

# COVERT SENIOR NEWS

**Covert Senior Lifeline, 73292 34th Avenue, Covert, MI 49043**  
**Frieda Brown, Director**

**November 2015**  
**Debra Mahone, Program Coordinator**

*Covert Senior News* is a monthly newsletter funded by Covert Senior Millage. It is designed to provide timely and relevant information of interest to Covert Township residents age 60+, their families and caregivers. We will provide information about services, resources, and events; where and when they are offered; and, who is eligible. We welcome information on all senior-oriented activities in the area and may print information if it is received before our deadline (10th of the month).

If you have any comments on how we can improve our newsletter to serve you more effectively, please send us your comments. Reprinting in whole or in part of any article or photo appearing in the *Covert Senior News* is not allowed without express written permission.

Please Note: If your name or address on this newsletter is incorrect or incomplete, please contact us. Also, if you are receiving duplicate copies or would like to be removed from our mailing list, please let us know. Direct your comments to:

**Flozene King, Coordinator**  
**P. O. Box 123, Covert, MI 49043**  
**Ph: (269) 764-8378**  
**Fax: (269) 764-7031**

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## HEALTHY SENIORS

Chris Flood, The Wellness Center

Monday, November 2 & 9, 2015

1:00-2:30pm

Covert Civic Center

### How healthy are you?

- Cook Healthier
- Plan easy healthy meals
- Save money on groceries
- Be active in ways that are right for you



Three of classes are cooking demos! Those who attend all classes get **Free take home groceries** to make the healthy dish they tasted in class, at home.

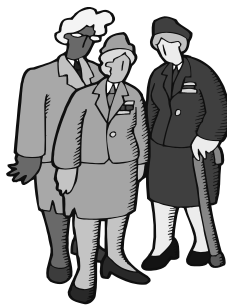
Pre-register to attend

**764-8378**

## VETERANS DAY CELEBRATION

COVERT SENIOR LIFELINE

**Honors and Celebrates Your Service to Our Country**



The Honor of your Presence is Requested

**Friday, November 6, 2015**

**1:00-3:00 PM**

Civic Center

Refreshments-Entertainment-Fun

## SAVE THE DATE!

**2015 CHRISTMAS BALL**

(Fund Raiser)

Saturday, December 12, 2015

6:30 pm

Tickets Available-Call 74-8854



**COVERT SENIOR LIFELINE**  
**Van Buren United Civic Organization**  
**P. O. Box 123, 73292 34th Avenue**  
**Covert, MI 49043**  
**Phone 764-8378; Fax (269) 764-7031**

Covert Senior Lifeline is located in Covert Township, East of M-140 Hwy., on Lake Street (34th) Avenue in the Van Buren United Civic Organization Human Resource Center.

**Hours for Covert Senior Lifeline are 8:30 a.m. to 4:00 p.m., Monday—Friday.**

All senior residents are welcome. You do not have to join anything. Just come and be a part of the things you like to do. **Activities at the Center include Bingo, sewing, crafts, movies, sing-along, exercise, table games, lunch, friendly conversation, TV, fun trips, coffee and tea.**



The **Senior Monthly Commodity Distribution** takes place every 3rd Thursday of the Month from 10 a.m. - 3 p.m.

**Senior Brunch** with the students at Covert High School is the 3rd Thursday of each month. Please call to reserve a meal. Call 764-8448

**Forms Assistance**—When you have papers and forms to be filled out, bring them into the office if you need help filling them out.

**Notary Service**—Notary at center Tuesday & Wednesday, 9:00 a.m.-3:30 p.m. Senior citizen cost is \$5.00 for each notarized form, all others \$10.00. Call: 764-8378.

**The Emergency Food Pantry** is available for any Van Buren County resident. Hours are 10 a.m.—3 p.m.

Van Buren United Civic Organization's building is available to rent for families and non-profit organizations. Call 764-8854 for more information.

Complaints/grievances? We aim to please, but there may be a time when you have to complain about services you receive at the center. A complaint procedure is posted on the center bulletin board and copies are available for you. If you have a complaint, please follow the procedure within a week of the complaint action, if at all possible. Your positive feedback and constructive suggestions are always welcome too!

## **Fall Back**

**Sunday, November 1, 2015**

It's time to move your clock back as we switch back to Eastern Standard Time.

Remember to dial your clock back one hour before you retire on

**SATURDAY, Oct. 31st.**



**VAN BUREN DISTRICT LIBRARY**  
**COVERT BRANCH**  
**(Closed Wednesdays)**

33580 M-140 Hwy.

Covert, MI 49043

Phone/Fax (269) 764-1298

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The Covert Library will be offering "Jewelry fest" on Saturday, December 5 from 10am-3pm.

This will be a daylong chance to drop in and make some jewelry for you or for gifts. (Think Christmas!) We will provide the beads, wire, tools, and instructors – you provide the imagination! Please join us.

We will be putting our Christmas craft books out in November for any Christmas projects you may be thinking about – or to give you some ideas on things to make and decorate!



Van Buren District Library is headquartered in Decatur with branches in Bangor, Bloomingdale, Covert, Gobles, Lawrence and Mattawan

**Don't Forget  
To**



## **SPECIAL ELECTION**

**Tuesday, November 3, 2015**

**Polls open 7:00 am to 8:00 pm  
Covert Township Hall**

**Operating Millage Proposals  
for:**

- **Local School District**
- **Van Buren District Library**

## **AREA AGENCY ON AGING**

***Offering Choices for Independent Lives***

Community Information Specialists are trained to answer questions about our services and the array of related to Medicare, Medicaid, and insurance. Caregiver library resources and educational opportunities are array of community resources available, including help in resolving problems so available. AAA also takes referrals for MIChoice Medicaid Waiver in-home services, for which eligibility is required. There may be waiting lists so call as soon as needs are imminent. Care Management and in-home services are also available on a fee-for-service basis.

AAA has several volunteer programs designed to support seniors, grandparents raising grandchildren, and special needs children. Volunteers are always needed and they receive regular training and a stipend. Seniors may also qualify for receiving the services of a volunteer.

Seniors aged fifty-five and older with an income under 125% of Poverty can qualify for employment opportunities with non-profit organizations. Call Area Agency on Aging at **1-800-654-2810** for information.



## **Meals on Wheels of SW Michigan**

Meals on Wheels/ Senior Nutrition Services provides nutritious meals. They are funded by Area Agency on Aging along with other funding sources, but keep in mind participant donations are essential to continue to provide quality meals.

Seniors may enjoy a hot meal at the Covert Senior Lifeline dining site. Meals are prepared by CK Catering and served at noon, Monday through Friday. **24-hour notice is required** to reserve your meal. **Call Leona at (616) 546-0352 to reserve your meal.** See the SNS calendar in this newsletter for the monthly menu.

Eligible homebound senior residents may receive a home delivered hot meal. The home delivered meal menu is published in the Senior Nutrition Services monthly newsletter. Call: **925-0137** for more information.

## **VAN BUREN UNITED CIVIC ORG. (COVERT SENIOR LIFELINE) TRANSPORTATION SERVICES**

If you need a ride for medical care or to the Civic Center for activities, call Covert Senior Lifeline at 764-8378 to be taken by a volunteer. Volunteer drivers are reimbursed through the Township Senior Millage so you must be 60 or over and a township resident. Other restrictions apply.

## **IS YOUR FURNACE READY FOR ACTION?**

**As winter heating season approaches, take these actions to be sure your furnace is ready to run efficiently:**

- **Clean/replace the filter regularly.**
- **Check for a blue flame (yellow may mean need for professional adjustment).**
- **Inspect chimney flues for corrosion & vents for blockages & debris.**
- **Keep the area around your furnace clear.**
- **Store flammables well away from furnace.**

Michigan Gas Utilities

**FOR YOUR INFORMATION****VAN BUREN UNITED CIVIC ORG.  
MEETINGS WILL BE HELD****Every other month****NEXT MEETING****Monday, November 16, 2015-4:00pm****Happy Turkey Day!**

Apple  
Blessings  
Cornucopia  
Cranberry Sauce  
Family  
Feather  
Give Thanks  
Gobble  
Greatful  
November  
Pumpkin  
Scarecrow  
Thanksgiving  
Tradition  
Turkey



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

**SENIOR MILLAGE  
HOME REPAIR AND CHORE SERVICES**

**Home Repair and Chore Services** are available through Senior Services of Van Buren County with funding received from the Covert Township Senior Millage. Both services are available to residents age 60 and over who live in Covert Township.

**Home Repairs**

Qualifying residents can receive **one** home repair for no more than **\$750 every other** funding year (July thru June). The home repairs are considered permanent improvements to a home to prevent or remedy a sub-standard condition or safety hazard.

**Chore Services**

Qualifying residents can receive up to **\$300 every** funding year (July thru June) and can have multiple chores during the funding year but the total expended on all chores cannot exceed the \$300 maximum. Chore services are household maintenance tasks to increase the safety of the senior; usually one time in nature.

If you or someone you know may benefit from the above services please call Kathy at **(269) 655-8000**.

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## **Monthly Commodities**

Van Buren United Civic Org  
(Civic Center)

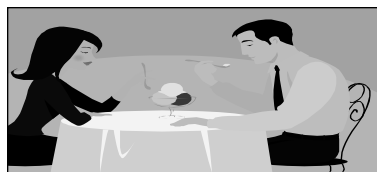
**Thursday, November 19, 2015  
10:00 AM-3:00 PM**



For more information call: 764-8854

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### **COVERT PUBLIC SCHOOLS SENIOR BRUNCH**



**Thursday, November 19, 2015**

**10:30 am- School Cafeteria**

**Phone (616) 546-0352**

**For a reservation**

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## **COMPUTER CLASS**

Get help with computer related matters  
Ms. Nancy Vilims, Instructor

**Tuesday, Nov. 10, 17 & 24, 2015**

**10:15 am-3:15 pm**

**By appointment only**

**764-8378**

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## **HARVEST FESTIVAL**

**Covert Public Schools**

**November 18, 2015**

**FREE** for Covert Seniors

**\$4.00** for non-residents & under 60

**Food Games Prizes**

Sponsored by Meals on Wheels

Funded by Covert Sr. Millage

Call: Beverly King at (269) 925-0137

## **PANTRY SERVICES AVAILABLE**

### **We Care In The Name of Christ**

06321 Blue Star Highway, South Haven  
Food, personal care, baby items, clothing,  
furniture, medical supplies, and  
other goods, services, and cash assistance  
Open M-F, 9:30 a.m.-12 noon

**Call: 637-4342**

### **Lily of the Valley Church Food Pantry**

30600 M-140 Highway, Covert  
Tuesday & Thursday, 12-2 p.m.  
with referral from We Care

### **Covert Community Church Personal Care Pantry**

29759 M-140 Highway, Covert  
Mondays, 12-2 p.m. with referral from We Care

### **Emergency Food Pantry**

Van Buren United Civic Organization  
73292 34th Ave, Covert  
Open M-F 10 a.m.-3 p.m.

**Call: 764-8854**

### **Covert Seventh Day Adventist Church Clothes Pantry**

33081 M-140 Hwy., Covert  
Open by Appointment Only-Call: 764-8465  
If no answer, please leave a message

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## **CARE WATCH IN COVERT TOWNSHIP**

Township residents age 60 and over may receive,  
"Care Watch Assistance."

Services begin with determining the needs of an identified senior, then help could include completing applications for food, housing and other public benefits, as well as putting services into place in the home to address specific needs. Regular follow up is also part of this service.

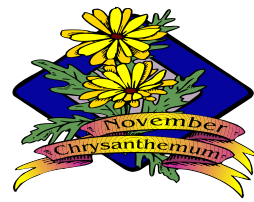
Call Kristie Schultz, Care Manager for Covert Township  
at Senior Services of Van Buren County at **(269)  
637-3607.**


**Funded by the Covert Township Senior Millage**



# Senior Lifeline Calendar

## November 2015



Mon	Tue	Wed	Thu	Fri
<b>2 Auction Bingo</b> <b>11am-12pm</b> <hr/> <b>Healthy Seniors</b> <b>1:00-2:30pm</b>	<b>3 VOTE!</b>  <b>Special Election</b> <b>Township Polls open</b> <b>Today, Nov 3, 2015</b> <b>7:00am-8:00pm</b>	<b>4</b> <b>"Try to be a rainbow in</b> <b>someone's cloud."</b> <b>Maya Angelou</b>	<b>5</b> <b>"Let the beauty of</b> <b>what you love be what</b> <b>you do."</b>  <b>Rumi</b>	<b>6 Chess Class</b> <b>11am</b> <hr/> <b>Veteran Day</b> <b>Celebration</b> <b>1:00-3:00pm</b>
<b>9 Auction Bingo</b> <b>11am-12pm</b> <hr/> <b>Healthy Seniors</b> <b>1:00-2:30pm</b>	<b>10 Computer Class</b> <b>Appt only</b> <b>10:15am-3:15pm</b> <b>764-8378</b>	<b>11</b> <b>Movie /Refreshments</b> <b>"10 Years A Slave"</b> <b>1:00 pm</b>	<b>12 "Walk on with</b> <b>hope in your heart,</b> <b>and you'll never</b> <b>walk alone."</b>  <b>Shan Rukh</b>	<b>13 Chess Class</b> <b>11am</b>
<b>16 Auction Bingo</b> <b>11am-12pm</b>	<b>17 Computer Class</b> <b>Appt only</b> <b>10:15am-3:15pm</b> <b>764-8378</b>	<b>18 Harvest Festival</b> <b>Covert Schools</b> <b>11am-3pm</b> <hr/> <b>"There are no mistakes,</b> <b>only new paths to ex-</b> <b>plare."</b> <b>Gregory David Roberts</b>	<b>19 Commodities</b> <b>10am-3pm</b> <hr/> <b>Brunch 10:30 am</b> <b>Covert School</b>	<b>20 Chess Class</b> <b>11am</b>
<b>23 Auction Bingo</b> <b>11am-12pm</b>	<b>24 Computer Class</b> <b>Appt only</b> <b>10:15am-3:15pm</b> <b>764-8378</b>	<b>25 "Inspiration fires</b> <b>you up; motivation</b> <b>keeps you burning."</b>  <b>Stuart Aken</b>	<b>26 CLOSED</b> <b>THANKSGIVING</b> 	<b>27 CLOSED</b> <b>THANKSGIVING</b> <b>HOLIDAY!</b>
<b>30 Auction Bingo</b> <b>11am-12pm</b>	<b>Computer Class</b> <b>Appt only</b> <b>10:15am-3:15pm</b> <b>764-8378</b>	<b>"Live life as if everything</b> <b>is rigged in your favor."</b>  <b>Rumi</b>	<b>"Moods are conta-</b> <b>gious . Don't catch or</b> <b>spread a bad mood."</b>  <b>Marilyn Suttle</b>	<b>"Follow your</b> <b>instincts. That's</b> <b>where true wisdom</b> <b>manifests itself."</b>  <b>Oprah Winfrey</b>



### **VOLUNTEER DRIVERS NEEDED**

#### **Mileage Reimbursement (.55 per miles traveled)**

Covert Senior Lifeline is seeking volunteer drivers to transport our seniors to community programs and doctor appointments. Seniors need transportation for many reasons....mainly to get where they need to go. However, they may need specialized transportation options because they no longer drive, need help in assessing service, or want and need socialization.

To discuss how you can become a volunteer driver, come to the Covert Senior Lifeline Office at

# Meals on Wheels of SW Michigan Senior Nutrition Service Congregate Menu

Meals are Funded By



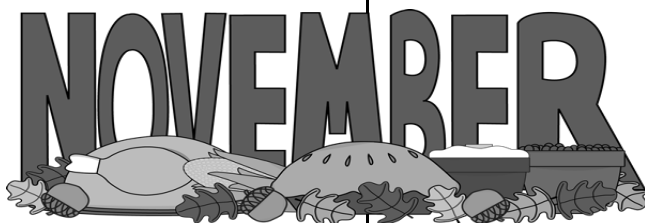


## November 2015

**Menu Is Subject To Change  
Without Notice**

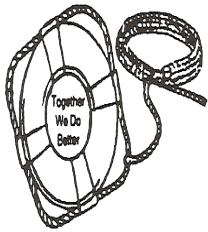


**Along with Participant Contributions,  
United Way Partners, Grant Awards  
and  
Local Donations**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Soft Shell Tacos Tomatoes / Lettuce / Onions Refried Beans Cinnamon Applesauce	3 Chicken Noodle / Veg. Soup Mixed Green Salad w / Cheese Ranch Dressing Whole Wheat Roll Fresh Banana	4 Ham & Beans Tossed Salad / French Sweet Corn Whole Wheat Bread Orange Juice	5 Swedish Meatballs w/ Gravy Noodles Brussel Sprouts WW Bread	6 BBQ Chicken Sweet Potatoes Coleslaw Whole Wheat Bread Mandarin Oranges
9 Smothered Pork Cutlet Mashed Potatoes Mixed Vegetables WW Biscuit Citrus Mix	10 Baked Macaroni & Cheese Stewed Tomatoes / Zucchini Leafy Romaine Salad WW Cornbread Applesauce	11 <b>CLOSED!</b> <b>VETERAN'S DAY!</b> 	12 Salmon Patty w/ Dill Sauce Brown Rice Winter Squash Rye Bread Mandarin Oranges	13 Oven Baked Chicken Stew Mashed Potatoes Mixed Vegetables WW Biscuit Citrus Mix
16 Pork Chop Suey over Rice Asian Blend WW Bread	17 Broccoli & Cheese Omelet Potatoes O'Brien Stewed Tomatoes WW Roll Fresh Banana	18 Oven Fried Chicken Whipped Sweet Brussel Sprouts WW Biscuit Golden Fruit Mix	19 <b>Thanksgiving Meal</b> Cranberry Glazed Turkey Mashed Potatoes w/ Gravy Dressing / Corn Casserole	20 Spanish Rice w/ Meat & Beans Santa Fe Blend Side Salad w/ French Wheat Bread / Birth-
23 Liver & Onions Mashed Potatoes w/ Gravy French Green Beans Tossed Salad / Ranch	24 Traditional Chili Baked Redskins Potatoes Mustard Greens Crackers Cooked Apples	25 Swiss Steak Mashed Potatoes w/ Gravy Stewed Tomatoes WW Roll	26 <b>THANKSGIVING CLOSED</b> 	27 <b>THANKSGIVING CLOSED</b>
30 Sweet & Sour Pork w/ Rice Oriental Vegetables Wheat Bread Jello w/ Fruit			Meals provide (per week) 87-123 grams of carbs Calories 600-850 average Protein 19 grams per meal	<u>Monthly Income - Fair Share</u> \$1,101 & up \$3.75 and up \$801-1,100 \$3.25 per Meal

**Van Buren United Civic Organization  
Covert Senior Lifeline**

P. O. Box 123  
Covert, MI 49043



**Non-Profit  
Organization  
US Postage  
PAID  
Covert, MI 49043  
Permit #2**

*Return Service **Requested***

**Important Meetings:**

**Covert Public Schools**

6:00 p.m., Monday, November 9, 2015

**Covert Township Board of Trustees**

7:00 p.m., Tuesday, November 10, 2015

**Van Buren United Civic Organization  
Monthly Membership Meeting**

4:00 p.m., Monday, November 16, 2015

**Senior Citizen Advisory Board**

To be announced  
(269) 764-8986

**Important Phone Numbers**

**All Emergencies:** Dial 911

**Police** (non-emergency): 764-8100

**Fire Department:** 764-1768

**Township Hall:** 764-8986

**Post Office:** 764-1518

**Library:** 764-1298

**Social Security:** 1-800-772-1213  
1-800-405-5457