



Encore

AN UPDATE FOR OUR OLDER ADULT RESIDENTS
2025 | VOL. 4

Dear Friends,

There aren't too many places better to be than Oakland County and Michigan in the summer, right?

The lakes. The parks. The barbecues with friends and family. The trips up north. I've spent months dreaming not only of the return of lazy days of summer, but also of the buzz of activity that the warmth and longer daylight hours deliver to the Midwest.

We hope you can take advantage of everything Oakland County has to offer from the recreational opportunities to summer concerts and festivals.

This newsletter is packed with useful information for you and your family:

- One woman's story of moving from India to be with her family and becoming an American citizen.
- Improvements being made at the Troy Community Center.
- How to avoid financial scams and beef up your cyber security.
- Activities aimed toward older adults across Oakland County.
- How to tackle food insecurity.

This newsletter is just a small part of our mission to ensure all of our residents are aware of the programs and services we provide.

And, if you don't already have this number in your contacts, jot down the Oakland County Older Adult Services hotline at (248) 858-0593 or look up OakGov.com/OlderAdults to find out more about what we're doing for you.

With gratitude,



Oakland County Executive
David Coulter



All ways, MOVING FORWARD

Cyber Smarts

SPONSORED CONTENT

Brought to you by Oakland
County's Information
Technology Department

with
Grandma Ruth



A STORY ABOUT STAYING SAFE ONLINE

Ruth is 73, a retired nurse, and a proud grandmother of four. She's sharp, social, and loves keeping in touch through video calls and social media. But even technically savvy people can fall prey to cyber scammers. One day, an email nearly turned her digital life upside down.

THE TOO-GOOD-TO-BE-TRUE EMAIL

Ruth got an email saying she had won a free iPad after taking a senior survey. All she had to do to claim her prize was "confirm her identity" by providing her name, birthdate, and her Social Security number.

Thankfully, Ruth remembered her local library's cybersecurity workshop. She deleted the email and reported it to authorities.

REAL CASE: The FTC has flagged an increasing number of scams targeting seniors through emails promising prizes, fake Medicare benefits, or tech support help. In 2022 alone, adults 60+ reported over \$1.6 billion in losses.

THE PHONY TECH SUPPORT POP-UP



Just when Ruth thought she'd seen it all, her laptop screen flashed a bright red alert: **"WARNING! YOUR COMPUTER IS INFECTED. CALL MICROSOFT SUPPORT NOW!"**

Panicked, Ruth was about to make the call, but remembered advice from a session she attended at the library: real companies don't send random alerts. Ruth closed her browser and ran a virus scan, dodging a costly scam.

REAL CASE: In 2022, the FTC shut down a tech support scam impersonating Microsoft and Apple, tricking seniors into paying for fake repairs and exposing personal data.

A FINAL THOUGHT FROM RUTH

"I never thought I'd be a target," Ruth said. "But staying a step ahead doesn't take much. I ask questions, check in with family, and don't rush into things online."



If you or someone you know has experienced an online scam, report it to:

FTC: <https://reportfraud.ftc.gov/>

FBI IC3: www.ic3.gov

Cybersecurity Tips for Older Adults

Just like Ruth, you can outsmart online scammers with a few simple habits:

USE STRONG PASSWORDS

- Use passphrases like: **6000StepsEveryDay!**
- Never reuse the same password across multiple sites.
- Consider using a password manager to keep track.

ENABLE MULTI-FACTOR AUTHENTICATION (MFA)

- MFA adds a second layer of protection, like a code sent to your phone.

THINK BEFORE YOU CLICK

- Don't open links or attachments from unknown senders.
- Be cautious of messages with urgency, like "act now!" or "urgent!"

VERIFY UNUSUAL CALLS

- If someone claiming to be a loved one calls saying they need money, hang up and call them back.
- Set up a family "safe word" to verify emergency situations.

UPDATE YOUR DEVICES

- Ignore pop-up warnings that urge you to call support or download software.
- Don't let strangers access your computer remotely, even if they claim to be from a trusted company.
- Install software updates regularly—they often fix security bugs.
- Ask a trusted friend or family member if you're unsure how.

For more tips, visit:

OakGov.com/OlderAdults

Spotlight

There's Something for Everyone at Troy Community Center



Bocce Ball Courts

Once a drab dining room and kitchen and now a bright and cheery hub of activity, the Troy Community Center converted a corner of the sprawling facility into a dedicated senior center. It couldn't have happened without the help from a \$250,000 grant from Oakland County with funding from the American Rescue Plan Act (ARPA). The Troy center was one of nearly 30 centers that received grants from Oakland County to improve the facilities that are doing so much to keep older adults physically active and engaged in their communities.

And now, the Troy Senior Center is offering everything from low-cost lunches to bingo, concerts, and educational programming, birthday parties and a welcoming environment for older adults to gather for conversations, knitting and playing cards, even simply watching television.

"This place gives them a reason to leave their house and participate in programs," said Lyndsey Ramsay, the recreation supervisor for the center. "We appeal to a wide variety of people who want to socialize, remain physically active or learn things. It really helps to keep their souls active."

In addition to renovating the former kitchen into a multi-purpose community room for older adults, Troy also used the grant to renovate outdoor bocce ball and shuffleboard courts.

They've become so popular that a recent bocce ball mixer quickly sold out. Many of the attendees were new to the game and the senior center, but between frames, players were sharpening their skills and getting chummy.

Towards the mixer's end, the courts were filled with the sounds of friendly banter, laughter and playful competitiveness.

Kathleen Emerson, an avid backyard bocce player, attended to check out a real bocce ball court and meet fellow players. She said she was thankful for the ARPA funding that made it possible.

"This is a nice thing to come out of something bad," Emerson said.

Her team opponent, Joe Morgan agreed, "It's great to have a real, dedicated bocce ball court instead of just grass."

Day trips planned through the center – to the Michigan Central Station, Detroit Tigers, the Detroit Institute of Arts and Frankenmuth – also are big draws.

"We are receiving overwhelmingly positive reactions to the center," Ramsay said. "We're learning every day what our seniors want and need and we're continuously looking to improve even more."

Anyone over the age of 50 is welcome at the Troy Senior Center, although residents of Troy get a price break if there is a cost for a program and they also get the first chance to register for programs.

To learn more about Troy's 50+ program, call 248-524-3484 or visit: OakGov.info/TroySeniorCenter

To learn more about upcoming programing, go to the Fifty Forward newsletter. ■

Word Search

WORD LIST

- | | | |
|-----------|--------------|-----------|
| Air Show | Dream Cruise | Picnics |
| Boating | Mahjong | Pine Knob |
| Cass Lake | Meadow Brook | Trails |
| Cranbrook | Older Adults | Wave Pool |
| | Pickleball | |

G P T K P Y R U Q D R E A M C R U I S E
H Z R W E Q M X U T C D A G Z E X C Z J
J D A Y E O O J X L J R C I G R J R P C
W L I H S P F C B D J B A U K X O U R X
F A L I E D I O R U L Q K N Q Z F B Z S
W E S T D B O C M E A D O W B R O O K C
I J O H N W C I K P L R C H E R S K N I
H U R S A A N V O L F I L A V I O N O S
U N D S G V E S T U E B I R C D M O W R
F L Y H R E P L A C E B R E X I H U K X
J A Z Z I P B R U J S T A M O T S J M O
X P Y U T O G H O U N W E L P U A N A D
B Y F E S O O L D E R A D U L T S V H N
M Y T D U L T C V A A E M V U M Z R J A
D H K M Y T Q M K A K I L N X F R O O B
P I C N I C S E R B A C K C O U L E N M
P H E V Q C U V Z K H B A Y R S A W G R
J A M C A S S L A K E W A I D S Y V N I
S P L D I Y P I N E K N O B V E X T R Q
K I B O A T I N G A P X K A I R S H O W

BOARD OF COMMISSIONERS RECOGNIZES OLDER ADULTS WHO HAVE FLIPPED THE SCRIPT *on aging*



The fourth annual Outstanding Older Adult Awards offered the Oakland County Board of Commissioners an opportunity to spotlight 10 local residents who embody the 2025 theme for Older Americans Month – *Flip the Script on Aging*. This theme focuses on challenging stereotypes and dispelling misconceptions around aging. These Oakland County residents, all older than 60, have made noteworthy contributions to their communities and demonstrate that aging with purpose is possible for everyone.

RECIPIENTS OF THE 2025 OUTSTANDING OLDER ADULT AWARDS ARE:

- **Pamela L. Carmichael**, Bloomfield Hills, founding member and current director of the Bloomfield Historical Society. Presented by Vice Chair Marcia Gershenson, District 11.
- **Tina Caudill** and **Ken Muha**, Hazel Park, active volunteers for the Lions Club, providing free vision screenings for children. Presented by Commissioner Ann Erickson Gault, District 3.
- **Zakiya Hollifield**, Oak Park, serves on the local Officers Compensation Commission and the Board of Review. Presented by Commissioner Yolanda Smith Charles, District 17.
- **Ruth Jordan**, Pontiac, youth advocate who has helped raise \$1.2 million for a scholarship fund for Pontiac high schoolers. Presented by Commissioner Angela Powell, District 9.
- **Mark Kelly**, Troy, advocate for veterans and seniors. Presented by Commissioner Penny Luebs, District 2.
- **Christopher Peal**, Commerce Township, helps prevent senior isolation through volunteer work with Meals on Wheels. Presented by Commissioner Christine Long, District 12.
- **Anthony WA! Pizza**, Waterford, active customer assistance volunteer at the Oakland County Farmers Market. Presented by Commissioner Kristen Nelson, District 10.
- **Len Pokora**, Highland, veteran and loving family caregiver. Presented by Commissioner Bob Hoffman, District 7.
- **Loretta VanPelt**, Southfield, business owner and DEI trainer. Presented by Commissioner Linnie Taylor, District 18. ■



Oakland County

FIND YOUR COMMISSIONER

Chair David T. Woodward - District 1
woodwardd@oakgov.com • (248) 296-5033

Commissioner Penny Luebs - District 2
luebsp@oakgov.com • (248) 639-8836

Commissioner Ann Erickson Gault - District 3
ericksongaulta@oakgov.com • (248) 320-5798

Commissioner Brendan Johnson - District 4
johnsonb@oakgov.com • (248) 600-1509

Minority Caucus Chair Michael Spisz - District 5
spiszm@oakgov.com • (248) 705-8634

Commissioner Michael J. Gingell - District 6
gingellm@oakgov.com • (248) 858-0100

Commissioner Bob Hoffman - District 7
hoffm2521@comcast.net • (248) 363-0340

Minority Caucus Vice Chair Karen Joliat - District 8
joliatk@oakgov.com • (248) 807-4379

Majority Caucus Chair Angela Powell - District 9
powellan@oakgov.com • (248) 214-6395

Commissioner Kristen Nelson - District 10
nelsonkd@oakgov.com • (248) 425-8132

Vice Chair Marcia Gershenson - District 11
gershensonm@oakgov.com • (248) 808-1032

Commissioner Christine Long - District 12
longc@oakgov.com • (248) 787-6247

Commissioner Philip J. Weipert - District 13
weipertpj@oakgov.com • (248) 486-1100

Commissioner Robert Smiley - District 14
smileyr@oakgov.com • (248) 821-9446

Commissioner Gwen Markham - District 15
markhamg@oakgov.com • (248) 921-9336

Commissioner William Miller - District 16
millerw@oakgov.com • (248) 496-6961

Commissioner Yolanda Smith Charles - District 17
charlesy@oakgov.com • (248) 807-4363

Commissioner Linnie Taylor - District 18
taylorl@oakgov.com • (248) 466-2798

Majority Caucus Vice Chair Charlie Cavell - District 19
cavellc@oakgov.com • (248) 807-4347

To learn more about the Oakland County Board of Commissioners, follow along on Facebook, LinkedIn and YouTube, or visit OakGov.com/BOC.

Finding Food Resources in Oakland County

Food insecurity is a pressing issue in Oakland County, especially for older adults living on a fixed income. It means people don't have access to enough nutritious food for an active and healthy lifestyle. The most recent statistics from Feeding America indicates that Michigan has more 160,000 adults older than 60 who are not getting enough healthy food.

Fortunately, there are several food pantries in Michigan who can help older adults eat well, such as Gleaners, Meals on Wheels, Forgotten Harvest.

GLEANERS

Gleaners Community Food Bank provides households with access to nutritious food and related resources to promote a hunger-free community in Southeast Michigan. It offers several food assistance programs:

- All About SNAP
- Commodity Supplemental Food Program (CSFP)
- Drive-up Pantries

Gleaners provide food to nearly 350 pantry partners including soup kitchens, food pantries, shelters, schools, senior centers and other agencies across the region, and supplement the efforts of those partners by offering direct service drive-up grocery distributions. Visit pantrynet.org to use Gleaners' interactive map and find the nearest

For more information on donating and volunteering, contact Gleaners at 866-453-2637.

The Oakland County Farmers Market, 2350 Pontiac Lake Road in Waterford is partnering with Gleaner's to host free food distributions from 9 to 11 a.m.:

- Aug. 6 & 20
- Sept. 3 & 17

MEALS ON WHEELS

Meals on Wheels is a food pantry that caters to older adults in Oakland County. It offers more than just meals for older adults, providing homebound seniors with daily human contact from friendly, courteous volunteers.

Agencies participating in Oakland County:

AgeWays
29100 Northwestern Hwy.
Suite 400, Southfield
248-357-2255
ageways.org

Bloomfield Township Senior Services
4315 Andover Rd.
Bloomfield Township
248-723-3500
bloomfieldtwp.org/seniors

OPC Social & Activity Center
650 Letica Dr. Rochester
248-608-0255
opccenter.org/meals-on-wheels

Pontiac Meals on Wheels
248 South Telegraph Rd.
Pontiac
248-738-9393
pontiacmealsonwheels.net



FORGOTTEN HARVEST

Forgotten Harvest is a food pantry that has mobile pantries in metro Detroit.

For 33 years, Forgotten Harvest has redistributed surplus food from grocery stores, markets, restaurants, and caterers and donates excess food to emergency food providers in the metro Detroit area.

For more information on Forgotten Harvest visit, forgottenharvest.org. Below are some mobile pantries in Oakland County:

Zion International Ministries/ Community Outreach
20883 Reimanville Ave.
Ferndale
Open Saturdays, noon- 1 p.m.
248-565-8889

Second New Hope Baptist Church/ MP-Unify Detroit
21250 Bethlawn Blvd., Ferndale
Open every 2nd and 4th Tuesday of the month, 9-11 a.m.
248-548-0120

Renaissance Vineyard
1841 Pinecrest Dr., Ferndale
Open Mondays, 4-6 p.m.
248-545-4664

Community Choice Market
15000 West Eight Mile Rd.
Oak Park
By appointment,
Monday through Friday,
9 a.m.–noon & 1-4 p.m.
248-967-1500

Birmingham Senior Men's Club

For nearly 70 years, a group of men from all walks of life have gathered every Friday at the Iroquois Club in Bloomfield Township for fellowship and community, a few laughs and an opportunity to learn and grow.

The idea for a Senior Men's Club of Birmingham was born in 1956 when R. S. Gregory retired and moved to Birmingham from New Jersey. He was looking for a place to meet new neighbors and friends and enlisted the city's Parks and Recreation department to survey the community on the possibility. Sixty-eight men signed up, paid their \$1 per year dues and the first meeting was held Jan. 11, 1957.

"That was one of the founding tenets. It's all about camaraderie," said Raymond Buratto, president of the Senior Men's Club. "There's such a good vibe in the room and it's a chance to bring everyone together to learn some new things and share."

From those first 68, the club has grown to nearly 550 members who meet each week. Speakers have included U.S. Sen. Gary Peters and Oakland County Executive David Coulter, the retired Archbishop of Detroit, Allen Vigneron, renowned flutist (and member of the club) Alexander Zonjic, AI Venture Capitalist Dilip Dubey and Automation Alley COO Pavan Muzumdar.

In addition to their Friday lunches, the men have groups dedicated to pickleball, golf and bowling, classic movies, bridge, reading and genealogy.

They also plan special trips ranging from outings to the Purple Rose Theater in Chelsea and the Eleanor and Edsel Ford Mansion in Grosse Pointe Shores to a cruise under the Gordie Howe International Bridge linking Detroit and Canada over the Detroit River and a Detroit City FC soccer match in Hamtramck.

The club is giving back to the community as well, supporting organizations like Micah 6 in Pontiac and working on building homes with Habitat for Humanity.

"We've got the checkbook portion of the club and boots on the ground portion," said Buratto. "We're getting involved in various charities and supporting those in need."

But don't let the name of the club fool you. Any man in the region, who is at least 55 years old, is welcome to join and the members come from everywhere from Ann Arbor, Mount Clemens to all over Oakland County.

To learn more about the club, go to: senior-mensclubbirmingham.com



Meet Our Older Adult Services Team



Oakland County Older Adult Services (OAS) was created in January 2023 by Oakland County Executive David Coulter, with the support of Oakland County Board of Commissioners. OAS collaborates with the board's Senior Advisory Council and Healthy Aging Ad Hoc Committee.

The mission of OAS is to educate residents, 60 years or older, about improvements and expansions of age-related services offered by the county. It also partners with 39 senior centers for coffee and conversation events and participates in senior expos and several other community events.

The OAS is led by Chief **Jim Ellison** and Communications and Marketing Assistant **Danisha Weathersby**. Ellison was a member of the State House of Representatives (2017-2022) and mayor of Royal Oak (2003-2016). Weathersby has 10 years of experience in the public health sector, including wellness programming to promote active lifestyles and providing education on the relationship between nutrition and chronic diseases.

Oakland County Older Adult Services is available Monday through Friday from 8 a.m. to 5 p.m. at olderadults@oakgov.com or (248) 858-2110. Visit - for older adult resources, news and events. ■



Aug. 20–24



DAVID COULTER
OAKLAND COUNTY EXECUTIVE
Executive Office Building
2100 Pontiac Lake Road | 41W
Waterford, MI 48328-0412

Presorted
Standard
U.S. Postage
PAID
Royal Oak, MI
Permit 14

Encore

AN UPDATE FOR OUR OLDER ADULT RESIDENTS

VOLUME 4 | 2025

Important NUMBERS

Nurse on Call:

(800) 848-5533

Oakland County

Older Adult Services:

(248) 425-8897

Neighborhood & Housing
Development:

(248) 858-0493

AgeWays Nonprofit

Senior Services (formerly Area
Agency on Aging 1-B):

(800) 852-7795



Did you know?

The Oakland County Health Department has a program that provides dental services for low-income county residents who have no dental insurance. Nearly half of the program participants are older adults.

For more information, email OCHD-Dental@OakGov.com or call **(248) 858-1306**.

About *ENCORE*: This biannual newsletter magazine, proudly funded by Oakland County, is dedicated to serving and empowering the older adult community across the county. Published twice a year, it provides valuable resources, community news and health tips designed to enrich the lives of our older adult residents. Through this initiative, Oakland County is committed to fostering a strong, connected, and informed community for our older adults, ensuring they stay engaged and well-supported. *ENCORE* is distributed to households with older adult residents. If you have questions, please contact Danisha Weathersby at weathresbyd@oakgov.com or **(248) 425-8897**.

All ways, MOVING FORWARD