



Senior Services

4315 Andover Road, Bloomfield Township, MI 48302

SUMMER 2020



Building is closed to the public.

This edition is very different and we hope you find the resources valuable.

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BTSS has gone virtual!

Until we are able to re-engage, we have many virtual exercise and fitness options with technology!

Building Closed; Hearts Open

Through 60 days of uncertainty, the commitment of this team has never wavered. I am so humbled to work among dedicated, creative professionals focused on solutions to the constant flow of challenges. Their care and compassion for people has been at the forefront of all actions and decisions. We are a staff of six instead of forty and I am deeply grateful for each one.

Throughout this surreal experience, we have modified programs to retain as many as we safely can. Though the center is not available, these services are: Meals on Wheels, Medical Transportation, Friendly Caller, Minor Home Repair, Information and Referral, Medical Loan Closet and most popular are virtual Fitness programs on BCTV and via Zoom.

When will the senior center reopen? We must balance the risk of C19 transmission against the benefits our programs offer. While not every visitor to the center is high risk, we must answer this key question in the reopening discussion: Is there a great percentage of high-risk individuals served by our facility?

The state reopening plan advises people at risk to stay safe at home until phase 6 and at the time of publication, we are in phase 3. The timeline for progression through the stages is unknown but we will maintain our communication with township emergency operations leaders and the County Health Department for guidance.

Reopening may include limiting groups, visits by appointments, masks and social distancing all of which may reduce our risk but will not limit our rapport and the value of engagement.

We know that our social connections are irreplaceable so we are actively collecting best practices from industries such as recreation, aquatics, fitness, and senior centers so we are prepared to re-open when advised it is safe. Until then please call or email with your questions or needs, we are here for you.

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.

Adult Day Service Friendship Club

Temporarily closed

BTSS offices will be closed on:

Monday, May 25
Friday, July 3

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

Steve Eskoff, Chairman
Don Foehr
Victor & Suzanne Goldstein
Liz Mahoney
Tom & Ginny Richard

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."

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.

Registration/Refund Policies

- ⇒ Full payment is required at registration.
- ⇒ June class registration is open.
- ⇒ July class registration will open June 16.
- ⇒ August class registration opens July 14.
- ⇒ 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.

Donations to support BTSS. Refunds of pre-registered April classes.

Based on customer inquiries about donations to the center we have opened up an opportunity in Registry. Some people are changing a portion of their registration fee to a donation in lieu of a refund and others wish to send support for meals on wheels and other evolving services. We are grateful for this kind consideration. Please call if you would like to donate your unused registration fees.

Refunds for April programs will begin in May. With limited staff and the volume of refunds needed, we ask for your patience and understanding. Refunds may take 4-6 weeks. You will eventually see the credit on the charge statement or receive a check refund.

Thank you for your patience.



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

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 in the center and online at

[https://www.bloomfieldtp.org/Government/Services/](https://www.bloomfieldtp.org/Government/Services/Senior-Services/Support-BTSS.aspx)

[Senior-Services/Support-BTSS.aspx](https://www.bloomfieldtp.org/Government/Services/Senior-Services/Support-BTSS.aspx)

Call or mail orders will be collected over the Summer. Installation will occur Fall 2020.

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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 at the main level reception desk or online at:

www.bloomfieldtp.org/Government/Services/SeniorServices

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

Thank you volunteers! 1,000 hours in February – April, Office Volunteers, Telephone Reassurance Callers, Special Projects, Errands & Medical Appointment Drivers, Meals Drivers, Chicks with Sticks, Paper Dolls, Enrichment Group Coordinators, Trip Leaders & Friendship Club.

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 thanks to our Spring Sponsors

American House Senior Living
Baldwin House
Cedarbrook Senior Living
HAP
Samaritas

BTSS has many Township residents who volunteer to assist us at the senior center with supportive services like Meals on Wheels. During the State of Michigan shelter in place order many local residents have reached out to BTSS to volunteer. Rather than volunteers, we are maintaining meal delivery with select paid staff to standardize strict attention to prevention measures and limit contact with customers.

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.

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SMALL GRP PT 7:30		SMALL GRP PT 7:30		
CARDIO PARTY 9:00	HIIT 9:00	STRENGTH & BAL L2 9:00	CARDIO DANCE 9:00	STRENGTH & BAL L2 9:00	YOGA FWB 8:30
	GM YOGA L2 10:15	TAI CHI 11:00	GM YOGA 10:15	MINDFUL PILATES 10:15	S. SAMPLER 9:00
CHAIR YOGA 11:30	BLENDED YOGA 11:30	AGELESS YOGA 11:30	BLENDED YOGA 11:30	MINDFUL MEDITAT 11:30	
BARRE BAL 12:45		SMALL GRP PT 2:00		SMALL GRP PT 1:00	
		HIIT BURSTS 3:15		See class details pages 4-7	
PILATES S&B 4:15	MINDFUL PILATES 4:00		PILATES S & B 5:00		
Download Zoom					
In advance					

Land - Virtual

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 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>

Thank you to our Summer Program Sponsors





Land Fitness - Virtual



All fitness classes are
VIRTUAL
using the Zoom application.

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

July class registration will open June 16.

August class registration will open July 14.

Virtual Zoom Support: BTPL

Are you using Zoom to connect to others from the safety of your home? Do you have some questions about how to use Zoom?

Send your questions to the Library at **Asktech@btpl.org** or call **248-642-1084**, the Library's computer helpdesk line. They are ready to help!

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.

Cardio – Virtual

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
Jun 4 – Jun 25	4 classes/\$28
Jul 2 – Jul 30	5 classes/\$35
Aug 6 – Aug 27	4 classes/\$28

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
Jun 1 – Jun 29	5 classes/\$35
Jul 6 – Jul 27	4 classes/\$28
Aug 3 – Aug 31	5 classes/\$35

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!

Tuesday	9 - 10 AM
Jun 2 – Jun 30	5 classes/\$35
Wednesday	3:15 - 4 PM
Jun 3 – Jun 24	4 classes/\$28
Jul 1 – Jul 29	5 classes/\$35
Aug 5 – Aug 26	4 classes/\$28

Virtual Zoom Tips

Download latest version of the free Zoom Application. Go to <https://zoom.us> (you may be required to set up an account with your email and password).

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.

You will need a strong WIFI connection.

Plan on plenty of open space for your workout.

Place your device so that your instructor has a full view of you in the screen.

Close all other apps/applications and pages on your device.

10 minutes before class click on the link from the email sent once (1 - 2 days before the class starts) or copy the link into a browser.

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

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

Enable "call using internet audio" if prompted.

On the zoom home page enable the camera (stop/start video) by clicking on video camera icon if needed.

Enable sound by clicking on microphone icon if needed; check audio (mute on/off) to the ON setting.

You should see and hear everyone! Make sure you are all set and get ready to join in!

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

All fitness classes are **VIRTUAL** using Zoom application.
 June classes are currently open for online or phone in registration.
 July class registration will open June 16.
 August class registration will open July 14.



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

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**

Jun 2 - Jun 30 5 classes/\$80

Jul 7 - Jul 28 4 classes/\$64

Aug 4 - Aug 25 4 classes/\$64

Wednesday Lola **2 - 3 PM**

Jun 3 – Jun 24 4 classes/\$64

Jul 1 – Jul 29 5 classes/\$80

Aug 5 – Aug 26 4 classes/\$64

Thursday Maggie **7:30 – 8:30 AM**

Jun 4 – Jun 25 4 classes/\$64

Jul 2 – Jul 30 4 classes/\$80

Aug 6 – Aug 27 4 classes/\$64

Friday Lola **1 - 2 PM**

Jun 5 – Jun 26 4 classes/\$64

Jul 10 – Jul 31 4 classes/\$64

Aug 7 – Aug 28 4 classes/\$64

Seated - Virtual

Chair Yoga

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**

Jun 1 – Jun 29 5 classes/\$40

Jul 6 – Jul 27 4 classes/\$32

Aug 3 – Aug 31 5 classes/\$40

Ageless Yoga

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**

Jun 3 – Jun 24 4 classes/\$32

Jul 1 – Jul 29 5 classes/\$40

Aug 5 – Aug 26 4 classes/\$32

Barre

Barre Balance

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**

Jun 1 – Jun 29 5 classes/\$40

Jul 6 – Jul 27 4 classes/\$32

Aug 3 – Aug 31 5 classes/\$40

Virtual Class Testimonial

I just wanted to take a minute to say "THANK YOU" for all you are doing to keep things afloat at the Bloomfield Senior Center - I have heard how hard the staff at the Center are working under our current circumstances, all for the benefit of us stuck at home who are longing to be connected and engaged.

In particular, thank you SO much for figuring out a way to offer online exercises classes via the Zoom platform - I just took my first class this morning with Maggie via Zoom and it was terrific!! It feels so good to not only be exercising again, but to be "connected", at least virtually, with others! I just can't thank you enough for this wonderful opportunity for all of us, and wanted you to know how much your efforts are appreciated. Please let the other staff know this, too. With appreciation, Anonymous

Strength

Strength & Balance

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**

Jun 3 – Jun 24 4 classes/\$28

Jul 1 – Jul 29 5 classes/\$35

Aug 5 – Aug 26 4 classes/\$28

Friday **9 - 10 AM**

Jun 5 – Jun 26 4 classes/\$28

Jul 10 – Jul 31 4 classes/\$28

Aug 7 – Aug 28 4 classes/\$28

Land Fitness-Virtual



Pilates - Virtual

Mindful Movement Pilates 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	NEW	4 – 5 PM
Jun 2 - Jun 30		5 classes/\$40
Jul 7 - Jul 28		4 classes/\$32
Aug 4 - Aug 25		4 classes/\$32
Friday		10:15 – 11:15 AM
Jun 12 – Jun 26		3 classes/\$24
Jul 10 – Jul 31		4 classes/\$32
Aug 7 – Aug 28		4 classes/\$32

Pilates, Strength & Balance Virtual

Karen O.

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
Jun 1 – Jun 29	5 classes/\$35
Jul 6 – Jul 27	4 classes/\$28
Aug 3 – Aug 31	5 classes/\$35
Thursday	5 – 6 PM
Jun 4 – Jun 25	4 classes/\$28
Jul 9 – Jul 30	4 classes/\$28
Aug 6 – Aug 27	4 classes/\$28



Tai Chi - Virtual

Tai Chi Chuan Virtual

Han

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

Wednesday	11 - 12 PM
Jun 3 – Jul 8	6 classes/\$48
Jul 15 – Aug 19	6 classes/\$48

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
June 6, 13, 20, & 27	4 classes/\$28

Yoga - Virtual

Blended Yoga Virtual

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
Jun 2 - Jun 30	5 classes/\$35
Jul 7 - Jul 28	4 classes/\$28
Aug 4 - Aug 25	4 classes/\$28
Thursday	11:30-12:30 PM
Jun 4 – Jun 25	4 classes/\$28
Jul 2 – Jul 30	5 classes/\$35
Aug 6 – Aug 27	4 classes/\$28



Gentle Moves Yoga Virtual

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
Jun 4 – Jun 25	4 classes/\$28
Jul 2 – Jul 30	5 classes/\$35
Aug 6 – Aug 27	4 classes/\$28

Gentle Moves Yoga Level 2 Virtual

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
Jun 2 - Jun 30	5 classes/\$35
Jul 7 - Jul 28	4 classes/\$28
Aug 4 - Aug 25	4 classes/\$28

Chair Yoga Ageless Yoga

Donna

Karen L.

See description under Seated Yoga (p.6)

Mindful Meditation Virtual

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
Jun 5 – Jun 26	4 classes/\$20
Jul 10 – Jul 31	4 classes/\$20
Aug 7 – Aug 28	4 classes/\$20

Yoga for Well-Being Virtual

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
Jun 6 – Jun 27	4 classes/\$32
Jul 11 – Jul 25	3 classes/\$24
Aug 1 – Aug 29	5 classes/\$40



Protect Older Adults from COVID-19

Practice social distancing to keep you and your community safe

- Keep at least a 6-foot distance between yourself and others (even people who appear to be healthy).
- Stay home as much as possible.
- Use online services, such as online banking, grocery pick-up or delivery, and restaurant delivery services.
- If you do need to go out, avoid going during peak hours.
- Avoid in person visits with your grandchildren. Young children can have the virus and show few or no symptoms and can pass it onto you. Skype or facetime with them.
- Avoid crowds of people and unnecessary gatherings.
- Avoid non-essential travel, especially cruise and air travel.
- Avoid close contact touching like, shaking hands, hugging, and high-fives.

Take action to prevent spread of viruses and stay healthy

- Wash your hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your nose and mouth with a tissue when you cough or sneeze, or cough/sneeze in your upper sleeve. Immediately throw away used tissues in the trash, then wash hands.
- Clean and disinfect frequently touched surfaces, such as doorknobs, handles, light switches, tables, toilets, faucets, and cell phones.
- Avoid touching common surfaces in public places – elevator buttons, door handles, handrails, etc. Use elbows or knuckles to push buttons when you do not have a tissue or your sleeve to cover your hand or finger.
- Make sure others in your household, or anyone you are regularly in close contact with, follow these precautions.
- Cover your mouth and nose with a cloth face cover when you have to go out in public. Continue to keep 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

Have a plan if you get sick

- Consult with your health care provider on any issues related to your health.
- Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, or community health workers. if you become sick.
- Determine who can care for you if your caregiver gets sick.

Have supplies on hand

- Contact your healthcare provider to obtain extra necessary prescriptions.
- Use mail-order pharmacy for routine medications.
- Stock up on over-the-counter medicines and medical supplies.
- Have enough household items and groceries on hand.



Call Nurse On Call at 1-800-848-5533

Did you know a healthy immune system can help protect your body from illness?

Get essential nutrients like beta carotene, vitamin C, vitamin D, zinc, probiotics and protein.

Eat five to seven servings of veggies and fruits daily.

Follow good hygiene and hand washing to help prevent the spread of germs.

Cope with stress by meditation, listening to music or writing.

Get enough sleep. Experts recommend 7-9 hours for adults.

Move your body at least 30 minutes a day, five days a week.

Keep boosting your immune system today for your healthier tomorrow.



MI Healthier Tomorrow

Day Trips – Interest Only



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.bloomfieldtwp.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

8/20 Detroit Princess Cruise	p 10
TBD Detroit Historical Museum	p 11
TBD Packard Proving Grounds	p 11
TBD "Fancy" Meadow Brook	p 10
TBD Bizarre Tour - Detroit Hist Tours	p 10
TBD Chocolate Factory Tour	p 11
TBD Eastern Market	p 11
9/16 Tall Ships	p 11
TBD Monroe County Hist Museum	p 11
TBD Hamtramck Historical Museum	p 10
TBD Wild Women of Detroit	p 10

Detroit Riverboat Cruise

Thursday, August 20 - Interest

Come take a relaxing cruise on the Detroit Princess Riverboat. Get a taste of Detroit while cruising on the Princess and enjoy a Lunch Buffet and Live Motown Entertainment. Hold the date and enjoy a boat cruise in August. **FEE: \$TBD**

Wild Women of Detroit

Detroit History Tours - Interest

Date & Fee TBD

You loved Felonies & Misdemeanors! Jump on board the Detroit History Tours 3-hour bus tour with Bailey as your guide, and learn about the Wild Women of Detroit! From Madame Cadillac to Motown greats, murderers, cults to saints and so much more. We'll talk Civil War spies and prohibition smuggling. You will learn the verdict of the first all-female jury in Michigan and the story of a woman known as "Rocking Chair".

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.

Travel Talk Email List

Please join our Travel Talk email list to receive notice of trip ideas and offer feedback to enhance our programs. Call to register; no fee. Learn of developing trips before the newsletter is released!

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 in 2019!

The Bizarre Tour - Detroit History Tours - Interest

Date & Fee TBD

Back by popular demand, more DHT trips will be added as interest rises. Think you know everything Detroit has to offer? Or are you looking to venture off the beaten path? Join the Bizarre Detroit bus tour and learn the secret places, back alleys, crazy sports, and true oddities that are only found here. You'll learn about feuding brothers, werewolves, dive bars, cities inside of cities, and what's buried deep beneath Motown. There will be a little of everything and a lot of fun as we traverse some of the 142.87 square miles that make up Detroit. Grab a friend and your sense of adventure and hop on the bus with Bailey as your guide as we prepare to explore Bizarre Detroit!



Fancy- A New Country Musical, Meadow Brook Theater - Interest

Date & Fee TBD

Inspired by Reba McEntire's hit recording, *Fancy* is the story of a young girl turned out of her mother's house with nothing but her guitar and the clothes on her back who rises to superstardom in the world of country music. But at what cost? Featuring a glorious score of chart-topping, crossover hits including "Mama, He's Crazy", "Before He Cheats", "I walk the Line and many more.



Tour - Interest Only

The Tall Ships Tour-Detroit History Tours - Interest**Wednesday, September 16**

Detroit History Tours never disappoints, and Bailey is an exceedingly popular guide to everything *Detroit*. The Tall Ships Tour gets rave reviews and we look forward to the experience. FIVE STARS *****

"We took a ride on a "Tall ship" in the Detroit river and it was beautiful, entertaining, and very informative thanks to Bailey's knowledge of the area and its history. Highly recommend!!"

Fee: \$TBD**Memories & Moments Tour - Detroit Historical Museum - Interest****Date & Fee TBD**

Experience 300 years of Detroit history on this docent-led 90-minute tour. You will visit the *Frontiers to Factories: Droiter at Work: 1701-1901, America's Motor City* and *Streets of Old Detroit* exhibits. Explore the role of the city during World War II in the *Detroit: The "Arsenal of Democracy"* exhibit and view artifacts in the *Allesee Gallery of Culture* – showcasing the iconic people, places and moments of Detroit in the 20th century.

Packard Proving Grounds - Interest**Date & fee TBD**

Rich automotive history! Established in 1927, this unique site hosts multiple Albert Kahn and William E. Kapp's stunning architecture located on 17 acres. Docent led-tour. Walking and standing for up to an hour. Wear comfortable shoes.

Chocolate Factory Tour - Sanders/Morley - Interest**Date & Fee TBD**

The tradition continues! Today the Morley Chocolate Factory is home to the World Famous Sanders brand. Learn about the story of chocolate, how these iconic companies started in Detroit, and then taste some free samples and go shopping in the gift shop. Doesn't everyone have a Sanders Sundae story to share?

Tuesdays at the Eastern Market - Interest**Date & Fee TBD**

A local food district with more than 250 independent vendors and merchants processing, wholesaling, and retailing food. At the heart of Eastern Market is a six-block public market that has been nourishing Detroit since 1891. Every Saturday it transforms into a vibrant marketplace with hundreds of open-air stalls offering great selections of fruits, veggies, fresh-cut flowers, locally produced specialty food products, and pasture and/or grass-fed meat. The scaled down Tuesday Market is perfect for stocking up on fresh produce, baked goods, and meats. The Detroit Eastern Market Tuesdays occur seasonally, from mid-Spring through the autumn months. Tuesdays feature a sampling of the historic Market experience, welcoming farmers, produce dealers, and prepared-food vendors, but adding educational, wellness, and culinary events.

Monroe County Historical Museum-Tour & Native American Presentation - Interest**Date & Fee TBD**

The Monroe County Historical Museum displays highlight early Monroe, Gen. George Armstrong Custer, Indian lore, and other special topics. If you love history, this area has a wealth of interesting stories. In 1817, Monroe was established as a county in honor of President James Monroe. Although Michigan was then just a territory, it was well on its way to becoming a state. Statehood was finally granted in 1837, but not before Monroe's southernmost township was ceded to Ohio because of the "Toledo War."

Hamtramck History Museum & Polish Art Center - Interest**Date & Fee TBD**

Did you know that Hamtramck is named for the French-Canadian soldier Jean Francois Hamtramck, who was the first American commander of Fort Shelby, the fortification at Detroit? The unique history of the area is captured in this iconic city within a city. The Hamtramck Historical Museum is designed to be more than just a repository and display venue for historical items. Hamtramck flourished from 1910 to 1920 as thousands of European immigrants, particularly Poles, were attracted by the growing automobile industry. The city has grown increasingly ethnically diverse but still bears many reminders of its Polish ancestry in family names, street names and businesses. Enjoy a tour of the museum and a stop at the Polish Art Center right next door.



Avoid Scams



Medicare

Medicare and Coronavirus: What You Need to Know

Seema Verma; Administrator, U.S. Centers for Medicare & Medicaid Services

Since older Americans are particularly vulnerable to coronavirus (COVID-19), I wanted to let you know the steps we're taking to help our Medicare beneficiaries cope with the pandemic. We're warning Medicare beneficiaries that scammers may try to use this emergency to steal their Medicare number, banking information, or other personal data. Unfortunately, scammers come out of the woodwork during times of uncertainty and change. So make sure you give your Medicare number only to your doctor, pharmacist, hospital, health insurer, or other trusted healthcare provider. If someone calls you on the phone, says they're from Medicare, and asks for your Medicare number or other personal information – just hang up. Remember: Medicare never calls its beneficiaries to ask for or to "verify" Medicare numbers. My agency finished removing Social Security numbers from all Medicare cards last year in order to reduce fraud and protect Medicare beneficiaries from identity theft. Even with this change, you should guard your Medicare card. Treat it like a credit card. Be sure to check your Medicare claim summaries for errors and questionable bills. If you suspect Medicare fraud, please report it by calling Medicare's toll-free customer service center at **1-800-MEDICARE (1-800-633-4227)**, or by visiting www.medicare.gov/fraud.

I also want to inform you what Medicare covers with regard to coronavirus. If your doctor orders a COVID-19 test for you, Medicare covers all of the costs. You should not have any cost-sharing. Medicare also covers all medically necessary hospitalizations. This includes extra days in the hospital for in-patients who were on the verge of being discharged, but were diagnosed with COVID-19 and had to stay longer under quarantine.

There is no vaccine for COVID-19 at this time. However, if one becomes available, Medicare will cover it. If you have a Medicare Advantage Plan, you have the same benefits as people with Original Medicare. Medicare Advantage plans are now required to have the same cost-sharing for COVID-19 lab tests as Original Medicare: zero. Medicare also recently expanded its coverage of telehealth services to enable beneficiaries across the country to receive a wider range of healthcare services from doctors without having to travel to a healthcare facility. These changes allow beneficiaries to communicate with their doctors without having to physically go to a healthcare facility, thus cutting their risk of acquiring or spreading the virus. And frontline clinicians will be better able to stay safe themselves while treating people with Medicare. Doctors, nurse practitioners, clinical psychologists, and licensed clinical social workers can deliver telehealth services via phone and video chat. Medicare beneficiaries can receive telehealth services in their home as well as in any healthcare facility, including a physician's office, hospital, nursing home, or rural health clinic. Telehealth services include routine office visits, mental health counseling, and preventive health screenings for cancer and other illnesses. By helping healthcare institutions across the nation offer medical services remotely, telehealth helps free up hospital emergency departments and doctors' offices to deal with the most urgent COVID-19 cases. For example, you can talk with a doctor about your diabetes management or prescription refill without having to go to his or her office. During this emergency, Medicare will pay for telehealth services at the same rates as in-person services, giving doctors and other clinicians an incentive to use this alternative and reserve their offices to treat those who truly require in-person care. We know many Medicare beneficiaries are concerned about the spread of coronavirus and the threat it poses to their well-being. That's why we've taken these rapid steps to ensure that the Medicare program continues to protect our beneficiaries while maintaining trusted access to care in these uncertain times.

Area Agency on Aging 1b

(800)852-7795 <https://aaa1b.org>



Scammers are taking advantage of fears surrounding the novel Corona virus (Covid 19). Here's what you need to know to protect yourself:

Be aware that scammers may be "spoofing" impersonating numbers from local public health departments or other trusted sources so they appear legitimate on your caller ID.

Do not give your personal information to people on the phone or those who come to your door.

Ignore online offers for vaccinations. There currently are no known prescriptions or over the counter products to treat or cure Covid 19.

Don't click on links from sources you don't know. They could download viruses onto your computer or device.

For the most up to date information about the Corona virus, Visit the Centers for Disease Control (CDC).

If you think you've been scammed, call your local law enforcement to make a report.



Community Relations: BT eNews and Senior eNews

The COVID-19 pandemic has raised many questions about what is happening in our community, while we shelter at home. More than ever residents want to be connected to the community. Some of the best avenues to do that are through the Bloomfield Township eNewsletter, website and Social media.

The Township eNewsletter, and companion Senior Services eNewsletter, provide the most timely information, especially about the status of the COVID-19 pandemic. The eNewsletter is issued every Thursday, with additional editions sent as warranted at any time. The Township also posts a wide range of information as soon as it is available for distribution. The Township Facebook page, Twitter and Instagram also are important social media venues.

Information about all of these outlets is available on the Township website, www.bloomfieldtwp.org. The website itself is a valuable source of news and information, including updates on the COVID-19 pandemic as well as Township services and operations. You can also subscribe to the Township eNewsletters through the website. Bloomfield Township uses every means available to provide the most important, current information to the residents. Take advantage of these opportunities now.

Greg Kowalski, Community Relations Director
gkowski@bloomfieldtwp.org

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. Contact Bloomfield Township's Treasurer's Office today to sign up for paperless billing. E-mail treasurer@bloomfieldtwp.org to make your request. Just give us your account number, address and e-mail address, and we will do the rest!



Sign up for the Weekly Seniors eNewsletter!

Please call or email us to "opt in" to receive the Senior weekly e-news which is different from the registration system database.

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.

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 for 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@bloomfieldtwp.org.



Grocery & Restaurants



Commercial Home Meal/Grocery Delivery

The following resources are an outreach service to the community.

Bloomfield Township Senior Services does not guarantee the services provided by the listed individuals or companies.

Grocery Safety:

Wipe or wash cans and boxes of food before storing them. You can also throw out disposable packaging. Wipe any tables, countertops, or other surfaces that your bags touched. Wash your hands with soap and water while singing Happy Birthday 2 times or for 20 seconds.

GROCERY DELIVERY

ALDI

<https://www.aldi.us/en/shop-now/grocery-delivery/>

Meijer

<https://www.meijer.com/services/more-ways-to-meijer.html>

Nino Salvaggio

<https://online-ninosalvaggio.noq-servers.net/online>

Long Lake Market

<https://www.mercato.com/shop/long-lake-market>

Shipt

<https://www.shipt.com/>

CVS, Office Depot, PetCo and Target

InstaCart

<https://www.instacart.com/>

BetterHealth, Aldi, Target, Kroger, Costco, Sams Club, PetCo, Plum Market, Fresh Thyme and Gordon Foods

Oberweis

866-623-7934

www.oberweis.com/web/homedelivery.asp

Dairy products, Desserts, Beverages and Meals.

Meal/Restaurant Safety:

Wipe down plastic containers.

Wash your hands with soap and water while singing Happy Birthday 2x before eating.

RESTAURANT CURBSIDE SERVICE

Support Your Local Restaurants

Call restaurant to place your order. Call again when you arrive. Order will be brought to your vehicle.

Andiamo

248-865-9300 6676 Telegraph

<https://andiamoitalia.com/bloomfield-township/>

We have spotters that will bring your order out to you.

2941 Street Food - Mediterranean

248-862-5466 <https://www.2941Streetfood.com>

6450 Telegraph Road, Suite D. Bloomfield Hills

Little Daddy's Family Restaurant

248-647-3400 39500 N. Woodward Ave.

<http://littledaddys.com/index.htm>

Steve's Deli

248-932-0800 6646 Telegraph Rd.

<https://www.stevesdeli.com/dine-in-carry-out-menu>

Peter's Palate Pleaser

248-540-2266 1087 West Long Lake Rd

<https://peterspalatepleaser.com/menus>

Szechuan Gourmet

248-988-9333 3951 Telegraph Rd

<http://www.szechuangourmet.com/>

CityScape Deli

248-540-7220 877 West Long Lake Rd

<http://www.cityscapedeli.com/>

Beaus Grillery Bloomfield

248-626-2630 4108 West Maple Rd

<http://www.beausbloomfield.com/menus/beaus-togo.pdf>

5th Tavern

248-481-9607 2262 S. Telegraph Rd

<http://5thtavern.com/5th-tavern-menu/>

Leo's Coney Island

248-646-8568 6535 Telegraph Rd.

<http://www.leosconeyisland.com/Menu>

Joe Muer Seafood Bloomfield Hills

248-792-9609 39475 Woodward Ave.

<https://joemuer.com/bloomfield-hills-menus/>

PRE-COOKED MEAL DELIVERY

LOCAL:

Michigan Meal Prep Company

586-741-9454 <https://michiganmealprep.com/>

Serving freshly-prepared, healthy meals. Discount Code: First20

Clean Plate

248-397-8702 <https://cleanplatesdetroit.com/>

Simply select meals, we cook and deliver, and you eat.

Golden State Chef Co.

248-677-4003 <https://www.goldenstatechefco.com/>

Meals are made fresh, never frozen. Discount Code: FIRSTORDER

Harvest Kitchen

734-436-1052 <https://harvest-kitchen.com/>

NATIONAL:

Mom's Meals

866-204-6111 www.momsmeals.com

Ships fresh meals that are refrigerator stable for 2 weeks.

Delivered in an insulated cooler.



Meals on Wheels/Minor Home Repair

Meals on Wheels



Meals on Wheels during the shutdown

BTSS closed to the public on March 13th but the delivery of essential services like Meals on Wheels (MOW) has doubled. 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 delivery is becoming more and more difficult. Just that one meal a day makes all the difference. Once a week a caring person will arrive at their door to bring them meals, assuring them that even though they may be on their own, they are not alone.

We have room for more customers and look forward to continued growth and connection! MOW can be a great addition

Customers thank you note

"I can't even describe how much it means to see your smiling face on a Monday morning. You are not only helping to keep our bodies alive, but our spirits as well. May God richly bless you for your sacrifice of time and energy spent on our behalf."

Sample menu Meals on Wheels served in May:

Smothered Chicken w/ Gravy Brown over Rice with Mixed Veggies; Meatballs & Mushroom Gravy, with Egg Noodles and glazed Carrots; Sliced Roast Beef with Scalloped Potatoes and Red Peppers & Peas; Rosemary Chicken Breast with Sweet Potatoes and Macaroni & Cheese. Each meal includes bread, roll, muffin or crackers, fresh or cut fruit and milk or juice. More information page 18.

Minor Home Repair

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.** Residents must be 60 years of age or above with a gross annual income per household below \$44,000 with one person in the household and \$50,250 for 2 persons in the household. Repairs must fit the criteria and may not exceed \$5,000. Application is required.

BTSS Program staff is available to help residents through the application process and to administer projects through completion. Proof of income will be required.

A few project examples include:

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

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"

For questions or application, please call: 248-723-3500

Public Safety



BT Resident Helpline 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

ROPER key safe is an industry standard for realtors, real estate agents, businesses, and municipalities. It provides secure entry in times of distress or emergency. No more forced entry. Dimensions are 3.75 x 2.5 x 1 inches and is installed discreetly near the door.

1. Go to website www.roperlock.com
2. Click on "Lock Boxes" tab
3. Click on "City Programs"
4. Choose the Crest Guardian Lock Box- Wall Mount with ACE Lock - Wall Mount
\$27.95 + Shipping
5. Under "Key Code" enter "Bloomfield Twp." to ensure proper key coding to the Bloomfield Township Fire Department.
6. Click on "Checkout" and proceed with payment and shipping information.



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. These keys will be put inside the lock box by the Fire Department.

Upon receipt of your lock box, contact the Bloomfield Township Fire and Life Safety Division at **(248) 433-7745** to make an appointment to have your keys installed. You may order by telephone, contact Roper Lock toll free at **1-800-466-9312**.

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.



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 (248-723-3455) For ANY non emergency assistance the resident may have during these trying times. (food shortage, prescription issues or any other needs)
- Oakland County Health Department Nurse Line (800-848-5533) If you have symptoms and wish to talk to a healthcare 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!



Community Resources

Hospice of MI 248-253-2580 has 3 **virtual groups** available. Joining is very simple – you can join by phone or by computer; and 1 Caregiver library-videos on demand.

Self-Care: Coping with Fear, Isolation & Adversity Group – This **virtual group** provides education, guidance and interactive activities. Every Thursday from 2-2:45pm. To register email Karen Monts at **kmonts@hom.org** or call **313-578-6326**.

Men Overcoming Loss-This **online support group** is for men who are dealing with a loss of any kind. Every 3rd Tuesday of the month, from 6 -7pm.

Grief Support Group-These **online support groups** are for anyone who has experienced a recent loss. There will be a monthly topic focused on various dynamics of grief. Attendees will have the opportunity to share.

1st Tuesday of the month

1 – 2:30 PM

RSVP with Katie Gedraitis at 231-845-3423

1st and 3rd Friday of the month

10:30 – 11:30 AM

RSVP with Cynthia Palmer at 248-334-1323

2nd Tuesday of the month

1 – 2:30 PM

RSVP with Ken Krause at 231-527-0913

2nd Tuesday of the month

3 – 4:30 PM

RSVP with Stacy Malenfant at 989-358-4295

2nd Wednesday of the month

1 – 2:30 PM

RSVP with Will Gasper at 231-444-3350

3rd Tuesday of the month

1 – 2:30 PM

RSVP with Jackie Morris at 313-578-6328

4th Monday of the month

5 – 6:30 PM

RSVP with Wes Lawton at 586-263-8514



Julie GeBott, BTSS Adult Day Service Coordinator, provides the following suggestions to consider.

Well-being may be impacted as our community practices social distancing and we cope with daily changes. With physical distancing we still have the power to remain connected, which promotes well-being. Studies show that connection with others can help your immune system and overall mental health. Communicating daily using FaceTime or other social applications, telephone calls and/or postal mail creates routine, ensures meaningful connectivity, while providing a sense of control in the midst of uncertainty.

Taking micro breaks for deep breathing, observing the outdoors, performing an act of kindness, singing along to a favorite song or finding gratitude, offer us opportunities that ground us, shift our perspective and promote positive self direction. Insightful articles for learning more may be found at **www.psychologytoday/us**.



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/>

Supportive Services



Transportation Services

248-723-3500.

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.

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.



Temporarily on hold:

Rides to the Senior Center: Available for classes, events, clubs and some day trips. Residents aged 60+ who are unable to drive may request transportation a minimum of 3-5 business days in advance of the date of service. Application and eligibility required.

Errand Assistance: Volunteer drivers provide rides for errands or grocery shopping with a maximum of 2 appointments per month. Subject to availability. Call Resident Helpline temporarily 248-723-3455.

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.

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.

Nutrition Services

For seniors age 62 years and older within our service area. 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 by volunteers Monday - Friday between 10 AM and Noon. Seniors may choose to receive meals one to five days 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.)

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.



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**



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.bloomfieldtpw.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@bloomfieldtpw.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."*



Supportive Services

Low Vision Support Group

Temporarily on hold

3rd Wednesday

2 - 3:30 PM

BT residents may learn about the latest advances in technology. Opportunities to share ideas, feelings and solutions to assist with daily challenges. Call for information. We will re-engage when we have information that we can meet safely in building.

Registration required for limited spaces.

Bureau of Services for the Blind & Visually Impaired

Provides counselling and daily living skills assistance for the blind and visually impaired. Please call **313-456-1646**.

Caregivers' Forum

Temporarily on hold

2nd Monday

2 - 3:30 PM

Learn about programs and services available to caregivers whose loved ones are experiencing dementia. Gain support and an opportunity for sharing experiences. Respite care is included for current members of the Friendship Club. Sponsored by Alzheimer's Association.

To register, call **248-723-3530**.

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**.

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.

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**.

Services are offered to assist township residents with independence & well being for aging in place. For information or inquiries, **please call 248-723-3500** unless otherwise noted.

Minor Home Repair

Community Development Block Grant funds are available to assist low income, Bloomfield Township seniors aged 60+ with minor home repair. Income guidelines: for a one-person household, the maximum income is \$44,000, and for two persons, \$50,250. If you believe you may qualify, please call **248-723-3500**.

Housing Counseling Services

Get FREE confidential advice about: Preventing Foreclosure, Reverse Mortgages, Credit and Budget issues; from Certified Oakland County advisors who offer housing information, education and referrals in a confidential setting. For more information call: **248-858-5402**.

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 no longer live in your home. Oakland County staff is with you all the way from helping you apply for the loan to overseeing all repair work and paying pre-screened contractors.

Alzheimer's Association Greater MI Chapter Alz.org/gmc

During this difficult time, you are not alone.

24/7 HELPLINE: **800.272.3900**



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.

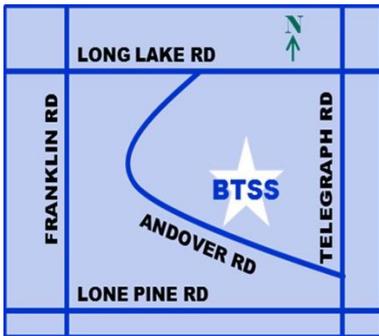
Items must be clean, gently used and in good repair. We will "quarantine" them for a period prior to future loans.

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.



Senior Services
4315 Andover Road
Bloomfield Twp. MI

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



Virus Victories @ BTSS

- We mailed essential service & safety resources to 1,400 households of residents' age 85 or more.
- We collected food and grocery information for delivery and curbside pick up to share with the community.
- We produced four exercise programs for BCTV to keep residents moving
- We have doubled the Meals on Wheels service since March.
- We have totally transformed fitness programs to an online format with over 20 exercise classes virtually available each week.

Sign up for the Weekly Seniors eNewsletter!

Please call or email us to "opt in" to receive the Senior weekly e-news which is different from the registration system database.

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.

"Facelift" on Facebook

Online communication has become so important during this time when we cannot meet face to face. Make sure to "like" our Facebook page to stay up to date with the latest news!

We recently re-launched and changed our Facebook page from Bloomfield Township Senior Services to **Bloomfield Township Senior Center**.

Use Facebook and our weekly e-news to stay in touch.

We are posting about our ZOOM virtual fitness classes, Meals on Wheels, medical transportation, and eventually re-opening information.

