creativity, energy and "big picture" thinking. At the same time, Kathy's many years of experience and valuable input on trips make an excellent fit.

Both women's strengths include relationship building and that will certainly ensure success in these realigned roles. We are very proud to have both on our team; and to quote Sally, "Let the new adventures begin!"

Building Update

Our Township Board has approved the design for the new senior center and the bid process will begin soon. The building will sit atop a hill overlooking mature trees and the wetlands across the road. We will enjoy excellent southern exposure and nature light throughout both levels. Stay tuned for updates.

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. See page 1 of the services supplement for ADS contact information.

*Wishing you Happy and
Healthy Holidays!*

Christine Tvaroha

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

Bloomfield Township Senior Services

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

www.bloomfieldtwp.org/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
Sherry Stefanos, Trustee
David Buckley, Trustee
Neal J. Barnett, Trustee
Leo C. Savoie, Trustee

BTSS ADVISORY COUNCIL

Steve Eskoff and Tom Richard, Co-Chairs
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
Ginnie Richard Ron Stinson
Peggy Todd

BTSS will be closed on:

Monday, November 12 (Veteran's Day)
Thurs. & Fri., November 22 & 23 (Thanksgiving)
Mon. & Tues., December 24 & 25 (Christmas)
Tuesday, January 1 (New Years Day)
Monday, February 18 (President's 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

Dec 17 - Jan 31 (FIT01-D0709) no class 12/24, 12/31

Feb 4 - Mar 17 (FIT01-A0801) no class 2/18

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

Dec 10 - Jan 23 (FIT01-D0710) no class 12/24, 12/31

Jan 28 - Mar 10 (FIT01-A0802) no class 2/18

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

Dec 10 - Jan 23 (FIT01-D0711) no class 12/24, 12/31

Jan 28 - Mar 10 (FIT01-A0803) no class 2/18

Tue / Thur 10 - 11 AM Lavon

Nov 27 - Jan 15 (FIT01-D0708) no class 12/25, 12/27, 1/1

Jan 22 - Feb 28 (FIT01-A0804)

Wed / Fri 8 - 9 AM Shelley

Dec 12 - Jan 18 (FIT01-D0712)

Jan 23 - Feb 29 (FIT01-A0806)

Wed / Fri 9 - 10 AM Shelley

Dec 12 - Jan 18 (FIT01-D0713)

Jan 23 - Feb 29 (FIT01-A0807)

Wed / Fri 10 - 11 AM Shelley

Dec 12 - Jan 18 (FIT01-D0714)

Jan 23 - Feb 29 (FIT01-A0808)

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

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

50+ Strength Training Open Hours

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

(NOV-FIT02-D0702) (DEC-FIT02-D0703) (JAN-FIT02-A0801)

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**

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, for everybody!! Bring your own ball, flyer in the office with information on **ball size recommendations**. More questions? Ask Shelley.

Wednesday 5 - 6 PM 6 classes Fee: \$48*

Dec 19 - Jan 23 (FIT12-D0702)

Jan 30 - Mar 5 (FIT02-A0801)

Hatha Yoga Instructor: Lavon Cook

Instructor/Certified American College of Sports Medicine Emphasis on alignment and flexibility. Increase lung volume, reduce tension, improve your energy, strength, and well-being. Seated breath awareness and relaxation. Wear comfortable clothing; bring mat, water & towel.

Wednesday 9 - 10 AM 7 classes Fee: \$49*

Oct 31 - Dec 19 (FIT05-D0701) cancelled no class 11/21

Jan 9 - Feb 20 (FIT01-A0801)

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. Purchase mat @ class **Fri 9 - 10 AM**

Nov 9 - Dec 21** (FIT06-D0701) (6 wks) Fee: \$42*

(** no class 11/23)

Jan 11 - Feb 22 (FIT06-A0801) (7 wks) Fee: \$49*

Pilates/Yoga Combo Instructor: Lavon Cook

Certified American College of Sports Medicine

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

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

Oct 30 – Dec 18 (FIT07-D0701) no class 11/20

Jan 8 – Feb 19 (FIT07-A0801)

Pilates/Yoga Synergy *NEW EVENING CLASS

A step-up from the Combo class. Gives a more rapid and balanced development of your body through a series of mat exercises using total body movement. Medical professionals recommend this program for stress reduction and improved joint functioning. Bring mat and water bottle.

Mondays 6:30 – 7:30 PM 7 classes Fee: \$56*

Jan 7 – Feb 25 (FIT15-A0801) (no class 2/18)

Wednesdays 6:30 – 7:30 PM 7 classes Fee: \$56*

Jan 9 – Feb 20 (FIT15-A0802)

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**.

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

Oct 31 - Dec 12 (FIT03-D0701)

Jan 9 – Feb 20 (FIT03-A0801)

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

Dec 17 – Jan 31 (FIT08-D0702) no class 12/24, 12/31

Feb 4 – Mar 17 (FIT08-A0801) no class 2/18

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*

Dec 17 – Jan 31 (FIT09-D0702) no class 12/24, 12/31

Feb 4 – Mar 17 (FIT09-A0801) no class 2/18

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

(Purchased 10/1-12/31 FIT10-D0701; 1/1-3/31 FIT10-A0801)

ARE YOU A COUCH POTATO?

PowerSit Aerobics Instructor: Ernie Clark

Tuesday, January 8 (FIT13-A0801) Former Detroit Lion Linebacker, Ernie Clark, will have the sweat dripping off your body when you do this fast moving seated aerobics. Ernie calls it aerobics for couch potatoes. If you can sit and watch football...you can do this program.

Guys and gals come out and meet Ernie on Tuesday, January 8th at 10:30 AM and try this new exercise sensation. Registration required. Fee: Free!

Tennis Anyone???? (SOC14-A0801)

We are working to get court time for league or open play. Interested? Please register with the office.

Visionaire...the creation & exploration of art

Karen Halpern is nationally recognized for her Painting Workshops. Her work has been exhibited in galleries and museums throughout the United States.

Oils and Acrylics Instructor Karen Halpern

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

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

Jan 8 – Feb 26 (ART01-A0801)

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. Instruction on a variety of subjects, applying knowledge of color theory and design principles will provide core of this class which is individualized to meet all student's needs. **Supply list BTSS Office.**

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

Jan 9 – Mar 5 (ART02-A0801) no class 2/13

Drawing Basics Instructor: Karen Halpern

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

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

Jan 14 – Mar 17 (ART03-A0801) no class 1/21, 2/18

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 a **maximum of 7 students per class; one student per computer.** *Software: Office 2003 and Windows XP, high speed internet.*

PC for Beginners

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

(4) 2 hr classes Fee: \$123*
Jan 2, 4, 7 & 9 W/F/M 9:30-11:30 AM (COM01-A0801)
Feb 6-Feb 15 W/F 12 noon - 2 PM (COM01-A0802)

MS Word I

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

(4) 2 hr classes Wed 9:30-11:30 AM Fee: \$123*
Mar 12-April 2 (COM02-A0801)

Internet Basics

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

(2) 2 hour classes 12-2 PM Fee: \$63*
Jan 2 & Jan 4 W/F (COM03-A0801)
Feb 22 & 29 F (COM03-A0802)

Envelopes, Labels & Lists

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

(2) 2 hr classes 9:30 - 11:30 PM Fee: \$63*
November 14 & 21 Wed (COM11-D0701)
December 7 & 14 Fri (COM11-D0702)
February 27 & March 5 Wed (COM11-A0801)

E-mail & More

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

(2) 2 hr. classes Friday Fee: \$63*
December 14 & 21 (COM05-D0701) 12:00 - 2:00 PM
Jan 25 & Feb 1 (COM05-A0801) 9:30- 11:30 AM

Learn to burn CD's on your PC

A great tool, for saving photos and documents using your computer's CD burner.

(2) 2 hour classes Wed/Fri Fee: \$63*
Feb 6 & Feb 8 (COM10-A0801) 9:30 - 11:30 AM

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 Fee: \$63*
Jan 7 & Jan 9 M/W 12 noon-2 PM (COM04-A0801)
Feb 22 & Feb 29 Fri 9:30-11:30 AM (COM04-A0802)

NEW!! MS PhotoStory

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

(2) 2 hr classes Fridays 12 - 2 PM
Jan 25 & Feb 1 (COM13-A0801) Fee: \$63*

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: \$97*
Jan 8-Jan 29 (COM06-A0801) Tues 9:15 - 11:15 AM
Jan 10-Jan 31 (COM06-A0802) Thurs 1:00 - 3:00 PM

More eBay (Prerequisite: Intro to eBay)

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

(4) 2 hr classes Fee: \$97*
Jan 10-Jan 31 (COM07-A0801) Thurs 9:15-11:15 AM
Feb 5-Feb 26 (COM07-A0802) Tues 9:15-11:15 AM

Drop-in eBay - Glitches, problems & more

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

(1) 2 hour session

(Purchased 10/1-12/31 COM12-D0701; 1/1-3/31 COM12-A0801)

Fee: \$40*

KEYBOARDING

Instructor: Yetta Davidson

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

Tuesday 4 classes 1 - 3 PM Fee: \$38*
January 8 - January 29 (COM14-A0801)
February 5 - February 26 (COM14-A0802)

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

Morning Pastries – by Achatz Pie Company

Baking Demonstration & French Breakfast

Tuesday, January 29 9:30 AM – 12 Noon
(EDU21-A0801) Don't eat breakfast, you're going to eat a French breakfast with Jean Marc, Pastry Chef for Achatz. He will show us how to make breakfast pastries, including his famous almond croissants. You'll leave with an assortment of pastries you can enjoy at home.
Limited to 20 people. Fee: \$25*

"Learn to Skate" Classes @ Detroit Skating Club

(FIT14-A0801) We are collecting an interest list. Professional instructor trains in a positive atmosphere, making the learning process enjoyable for recreational figure or "Just for Fun" skating. If you haven't skated in years or have always wanted to try, this class is for you. Call and register your interest with the office.

BRIDGE LESSONS

Instructor: Eva Berk

Intermediate Bridge

5 PM – 6:30 PM

Students with bridge experience. On-going class, join anytime. 4 classes Monday Fee: \$40*
Nov 19 - Dec 10 (EDU13-D0702)
Dec 17 - Jan 14 (EDU13-D0703) no class 12/24
Jan 21 - Feb 11 (EDU13-A0801)

Beginner Bridge

If you've always dreamed of playing bridge, or you haven't played in years and need a refresher course, this is the class for you. 4 classes Wednesday Fee: \$40*
Nov 14 - Dec 5 (EDU12-D0702)
Dec 12 - Jan 2 (EDU12-D0703)
Jan 9 - Jan 30 (EDU12-A0801)
Feb 6 - Feb 27 (EDU12-A0802)

Guided Writing

Instructor: Mary Connelly

(EDU22-A0801) Join former Bloomfield Eccentric Editor in a relaxed writing atmosphere. Hear about her writing experiences then learn how you too can create short stories using verbal prompts such as "I wore blue..." From such seemingly everyday prompts emerge wonderful memories, stories and experiences.

** First class (January 4th) is free!

Fridays 6 classes 9 – 9:45 AM
January 4** – February 8 Fee: \$25*

DROP-IN CLUBS. . . You are invited!

(* If you are active any of the drop-in clubs, please take a moment to "register" your participation. Thanks!)

Current Events

Mondays 10 - 12 NOON

(* SOC03-08) Join in lively discussions of timely topics. 6

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.

Cards

Bridge Mondays/Fridays (* SOC04-08)
Tables assigned at 11:00 Play begins 11:30
Poker Wednesdays (* SOC18-08) Play begins 10:00

Euchre & Pinochle Club Fri 11 AM – 12 NOON
Volunteer Instructor: Joanne Carmichael
(*SOC12-07) Would you like to learn to play Euchre or Pinochle? Joanne will teach you. Just for FUN play.

Scrabble Club (* SOC07-08) Calling all Word Freaks!
1st Wednesday of the Month 12:45 PM
All welcome! Bring a lunch and meet in the Tea Room.
Just for FUN play. Madelyn Doerr @ 248-851-6093.

The Card Shoppe Shop Keeper: Arlene Pinkos
(*SOC13-08) The card shop will remain open in January, February, March and April. Crafters who make cards at home can continue to restock the shop during these months. Card workshops will resume in May. Any question call Sally @ 248-341-6450.

Gruppo Italiano - Italian Club (* SOC05-08)
2nd Friday of every month. 10 AM – 12 NOON
Everyone welcome. Explore the sights of Italy, informal discussions on the arts and history. Group is organized and sponsored by the Michigan Chapter of Dante Alighieri Society. More information, Angie Giffels 248-645-0958.

Book Club (* SOC06-08)

1st Friday of the month 10AM - 11:30 AM
Everyone welcome, please join us for a stimulating book talk. Books on loan at the Bloomfield Township Library service desk. Contact: Madelyn Doerr @ 248-851-6093.

Dec 7 Death Comes for the Archbishop Cather
Jan No meeting
Feb 1 Thousand Sons Hosseini
Mar 7 Artemisia La Pierre

Science Fiction or Mystery Book Club

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

Open Bowling for Fun @ Sylvan Lanes (*SOC09-C08)
3 games for \$6.00 with shoes and "free" coffee.
9:30 AM to Noon. Pay weekly as you play.

VOLUNTEER OPPORTUNITIES

BTSS Home Delivered Meals Driver

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

New 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 every other week. 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.

New Home Delivered Meals Driver Opportunity

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

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

Thank You for Your Donations*... Laura Lerman, Nathan & Shirley Fink, AAUW Birmingham Branch, Gail Jaworski, Sonny Kippe, George Frost, John Redfield, Mitchell & Zofia Kafarski, Catherine Dossin, Marie Gemmel, Arlene Williamson, Gerry Shreve, Dante Alighieri Society, Erik Kafarski, Arlene Pinkos

**Thank you to our
100+ Home
Delivered Meals
Volunteers!
650 hours of
driving
August –October
2007**

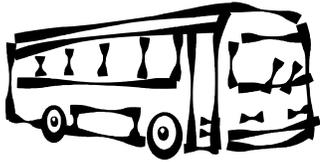


Volunteering is
important to long
and healthful lives.
Call Joan for more
information - 341-6450.

**Thank you volunteers!
620+ Hours in
Aug 07-Oct 07
Office Volunteers,
Telephone Reassurance
Callers, Special
Events/Project Assistance,
Leaders & Medical
Appointment Drivers.**

* 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.

Holiday Shopping @ Villages of Rochester

Tuesday, Nov 27 (DAY14-D0701) 10:30 AM – 3:30 PM

It's holiday time...let's do lunch & shop!

Lunch is on your own and there are lots of options...

Cosi, Kruse & Muer, Mitchell's Fish Market and Nestle Toll House Café. So many choices, you choose.

BTSS Coach Fee: \$6*

Detroit Institute of Arts - Grand Re-Opening

Thursday, Nov 29 (DAY15-D0701) 10 AM – 4 PM

You will be among the first to see the "NEW" DIA on a self-guided tour. You will be free to wander about, guided tours are not available, but there will be hand-outs to guide you around to the exhibits. Your **day will begin with breakfast on your own at Berkley Breakfast Café** (featured in HOUR magazine.) There is also a café in the institute if you would like to take a coffee/dessert break on your own in the afternoon.

BTSS Coach Fee: \$20*

"Hairspray" Macomb Theatre WAIT LIST ONLY!!

Saturday, Dec 1 (DAY17-D0701) 10:30 AM – 4:30 PM

Lunch will be on your own before the musical at Alibi's.

BTSS Coach Fee: \$63*

"Poetry of Pizza" Purple Rose Theatre CANCELLED

Wednesday, Dec 5 (DAY21-D0701) 11:00 AM - 6:30 PM

Professor Sarah Middleton arrives at the University of Copenhagen as a visiting poetry scholar. Her life is irrevocably altered when she stops by a local pizzeria one night. Sarah falls suddenly and unexpectedly in love with Soran Saleen, a Kurdish refugee who wins her heart with his unconventional pizzas. Across a huge cultural divide, the two romantics' unlikely courtship arouses the passions of

everyone around them, setting in motion a rash of culinary courtships and a chaotic comedy of errors. **Lunch on your own before the play at the Common Grill.**

Motorcoach Fee: \$65*

"The Four Seasons" DSO WAIT LIST ONLY!!!

Friday, Dec 7 (DAY19-D0701) 9:30 AM – 4:00 PM

Lunch on your own after concert at Picano's.

BTSS Coach Fee: \$56*

"Home for the Holidays" DSO

Thursday, Dec 13 (DAY20-D0701) 9:30 AM – 3:30 PM

Ring in the season with one of Detroit's favorite holiday traditions. This year come Home for the Holidays and enjoy an afternoon of carols, a yuletide sing-along and a visit from Jolly ol' St. Nick. Bring your family and friends and experience the warmth and joy of the season. **Lunch on your own after concert at Forte'.**

BTSS Coach Fee: \$56*

Golden Choraliers Troy Community Center

Friday, Dec 14 (DAY22-D0701) 9:45 AM - 2:30 PM

Come one and all to a holiday musical celebration at the Troy Community Center brought to you by the Golden Choraliers, Troy's own senior chorus. Rekindle the holiday spirit as you enjoy favorite music of the season. **Lunch is on your own after the concert at Champps.**

BTSS Coach Fee: \$12*

"Cars, Trees & Traditions" Walter P Chrysler Museum

Wednesday, Dec 19 (DAY23-D0701) 10:00 AM – 2:30 PM

Join us for a self-guided tour of this special holiday exhibit. Take a look back at holiday celebrations from the early 1900s through the 1980s, featuring evergreen trees accurately decorated in year-end holiday fashion, paired with Chrysler vehicles of similar eras, nostalgic images and text. **Lunch on your own after the tour at Fran O'Brien's.**

BTSS Coach Fee: \$15*

Davisburg Candle Factory Tour

Thursday, Dec 20 (DAY24-D0701) 9:45 AM – 4:00 PM

Enjoy a historic downtown as we visit the Davisburg Candle Factory for a tour and demonstration of candle making and shopping. The factory is family owned. Their custom made, hand decorated candles have been made in the same factory since 1960, with the same quality, care and unique blend of long burning pure wax. **Lunch is on your own after the tour at Red Knapps in Clarkston.**

BTSS Coach Fee: \$14*

Twelve Oaks Mall Shopping Trip

Friday, Dec 21 (DAY25 – D0701) 10 AM – 2:30 PM

What a perfect way to finish up some holiday shopping. Call a friend and join us as we travel to Novi to visit the newly renovated Twelve Oaks' Mall. The \$63 million, 97,000-square-foot wing added a new Nordstrom department store, 31 other shops and a 60,000-square-foot expansion at Macy's. **Lunch on your own at one of the many restaurants in Twelve Oaks Mall.**

BTSS Coach Fee: \$6*

Olde World Canterbury Village

Thursday, Dec 27 (DAY26-D0701) 10:00 AM – 2:30 PM

There are sure to be some great holiday bargains to find at Olde World Canterbury Village. This outdoor 19th century Tudor style village has 18 specialty shops including *Aldridge's Always Christmas* shop which is one of the largest and most unique Christmas stores anywhere! Shop in the village from 10:30-noon and then join the group for lunch at the "new" Castle Grille restaurant in Canterbury Village. Dress for weather and walking. **Lunch on your own at The Castle Grille.**

BTSS Coach Fee: \$12*

"The Lion King" at MOT WAIT LIST ONLY!!

Thursday, Jan. 3 (DAY01-A0801) 10:15 AM – 4:30 PM

Early lunch on your own at The Pegasus before performance. **BTSS Coach Fee: \$90***

"Romeo & Juliet" Macomb Center

Saturday, Jan. 5 (DAY01-A0801) 11:45 AM – 6:30 PM

This full-length ballet is based on Shakespeare's classic tragedy of the love affair between members of two rival families, the Capulets and the Montagues. The St. Petersburg Ballet Theatre was founded as the first Theatre of Ballet in Russia in 1966 and constantly extends its sphere of activity. **Lunch on your own at Max & Erma's before the performance.**

BTSS Coach Fee: \$53*

Tour of the Troy US Postal Facility

Wednesday, Jan 9 (DAY03-A0801) 9:15 AM – 2:00 PM

Have you ever wondered how your mail gets from one place to the next? Nowadays we sometimes refer to mail delivery as "snail mail" but it's really a highly automated, complex process to ensure speedy delivery of our first class mail. Here's your chance to tour a state of the art, high security Federal postal facility. This is a one-hour walking tour without rest breaks. Participants must wear comfortable, closed toe walking shoes, no picture taking will be permitted. USPS requires all visitors to sign in and out. **Lunch will be on your own after the tour at the Clawson Steak House.**

BTSS Coach Fee: \$12*

Cole Porter & Friends DSO

Thursday, Jan 17 (DAY04-A0801) 9:30 AM – 3:45 PM

His wit and lyrical chic earned him a place of honor in the "Great American Songbook." Relive the golden age of Hollywood and Broadway listening to Cole Porter's most celebrated melodies. **Lunch on your own after the concert at The Sea Grille.**

BTSS Coach Fee: \$56*

Plymouth International Ice Sculpture Spectacular

Friday, Jan. 18 (DAY05-A0801) 9:30 AM – 2:30 PM

Each year, Plymouth Michigan welcomes 500,000 visitors to this event. Hundreds of professional, amateur, college and high-school-age artisans from the United States, Canada, Japan, Norway, Russia, and Switzerland transform 400,000 pounds of ice into dazzling works of art. Ice sculptures are displayed in Kellogg Park and throughout downtown Plymouth in front of local stores. **Viewing until noon then luncheon your own at O'Callaghan's.**

BTSS Coach Fee: \$12*

North American International Auto Show

Tuesday, Jan 22 (DAY06-A0801) 9:30 AM – 3:30 PM

The 2008 show will be another world-class show with a number of significant vehicle introductions. Over 75,000 yards of carpet is laid each year at Cobo for this event, enough to cover the length of 750 football fields. Wear comfortable shoes and be prepared to walk. **Transportation only. Participants purchase tickets (\$6 seniors) at Cobo Hall. Lunch on your own after the show at O'Mara's.**

BTSS Coach Fee: \$12*

Tour of the "New" Ultimate Soccer Arena

Thursday, Jan 24 (DAY07-10801) 9:30 AM – 3:00 PM

Visit the new Ultimate Soccer Arena in Pontiac which is the largest indoor arena in North America, covering 266,400 square feet. See the mezzanine that connects two regulation-sized fields and a third smaller field. The complex will also be home to the Michigan Bucks of the United Soccer Leagues Premier Development League. **Lunch on your own after the tour at Bistro Boudreau.**

BTSS Coach Fee: \$12*

"Whistle Down the Wind" Fisher Theatre

Saturday, Jan 26 (DAY08-A0801) 10:45 AM – 5:00 PM

Direct from London, discover what critics have proclaimed "Andrew Lloyd Webber's best show since Phantom of the Opera." Whistle Down the Wind is an uplifting musical about a young Louisiana girl who finds a mysterious stranger and hides him from the townspeople, who are determined to find the escaped felon. **Lunch on your own before the performance at The Pi restaurant.**

BTSS Coach Fee: \$83*

"Biloxi Blues" Hillberry Theatre

Wednesday, Jan 30 (DAY09-A0801) 10:45 AM – 5:00 PM
Leaving home for the first time, Eugene Morris Jerome finds himself in the midst of life's trials and tribulations, alone and at boot camp. As he trains for the war ahead, Eugene tries to understand his reactions to what is happening around him while he confronts his own dreams. This Tony Award-winning play will warm your heart and keep you laughing while exploring what our place in the world can and should be. **Lunch on your own before the performance at Peabody's.**

BTSS Coach **Fee: \$31***

OCC Grand Buffet in the Ridgewood Cafe

Thursday, Jan 31 (DAY10-A0801) 10:30 AM – 1:15 PM
Enjoy the finest cuisine, prepared by the students of the Culinary Studies Institute at OCC. Make sure you visit the on campus bakery before lunch for the opportunity to purchase the delicious pastries and desserts. Bring your friends, sign-up today. Includes: Buffet, beverage, tax, and tip.

BTSS Coach **Fee: \$15***

DSO "Thibaudet Plays Ravel"

Friday, Feb. 1 (DAY11-A0801) 9:30 AM – 4:00 PM
This dance-themed program features the poetic and versatile pianist Jean-Yves Thibaudet in the concerto Ravel wrote for himself, but was never able to play due to illness. **Lunch on your own after the performance at The Masters.**

BTSS Coach **Fee: \$56***

Tour of the Detroit Skate Club

Wednesday, Feb 6 (DAY12-A0801) 11:45 AM – 5:30 PM
The Detroit Skating Club has three ice surfaces including the Olympic size rink completed in 1994. DSC has a modern off-ice training center and spacious member only locker rooms. The staff teaches every level of skating up to Olympic and World class skaters. Many national and Olympic champions have trained at the DSC including Todd Eldridge and Tara Lipinsky. **Lunch on your own before the tour at Mountain Jack's.**

BTSS Coach **Fee: \$12***

"Saying Kaddish With My Sister" JET Theater

Wednesday, Feb. 13 (DAY13-A0801) 11:15 AM – 5:00 PM
You won't be in mourning with this world premier performance of an extraordinarily creative and original work on sibling rivalry, caring mothers, and profound truths. Be prepared for laughs – it was a great hit with the audience who saw the staged reading at the Seymour J. and Ethel S. Frank Festival of New Plays. **Lunch on your own before performance at J Alexander's.**

BTSS Coach **Fee: \$42***

"A Funny Valentine" DSO

Thursday, Feb 14 (DAY 14-A0801) 9:30 AM – 4:00 PM
Romance will be in the air when the dazzling Ann Hampton Callaway joins Erich Kunzel and the DSO for a special Valentine's Day concert featuring a musical candy box of amorous standards and sweet confections. **Lunch on your own after the performance at Fishbones.**

BTSS Coach **Fee: \$56***

Tour of the Fox Theatre

Tuesday, Feb 19 (DAY15-A0801) 9:45 AM – 2:45 PM
Experience Detroit's crown jewel, the Fox Theatre, like never before! You will have a unique behind the scenes look at the magnificently restored Fox Theatre. During the 45 minute walking tour, groups will be awed by the exquisite beauty and extravagant architectural design, as well as the history of the Fox Theatre. During lunch view a special video narrated by Bob Hope called "Encore on Woodward". **Lunch included after the tour at the Hockeytown Café, choose from a selected luncheon menu.**

BTSS coach **Fee: \$31***

"Chicago" Macomb Theatre

Saturday, Feb. 23 (DAY16-A0801) 10:45 AM – 5:30 PM
Murder, greed, corruption, violence, exploitation, adultery, and treachery, the cornerstones of the sultry and alluring Broadway musical hit. Based on the 1926 play, CHICAGO is the story of seductive nightclub dancer Roxie Hart who finds that the road to fame can be a trial of blood. Throw in a cunning lawyer and a bit of razzle dazzle and Roxie goes from cold hearted killer to the toast of the town. **Lunch on your own before performance at the Aspen.**

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

Tour of the Renaissance Center

Wednesday, Feb 27 (DAY17-A0801) 9:00 AM – 3:30 PM
Have you always felt that you needed help to find your way around the RenCen? Now is your chance to have a guided tour of this huge building which is really a group of seven interconnected skyscrapers, and the tallest building in Michigan. There will be time for shopping after lunch. A lunch of Chicken Picata, salad, dessert and a beverage at **Andiamo's Riverfront** is included.

BTSS Coach **Fee: \$32***

*The decision to run a class, trip or program may be determined days (sometimes even weeks) in advance of the start date. Others fill very quickly. **Don't delay; register today!!** Don't miss participating in your favorite class, trip or program!!*

"Peter Pan" Michigan Opera Theatre

Friday, Feb 29 (DAY18-A0801) 8:30 AM – 3:45 PM

The Grand Rapids Ballet promises a magical, full-length production of Peter Pan. Audience members young and old will be transported to Neverland to be captivated by Peter, the boy who refuses to grow up, and his many friends – Tinkerbell, Wendy, John, Michael, Tiger Lily and, of course, Captain Hook. **Lunch on your own after the performance at The Whitney.**

BTSS Coach Fee: \$46*

Tour of "Cork Town" & Lunch @ Baile Corcaigh

Thursday, March 6 (DAY19-A0801) 10:30 AM- 4:00 PM

Back by popular demand you have another opportunity to experience Baile Corcaigh; meaning "town of cork" in Gaelic. When you enter the restaurant you'll be met with the scent of a genuine peat fire. The food is authentic Irish fare; the owner personally imported the menus from Ireland. For those that prefer familiar foods there's steak, salmon, chicken, etc. **Lunch is on your own before the "Cork Town" tour.** "Tim the Tour guide" will lead the 2 hour walking/bus tour of historic Corktown.

BTSS Coach Fee: \$17*

"Stadtfeld's U. S. Debut with Neeme Jarvi" DSO

Friday, March 14 (DAY20-A0801) 9:30 AM – 4:00 PM

Stadtfeld's meteoric rise to the top of the classical music world was precipitated by self-producing his own record, which he sent to Sony. Blown away by this young talent, they immediately signed him to an exclusive contract.

Lunch after the performance at Fiddleheads.

BTSS Coach Fee: \$56*

"The Beat Goes On" DSO

Thursday, March 27 (DAY21-A0801) 9:30 AM – 3:45 PM

A nostalgic program of tunes from America's most famous generation - The Baby Boomers! From the songs of Burt Bacharach, The Beatles and the Beach Boys to the music of primetime television and film, you won't want to miss this amazing event. **Lunch after the performance at The Vinsetta Grill.**

BTSS Coach Fee: \$56*

"Moonlight and Magnolias" Meadowbrook Theatre

Wednesday, April 2 (DAY01-B0801) 11:00 AM – 5:15 PM

This delightful new play takes audiences into the inner sanctum of 1939 Hollywood for one hilarious week as three icons of the film industry battle over how to save what became one of greatest movies ever made, Gone With The Wind. **Lunch before the performance at Red Ox Tavern.**

BTSS Coach Fee: \$31*

"La Rondine" Michigan Opera Theatre

Friday, Apr 18 (DAY02-B0801) 8:30 AM – 3:30 PM

Join us for the dress rehearsal of La Rondine ("The Swallow") by Puccini. The opera is a poignant romance filled with unexpected moments of genuine passion and heartbreak. This is a story of a 19th century Paris courtesan who hopes that love will carry her on wings above memories of a sordid past. **Lunch on your own after the performance at Mario's.**

BTSS Coach Fee: \$46*



**Philadelphia Flower Show
& Historic Philadelphia**

(EXT01-A0801)

1ST WEEK IN MARCH – DATES: TBA

Need a mini-vacation? Philadelphia awakens in March to the beauty of spring with a premier event, the **Philadelphia Flower Show...the world's largest indoor show**, 20 acres of fantastic Flora. This year's theme is "Jazz It Up" - a tribute to New Orleans.

Professional landscapers, florists, horticultural and educational organizations will create **full-scale gardens**; a **wonderland of inspiration and learning**. More than 500 free educational programs for beginners to experts are conducted during Show Week.

It's not all flowers...wonderful attractions such as Cajun Culinary presentations, Garden Teas, Jazz Bands, Dancing and 140 vendors will delight everyone.

We'll be staying near the "Golden Mile;" walking distance to all major historic sites. Your trip will include admission to the flower show, a Tea Party "In the Garden," Independence Hall tickets and more.

There's lots to do on your own, shopping, browsing, eating and just relaxing.

Complete information on this incredible trip will be available in the center soon. To receive more information, please register on the "Philadelphia Flower Show" interest list - EXT01-A0801.

Sally Banks : sbanks@bloomfield.org

248.341.6450

www.theflowershow.com

Let the adventure begin...

Support Services Supplement

Bloomfield Township Senior Services

7273 Wing Lake Road, Bloomfield, MI 48301

Phone: 248-341-6450 Fax: 248-341-6459 Web: www.bloomfieldtpw.org/Seniors

Winter 2007-2008

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BTSS Staff

Christine Tvaroha
Director of Senior Services

Sally Banks
Programs Coordinator

Diane Socier
Outreach Coordinator

Donna DeWitte, R.N.
Nutrition Coordinator

Joan Patzelt
Volunteers & Communications
Coordinator

Ruth Nagy
Office Manager

Kathy Birkhold
Trips Coordinator/Driver

BTSS Hours

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

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



“TREE of LIFE”

Home Delivered Meals are provided through BTSS to seniors in Bloomfield Township and Hills, Orchard Lake and West Bloomfield frail and/or low-income individuals. Make this holiday season special by sponsoring a meal for seniors in our community who are less fortunate.

Purchase a sponsor card for \$3.75 a meal and decorate our “Tree of Life”.

Cards available at BTSS.

Thank you for your support.

SHINGLES VACCINE

Tuesday, December 11th
9:30 AM to 3:30 PM

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

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

YOUR VOICE IN LANSING WASHINGTON ...

Take time to be informed and ask questions. Register to attend the following meetings held at BTSS:

Monday, Dec. 3 – 11:00 a.m. (EDU15-D0701)

Washington Update –

Congressman Joe Knollenberg

Friday, Dec. 14 – 11:00 a.m. (EDU15-D0702)

State Budget & Impact on the Bloomfield Senior Community –

State Senator John Pappageorge



TAX PREPARATION ASSISTANCE

Thursdays, February 7th – April 3rd
9:30 a.m. – 2:00 p.m.

Free tax counseling and help preparing your tax returns is available for all taxpayers with low and middle income (with special attention to those aged 60 and over). AARP trained volunteers will help you complete both state & federal forms. Please bring W-2 forms, a copy of last year's statement, pension, interest, dividend & Social Security statements. E-filing available.

Appointment required: 248-341-6450



Postal Scams & You

Friday, February 8 - 2:30 p.m.
(EDU20-A0801)

The U. S. Postal inspector will be at BTSS to talk about typical scams that target the elderly, such as foreign lotteries and investment scams, how to recognize when a person is being victimized and how to help. There will also be brief discussion about identity theft. Registration appreciated.

TRANSPORTATION SERVICES



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

≈ Rides from your home to BTSS*

Service is provided to residents of the Bloomfield Hills School District, the City of Bloomfield Hills and Bloomfield Township. Call 248-341-6450 to schedule a ride. Two business days' notice required. Fee: **\$2 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

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 every other week and flexibility between client and driver. Please call Diane Socier, Outreach Coordinator, at 248-341-6450 for more information.

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.

NUTRITION SERVICES

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

HOME DELIVERED MEALS

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

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

NUTRITIONAL SUPPLEMENTS

Nutritional supplements are available to area seniors based on medical necessity. BTSS orders Ensure Products monthly directly from the

manufacturer at a reduced rate. Prices vary by product. Talk to your physician and see if a nutritional supplement is recommended. Physician's note (prescription) required and must be renewed every six months.

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



BLOOD PRESSURE CHECKS

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

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

2 nd Monday	11//12	12/10	1/14	2/11
3 rd Thursday	11/15	12/20	1/17	2/21
4 th Wednesday	11/28	12/26	1/23	2/27



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

Comforting Hands Companion Care	248-850-0261
Assured Home Nursing Services, Inc.	248-593-8134
Autumn Life LLC	248-689-1490
Visiting Angels	248-655-9006
Sandy Johnson	248-545-4909

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

ADULT DAY SERVICE

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.

Contact: Terri Ann Liller, Program Coordinator
Location: 2222 Franklin Road, Suite 2000
Phone: 248-335-2813
Hours: Weekdays, 8:30 a.m. – 4:30 p.m.

In Memoriam...

Deepest sympathies to the families and friends of:

Anne Oancea, Abboy Mohan, the son of Nancy Riggs,
Stan Slazinski, Lucius Theus, Joyce Manby, Blanche
Clements & Christina Poulson

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.

For more information, these resources are also available: Area Agency on Aging 1B – 800-852-7795
Medicare – website – www.medicare.gov
Medicare – 1-800-Medicare (1-800-633-4227)

DENTAL DISCOUNT & PRESCRIPTION DRUG CARD PROGRAMS

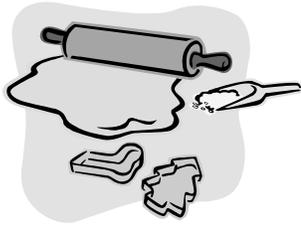
Oakland County Discount Dental Program

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

Oakland County Prescription Drug Card

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

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



Annual Cookie Sharing Events

It's time to pre-heat those ovens and dust off the cookie pans! BTSS will host its annual cookie sharing

events for the benefit of the home delivered meals clients. Please prepare 3 dozen of your favorite recipe **homemade** cookies. Call 248-341-6450 to register.

Holiday Sharing (SCV05-D0701)

Tuesday, December 11 11:00 AM

Please bring cookies to BTSS office anytime on Mon. Dec. 10 or by 11:00 a.m. Tues. Dec. 11. Register to help package the cookies on December 11th.

Valentine Sharing (SCV05-A0801)

Tuesday, February 12 1:00 PM

Please bring cookies to BTSS office anytime on Mon. 2/11 or by 1:00 p.m. Tues. 2/12. Register to help package the cookies on February 12th.

✓ CHECK IT OUT...

Check out these **NEW** offerings at BTSS. We have classes and programs for every interest. See the "white pages" of the BTSS Winter 07-08 newsletter for more information.

- ✓ PowerSit Aerobics (couch potato aerobics) - pg. 2
- ✓ Cooking Demo – French Morning Pastries - pg. 6 ✓
- ✓ Guided Writing Class (first class free!) – pg. 6
- ✓ Skating Class Interest List – pg. 6
- ✓ Yoga/Pilates Synergy (evening class) – pg. 4
- ✓ Bridge classes (beginner & intermediate) - pg. 6
- ✓ Sci Fi Book Club – pg. 6
- ✓ On the Ball (EVENING CLASS) – pg. 3
- ✓ Philadelphia Flower Show – pg. 11

Assistive Technology (AT) Website

The Michigan Disability Rights Coalition has a website where people with disabilities can buy, sell, trade or donate tools or equipment. Equipment that might be on this website includes walkers, power scooters, wheelchairs, Braille machines and software that read computer screens out loud. For more information on the Assistive Technology (AT) Xchange, go to www.atxchange.org.

To be forewarned is to be forearmed....

Postal Scams and You

Friday, February 8

2:30 p.m.

(EDU20-A0801)

The U. S. Postal inspector will be at BTSS to talk about typical scams that target the elderly, such as foreign lotteries and investment scams, how to recognize when a person is being victimized and how to help. In addition, there will be brief discussion about identity theft. Please call 248-341-6450 to register.

Protect your Identity

1. Always check your monthly bank and credit care statements.
2. Review your credit reports at least once a year. The three credit bureaus are:

- **Equifax** at equifax.com or 800-685-1111
- **Experian** at experian.com or 888-397-3742
- **TransUnion** at transunion.com or 800-888-4213

Public Warned about E-mail Scam

The *Social Security Administration* recently issued a warning about a new email scam that has surfaced. The Agency received several reports of an email message being circulated with the subject: "*Cost-of-Living for 2007 update*". The email claims to be from the Social Security Administration and requests that personal information be updated or accounts may be "suspended indefinitely". The reader is directed to a website which looks like Social Security's Internet website and asked to reveal personal information.

Report receipt of this email message or other suspicious activity to Social Security's Office of Inspector General on their Hotline at 1-800-269-0271. (If you are deaf or hard of hearing, call the OIG TTY number at 1-866-501-2101). A Public Fraud Reporting form is also available online www.socialsecurity.gov/org.

National Consumer Protection Week

Feb. 3 - 9, 2008