

COVERT SENIOR NEWS

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

September 2015
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/Mobile Food Pantry	5
Computer Classes/Care Watch	5
Covert Senior Lifeline Calendar	6
Volunteer Drivers	6
Congregate Meal Menu	7

Join us for

SAFETY PRESENTATIONS

FIRE SAFETY

Wednesday, September 9, 2015

1:00pm-2:30pm

Chief Doug Myer, Covert Fire Department, will teach you the essentials needed for keeping your home safe from fire.

PERSONAL SAFETY

Tuesday, September 15, 2015

1:00pm-2:30pm

Van Buren County Sherriff Department, will be discussing strategies to keep you & yours secure & protected.

HOME SAFETY

Tuesday, September 22, 2015

1:00pm-2:30pm

Covert Chief of Police, Julian Allen will present ways to secure your home against lost & uninvited guests. Instructions on how to be aware of your surroundings & prevention of potential danger.

Monthly Commodities

Van Buren United Civic Org
(Civic Center)
(269) 764-8378

Thursday, Sept. 17, 2015

10:00 AM-3:00 PM

CERTIFICATION & RECERTIFICATION
ALL THIS MONTH

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!

**AARP
PRESENTATION**

**Michigan Medicare, Medicaid
Assistance Program (MMAP)**

Tuesday, September 8, 2015
1:00 pm-2:00 pm

Get answers about:

- * Prescription drug coverage
- * Understanding Medicare & Medicaid
- * Nursing Home choices

Bring your questions to the session

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

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

For all those interested in learning more about using the computer and navigating the internet, the Covert Library will be offering Internet 101 on Saturday, September 19 at 11am. Whether you are a beginning computer user and/or someone who would like to learn more about the World Wide Web, this class is for you. The class is free and open to the public, however as space is limited, please register with the library in advance by calling 764-1298.

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



WELCOME BACK SENIORS!

First BRUNCH of the School Year



Thursday, September 17, 2015

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

CONGRATULATIONS

Debra Mahone, welcome to our new Program Coordinator &

Roma Dodd retiring after 14 years of dictated service as Program Coordinator for Senior Lifeline. Enjoy your well deserved retirement!

Van Buren United Civic Organization

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.



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.

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.

September Word Search

F B Y M L T L L B E A A Q L M E U P E C
 I R C G J E J A G Q P U P U N C O Z G V
 E O L L A F R A Z O P U B D G G X R N X
 L W R V B G I G M L L B O F P R G G A Y
 D N E W D L U X S J E F W G D D A K R H
 H S E Y O M U V O W S Y E L L O W I O V
 O Y L F D P C I T U E U O V T P Y P N B
 C A V L C Z R C M J B A R B L C U C V Q
 K D K Z A G H M X N X N T A W X P O G T
 E R C J K B E U Q T I B M E E E R O X L
 Y O F X U R T H U C B W A U R P L F O Q
 F B H H S K V O O M U J O Y T U M O Z S
 H A R V E S T R O R E C C O S U H D W L
 V L Z T A T N M M F B Y H J Y C A E D P
 R E B M E T P E S Y A Z D K S O M R K L

APPLES	AUTUMN	BROWN
CORN	END OF SUMMER	FALL
FIELD HOCKEY	FOLIAGE	FOOTBALL
GRAIN	HARVEST	LABOR DAY
LEAVES	ORANGE	PEAR
RED	SCHOOL	SEPTEMBER
SOCCER	SWEATER	YELLOW



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**.

LEGAL SERVICES

Legal Aid of Western MI, 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 1-800-891-0773

Monthly Commodities

Van Buren United Civic Org
(Civic Center)

**Thursday, September 17, 2015
10:00 AM-3:00 PM**



For more information call:
764-8854

Last Mobile Food Pantry For 2015

Thursday, September 17, 2015

Registration 10:30am

Distribution 11:00am-12:30pm

**Free Fresh Fruit & Vegetable
Give-Away
(Bring containers for items)**

CIVIC CENTER



73292 34th Avenue, Covert, MI

Sponsored by:

Feeding America West Michigan Food Bank
& Van Buren United Civic Org.

Funded by: Covert Township Foundation

COMPUTER CLASSES

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

**Tuesday, Sept. 15, 22 & 29, 2015
10:15 am-3:15 pm**

By appointment only
764-8378

**Friday, Sept. 4 & 18, 2015
11:00am-2:00pm**

By: Price Computers

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



Covert Senior Lifeline Calendar

SEPTEMBER 2015



Mon	Tue	Wed	Thu	Fri
<p><i>"Dream no small dreams, for they stir not the hearts of men."</i> <i>Andy Stanley</i></p>	<p>1 COMMODITY CERTIFICATION & RECERTIFICATION ALL MONTH!</p>	<p>2 <i>"I am not discouraged, because every wrong attempt discarded is another step forward."</i> <i>Ralph Wald</i></p>	<p>3 <i>"Our greatest glory is not failing but in rising every time we fail."</i> <i>Ralph Wald</i></p>	<p>4 Computer Class Registration Required 11am Chess Class 11am</p>
<p>7 ENJOY YOUR LABOR DAY! Center Closed</p>	<p>8 Computer Class Appt only 10:15am-3:15pm 764-8378</p>	<p>9 FIRE SAFETY PRESENTATION Chief Doug Myers 1:00-2:30pm</p>	<p>10 'IF THERE IS NO STRUGGLE, THERE IS NO PROGRESS.' <i>Fredrick Douglas</i></p>	<p>11 Chess Class 11am</p>
<p>14 Auction Bingo 11am-12pm Great Game, Great Fun!</p>	<p>15 Computer Class Appt only 10:15am-3:15pm 764-8378</p>	<p>16 Movie & Refreshments Devil With The Blue Dress</p>	<p>17 Commodities 10am-3pm Last MOBILE FOOD PANTRY 10:30am-12:30pm</p>	<p>18 Computer Class-11am Registration Required Chess Class 11am</p>
<p>21 Auction Bingo 11am-12pm Great Game, Great Fun!</p>	<p>22 Computer Class Appt only 10:15am-3:15pm 764-8378</p>	<p>23 AUTUMN BEGINS <i>Enjoy the changing Colors!</i> </p>	<p>24 <i>"The future belongs to those who believe in the beauty of their dreams."</i> <i>Eleanor Roosevelt</i></p>	<p>25 Chess Class 11am HAPPY BIRTHDAY TO THOSE BORN IN SEPTEMBER</p>
<p>28 Auction Bingo 11am-12pm Great Game, Great Fun!</p>	<p>29 Computer Class Appt only 10:15am-3:15pm 764-8378</p>	<p>30 <i>"No person is a friend who demands your silence, or denies you the right to grow."</i> <i>Alice Walker</i></p>	<p><i>"Wherever there is a human being, there is an opportunity for kindness."</i> <i>Anonymous</i></p>	<p><i>"The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves."</i> <i>Helen Keller</i></p>



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







September 2015

**Menu Is Subject To Change
Without Notice**



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

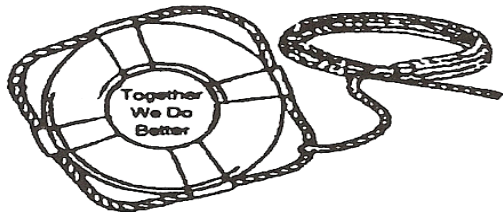
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Teriyaki over Rice Oriental Blend WW Biscuit Pineapple	2 Turkey Pot Pie Mashed Potatoes Green Beans WW Dinner Roll Crunchy Cranberry Salad	3 Tilapia Confetti Rice Brussel Sprouts WW Roll Applesauce	4 HOLIDAY MEAL! Hamburger w / Fixings Baked Beans Potato Salad WW Bun Watermelon
7 CLOSED LABOR DAY!! 	8 Liver and Onions Mashed Potatoes w/ Gravy French Green Beans Wheat Roll Fruit Cocktail	9 Carolina Pulled Pork Baked Beans Tossed Salad / Ranch WW Bun Peaches	10 Chicken Alfredo w/ Carrots Broccoli Florets WW Bread Fresh Orange	11 Swiss Steak Mashed Potatoes w/ Gravy Stewed Tomatoes WW Roll Fruited Jell-O
14 Turkey ala King Mashed Potatoes California Blend Vegetables WW Roll/ Jello w/ Mandarin	15 Breaded Baked Fish Baked Sweet Potatoes Broccoli Florets WW Biscuit / Peach Crisp	16 White Chicken Chili Red Skin Potatoes Mixed Green Salad / French Crackers / Apricot Halves	17 Cider-Braised Pork Mashed Potatoes w/ Gravy Beets Dinner Roll / Fruit Cocktail	18 CLOSED IN-SERVICE
21 Lasagna Casserole Italian Vegetables WW Bread Slice Pears	22 Sliced Pork w/ Gravy Mashed Potatoes Brussel Sprouts WW Biscuit Fresh Banana	23 First Day of Fall! Citrus Chicken Yellow Sweet Corn Mixed Green Salad w/French Applesauce 	24 Homemade Meatloaf O'Brien Potatoes California Blend WW Roll Apricots	25 Lemon Pollock over Rice Broccoli Florets Peas/ Carrots Whole Wheat Bread Pineapple Tidbits / Birthday Cake 
28 Cranberry Glazed Turkey Mashed Potatoes w/ Gravy Broccoli Florets WW Roll	29 Pork Chop Suey over Rice Asian Blend WW Bread Jello w/ Fruit	30 Spanish Rice w /Meat & Beans Santa Fe Blend Side Salad w/ French Wheat Bread/warm Cinnamon Applesauce	Meals provide (per week) Calories 600-850 average Protein 19 grams per meal Total Fat 30% of Calories Sodium 800-2% Milk	<u>Monthly Income - Fair Share</u> \$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

**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, September 14, 2015

Covert Township Board of Trustees

7:00 p.m., Tuesday, September 8, 2015

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

Monday, September 21, 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
1-800-405-5457