

# COVERT SENIOR NEWS

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

**January 2015**  
**Roma Dodd, 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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## **29th ANNUAL Dr. Martin Luther King. Jr. Celebration**

**Sunday, January 18, 2015**  
**4:00 p.m.-6:00 p.m.**  
**Covert High School Auditorium**



Sponsored by:  
**Covert Public Schools**  
**Ministerial Alliance**  
**Van Buren United Civic Organization**

## **CONGRATULATIONS!**

**To: Darryl K. Williams, President**

And to the newly elected slate of officers of  
**Van Buren United Civic Organization**



**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!

## **CRIME PREVENTION WORKSHOP**

Wednesday, January 14, 2015  
1:00-2:00 pm



Information on: Personal & Home Safety

**V.B County Sherriff Dept.**

### **DRIVING THIS WINTER?**

Remember **LEGS**

(L)eave (E)arly (G)o (S)low

**BE SAFE!**

### **Weather Related Center Closings**

If Covert Public Schools is closed, the center will be closed. If Senior Nutrition Services closes, lunch will not be served. Participants are encouraged to watch their local TV news or listen to COSY 98 or any Midwest Family Broadcasting Radio Station for cancellations or other announcements.

## **LEGAL SERVICES**

Legal Aid of Western Michigan, partially funded by Area Agency on Aging, provides free legal advice and representation in a broad range of consumer cases, family matters, housing problems, government benefits such as SSI, Food Stamps and Medicaid, and other "non-fee generating" cases. Eligibility for seniors is not based on income or assets, but rather is for anyone 60+.

**Call 1-888-783-8190**

## KARAOKE (Family Night)

Wednesday, January 21, 2015  
6pm-10pm



Lyrics Music furnished by:  
**Betty Webster.** Step up to the stage, grab the mike & let's get going.

**REFRESHMENTS  
AVAILABLE!**

## RIDE VAN BUREN COUNTY TRANSIT BUSES AT NO CHARGE!

Covert Seniors can ride the Van Buren County Public Transit bus at no cost. Covert Township, through the Senior Millage, will be reimbursing Van Buren Public Transit for the usual fare. Minimum 24-hour notice, and all previous limitations remain in effect as only the source of payment has changed.



This program is for Covert Township seniors age 60 and over. Call 269-427-7921, or 1-800-828-2015, to make your reservation.

**We invite you to try this service!**

## AND THERE ARE OTHER TRANSPORTATION SERVICES, TOO...

Various other options are available for Township seniors:

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.

If you need a wheelchair van, call Senior Services of Van Buren County at 637-3607. They have limited Covert Senior Millage funding available for specialized transportation.

You can also call Senior Services of Van Buren County for medical appointments utilizing their services funded by Area Agency on Aging.

There are Tuesday bus rides to South Haven, with pick-up at Walnut Grove Apartments at 10:00 a.m. Bingo and Lunch at the South Haven Senior Center then shop at Walmart until 3:00 p.m.

**RESERVATIONS ARE REQUIRED!!** Call Senior Services of Van Buren County at 637-3607.

## 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.

## SENIOR MILLAGE HOME REPAIR AND CHORE SERVICES

Home repair, chore, and ramp installation are available through the RSVP volunteer program of Senior Services of Van Buren County. Home Repairs have a maximum cost of \$750 and may be used once every two years. Chore Services have a maximum cost of \$500 once every two years.

Home repair services are considered permanent improvements to a home to prevent or remedy a sub-standard condition or safety hazard. Tasks may include:

- Roof or siding repair
- Door and window repair/replacement
- Foundation repair
- Floor repair
- Interior wall repair
- Plumbing and drain repair
- Insulating/weatherization (including water heater wrap, low-flow shower head, socket sealers, draft stoppers and door sweeps)
- Stair and exterior step repair/replacement
- Heating system repair
- Ensuring safe and adequate water supply
- Electrical wiring repair
- Painting to prevent deterioration in conjunction with repairs.

Chore services are household maintenance tasks that increase the safety of the senior, usually one time in nature, such as:

- Replacing fuses, light bulbs, electrical plugs, frayed cords
- Replacing door locks and window catches
- Replacing faucet washers or faucets
- Installing safety equipment
- Installing screens and storm windows
- Installing weather stripping around doors
- Caulking windows
- Repairing furniture
- Installing window shades and curtain rods
- Cleaning appliances
- Cleaning and securing carpets and rugs
- Washing walls and windows, scrubbing floors
- Cleaning attics and basements to remove fire or health hazards
- Pest control not requiring licensed professionals
- Grass cutting and leaf raking
- Clearing walkways of ice, snow and leaves
- Trimming overhanging tree branches
- Painting
- Blight ordinance enforcement

For more information, please contact Diane or Kathy at **1-888-899-8687**.

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

33580 M-140 Hwy.  
Covert, MI 49043  
Phone/Fax (269) 764-1298

Having trouble with your computer, e-reader, or tablet? Did you get something new for Christmas that you just can't figure out? Computer troubles: viruses, overdrive, transferring pictures, etc? Come to the Covert Library's "Tech Clinic" on Thursday, January 29 from 3-5pm and talk with one of Van Buren District Library's tech experts to see if they can help.

On Friday, January 16 the library will offer a "Footloose Friday" story time for pre-school children. Come watch the children hear a story, and help them "shake the sillies out". Call the library for the time of the program.

The library will be offering two movies this month: on Saturday January 3 we will be showing Teenage Mutant Ninja Turtles from 10am-3pm. and on Thursday, January 22 Maleficent will be shown at 3pm. Come sit back, have a snack, and chase the winter blues away!



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

## **Monthly Commodities**

Van Buren United Civic Org  
(Civic Center)

**Thursday, Jan. 15, 2015  
10:00 AM-3:00 PM**



For more information call:  
764-8854

## **COVERT PUBLIC SCHOOLS BRUNCH**

**Thursday, January 15, 2015**  
10:00 am  
School Cafeteria

**Phone (616) 546-0352  
For a reservation**

## **ACTIVITY OFFERINGS BY COVERT PUBLIC SCHOOLS** 764-3700

### **Aquacise**

Mon & Wed 4-5pm Adults Only

### **Open Pool**

Mon & Wed 5-6:45pm Anyone

**Pool Prices: Covert Seniors  
(Over 60) FREE  
Non Covert resident \$4.00**



## **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

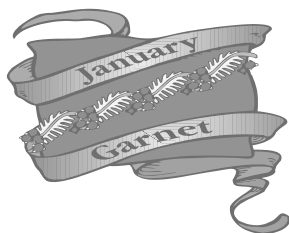
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## **CARE WATCH IN COVERT TOWNSHIP**

Township residents age 60 and over may receive, "Care Watch Assistance." funded by the Covert Township Senior Millage.

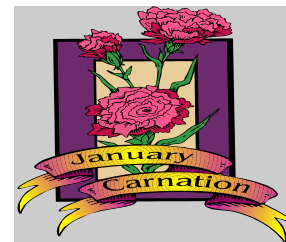
Services begin with determining the needs of an identified senior, then help could include completing applications for food, housing and other public benefits, as well as putting services into place in the home to address specific needs. Regular follow up is also part of this service.

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



# Covert Senior Lifeline Calendar

## January 2015



Mon	Tue	Wed	Thu	Fri
<p><i>"Cheers to a new year and another chance for us to get it right."</i> <b>Oprah Winfrey</b></p>	<p><i>"Be glad of life because it gives you a chance to love and to work and to play and to look up at the stars."</i> <b>Henry Van Dyke</b></p>	<p><i>"Happiness consists in giving, and in serving others."</i> <b>John Gunther</b></p>	<p>1  <b>Center Closed</b></p>	<p>2 <b>Center Closed</b>  <b>No Lunch Served</b></p>
<p>5 <b>Early Bird Bingo</b> 10-11am ***** <b>Auction Bingo</b> 11am-12pm Great Game, Great Fun!</p>	<p>6 <i>"Be happy for this moment. This moment is your life."</i> <b>Omar Khayyam</b></p>	<p>7 <b>Movie &amp; Refreshments</b> <i>Wicker Place</i> 1pm</p>	<p>8 <i>"Spread love every where you go. Let no one ever come to you without leaving happier."</i> <b>Mother Teresa</b></p>	<p>9 <i>Chess Class 11am</i></p>
<p>12 <b>Early Bird Bingo</b> 10-11am ***** <b>Auction Bingo</b> 11am-12pm Great Game, Great Fun!</p>	<p>13 <b>Computer Class</b> 10:15am-3:15pm  <b>By appointment only</b> <b>764-8378</b></p>	<p>14 <b>Movie &amp; Refreshments</b> 1pm <i>The Honeymooners</i></p>	<p>15 <b>Commodities</b> 10am-3pm ***** <b>Brunch CPS-10:15am</b></p>	<p>16 <i>Chess Class</i> &amp; <b>Computer Class</b> 11am</p>
<p>19 <b>Center Closed</b>  <b>Dr M. L. King Jr Day</b></p>	<p>20 <b>Computer Class</b> 10:15am-3:15pm  <b>By appointment only</b> <b>764-8378</b></p>	<p>21 <b>Movie &amp; Refreshments</b> 1pm 12 years A Slave ***** <b>KARAOKE</b> 6pm-10pm</p>	<p>22 <i>Praise does wonders for the sense of hearing.</i> <b>Unknown</b></p>	<p>23 <i>Chess Class 11am</i></p>
<p>26 <b>Early Bird Bingo</b> 10-11am ***** <b>Auction Bingo</b> 11am-12pm Great Game, Great Fun!</p>	<p>27 <b>Computer Class</b> 10:15am-3:15pm  <b>By appointment only</b> <b>764-8378</b></p>	<p>28 <b>Movie &amp; Refreshments</b> <i>The Pelican Brief</i> 1pm</p>	<p>29 <i>"The shortest distance between two people is a SMILE"</i> <b>Victor Borge</b></p>	<p>30 <b>Chess Class</b> &amp; <b>Computer Class</b> 11am</p>



### VOLUNTEER DRIVERS NEEDED

#### Mileage Reimbursement (.55per 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 73292 34th Ave., Covert, MI or call: (269) 764-8378. **We need your help!**






# December 2014

**Menu Is Subject To Change Without Notice**



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

Monday	Tuesday	Wednesday	Thursday	Friday
1 BBQ Chicken Tossed Salad / dressing Baked Beans / Wheat Roll Pears	2 Chili / Cheese Baked Potato & Sour Cream Oyster Crackers Spiced Applesauce	3 Pork Chop Sweet Potatoes Brussel Sprouts/Bun Fruit Cup	4 Beef Chop Suey Brown Rice Chop Suey Veg. / soy sauce Squash Fruit- Fortune Cookie	5 Cheeseburgers /w fixings Red Skin Potato Salad Sweet & Sour Cabbage Bun / Grapes
8 Turkey Pot Pie Butter Beans Spinach/Vinegar Biscuit —Peaches	9 Swiss Steak Mashed Potatoes & Gravy Carrots Dinner Roll — Fruit Cup	10 Broccoli Cheese Quiche Green Beans Sliced Tomatoes Dinner Roll —Applesauce	11 Swiss Chicken w/ Dressing Herb Mashed Potatoes W/Gravy Harvard Beets Biscuit and Honey—Oranges	12 Beef Stroganoff Over Noodles Cauliflower Mixed Vegetables / Wheat Roll 100% Fruit Juice
15 Spaghetti w/ Meat Sauce European Blend Vegetable Toss Salad w/ Dressing Garlic Bread / Diced Pears	16 Stuffed Peppers Au Gratin Potatoes Pumpnickel Roll Pineapple	17 Oven Fried Chicken Potato Wedges Green Beans Casserole Cherry Cobbler	18 <b>CHRISTMAS MEAL!</b> Ham Mashed Potatoes / Gravy Corn Casserole / Potato Roll Apple Pie/ Christmas Cookie	19 Baked Cod —Tarter Sauce Herb Brown Rice Peas & Pearl Onions / Roll Peaches / Birthday Cake
22 Chicken Alfredo Fettuccini Carrots Broccoli / Wheat Roll Apple Cobbler	23 Sliced Roast Beef Mashed Potatoes/gravy Mixed Vegetables Roll Toss Salad / 100% Fruit Juice	24 <b>CLOSED!</b> <b>CHRISTMAS</b> 	25 <b>CLOSED</b> <b>CHRISTMAS!</b> 	26 <b>CLOSED</b> <b>CHRISTMAS!</b> 
29 Vegetable Lasagna Italian Vegetables Pickled Beets/Garlic Sticks Mandarin Oranges	30 Ground Beef Spanish Rice Mexican Corn Cream Spinach/Com Muffin Grapes	31 Hot Dog & Fixing Coleslaw Baked Beans Bun Fruited Jello	Meals provide 1/3 Recommended Daily Allowance (RDA) 2% milk is served with every meal	<b>Monthly Income - Fair Share</b> \$1,101 & up \$3.75 and up \$801-1,100 \$3.25 per Meal \$701-\$800 \$2.75 per Meal \$551-\$700 \$2.25 per Meal \$0 or \$550 \$1.75 per Meal

## EARLY BIRD BINGO

*Mondays 10am -11am*

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## AUCTION BINGO

*Mondays, 11am.12pm.*

*Join us for Fun & Suspense*

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## BINGO & BLOOD PRESSURE CHECK

*1ST FRIDAY OF EACH MONTH*

*BP 12:30am - Bingo 1:00pm*

**Meet & Greet Others who Enjoy a  
GOOD GAME, FUN & UNIQUE PRIZES!**

*Sponsored by: Sr. Nursing Care Services Inc.*

## COMPUTER CLASSES

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

**Tuesday, January 13, 20 & 27 2015**

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

By appointment only  
764-8378

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**Friday, January, 16 & 30, 2015**

**11:00am-2:00pm**

**By: Price Computers**

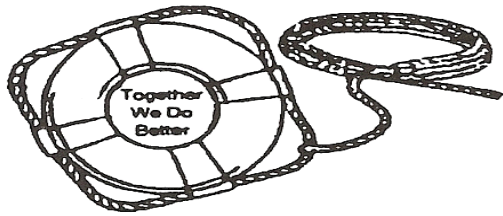
**Call: 764-8378**

**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, January 12, 2015

**Covert Township Board of Trustees**

7:00 p.m., Tuesday, January 13, 2015

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

4:00 p.m., Monday, January 19, 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  
**Benton Harbor Office:** 269-926-1865