COVERT SENIOR NEWS

Covert Senior Lifeline, 73292 34th Avenue, Covert, MI 49043 ***October 2015***
Frieda Brown, Director ***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

Inside This Issue

Senior Lifeline, AARP Presentation	2
& Library	2
Transportation & Meals on Wheels	3
Home Repair/Chore Service	4
Word Search	4
Commodities/ Pantry Services	5
Computer Classes/Care Watch	5
Covert Senior Lifeline Calendar	6
Volunteer Drivers	6
Congregate Meal Menu	7

NUTRITION EDUCATION WORKSHOPS

IMPROVING NUTRITION & PHYSICAL EDUCATION

Monday, October 5, 2015
1:00-2:30pm
Covert Civic Center

Presenter: Diana Fair, Nutritionist
Michigan State University Extension

Topics include:
Diabetics Management & Prevention
Refreshments Served

HEALTHY SENIORS

Chris Flood, The Wellness Center

Monday, October 12, 19, 26 & November 2 & 9, 2015
1:00-2:30pm
Covert Civic Center

How healthy are you?



- Cook Healther
- 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**

Refreshments

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!

VAN BUREN DISTRICT LIBRARY
COVERT BRANCH
(Closed Wednesdays)

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

***

Up-coming Events at the Covert Library:

Saturday, October 10 the Van Buren District Library will be hosting Zombie Fest at all their branch libraries. Covert Library will be joining in the fun with a zombie scavenger hunt, costumes, games, crafts, food, and zombie movies all day. Come join the fun!

The Covert Crafters will be holding their Fall Bazaar at the library on Friday, October 30 from 11am -5pm and Saturday, October 31 10 am – 3 pm. They will have quilts, shawls, layettes, dish towels, caps and scarves, kitchen angels, blankets, mittens, and sassy scarves for sale. Think Christmas and support our local crafters!

Remember that every October the library offers the opportunity to make Christmas cards for our troops. We supply the materials, you provide the artistic talent and show support for our service men and women.

For more information contact the Library at 764-1298.

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



MICHIGAN DISABILITIES RIGHT COALITION

Friday, October 16, 2015
1:00-3:30pm

PRESENTS

Small Changes, Big Differences Workshop

A workshop designed to introduce Devices & Gadgets to make life easier at home!

FREE SAMPLES

Join us for this informative Presentation

Refreshments served



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.

THANK YOU, THANK YOU!

Our dedicated Mobile Food Pantry: Volunteers & Donors
Covert Community Foundation
Lily of the Valley Church Interns
Menards-South Haven

Van Buren United Civic Org. & Feeding America

AREA AGENCY ON AGING

Offering Choices for Independent Lives

Community Information Specialists are trained to answer questions about our services and the array of community resources available, including help in resolving problems related to Medicare, Medicaid, and insurance. Caregiver library resources and educational opportunities are also 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.

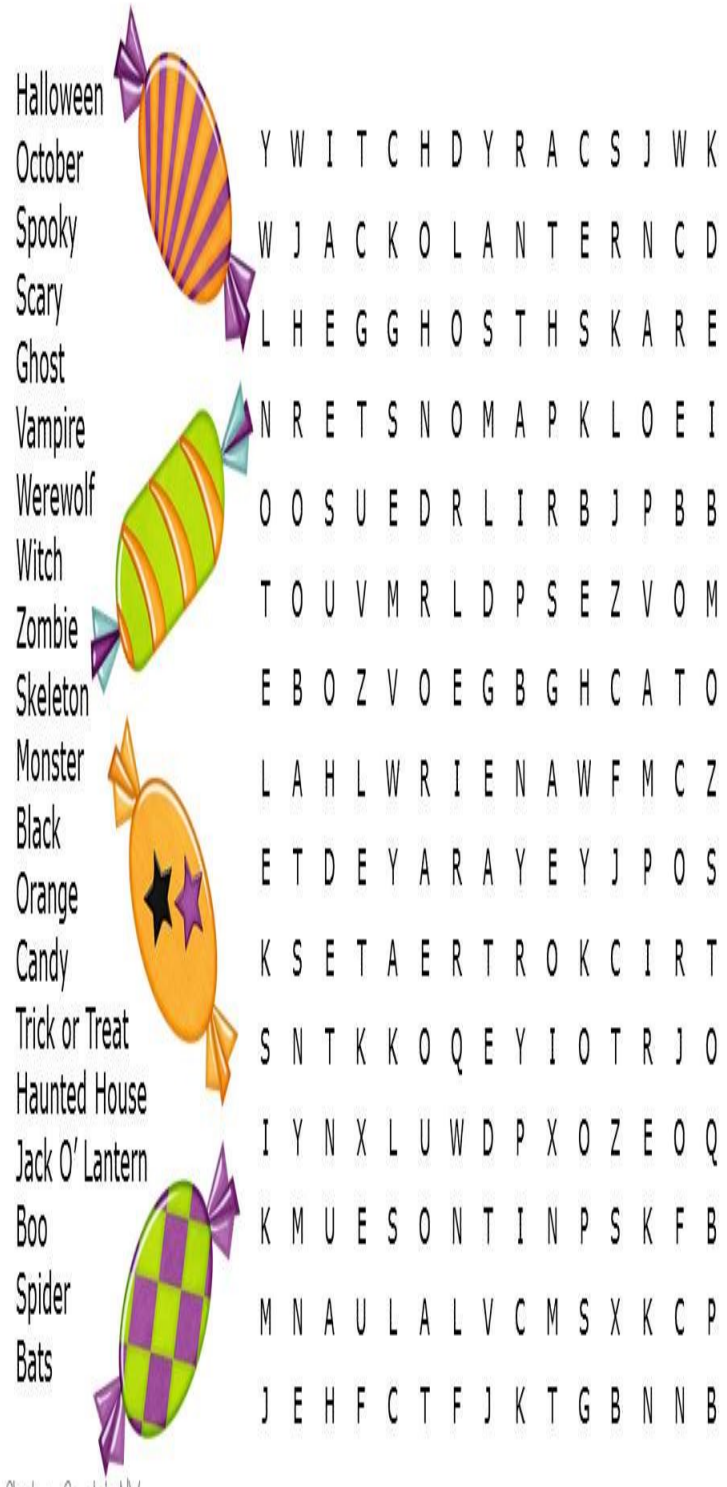
Seniors aged fifty-five and older with an income under 125% of Poverty can qualify for employment opportunities with non-profit organizations. Call Area Agency on Aging at **1-800-654-2810** for information.

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.

Van ıch-

HALLOWEEN WORD SEARCH



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**.

HALLOWEEN CELEBRATION
(Wear Costumes)

Friday, October 30, 2015



1:00-3:00 p.m.
Refreshments, Games & Fun

JOIN US!

Monthly Commodities

Van Buren United Civic Org
(Civic Center)

Thursday, October 15, 2015
10:00 AM-3:00 PM



For more information call:
764-8854

COVERT PUBLIC SCHOOLS
SENIOR BRUNCH



Thursday, October 15, 2015

10:30 am
School Cafeteria
Phone (616) 546-0352
For a reservation

COMPUTER CLASSES

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

Tuesday, Oct. 13, 20 & 27, 2015
10:15 am-3:15 pm
By appointment only
764-8378
****

Additional COMPUTER CLASSES

Friday, Oct. 2 & 16, 2015
11:00am-2:00pm

By: Price Computers
Call: 764-8378

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

* * *

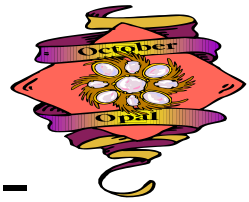
CARE WATCH IN COVERT TOWNSHIP

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

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
October 2015



Mon	Tue	Wed	Thu	Fri
"Always believe in yourself. Do this and no matter where you are, you will have nothing to fear." *Hayso*	*"An idle mind knows not what it wants."* *Quintus Ennius*	*"It is in the everyday and the commonplace that we learn patience, acceptance, and contentment."* *Richard J. Foster*	1 *"Face trouble with courage, disappointments with cheerfulness , and triumph with humility."*	2 ***Computer Class*** 11am *Registration Required* ***Chess Class*** 11am
5 ***Auction Bingo*** *11am-12pm* ***Nutrition & Activity*** **1:00-2:30pm**	6 *"We must have perseverance and, above all, confidence in ourselves."*	7 **"To try to be better is to be better."** **Charlotte Cushman**	8 *"Once all struggle is grasped, miracles are possible."* *Mao Zedong*	9 *"For every minute you are angry, you lose 60 seconds of happiness."* *Ralph Waldo Emerson*
12 ***Auction Bingo*** *11am-12pm* ***Healthy Seniors*** *1:00-2:30pm*	13 ***Computer Class Appt only*** *10:15am-3:15pm* 764-8378	14 *"You must learn day by day, year by year, to broaden your horizons."* *Ethel Barrymore*	15 ***Commodities*** *10am-3pm* ***Brunch 10:30 am Covert School***	16 ***Small Changes, Big Differences Workshop*** ***1:00-3:30pm***
19 ***Auction Bingo*** *11am-12pm* ***Healthy Seniors*** *1:00-2:30pm*	20 ***Computer Class Appt only*** *10:15am-3:15pm* 764-8378	21 ***Movie & Refreshments Heaven's Door*** *1:00 pm*	22 *"Fear takes root in the soil of insecurity."* *Todd Stocker*	23 ***Computer Class*** 11am ***Registration Required*** ***Chess Class*** 11am
26 ***Auction Bingo*** *11am-12pm* ***Healthy Seniors*** *1:00-2:30pm*	27 ***Computer Class Appt only*** *10:15am-3:15pm* 764-8378	28 *"Our work is the presentation of our capabilities."* *Johann Wolfgang Von Goethe*	29 *"The dreamers are the saviors of the world."* *James Allen*	30 ***Halloween Celebration*** *1:00-3:00 pm* 



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

Meals on Wheels of SW Michigan
Senior Nutrition Service
Congregate Menu

Meals are Funded By

REGION IV
Area Agency on Aging, Inc.
SPECIALISTS IN AGING

Meals on Wheels of SW Michigan
Senior Nutrition Services
Caring people providing food and friendship.

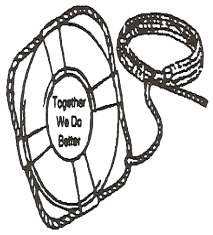
October 2015

Menu Is Subject To Change Without Notice

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

Monday	Tuesday	Wednesday	Thursday	Friday
Meals provide (per week) 87-123 grams of Carbs Calories 600-850 average Protein 19 grams per meal Total Fat 30% of Calories Sodium 800-2% Milk	Monthly Income - Fair Share $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		1 Chicken Marsala over Pasta Green Beans Stewed Tomatoes Wheat Bread Pineapple	2 Pizza Casserole California Blend Tossed Salad / Italian Dressing Bread Stick Peaches
5 Scalloped Potatoes & Ham Broccoli Florets Harvest Beets Whole Wheat Roll Apricots	6 Baked Manicotti Italian Vegetables Blend Cucumber Salad Whole Wheat Bread Sliced Pears	7 Country Chicken Macaroni & Cheese Wax Beans Cornbread Applesauce	8 Hungarian Pork Chop w/ Gravy Mashed Potatoes Green Beans & Red Peppers Whole Wheat Roll	9 Chinese Beef over Rice Carrot Coins Red Spiced Cabbage Whole Wheat Bread Pineapple
12 Sliced Turkey w/ Gravy Mashed Potatoes French Green w/ Onions Warm Peach Crumble	13 Sloppy Joe' Cream of Asparagus Soup Harvest Beets Bun Applesauce	14 Southwest Chicken over Rice Lemon Pepper Cauliflower Tossed Salad w/ French Wheat Bread	15 Spinach-Ham Mac & Cheese Zucchini & Tomatoes Diced Carrots Crackers Lime Perfection Salad	16 Veal Parmesan w/ Sauce Linguine Italian Blend Brussel Sprouts WW Roll / Peaches
19 Open Faced Hot Beef Sandwich Mashed Potatoes w/ Gravy Corn / Broccoli Blend Ambrosia Fruit Salad	20 Chicken & Dumplings Cauliflower / Broccoli Blend Seasoned Spinach WW Bread Mandarin Oranges	21 Roast Pork w/ Gravy Maple Baked Beans Creamy Coleslaw WW Bread Peaches	22 Chicken & Rice Casserole Sweet Peas Carrots Coins WW Bread 100% Juice	23 Swiss Steak w/ Tomatoes & Onions Baked Potato Green Beans WW Bread / Fruited Jell-O
26 Baked Egg & Broccoli Omelet Potatoes O'Brien Tomato Salad 1/2 English Muffin Pears	27 BBQ Pork Chop Macaroni & Cheese Coleslaw Cornbread Fruit Cocktail	28 Taco Casserole Green Beans Tossed Salad w/ French WW Bread Applesauce	29 Fall Harvest Maple Chicken Zucchini & Peppers Parslied Carrots Dinner Roll Pudding w/ Fruit	30 **Halloween Dinner** Bat Wings (Chicken wings) Spider Potatoes (O'Brien) Green Eye Balls (Brussel Sprouts) Mummy Rolls / BD Cake Witch's Brew (Cider)

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, October 12, 2015

Covert Township Board of Trustees
7:00 p.m., Tuesday, October 13, 2015

Van Buren United Civic Organization
No Monthly Membership Meeting
Next meeting in **November**

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