



Royal Oak

Agenda

Royal Oak Older Adults Advisory Board Meeting

Thursday, August 8, 2024, 6:30 p.m.

M/M Senior Center

3500 Marais Avenue, Royal Oak, MI 48073

Anyone planning to attend the meeting who has need of special assistance under the Americans with Disabilities Act (ADA) is asked to contact the city clerk's office at 248-246-3050 at least two (2) business days prior to the meeting.

Pages

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7.	Adjournment	



Minutes

Royal Oak Older Adults Advisory Board Meeting

June 13, 2024, 6:30 p.m.
M/M Senior Center
3500 Marais Avenue, Royal Oak, MI 48073

Present: Rebecca Cheezum
Marie Donigan
Bill Paskoules
Anne Hoyt
Michael Lawrence
Susan Giasson Gilbert

1. Call to Order

The meeting was called to order at 6:31p.m.

2. Approval of Agenda

Moved by: Anne Hoyt
Seconded by: Michael Lawrence

3. Approval of Minutes

Moved by: Susan Giasson Gilbert
Seconded by: Bill Paskoules

4. Public Comment

Janice Wagman wants this board decide what we will do to communicate to all seniors in Royal Oak. Look at the cost of a mailing and decide who and what we need to reach all residents of Royal Oak.

5. Business

5.a Bylaws Update

By-laws were approved by City Commission on June 10, 2024.

5.b Election of Officers

Moved by: Anne Hoyt
Seconded by: Marie Donigan

Ann Hoyt moved to nominate Bill Paskoules for Chairman and Michael Lawrence as Vice-Chairman. Marie Donigan seconded the motion to nominate and all were in favor.

Motion Adopted

5.c Communications

The board wants to re-purpose the communication budget after some research into what would be the best way to communicate with more residents of Royal Oak verses just 62 and older.

5.d Letter of Support for Michigan Endowment Grant

No longer need letter as we will not be applying for this grant this year.

6. Announcements

6.a Next Meeting: August 8

7. Adjournment

Resolution Number: The Meeting was adjourned at 7:30 PM

Moved by: Rebecca Cheezum
Seconded by: Anne Hoyt

The meeting was adjourned at p.m.

Motion Adopted



Older Adults Advisory Board

AGENDA ITEM

Title	Master Plan Update
SUBMITTING DEPARTMENT	City Manager's Office
PRESENTER	Susan Barkman
MEETING DATE	August 8, 2024

EXECUTIVE SUMMARY

Staff from the City Manager's Office is providing an update on the master plan which was recently released to the public. You can find the first draft of the master plan [online](#).

For anyone not familiar with the master plan it is a planning document that guides the long-term aspirational vision for the city's future. We do periodically update or develop a new master plan. This allows our vision to evolve with changing times. To find more information about the master plan and the development process, visit [PlanRoyalOak.com](#).

The Aging in Place Plan was developed and approved prior around the same time as the very early stages of the master plan. The final Aging in Place Plan was provided to the consultant as a part of their process. They reviewed the plan and incorporated elements of it into the master plan. Many elements of the Aging in Place Plan are more about the services we provide rather than the built environment which is more of the focus of the master plan.

The next steps in developing the master plan are:

- Giving the community time to review the document.
- Special Planning Commission meetings are scheduled for August 19, September 16, and 17 to review the document and hear from the community about the draft master plan. This meeting does not constitute a formal public hearing
- After the Planning Commission and City Commission approve a draft as the proposed master plan, it will be sent out to various organizations for their comment. This includes Oakland County, SEMCOG, and other intergovernmental agencies. They will have 63 days to comment.
- The Planning Commission will be required to hold at least 1 public hearing after the conclusion of the 63 comment period. This is not scheduled at this time, because it is depended on when the 63 day comment period begins.

The Older Adults Advisory Board can provide feedback to the Planning Commission through staff. We would recommend that those comments only be limited to the Aging in Place elements of the plan. Each OAAB member is entitled to their own perspective and you all can share your sentiments on any aspects of the plan by attending the

meetings or utilizing any other feedback opportunities including the ability to leave comments online at PlanRoyalOak.com.

ALIGNMENT WITH COMMISSION APPROVED PLANS, POLICIES, AND PROGRAMS *Provide a description of how this item aligns with the strategic plan, aging in place plan, and sustainability and climate action plans. Include any specific goals or action steps it supports.*

The master plan is one of our guiding documents and most directly relates to the Aging in Place Plan through the master plan's section 3 which is about providing housing options. It mostly addresses Aging in Place Goals, 4.3.a, 4.3.b, and 4.3.d.

(Please note, staff is still reviewing so additional connection points may not be seen yet.)

COMMUNITY ENGAGEMENT *Provide a description of any community engagement efforts made for this item. Include information on tools used, participation information, and general sentiments.*

The master plan was developed by a consultant with a number of public engagement opportunities. You can learn more about the opportunities online at PlanRoyalOak.com.



Older Adults Advisory Board

AGENDA ITEM

Title	August 2024 Aging in Place Plan Updates
SUBMITTING DEPARTMENT	City Manager's Office
PRESENTER	Susan Barkman
MEETING DATE	August 8, 2024

EXECUTIVE SUMMARY

Staff is sharing some updates on work being done on the Aging in Place Plan. We would like to acknowledge the following challenges that have occurred over the past few months and do ultimately directly and indirectly impact the ability of staff to accomplish the work in this plan.

First, the city has experienced a number of vacancies in department head level positions, most directly this includes the Recreation Superintendent, which oversees the senior center and senior programs. Other positions play important roles in how non-senior center parts of the plan. A number of positions have been filled, including the Recreation Superintendent, and the new staff are getting their feet under them. Our new Recreation Superintendent will start in late August and is clearing the final HR steps now.

Outdoor Spaces and Buildings

1.2.e The senior center is working to recruit folks for snow shoveling and in the last budget cycle we looked at offering additional pay. The pay remains low and this is a common barrier to getting new people to do this work. We will continue to look for opportunities to increase the wage.

Transportation

2.1.d The senior center will be looking to host driving programs on a regular basis in the future.

2.2.a The senior center made information available in the lobby area to patrons on road safety which included information on bike lanes and navigating bike infrastructure. They were able to provide a limited number of bike lights and other reflective items to improve the visibility of cyclists. Additionally, the senior center is moving forward with the installation of a new bike rack and bike repair station. It will likely be located near the corner of the building closer to the park.

Information and Communication

3.3d The staff has been working on an annual mailer on the senior center and this will go out to all Royal Oak households. Additionally, we have put together a centerfold for the Royal Oak Today magazine that will share information on the senior center, and the resources available. The postcard will go out sometime after the August primary and the Royal Oak Today part will go out in September. (Both attached.)

Housing

4.1.d Additional information being shared for the ROSES program. Staff worked to receive a grant for \$100,000 from the Oakland Livingston Human Service Agency to support the lawn care and snow removal for seniors. This funding can support residents whose income is to high for the ROSES program, but does not regularly allow for this work to be done. It is important to note funding is limited and is not ongoing funding.

4.3 Royal Oak is undergoing an update to the master plan, elements of the housing part are addressed in some way in the first draft of the master plan. This plan has yet to be moved to the proposed plan or approved plan phase.

Community Engagement and Inclusion

5.1.c The senior center continues to refine the resource list and does check-ins for seniors who request this service.

Health and Community Services

6.2.c The senior center continues to hold lunch and learn events.

Project that could be supported from members of the board:

- 5.2.a Development of a Royal Oak expert series of videos that celebrate the residents talents, stories, and tips about living in Royal Oak.
- Housing – Provide comments on the master plan project.
- 3.3.c Work to amplify programs and messaging through their informal networks.

WHO DO I CONTACT?

IMPORTANT NUMBERS

FOR EMERGENCIES PLEASE CALL 911

Senior Services: 248-246-3900

Oakland County Nurse on Call : 248-858-1280

Michigan Medicaid Assistance Program: 800-803-7174

Older Adult Services (County): 248-858-2110

Fire Department: 248-246-3800

Police Department: 248-246-3500

44th District Court: 248-246-3600

Animal Shelter: 248-548-3058

City Clerk: 248-246-3050

City Hall: 248-246-3000

Code Enforcement: 248-246-3210

Community Development: 248-246-3280

Downtown Manager: 248-246-3286

Farmers Market: 248-246-3276

Library: 248-246-3700

Mayor/Commission: 248-246-3200

Public Services: 248-246-3300



8 WAYS TO STAY INFORMED

We want to stay connected with you! Whether you like using technology, receiving mail, talking on the phone, or meeting in person, we're here to support you!

- Senior Times Newsletter:** Published monthly, this is the go to resource for what's happening and where. And it's FREE! View it online at romi.gov/times or call **248-246-3900** or drop in (3500 Marais) and ask for it to be mailed to you.
- Insight magazine:** Delivered free to every home in Royal Oak four times a year.
- Website:** Lots of resources and information about events and programs for older adults and caregivers can be found at romi.gov/seniors.
- Social media:** Follow us on Facebook at @ROCityHall and @ROParksandRec.
- Call us:** We're here Monday through Friday from 9 a.m. to 4:30 p.m. to take your call. If you are experiencing an emergency call 911.
- Drop in and check us out in person:** We want to meet you! We're at 3500 Marais, Monday through Friday from 9 a.m. to 4:30 p.m. On first Mondays we welcome newcomers!
- Oakland County Older Adult Services:** Oakland County provides many tools and resources seniors need to live their best lives. Call **248-858-2110** or visit oakgov.com/community/older-adults to learn more.
- Ageways for Seniors:** This non-profit helps people access the services and programs they need to remain living independently and with dignity in their own home or with family caregivers. Call **800-852-7795** or visit ageways.org.

WINTER READINESS GUIDE

Royal Oak has released a Winter Readiness Guidebook designed to assist residents in getting ready for the winter season. Go to romi.gov/winter for information on snow emergencies, snow plowing, sidewalks, winter safety tips and more. It's a handy resource, addressing common winter-related questions posed by residents.

Call **248-246-3201** to have a guide mailed to your home.



OLDER ADULTS GUIDE

LOCAL RESOURCES



MAHANY/MEININGER SENIOR COMMUNITY CENTER

YOUR HUB FOR ACTIVITIES,
WELLNESS
AND FRIENDSHIP

The M/M Senior Community Center is dedicated to enhancing the lives of older adults in our community with a wide range of activities and services to keep you active, healthy, and engaged.

Join us throughout the week for exercise classes, social gatherings, educational workshops, outreach, services, support groups, lunch and more.

CONTACT US

For more information, visit our website at romi.gov/seniors or call us at **248-246-3900**.



STAY IN TOUCH

Community engagement is a high priority around here, so plug into Royal Oak by subscribing for email updates at romi.gov/eblast and following us on social media.

EXPERIENCE THE M/M SENIOR COMMUNITY CENTER

DISCOVER NEW PASSIONS

Explore your artistic side with water color/acrylic painting, enhance your culinary skills in cooking classes, cultivate your green thumb in gardening, embark on exciting day trips, master the art of crocheting, crafting or enjoy a friendly game of billiards or a book club.

EMBRACE HEALTHY LIVING

Staying active and maintaining a healthy lifestyle is crucial at any age, and the City of Royal Oak is dedicated to providing a variety of health and fitness options for older adults. Whether you're looking to dive into Zumba, Tai Chi, small group fitness, chair exercise, yoga, or square/line dancing, M/M has something for everyone.

OUTREACH SERVICES

Royal Oak offers outreach services specifically designed to help frail seniors, as well as programs for any resident aged 62 and over who wishes to live independently in their own homes. We are committed to supporting your independence and well-being. Call us at 248-246-3900 to discuss your options. MMAP Counselor with unique ID is available by appointment,

HELP WITH TAXES

Need help filing your taxes on time? The M/M Senior Center & AARP offer FREE tax preparation to all Royal Oak taxpayers using the 1040 form or EZEZ10K from January through April by appointment.



Mahany/Meininger Senior Community Center

3500 Marais Ave
ph: 248-246-3900



OH, THE THINGS YOU CAN DO... .



WHAT'S FOR LUNCH?



Tim's Kitchen at the M/M Senior Center serves delicious lunches daily for only \$5.

Meal Times

- Dine-In: 11:45 am - Noon
- Carry Out Pick Up: Noon - 4 pm

How it Works

- The current month's meal calendar will be available in the Senior Times Newsletter and online at romi.gov/lunch.
- Payment is due upon placing order EITHER BY PHONE WITH A CREDIT CARD OR IN PERSON WITH CASH, CREDIT CARD, OR CHECK.
- Call 248-246-3900 to register.
- Ordering DEADLINE is by 11:30 a.m., THREE BUSINESS DAYS PRIOR to the date you want to purchase.
- There is no same day purchase, punch cards or walk-ins.
- DINE IN ORDERS CANNOT BE CHANGED TO CARRY OUT.
- Carry-out lunches will be refrigerated in compliance with food safety protocols.
- There are no refunds if you are not able to come in to eat or to pick up your lunch.

Bake Sale

Come to the M/M Senior Center and check out the delicious treats for \$1.00 each. These include cookies, breads, muffins and more! Stop by the front desk to check out the latest selection of baked goods.



248-246-3900

UNVEILING INSIGHT

THE INSIDE SCOOP, DELIVERED TO YOUR DOORSTEP

Discover fun activities, exciting classes, election news, city events, and more in *Insight* magazine -- which is delivered free to every home in Royal Oak four times a year. *Insight* even has a special section just for older adults, making it easy to find programs you will enjoy.

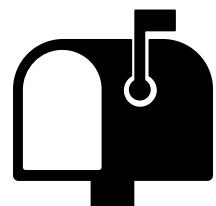
How to register for programs found in *Insight*

Most classes and programs for older adults found in *Insight* are conveniently held at the M/M Senior Center and the Jack & Patty Salter Center.

Registering for classes is simple and flexible. You can sign up by mail, or in person, online at www.royaloakrec.com or call 248-246-3900.



LOOK IN YOUR MAILBOX



We're here Monday through Friday from 9 a to 4:30 p to take your call. If you are experiencing an emergency call 911.

IN ROYAL OAK

THINGS EVERY SENIOR SHOULD KNOW

Emergency Notifications: Royal Oak utilizes a mass notification system called Civic Ready to keep residents informed about critical events within the community. Examples include snow emergencies, missing persons, evacuations, and local threats. Learn more and sign up at romi.gov/civicready. Call 248-246-3291 for assistance with signing up.

Support Groups: There are numerous support groups available that provide a safe space for sharing experiences. These groups include ROSC, low vision, grief, aphasia, ALZ caregiver, and LGBTQ+.

Housing Rehabilitation: Program Homeowners with low-to-moderate incomes can make up to \$40K worth of home improvements through a city loan program. The loans may be used for kitchen, bathroom and laundry room updates or for exterior projects such as roofing, siding, fencing and exterior trim. For program guidelines go to romi.gov/housing or call 248-246-3280.

Transportation: Royal Oak provides transportation for residents 60+ and adults under 60 with permanent disabilities. To schedule a ride, call 248-246-3914 between 9:30 a.m and 4:30 p.m., Monday through Friday. Book up to two weeks in advance, with at least one day's notice. Please specify if a motorized lift is needed. Rides are limited to four appointments per week per person and are not available for emergencies. A \$3.00 contribution is suggested for each one-way trip; a \$4.00 contribution is suggested for each round trip.

MyHeritage Library Edition: MyHeritage Library Edition is one of the largest, most internationally diverse genealogy databases of its kind. Access to billions of historical documents, millions of historical photos and other resources in thousands of databases that span the past five centuries. Go to romi.gov/genealogy to start your research. Call 248-246-3700 for assistance.

Mobile Meals: Mobile Meals' mission is to provide seniors with daily delivery of hot nutritious food delivered by a caring person. Call Western Oakland County Mobile Meals at 248-223-9160.

Lock Box Program: The Royal Oak Fire Department offers a program to reduce property damage and response time during emergencies. A metal box can be secured to your door that can only be accessed by Fire Department personnel with a master key. It holds a spare key to your home, ensuring firefighters and paramedics can assist you even if you can't unlock the door. Call 248-246-3816 to learn more.

The Library of Things: The Library of Things is a collection of items loaned at no charge to Royal Oak Public Library cardholders. Items in the collection include toys, games, tools, STEM kits, baking pans, telescope, microscope, musical instruments, and knitting/sewing supplies. To search the library catalog, go to romi.gov/things. Limit your search to the Royal Oak Public Library and use the search term "Library of Things" or the specific item, for example, "cake pan." Call 248-246-3700 for assistance.

Drop in to see all we offer!

**3500 Marais
Royal Oak**





WELCOME TO THE MAHANEY/MEININGER SENIOR COMMUNITY CENTER!

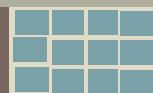
YOUR HUB FOR ACTIVITIES, WELLNESS
AND FRIENDSHIP

**Discover a vibrant and supportive community
designed just for you!**

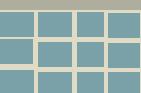
Social Activities & Events | Fitness & Wellness Programs
Educational Classes & Workshops | Arts & Crafts
Health Services & Screenings | Technology Assistance
and more!



SENIOR
COMMUNITY CENTER
City of Royal Oak



Leo Mahany
Harold Meininger





The M/M Senior Community Center is dedicated to enhancing the lives of seniors in our community with a wide range of activities and services to keep you active, healthy, and engaged.

Join us throughout the week for exercise classes, social gatherings, educational workshops, social services, lunch and more.

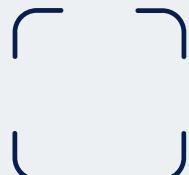
Contact Us

For more information, visit our website at **romi.gov/seniors** or call us at **248-246-3900**.

Location & Hours: 3500 Marais, Royal Oak, MI 48073. Open Monday to Friday, 9 a.m. to 4:30 p.m.

DOWNLOAD A 4-PAGE INFORMATION GUIDE! (OR HAVE IT MAILED TO YOU.)

SCAN ME!



To see the guide, go to romi.gov/SeniorInfo or call **248-246-3900** and request to have it sent to your home address.

Print version is available at the Mahany Meininger Senior Center and City Hall.

