

COVERT SENIOR NEWS

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

November 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

Inside This Issue

Senior Lifeline & Legal Services	2
Mobile Pantry & Transportation	3
Meals on Wheels	3
Home Repair/Chore Service	4
Pantry, Care Watch & Library	5
Volunteer Drivers	6
Senior Lifeline Calendar	6
Congregate Meal Menu	7

DON'T FORGET TO



GENERAL ELECTION **TUESDAY, Nov. 4, 2014**

Polls Open: 7:00 a.m. –8:00 p.m.

Covert Township Hall

VETERANS DAY CELEBRATION **COVERT SENIOR LIFELINE** **Honors and Celebrates** **Your Service to Our Country**



The Honor of your Presence is Requested
Friday, November 7, 2014
1:00-3:00 PM

Civic Center
Refreshments-Entertainment-Fun

THANK YOU! THANK YOU! THANK YOU! **ALL OUR WONDERFUL VOLUNTEERS**

Who Made The Mobile Food Pantry A Success

We were able to provide food for over 2,000 individuals

*Sponsored by: Van Buren United Civic Organization &
Feeding America West Michigan Food Bank*

Funded by: Covert Community Foundation

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, November 19, 2014
6pm-10pm



Lyrics & Music furnished by:
Betty Geer. 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
764-1518

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

Fall Back

It's time to move your clock back as we switch back to Eastern Standard Time.



Remember to set your clock back one hour before retiring on Saturday, November 1st.

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 REINSTATED

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.

WELCOME!

DOUG MYERS , Fire Chief

Grew up in northern Indiana, joined the Navy in 1991 & served until 1996.

In 2000 Chief Meyers was hired at the Niles Fire Department as the Training, Health & Safety Officer, until coming to Covert Township as the Fire Chief.

He is married and has a 14 year old son.



JULIAN ALLEN, Police Chief

Was born in Madrid, Spain and moved to the USA in 1991.

He attended Western Michigan University.

Chief Allen, is married and has three children. One boy 12, two girls 8 and 3 years old.

Began working as a Covert Police Officer in 1998. He has served on several Law Enforcement Task Forces , School Liaison Officer & the Cold Case Team.



**VAN BUREN DISTRICT LIBRARY
COVERT BRANCH**

33580 M-140 Hwy.
Covert, MI 49043
Phone/Fax (269) 764-1298
For more information, visit the library at
33580 M-140 Hwy in Covert, or
Phone : 269 764-1298.

The Covert Library is honored once again to host the “**Lest We Forget**” exhibit featuring pictures, letters, uniforms, and items carried by servicemen and women over the years.

The Benton-Harbor based Lest We Forget organization honors our armed forces through education and history-based events. The library is also asking for items from local veterans and their families to complement the exhibit. Please come visit the library and view these exhibits as we remember the sacrifices made by our armed forces.



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.

**COVERT PUBLIC SCHOOLS
BRUNCH**

Thursday, November 20, 2014
10:00 am
School Cafeteria

Phone (616) 546-0352

For a reservation

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

November 2014



Mon	Tue	Wed	Thu	Fri
<i>Practice the Happy Habit Smile Everyday</i>	<i>Fill your life with positive thoughts and lot of good people.</i>	<i>Collect memories not things</i>	<i>Learn to live on day at a time & make everyday count.</i>	<i>DON'T FORGET TO SET CLOCKS BACK 1 HOUR FOR DAYLIGHT SAVINGS TIME!</i>
3 Auction Bingo 11am-12pm Great Game, Great Fun!	4 GENERAL ELECTION Covert Township Hall Polls open 7:00am-8:00pm	5 Movie & Refreshments 1pm FIREWALL	6 See good in everything	7 Veterans Day Celebration 1:00-3:00 p.m. Food, Fellowship & Fun!
10 Auction Bingo 11am-12pm Great Game, Great Fun!	11 VETERANS DAY! Computer Class 11:15am-3:15pm	12 Movie & Refreshments 1pm LINCOLN	13 Be thankful and Count your Blessings.	14 Chess Class - 11am ***** Computer Class-11am
17 Auction Bingo 11am-12pm Great Game, Great Fun!	18 Computer Class 11:15am-3:15pm	19 Movie & Refreshments 1pm GUESS WHO	20 Commodities 10am-3pm ***** Brunch CPS 10:15am	21 Chess Class - 11am
24 Auction Bingo 11am-12pm Great Game, Great Fun!	25 Computer Class 11:15am-3:15pm	26 Movie & Refreshments 1pm LOVE BASKETBALL	27 CLOSED THANKSGIVING 	28 CLOSED FOR THANKSGIVING HOLIDAY!

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, November 11, 18 & 25, 2014
11:15 am-3:15 pm***

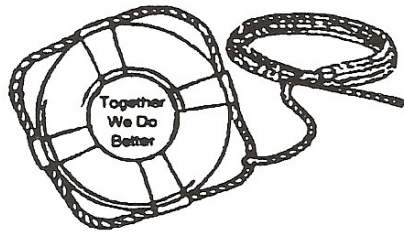
***Friday, November 14, 2014
11:00am-2:00pm***

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, November 10, 2014

Covert Township Board of Trustees

7:00 p.m., Tuesday, November 11, 2014

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

11:00 a.m. Saturday, November 15, 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