

COVERT SENIOR NEWS

Covert Senior Lifeline, 73292 34th Avenue, Covert, MI 49043

Frieda Brown, Director

September, 2019

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:

Debra Mahone, Program Coordinator

P. O. Box 123, Covert, MI 49043

Ph: (269) 764-8854

Fax: (269) 764-7031

Web Site: vbuco.org

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VISIT US AT OUR RESOURCE CENTER

73292 34th Avenue, Covert, MI 49043

764-9704

The Van Buren United Civic Organization



building, called the Civic Center/Resource Center is open to **all members** of the community. An invitation is extended to all citizens to visit and hopefully become a member of the Organization (\$15 membership per person.) Non-members are invited to take part in all free programs and can participate in other activities for a small fee.

We offer a place for fellowship, learning, fun, helpful activities, information, services, meals, commodity distribution, cooling (in the summer)& warmth (in the winter) Monday thru Friday from 8:30 am to 4:00 pm. The Center is Closed on major holidays.

Come!

Visit your area Resource Center

VAN BUREN DISTRICT LIBRARY COVERT BRANCH LIBRARY

September is National Library card Sign-up month, so if you don't have one, stop in the Covert Branch Library and get yours this month!

Taking place twice in September is **Fun Fridays at 1 pm**, which includes art activities, movies, games, and more! On **September 6** make a patriotic bracelet in honor of Labor Day and on **September 20**, color mosaic designer coloring pages.

On **Monday, September 16** we will honor Mexican Independence Day with a fiesta/party! Come to the library at 3:30 p.m. to learn about Mexican Independence Day, enjoy tradition food, take a swing at a piñata, hear stories, and even play Mexican Bingo!

Every other Wednesday, bring the kids in for "**Junior Scientists**," which is a hands on science class for ages 6 and up that provides educational activities at **4 pm**. On **September 11** we will test our engineering skills by building a catapult, and on **September 25** we will learn about chemical reactions by making a soda rocket!

The Cover to Cover Book Club meets on **Monday, September 23 at 5:45 p.m.** to discuss "Ice Cold," by Southwest Michigan Reads author, Raymond Benson. Join for us for snacks while we discuss this exciting thriller!

Bring the grandkids in for **Story Time**, which is **every Tuesday at 10:00 am**. Story Time features stories and art activities about a different topic each month, and is for children ages 2-5. September's themes are school, ABC'S, and farming.

If you're having trouble using and navigating your smart phone, tablet, laptop, or using computer programs such as email, apps, MS Office programs, and more stop in on **Mondays between 10 am-3pm** for "**Tech Tips!**" We can help you become more tech savvy.

Every Monday, Tuesday, and Friday improve your health at the library's exercise program **Walk-Fit, at 4 pm**. The exercises are suitable for all-ages and are senior-friendly. Please call or stop in to confirm times and register for this program.

The Covert Crafter's group meets every **Monday (5:00 pm) and Saturday (10:00 am)** throughout the month.

For more information about VBDL programs please contact the library at 269-764-1298.

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

ACTIVITIES AT SENIOR LIFELINE

Center Activities

Cool in the summer and warm in the winter.

Open Daily for information and referrals.

Monday - Friday

9:00 a.m. - 3:00 p.m.

"New folks and old folks are always welcome"

Auction Bingo

Come out on Monday from 11:00 a.m. - 12:00 p.m. for Auction Bingo. With the "money" won from bingo you can bid on prizes. Come on out and join in on the fun.

Chair Yoga - Easy Going Exercise

Wednesday from 1:00 p.m. - 1:45 p.m. come and exercise your way to health while sitting in a chair. You will improve your balance, develop greater flexibility, and increase your strength.

Chess, Checkers, or Dominoes

Come by yourself or with a friend and play your favorite board game. Meet new friends or just fellowship with old ones. The fun and excitement begins every Friday at 1:00 p.m.

Senior Brunch

Will resume in September 2019.



**3RD
WEDNESDAY
ACTIVITIES
1:00**



- Meet and greet your friends and make some new ones.
- Table games, puzzles, TV bowling
- Movies
- Chair yoga

If you need transportation to the center please call **764-8854.**



LOAN CLOSET

If you need medical equipment such as shower chair, crutches, cane or walker with wheels we are your place.

Call **764-8854** or come in to see if we can meet your need.



Mobile Food Truck September 19, 2019



From 11:00 a.m.
until food runs out.
Please bring your own bags
to carry the food.

Meals on Wheels of SW Michigan



Meals on Wheels/Senior
Nutrition Services pro-
vides nutritious meals.

They are funded by Area
Agency on Aging along with
other funding sources, but keep
in mind your donations are es-
sential to continue to provide
quality meals.

Seniors may enjoy a hot
meal at the Covert Senior Life-
line dining site. Meals are pre-
pared by CK Catering and
served at noon, Monday through
Friday. **24-hour notice is re-
quired** 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 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: (269)
925-0137 for more informa-
tion.

MI Choice: A Program Offered by Region IV Area Agency on Aging

MI Choice services, funded through the MI Choice Waiver program, are for
adults 18 and older who have nursing-home level of care needs, but who pre-
fer to live at home or another residential setting.

The program is open to individuals 18 and older, who **have a chronic illness or
disability and need more assistance to remain independent** in their home or
community-based setting.

Individuals who meet income, asset, and level of care criteria, can receive a range
of services and supports. Options might include help with bathing, dressing and
transferring, light housekeeping, laundry, home-delivered meals, specialized
equipment, caregiver relief, adult day care, nursing services, non-medical trans-
portation, a personal emergency response system, electronic medicine dispenser,
or help moving from a nursing home.

If you, a friend or loved one has nursing-home level of care needs and wants to
live at home, call Region IV AAA.

Call the Info-Line at (800) 654-2810 to speak with a trained specialist who can
answer questions about the MI Choice program. You may also visit our website
at www.AreaAgencyonAging.org and click on *My Choice Home-Based Services*.

Offering Choices for Independent Lives

Tara Gillette, Marketing/Communications Specialist



**Our MI Choice Waiver Home and Community Based Services
Program is accepting new clients. Call (800) 654-2810 or visit:
[Area Agency on Aging IV - Mi Choice Waiver](http://www.AreaAgencyonAging.org)**

Region IV Area Agency on Aging
2900 Lakeview Ave.

Commodity Distribution

Thursday, September 19, 2019
Van Buren United Human Resource Center
73292 34th Ave.
Covert, MI

Commodities will be distributed between the hours
of 10:00 a.m. - 3:30 p.m.

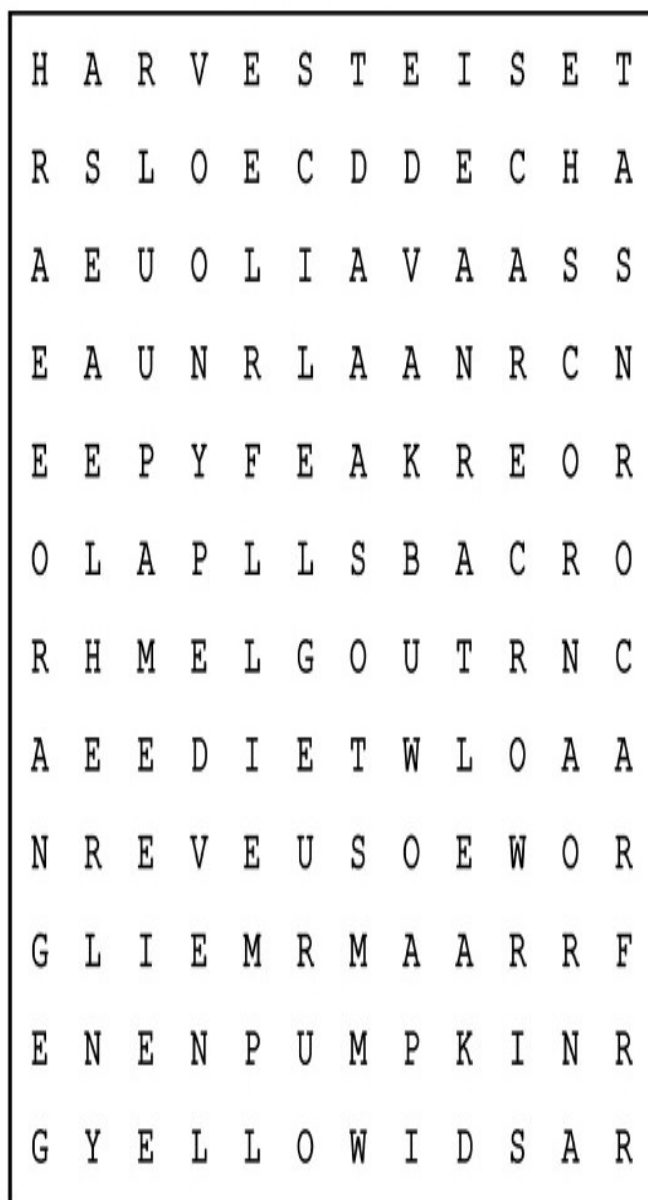
Commodities are based on your income and you
must be at least 60 years of age.

For more information contact:
Debra Mahone at 269-764-8854.

"This institution is an equal opportunity provider"

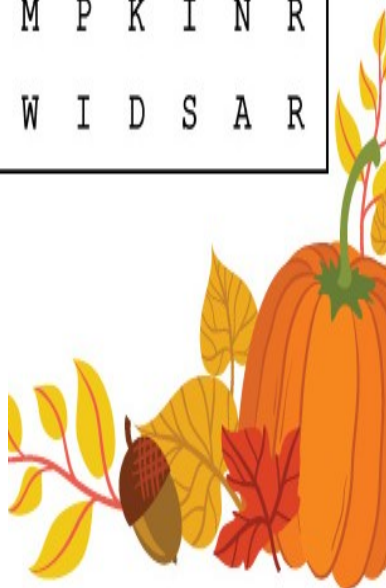
FUN FALL WORD SEARCH

Find each of the fall words hidden below.



WORDS TO FIND:

pumpkin	harvest
yellow	apples
scarecrow	hayride
autumn	red
leaves	Thanksgiving
sunflower	football
acorns	orange
corn	



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 **\$1000 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 **\$500 every year (July thru June)** and can have many chores during the year but the total amount for one year on all chores is **\$500**. Chore services are household maintenance repairs to increase the safety of the senior. If you or someone you know may benefit from the above services please call **Kia** at **637 3607**.

United Way Recipient



COMPUTER CLASS

Ms. Nancy Vilims, Instructor
Questions-trouble with your computer, we may be able to help.

**Tues., September
10, 17, & 24, 2019**

**VBUCO Human Resource Center.
By appointment only.
269-764-8854**

No classes the first Tuesday of the month.

RIDE VAN BUREN COUNTY TRANSIT BUSES AT NO CHARGE!

Covert Seniors age 60 and over can ride the Van Buren County Public Transit bus free. Covert Township, through the Senior Millage, will pay Van Buren Public Transit for the usual fare. Minimum 24 hour notice is necessary for your ride.

Call 427-7921, or 800-828-2015 to make your reservation or cancel. This is important to keep this service!



Other transportation options are available for Township seniors:

A ride for medical care, personal needs, or to the Civic Center for activities, call Covert Senior Lifeline at 764-8854 to be taken by a volunteer driver.

If you need a wheelchair van, call Senior Services of Van Buren County at 637-3607.

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 Monday -Friday, 9:30 a.m.-12 p.m.

Call: 637-4342

Lily of the Valley Church Food Pantry

30600 M-140 Highway, Covert
Tuesday & Thursday, 12 p.m.-2
p.m.

with referral from We Care

Call: 764 8111



Covert Community Church Personal Care Pantry

29759 M-140 Highway, Covert
Tuesday, 12-2 p.m.

with referral from We Care

Call: 764 1537

Covert Seventh Day Adventist Church Clothes Pantry

33081 M-140 Hwy., Covert
Open by Appointment Only

Call: 269-252-3285

*If no answer,
please leave a message*



Legal Aid

Call 888-783-8190 to talk to a lawyer to answer questions and give advice. A lawyer will be available Mondays, Tuesdays, and Thursdays from 9:00 a.m. - 4:00 p.m. and Wednesdays from 11:00 a.m. - 6:00 p.m.



Open Door Fundraiser

Please remember our Open Door Fundraiser
Every bit helps.

**Care Watch
Home Repair
Chore Service
funded by:**

**Covert Township
Senior Millage**





Aster

Senior Lifeline Calendar

September 2019



Sapphire

Mon	Tue	Wed	Thu	Fri
2 LABOR DAY Center Closed	3 <i>Do every act of your life as if it were your last.</i> ~Marcus Aurelius	4 CHAIR YOGA 11:00– 11:45	5 <i>Love does not dominate; it cultivates.</i> Johann Wolfgang von Goethe	6 CHES, CHECKERS or DOMINOES 1:00
9 BINGO 11:00-12:00	10 Computer Help 10:15-3:15 Appointment only	11 CHAIR YOGA 11:00– 11:45	12 <i>The more one judges, the less one loves.</i> — Honore de Balzac	13 CHES, CHECKERS or DOMINOES 1:00
16 BINGO 11:00-12:00	17 Computer Help 10:15-3:15 Appointment only	18 SR. BRUNCH School 10:00 CHAIR YOGA 11:00– 11:45 GAMES 1:00-	19 COMMODITIES 9:30-3:30 MOBILE FOOD TRUCK	20 CHES, CHECKERS or DOMINOES 1:00
23 BINGO 11:00-12:00	24 Computer Help 10:15-3:15 Appointment only	25 CHAIR YOGA 11:00– 11:45	26 <i>Our envy always lasts longer than the happiness of those we envy.</i> — Heraclitus	SEPTEMBER BIRTHDAYS 12:00-12:30 CHES, CHECKERS or DOMINOES 1:00
30 BINGO 11:00-12:00	<i>Life isn't about finding yourself. Life is about creating yourself.</i> ~George Bernard Shaw	<i>Dreams are necessary to life.</i> ~Anais Nin	<i>Friends show their love in times of trouble, not in happiness.</i> — Euripides	<i>The unhappy derive com- fort from the misfortunes of others.</i> — Aesop

HELP!!

VOLUNTEER DRIVERS NEEDED

Mileage Reimbursement (\$0.55) per miles traveled)



Covert Senior Lifeline is seeking volunteer drivers to transport our seniors to community program, doctor appointments, and personal needs. Seniors need transportation for many reasons mainly to get where they need to go. They no longer drive, need help in assessing services, or want and need socialization. To become a volunteer driver, come to the Covert Senior Lifeline Office at 73292 34th Ave., Covert, MI or call (269) 764-8854.

We need your help.



Meals on Wheels of SW Michigan

Senior Nutrition

Service Congregate Menu

September 2019

Meals are Funded By



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

Menu Is Subject To Change Without Notice

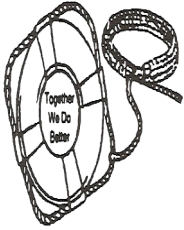
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals provide (average per week) Carbs: 75 grams Calories: 800 average Sodium: 800 mgs. average Protein: 19 grams</p>	<p>Your donation toward the cost of the meal helps to make sure that these meals can continue. Please be as generous as you can! We thank you!</p>		<p>1 Chicken fajitas w/ onion Sauteed peppers Black beans Tortilla Peaches</p>	<p>2 Lemon baked cod Baked potatoes Prince Charles vegetables Jello + fruit</p>
<p>5 Chicken n' dumplings Chef's choice vegetable Rye bread Grape or fruit</p>	<p>6 Egg salad Roasted potatoes Bed of spinach WW roll Fruit cocktail</p>	<p>7 Chef's choice meat Side salad WW bread Melon or fruit</p>	<p>8 Country Chicken Rice Capri blend vegetables Banana pudding</p>	<p>9 Pork loin w/ gravy Roasted Redskin Potatoes Baby carrot Applesauce</p>
<p>12 Roast beef w/ gravy Mashed potatoes Sauteed zucchini Pineapple</p>	<p>13 Turkey Burger Lettuce & tomato Bun Baked apple</p>	<p>14 Stuffed pepper with meat sauce & cheese Creamed corn Garden blend Rye bread Pears</p>	<p>15 Bratwurst Potato salad Roasted vegetables Bun Pineapple</p>	<p>16 Southern corn meal fish Macaroni salad Key West vegetable Biscuit Watermelon or fruit</p>
<p>19 Lasagna casserole Italian blend vegetables Italian bread Peaches</p>	<p>20 Mac & cheese Steamed Peas Cornbread Jello w/ fruit</p>	<p>21 Chef's choice meat Lentil salad Side salad WW roll Oranges</p>	<p>22 Traditional chili Steamed chopped collard greens Crackers Fruit mix</p>	<p>23 Swiss chicken Broccoli florets Chef's choice vegetable Melon or fruit</p>
<p>26 Meatloaf Mashed sweet potatoes Yellow squash WW bread Pears</p>	<p>27 Quiche lorraine Roasted Rosemary potatoes Spinach salad mix Fruit & yogurt parfait</p>	<p>28 Chicken teriyaki Rice Oriental blend vegetables Berries or fruit</p>	<p>29 Salisbury steak Noodles Beet salad Coleslaw Peaches</p>	<p>30 Tuna salad Rice salad Steamed zucchini & onions Birthday Cake + Fruit</p>

**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 School Board

Monday, September 16, 2019
6:00 p.m.

Covert Township Board

Tuesday September 10, 2019
7:00 p.m.

Senior Citizen Advisory Board

Wednesday, September 18, 2019
3:00 p.m.

Important Phone Numbers

All Emergencies: Dial 911

Police (non-emergency): 764-8100

Van Buren United Civic Org. 764-8854

Covert Senior Lifeline 764-8854

Fire Department: 764-1768

Township Hall: 764-8986

Post Office: 764-1518

Library: 764-1298

Social Security: 1-800-772-1213

Van Buren County Courthouse 269-657-8200