

# COVERT SENIOR NEWS

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

**February 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.

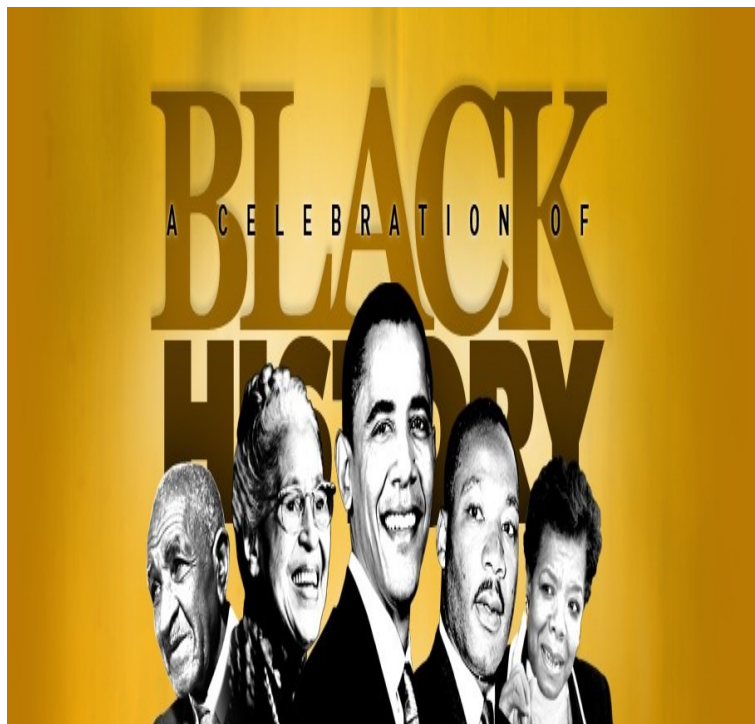
**Please Note:** If your name or address on this newsletter is incorrect or incomplete, please contact us. Also, if you are receiving duplicate copies or would like to be removed from our mailing list, please let us know. Direct your comments to:

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

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## **COVERT BLACK HISTORY MONTH CELEBRATION and ANNUAL SOUL FOOD POTLUCK**



***Join Covert Senior Lifeline  
&  
Van Buren United Civic Organization  
for an afternoon of Entertainment, Food,  
Exhibits & Fellowship***

**Saturday, February 21, 2015  
1:00 p.m. to 3:00 p.m.**

**Covert Civic Center  
73292 34th Avenue**

**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 Leona at (616) 546-0352.**

**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. for more information. **Call 764-8854**

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!

***Inter Care Community  
Health, Bangor, MI***

**PRESENTATION**

***Monday, February 16, 2015  
1:00-3:00 pm***

***Come out to learn about  
the services available at this  
facility & qualifications.***

***A representative will be  
here to answer your ques-  
tions & concerns.***

**FREE TAX PREPARATION  
Van Buren County United Way**

Civic Center-73292 34th Avenue  
Covert, Michigan

**Call 764-8378 for appointment**

**FRIDAYS**

**Feb. 13th-April 13, 2015  
10:00 a.m.—2:00 p.m.**

PLEASE BRING THE FOLLOWING ITEMS:

Valid picture ID

Social Security Card

Property tax receipts or bills for 2014

Rent receipts

Name & address of landlord

Heating bills from fuel providers

**KARAOKE  
(Family Night)**

**Wednesday, February 18, 2015  
6:00pm-10:00pm**



Lyrics/ Music furnished by:

**Betty Webster.** Step up to the stage, grab the mike & let's get going.

**REFRESHMENTS AVAILABLE!**

## Van Buren County Sheriff

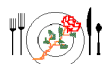
### **CARE TRAK SEMINAR**

Monday, Feb. 9, 2015  
1:00-3:00 pm

*Got relatives/Friends who wonder away? Attend & see what's available to keep track of your loved ones.*



### **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 par-  
ticipant 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 re-  
serve your meal. **Call Leona at  
(616) 546-0352 to reserve  
your meal.** See the SNS calen-  
dar in this newsletter for the  
monthly menu.

Eligible homebound senior resi-  
dents may receive a home deliv-  
ered hot meal. The home deliv-  
ered 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 Wal-mart 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.

**Chore Services** are household maintenance tasks that increase the safety of the senior, usually one time in nature.

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



### Word Search

E C I Y A B G F I V V S  
 R E M E M B R A N C E S  
 D T Y D F U C A A G G E  
 N A Q T K R C I R U T E  
 E N E F I I E E V A S L  
 R I X M R L G E R I I T  
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AFRICAN  
 AMERICAN  
 BOYCOTT  
 CIVIL RIGHTS  
 DEMONSTRATE  
 DISCRIMINATE  
 DREAM  
 EMANCIPATE  
 EQUALITY  
 FREEDOM  
 JUSTICE  
 LEADER  
 LIBERTY  
 MARTIN LUTHER KING  
 PEACE  
 PREJUDICE  
 PROTEST  
 RACISM  
 REMEMBRANCE  
 RESPECT  
 REVEREND  
 RIGHTS  
 SEGREGATE  
 SPEECH

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

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

The Covert Library will be showing the movie "Alexander and the Terrible, Horrible, No-Good, Very Bad Day" at 3pm on Thursday, February 12. Snacks will be available for this family-friendly film.

We will be offering another Tech Clinic on Thursday, February 26 from 3-5pm. Bring your computer problems and questions with you for our library computer techs/gurus to answer!

In our display case this month we are fortunate to be exhibiting a portion of Lois Sarno's snowman collection. She has collected many different snowman designs and creations for a colorful, fun, and season-appropriate display.

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, Feb. 19, 2015  
10:00 AM-3:00 PM**



For more information call:  
764-8854

## **COVERT PUBLIC SCHOOLS BRUNCH**

**Thursday, February 19, 2015**  
10:30 am  
School Cafeteria

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

## **ACTIVITY OFFERINGS 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

\* \* \*

## **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

## February 2015



| Mon   | Tue   | Wed  | Thu   | Fri   |
|---|---|--|---|---|
| <b>2</b><br><b>Auction Bingo</b><br>11am-12pm<br><i>Great Game, Great Fun!</i>  | <b>3</b><br><i>Happiness comes when your work and words are of benefit to yourself and others.</i><br><b>Buddha</b> | <b>4</b><br><b>Movie &amp; Refreshments</b><br><b>UP FROM SLAVERY</b><br>1pm                                       | <b>5</b><br><i>I am happy and content because I think I am.</i><br><b>Alain Rene Lesage</b>       | <b>6</b><br><b>Chess Class 11am</b><br>*****<br><b>Computer Class 11am</b><br>*****<br><b>Blood Pressure / Bingo 12:00 p.m.</b> |
| <b>9</b><br><b>Auction Bingo</b><br>11am-12pm<br><i>Great Game, Great Fun!</i>  | <b>10</b><br><b>Computer Class</b><br>10:15am-3:15pm<br>By appointment only<br>764-8378                             | <b>11</b><br><b>Movie &amp; Refreshments</b><br><b>WHEN WE WERE COLORED</b><br>1pm                                 | <b>12</b><br><i>Spend Valentines Day with the ones you love!</i>                                  | <b>13</b><br><b>Chess Class 11am</b><br>*****<br><b>Computer Class 11am</b>   |
| <b>16</b><br><b>Auction Bingo</b><br>11am-12pm<br><i>Great Game, Great Fun!</i> | <b>17</b><br><b>Computer Class</b><br>10:15am-3:15pm<br>By appointment only<br>764-8378                             | <b>18</b><br><b>Movie &amp; Refreshments</b><br><b>OBAMA ALL ACCESS</b><br>1pm<br><hr/> <b>KARAOKE</b><br>6pm-10pm | <b>19</b><br><b>Commodities</b><br>10am-3pm<br>*****<br><b>Brunch Covert School</b><br>10:30am    | <b>20</b><br><b>Chess Class 11am</b><br>*****<br><b>Computer Class 11am</b>   |
| <b>23</b><br><b>Auction Bingo</b><br>11am-12pm<br><i>Great Game, Great Fun!</i> | <b>24</b><br><b>Computer Class</b><br>10:15am-3:15pm<br>By appointment only<br>764-8378                             | <b>25</b><br><b>Movie &amp; Refreshments</b><br><b>AKEELAH &amp; THE BEE</b><br>1pm                                | <b>26</b><br><i>Life is like a ocean. It may be rough, but in the end it is always beautiful.</i> | <b>27</b><br><b>Chess Class 11am</b><br>*****<br><b>Computer Class 11am</b><br>*****<br><b>TAX PREPARATION</b><br>10am-2pm      |



### 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!**

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



## February 2015

**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  |
|---|---|---|---|---|
| <b>Meals Provide</b><br>1/3 Recommended Daily Allowance (RDA)<br>1% Milk is served with every meal                  | <b>Monthly Income Fair Share</b><br>\$1,101 & up \$3.75 and up<br>\$801-1,100 \$3.25 per Meal<br>\$701-\$800 \$2.75 per Meal<br>\$501-\$700 \$2.25 per Meal<br>\$0 or \$500 \$1.75 per Meal |   |   |   |
| <b>2</b><br>Oven Baked Chicken Stew<br>Mashed Potatoes<br>Corn & Red Peppers<br>Wheat Whole Bread/ Pears            | <b>3</b><br>Salmon Patty w/ Dill Sauce<br>Brown Rice<br>Winter Squash<br>Rye Bread / Mandarin Oranges   | <b>4</b><br>Chicken Provolone<br>Whipped Sweet Potatoes<br>Brussel Sprouts<br>Wheat Dinner Roll/Banana                            | <b>5</b><br>Baked Mac & Cheese<br>Stewed Tomatoes/Zucchini<br>Leafy Romaine Salad<br>Cornbread / Applesauce | <b>6</b><br>Smothered Pork Cutlet<br>Mashed Potatoes<br>Mixed Vegetables<br>Biscuit / Citrus Mix                              |
| <b>9</b><br>Turkey ala King<br>Mashed Potatoes<br>California Blend Vegetables<br>Roll/ Lime Jello w/ Oranges        | <b>10</b><br>Grilled Chicken Sandwich w/<br>Fixings (Lettuce/Tomato)<br>Seasoned Green Beans<br>Corn / Bun / Pears  | <b>11</b><br>Breaded Baked Fish<br>Baked Sweet Potatoes<br>Broccoli Florets<br>Biscuit / Peach Crisp                              | <b>12</b><br>White Chicken Chili<br>Red Skin Potatoes<br>Mixed Green Salad / Crackers<br>Apricot Halves     | <b>13 VALENTINE'S DAY</b><br>Cider-Braised Pork<br>Mashed Potatoes w/ Gravy<br>Beets<br>Roll / Fruit Cocktail<br>Heart Cookie |
| <b>16 PRESIDENT'S DAY!</b><br>Turkey Burger W/Fixings<br>Apple Bean Bake<br>Bun<br>Navel Orange                     | <b>17</b><br><b>Mardi Gras Special Meal!!</b><br>   | <b>18 Ash Wednesday</b><br>Tuna Noodle Casserole<br>Spinach<br>Carrot Coins<br>Dinner Roll<br>Pears                               | <b>19</b><br>Sweet & Sour Pork W/<br>Rice<br>Oriental Vegetables<br>Wheat Bread<br>Jell-O w/ Fruit          | <b>20</b><br><b>Baked Potato Bar!</b><br>Chopped Broccoli<br>Vegetable Soup<br>Crackers<br>Apricots                           |
| <b>23</b><br>Swiss Chicken w/ Dressing<br>Mashed Potatoes / w Gravy<br>Brussel Sprouts<br>Biscuit<br>Blushing Pears | <b>24</b><br>Porcupine Meatballs/ W Gravy<br>Mashed Potatoes<br>Seasoned Spinach<br>Whole Wheat Roll<br>Peaches   | <b>25</b><br>Turkey Tetrazzini<br>Zucchini / Red Peppers<br>Broccoli Florets<br>Sliver Dollar Roll<br>Apricots in Vanilla Pudding | <b>26</b><br>Cabbage Casserole<br>Sweet Peas<br>Cornbread<br>Peach Crisp                                    | <b>27</b><br>Hearty Vegetable Lasagna<br>Italian Vegetables<br>Green Lettuce Salad<br>Breadstick<br>Applesauce/ Birthday Cake |

### **AUCTION BINGO**

*Mondays, 11am-12pm.*

*Join us for Fun & Suspense*

\*\*\*\*\*

### **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, February 10, 17 & 24, 2015**

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

**By appointment only**

**764-8378**

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**Friday, February, 13 & 27, 2015**

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

**By: Price Computers**

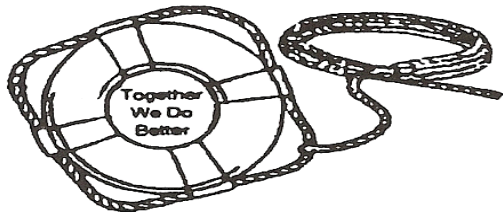
**Call: 764-8378**

**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, February 9, 2015

**Covert Township Board of Trustees**

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

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

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