



Senior Services

4315 Andover Road, Bloomfield Township, MI 48302

FALL 2020



**Building is closed to the public,
We will re-engage when
it is advisable.
Many programs continue.**

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BTSS is under construction with modifications for safety and social distancing! See photos on back page.

BTSS - Area Agency on Aging 1B (AAA1B) Partnership

Medicare Basics 101 Virtual Presentation
Wednesday, September 16

10 AM - 11:30 AM

This informative presentation is offered by a certified AAA1B counselor. If you are new to Medicare or approaching 65, this is a must attend! BT residents. **Registration required.** Call **248-723-3500**

Medicare & Prescription Drug Plans Counseling (Year Round)

Year round counseling is available to residents related to Medicare coverage and prescription drug plans. Register for private consultation with a certified Medicare counselor.

Registration required. 1-800-803-7174

Medicare Medicaid Assistance Program for Open Enrollment

Friday, October 23 Phone in/Virtual **9 AM - 3 PM**

This free virtual service can help you make informed health care benefit decisions and may save you money. Trained counselors assist with:

Changing/enrolling in Part D prescription drug coverage.

Changing/enrolling in Medicare Advantage programs.

Reviewing supplemental insurance needs (Medigap).

Applying to Medicare Saving Programs.

Advance registration required and begins September 21.

Call **248-723-3500** for appointment. BT residents only, aged 62+



Flu Shot Clinic

Friday, October 16 9 - 2 PM Sponsored by:



Flu Shots provided by U of M Visiting Care

Limited flu shots available to Township Residents ages 50+ years. Shots FREE for seniors 65+ w/Medicare B. All others participants shots are \$30 billed to health insurance provider, if uncovered out of pocket cost of \$30 payable to U of M Visiting Care.

Appointments required. Register by phone beginning September 18 at 9 am.

Bring proof of residency & Medicare Card. Questions - Call 248-723-3500

Safety protocol: The center will remain closed to the public. Those with appointments will be escorted into the building at the appointment time and escorted out afterwards. **Masks required.**

Mission Statement

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



Bloomfield Township Senior Services (BTSS)

4315 Andover Rd.
Bloomfield Township, MI 48302
(South of Long Lake & west of Telegraph)

Phone: 248-723-3500

Fax: 248-723-3519

Web: www.bloomfieldtp.org/seniors

Christine Tvaroha, Director

Senior Center Hours

Monday-Friday 8 AM - 4 PM
Telephone support only.

The center is closed to the public. We will re-engage when it is advisable. Many services are available.

Adult Day Service Friendship Club

Temporarily closed

BTSS offices will be closed on:
Monday, September 7

Bloomfield Township Main Phone: 248-433-7700

Bloomfield Township Board

Leo C. Savoie, Supervisor
Janet Roncelli, Clerk
Brian E. Kepes, Treasurer
David Buckley, Trustee
Neal J. Barnett, Trustee
Michael Schostak, Trustee
Dani Walsh, Trustee

BTSS Advisory Council

Don Foehr
Victor & Suzanne Goldstein
Liz Mahoney
Tom & Ginnie Richard

Christine's Comments

Though our physical building is not open, our services continue to support health and independence during this challenging season. We are adding safety features and collecting best practices in preparation for Phase 6 of the state's plan for reopening. We look forward to that day and appreciate all of the encouragement and positive feedback being sent our way. You are missed!

Passing of Advisory Council Chairman Steven G. Eskoff

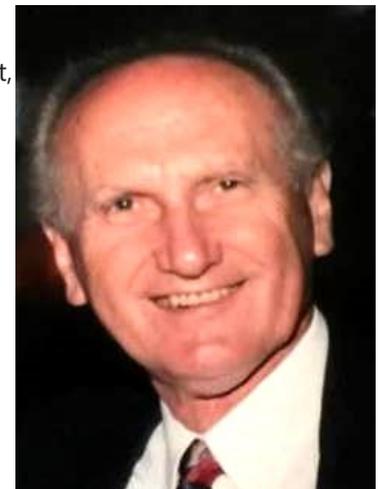
Sadly, we have lost one of our strongest supporters, Advisory Council Chairman Steve Eskoff. His drive, honesty, vision and charisma are what pushed him to the top in his executive career and for nearly 20+ years he generously dedicated those traits to expand senior services in Bloomfield Township. He, with his wife Julie, led many early fundraising events for "Mature Minglers" during the late 1990s. He was the founding chairman for the Senior Advisory Council in 2002 until his passing in July. His work entailed a strategic plan, the Senior Millage and the bond proposal that funded the new senior center. He was creative, generous, and authentic; he spoke to people at whatever level worked best for them. His amazing interpersonal skills inspired the shyest person to action and softened challenging personalities into collaboration. His community leadership made Bloomfield Township a better place to live. He was a true servant leader.

Steve's friendship was a great blessing to me personally. His mentoring, encouragement, patience, humor and prayers became as important to me as his leadership was to this community. His faith, wisdom, and love made me a better person and I am forever grateful.

Donations in his memory will be gratefully accepted by BTSS; 4315 Andover Rd., Bloomfield Hills, MI 48302.

Wishing you Peace and Health,

Christine Tvaroha
Director, Senior Services
ctvaroha@bloomfieldtp.org



Steven G. Eskoff
BTSS Advisory Council Chairman





Options to Donate

There are many available options to donate to support BTSS!

- Online through the registration program - choose Donate to BTSS.
- Call us and request we process the donation by credit card.
- Mail a donation check and specify your choice of program to support.

Donation Choices:

BTSS/COVID 2020

Meals on Wheels

Transportation

Friendship Club

Buy a Brick Program

General Donation

Based on customer inquiries about donations to the center we have opened up an opportunity in Registry. We are grateful for this kind consideration. Please call if you would like to donate.

Buy A Brick Program

Honor your loved one with a tribute in support of therapeutic activities for Friendship Club, Meals on Wheels, or Transportation services. Purchase a memorial paver brick, which will be placed along the BTSS walkways.

One size (4" x 8") available for a contribution of \$150. Order forms are available online at

<https://www.bloomfieldtwp.org/Government/Services/Senior-Services/Support-BTSS.aspx>

Call or mail orders will be collected over the Summer.

Installation will occur Fall 2020.

VOLUNTEER GUIDELINES

We will re-engage with volunteers as we are able.

Applicants must be at least 18 years of age, a BT resident, and agree to complete a volunteer application and background check. Forms are available online at:

www.bloomfieldtwp.org/Government/Services/SeniorServices

**Contact Joan Patzelt, BTSS Deputy Director:
248-723-3500 or jpatzelt@bloomfieldtwp.org.**

**Thank you volunteers! Telephone Reassurance Callers,
Meals Drivers, Paper Dolls.**

Thank You

for Your Donation!

Thanks to all who have supported BTSS; your contributions and continued support are most appreciated.

"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 unit, or any political subdivision thereof, only if the contribution of gift is made exclusively for public purpose."

Special thank you to our Fall Program Sponsor



The State of Michigan, Department of Health & Human Services, has created a resource page for citizens to volunteer their services. On this site, www.Michigan.gov you may request assistance and volunteer in many different ways locally.



Eligibility/Registration

Eligibility - Adults 50+

To create your profile, visit the center. Residency is confirmed with ID.

Registration:

BT Residents - all programs open for participation with completed profile.

Non-Residents - many programs open for participation for additional fee; completed profile required.

Become Active

Once your profile is complete you may register in the following ways:

- Via phone with charge card.
- Visit the center for cash, check or charge.
- Mail a check.
- Online with charge card.

ID Cards

ID card is required to scan every visit at the main level desk. Please visit to get your photo taken.

Gifts & Gratuities Policy

Staff may not accept any gifts or gratuities from residents, customers, or the public. The highest level of customer service is expected from all staff and we regularly strive to meet this standard. We ask that if someone is so inclined, they donate to support the Meals on Wheels, Friendship Club Adult Day Service, or to a local charity in our name.

Office Manager Ruth Frketich is ready to assist you!



Registration/Refund Policies

- ⇒ Full payment is required at registration.
- ⇒ Registration is reserved for confirmed BT patrons through 8/17/2020; non-resident registration begins 8/18/2020.
- ⇒ Non-residents pay additional \$10 per class or trip, unless otherwise noted.
- ⇒ Checks with insufficient funds incur a \$30 fee.
- ⇒ Classes/Programs: No refund five business days prior to start. No refund once class has begun. Cancellation fee: \$10.
- ⇒ Trips: No refund five business days prior to trip. \$10 cancellation fee + costs incurred (i.e. prepaid tickets).
- ⇒ We reserve the right to substitute instructors to maintain program continuity.
- ⇒ Trips depart promptly at posted time; return times are approximate.
- ⇒ If you use a wheelchair or need a special accommodation for a trip, please indicate at time of registration. You must have a registered companion.
- ⇒ Sponsors & speakers at BTSS & advertisements in this newsletter are not necessarily endorsements by BTSS or Bloomfield Township.

Under 50 - Virtually Welcome

BTSS programs are generally limited to those ages 50 and over. However, while gyms and workout facilities are closed we will waive that requirement.

We welcome any adult who would like to sign up for the Zoom virtual fitness classes. Call 248-723-3500 for more information.

Fitness Coordinator Maggie Barclay has taped 5 fitness classes at Bloomfield Community Television, which you can find on demand from the website:

<https://www.bloomfieldtwp.org/Government/Services/Cable/Video-on-Demand/2020-New/SeniorServices.aspx>

These programs also air:

Monday - Friday 10 AM & 1 PM
on **BCTV** (Comcast Channel 15 and AT&T Channel 99)

To view the schedule go to
<https://www.bloomfieldtwp.org/Government/Services/Cable/Program-Schedule.aspx>

We hope you take advantage of some of these fitness options while we wait for the day we can re-open!

Senior eNewsletter

Sign up for the Weekly Seniors eNewsletter!

Please call or email us to "opt in" to receive the Senior weekly e-news.

This is different from the registration system that sends receipts.

Resources include safety information, fraud prevention, BTSS service and fitness options, Bloomfield Township Helpline, food resources, virtual cultural programs, and mental wellness resources.

We will never share your email.



Group Fitness Schedules - Virtual

Group fitness classes require advance registration prior to attendance. Below you will see the abbreviated schedules for virtual classes by day of the week. Instructors, full descriptions, fees and session dates follow on pages 6-9. Popular classes fill quickly! Non-residents are welcome & pay additional \$10 fee per session. Computer technology support available through Bloomfield Township Public Library, details p. 5 & 6.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CARDIO PARTY 9:00	SMALL GRP PT 7:30	STRENGTH & BAL 9:00	SMALL GRP PT 7:30	STRENGTH & BAL 9:00	YOGA FWB 8:30
CARDIO S & B L2 10:30	CCC 9:00	TAI CHI-BEG 9:30	CARDIO DANCE 9:00	MINDFUL PILATES 10:15	SAMPLER 9:00
CHAIR YOGA 11:30	GM YOGA L2 10:15	TAI CHI- CONT 10:30	GM YOGA 10:15	MINDFUL MEDITAT 11:30	
BARRE BAL 12:45	BLENDED YOGA 11:30	AGELESS YOGA 11:30	BLENDED YOGA 11:30	SMALL GRP PT 1:00	
PILATES S&B 4:15	CARDIO S & B L1 12:45	BARRE BALANCE 12:45	CARDIO S & B L1 12:45		Details on pg. 6-9
ZUMBA® 5:30	MINDFUL PILATES 4:00	SMALL GRP PT 2:00			
		HIIT BURSTS 3:15	PILATES S & B 5:00		
Subject to change		ZUMBA® 5:30			

Land

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Cardio Interval 10:00	Balance Yoga Meditate 10:00	Cardio Interval 10:00	Balance Yoga Meditate 10:00	Cardio Interval 10:00	
Balance Yoga Meditate 1:00	Gentle Moves Yoga 1:00	Balance Yoga Mediate 1:00	Gentle Moves Yoga 1:00	Balance Yoga Mediate 1:00	Balance Yoga Meditate 11:00
BCTV Channel 15	Subject to change				

BCTV Television

Tune into BCTV on Comcast channel 15 and AT&T channel 99 to view the daily exercise classes at 10 AM & 1 PM.

If you would like to access Video On Demand pre-recorded exercise programs, go to: www.bloomfieldtwp.org and select:

- Government
- Senior Services
- Fitness Class Videos
- Scroll to class of your choice.

Or find videos at this address:
<https://www.bloomfieldtwp.org/Government/Services/Senior-Services/Fitness-Class-Videos.aspx>



**Virtual Zoom Support
Bloomfield Township Public Library**

Are you using Zoom or other technologies to connect with others?
 Do you have questions about these technologies?
 Attend one of Bloomfield Township Public Library's Virtual Open Labs using Zoom.

For information about how to join, check www.btpl.org or call 248-642-5800 ext 405.

They are ready to help!



Land Fitness - Virtual



All fitness classes are
VIRTUAL
using the Zoom application.

September classes are currently open
for online or phone in registration.

October class registration will open Sep 15.

November class registration will open Oct 13.

Virtual Zoom Tips

Download the free Zoom Application. <https://zoom.us>

Once registered you will receive an email 1 - 2 days before the class starts with the **link** to the class. **Save that email for the duration of your monthly session.**

10 minutes before class click on the link from the email or copy the link into a browser.

Close other pages and applications.

You will need a strong WIFI connection.

Plan on plenty of open space for your workout.

Enter meeting ID# if prompted. (Same for the entire session)

Enter password if prompted. (Same for the entire session)

Enable "call using internet audio" if prompted.

Enable video by clicking on video camera icon if needed.

Enable sound by clicking on microphone icon; check audio/mute to ON..

Place your device so that your instructor can see you.

Email questions: Maggie Barclay, Fitness Coordinator
Mbarclay@bloomfieldtwp.org

Safety: Please consult your doctor before starting any exercise program to ensure your safe participation. Commit to both a warm up and cool down which are vital to your safety and effectiveness.

Stay hydrated during class.

We reserve the right to substitute instructors to maintain program continuity.

Non-residents pay additional \$10 fee per session.



Virtual Zoom Support: BTPL

Are you using Zoom or other technologies to connect with others?

Do you have questions about these technologies?

Attend one of Bloomfield Township Public Library's Virtual Open Labs using Zoom.

For information about how to join, check www.btpl.org

or call **248-642-5800** ext **405**.

They are ready to help!

Cardio - Virtual

Cardio, Core, Conditioning Dondra Virtual

(CCC) Low impact aerobics improves coordination and balance with easy-to-follow patterns and movements, while muscle training increases strength & endurance. Abdominal work focuses on core girdle. Bring exercise mat.

Tuesday	9 - 10 AM
Sep 1 - Sep 29	5 classes/\$35
Oct 6 - Oct 27	4 classes/\$28
Nov 3 - Nov 24	4 classes/\$28

Cardio Dance Party Maggie Virtual

Whether you have dance skills or two left feet, everyone can enjoy movement to great music from pop to country, classics and international flavors! Simple dance moves intertwined with fitness moves for a head-to-toe fun workout experience!

Thursday	9 - 10 AM
Sep 3 - Sep 24	4 classes/\$32
Oct 1 - Oct 29	5 classes/\$40
Nov 5 - Nov 19	3 classes/\$24

Cardio Party & Core Maggie Virtual

Cardio fun (interval training, aerobics, dance) followed by core strength & stretching (non-traditional standing moves, sit-ups, mat Pilates, body weight). Intermediate level class. Wear supportive shoes; bring a mat.

Monday	9 - 10 AM
Sep 14 - Sep 28	3 classes/\$24
Oct 5 - Oct 26	4 classes/32
Nov 2 - Nov 30	5 classes/\$40



Cardio - Virtual

Cardio Strength & Balance Rhonda Level 1 Virtual

Cardio, interval work, and strength training to help exercise the brain, get stronger, and maintain or improve balance while using weights, bands and balls. Conducted in both seated and standing positions.

Tuesday 12:45 – 1:30 PM

Sep 1 – Sep 29 5 classes/\$35
Oct 6 - Oct 27 4 classes/\$28
Nov 3 - Nov 24 4 classes/\$28

Thursday 12:45 – 1:30 PM

Sep 3 – Sep 24 4 classes/\$28
Oct 1 – Oct 29 5 classes/\$35
Nov 5 – Nov 19 3 classes/\$21

Cardio Strength & Balance Rhonda Level 2 Virtual

Cardio, interval work, and strength training to help exercise the brain, get stronger, and maintain or improve balance while using weights, bands & balls. Must be able to sit on floor.

Monday 10:30 - 11:15 AM

Sep 14 – Sep 28 3 classes/\$21
Oct 5 – Oct 26 4 classes/\$28
Nov 2 – Nov 30 5 classes/\$35



Seated - Virtual

Ageless Yoga Karen L. Virtual

Find balance, strength and flexibility as we move through standing yoga postures using the support of a chair. Wonderful for anyone who is unable to get onto the floor. New to yoga or not, this is for all levels. Each session will begin and end with seated meditation. Armless chairs work best, and have any yoga props you work with handy.

Wednesday 11:30 - 12:30 PM

Sep 2 – Sep 30 5 classes/\$40
Oct 7 – Oct 28 4 classes/\$32
Nov 4 – Nov 25 4 classes/\$32

HIIT Bursts Maggie Virtual

This High Intensity Interval Training intermediate class alternates between intense bursts of activity and fixed periods of active recovery. Warm-up, 20-30 minutes of HIIT workout, core training, stretch; and you're done!

Wednesday 3:15 - 4 PM

Sep 2 – Sep 30 5 classes/\$40
Oct 7 – Oct 28 4 classes/\$32
Nov 4 – Nov 18 3 classes/\$24

Zumba® Instructors below Virtual

Ditch the workout and join the party! Fuses popular Latin and international music and rhythms. Dance fitness fun for all! Bring supportive shoes.

Monday Mari Ann 5:30 - 6:15 PM

Sep 14 – Sep 28 3 classes/\$21
Oct 5 – Oct 26 4 classes/\$28
Nov 2 – Nov 30 5 classes/\$35

Wednesday Mari Ann 5:30 – 6:15 PM

Sep 2 – Sep 30 5 classes/\$35
Oct 7 – Oct 28 4 classes/\$28
Nov 4 – Nov 18 3 classes/\$21



Chair Yoga Donna Virtual

Connect gentle body movement with your breathing as you work to gain more strength, flexibility and balance in seated and optional standing postures, using a chair for support. For standing, wear supportive shoes. No sandals or slip-ons; bare feet are acceptable.

Monday Donna 11:30 - 12:30 PM

Sep 14 – Sep 28 3 classes/\$24
Oct 5 – Oct 26 4 classes/\$32
Nov 2 – Nov 30 5 classes/\$40



Personal Training-Virtual

1 on 1 Personal Training Virtual

Our certified personal trainers guide you to a healthier lifestyle! Whether you are brand new to workouts or a seasoned athlete, our trainers have the skills and knowledge to help you succeed. With personalized attention, you will work toward meeting your health and fitness goals.

Standard Resident \$65/Non-Res: \$75

Does **not** include use of Fitness Open Hours. Cancellations must be

2 business days prior to appointment.

Small Group Personal Training - Virtual

Small Group Personal Training Virtual

New to working out or at a plateau? **SGPT** could improve your results. Personalized attention within a group may help you reach your goals! Limited class size. Does **not** include fitness equipment use.

Tuesday Maggie 7:30 – 8:30 AM

Sep 1 – Sep 29 5 classes/\$80
Oct 6 - Oct 27 4 classes/\$64
Nov 3 - Nov 24 4 classes/\$64

Wednesday Lola 2 - 3 PM

Sep 2 – Sep 30 5 classes/\$80
Oct 7 – Oct 28 4 classes/\$64
Nov 4 – Nov 25 4 classes/\$64

Thursday Maggie 7:30 – 8:30 AM

Sep 3 – Sep 24 4 classes/\$64
Oct 1 – Oct 19 5 classes/\$80
Nov 5 – Nov 19 3 classes/\$48

Friday Lola 1 - 2 PM

Sep 4 – Sep 25 4 classes/\$64
Oct 2 – Oct 30 5 classes/\$80
Nov 6 – Nov 20 3 classes/\$48

Land Fitness



Pilates - Virtual

Mindful Movement Pilates Amy Virtual

Improve your mind body connection, re-balance, lengthen, strengthen the body and increase flexibility. Focus is proper alignment, core strength and muscle balance. Please bring your own mat. For beginner to intermediate students.

Tuesday	4 – 5 PM
Sep 1 – Sep 29	5 classes/\$40
Oct 6 - Oct 27	4 classes/\$32
Nov 3 - Nov 17	3 classes/\$24
Friday	10:15 – 11:15 AM
Sep 4 – Sep 25	4 classes/\$32
Oct 2 - Oct 30	5 classes/\$40
Nov 6 - Nov 20	3 classes/\$24

Pilates, Strength & Balance Karen O. Virtual

Build strength, improve balance, and strengthen your core muscles. Exercises will be performed standing, seated, and on the floor using your own body weight, light weights, and bands. Please bring a mat.

Monday	4:15 - 5:15 PM
Sep 14 – Sep 21	2 classes/\$16
Oct 5 – Oct 26	4 classes/\$32
Nov 2 – Nov 30	5 classes/\$40
Thursday	5 – 6 PM
Sep 3 – Sep 24	4 classes/\$32
Oct 1 – Oct 29	5 classes/\$40
Nov 5 – Nov 19	3 classes/\$24



Tai Chi - Virtual

Tai Chi Chuan Han Virtual

This practice enhances balance and body awareness with slow, gentle, graceful and precise movements.

Beginning	
Wednesday	9:30 - 10:15 AM
Sep 2 – Sep 30	5 classes/\$40
Oct 7 – Oct 28	4 classes/\$32
Nov 4 - Nov 18	3 classes/\$24

Continuing	
Wednesday	10:30 – 11:15 AM
Sep 2 – Sep 30	5 classes/\$40
Oct 7 – Oct 28	4 classes/\$32
Nov 4 - Nov 18	3 classes/\$24

Maggie Barclay
Fitness Coordinator



Strength - Virtual

Strength & Balance Maggie Level 2 Virtual

Advanced level class done standing and on the floor using hand weights, stability balls, foam rollers & your body weight. Must be able to balance on stability ball. Bring a mat and water bottle.

Wednesday	9 – 10 AM
Sep 2 – Sep 30	5 classes/\$40
Oct 7 – Oct 28	4 classes/\$32
Nov 4 – Nov 25	4 classes/\$32
Friday	9 – 10 AM
Sep 4 – Sep 25	4 classes/\$32
Oct 2 - Oct 30	5 classes/\$40
Nov 6 - Nov 20	3 classes/\$24

Sampler - Virtual

SATURDAY SAMPLER Virtual

Help avoid the fitness plateau with rotating classes. Cardio Dance Party, HIIT Bursts, Strength & Balance and more will help shake up your workout routine and give you the opportunity to try something new! All levels of fitness welcome with modifications.

Saturday	9-10 AM
Sep 12 – Sep 26	3 classes/\$24
Oct 3 – Oct 31	5 classes/\$40
Nov 7—Nov 21	3 classes/\$24

Barre - Virtual

Barre Balance Donna Virtual

Standing class using the barre for balance and gentle strength training. May also incorporate some basic ballet moves at the barre. Intermediate level. Please bring a mat to class.

Monday	12:45 – 1:30 PM
Sep 14 – Sep 28	3 classes/\$24
Oct 5 – Oct 26	4 classes/\$28
Nov 2 – Nov 30	5 classes/\$40
Wednesday	12:45 – 1:30 PM
Sep 2 – Sep 30	5 classes/\$40
Oct 7 – Oct 28	4 classes/\$32
Nov 4 – Nov 25	4 classes/\$32



Yoga - Virtual

Blended Yoga **NEW**

Jan
This class is a blend of postures for all levels including individuals suffering from knee, shoulder and/or wrist injury and pain. Begin with a relaxation breath on backs, transition to chair poses, followed by standing yoga postures, ending with a traditional savasana. Must be able to move from floor to standing with or without the help of a chair. Please bring a mat and towel.

Tuesday 11:30-12:30 PM
Sep 1 – Sep 29 5 classes/\$40
Oct 6 - Oct 27 4 classes/\$32
Nov 3 - Nov 24 4 classes/\$32

Thursday 11:30-12:30 PM
Sep 3 – Sep 24 4 classes/\$32
Oct 1 – Oct 29 5 classes/\$40
Nov 5 – Nov 19 3 classes/\$24



Lower level fitness
under construction by
Wm. Ellis Company



Special thanks to our
Summer Sponsors
American House Senior Living
Hap
Samaritas Senior Living

Gentle Moves Yoga

Maggie
Learn basic yoga poses, strengthen your core, improve balance, and practice simple relaxation/meditation techniques. Must be able to get up and down from floor. Bring yoga mat.

Thursday 10:15-11:15 AM
Sep 3 – Sep 24 4 classes/\$32
Oct 1 – Oct 29 5 classes/\$40
Nov 5 – Nov 19 3 classes/\$24

Gentle Moves Yoga Level 2

Maggie
Move forward in your yoga practice with more advanced poses & flowing asana geared toward strengthening muscles throughout the body with a focus on the core. Yoga experience and ability to move from standing to floor and back. Bring yoga mat.

Tuesday 10:15-11:15 AM
Sep 1 – Sep 29 5 classes/\$40
Oct 6 - Oct 27 4 classes/\$32
Nov 3 - Nov 24 4 classes/\$32

Chair Yoga Ageless Yoga

Donna
Karen L.
See description under Seated Yoga (p7).

Mindful Meditation **NEW**

Maggie
Breathing techniques, progressive relaxation and visualization are some of the methods that will be used to help you master connecting mind & body. Feel renewed and restored from the benefits of practicing meditation (seated or floor) in this 30-minute class.

Friday 11:30 -12 PM
Sep 4 – Sep 25 4 classes/\$20
Oct 2 - Oct 30 5 classes/\$25
Nov 6 - Nov 20 3 classes/\$15

Yoga for Well-Being

Karen L.
Gentle sequence focused on linking breath with movement. Gain strength, flexibility & balance with seated, standing & transitioning to the mat. Meditations at both the start and end of class. Bring yoga mat, blanket, pillow, and wear layered clothing.

Saturday 8:30-9:30 AM
Sep 5 – Sep 26 4 classes/\$32
Oct 3 - Oct 31 5 classes/\$40
Nov 7 - Nov 21 3 classes/\$24



Day Trips



Registration and Travel Policies

Every effort is made to inform travelers about the physical requirements of trips. Descriptions may include: walking tour, many stairs, or uneven terrain. Each traveler must decide if a trip is appropriate and be prepared to travel safely. BTSS retains the right to decline a traveler based on their level of independence per the code of conduct:

www.bloomfieldtp.org/PDFForms/Senior-Services/CodeOfConduct.aspx

Please register an assistant for the trip if it will ensure your safety; trip fees apply to assistants and are paid with your registration. Please alert staff if a wheelchair will be used.

Non-residents add \$10 fee per trip.

See page 2 for registration/cancellation policies. Unless otherwise noted, all trips depart and return to the Center on the BTSS bus.



Trip Schedule

10/9 Frank & Ella , DSO	p 11
10/30 Troupe Vertigo, Cirque DSO	p 11
11/20 Streisand Songbook	p 11
12/18 Home for the Holiday	p 11
TBD Detroit History Tour virtual Tour	p 10

All Trips will be INTEREST ONLY.
Please sign up to show you are interested in going on that trip. You will not be charged.
If we are able to run the trip we will call you and offer the option to purchase ticket/ask for payment at that time.

Be sure to join the waitlist for sold out trips. By showing your interest we are sometimes able to add more dates and tickets for popular trips. Waitlisted travelers will be called first for the opportunity to register for added trips. If enough interest develops, so will the trip!
 We ran the Felonies & Misdemeanors trip 3 times last summer!

DSO - Effective August 11, 2020, the DSO has cancelled all Fall in house performances until January 1, 2021.

Please sign up if interested in the proposed DSO show dates on page 11. When we have confirmation that the 20/21 season will run we will contact you and ask if you would like to purchase the tickets.

We will keep you updated in the Senior e-news.



Jane Marcinkowski
Trip Coordinator

Detroit History Tours - Virtual Trips and Story Telling

Detroit celebrates its' 319th birthday this year!



Date & Fee TBD

That's a lot of stories to tell. And we know just the group to tell those stories. Show your interest and we will invite Detroit History Tours to entertain us virtually with incredible tales of adventure, experimentation, activism, showmanship and pure Detroit gumption. We are welcoming your suggestions for topics whether it is history, architecture, music, or things that Detroit is famous or notorious for. Interested in learning about The Detroit Underground Railroad, The History of Motown, Prohibition or Detroit Neighborhoods? We will keep you updated via the E-NEWS letter so please make sure you are enrolled. <https://www.detroithistorytours.com/new-page>



DSO

ALL DSO COFFEE SERIES EVENTS INCLUDE: Complimentary Coffee and Donuts



Please sign up if interested in the proposed DSO show dates. When we have confirmation that the 20/21 season will run we will contact you and ask if you would like to purchase the tickets.

Effective August 11, 2020, the DSO has cancelled all Fall in house performances until January 1, 2021.

We will keep you updated in the Senior e-news.

Frank & Ella: POPS

Friday, October 9

9:15 AM – 2 PM

Few vocalists straddled jazz and pop music with greater success than Frank Sinatra and Ella Fitzgerald, two beloved icons who forever changed the musical landscape. Capathia Jenkins and Tony DeSare beautifully recreate Frank and Ella's friendship in a performance of classic standards immortalized by the Queen of Jazz and Ol' Blue Eyes, including "Night & Day", "My Way", and "I've Got You Under My Skin." (No meal stop).

Fee: \$TBD

Troupe Vertigo: Cirque Carnaval: POPS

Friday, October 30

9:15 AM – 2 PM

Drawing on classical favorites and circus artistry, Troupe Vertigo leads us on a breathtaking experience featuring dizzying aerial acts, acrobatic perfection, contortionism, feats of strength, and more. They will lift your spirit and leave you in awe! (No meal stop).

Fee: \$TBD

Home for the Holiday: POPS

Friday, December 18

9:15 AM – 2 PM

Share Detroit's favorite holiday musical tradition with family and friends and thrill to the spectacle of the season. Thomas Wilkins returns to lead a sparkling celebration with the carols and classics that sells out year after year – and yes, Virginia, there will be a Santa Claus! (No meal stop).

Fee: \$TBD

The Streisand Songbook: POPS

Friday, November 20

9:15 AM – 2 PM

Platinum Award-winning singer-songwriter Ann Hampton Callaway celebrates the music of one of America's most powerful and enduring musical artists. Singing timeless classics from five decades of Barbra Streisand's multi-faceted career, Callaway crafts a loving musical portrait of the icon who began as a role model for her and evolved as a mentor, recording Ann's songs on six of her recent CD's, including "I've Dreamed of You," the song that Streisand sang on her wedding day. In a night of soaring songs and stories, Callaway promises us a performance that not only celebrates the extraordinary career of Barbra Streisand, but also reminds us of "the way we were".

(No meal stop).

Fee: \$TBD

Looking forward to the DSO Coffee Series that we love so much? Show your interest by registering for a wait list.

While you can't join us at Orchestra Hall yet, you can digitally experience a "live" DSO concert from the comfort of your home! Two easy ways to join Watch Parties: Go to [dso.org/watchparties](https://www.dso.org/watchparties). Simply navigate to this page at the advertised time and a video player will automatically appear. Check the on-line calendar on the DSO's website. On Facebook Live. Just look for the Facebook Live event to show up on the DSO's Facebook page at the advertised time and click on the event to join. If you tune in on Facebook Live, you can comment on the stream, interact with other viewers in real time, and connect with DSO musicians – some of whom will host the festivities to offer insight and answer questions! Social distancing doesn't have to mean feeling disconnected.

Public Safety



Call 911 For:

- If you feel there is a Police, Fire or Medical Emergency



Please Don't Call 911 For:

- Questions on COVID-19
- Questions on testing for COVID-19
- If you are experiencing low or mild symptoms (low fever or cough)

Who You Should Call:



- Your Primary Care Physician if you have low or mild symptoms.
- Bloomfield Township Help Line for any non-emergency assistance.
- Oakland County Health Department Nurse Line (800-848-5533) if you have symptoms and wish to talk to a health care representative.
- Oakland County Health Department Information Line (248-858-1000) if you have COVID-19 questions.

Bloomfield Township Resident Help Line 248-723-3455

Hours of Operation:

7 AM-5:30 PM Monday through Thursday

8 AM-5 PM Friday through Sunday

The intent of this help line is to provide the resident a place to call any need as a result of the covid-19 pandemic.

We are here to help residents with any need!

Financial Support

Oakland County CHI COVID-19 Rent, Mortgage & Utility Relief Program

Need Help Paying Rent, Mortgage or Utilities?

Funds will be distributed in two phases:

Phase 1: July 1 – August 31, 2020 Phase 2: October 1 – November 30, 2020

Applications will be accepted during each phase until funds are exhausted.

Questions? Call Community & Home Improvement at **248-858-0730**

The Application and Program Guidelines can be found at: OakGov.com/COVID/Grants Qualifications:

- Must be a legal resident in 1 of 53 participating communities*.
- Have a household income less than 80% of the area median income, as defined by the U.S. Department of Housing and Urban Development (HUD).
- Inability to pay due to a temporary job loss, reduced work hours or other income hardship caused by COVID-19.
- You have not received assistance from any other source for the same activity and period of time as requested through this program.
- Your landlord or mortgage company must agree to participate in the program.
- This program provides a one-time grant for eligible households.

Household Income Eligibility

Persons Per Household Maximum Income Limits

1	\$44,000
2	\$50,250

* Larger families have higher limits



Home Improvement Loan Program

Qualified homeowners may receive interest-free loans of up to \$18,000 to make needed home repairs, including barrier free access and energy saving upgrades.

There are no monthly payments and the total loan is due and payable only when you sell your home.

Oakland County staff are with you all the way from helping you apply for the loan to overseeing all repair work and paying pre-screened contractors. This can be in addition to BTSS Minor Home Repair program.



Financial Assistance Available

Many families are facing difficult financial issues so Bloomfield Township has instituted a new, streamlined financial assistance program to help. Those seeking aid can complete **one form** to request a hardship exemption for property taxes and a solid waste waiver. Those over age 60 who meet guidelines can request minor home repair assistance with funding from the Community Development Block Grant program. For more information, go to <https://www.bloomfieldtp.org/Government/Services/Assessing.aspx> where you will find information on the Financial Assistance Program.



Live Healthy Oakland

Oakland County has joined the National Association of Counties (NACo) Live Healthy Discount Program to help county residents with healthcare costs.

The Live Healthy Oakland Discount Program provides county enrollees with the opportunity to save money on prescriptions, dental care and health services.

The **prescription drug discount card** is available at no cost.

For more information or to register for the prescription discount card, please call **877-321-2652**.

The **dental and health discount cards** are available at a low annual or monthly fee. For more information or to register for the dental or health discount cards, please call **877-573-2395**.

Minor Home Repair

Minor Home Repair Program

BTSS facilitates the **Minor Home Repair Program** with funding from Community Development Block Grant (CDBG). **No fees are paid by homeowners for repairs facilitated in this program.** For questions or application, please call: **248-723-3500.**

Comments from residents who have received this service:

"All of the repairs make living here so much easier and more comfortable. All the doors work properly now. Thank you so much."

"We have been very pleased with your assistance with the program. You have been very thoughtful and efficient in helping us coordinate the minor home repairs."

"BTSS staff does a superb job of helping seniors with repair/replacements that are out of reach for them financially".

Eligibility

Residents must be 60 years of age or above and have a gross annual household income below \$44,000 with one person or \$50,250 for 2 persons in the household. Proof of income will be required. Please call for information regarding households with more than two residents.

The maximum home value is \$420,000 or less and the maximum in savings and investments is \$50,000. Repairs must fit the criteria and may not exceed \$5,000 in a calendar year. Eligible applicants may receive a grant in three separate calendar years (new applications required).

Notarized application is required: please find the updated version on the township website link below.

Notarization is available by appointment at the township offices **248-433-7700.**

<https://bloomfieldtpw.org/Resources/Forms/Assessing/2020PovertyApplication-New-Revised.aspx>

BTSS Program staff is available to help residents through the application process and to administer projects through completion.

Project examples: Repairs to: furnace, siding, chimney, porch, stairs, electrical, plumbing, water/waste

Replace: water heater, garbage disposal, toilet, faucet, light fixtures, locks, handrails, sidewalks, driveways, gutters, weather stripping, garage door, and furnace

Remove: Architectural barriers, large items or debris from/around home, dangerous tree or limb removal

Housing Counseling Services - Oakland County

Certified advisors offer housing information, education and referrals in a confidential setting.

- **Preventing Foreclosure**
Know your options if you're having trouble paying your mortgage or property tax.
- **Reverse Mortgages for those 62+**
See if you are a good candidate for a reverse mortgage to free up the equity built up in your home.
- **Tenant Rights & Responsibilities**
- **Home Repairs, Subsidized Housing and Rental Assistance for Low/Moderate Income Households**

Get referrals to agencies for help with rent, utilities, and security deposits.

Housing Counseling Services are FREE. For more information call **248-858-5402.**

Community Resources

Legal Questions and Assistance

Lakeshore Legal Aid offers free consultations through the *Council & Advocacy Law Line* at 888-783-8190. Also seek free advice on the *Legal Hotline for Michigan Seniors* at 800-347-5297.

Financial Help For Adults 60+

Help for seniors and caregivers struggling to make ends meet through the Legal Hotline for Michigan Seniors Benefits Enrollment Center. Call 800-347-5297 for help finding programs and services they can apply for that could ease their financial situation.



BT Resident Help Line 248-723-3455

BT Police Department

The BTPD encourages all of our residents to continue to follow the CDC guidelines and the Governors' Orders in maintaining the health and wellness of our community. Residents can get up to date information on the township website, www.bloomfieldtwp.org as well as oakgov.com/health, cdc.gov, and Michigan.gov.



We will continue provide a helpline for our residents who need any help or resources. We are here to help the residents with ANY need. The help line can be reached:

Monday - Thursday 7 AM - 5 PM

Friday - Sunday 8 AM - 5 PM

The intent of this help line is to provide our residents a place to call for any need as a result of the COVID-19 Pandemic. Police personnel are providing services such as grocery pick-up and delivery, prescription pick-up and delivery, and outside resources. This is not an emergency line, this line is to assist our most vulnerable residents or anyone that is not wanting to leave their home and go into crowded stores. As always, if you have an emergency contact 911. The BTPD is committed to providing quality services to preserve the peace and protect our community.

BTFD Residential Lock Box Purchase

1. Go to website www.roperlock.com
2. Click on "Lock Boxes" tab
3. Choose the Crest Guardian Lock Box- Wall Mount with ACE Lock - Wall Mount

\$32.95 + Tax & Shipping

4. Under "Key Code" enter "**Bloomfield Twp.**" to ensure proper key coding to the Bloomfield Township Fire Department.
5. Click on "Add to Cart" and then click 'Checkout'
6. Proceed with payment and shipping information. Confirm order details and place order.



While you are waiting for the delivery of your lock box, it is the perfect time to have extra copies of your door keys made. If your door has a deadbolt, don't forget to have an extra key made for this lock as well.

Upon receipt of your lock box, contact the Bloomfield Township Fire and Life Safety Division at **(248) 433-7745** for installation options. If you would like the Bloomfield Twp. Fire Department to install the Roper Lock Box, there is a **\$15 installation fee** payable by cash or check at time of service to Bloomfield Township.

You may order by telephone, contact Roper Lock toll free at **(330)-433-7745**.

If you require assistance, or additional information on this program please contact the **Bloomfield Township Fire Department** at **(248) 433 7745**.



BT Fire Department

What if I need help but it is not a "real" emergency?

The answer is easy....

Our motto is: **When in doubt, call us out.** From assisting a citizen who is uninjured up off the floor to issues involving smoke and carbon monoxide detectors, the Fire Department is available to assist you.

What number do I call for non-emergency help?

The Fire Department **non-emergency** number is **248-433-7745**.

If someone cannot remember this number, dial **9-1-1** and the dispatcher will assist you with the connection.

For more information, go to www.btfdfire.org or **248-433-7745** and call us out.



Medicare Basics 101 Virtual Presentation

Wednesday September 16 10 AM - 11:30 AM

Medicare is federal hospital and medical insurance, established by Congress in 1965, for individuals who are age 65 and older or disabled. This informative powerpoint will be presented by a certified Medicare counselor from the Oakland County AAA 1-b. If you are new to Medicare or approaching 65, this is a must attend! BT residents.

Registration required. Call **248-723-3500**.

Medicare & Prescription Drug Plans Counseling Phone in

In cooperation with the Area Agency on Aging, we offer counseling to residents on Medicare coverage and prescription drug plans. Register for private consultation with a certified Medicare counselor. **Registration required.** Call **1-800-803-7174**

Medicare Medicaid Assistance Program

Friday, October 23 Phone in/Virtual 9 AM - 3 PM

We continue our partnership with AAA1b to offer Medicare Medicaid Assistance Program (MMAP) during open enrollment. This free virtual service can help you make informed health care benefit decisions.

Trained counselors will assist with:

Changing/enrolling in Part D prescription drug coverage.

Changing/enrolling in Medicare Advantage programs.

Reviewing supplemental insurance needs (Medigap).

Applying to Medicare Saving Programs.

Bloomfield Township residents only aged 62+.

Advance registration is required and begins September 21. Call **248-723-3500** for appointment or more information.

NCOA-NATIONAL COUNCIL ON AGING

Phone 571-527-3900 Website www.ncoa.org

The NCOA Benefits Check service connects older adults to services. Benefit areas for review include Medicare and Medicaid, prescriptions and food and nutrition. Other benefits through several public and private benefit programs can pay home energy costs, vision, dental, hearing and more.

<https://www.ncoa.org/economic-security/benefits>

Oakland County Nurse on Call

If a person needs medical advising and does not have a primary care doctor, call **800-848-5533**.

8-8 Monday-Friday

9-5 weekends



Friendly Callers



For many years BTSS volunteers have been calling their neighbors to check in and have uplifting conversation. These kind folks with comforting voices, reassure people that they are not alone, and their family members appreciate the valuable social connection.

Now the need is even greater. If you or someone you know would like to receive a phone call, we would be happy to include you in our program.

You choose the days & number of calls you wish to be called each week.

Volunteers call Monday through Friday between 9 and 11 AM for friendly conversation and to check on well being.

Call BTSS at 248-723-3500 for more information.

Friendship Club Adult Day Service

Will re-engage when safe & able.

This social model Adult Day Service is for people impacted by dementia and socially isolated seniors. The stimulating, caring environment is person-centered and provides much needed respite and support for family caregivers. Therapeutic activities such as art, music, gardening, exercise and socialization meet the strengths and needs of people with dementia. Monthly activities calendars are available in the office or online at www.bloomfieldtwp.org/seniors.

Located within the Senior Center in a beautiful and secure suite. Families inquiring about service may request a tour. For information on eligibility and enrollment please contact **Julie GeBott, Adult Day Services Coordinator, 248-723-3530 or jgebott@bloomfieldtwp.org.**

Non-residents may be eligible as capacity allows.

Caregiver: *"I cannot thank you enough for making certain my mother was safe and valued for who she is at all times. The rest of the world should take lessons from you."*

Durable Medical Equipment Loan Closet

We collect donations of wheelchairs, walkers, canes, shower benches and currently have a high demand for transport wheelchairs. We have limited storage and varied stock so please call to confirm a need for your item in advance. Once confirmed, you may drop it off at the senior center's front door.

Items must be clean, gently used and in good repair. We will "quarantine" them for a period prior to future loans.

This equipment is available for free, short term use by BT residents. Please call to confirm availability of item and schedule curbside pickup at the center.

Resources



Please check the BTSS Facebook page.

Bloomfield Township Senior Center is the official BTSS facebook.

Be sure to "Like" and share our new page. Stay connect with us through social media and this weekly e-news connection.



Bloomfield Township Public Library

Virtual Branch

Whether the library building is open or not, you can always stop by Bloomfield Township Public Library's Virtual Branch at www.btpl.org/virtual. Here you'll find links to all of our recorded programming, information on upcoming events, and resources to keep you engaged and educated. If there's something you'd like to see, reach out and tell us via email at AskAdult@btpl.org.



Lynda.com

We are pleased to announce the newest addition to our online resources: **Lynda.com**. Available to those with a valid Bloomfield Township Public Library card, Lynda.com offers access to 15,500+ online courses. We hope that you'll be inspired to learn the latest software, creative, and business skills with bite-sized tutorials or comprehensive courses. If you have questions or need help getting set up, please contact the Adult Services Department.

General Tech Assistance

If you are in need of general technical assistance, please email AskTech@btpl.org or give us a call at **248-642-1084**. We're happy to help over the phone during business hours.

For most current information or to view the newsletter visit

www.bloomfieldtp.org/seniors
or
www.bloomfieldtp.org



Julie GeBott
Adult Day Service Coordinator,
Friendship Club
Would like to hear from you.

Please call Bloomfield Township Senior Services for assistance.

We are here for you!
248-723-3500



**Area Agency on Aging 1b
Information and Assistance
Telephone Line**

**Specialists are available
Monday - Friday 8 AM - 5 PM.**



**Contact Us
(800)852-7795
www.aaa1b.org**

Presbyterian Villages of MI

Caregivers must remember to practice self-care to ensure they can continue in their roles.

Here are some helpful articles for caregivers by Presbyterian Villages of Michigan.

<https://www.caregiversbestfriend.org/>



**Presbyterian
Villages**
OF MICHIGAN
SERVING SENIORS & COMMUNITIES



Dementia Caregiver Support Group

Call/dial in

1st & 3rd Tuesday **2 - 3 PM**

Learn about programs and services available to caregivers whose loved ones are experiencing dementia. Gain support and an opportunity for sharing experiences. Sponsored by Alzheimer's Association. **Registration required.** To register, call **248-723-3530** or email jgebott@bloomfieldtwp.org

September 1 & 15

October 6 & 20

November 3 & 17

Alzheimer's Assn. Younger Onset Caregivers

3rd Wednesday **Virtual** **5:30 - 7 PM**

Early-onset Alzheimer's disease affects people who are under 65. This support group is for caregivers of persons with early stage memory loss. To register, call **248-996-1058**.

Hospice of MI



Virtual groups

available. Joining is very simple, you can join by phone or by computer; and Caregiver library-videos on demand. Call **1-888-247-5701** for more information. www.hom.org

Care Consultation

The Alzheimer's Association currently offers telephone Care Consultation by licensed Master Degree Social Workers. This program is designed for individuals with memory loss and their care partners. Please contact the Alzheimer's Association Helpline **1-800-272-3900** for more information.

Alzheimer's Association Greater MI Chapter

Alz.org/gmc

During this difficult time, you are not alone.

24/7 HELPLINE: 800.272.3900



Grief Recovery Groups

Take Time To Heal

Group meets once a week for 6 weeks and is sponsored by Desmond Funeral Home. It is open to and free to the public. Participants meet at a local designated Desmond Funeral Home.

Due to Covid-19, the first 9 participants who RSVP have the option to meet onsite at the designated site. They may also choose to join the group virtually. Additional RSVP's over 9 participants will join the group virtually.

Tuesday, October 6- November 10

6:30 PM-8:30 PM

Desmond Funeral Home

32515 Woodward Avenue R. O.

RSVP-Facilitator -Karen Laing, MA, LLP 248-362-2500

Survivors of Suicide Loss

This group is a non-clinical, nondenominational support group for people who have been impacted by suicide loss.

Group Facilitator-Marcia Klucznik, LPC, RN

1st Wednesday of every month

Group Session Time-7 PM-8:30 PM

Congregational Church of Birmingham

1000 Cranbrook Road B. H.

Due to Covid-19 the group has been meeting outdoors at the above location. Participants would be updated regarding the meeting location when the RSVP is made.

RSVP-Facilitator-Marcia Klucznik, LPC, RN 947-333-8208

Alzheimer Association VIRTUAL AND DIAL-IN (PHONE) SUPPORT GROUPS & EDUCATION PROGRAMS

COVID-19 Update: In the best interest of our constituents, volunteers and staff, we will not be offering in-person support groups education programs at this time. Instead, we are providing free virtual support groups & programs across Michigan.

Please contact our 24/7 Helpline at **800-272-3900**.

Build a support system with people who understand. Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system
- Exchange practical information on caregiving challenges, possible solutions and community resources
- Talk through issues and ways of coping
- Share feelings, needs and concerns

Statewide Virtual Caregiver Support Group

Thursday, August 27 **7 - 8 PM**

Thursday, September 24 **7 - 8 PM**

Virtual Education Programs

Healthy Living for Your Brain and Body: Tips from the Latest Research

Thursday, August 20 **6 - 7 PM**

Understanding Alzheimer's and Dementia

Monday, August 24 **10 - 11 AM**

Call **800-272-3900** to register.

Nutrition/Transportation Services



Nutrition Services

For seniors age 62 years and older within our service area. Private pay customers are needed to maintain the program. We have capacity. There is a cost for each program and financial support may be available for residents with documented low income. For information and/or application materials on either program, contact **Mary Osborne, Nutrition Coordinator, 248-723-3500.**

Meals on Wheels: Meals are available for seniors who have considerable difficulty shopping for and preparing complete meals independently, and are delivered frozen on Mondays between 10 AM and Noon. Seniors may choose to receive 3 or 5 meals weekly. With each delivery, a safety check occurs when our wonderful volunteers meet seniors at their door. (Referrals from the community are handled in a very confidential way. Currently meals are delivered on Mondays.)

Nutritional Supplements: With medical necessity, Ensure® products may be ordered monthly at a reduced cost from retail prices. A physician's order is required and must include: diagnosis, recipient's weight, type of product (Regular or Plus), and number of 8 oz. cans to be consumed daily. The order must be renewed annually.



Meals on Wheels

Many residents appreciate meals. We deliver over 200 meals each Monday.

New MOW customers report that they are surprised the meals taste so good. They are grateful that we are still providing the service as grocery shopping can be risky. Just that one meal a day makes all the difference. Once a week a caring person will arrive at their door to bring meals, assuring them that even though they may be on their own, they are not alone.

We have capacity for more customers and look forward to continued growth and connection! MOW can be a great addition to family support as well as temporary during stay safe stay home period. We are a private pay model for those who are able to contribute, a sliding fee is available to those with low income and assets.

Sample menu Meals on Wheels served in August:

Chicken Parmesan with noodles & mixed veggies; Swedish Meatballs, with egg noodles and glazed carrots; Sliced Beef brisket with mashed potatoes and corn; Rosemary Chicken Breast with sweet potatoes. Each meal includes bread, roll, muffin or crackers, fresh or cut fruit and milk or juice.

Transportation Services

Rides to Medical Appointments: Available to 60+ senior residents of Bloomfield Hills and Bloomfield Township through SMART funding. Application and eligibility for program required with contracted provider. Call Bloomfield Township Senior Center **248-723-3500.**

SMART Community Transit: Curb-to-curb service in Bloomfield and surrounding communities. Service hours are 6 AM to 7 PM, Monday through Friday. Call up to 6 days in advance for medical trips, up to 2 days in advance for general service.

Reservation hours: 7 AM to 4 PM
Monday - Friday 866-962-5515.



Paperless Billing - Delivery straight to your inbox Tired of your utility bill getting lost in the mail?



Have your utility bill delivered straight to your inbox every quarter. This option for paperless billing method eliminates transmission of germs, reduces paper use and saves money. You can now have your water bill delivered straight to your inbox every quarter with paperless billing. You may also mail in payments or pay online, eliminating the need to visit the office in person and avoid using cash. The Treasurer's Office processes payments for every Township department.

To see all the available payment options, see the Township website here
<https://www.bloomfieldtp.org/Government/Services/Treasurer/Payment-Options.aspx>

Contact Bloomfield Township's Treasurer's Office today to sign up for paperless billing.

E-mail treasurer@bloomfieldtp.org to make your request. Just give us your account number, address and e-mail address, and we will do the rest!

CALLING ALL BLOOMFIELD TOWNSHIP SENIOR RESIDENTS! The U.S. Census Bureau wants you to be counted!

Your response to the U.S. Census determines the amount of Federal funds distributed to state and local governments. Census data is used in many ways:

- Redistricting of state legislative districts.
- Reapportioning seats in the House of Representatives.
- Forecasting future transportation needs for all segments of the population.
- Determining areas eligible for housing assistance and rehabilitation loans.
- Assisting federal state and local governments in planning and implementing programs, services, and emergency response.
- Designing facilities for people with disabilities, the elderly, and children.

To be counted, all you need to do is answer nine easy questions. All responses to the Census are confidential and protected under Title 13 of the U.S Code.

The filing can be completed online: www.2020census.gov; by phone: **844-330-2020**; and with the mail-in form. The process takes about 10 minutes. If you can't find the mailing that was sent with your Census code, both the online and phone options will request your address, which is associated with the code.

The opportunity to self-respond has been extended to October 31, 2020. Avoid a Census worker knocking on your door. Make yourself count in Bloomfield Township, Oakland County and Michigan. Help us reach our Township goal of a complete count in the U.S. Census. It's a constitutional mandate and it's for your benefit.

Need additional assistance? Contact the Bloomfield Township Clerk, Jan Roncelli, at **248-433-7703** or jroncelli@bloomfieldtp.org.

Planning, Building & Ordinance Autumn Senior Safety Tips

Property Maintenance

Falling leaves and wet, cooler weather can make outdoor spaces dangerous for unsteady seniors. Rake up any lawn debris, fallen sticks and leaves to prepare for the winter season and prevent accidental falls. Gutters, walkways, driveways, and sidewalks may also need attention. Install handrails and non-skid surfaces to exterior stairs.

Cold-proof your home

As the temperatures outside drop, you may notice more drafts in your home from windows and doors that don't properly shut or seal. Address visible drafts, and get out your favorite throw-blanket to have on your couch or recliner.

Service Your Furnace

Before the cold weather sets in, be sure to call your heating and cooling company to service your furnace. A licensed contractor should inspect the furnace to make sure everything is in working order and that there are no leaks.

Test and replace batteries and light bulbs

With less daylight, be sure to stock up on flashlights, light bulbs, and batteries. Check and replace the batteries in your smoke and carbon monoxide detectors twice a year: in March and November when you change the clocks for daylight savings. This is a great way to ensure they're always working. Install smart lights that turn on automatically when they sense motion to help prevent accidents or falls in the dark. Poor lighting is a key contributor to senior falls.

Questions about property maintenance call **248-594-2845** or building codes **248-433-771**.

Stay safe and healthy,
your Planning, Building & Ordinance Department Staff



PRST STD
U.S. POSTAGE
PAID
PERMIT NO. 40
BLOOMFIELD HILLS
MI

Senior Services
4315 Andover Road
Bloomfield Twp. MI

Monday-Thursday: 7 AM - 8 PM
Friday: 7 AM - 6 PM
Saturday: 8 AM - 2 PM



Under construction; safety modifications in progress. Touchless water bottle refill station and Plexiglas wall dividers.

