

COVERT SENIOR NEWS

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

June, 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

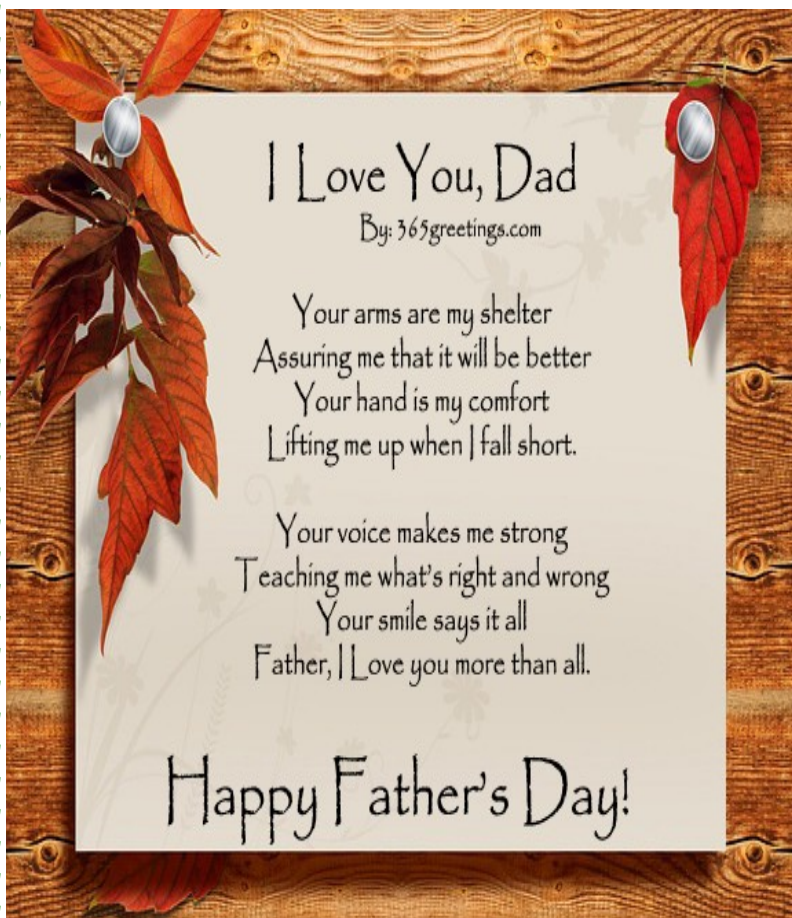
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Van Buren United Civic Organization & Covert Senior Lifeline

Father's Day Luncheon

Come have lunch with us on Friday, June 14, 2019 from 12:00 p.m. - 2:00 p.m. to help us honor fathers. Place is Van Buren United Human Resource Center. If you would like to attend the luncheon please RSVP by Thursday, June 6, 2019 at (269)764-8854.



VAN BUREN DISTRICT LIBRARY COVERT BRANCH LIBRARY

- **Tech Tips** - Mondays, 10:00 a.m. - 3:00 p.m.
- **Covert Book Club** - Monday, June 24 at 5:45 p.m. to discuss the book "Love you More." by Lisa Gardner.
- **LEGO Club** - Saturday at 11:00 a.m. bring in the kids/grandkids to build with LEGO.
- **Move With Michelina** - Mondays, Tuesdays, and Fridays. Call or stop in to **confirm** times.
- **Junior Scientists** - Wednesdays at 4:00 p.m. June 5, and 12. June 19 and 26 ages 6 and above at 1:00 p.m.
- **Story Time** - Tuesdays, at 10:00 a.m. this month's theme the Outer Space.
- **The Covert Crafters** - Tuesday 5:00 p.m. & Saturdays at 10:00 p.m.
- **Fun Fridays** - at 3:00 p.m., on June 14, 21, and 28.
- **Social Worker Intern** - Monday from 10:00 a.m. to 1:00 p.m. to help you with answers to your questions on employment, emergency assistance, family matters and health care.

Van Buren District Library is headquartered in Decatur with branches in Bangor, Bloomington, 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

- 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**.



Puzzles



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 June 20, 2019



Time is from 11:00 a.m. or until food runs out. Please bring your own bags to carry the food.

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

MI Choice services, are for **adults 18 and older who have nursing-home level of care needs**. They want to live at home or in another residential setting instead of a nursing home. The residential setting could be a home, assisted living, adult foster care or homes for the aging.

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.

The MI Choice program recently helped:

- o A 52-year old individual with kidney failure who is on dialysis. This individual needed help with meals, homemaking chores, and transportation.

- o A 46-year old who became paralyzed due to a viral infection and requires full hands-on assistance with all activities of daily living.

A 51-year old who had had several mini-strokes and is no longer able to remain safely at home alone while his wife is working.

Qualified individuals can receive a range of services and supports. Options might include help with bathing, dressing and transferring, or light housekeeping, laundry, home-delivered meals, specialized equipment, caregiver relief, adult day care, nursing services, non-medical transportation, 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 Area Agency on Aging.

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://AreaAgencyonAging.org)

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 your 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: (269) **925-0137** for more information.

Commodity Distribution

Thursday, June 20, 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"

Father's Day Word Search



DADDY
UNCLE
STRONG
GOLF
PROVIDE



FATHER
TEACH
BRAVE
FOOTBALL
PARENT



GRANDPA
RESPECT
NECKTIE
PROTECT
LOVE



womanofmanyroles.com

HOME REPAIR AND CHORE SERVICES SENIOR MILLAGE

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 **(269)637-3607**.

United Way Recipient

United
Way



COMPUTER CLASS

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

Tues., June 11, 18, & 25, 2019
VBUCO Human Resource Center.

By appointment only.

269-764-8854

No classes the first Tuesday of the month.

THANK YOU THANK YOU THANK YOU

Thank you to everyone who has volunteered their time and talent to help make Covert Senior Lifeline and Van Buren United Civic Organization have a successful year.

Pam Baker	Dorothy Cobb	Aaron Cobb	Kevin Hudson
Tammara Hudson	Charlotte Cruse	Dorothy Holmes	Mae Lucas
Dana Getman	Cynthia Singh	Barbara Merriweather	Pattie Newell
Curtis Steward	John Bell	Sarah Walden Glant	Rob Glant
Elliott Chandler	Jerry Wilborn	Daywi Cook	Dennis Palgen
Barbara Rose	Erma Harper	Cheryl Edrington	Sue Whitmore
R.T. Whitmore	Ernestine Hayes	Oville Teter	Ken Richards
Mike Dambrowski	Betty Hendryx	Linda Martin	Shirley Wilkins
Bobbi Moorehead	Stanley Robinson	David Woody	David Warner
Jerry Mahone II	Bennie Cowgill	Eddie Mae Rogers	Madelyn Wright
Mary Washington	Katrina Prewitt	Carmelita Rivera	Leona Rice
Katherine Thompson	Ricky Veal	Isabel Simmons	James Sebree
Chris Flood	Ron Richmond	Eula Foster	Monica Page
Naomi Weathersby	Terrie Mahone	Annie Mahone	Shirley Gregory
Arthur Jackson	Bianco Miot	Samantha Nash	Jim Vatesse
Norman Siboloski	Margaret McDonald	Jo Ann Flowers	Leticia Guzman
Demetrius Bateman	Clare Singer	Nancy Vilims	Juana Bautista
Carolina Sanchez	Jerrie Mahone	Woodie Davis	Julia Bausista
Papalina Lara	Reba Troup	Rhonda Eddings	Seantika Wilder
Michael Perry II	Nick Hernandez	Fred Shaffer	Shanyah Wilder
Ricardo Castello	Dominique McKinney	Melissa Whetstone	Maria Lejada
Bronson Wellness Center	South Haven Nursing and Rehab		Hardings





Rose

Senior Lifeline Calendar

June 2019



Pearl

Mon	Tue	Wed	Thu	Fri
3 BINGO 11:00 am - 12:00 pm	4 <i>"A girl's first true love is her father."</i> Marisol Santiago	5 CHAIR YOGA 1:00 pm - 1:45 pm	6 <i>"My dad's not here but he's still watching in heaven."</i> Bubba Watson	7 <i>"No music is so pleasant to my ears as the word father."</i> Lydia Martin Child
10 BINGO 11:00 am - 12:00 pm	11 COMPUTER CLASS 10:15 am - 1:15 pm Appointment Only	12 CHAIR YOGA 1:00 pm - 1:45 pm	13 <i>"A father is a banker provided by nature."</i> Arthur Unknown	14 Father's Day Lunch 12:00 p.m. - 1:30p.m.
17 BINGO 11:00 am - 12:00 pm	18 COMPUTER CLASS 10:15 am - 1:15 pm Appointment Only	19 CHAIR YOGA 1:00 pm - 1:45 pm	20 COMMODITIES 9:00 - 3:30 ***** MOBILE FOOD TRUCK 11:00 UNIT FOOD IS GONE	21 <i>"The imprint of a father, remains forever on the life of a child."</i> Roy Lessin
24 BINGO 11:00 am - 12:00 pm	25 COMPUTER CLASS 10:15 am - 1:15 pm Appointment Only	26 CHAIR YOGA 1:00 pm - 1:45 pm	27 <i>A truly rich man is one who children run into his arms when his hands are empty."</i> Arthur Unknown	28 June Birthday Celebrations
<i>"The power of a dad in a child's life is unmatched."</i> Justin Ricklefs	<i>"When my father didn't have my hand, he had my back."</i> Linda Poindexter	<i>"A father is someone you look up to no matter how tall you grow."</i> Unknown	<i>"A father carries a picture where his money use to be."</i> Steve Martin	<i>"To her, the name of father is another name for love."</i> Fanny Fern

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

June 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
3 Vegetable lasagna Side salad Broccoli florets Breadsticks Pineapple	4 Salmon Patty w/ tartar sauce Scalloped potatoes Green beans Ambrosia	5 Chicken A la King European Blend vegetables Green salad w/ dressing Biscuit	6 Sliced roast beef w/ gravy Mashed potatoes Steamed broccoli Peaches	7 Ham w/ pineapple sauce Macaroni salad Steamed spinach Tomato salad Citrus mix
10 Baked BBQ Pork Chop Potatoes Capri blend vegetables Biscuit Apple sauce	11 Chef's choice meat White rice Peas & peppers Pineapple	12 Honey Mustard Chicken Green Peas Carrots coin Cornbread Mandarin Oranges	13 Liver & onions Mashed potatoes w/ gravy Spring mix & tomato salad Fruit & yogurt parfait	14 FATHER'S DAY Salisbury steak Sliced beets Tossed salad w/ dressing Pie
17 Sloppy Joes Coleslaw Chef's choice vegetables Bun Mandarin Oranges	18 Egg & broccoli fritatta Potatoes O'Brien Beet & corn salad w ranch English muffin Pears	19 Sausage, marinara, cheese pasta Wax beans Cucumber salad Breadstick Jello w/ fruit	20 BBQ Pork sandwich Coleslaw Side salad Bun Pineapple	21 Roast beef w/ gravy Mashed potatoes Steamed zucchini Plums
24 Chicken tetrazini w peppers Steamed broccoli Roll Peaches	25 Traditional chili Dirty rice Mustard greens Crackers Strawberry	26 Swiss steak Mashed potato Cucumber & onion salad Lima beans Jello w/ fruit	27 Tuna noodle casserole Peas Squash WW bread Melon	28 Herb roast chicken Potato salad Chef's choice vegetables Birthday Cake + Fruit
Meals provide (average per week) Carbs: 75 grams Calories: 800 average Sodium: 800 mgs. average Protein: 19 grams Total Fat : 30%	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!			

**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

6:00 p.m., Monday, June 10, 2019

6:00 p.m., Monday, June 17, 2019

Covert Township Board

7:00 p.m., Tuesday June 11, 2019

Senior Citizen Advisory Board

3:00 p.m., Wednesday, June 19, 2019

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 1-269-657-8200