

COVERT SENIOR NEWS

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

December 2014
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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VAN BUREN UNITED CIVIC ORGANIZATION & COVERT SENIOR LIFELINE *PRESENTS*

ANNUAL CHRISTMAS PARTY



SATURDAY, DECEMBER 20, 2014
12:30 p.m. - 3:00 p.m.
73292 34th Ave - Covert, MI

Join us for: Dinner & Gifts
Fun for all!

EVERYONE WELCOME!

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!

KARAOKE
(Family Night)

Wednesday, December 17, 2014
6pm-10pm



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

REFRESHMENTS AVAILABLE!

COVERT UNITED STATES
POST OFFICE

HOURS OF OPERATION
Monday-Friday

8:00 am-12:00 pm &
2:15 pm-4:15 pm

Saturday
9:00-10:00 am

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

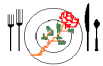
SNOWBIRDS

Thanks to all of you who have been letting Sr. Lifeline know to put a stop on your newsletter during the winter months.

Remember to stop your newsletter before you leave. It does not get forwarded and we have to pay postage to receive them back! When you return in the spring, let us know & we will send it again. Just give us a call at (269) 764-8378.



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.

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.

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

We have Christmas books available!
Craft ideas, baking, and seasonal fiction
are all here for you.

Come and relax from the holiday rush
at the Library.

Like us on Facebook to follow current
and future Library events and postings.

The Covert Library will be closed
Thursday, December 18 until 3pm for the
Van Buren District Library Christmas party.

All Van Buren District Libraries will
be closed on Wednesday, December 24
and Thursday, December 25 for the
Christmas holiday. We will also be
closed on Thursday, January 1, 2015
for New Years.



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, Dec. 18 2014
10:00 AM-3:00 PM**



For more information call:
764-8854

COVERT PUBLIC SCHOOLS BRUNCH

Thursday, December 18, 2014
10:00 am
School Cafeteria

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

ACTIVITY OFFERINGS BY COVERT PUBIC SCHOOLS

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

* * *

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

December 2014



Mon	Tue	Wed	Thu	Fri
1 Auction Bingo 11am-12pm Great Game, Great Fun!	2 <i>"Give the world the best you have, and the best will come back to you."</i> Madeline Bridges	3 Movie / Refreshments 1pm BIG MAMA'S HOUSE	4 <i>"I am always doing that which I cannot do, in order that I might learn how to do it."</i> Pablo Picasso	5 Chess Class - 11am Computer Class-11am ***** Blood Pressure 12:30pm Bingo 1pm
8 Auction Bingo 11am-12pm Great Game, Great Fun!	9 Computer Class 10:15am-3:15pm	10 Movie / Refreshments 1pm THE JACKAL	11 <i>"A friend is a gift you give yourself."</i> Robert Louis Stevenson	12 Chess Class -11am
15 Auction Bingo 11am-12pm Great Game, Great Fun!	16 Computer Class 10:15am-3:15pm	17 Movie / Refreshments 1pm DRUMLINE	18 Commodities 10am-3pm ***** Brunch CPS-10:15am	19 Chess Class - 11am Computer Class-11am
22 Auction Bingo 11am-12pm Great Game, Great Fun!	23 Computer Class 10:15am-3:15pm	24 CHRISTMAS EVE CLOSED	25 MERRY CHRISTMAS!	26 Chess Class - 11am
29 Auction Bingo 11am-12pm Great Game, Great Fun!	30 Computer Class 10:15am-3:15pm	31 NEW YEARS EVE! CLOSED	BEGIN THE NEW YEAR WITH A BIG SMILE!	<i>"Life is not measured by the breaths we take, but by the moments that take our breath away"</i> Anonymous

VOLUNTEER DRIVERS NEEDED

Mileage Reimbursement (.50 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 73292 34th Ave., Covert, MI or call: (269) 764-8378. **We need your help! Please call.**

Meals on Wheels of SW Michigan Senior Nutrition Services Congregate Menu



November 2014

Menu Is Subject To Change Without Notice

Meals are Funded By



Area Agency on Aging, Inc.
SPECIALISTS IN AGING

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

Monday	Tuesday	Wednesday	Thursday	Friday
Meals Provide 1/3 Recommended Daily Allowance (RDA) 2% Milk is served with every meal	Monthly Income Fair Share \$1,101 & up \$3.75 and up \$801-1,100 \$3.25 per Meal \$701-\$800 \$2.75 per Meal \$501-\$700 \$2.25 per Meal \$0 or \$500 \$1.75 per Meal			
3 Meatloaf / Side of Gravy Mashed Potatoes Green Peas Roll / Spiced Applesauce	4 Pork Chop / Side of Gravy Parsley Potato Carrots Wheat Roll / Hot Peaches	5 BBQ Chicken Breast Wild Rice Lima Beans Coleslaw / Banana Bread	6 Mac & Cheese With Sausage Broccoli Wheat Roll Mandarin Oranges	7 Oven Baked Fish Potato Wedges Green Beans Roll / Plums
10 Veteran's Day Meal... Hamburger Lettuce / Tomato Roasted Sweet Potato Bun / Watermelon 	11 CLOSED VETERAN'S DAY 	12 Roast Pork / Side of Gravy Baked Potato / Sour Cream Carrots Roll / Fresh Fruit Cup	13 Oven Fried Chicken Side of Gravy/ Baked Sweet Potato Cauliflower Wheat Roll/ Pineapple Chunks	14 Stuffed Peppers Au Gratin Potatoes Beets Fresh Roll / Diced Pears
17 Pepper Steak Brown Rice California Blend Wheat Roll Grapes	18 Chicken Chili Roasted Sweet Potato Wedges Crackers Pineapple	19 Pulled Pork Loaded Baked Potato Brussel Sprouts Bun Apple Crisp	20 THANKSGIVING DINNER Cranberry Glazed Turkey Mashed Potatoes/ gravy/stuffing Green Beans Cranberry Salad / Potato Roll Pumpkin Pie 	21 Cheese Manicotti With Meat sauce / Tossed Salad Bread Stick Applesauce Birthday Cake
24 Pot Roast / with Gravy Potatoes Carrots Potato Roll Peach Crisp	25 Oven Fried Chicken Potato Salad Collard Greens Corn Bread Tropical Fruit Salad	26 Ham Sweet Potato Patties Sweet Corn / Potato Roll Fruit Parfait	27 Closed Thanksgiving Holiday 	28 Closed Thanksgiving Holiday

AUCTION BINGO

Mondays, 11 a.m.-12 p.m.

Join us for Fun & Suspense

BINGO & BLOOD PRESSURE CHECK

1ST FRIDAY OF EACH MONTH

CIVIC CENTER

BP 12:30 - Bingo 1:00 p.m.

**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, December 9, 16, & 23, 2014
10:15 am-3:15 pm***

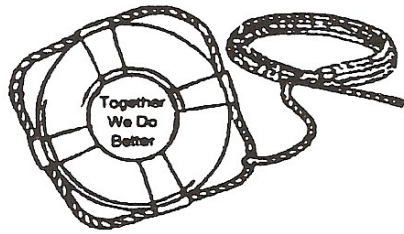
***Friday, December 5, 19, 2014
11:00am-2:00pm***

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, December 8, 2014

Covert Township Board of Trustees

7:00 p.m., Tuesday, December 9, 2014

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

6:30 pm. Monday, December 21, 2014

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