C O S A

ACTION PLAN

CITY OF SOUTHFIELD “AGE FRIENDLY COMMUNITY” DESIGNATION
PRESENTED BY THE COMMISSION ON SENIOR ADULTS (C O S A)

Information current as of July 2019
## CONTENTS

<table>
<thead>
<tr>
<th>Page</th>
<th>Section</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Transmittal Letters</td>
<td>1-2</td>
</tr>
<tr>
<td>2</td>
<td>Background and Introduction</td>
<td>3-29</td>
</tr>
<tr>
<td>3</td>
<td>Asset Inventory</td>
<td>30</td>
</tr>
<tr>
<td>4</td>
<td>Mission, Vision &amp; Values</td>
<td>31-32</td>
</tr>
<tr>
<td>5</td>
<td>Goal Setting &amp; Priorities</td>
<td>33-34</td>
</tr>
<tr>
<td>6</td>
<td>Questions on Communication</td>
<td>35-42</td>
</tr>
<tr>
<td>7</td>
<td>Action Plan</td>
<td>43</td>
</tr>
<tr>
<td>8</td>
<td>Summary and Next Steps</td>
<td>45-46</td>
</tr>
<tr>
<td>9</td>
<td>Appendices Table of Contents</td>
<td>47-84</td>
</tr>
</tbody>
</table>

Appendices:
The Commission on Senior Adults (COSA)

The Commission on Senior Adults (COSA) was created by the Southfield City Council in September 1987 to present recommendations and information to the Mayor and City Council based upon its investigation and study of the needs, concerns and problems of senior adults living in Southfield (See appendix 1a and 1b for the list of COSA members and liaisons).

COSA works closely with city departments and local organizations which serve the senior adult community. COSA also monitors state and federal legislation and serves as an educational link to services and resources designed to support the senior community. COSA’s main focus is to improve the lives of Southfield’s senior adults, who comprise over 40% of the city's population.

City Government

Southfield’s residents are represented by their elected municipal officials, who are responsible for setting City government policy and serve as the direct citizen link to City Hall. The Mayor, who serves a four-year term, is responsible for reviewing the annual budget prepared by the City Administrator and presents it, with his recommendations, to City Council for its approval.

The seven-member City Council is the city’s legislative and policy-making body. The Council is responsible for adopting the annual city budget, contracts, laws, ordinances and resolutions; approving purchases, zoning and planning requests; and granting permit and license fees. In addition to the elected officials, there are key appointed officials involved in development and implementation of the plan (See appendix 1c for a listing of key elected and appointed officials).
Age-Friendly Initiative

COSA reviewed two options for seeking designation of Southfield as a premier community for senior adults. It selected the AARP designation process in June 2016. After deciding to pursue designation as an "Age Friendly Community", COSA requested in August of 2016 that the City Council and Mayor endorse the effort. Subsequently, the Mayor and City Council passed a joint resolution endorsing the effort in September of 2016 (See appendix 2a for the Joint Resolution). In addition, the City of Southfield passed a resolution to support Michigan’s designation as an Age-Friendly State (See appendix 2b for Age-Friendly Michigan resolution).

COSA organized its work around the eight Domain areas identified by AARP with chairs for each area. COSA members, city liaisons, community stakeholders and volunteers were appointed to the groups. Presentations were made to the appropriate City Boards and Commissions to inform them of the process and enlist their support (See appendix 1d).

8 Areas of Focus

- Housing
- Transportation
- Respect & Social Inclusion
- Communication & Information
- Social Participation
- Outdoor Spaces & Buildings
- Civic Participation & Employment
- Community Support & Health Services
Kick-Off and Community Conversations

Over the last two years, the Southfield Commission on Senior Adults has been quite busy!

- COSA sponsored a community wide kick-off event on May 24, 2017. Karen Kafantaris, the Michigan AARP Vice-President responsible for the "Age-Friendly" project, spoke to those present and provided an overview of the designation process (See appendix 3 for the kick-off event flyer).
  - Over 100 attendees were present at the kick-off and placed preliminary suggestions for consideration on "Listening Post" boards placed around the pavilion for each of the eight areas to be addressed during the planning phase (See appendix 4 for the listening post results).

- Three formal Community Conversations were held on September 28, 2017, March 1, 2018 and September 12, 2018. This provided additional opportunities for over 250 residents to discuss eight areas of focus and begin identifying aspirations for the city in those areas (See appendix 5 a, b, and c for the Community Conversation flyers).

- From these events, it was confirmed that Southfield has many programs and services that many Southfield residents want and need; however, there are obstacles preventing residents from taking advantage of these programs and services such as lack of:
  - Awareness (Hence the need for a communication plan)
  - Accessibility
  - Transportation
  - Finances

“If we have programs and services but no one knows about them, it’s useless.”
~Southfield Resident
Online Survey Results

- The AARP “Livable Communities” Survey was administered first to the COSA members and then distributed to the community. It was put on the city’s website in December 2016 to facilitate access and easier compilation.
- We received 63 online surveys and 58 paper surveys (See appendix 6 for the AARP Survey).

Housing Responses

Factors in Decision to Move (raw data)

Note: All data is represented by raw numbers.
Online Survey Results cont.

Factors in Decision to Move cont.

Looking for a Different Home Size that Meets Your Needs

- Yes
- No
- Not Sure

Move to an Area that has Better Health Care Facilities

- Yes
- No
- Not Sure

Wanting to be Closer to Family

- Yes
- No
- Not Sure

More Access to Public Transportation

- Yes
- No
- Not Sure

An Area that has a Lower Cost of Living

- Yes
- No
- Not Sure

Note: All data is represented by raw numbers.
Online Survey Results cont.

Current / Future Housing Considerations for Retirement

The majority of people living in the City of Southfield are year-round residents.

Possibility of Relocation
- Within Current Community
- Outside of Current Community

Primary Home Type
- Single-family Home
- Apartment
- Condo or Coop
- Other

Home Ownership
- Own
- Rent
- Other

Southfield offers a wide variety of housing options to suit any family or individual.
There is overwhelming agreement on the importance of home repair services for senior adults and low-income residents. Residents were surveyed on the importance of having specific housing options and services available. The items mentioned are listed below:

- A variety of well-maintained housing options at various price points in the community that are well maintained, safe, and affordable
- Reliable and reasonably priced home repair services with trustworthy contractors
- Access to dependable and affordable seasonal services such as snow removal and lawn care
- Accessibility features
Online Survey Results cont.
Assessment of Availability of Housing Attributes and Services cont.

The community’s response reflects a lack of knowledge regarding availability items identified as important.

- 77% of the respondents are unsure if most of the community has well maintained homes in the community (includes well maintained, safe, affordable housing)

- 67% of the respondents are uninformed about affordable housing options in Southfield for adults of varying income levels

- 83% of the respondents are unaware if the community has reliable and reasonably priced home repair services with trustworthy contractors as well as home repair service for modest-income adults

- 61% of the respondents are unaware of access to dependable and affordable seasonal services such as snow removal and lawn care

- 74% of the respondents are unsure if Southfield has homes with accessibility features

Between 61% and 83% of respondents expressed lack of knowledge about availability of above attributes and services even though they are valued by the community and available. This is one reason for the decision to emphasize communication as an overarching goal for all eight domains. Examples of resources available in the community include the Southfield Non-profit Housing Corporation, Oakland Livingston Human Service Agency (OLHSA), Venture Inc., Habitat for Humanity of Oakland, Oakland Rebuilding Together, The Southfield Home Improvement Program (SHIP), the city’s CHORE program, the Big Rake program, Rock the Block and the Southfield Parks and Garden Club.

Resources Available in the Community

The Southfield Non-profit Housing Corporation (SNHC) was founded in Michigan on January 24, 1973. Today the board consists of the following individuals:

- Ken Siver, Board President, Mayor
- Frederick E. Zom, Jr., Board Vice President, City Administrator
- Mitchell K. Simon, Board Treasurer, COSA member
OLHSA is a Community Action Agency, founded in 1964, working with residents of all ages in Oakland and Livingston Counties to create meaningful change and real opportunities for success. It has several housing related programs including Venture, Inc., a housing subsidiary. Venture supports homebuyers through down payment assistance and homeownership counseling.

Habitat for Humanity partners with people in the community, and all over the world, to help build or improve homes. Habitat homeowners help build their own homes alongside volunteers and pay an affordable mortgage. Habitat Oakland County’s Rock the Block (RTB) movement combines homeowners in targeted areas, Habitat volunteers, community sponsors and home preservation projects into high-energy community revitalization events. Habitat Oakland County hosts 2-3 Rock the Block events each year. These events involve 12 – 15 simultaneous projects taking place over a two-day period in a focus neighborhood. In 2016, during our successful events in Pontiac and Southfield, we received overwhelming responses from the homeowners and their surrounding communities.

Rebuilding Together Southeast Michigan provides no cost home repairs to qualified homeowners in order to provide them with a warm, safe, dry and independent living environment. It is our belief that every homeowner should be given the opportunity to live in a safe and healthy home. Rebuilding Together Southeast Michigan (RTSEM) is one of 129 affiliates in 39 states, which mobilize volunteers to make critical home repairs at no charge to help low-income homeowners, veterans, seniors, persons with disabilities, and vulnerable families with children.

The City of Southfield’s Chore program is for all Southfield homeowners who are senior citizens, 62 or older, living alone, or certified handicapped, living alone and whose annual income meets Federal guidelines. Every year the Mayor of Southfield organizes a program called the Big Rake. The goal of the program is to help elderly or disabled residents with fall lawn maintenance. The Mayor works with the city’s Chore program to find eligible seniors to benefit from the Big Rake.
Online Survey Results cont.

Resources Available in the Community cont.

Funded through the Community Development Block Grant (CDBG), Chore provides an annual spending account for each income qualified senior adult household to be used for labor associated with lawn care, snow removal, window & gutter cleaning, minor plumbing, furnace and electrical repairs. There are several smaller volunteer efforts to improve housing for community residents such as Southfield Parks and Garden

Outdoor Spaces and Buildings Responses

A key component to having a livable community is having accessible outdoor buildings and spaces. The results of the survey indicate a gap between the respondent's assessment of the importance of having accessible outdoor buildings and spaces and their awareness of the availability of them. The distinction between how respondents think a community asset is and the availability of that asset is described in the chart below. For example, while 83% of the respondents expressed it is important to have accessible well-maintained public buildings, 60% of the respondents are unaware if the City of Southfield has this attribute.

<table>
<thead>
<tr>
<th>Well-maintained, Safe Parks</th>
<th>66% of residents think it is important to have well-maintained and safe parks</th>
<th>60% of residents are unaware if the city has well-maintained and safe parks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benches</td>
<td>70% of residents think it is important to have benches along sidewalks</td>
<td>68% of residents are unaware if the city has benches along sidewalks</td>
</tr>
<tr>
<td>Sidewalks in Good Condition</td>
<td>78% of residents think it is important to have sidewalks in good condition</td>
<td>66% of residents are unaware if the city has sidewalks in good condition</td>
</tr>
</tbody>
</table>
### Online Survey Results cont.

#### Outdoor Spaces and Buildings Responses cont.

<table>
<thead>
<tr>
<th>Accessible Well-maintained Public Buildings</th>
<th>83% of residents think it is important to have accessible well-maintained public buildings</th>
<th>60% of residents are unaware if the city has accessible well-maintained public buildings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Separate Paths for Bikes and Pedestrians</td>
<td>59% of residents think it is important to have separate paths for bikes and pedestrians</td>
<td>65% of residents are unaware if the city has separate paths for bikes and pedestrians</td>
</tr>
<tr>
<td>Accessible, Public Restrooms</td>
<td>76% of residents think it is important to have accessible public restrooms</td>
<td>71% of residents are unaware if the city has accessible public restrooms</td>
</tr>
<tr>
<td>Neighborhood Watch</td>
<td>76% of residents think it is important to have neighborhood watch programs</td>
<td>55% of residents are unaware if the city has neighborhood watch programs</td>
</tr>
</tbody>
</table>

Importance Scale: Very Likely, Not Likely, Somewhat  
Awareness Scale: Yes, No, Unsure
Online Survey Results cont.

Health and Wellness Responses

When compared to most people your age, how would you rate your health?

- Fair / Poor
- Good
- Excellent / Very Good

How often do you engage in some form of physical exercise such as walking, running, biking, swimming, sports, etc.?

- Once every other week or less
- Once a week
- Several times a week
- Everyday

How important is it to you to remain physically active for as long as possible?

- Not Very / Not At All Important
- Somewhat Important
- Extremely / Very Important

Note: All data is represented by raw numbers.
Online Survey Results cont.

Health and Wellness Responses

How important do you think it is to have the following in your community?

- Respectful / helpful hospital / clinic staff
- Local hospital or clinic answering services
- Health care professionals who speak different languages
- Variety of health care professionals / specialists
- Well-maintained health care facilities
- Affordable home health care providers
- Certified home health care providers
- Home care services
- Information on local health services
- Conveniently located emergency care services
- Services to help seniors access health services
- Health and social services
- Fitness activities for older adults
- Health and wellness programs / classes

Note: All data is represented by raw numbers.
Online Survey Results cont.

Health and Wellness Responses cont.

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Yes %</th>
<th>No %</th>
<th>Not Sure %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Respectful / helpful hospital / clinic staff</td>
<td>36</td>
<td>1</td>
<td>63</td>
</tr>
<tr>
<td>Local hospital or clinic answering services</td>
<td>39</td>
<td>2</td>
<td>59</td>
</tr>
<tr>
<td>Health care professionals who speak different languages</td>
<td>35</td>
<td>3</td>
<td>62</td>
</tr>
<tr>
<td>Variety of health care professionals / specialists</td>
<td>40</td>
<td>5</td>
<td>55</td>
</tr>
<tr>
<td>Well-maintained health care facilities</td>
<td>42</td>
<td>3</td>
<td>55</td>
</tr>
<tr>
<td>Affordable home health care providers</td>
<td>25</td>
<td>13</td>
<td>62</td>
</tr>
<tr>
<td>Certified home health care providers</td>
<td>35</td>
<td>4</td>
<td>61</td>
</tr>
<tr>
<td>Homecare services</td>
<td>31</td>
<td>3</td>
<td>66</td>
</tr>
<tr>
<td>Information on local health services</td>
<td>40</td>
<td>2</td>
<td>58</td>
</tr>
<tr>
<td>Conveniently located emergency care services</td>
<td>42</td>
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<td>Services to help seniors access health services</td>
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<td>Health and social services</td>
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<td>Fitness activities for older adults</td>
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<td>37</td>
<td>3</td>
<td>59</td>
</tr>
</tbody>
</table>

Note: All data is represented by raw numbers.
Online Survey Results cont.

Social Participation, Inclusion and Education Opportunities Responses

How frequently do you interact with friends, family or neighbors in your community? Interaction could be phone, person, email or social media.

- Once a day or more
- Once to several times a week
- Once a month
- Less than once a month / never

Where do you go for continuing education or self-improvement classes / workshops in your community?

- University
- Parks & Recreation
- Faith community
- Local organizations
- Community center
- Senior center
- Offerings at work
- Online programs
- No Answer

Note: All data is represented by raw numbers.
Online Survey Results cont.

Social Participation, Inclusion and Education Opportunities Responses cont.

How important do you think it is to have the following in your community?

- Social clubs
- Continuing education classes
- Local schools that include senior adults in activities
- Cultural activities for diverse populations
- Well publicized information on social activities
- Multigenerational activities
- Senior discounts for activities
- Affordable activities for all
- Activities for older adults
- Conveniently located venues for entertainment

Note: All data is represented by raw numbers.

A significant number in the category include no responses, so this does not indicate a lack of importance.
About two-thirds of the respondents say it is important to have activities for older adults that are multi-cultural and multigenerational in nature.
Volunteering and Civic Engagement Responses

How important do you think it is to have the following in your community?

- Information about volunteer activities
- Opportunities for senior adults to participate in the community
- Volunteer training opportunities
- Variety of volunteer activities

Note: All data is represented by raw numbers.

There is a significant gap between respondents’ value of volunteering and civic engagement and awareness of opportunities in the City of Southfield.
Volunteering and Civic Engagement Responses cont.

The charts below describe the employment status of the respondents and the likelihood of continuing to work for as long as possible versus retiring.

Note: All data is represented by raw numbers.
Note: All data is represented by raw numbers.
Online Survey Results cont.

Community Information Responses

The respondents say that they would turn to the following resources if they, a family member or friend needed information about services for older adults.

Resources to Obtain Information about Services for Senior Adults

- AARP
- Local Area Agency on Aging (AAA 1-B)
- Local senior centers

How important do you think it is to have the following in your community?

- Community information available in different languages
- Community information delivered in person
- Free access to computers/internet in public places
- Automated community information source
- Clearly displayed information (Large letters)
- Access to community information in one central source

Note: All data is represented by raw numbers.
Online Survey Results cont.

Community Information Response cont.

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Not Sure</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
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<td></td>
<td></td>
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</tr>
<tr>
<td>Access to community information in one central source</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note: All data is represented by raw numbers.

Southfield honors its senior population annually.
Soliciting Input from the Community

COSA held two planning retreats (June 21, 2018 and March 21, 2019) during the planning process. These meetings were open to the public. Residents contributed to the goals and objectives presented later in this plan. COSA also made presentations to homeowners’ associations, senior apartments and faith-based institutions (See appendix 7 for retreat materials).

City Officials, Boards and Commissions and Other Key City Stakeholders

- COSA made presentations on its activities to the City Council on an annual basis and solicited input from them.
- COSA dedicated liaisons to city boards and commissions see appendix 1d.
- Each board and commission was supportive of COSA’s goals and objectives. All boards and commissions had the capacity and willingness to not only support our efforts, but to support the implementation of the plan.
- Outdoor Spaces & Buildings (Accessibility) - Parks and Recreation (P&R) had already identified needs at Beech Woods and the city’s Municipal Complex. The city’s Planning Department makes improvements on a continual basis (See appendix 8 for the listing of improvements from the Planning Department).
- Transportation - The Transportation domain worked closely with SMART to create a brochure which provides information about private and public transportation to assist Southfield residents in being mobile.
- Housing - The Housing domain worked closely with the Southfield Nonprofit Housing Corporation to distribute materials at Senior Vendor Fairs which hosted over 200 participants and 50 vendors.
- Social Participation - The Library had implemented monthly movie outings for seniors.
- Respect and Social Inclusion - The Planning Department started a bike share program which includes providing bikes for people with mobility limitations. The Library sponsored sessions on diversity of neighbors.
- Civic Participation & Employment - Several community stakeholders have reached out to COSA to assist them in filling volunteer opportunities for their organizations.
- Communication and Information - P&R department allocated a page in each of its quarterly Scribe newsletters for COSA communication. In addition, the Library offers a number of programs specific to seniors, such as Technology workshops.
• Community Support & Health Services – P&R department agreed to provide funding an Enhance Fitness program at Beech Woods when private funding was discontinued.

Input from Other Community Stakeholders

COSA scheduled community stakeholders to attend each of its meetings to address needs and available resources in the City of Southfield (See appendix 9 for a listing of stakeholder presentations during 2018 - 19).

Communication and Public Relations

COSA collaborated with several organizations to develop a communication and Community Relations strategy to invite input from members of the community (See appendix 10 a-n for publications). In addition to the items in appendix 10, COSA used the following outlets and methods to communicate about its planning efforts. This includes:

• Mayor’s Memo (email communication)
• Southfield Sun Newspaper
• Southfield Parks & Recreation Magazine
• Scribe Newsletter
• Municipal Cable Channel 15
• Development of COSA brochure
• Updated city website
• Southfield e-News
• Exhibits at key community events
Census Data

Census data was reviewed to examine the overall community. The source was the 2017 American Community Survey. Since the goal is to create both an Age-Friendly and a Livable Community, the data looks at the overall community. To better understand the Southfield community’s needs, COSA reviewed data on the community at the onset of the process. It was determined that like many cities, Southfield has a significant number of senior adults.

- 19.3% is under age 18
- 19.4% is age 65 and over
- Over 41% is age 50 and over
- 70% is black or African American
Census Data cont

Economics

- Margin of error is at least 10 percent of the total value. Take care with this statistic.

Per capita income

$34,836

- a little higher than the amount in the Detroit-Warren-Dearborn, MI Metro Area: $32,924
- about 10 percent higher than the amount in Michigan: $30,488

Median household income

$58,813

- about the same as the amount in the Detroit-Warren-Dearborn, MI Metro Area: $58,411
- about 10 percent higher than the amount in Michigan: $54,909

Poverty

7%

- Persons below poverty line
- about half the rate in the Detroit-Warren-Dearborn, MI Metro Area: 14.6%
- about half the rate in Michigan: 14.2%

Transportation to work

24.4 minutes

- Mean travel time to work
- *ACS 2017 5-year data

Means of transportation to work

- Drove alone: 86%
- Walked: 1%
- Other: 3%

* Universe: Workers 16 years and over; ACS 2017 5-year data

Sex

- Female: 54%

Race & Ethnicity

- White: 23%
- Black: 70%
- Native: 0%
- Asian: 2%
- Islander: 0%
- Other: 0%
- Two+: 3%
- Hispanic: 2%

* Hispanic includes respondents of any race. Other categories are non-Hispanic; ACS 2017 5-year data

Poverty (Under 18)

- Poverty: 6%

Seniors (65 and over)

- Poverty: 7%

* Margin of error is at least 10 percent of the total value. Take care with this statistic.
**Census Data cont.**

**Families**

30,093

Number of households

- Detroit-Warren-Dearborn, MI Metro Area: 1,707,501
- Michigan: 8,930,017

2.4

Persons per household

- A little less than the figure in the Detroit-Warren-Dearborn, MI Metro Area: 2.5
- A little less than the figure in Michigan: 2.5

Population by household type

- Married couples: 48%
- Other

**Marital status**

- Married: 37%
- Single

* Universe: Population 15 years and over

**Fertility**

2.9%

Women 15-50 who gave birth during past year

- About half the rate in the Detroit-Warren-Dearborn, MI Metro Area: 5.4%
- About three-fifths of the rate in Michigan: 5.2%

Women who gave birth during past year, by age group

* Universe: Women 15 to 50 years
**ASSET INVENTORY CONT.**

**Census Data cont.**

### Housing

#### Units & Occupancy

**33,020**

Number of housing units

- Detroit-Warren-Dearborn, MI Metro Area: 1,906,028
- Michigan: 4,595,274

#### Occupied vs. Vacant

- Occupied: 91%
- Vacant: 9%

#### Ownership of occupied units

- Owner occupied: 52%
- Renter occupied: 48%

#### Types of structure

- Single unit: 56%
- Multi-unit: 44%

#### Year moved in, by percentage of population

- Before 1970: 4%
- 1970s: 7%
- 1980s: 24%
- 1990s: 24%
- 2000-2004: 26%
- Since 2005: 26%

### Value

**$157,400**

Median value of owner-occupied housing units

- About 90% of the amount in the Detroit-Warren-Dearborn, MI Metro Area: $171,500
- About the same as the amount in Michigan: $155,700

### Geographical mobility

**13%**

Moved since previous year

- About 90% of the rate in the Detroit-Warren-Dearborn, MI Metro Area: 12.8%
- About the same as the rate in Michigan: 14.2%

### Language

**N/A**

Persons with language other than English spoken at home

* ACS 2017 5-year data
Census Data cont.

Educational attainment

- **92.1%** High school grad or higher
  - About the same as the rate in the Detroit-Warren-Dearborn, MI Metro Area: 90.2%
  - About the same as the rate in Michigan: 90.9%

- **40.8%** Bachelor’s degree or higher
  - About 1.3 times the rate in the Detroit-Warren-Dearborn, MI Metro Area: 31.3%
  - About 1.4 times the rate in Michigan: 29.1%

Place of birth

- **8%** Foreign-born population
  - About 80 percent of the rate in the Detroit-Warren-Dearborn, MI Metro Area: 10.3%
  - About 10 percent higher than the rate in Michigan: 7.1%

Veteran status

- **6.8%** Population with veteran status
  - About 10 percent higher than the rate in the Detroit-Warren-Dearborn, MI Metro Area: 6.4%
  - A little less than the rate in Michigan: 7.1%

This profile displays data from more than one ACS release. Charts not derived from ACS 2017 1-year data are noted with an *.


MISSION, VISION & VALUES

Mission
The COSA by-laws state: In order for the City of Southfield to best provide quality services to the senior members of the Southfield community, it is deemed vital that a citizen component, in the form of a commission be in place. This commission shall support senior interests and assist in the resolution of senior concerns, and serve as a general liaison between Southfield seniors, the community at large and the municipality of the City of Southfield.

The mission of the Southfield Age-Friendly initiative is: COSA seeks to transform the City of Southfield into a more Age-Friendly and livable community for people of all ages with emphasis on residents 50 and above. Through its advocacy and community engagement, the City of Southfield will be welcoming and attractive to people of all ages, but especially to senior adults.

Vision
The COSA by-laws state: The commission is in place to improve the lives of Southfield’s senior adults. The vision of the Southfield Age-Friendly initiative is: Through the COSA led partnership with city government, volunteers, businesses and other community stakeholders, Southfield residents will be thriving and independent. Through the work of its Livability Initiative, senior adults will identify Southfield as a premier place to live and work in Southeastern Michigan. All systems in the community, both public and private, will work together to provide services and enriching cultural offerings.

Core Values
COSA will execute a plan to make the City of Southfield a more Age-Friendly and livable community by leveraging existing resources and securing additional resources. COSA core values include:

- Honoring the community voice
- Respect for inclusion and diversity
- Collaboration between volunteers, government, business, health, educational and other key stakeholders
- Outreach to homebound and isolated residents
- Promotion of volunteerism and engagement
- Development of Innovative and ethical solutions

“A Livable Community is safe and secure, has affordable and appropriate housing and transportation options, and offers supportive community features and services. Once in place, those resources enhance personal independence, allow residents to age in place, and foster their engagement in the community’s civic, economic and social life.” AARP
GOAL SETTING & PRIORITIES

Communication is the Overarching Goal

COSA identified communication as an overarching goal. Communication is the key to making the City of Southfield more Age Friendly and livable. As reinforced at each meeting and community conversation, the availability of resources to improve quality of life only works if people are informed about them.

The eight domains of livability include a domain of "Communication and Information". While that domain group has communication as its primary focus, communication is a common thread throughout the other seven domains.

COSA has established goals that are SMART (Specific, Measurable, Attainable, Relevant and Timely).

- Most of the Short-Term Goals (three months or less) include a theme of awareness and education about the issues facing the community. COSA thinks that through the use of effective communication and education, the city can begin its journey to a livable community by increasing awareness.
- COSA’s Medium Term Goals (three months to one year) involve a level of involvement from city boards and commissions through implementation of intermediate solutions to bridge the gaps until more long-term solutions can be put in place.
- COSA has also established Long-Term Goals (One to five years or more) that will require not only city involvement but funding and other resources as well.

Age-Friendly Process

In order to meet and possibly exceed the goals and objectives, the City of Southfield and COSA will follow the 4-step process below which was outlined by AARP.

- **Step 1: ENTERING THE NETWORK**
- **Step 2: PLANNING PHASE (Years 1-2)**
- **Step 3: IMPLEMENTATION & EVALUATION (Years 3-5)**
- **Step 4: CONTINUOUS CYCLE OF IMPROVEMENTS (Years 5+)**
Age-Friendly Process cont.

During the planning phase of the process shown on the previous page, there are several initiatives completed to collect data needed to formulate the goals and objectives. Community Conversations, domain group meetings, COSA retreats and stakeholder meetings all informed the process. Many of the stakeholder meetings were useful in identifying assets in the community and several solutions required to assist COSA leading in implementation of the action plan. For example, the League of Women Voters was useful in identifying the need for volunteers in the community as well as the need for engaging seniors in the election process. This was helpful in establishing our goals as well as analyzing priorities for the domains.

Additional Areas of Focus

Although there are no goals and objectives specific to criminal justice issues (not part of the AARP framework), COSA plans to work with local Law Enforcement to develop a plan to address these issues among seniors in the community. Elder Abuse Scams and overall public safety continue to be emerging topics amongst senior issues and concerns.
This section lists examples of existing programs and related questions on how communication can facilitate achievement of goals in all areas. This was a major discussion topic at COSA’s May 2019 Retreat. COSA brought in an outside facilitator to move the group towards developing a communication strategy. Questions identified below are all connected to communication (See appendix 10 a – n for examples of communication items).

Outdoor Spaces and Buildings
- Safe and accessible recreational facilities are available through the city and at Beech Woods Recreation Center. Other activities are available, such as Enhance Fitness offered by Ascension/Providence. How many senior adults are aware and what can we do to improve the number? What other facilities are available? (See appendix 10a for Ascension Southfield Wellness Activities)

Transportation
- Subsidized transportation is available for some situations and fee-based transportation is available for all. In addition, many senior housing complexes offer transportation for their residents. How do we make people aware? How do we improve transportation? (See appendix 10b for Transportation Brochure)

Housing
- Senior housing is available, but many are unaware or long waiting lists exist. How do we expand options?
- Because aging in place is the most desired option for most, innovative approaches to aging in place are occurring around the country. (See appendix 10c and 10d for AARP Newsletter articles and Senior Apartment listing)

Social Participation
- Leisure and cultural activities are available for those who are aware of Parks and Recreation programming. How do we reach more people? (See appendix 10e and 10f for Scribe and P&R flyers)

Respect and Social Inclusion
- How do we encourage more programming promoting ethnic and cultural diversity? (See appendix 10g and 10h for African American History Month Flyer and Library program on “Your Muslim Neighbors”)
Civic Participation and Employment
- Many volunteer opportunities are available but there is no easy way to match senior adults with them. How do we connect them? (See appendix 10i and 10j for AARP Workshop on employability and Oakland County Michigan Works Workshop Schedule)
- Efforts underway to enhance the employability of senior adults.

Communication and Information
- Access to communication technology is key. How do we improve technological skills? How do we make people aware of the efforts? How do we make people more aware of resources offered by the library? (See appendix 10k for Proposal to Southfield Public Schools, 10l for the P&R Cell Phone Workshop information and 10m for the Southfield Sun Newspaper articles)

Community Support and Health Services
- Home based services are available, and we've had Stakeholder presentations on them.
- How do we inform the community of home-based services?
- How do we expand the knowledge in the community of wellness and active aging programs? (See appendix 10a and 10n for Ascension Southfield Wellness Activities and Enhance Fitness brochure)
ACTION PLAN

This section lists actions required to achieve goals in all areas. They are categorized based on the length of time needed for implementation (See appendix 11 for sample action plan template).

- Short Term Goal (STG) (Usually three months or less)
- Medium Term Goal (MTG) (three months to one year)
- Long Term Goal (LTG) (One to five years or more)

Outdoor Spaces and Buildings

Vision: The community is accessible to everyone including those with limitations.

Goal: To create a safe community that allows senior adults to have access to their communities regardless of limitations.

Objectives:
1. Review Sidewalks and pathways for accessibility and design.
2. Examine traffic lights, roundabouts and crosswalks in areas needing these items for safety and accessibility.

Action: Collaborate with public and private stakeholders to improve accessibility in the community

1. WHAT: Educate the business community on the importance of having safe and assessible spaces.
   a. WHEN: 2019 (STG)
   b. WHO: COSA, the Mayor and Southfield Chamber of Commerce
   c. MEASUREMENT: Presentation to the 10 largest businesses

2. WHAT: Work with businesses, healthcare facilities and educational organizations to make buildings accessible.
   a. WHO: COSA, the Mayor and the Business and Economic Development Manager
   b. WHEN: 2020 (MTG)
   c. MEASUREMENT: Have 50% of the major employer organizations endorse this plan

3. WHAT: Provide more benches and safe assessible walkways.
   a. WHO: Businesses, SMART, City of Southfield
   b. WHEN: 2019-2020 (MTG)
   c. MEASUREMENT: Install additional benches
Outdoor Spaces and Buildings cont.

4. WHAT: Make city buildings accessible.
   a. WHO: City Administrator
   b. WHEN: 2023 (LTG)
   c. MEASUREMENT: City-owned and operated buildings completed

5. WHAT: Produce Walkability Audit.
   a. WHO: COSA and the Planning Department
   b. WHEN: 2021 (LTG)
   c. MEASUREMENT: Walkability Audit Report
Transportation

**Vision:** Safe, affordable, accessible and dependable transportation is available.

**Goal:** To improve availability of information about current public and private transportation options.

**Objectives:**
1. Identify ways to ensure access to the information by all seniors.
2. Develop strategies to get information to homebound and isolated seniors.

**Action:** Develop a brochure on the current options for public and private transportation to be used as an informational tool.

1. **WHAT:** Send out press releases to Senior Scribe, AARP local newsletter, Southfield Sun Newspaper and Southfield Living Booklet.
   a. **WHO:** COSA
   b. **WHEN:** 2019 (STG)
   c. **MEASUREMENT:** Brochure completion and press releases

2. **WHAT:** Distribute transportation brochures to Ambassadors of Southfield, Parks and Recreation Activities Programmer, Senior Center, Senior Apartments and Neighborhood Associations.
   a. **WHO:** COSA
   b. **WHEN:** 2019 (STG)
   c. **MEASUREMENT:** Development and distribution of the brochure

3. **WHAT:** Update website by including a link to the transportation brochure.
   a. **WHO:** City Community Relations Department
   b. **WHEN:** 2020 (MTG)
   c. **MEASUREMENT:** Link operational

4. **WHAT:** Develop a comprehensive transportation plan in collaboration with the city, public and private providers that takes into consideration the special needs of seniors and other with limitations.
   a. **WHO:** City of Southfield Planning Department with COSA
   b. **WHEN:** 2022 (LTG)
   c. **MEASUREMENT:** Completion of the plan
Housing

Vision: A variety of housing options are available and accessible.

Goal: To improve housing, including efforts that seek to improve accessibility and accommodations for people of all ages and abilities.

Objectives:
1. Provide information on Age-Friendly housing options.
2. Provide a platform for seniors to gather information on home modification and repairs (MTG).
3. Make home repairs for seniors easily accessible and affordable.

Action: Provide a platform for seniors to gather information on home modification and repairs.

1. WHAT: Develop a database to provide an array of affordable and accessible housing opportunities for seniors.
   a. WHO: College Intern / COSA
   b. WHEN: 2019 – 2020 (MTG)
   c. Measurement: Database operational

2. WHAT: Provide an informational seminar featuring a variety of resources.
   a. WHO: COSA and The Southfield Nonprofit Housing Corporation
   b. WHEN: 2019 (STG)
   c. Measurement: Seminar provided / number of attendees

3. WHAT: Increase funding for repairs for seniors through programs such as CHORE (funded through Community Development Block Grant).
   a. WHO: City of Southfield
   b. WHEN: 2021 (LTG)
   c. Measurement: Additional dollars budgeted and provided

Mary Thompson Farmhouse

Built by the Erwin family in about 1840, this house was purchased by James William and Margaret Ann Thompson in 1874.

The family home and surrounding acreage were left to the City of Southfield to serve as a senior recreation center by the Thompson’s daughter, Mary upon her death in 1967.
Social Participation

Vision: Senior adults are engaged in the community by fostering a culture that promotes Social Participation for seniors, including multi-generational efforts.

Goal: To provide more opportunities and places for seniors to socialize.

Objectives:
1. Improve communication about current and future offerings.
2. Establish a reporting mechanism to provide input, feedback and evaluation regarding programming.

Action: Create a clear and simple communication strategy to include the following:

1. WHAT: Utilize the Southfield Sun, Scribe, Homeowners Association newsletters and other media to publicize activities for seniors in a timely manner.
   a. WHO: P&R in partnership with COSA
   b. WHEN: 2020 (MTG)
   c. Measurement: Activities for senior publicized in all mentioned media

2. WHAT: Create a senior section in the current Southfield Living / P&R booklet and distribute in a timely manner.
   a. WHO: P&R in partnership with COSA
   b. WHEN: 2020 (MTG)
   c. Measurement: Creation of a senior section in Southfield Living / P&R booklet.

3. WHAT: Place signs strategically to advertise senior activities for the upcoming week (near Library and on city electronic billboard).
   a. WHO: P&R in partnership with Library and COSA
   b. WHEN: 2020 (MTG)
   c. Measurement: New signage in place

4. WHAT: Designate special programming times targeted at seniors to publicize events
   a. WHO: P&R and Cable 15 in partnership with COSA
   b. WHEN: 2020 - 2021 (LTG)
   c. Measurement: Activities for senior adults publicized on Cable 15
ACTION PLAN CONT.

Social Participation cont.

5. WHAT: Community outreach to collect and provide input and feedback / evaluation regarding programming (Senior buildings, Faith based organizations, Quarterly senior events, Ethnic communities – Russian, Chaldean, community conversations).
   a. WHO: COSA in partnership with the city of Southfield
   b. WHEN: 2020 (LTG) On-going
   c. Measurement: Feedback from the community

Respect and Social Inclusion

Vision: Southfield is a community whose residents and businesses respect and include senior adults.

Goal: To offer different approaches to communicate senior adult services, resources and activities for a well-informed senior population.

Objective: Promote Programs that support ethnic and cultural diversity as well as multigenerational interaction and dialogue.

Action: Inform seniors of activities and services via telephone, text messaging and email.

1. WHAT: Gather list of all senior phone numbers who are registered voters.
   a. WHO: COSA in partnership with City Clerk
   b. WHEN: 2019 - 2020 (MTG)
   c. Measurement: List creation

2. WHAT: Gather list of all senior phone numbers who are not registered voters.
   a. WHO: COSA to identify other resources
   b. WHEN: ongoing
   c. Measurement: List creation

3. WHAT: Set-up dedicated phone line with the city.
   a. WHO: City Administrator
   b. WHEN: 2020 - 2021 (LTG)
   c. Measurement: Dedicated phone line established

4. WHAT: Identify a mechanism to respond to inquiries by phone, text and email.
   a. WHO: COSA and City of Southfield
   b. WHEN: 2020-2021 (MTG)
   c. Measurement: Establishment of response mechanism. i.e. Volunteer, hosting department, etc.
Respect and Social Inclusion cont.

5. WHAT: Set-up a COSA email within the city’s structure.
   a. WHO: City Administrator / Community Relations Director
   b. WHEN: 2019 - 2020 (STG)
   c. MEASUREMENT: Establishment of a dedicated COSA email address

6. WHAT: Compile list of senior emails from existing databases (AARP, COSA, etc.)
   a. WHO: COSA in partnership with other entities
   b. WHEN: 2019 - 2020 (MTG)
   c. Measurement: List creation

7. WHAT: Devising a method to gather additional emails.
   a. WHO: COSA in partnership with other entities
   b. WHEN: Ongoing
   c. Measurement: List creation

Action: Identify financial support from the business community.

1. WHAT: Solicit sponsorship or financial support from the business community.
   a. WHO: COSA in collaboration with the City of Southfield
   b. WHEN: 2020-2021 (MTG) ongoing
   c. Measurement: Sponsorship / Funding

Civic Participation and Employment

Vision: Senior adults access paid work and volunteer opportunities as desired.

Goal: To communicate paid work and volunteer opportunities to senior adults, employers and volunteer organizations.

Objectives:
1. Educate employers about the value of senior adult workers and volunteers.
2. Educate senior adults about the availability of paid work and volunteer opportunities.
3. Identify resources to improve the employability options for senior adults.
**Civic Participation and Employment cont.**

**Action:** Identify communication methods to inform seniors about opportunities.

1. **WHAT:** Use existing communication methods to publicize volunteer and employment opportunities.
   a. **WHO:** COSA, employers, Michigan Works and volunteer organizations such as AARP
   b. **WHEN:** 2020-2021 (MTG) ongoing
   c. **Measurement:** Numbers of placements, publications and volunteer engagements.

**Action:** Identify a strategy for approaching employers and volunteer organizations about the availability of senior adults in the community.

1. **WHAT:** Connect employers and potential employees and volunteers.
   a. **WHO:** COSA in collaboration with Southfield’s 10 largest employers
   b. **WHEN:** 2020-2021 (MTG) ongoing
   c. **Measurement:** Numbers of meetings held, and opportunities provided

**Communication and Information**

**Vision:** Senior adults have the information needed to access services, resources and activities in the community.

**Goal:** To improve communication about services, activities and resources available.

**Objective:** Equip seniors with the tools they need to access information.

**Action:** Explore mechanisms to enhance communication about services, activities and resources available.

1. **WHAT:** Create list of locations for distribution, i.e., Library, churches, health clubs, meeting places, Homeowner Associations, Senior Apartments, Grocery stores, etc.
   a. **WHO:** Parks & Rec Dept, Library Admin, AARP Leadership
   b. **WHEN:** 2019 (STG) Ongoing
   c. **Measurement:** List creation and letters of agreement for distribution

2. **WHAT:** Establish volunteer presentation delivery system and schedule.
   a. **WHO:** Parks & Rec, Volunteers and COSA
   b. **WHEN:** 2020 (MTG) ongoing
   c. **Measurement:** Number of deliveries and presentations
ACTION PLAN CONT.

Communication and Information cont.

Action: Identify opportunities to improve use of technology by senior adults.

3. WHAT: Submit Student Technology Training Proposal to Southfield Public Schools (SPS) Administration for approval.
   a. WHO: COSA
   b. WHEN: 2019 (STG)
   c. Measurement: Approval by SPS for training classes

4. WHAT: Create Technology Training Class (Introduce opportunity to partner with SPS for student trainers).
   a. WHO: COSA, SPS, Library Admin, AARP, Volunteers
   b. WHEN: 2020 (MTG) ongoing
   c. Measurement: Number of classes, attendees and evaluations

5. WHAT: Collaborate with existing technology training programs for senior adults.
   a. WHO: COSA, AARP and others
   b. WHEN: 2019 (STG) ongoing
   c. Measurement: Number of attendees and referrals

Community Support and Health Services

Vision: A full continuum of health and community services is available to maintain seniors independently in the community.

Goal: To ensure residents have access to a continuum of health services including health education and home-based services.

Objective: Educate the community on health issues, services and needs.

Action: Identify mechanisms to inform the community about health-related issues.

1. WHAT: Establish on-going community educational forums.
   a. WHO: COSA and a variety of community stakeholders
   b. WHEN: 2020 (MTG) ongoing
   c. MEASUREMENT: Number of forums, attendees and participant feedback

2. WHAT: Put information or links on city of Southfield’s website.
   a. WHO: COSA and Community Relations Department
   b. WHEN: 2020 (MTG)
   c. MEASUREMENT: City website is operational and the number of hits
SUMMARY AND NEXT STEPS

The development of this Age-Friendly Livable Communities plan is the result of several years of communication and analysis. The City of Southfield has encouraged its Commission on Senior Adults (COSA) to pursue full designation as an Age-Friendly community. Southfield was the 155th community in the country to enroll in the AARP network of Age-Friendly communities. The city is aging and now 40% of its residents are age 50 or older. This requires that a plan be in place to address the current and emerging needs of the senior residents.

The asset inventory looked at what residents thought was important for the community to have and what the residents thought was available in Southfield. There was a gap between what residents thought was available and what was available. This led to the decision to focus on communication in each domain. Work is already underway to improve communication about services, resources and activities available to Southfield senior adults. The surveys, community conversations and discussions with stakeholders contributed to development of goals and objectives, the associated strategies, and action plans.

COSA has begun meeting with key city leaders and external stakeholders to determine their specific contributions to implementing the plan and assessment of the initial time frame for completion. The goals are identified as short, medium or long-term and objectives are written for each of the goals. A priority action is indicated for each objective and the who, when and the measurement criteria are provided.

After approval of this plan, COSA, the city and key stakeholders will begin implementation. The City of Southfield will be enhanced for all its residents through embracing this Age-Friendly initiative. The work ahead is necessary and will improve the quality of life for residents and visitors. COSA is proud to have led this initiative.
# Table of Contents

1a List of COSA Members ................................................................. 47
1b List of City Liaisons ................................................................. 48
1c Key Elected and Appointed Officials ........................................ 49
1d Domain Groups and Liaisons to City Boards / Commissions 
   revised March 5, 2018 ............................................................... 50
2a Joint Resolution to Seek Designation ....................................... 51
2b Age-Friendly Michigan Resolution of Support ......................... 52
3 Kick-off event flyer ................................................................. 53
4 Listening Post Results ............................................................ 54
5 Community Conversation Flyers .............................................. 55-57
5a September 28, 2017 ................................................................. 55
5b March 1, 2018 ......................................................................... 56
5c September 12, 2018 ............................................................... 57
6 AARP Survey ....................................................................... 58
7 Retreat Materials ................................................................. 59
8 City Planning Department Improvements .................................. 60
9 List of stakeholder presentations ............................................. 61
10a-n Samples of communication publications .............................. 62-83
10a Ascension Southfield Wellness Activities ............................... 62
10b Transportation Brochure ..................................................... 63
10c AARP e-Newsletter ............................................................ 64
10d Senior Apartment listing ..................................................... 65
10e COSA Scribe Newsletters Articles ........................................ 66-70
10e-i COSA 2017 Spring Scribe Newsletter ................................ 66
10e-ii COSA 2017 Summer Scribe Newsletter .............................. 67
10e-iii COSA 2017 Fall Scribe Newsletter ................................... 68
10e-iv COSA 2018 Winter Scribe Newsletter ............................... 69
10e-v COSA 2018 Spring Scribe Newsletter ............................... 70
| 10f | P&R flyers | 71 |
| 10g | African American History Month Communication | 72 |
| 10h | Library program on "Your Muslim Neighbors" | 73 |
| 10i | AARP Workshop on Employability | 74 |
| 10j | Oakland County Michigan Works Workshop Schedule | 75 |
| 10k | COSA / Southfield Public Schools Technology | 76 |
| 10l | P&R Cell Phone Workshop | 77 |
| 10m | Southfield Sun Articles | 78-82 |
| 10m-i | March 30, 2017 | 78 |
| 10m-ii | June 8, 2017 | 79 |
| 10m-iii | September 12, 2018 | 80 |
| 10m-vi | January 4, 2018 | 81 |
| 10m-vii | February 8, 2018 | 82 |
| 10n | Enhanced Fitness Brochure | 83 |
| 11 | Action plan template | 84 |
Appendix 1c

KEY ELECTED & APPOINTED OFFICIALS

Kenson J. Siver
Mayor

Lloyd Crews
Council President

Linnie Taylor
Council President Pro Tem

Daniel Brightwell
Councilman

Donald F. Fracassi
Councilman

Myron Frasier
Councilman

Michael "Ari" Mandelbaum
Councilman

Tawnya Morris
Councilwoman

Frederick E. Zorn, CEd
City Administrator

Terry Croad
Planning Director

Terry Fields
Parks and Recreation Director

Michael Manion
Community Relations Director
Domain Groups and Liaisons to City Boards & Commissions

REVISED March 5, 2018

Outdoor Spaces and Buildings
Liaisons: Sara Habbo* and Earlene Taylor Neal
City Boards and Commissions: Historic District Commission, Building Code Board, Downtown Development Authority and Planning Commission/Department

Transportation
Liaisons: Marilyn Hauger* and Sheryl Walker
City Boards and Commissions: Planning Commission/Department, Parks and Recreation Board/Department, SMART

Housing
Liaisons: Earlene Taylor Neal* and Mitchell Simon
City Boards and Commissions: Housing Commission and Mayor's Office

Social Participation
Liaisons: Kendell Murphy* and Nicole Messina
City Board and Commission: Parks and Recreation Board/Commission

Respect and Social Inclusion
Liaisons: LaTina Denson* and David Walker
City Board and Commissions: Total Living Commission and Planning Commission/Department

Civic Participation and Employment
Liaisons: Gerard Cunningham* Leena Zachariah of Michigan Works
City Board and Commissions: Human Resources Director, City Council and Civil Service Commission

Communication and Information
Liaisons: Sheryl Walker* and Deborah Smith
City Board and Commissions: Public Relations Director and Library Commission/Director

Community and Health Services
Liaisons: Denise Stewart* and David Rupprecht of Ascension Health
City Board and Commissions: Human Services Department and Council Neighborhood Services Committee

Additional Members of the Domain Groups, based on sign up at the kick-off, community conversations and previous expressions of interest participate. * represents current chair.
Joint Age-Friendly Designation Resolution

Joint Resolution in Recognition of Commission on Senior Adults' AARP Network of Age-Friendly Communities Application

WHEREAS, as the population in United States ages and people stay healthy and active longer, communities must adapt; and

WHEREAS, the City of Southfield's Commission on Senior Adults (COSA) was created to present recommendations and information to the Mayor and City Council based upon its investigation and study of the needs, concerns and problems of senior adults living in Southfield; and

WHEREAS, COSA works closely with City departments or local agencies which serve the senior adult community. COSA also monitors state and federal legislation and serves as an educational link to services and resources designed to support our senior community; and

WHEREAS, well-designed, livable communities promote health and sustain economic growth, and they make for happier, healthier residents — of all ages; and

WHEREAS, the AARP Network of Age-Friendly Communities helps participating communities become great places for all ages by adopting such features as safe, walkable streets, better housing and transportation systems, access to key services, and opportunities for residents to participate in community activities; and

WHEREAS, the AARP Network of Age-Friendly Communities is an affiliate of the World Health Organization's Age-Friendly Cities and Communities Program — an international effort launched in 2006 to help cities prepare for the global population aging and the parallel trend of urbanization. The program has participating communities in more than 35 nations, as well as 10 affiliates representing more than 1,000 communities. In the U.S., more than three dozen communities representing more than a dozen states are enrolled in the AARP Network of Age-Friendly Communities; and

WHEREAS, the City of Southfield recognizes and supports the City’s Commission on Senior Adults’ efforts to make our city more attractive to its current senior residents and more desirable to future senior residents through their application to the AARP Network of Age-Friendly Communities Program; and

WHEREAS, the City of Southfield supports AARP’s efforts to improve the livability of communities for people age 50+ and their families to help them live easily and comfortably in their homes and communities as they age; and

WHEREAS, the City of Southfield supports COSA’s desire to achieve AARP designation for the City of Southfield as an "Age Friendly Community" and is committed to improving the Eight Domains of Livability as defined by the World Health Organization: Outdoor Spaces and Buildings; Transportation; Housing; Social Participation; Respect and Social Inclusion; Civic Participation and Employment; Communication and Information; and Community and Health Services.

NOW, THEREFORE, BE IT RESOLVED that we, the Mayor and City Council of the City of Southfield, County of Oakland, State of Michigan, do hereby commend the work of COSA and AARP as they work to help seniors live easily and comfortably in their homes as they age in place.

BE IT FURTHER RESOLVED, that we, the Mayor and City Council of the City of Southfield do hereby recognize and fully support COSA's application to AARP's Network of Age-Friendly Communities.

Dated this 26th day of September, 2016,

Mayor Don Reckner

Signature

Michael A. Mandelbaum, Councilman

Tanya Marie, Councilwoman

John Seymour, Councilwoman

Applause
Joint Age-Friendly Michigan Designation Resolution

Joint Resolution
Southfield Supports Age-Friendly Michigan Designation

WHEREAS, one in three Americans is age 50 or older; by 2030, one out of every five people in the United States will be 65 or older; and

WHEREAS, age-friendly communities have walkable streets, housing and transportation options, access to key services and opportunities for residents to participate in community activities; and

WHEREAS, research shows that older Americans overwhelmingly want to remain in their homes and communities as they age; and

WHEREAS, AARP is an affiliate to the World Health Organization’s (WHO) Global Age-Friendly Cities program and has developed the AARP Network of Age-Friendly Communities to encourage and promote public policies that support healthy aging and thereby improve the health, well-being and quality of life for older Americans; and

WHEREAS, the AARP Network of Age-Friendly States and Communities encourages states, cities, towns and counties to work within “The 8 Domains of Livability” by increasing attention to (1) outdoor spaces and buildings; (2) transportation; (3) housing; (4) social participation; (5) respect and social inclusion; (6) civic participation; (7) communication and information; (8) community and health services; and

WHEREAS, the WHO and AARP have noted that “making cities and communities Age-Friendly is one of the most effective policy approaches for responding to demographic aging.”

NOW, THEREFORE, BE IT RESOLVED, by the Mayor and City Council of the City of Southfield, hereby join AARP Michigan and others in supporting and encouraging the Governor of the State of Michigan to apply to join the AARP Network of Age-Friendly Communities to earn Michigan the designation as an Age-Friendly State.

BE IT FURTHER RESOLVED, that we, the Mayor and Council of the City of Southfield, County of Oakland, State of Michigan, do hereby declare:

“Southfield – an Age-Friendly City”

Dated this 24th day of September 2018.

[Signatures]

Kenyon Sterling, Mayor

Daniel B. Schrock, Council President

Michael A. Mandellbaum, Council President Pro Temp

Lloyd C. Green, Councilman

Donald F. Proctor, Councilman

Appendix 2b

52
The City of Southfield and the Commission on Senior Adults (COSA) cordially invite you to attend the

AARP Age Friendly Community Kickoff Event

Wednesday, May 24, 2017
6-8 p.m.
Southfield Pavilion 26000
Evergreen Road

Please join us for a kickoff event to discuss plans for the City of Southfield to be designated as an AARP Age Friendly Community. Light refreshments will be served.

Please RSVP by May 17 to Rhonda Terry at rterry@cityofsouthfield.com or (248) 796-4540.
# LISTENING POST RESULTS

## Social Networks
- Family
- Friends
- Coworkers
- Church
- Community Organizations
- Clubs/ Special Interest groups / Social groups
- Gym
- Facebook
- Neighbors
- Book Club
- SGI
- Volunteering family
- Non-profit board members
- Neighbors
- AARP
- Opt-in email newsletters
- Entertainment vendors
- Random people via doctor visits and patients
- Twitter
- Oak Park, Birmingham, Lathrup
- Next door
- Craigslist
- Websites
- Group mail

## Social Media Websites
- Facebook
- Email
- LinkedIn
- Messenger
- Text
- What's up
- Instagram
- Skype
- Next door.org
- Craigslist
- Websites
- Group mail
- Opt-in newsletter subscription
- Phone
- Twitter

## Communication Tools
- Telephone
- Text
- Email
- Facebook
- Websites
- Snail mail
- Social media
- Lunch / social meetings
- Face-to-face
- Meetings
- Group mail

## Preference
- If YOU do not use social media NOW, would you accept and include social media as a means to communicate with your social network?
- If you do not plan to include social media, how do you prefer to communicate with your social network?
- Describe which avenues and resources you feel you need to begin using social media as a means to communicate with your social network?
- Email
- What sup
- Social media rocks, use it!
- I already use social media

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**Appendix 4**
Southfield Residents Save the Date!

Community Conversation on the

Needs of Senior Adults

September 28, 2017 6:00-8:00 pm Southfield Pavilion (Municipal Complex)

The Southfield Commission on Senior Adults invites you to participate in planning for an "Age Friendly Southfield" as it works towards designation by AARP as an Age Friendly Community. After a successful kickoff event in May, this event is the next step in improving the lives of senior adults in our community.

Please join us as we assess, analyze and plan for the future. We will target improvements in eight areas:

1. Outdoor Spaces and Buildings
2. Transportation;
3. Housing;
4. Social Participation;
5. Respect and Social Inclusion;
6. Civic Participation and Employment
7. Communication and Information; and
8. Community Support and Health Services

Let your voice be heard! Make our City even better than it already is! Contact Rhonda Terry at Southfield Human Services to register at 248-796-4540 or rterry@cityofsouthfield.com
Southfield Residents Save the Date!

The Southfield Commission on Senior Adults and the City of Southfield invite you to participate in the

Second Community Conversation on the Needs of Senior Adults

March 1, 2018 from 5:00 - 7:00 pm Southfield Pavilion (Municipal Complex)

Let your voice be heard! Make our City even better than it already is!
Contact Rhonda Terry at Southfield Human Services to register at 248-796-4542 or rterry@cityofsouthfield.com

The Southfield Commission on Senior Adults invites you to participate in the continuing planning for an "Age Friendly Southfield" as it works towards designation by AARP as an Age Friendly Community. After a successful kickoff event in May 2017 and an initial Community Conversation in September 2017, this event is the next step in improving the lives of senior adults in our community.

Please join us as we assess, analyze and plan for the future. We will target improvements in the three remaining areas not addressed in September. The eight areas being addressed by the planning process include: 1) Outdoor Spaces and Buildings; 2) Transportation; 3) Housing; 4) Social Participation; 5) Respect and Social Inclusion; 6) Civic Participation and Employment; 7) Communication and Information; and 8) Community Support and Health Services.
The Southfield Commission on Senior Adults invites you to attend the

Community Conversation on the Needs of Senior Adults

Wednesday, September 12 • 6-8 p.m.
Southfield Pavilion, 26000 Evergreen Road

Join the Southfield Commission on Senior Adults (COSA) for a community conversation about the needs of Southfield’s seniors. The community conversation is the next step as the city works to be designated as an AARP Age Friendly Community and will focus on discussing improvements in the following areas:

- Outdoor spaces and buildings;
- Transportation;
- Housing;
- Social participation;
- Respect and social inclusion;
- Civic participation and employment;
- Communication and information; and
- Community support and health services.

Significant work has already been done to compile input from residents in each of these areas. The next Community Conversation will continue to gather information for the development of Southfield’s plan. Let your voices be part of the conversation!

For more information or to register for the Community Conversation, contact Southfield Human Services at (248) 796-4540 or e-mail Rhonda Terry at rterry@cityofsouthfield.com
AARP Community Survey Questionnaire

COSA asked these questions to learn what people who live in the City of Southfield age 50+ think about where they live.

AARP Livable Communities

AARP Research and AARP Livable Communities have worked together to develop a questionnaire, available in both English and Spanish, that can be adapted by communities to help assess available resources and what residents view as important for successfully aging in place.

The survey is designed to capture information consistent with the Eight Domains of Livability as identified by the World Health Organization.

Following are some sample questions:

1. How would you rate your community as a place for people to live as they age?

2. How important is it for you to remain in your community as you age?

3. Thinking about your retirement years when you do not work at all for pay, how likely is it that you will move to a different home within or outside of your current community?

The questions become more detailed as they focus on the following topics:

- Housing
- Outdoor Spaces and Buildings
- Transportation and Streets
- Health and Wellness
- Social Participation, Inclusion and Education Opportunities
- Volunteering and Civic Engagement

For one example of how the survey can be adapted and used, see the AARP Research report "Livability for All: The 2014 Livable Communities Survey of Honolulu, Hawaii, Adults."
Communication can facilitate achievement of goals in all areas. This was a major discussion topic at COSA’s May 2019 Retreat.

COSA brought in an outside facilitator to move the group towards developing a communication strategy.
City Planning Department Improvements

The Planning Department is responsible for processing and reviewing land use plans for development and redevelopment within the City. The Planning Department also conducts studies and develops ordinances to govern land use, distributes and archives existing land use data, and administers the City’s Woodlands and Wetlands ordinances. Below is a list of some improvements made since its application for designation.

2016

• North West Pathway (Northbound, Civic Center to Corporate Dr.)
• 3 Scarborough backless benches and 2 Plainwell benches and 2 litter containers

2017

• Bike Repair Stations
• 6 benches and 5 litter containers

2018

• North West Pathway infill (northbound, 10 Mile to Civic Center)
• 8 benches and 9 Litter containers

2019

• Oakland Commons Gateway

2019

• North West Pathway infill (northbound, Corporate Dr. to Lahser)
• LTU Shared-Use Pathway (southbound, Civic Centre to 10 Mile)
<table>
<thead>
<tr>
<th>Meeting Date</th>
<th>Topic</th>
<th>Stakeholder</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 2018</td>
<td>Housing issues, Foreclosures and Southfield Non-profit Housing Corporation</td>
<td>Mayor Ken Siver</td>
</tr>
<tr>
<td>March 2018</td>
<td>Public Transportation / Bus System</td>
<td>SMART</td>
</tr>
<tr>
<td>April 2018</td>
<td>Senior Activities</td>
<td>St. John Providence</td>
</tr>
<tr>
<td>May 2018</td>
<td></td>
<td></td>
</tr>
<tr>
<td>July 2018</td>
<td></td>
<td>World Medical Relief</td>
</tr>
<tr>
<td>August 2018</td>
<td></td>
<td>Southfield Compact</td>
</tr>
<tr>
<td>September 2018</td>
<td>Private Duty and Skilled Care Services</td>
<td>Precise Home Health Care</td>
</tr>
<tr>
<td>February 2019</td>
<td>Senior Driving</td>
<td>AAA</td>
</tr>
<tr>
<td>March 2019</td>
<td>Elder Abuse Communication</td>
<td>Oakland County Health Department Southfield Public Library</td>
</tr>
<tr>
<td>April 2019</td>
<td>Reverse Mortgages</td>
<td>Envoy Mortgage</td>
</tr>
<tr>
<td>May 2019</td>
<td>Financial Stability</td>
<td>Oakland University</td>
</tr>
<tr>
<td>June 2019</td>
<td>Chronic Diseases</td>
<td>National Kidney Foundation</td>
</tr>
<tr>
<td>July 2019</td>
<td>Housing Issues</td>
<td>Habitat for Humanity</td>
</tr>
<tr>
<td>August 2019</td>
<td>Caregiving Option</td>
<td>Feinberg Consulting</td>
</tr>
<tr>
<td>TBD</td>
<td>Electcd Officials</td>
<td>State Senator Jeremy Moss, State Representative Kyra Harris Bolden</td>
</tr>
<tr>
<td>TBD</td>
<td>TBD</td>
<td>WSU Institute of Gerontology</td>
</tr>
<tr>
<td>TBD</td>
<td>Disabilities</td>
<td>Easter Seals</td>
</tr>
<tr>
<td>TBD</td>
<td>Age Friendly State</td>
<td>AARP Michigan</td>
</tr>
<tr>
<td>TBD</td>
<td>Help for Seniors</td>
<td>Oakland Livingston Human Services Agency</td>
</tr>
<tr>
<td>TBD</td>
<td>LGBTQ Seniors</td>
<td>SAGE Metro Detroit</td>
</tr>
</tbody>
</table>

As a community and faith-based teaching system, Ascension’s vision is to provide high-quality, compassionate, personalized care with dignity, especially to those in our communities who are most in need. This guiding vision is the cornerstone of who we are as a company: national, nonprofit and senior-focused.
## AARP DRIVER SERVICES

As we age, it is inevitable that driving may become more difficult physically and mentally. AARP offers 2 options which may help:

**AARP Smart DriverTEK Workshops:**

Technology is changing the driving experience. The new AARP Smart DriverTEK workshop will keep you in the know about the latest high-tech safety features in your current or future car. The workshop costs just $5 and participants can learn about what new technologies are available, how they work, and how they can make driving safer and more enjoyable.

This 90-minute workshop will help you understand:
- Blind-spot detection systems;
- Forward-collision warning systems;
- Lane-departure warning systems; and
- Much more!

**AARP Driver Safety Smart Driver course:**

It’s an easy, proven way to refresh your driving skills from the comfort of your own home—so you’ll be a safer, more confident driver. Plus, you could earn a multi-year discount on your auto insurance when you complete it. For more information and to register, visit [www.aarpdrieviersafety.org](http://www.aarpdrieviersafety.org).

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## TRANSPORTATION Brochure

### SENIOR TRANSPORTATION

**COSA: Age Friendly Community**

**Mission Statement:**

Connecting Seniors to safe, affordable, accessible and dependable transportation options.

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### TAXI AND PRIVATE CAR TRANSPORTS

- Uber.com .......................... must download app on smartphone
- Lyft.com .......................... must download app on smartphone
- Rideshare .......................... 248,559,2500
- Reliable rides .......................... 248,443,1215
- Service Car .......................... 248,355,6898
- A&A Discount Cab .......................... 248,212,3132
- A.J. Cab .......................... 248,632,9060
- All Time Transportation .......................... 248,202,0573
- American Airport Car Service .......................... 800,991,5954
- D Best Taxi Transportation .......................... 248,556,9446
- Imperia Detroit Limo & Cars .......................... 248,437,4333
- Michigan Green Cars .......................... 248,714,0566
- Mega Car .......................... 248,809,9861
- Metro Ride .......................... 800,320,1683
- Motor City Area Taxi .......................... 313,451,3243
- Renaissance Transportation .......................... 248,402,2565
- Southfield Cab .......................... 248,557,1700

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### PUBLIC BUS TRANSPORTATION

**SMART: TOSS** .................. 248,796,4658

**Call ahead, by appointment only. Transport within Southfield**

**SMART** .................. 866,962,5515

smartbus.org

Curb-to-curb transport requires advance registration; recommend call ahead.

### NAMES OF RELATIVES, FRIENDS, NEIGHBORS

1:  
2:  
3:  

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### PRIVATE, STATE & FEDERAL PROGRAMS

**P.A.C.E.**  
855,445,4554

Pace of Southeast Michigan provides many other comprehensive services in addition to transportation. Please consider any other senior needs to combine with transportation concerns.

**MyRide2**  
855,myride2 or 855,497,4332  
www.myride2.com

New service for older and disabled adults that teaches how to use public transportation. Learn how to travel independently using all types of public transportation.

**Area Agency on 1-B**  
1-866–senior-1 or 248,262,999  
www.sameaddress.com

This organization provides many other services for seniors including transportation.

**Go Go Grandparent**  
855,464,6872  
www.googograndparent.com

Can use Uber or LYFT without the app if requested through them.

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**Note:** Several companies provide transportation and many other comprehensive services for older adults who choose to age in place. Restrictions may apply when requesting transportation assistance.
**AARP e-Newsletters**

The AARP Network of Age-Friendly Communities program encourages states, cities, towns and rural areas to prepare for the rapid aging of the U.S. population by paying increased attention to the environmental, economic and social factors that influence the health and well-being of older adults. COSA utilizes AARP Livable Communities e-Newsletters to stay informed.
SOUTHFIELD SENIOR APARTMENT GUIDE
Apartment Residences for Seniors only

SUBSIDIZED HOUSING
McDonnell Tower & River Park Place
24400 Civic Center Drive
Southfield, MI 48033
248-355-2810
Woodridge Apartments
25325 Grodan Drive
Southfield, MI 48033
248-357-5450

MODERATE RENTALS
Highland Towers
25225 Greenfield Road
Southfield, MI 48075
248-569-7077
www.highlandtowersapts.com
Meadowcrest Senior Apartments
24200 Lathrup Boulevard
Southfield, MI 48075
248-423-3690
no website

HIGHER RENTALS
Park House Southfield
27577 Lahser Road, Suite 129
Southfield, MI 48034
248-353-5835
www.parkhousesouthfield.com
Brookdale Southfield
25800 W. 11 Mile Road
Southfield, MI 48034
248-727-2000
www.brookdale.com

Park at Franklin
28301 Franklin Road
Southfield, MI 48034
248-353-2810
www.pvm.org
Franklin Terrace
26962 Franklin Road
Southfield, MI 48033
248-358-0212
www.franklinterracesseniorliving.com

Solaire Apartments
15700 Providence Drive
Southfield, MI 48075
248-559-1605
www.solaireseniorapts.com
The Park at Trowbridge
24111 Civic Center Drive
Southfield, MI 48033
248-352-0208
www.parkattrowbridge.com

Sterling Place
22800 Civic Center Dr.
Southfield, MI 48033
(248) 350-1777
www.holidaytouch.com

Rev. Aug. 2019
Information for Southfield Seniors

Southfield Human Services
For more information on any of the programs listed below, please contact the Southfield Human Services Department at (248) 796-4540.

6th Annual Tone Up for Tune Ups 5K Run/Walk & 1 Mile Walk Coming up on May 20 at Covenant Presbyterian Church beginning at 9:00 a.m. The monies raised will help Southfield residents who are employed with minor unexpected vehicle repairs. Please donate and/or register at www.toneupfortuneups.com

The Emergency Food Assistance program (TEFAP) This program will take place on June 14, Sept. 13 and Dec. 13 beginning at 9:00 a.m. at the 1854 Church at the Burgh Historical Park. This program, open to any Oakland County resident, allows participants to pick up two bags of food. Please contact the Southfield Human Services Department for program eligibility.

Michigan Prescription Discount Cards
Michigan Prescription Card is a free statewide prescription assistance program available to everyone in the state. There are no restrictions or eligibility requirements—anyone can use the card regardless of age, income, or preexisting conditions. Please contact Southfield Human Services Department to pick up your card.

Supportive Services for Veteran Families This program is for families who are homeless or at risk of becoming homeless. A case manager will be available to coordinate and provide intensive housing services (one-on-one) on the 1st Tuesday of each month from 1:00-3:00 p.m. at the Southfield Human Services offices (located at City Hall at 26000 Evergreen Road).

Commission on Senior Adults

Update on “Age Friendly Community”
Last year, the City of Southfield embarked upon a multi-year process of becoming designated as an AARP “Age Friendly Community”. This direction has been endorsed by the Mayor and City Council and is being led by the Commission on Senior Adults (COSA). In the last Scribe, we introduced this effort and encouraged those interested in helping to contact Rhonda Terry at Human Services to get involved. Since then, several Southfield residents have stepped forward, but we need more!

The Commission on Senior Adults will be hosting a “Kick-Off” meeting for this 5-year process soon. After the “Kick-Off” we will host several Community Conversations where residents will be able to offer more qualitative information beyond the survey. Meanwhile, we continue to request that everyone complete the online survey found on the city’s website that will give us the feedback we need.

We will work closely with the Parks and Recreation Department and its Board during this process. Educational and recreational activities are critical to the quality of life in our city. Our eight domain groups will work with all parts of city government to assess what is currently offered and what is needed to make Southfield a premier place for senior adults and their families.

As you plan your spring activities, we would like to invite you to contribute to this project. We will benefit from significant involvement from the broader community, including health care professionals, educators, financial professionals, clergy and most importantly, senior adults and their families.

If you are interested in working with COSA on this effort, please contact Rhonda Terry at 248-796-4542. Let’s ring in Spring with a commitment to making Southfield even better for our senior adults! Thanks!
Info to Make Your Day Easier

Information for Southfield Seniors

Commission on Senior Adults

_AgeFriendlySouthfield is off and Running!_

By the time you are reading this, Southfield will have held the kickoff event for its “Age Friendly Southfield” designation. On Wednesday, May 24, members of the community convened to hear that Southfield has been accepted into the network of Age Friendly Communities designated by AARP and the World Health Organization. The kickoff was just the first step in making our city better than it already is for senior adults and their families. We will now begin a series of Community Conversations to talk about what we need to do over the next few years to keep our city attractive to current and future residents. Approximately 40% of Southfield’s current residents are over age 50.

The next steps are to look at the eight areas called “Domains of Livability”. They are:

1) Outdoor Spaces and Buildings
2) Transportation
3) Housing
4) Social Participation
5) Respect and Social Inclusion
6) Civic Participation and Employment
7) Communication and Information
8) Community Support and Health Services.

Each of these areas is critical to successful life in the community - not just for seniors, but for all of us. The Commission on Senior Adults is looking for members of the community to provide advice and input in these eight areas. If you would like to serve on one of the workgroups, please contact Rhonda Terry with Southfield Human Services at 248-796-4542. Your work will be instrumental in designing a community that is welcoming and supportive of senior adults. Come join us!

10 The Southfield Scribe  July - September 2017

Southfield Human Services

For more information on any of the programs listed below, please contact the Southfield Human Services Department at (248) 796-4540.

The Emergency Food Assistance program (TEFAP) This program will take place on Sept. 13 and Dec. 13 beginning at 9:00 a.m. at the 1854 Church at the Burg Historical Park. This program, open to any Oakland County resident, allows participants to pick up two bags of food.

Please contact the Southfield Human Services Department for program eligibility at 248-796-4540.

Michigan Prescription Discount Cards

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Supportive Services for Veteran Families

This program is for families who are homeless or at risk of becoming homeless. A case manager will be available to coordinate and provide intensive housing services (one-on-one) on the 1st Tuesday of each month from 1:00-3:00 p.m. at the Southfield Human Services offices (located at City Hall at 26000 Evergreen Road).
News, Services & Activities for Adults 50+ October, November & December 2017

Southfield The Scribe

A Publication of the Southfield Adult Recreation Center 50+
26000 Evergreen Road Southfield, MI 48076 (248) 796-4650

Senior Appreciation Night 2017

The Southfield Scribe can be mailed to your residence or you can pick up a copy at the Adult Recreation Center 50+.
If you would like to receive the Scribe by mail, please call us at 248-796-4650.

Monday, through Thursday
8:30 a.m.-4:00 p.m.
Friday
8:30 a.m.-2:00 p.m.
Also available on-line (pdf) at www.cityofsouthfield.com

Thank you to all those who joined us!

We'll see you next year!!

Individuals with special needs who plan to attend any of the included programs should contact the Adult Recreation Center 50+ at 248-796-4650 if auxiliary aids or services are needed. Reasonable advance notice is required.
Info to Make Your Day Easier

Information for Southfield Seniors

Commission on Senior Adults

Age Friendly Southfield Update
In our previous Scribe articles, we have provided updates on the "Age Friendly Southfield" designation process. We had a successful kickoff in May with many residents signed up to help work on the process. We are specifically looking at the following eight areas for study, review and assessment: Outdoor Spaces and Buildings; Transportation; Housing; Social Participation; Respect and Social Inclusion; Civic Participation and Employment; Communication and Information and Community Support and Health Services.

Each of these areas will be assessed to determine how well the City of Southfield is performing and where improvements are needed. We have several methods of collecting input from the community as we move ahead. Input was received from participants at the kickoff event. Our next step is the Community Conversation, held on September 28 in the Southfield Pavilion, where we will have more in-depth discussions on each of the areas. All of this will go towards assessing the status of livability for seniors and their families. We urge you to join in and participate in the process.

In addition to working on making Southfield a more livable community, COSA continues to recruit new members. We invite you to attend one of our meetings to see if you might be interested in joining. If you are interested, or know someone who may be, please contact Rhonda Terry in Southfield Human Services at 248-496-4540 or rterry@cityofsouthfield.com. We normally meet on the third Thursday of each month at 4:00 p.m. in the Parks and Recreation Building.

Southfield Human Services

For more information on any of the programs listed below, please contact the Southfield Human Services Department at (248) 796-4540.

The Emergency Food Assistance program (TEFAP) This program will take place on Dec. 13 from 9:00 a.m. - 11:00 a.m. at the 1854 Church at the Burgh Historical Park, 26080 Berg Road. This program, open to any Oakland County resident, allows participants to pick up two bags of food. Please contact the Southfield Human Services Department for program eligibility at 248-796-4540.

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Michigan Prescription Card is a free statewide prescription assistance program available to everyone in the state. There are no restrictions or eligibility requirements — anyone can use the card regardless of age, income, or preexisting conditions. Please contact Southfield Human Services Department to pick up your card.

Supportive Services for Veteran Families
This program is for families who are homeless or at risk of becoming homeless. A case manager will be available to coordinate and provide intensive housing services (one-on-one) on the 1st Tuesday of each month from 1:00-3:00 p.m. at the Southfield Human Services offices (located at City Hall at 26000 Evergreen Road).

Department of Health and Human Services’ Mobile Social Worker
Will be available to help residents: apply for food, Medicaid, cash and emergency assistance, as well as answer case questions and refer to other agencies on Wednesday, October 11 from 9:00 a.m.-4:00 p.m. at the Southfield Human Services offices (located at City Hall at 26000 Evergreen Road).

October - December 2017 The Southfield Scribe
Commission on Senior Adults
Chairperson’s Update

2018 was an exciting and productive year for the Southfield Commission on Senior Adults (COSA). COSA is a body authorized by the City Council to serve the needs of senior citizens within the City of Southfield. The Commission is comprised of 11 members, who meet monthly to discuss issues affecting senior citizens.

Evan Widlansky, Chairperson
Kendall Murphy, Vice-Chairperson
Estela Taylor, Secretary
LaTina Denmon, Treasurer
Marilyn Hanson, Mitchell Simon
Janet Stewart, Sheryl Walker

By the time this edition of the Scribe is delivered, there may be additional members. We always encourage residents who are interested in our work to complete the Board and Commission Applicants (members of COSA are appointed by City Council) which can be found on the City’s website.

Our major work continues to focus on moving Southfield toward becoming an "Age-Friendly Community" as defined by AARP and the World Health Organization. This means designing the city to be more age-friendly. We continue to work on making Southfield more age-friendly and accessible for all residents.

Real Possibilities

Happy Spring! The Commission on Senior Adults (COSA) continues its important work on behalf of the senior adults in Southfield. COSA presented its 2018 Annual Report to the Southfield City Council at their January 12, 2019 meeting. The Report covered some of the highlights of COSA’s activities during 2018, including its work to make Southfield both “Age-Friendly” and “Livable.”

Hopefully you have been involved in our work. It officially began last May with a citywide kick-off event. That was followed by two Community Conversations (in September 2017 and March 2018) that examined each of the eight domain areas more deeply.

Our mission remains focused on improving the lives of senior adults in Southfield.

We invite you to share your thoughts with us.

By the time this edition of the Scribe is delivered, there may be additional members. We always encourage residents who are interested in our work to complete the Board and Commission Applicants (members of COSA are appointed by City Council) which can be found on the City’s website.

Our major work continues to focus on moving Southfield toward becoming an "Age-Friendly Community" as defined by AARP and the World Health Organization. This means designing the city to be more age-friendly. We continue to work on making Southfield more age-friendly and accessible for all residents.

We are setting out to address the domain of housing, which includes rental, transportation, and others. Our goal is to ensure that plans developed represent the aspirations of seniors in our city.

After our community-wide kick-off event in May, we held a Community Conversation in late September to begin acquiring community input. Several more Community Conversations will be held this winter and spring. Please take advantage of the opportunity to shape the future for seniors in the City of Southfield by participating in these meetings.

Remember that an "Age-Friendly" community is truly a "Livable" community for all ages and people of all abilities. Let’s work on the future together!
Southfield Parks & Recreation Flyers

**Gun Lake Casino**

The Adult Recreation Center St. present.

For More Information Call: (248) 796-4650

If you want to go to Bayouland, Michigan with us, you're going to have a very special evening.

Gun Lake Casino offers over 1,000 slot machines and traditional table games. You'll also enjoy a $50 food coupon. Space is limited, so sign up early.

Wednesday, August 29
Bus leaves from the Adult Recreation Center at 7:00 a.m.
We plan to return around 6:00 p.m.
Adult Recreation Center 50+ 26000 Evergreen Rd
$25/person Resident
$35/person Non-Resident

**Sagamore Eagles Landing Casino**

The Adult Recreation Center St. present.

For More Information Call: (248) 796-4650

This trip is a must for all Sagamore Eagles fans! We'll be leaving Sagamore at 8:00 a.m. and returning around 8:00 p.m. to have a great day at the casino! We'll be enjoying a $50 food coupon, and there are various seating options available.

Wednesday, July 26
Bus leaves from the Adult Recreation Center 50+ at 8:00 a.m.
We plan to return around 8:00 p.m.
Adult Recreation Center 50+, 26000 Evergreen Rd
$40/person Resident
$45/person Non-Resident

**Eastern Market Detroit**

The Adult Recreation Center St. present.

For More Information Call: (248) 796-4650

Experience one of the oldest and most vibrant farmers' markets in the country. The Eastern Market has over 125 vendors offering unique food and products. It's a great place to explore and support local businesses.

Saturday, May 26
The bus will leave the Adult Recreation Center at 8:00 a.m.
We plan to return at approximately 3:00 p.m.
Adult Recreation Center 50+, 26000 Evergreen Rd
$5/person Resident
$8/person Non-Resident

**Bingo**

The Adult Recreation Center St. present.

For More Information Call: (248) 796-4650

Experience the excitement and fun of Bingo with us at the Adult Recreation Center 50+. On September 11 & 25, October 9 & 23, November 15 & 27, you'll have a chance to enjoy Bingo in a lively atmosphere. 

**Detroit Tigers vs. White Sox**

The Adult Recreation Center St. present.

For More Information Call: (248) 796-4650

We will have a special tour to see the Detroit Tigers take on the Chicago White Sox. The game will take place on a specified date, so make sure to mark your calendar! We will be leaving the Adult Recreation Center 50+ at 10:00 a.m. and returning around 5:00 p.m.

Bus leaves from the Adult Recreation Center 50+ at 10:00 a.m.
We should return at approximately 5:00 p.m.
Adult Recreation Center 50+, 26000 Evergreen Rd
$15/person Resident
$20/person Non-Resident

**MOVIES IN THE PARK**

The Adult Recreation Center St. present.

For More Information Call: (248) 796-4650

Join us for an outdoor movie night at the Adult Recreation Center 50+. We'll be showing a selection of films, so be sure to check our schedule.

**Senior Lunch Out**

The Adult Recreation Center St. present.

For More Information Call: (248) 796-4650

Enjoy a special lunch outing featuring different restaurants each month. We'll be leaving the Adult Recreation Center 50+ at 11:30 a.m. and returning around 2:30 p.m. 

Bus leaves from the Adult Recreation Center 50+ at 11:30 a.m.
We should return at approximately 2:30 p.m.
Adult Recreation Center 50+, 26000 Evergreen Rd
$5/person Resident and Non-Resident
Southfield Parks and Rec launches new Black History Month programs

By Kayla Dimick | Southfield Sun | Published January 16, 2019

SOUTHFIELD — To celebrate the history and heritage of black Americans, the Southfield Parks and Recreation Department has launched several new programs for residents to enjoy this February.

The programs will kick off at 4 p.m. Feb. 2 with a slew of activities at the Southfield Pavilion, 26000 Evergreen Road.

Stephanie Kaiser, a marketing analyst for the Parks and Recreation Department, said the event will include the Black History 101 Mobile Museum, presentations and a black-owned business marketplace.

Both Kaiser and Recreation Operations Coordinator Marilyn Troshak said they felt the city was lacking in Black History Month events and that residents pushed for the city to have more events throughout the month. Kaiser said it’s the first time the city has presented programs for the entire month.

“In parks and recreation, we reinvent ourselves all the time. We take a look at what we’ve always done and what we’ve never done and try to enhance our programs and try to be relevant to the community,” Troshak said. “Black History Month is something that is absolutely relevant to this community.”

The Black History 101 Mobile Museum was founded by Khalid el-Hakim and is a traveling collection of over 7,000 original artifacts of black memorabilia, from as early as the transatlantic slave trade era in the 15th century to more recent hip-hop memorabilia.

The museum has traveled to 32 states and has visited over 300 venues — colleges, K-12 schools, corporations, conferences, libraries, museums, festivals, religious institutions and cultural events.

“el-Hakim goes around to flea markets and garage sales to collect artifacts and puts them all together into this mobile museum,” Kaiser said. “His thing is to not present it as a static museum, but to take it places where people wouldn’t normally see these things and open up his audience.”

el-Hakim will give a presentation on his museum at the event, along with a presentation from Public Enemy’s Professor Griff.

For the black-owned business marketplace, Kaiser said, vendors ranging from restaurants to boutique stores will be featured, and the goal of the marketplace is to spread the word about businesses that are black owned.

“We just want to make sure the community knows those businesses are out there and become familiar with them and start to support them,” Kaiser said.

Organizers are also looking for more businesses and sponsors to be part of the marketplace, where vendors will be able to keep 100 percent of their sales.

The fee for vendors is $25 for one 8-foot table and two chairs.

Registration closes Jan. 28. Vendors can register online at cityofsouthfield.com.

“Even though this is not in our budget, we felt strongly enough that we wanted to provide this to our residents and surrounding community,” Troshak said. “We felt strongly enough about this that we said, ‘Let’s do this and try to get some sponsors.’”

To round out the month, a free couples game night will be held 7-9 p.m. Feb. 14 at the Southfield Pavilion. DJ DeszyD will provide music, and a cash bar will be available.

On Feb. 15, residents are invited to a free screening of “I Am Not Your Negro” at the Parks and Recreation Department, 26000 Evergreen Road. The Oscar-nominated documentary explores the history of racism in the U.S. and is rated PG-13.

Elements of Black History Month will also be sprinkled into WinterFest, which will take place 2-4:30 p.m. Feb. 18, as well as the Winter Break Camp, which will be held Feb. 19-22.

The month will wrap up at 6 p.m. Feb. 28 with an event called “The Secret Society of Twisted Storytellers” at the Southfield Pavilion.

The event is a five storytelling show that is usually featured at the Charles H. Wright Museum of African American History in Detroit. General admission costs $10 per person.

For more information, visit www.cityofsouthfield.com.
Southfield, MI – Southfield Library Presents: Get to Know Your Muslim Neighbor

Date: Saturday, March 11th

Time: 11:00 a.m. – 3:00 p.m.

Location: Meeting Room

This event is an opportunity to learn more about American Muslims and their history in this country and the Detroit area. In a family friendly environment, come to learn about the Muslim Culture, enjoy hands-on activities for all ages, have an opportunity to interact with Muslims and get your questions answered by individuals from your own community.

Do not forget to sample the samosa and enjoy the international delicacies.

Southfield Library is located at 26300 Evergreen Rd, Southfield, MI 48076
Learn@50+ Podcast Series

Featured Work & Jobs Episodes

AGE-PROOF YOUR RESUME
LISTEN: iTunes I Spotify

NAVIGATING THE INTERGENERATIONAL WORKFORCE
LISTEN: iTunes I Spotify

KEYS TO SUCCESS WHEN WORKING FROM HOME
LISTEN: iTunes I Spotify

BE SURE TO CHECK BACK REGULARLY FOR NEW WORK & JOBS EPISODES!
Oakland County Michigan Works - Southfield

Workshop Schedule

Life Transitions Workshop
Are you in the process of changing careers and not sure what to do or where to start? This workshop is for you. You will explore how to transfer your interests, values, personality, aptitude and abilities to various occupations.

Resume Writing Workshop
Want to learn how to prepare a better resume and cover letter? Whether you have an existing resume or haven’t written one in years, this workshop will be beneficial to you! Learn what employers are looking for in a resume, how to identify your skills and distribute your resume and cover letter as a marketing tool. In addition, put what you just learned down on paper. Whether you are modifying your resume or need to write a new one, we will help you get started.

Interviewing Workshop
You’ve got the interview, now what do you do? Interviewing tips and techniques are discussed, with a few job search ideas thrown in. Learn how to effectively ask and answer questions at an interview and what information employers are trying to obtain. This workshop will better prepare you for that otherwise intimidating meeting. To make a lasting and positive impression, you will also learn how to market your skills successfully during an interview.

Job Search Workshop
Learn how to tap into that “hidden job market” by using the Internet, resource materials and employers. Discuss social media tools such as LinkedIn and learn how to build an online presence to connect to the new world of job search.

Please be prompt – late arrivals will not be admitted.
Workshop space is limited. Available on a first come, first served basis.

Southfield Michigan Works
21415 Civic Center Drive, Suite 116, Southfield, MI 48076
(248) 796-4580 Jgranet@cityofsouthfield.com
www.cityofsouthfield.com/careercenter

SSDI Program/Employee – Auxiliary aids and services available upon request to individuals with disabilities
Proposal to Southfield Public Schools (SPS) for Establishment of Intergenerational/Technology Training Program

Background:
- The Southfield City Council Commission on Senior Adults (COSA) in conjunction with AARP has been working with senior citizens to identify activities to keep seniors active and involved within communities so that they will live longer.
- Community Conversations identified need for Senior Tech Training in Southfield area.
- Several communities have implemented "senior + computer Buddy Programs, i.e. "Teens Are Teaching Tech to Older Adults" in Piscataway, New Jersey  https://www.aarp.org/livable-communities/livable-in-action/info-2018/senior-computer-buddy-program-piscataway-nj.html.
- This proposal will reflect the benefits for both seniors and Southfield Public Schools to implement a "Teens Teaching Technology to seniors" program.

Proposal:
- SPS endorse creating a program to partner seniors with technology savvy students.
- SPS to grant credit to students who participate in this initiative.
- SPS to pilot implementation of a "community service requirement" for student's graduation.

Implementation Team:
- Southfield City Council COSA proposes that the SPS works with the commission to develop the program framework.
- Suggested participants
  - Student(s)
  - SPS Technology Staff Teacher/person
  - Counselor
  - SPS Academic Officer
  - Southfield Parks and Recreation

Time Frame:
- Proposal to SPS January 2019
- Create Implementation Team 1st Quarter 2019
- Team Meeting 1st Quarter 2019
- Pilot Test March 2019
- Classes start 2nd Quarter 2019

November 18, 2018
Parks & Recreation Cellphone Workshop

The Adult Recreation Center 50+ presents

1-Day Cell Phone Workshop for Older Adults

Seniors who struggle with their cell phones are encouraged to join us.
Sorry, this course is NOT for iPhone users.

Author and instructor Mike Wilson will demonstrate on a large screen, how to use your cell phone. This "senior-friendly" class will cover topics such as: contacts, e-mail, settings, Internet, voicemail, vision adjustments, texting, passwords, apps, how to use the camera and store your pictures, and more. Handouts will be provided.

This one-day workshop feature 5 hours of instruction. Participants will be given a one-hour lunch break in which they can go out or bring their own bag lunch.
Those attending are asked to charge their phones to 100% and bring their charger with them.

Wednesday, April 17
9:30 a.m. - 3:30 p.m.
(One hour for lunch. Bring a bag lunch or go out.)
Adult Recreation Center 50+, 26000 Evergreen Road

Sorry, this course is NOT for iPhone users.
$65/person, Resident and Non-Resident

Individuals with special needs who plan to attend this program should contact the Adult Recreation Center 50+ at 248-796-4650 if auxiliary aids or services are needed. Reasonable advanced notice is required.
City launches Age Friendly Community effort

By Kayla Dimick | Southfield Sun | Published March 29, 2017

SOUTHFIELD — Southfield officials say they have long been focused on creating an enriched community that welcomes everyone — young and old.

According to Karen Schrock, chair of the Southfield Commission on Senior Adults, the city has recently bumped up efforts to provide resources for its aging population.

COSA is a city-led organization whose goal is to present recommendations and information to the mayor and the City Council based on studies and investigations to help the city address the needs, concerns and problems of senior adults living in the Southfield community.

The group also works closely with city departments and local agencies that serve the senior community, monitors state and federal legislation, and serves as an educational link to services and resources, officials said.

Schrock said the city has applied to be designated by AARP as an Age Friendly Community and is in the first stages of obtaining the certification.

With 40 percent of city residents over the age of 50, Schrock said the time to act is now.

“It’s an opportunity for Southfield to improve the quality of life for seniors,” she said. “We’re an aging community, so rather than waiting and doing nothing, we feel it’s important for the city to be prepared for the increasing aging population so that those aging feel welcome and we attract new people.”

The first step in the process to be certified, Schrock said, is to undergo an assessment on Southfield’s current resources and programs for seniors. COSA will then identify what improvements are needed to make the community age friendly, she said. Finally, the city will implement those improvements.

During the assessment, information will be gathered on housing, transportation, recreational opportunities and other categories, Schrock said.

“We don’t want to get ahead of ourselves on what is lacking, but I’m guessing people will say transportation and housing,” Schrock said. “Not everyone wants to be in senior housing facilities. Some people want to be able to stay in their homes.”

One thing the city does well for seniors, Schrock said, is recreational programs.

Schrock said officials are planning a kickoff event for the effort May 24 at the Southfield Pavilion, 26000 Evergreen Road. AARP representatives and city officials will be on hand to discuss the project.

In a previous report, Southfield City Planner Terry Croad discussed a survey by AARP in which participants were asked to rank the places they live on “livability.” Participants ages 50 and older were asked to rank their cities on housing, neighborhoods, transportation, environment and other factors. Southfield received a score of 48 out of a possible 100. The median score was 58, Croad said, adding that Southfield could do better.

Last year, two senior housing developments received a $19.8 million makeover; compliments of a Michigan State Housing Development Authority tax credit.

City officials recently cut the ribbon for the opening of McDonnell Tower Apartments and River Park Place Apartments, 24400 and 24300 Civic Center Drive, respectively.

McDonnell Tower Apartments is an 11-story apartment building with 162 units for seniors 62 and older, as well as subsidized apartments and assisted living units. The River Park Place apartment complex offers 245 subsidized rental housing units, including 182 units for seniors 62 and older, and an additional eight family townhomes. Construction began on the complexes in August 2015.

In September, the Southfield City Council presented COSA with a resolution stating that City Council members recognize and support the organization’s efforts with AARP.

Mayor Ken Siver said recently that city officials fully support COSA’s efforts with AARP.

“As mayor, I’ve long been an advocate for our residents to age in place. I’m hoping to do the same,” Siver said. “We are an aging community in Southfield, so it’s very important to get all the resources that we can.”
City, AARP host Age Friendly Community kickoff

By Erika von Beren | Southfield Sun | Published: June 7, 2017

AARP-Michigan recently celebrated its 50th year of volunteering by hosting an event in Southfield to celebrate the city’s efforts to become an Age Friendly Community.

Southfield Mayor Brian Taylor and City Council President Alise Kowalik, along with Karen Kalinowski, the state of the Southfield Community on Aging Advisory Board member, and Rick Hauser, the Southfield Foundation Board Director, joined the AARP-Michigan leaders to kick off the initiative.

The event provided an opportunity for community members to meet and learn about the initiatives and programs being developed in Southfield.

The city of Southfield, along with the surrounding communities, aims to create an age-friendly environment where all residents can live safely, independently, and with dignity.

This includes improving transportation, housing, public safety, health, and social participation opportunities for older adults.

The event also featured presentations by speakers from AARP-Michigan, the Southfield Community Foundation, and local organizations working to promote age-friendly communities.

AARP-Michigan’s mission is to improve the lives of older Americans, and it has been a leader in promoting age-friendly communities across the country.

Southfield’s Age Friendly Community Initiative is one of many efforts by the city and its partners to create a welcoming and inclusive community for all residents, regardless of age.

More information about Southfield’s Age Friendly Community Initiative can be found on the city’s website at http://www.southfieldmi.gov/city.cfm?name=Age-Friendly-Community.
COSA to host community conversation on senior living

By Kayla Cirnick | Southfield Sun | Published September 20, 2017

SOUTHFIELD — In the next step toward becoming an Age Friendly Community, the Southfield Council on Senior Adults will host a community conversation on senior living 6-8 p.m. Sept. 28 at the Southfield Pavilion, 26000 Evergreen Road.

In June, the city, along with officials from AARP, hosted a kickoff event to launch a five-year project to become an AARP-designated Age Friendly Community, making Southfield a welcoming place for seniors.

COSA is a city-led organization whose goal is to present recommendations and information to the mayor and the City Council based on studies and investigations to help the city address the needs, concerns and problems of senior adults living in the Southfield community.

The group also works closely with city departments and local agencies that serve the senior community, and it monitors state and federal legislation, and serves as an educational link to services and resources, officials said.

Karen Schroock, chair of COSA, said previously that the city has applied to be designated by AARP as an Age Friendly Community and is in the first stages of obtaining the certification.

With 40 percent of city residents over the age of 50, the time to act is now, officials said. The entire process will take around five years, according to officials.

At the kickoff event, AARP officials discussed the eight domains that designate a community as age friendly. The domains are identified as outdoor spaces and buildings; transportation; housing; respect and social inclusion; civic participation and employment; communication and information; community support; and health services.

Attendees of the June event were split up into eight groups — one for each domain — for roundtable discussions and to provide input on how Southfield can improve that particular domain.

Schroock said the coming event will allow members of each of the eight groups to discuss how Southfield is doing in their particular focus area.

“This is obviously a follow-up to the kickoff event, and as part of the process of moving toward the designation to Age Friendly, you have to do a community assessment,” Schroock said. “Where in those eight domain areas do you need to improve on and where are you doing pretty well? This is our first attempt at engagement and the actual process of designation.”

Each group will be tasked with coming up with a unique plan of action, Schroock said.

“The transportation group, for example, will meet and begin assessing the transportation needs in the city of Southfield. They’ll meet on their own, work on their own, and come up with a more thorough assessment and begin working on the actual plan,” she said.

“This process is intended to develop a plan we will then implement as part of the overall designation process for an Age Friendly Community.”

Rhonda Terry, office coordinator for Southfield Human Services, said the event is a great way for Southfield residents to get their opinions heard.

“The groups can think of what is lacking in Southfield, what we have now and how we can improve what we have,” Terry said. “We want people to be able to age in Southfield and move to Southfield and keep our population growing.”

Schroock said that around 30 people have volunteered to be in the workgroups so far, but the city is always looking for more volunteers.

“At this point we’re looking for anyone who wants to share an opinion without signing up for a group. Come and participate throughout the process — just the input alone would be helpful for the work group,” Schroock said.

Light refreshments will be served at the event, and registration is preferred, Terry said.

To register, call Rhonda Terry at (248) 796-4546 or email rterry@cityofsouthfield.com.
Hello, 2018

By: Kayla Dimick | Southfield Sun | Published January 4, 2018

SOUTHFIELD/LATHRUP VILLAGE — As 2017 draws to a close, residents are looking back on the highs and lows of the last year.

From embracing diversity to trailblazing leadership, there was a lot to talk about in Southfield and Lathrup Village last year.

Southfield takes steps to become age friendly, pedestrian friendly and diversity friendly.

According to Karen Schrock, chair of the Southfield Commission on Senior Adults, the city last year bumped up efforts to provide resources for its aging population.

COSA is a city-led organization whose goal is to present recommendations and information to the mayor and the City Council based on studies and investigations to help the city address the needs, concerns and problems of senior adults living in the Southfield community.

The group also works closely with city departments and local agencies that serve the senior community, and it monitors state and federal legislation, and serves as an educational link to services and resources, officials said.

Schrock said the city has applied to be designated by AARP as an Age Friendly Community and is in the first stages of obtaining the certification.

With 40 percent of city residents over the age of 50, Schrock said previously that the time to act is now.

The first step in the process to be certified, Schrock said, is to undergo an assessment on Southfield’s current resources and programs for seniors. COSA will then identify what improvements are needed to make the community age friendly, she said. Finally, the city will implement those improvements.

During the assessment, information will be gathered on housing, transportation, recreational opportunities and other categories, Schrock said.
Appendix 10m-iv

Southfield Sun Article – 02/08/2018

COUNCIL TO HOST SECOND COMMUNITY CONVERSATION ON SENIOR NEEDS

By: Kyle Dimick | Southfield Sun | Brought by from Southfield

SOUTHFIELD — Officials from the city’s Council on Senior Adults are again seeking the opinions of Southfield residents on the needs of the senior community.

The Council on Senior Adults will host a community conversation on senior living on Mar. 2, 6 to 8 p.m. at the Southfield Pavilion, 20000 Evergreen Road, as the next step toward becoming an Age Friendly Community. The first community conversation was held Sept. 29.

Last June, the city, along with officials from AARP, hosted a kickoff event to launch a five-year project to become an AARP-designated Age Friendly Community, making Southfield a welcoming place for seniors.

COSA is a city-led organization whose goal is to present recommendations and information to the mayor and the City Council based on studies and investigations to help the city address the needs, concerns and problems of senior adults living in the Southfield community.

The group works closely with city departments and local agencies that serve the senior community, and it monitors state and federal legislation and serves as an educational link to services and resources, officials said.

Karen Schrock, chair of COSA, said previously that the city has applied to be designated by AARP as an Age Friendly Community and is in the first stages of obtaining the certification.

With 40 percent of city residents over the age of 55, the time to act is now, officials said. The entire process will take around five years, according to officials.

At the kickoff event, AARP officials discussed the eight domains that designate a community as age-friendly. The domains are identified as: outdoor spaces and buildings; transportation; housing; respect and social inclusion; civic participation and employment; communication and information; community support; and health services.

Attendees of the June event were split up into eight groups — one for each domain — for in-depth discussions and to provide input on how Southfield can improve that particular domain.

Schrock said previously that the events allow members of each of the eight groups to discuss how Southfield is doing in their particular focus area.

Around 140 people attended the first community conversation, and officials are hoping for a similar turnout this time around.

Human Services Office Coordinator Rhonda Terry said the format of the community conversation will be similar to that of the last one.

“They’re going to break into groups, and each group will discuss one of the eight domains. They’ll have a leader who will chair each group, and each person will fill out a questionnaire, and the leader of each domain will take those back to the COSA board, who will do an evaluation and set up the next community conversation.”

Terry said the questionnaire is referred to as an “aspirations worksheet.”

“If the domain is housing, the question might be, ‘What do you want to see in your community involving housing? What challenges do we face in aspirations for the housing, and what needs to change in order to get this type of housing in Southfield?’” Terry said.

A presentation on COSA’s recent efforts was given by Schrock at the Jan. 22 City Council meeting.

“After the completion of the community conversations, that information along with data from the listening posts and surveys, will be reviewed by the work groups and the appropriate city boards, commissions and staff,” Schrock said at the meeting. “The next step will be to incorporate all that input into a plan for the city.”

Throughout the years, Schrock said, COSA has evolved with the changing needs of the senior community.

“We have a major project underway, and we will need hardworking and committed members,” she said. “COSA meetings are very different than they were just two years ago. We are focused and goal-oriented.”

Terry said officials are planning on having the conversations in places other than the Southfield Pavilion to include the entire city.

To register, call Rhonda Terry at (248) 478-6400 or email Rhonda.Terry@cityofsouthfield.com.
Enhanced Fitness Brochure

What Is EnhancedFitness?
EnhancedFitness (EF) is a fitness program geared toward improving the overall functional fitness and well-being of primarily older adults (all adults welcome). This low-impact workout can be ideal for anyone, even people with arthritis or other chronic conditions. A certified fitness instructor leads classes three times a week, providing social stimulation as well as physical benefits. Classes focus on cardiovascular conditioning, strength training, flexibility and balance training.

What's in it for you?
- Increased Strength
- Increase in Activity Level
- Improved Mood
- FUN!!!

Qualifications
- Loose-fitting clothing
- Comfortable shoes or sneakers
- Your smile!!

1 hour 2-3 times a week
For more information call 800-482-9340, visit nkm.org/enhanced-fitness or mhealthprograms.org
Find us on Instagram!

Wayne, Macomb and Oakland County Locations

Wayne County
Adams Run Recreation Center (Fee)
Membership required
10500 Lyndon St. | Detroit, MI 48228
313-626-9200
Tuesdays and Thursdays 1/15-2/15PM
Ascension Riverview Wellness Center
7233 East Jefferson | Detroit, MI 48207
313-868-9400
Mondays, Tuesdays, Wednesdays, Thursdays 8:30-9:30AM & 10:10AM
Goodwill Industries of Greater Detroit
3110 Grand River Ave. | Detroit, MI 48208
313-222-9800
Wednesdays 10:45-11:45AM
Second Grace Church (Donation)**
18300 Joy Rd. | Detroit, MI 48238
Mondays, Wednesdays, Fridays 11AM-12PM
Village at St. Martha's
18676 Joy Rd. | Detroit, MI 48238
(313) 882-4038
Mondays & Wednesdays 1:30-2:30PM
Open to Friends & Family of St. Martha's residents, must be at least 65 years of age

Macomb County
Ascension Macomb Wellness Center
Located inside of St. Thomas Lutheran Church
23001 Kolly Rd. | Eastpointe, MI 48021
586-659-0804
Mondays and Wednesdays 10-11AM

Oakland County
Ascension Southfield Wellness Center
15900 W. Nine Mile Rd. | Boucherville, MI 48075
Mondays, Tuesdays, Wednesdays, & Fridays 9-10AM
Wednesdays 10:30-11:30AM & 1:30-2:30PM
Thursdays 11AM-12PM & 1:30-2:30PM
Goodwill Industries of Greater Detroit
3110 Grand River Ave. | Detroit, MI 48208
313-222-9800
Wednesdays 10:45-11:45AM
Nonprofit Executive Church (Donation)**
13030 Oak Park Blvd. | Oak Park, MI 48237
248-691-7155
Mondays, Tuesdays, Wednesdays, Thursdays & Fridays 9-10AM

**This EnhancedFitness site accepts the SilverFtF benefit.

Note: Class times may change. Please call for change or visit in person for latest times.

Updated 8/8/19
Action Plan Template

COSA used the AARP methodology for the action plan to guide its day-to-day work. The following elements were established to develop the plan.

1. A clear vision towards an age-friendly community.
2. A set of values including the voice of the 50+ community.
3. The strategic framework which is the eight domains of livability for planning.
4. An overall goal—people of all ages can actively participate in community activities; be treated with respect, regardless of their age; remain healthy and active; and receive appropriate support if they can no longer look after themselves.

Below is the format in which COSA used to develop its Action Plan for each domain:

Sample Action Plan Format [Community Name]

<table>
<thead>
<tr>
<th>Activities</th>
<th>By Whom</th>
<th>By When</th>
<th>Resources and Support Available Needed</th>
<th>Potential Barriers or Resistance</th>
<th>Communication Plan for Implementation</th>
<th>Metrics</th>
</tr>
</thead>
<tbody>
<tr>
<td>What needs to be done?</td>
<td>Who will be responsible for the task completion?</td>
<td>By what date will the action be done?</td>
<td>Resources Available</td>
<td>Resources Needed (financial, human, political, and other)</td>
<td>What individuals and organizations might resist? How?</td>
<td>What indicators have been identified to measure progress?</td>
</tr>
<tr>
<td>Step 1: Develop and promote an online Seniors Information Portal</td>
<td>Senior Services</td>
<td>10/1/2015</td>
<td>Web developer; Mechanism to capture information and update portal</td>
<td>Community organizations, city agencies providing services, libraries, Media</td>
<td>Portal Launch; number of hits to portal; feedback from users</td>
<td></td>
</tr>
<tr>
<td>Step 2: Develop and promote computer training for Seniors</td>
<td>Library staff, Mentor-Up</td>
<td>10/1/2015 launch and ongoing promotion and offering thereafter</td>
<td>Youth organizations to support training program</td>
<td>Access to computers, training tools</td>
<td>Community and youth organizations, high schools, local businesses with volunteer interests, media</td>
<td>Number of training sessions provided, number of participants</td>
</tr>
<tr>
<td>Step 3:</td>
<td>By</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Step 4:</td>
<td>By</td>
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</tbody>
</table>