

# COVERT SENIOR NEWS

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

**July 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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## Happy 4th of July!



### **INDEPENDENCE DAY (FOURTH OF JULY)**

.....is a federal holiday in the United States commemorating the adoption of the Declaration of Independence on July 1776, declaring independence from the Kingdom of Great Britain.

Enjoy the fireworks and have a happy, enjoyable, safe day!

From: Senior Lifeline & Van Buren  
United Civic Org (Civic Center)

### **50 Plus Driving Education**

Thursday & Friday, July 30 & 31, 2015  
10:00am-Noon

### **SUBJECTS INCLUDE:**

- Warning signs of unsafe driving
- Tips for highway driving
- Understanding new technology & more

Course Fee \$15.00 for 50 Plus Members  
Non-Members \$20.00

Call to prearrange for lunch & class  
(269) 764-8378

**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!

**VAN BUREN DISTRICT LIBRARY**  
**COVERT BRANCH**  
**(Closed Wednesdays)**  
33580 M-140 Hwy.  
Covert, MI 49043  
Phone/Fax (269) 764-1298

The Covert Friends of the Library will have their Annual Book Sale on Saturday, July 18 from 10am-3pm at the library. Come enjoy some cold lemonade and popcorn while you browse our selection of gently used books (hard-cover and paperbacks) and DVDs at very reasonable prices.

For our Summer Reading program "Every Hero has a Story" the Covert Library is offering a number of special events this summer.

We are offering Story Times on **Tuesdays** for children up to 1<sup>st</sup> and 2<sup>nd</sup> Grades. 11am in English and 6pm in Spanish.

We will be having a movie **each Saturday** starting at 11am.

**Fridays**, June 12 and June 26 are Craft times at the Library from 1-2 pm.

**Monday**, July 6, the Fire Department will have tour and demonstration at the fire department @1pm.

**Thursday**, July 9, illustrator Dan Monroe visits for a drawing demonstrations and lessons @1pm.

**Monday**, July 13, John Ball Zoo visits with their "Animal Superheroes" @ 1pm. **Thursday**, July 16, the Covert police Department presents a CSI at the library @ 1pm. Follow the evidence to solve the mystery!-**Tuesday**, July 21, see and learn about robots! "Robotics" presented by the Van Buren ISD.

Programs are free and open to all! These programs are free and available for all ages and you do not need a library card to take part (although library cards are free to Covert residents!)



For more information, visit the library at 33580 M-140 Hwy in Covert, or phone (269) 764-1298.

## **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**



## **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.

## Fourth of July Word Search

Find the hidden words associated with the Fourth of July.

I	C	A	K	S	T	T	O	I	R	T	A	P	X	A	H	F	AMERICA
J	O	K	D	E	C	L	A	R	A	T	I	O	N	D	T	S	COLONIES
F	N	M	R	P	S	E	I	N	O	L	O	C	O	X	H	K	CONSTITUTION
G	S	F	F	N	U	F	V	S	T	R	I	P	E	S	I	R	COOKOUT
L	T	R	W	Y	S	X	Y	U	V	A	E	U	H	R	O		DECLARATION
B	I	C	I	W	S	T	S	C	I	N	C	I	P	X	T	W	FIREWORKS
N	T	E	Z	F	O	U	R	T	H	B	N	I	F	L	E	E	FLAG
Y	U	F	O	C	C	E	M	L	P	Q	E	L	R	P	E	R	FOURTH
T	T	H	L	S	O	W	M	M	I	N	D	I	K	E	N	I	FREEDOM
R	I	Y	C	A	E	O	B	G	E	B	N	C	G	Z	M	F	FUN
A	O	U	L	Y	G	M	K	C	W	R	E	B	E	S	P	A	GAMES
P	N	Z	S	U	O	S	A	O	E	P	P	R	G	F	J	O	HOTDOGS
M	Q	W	A	D	J	R	B	G	U	B	E	O	T	I	I	I	INDEPENDENCE
C	L	Q	E	D	W	A	I	U	M	T	D	Y	C	Y	N	H	JULY
W	E	E	A	V	Y	T	S	E	W	T	N	O	S	I	Z	L	LIBERTY
S	R	J	F	H	E	S	Z	R	O	E	I	Z	R	D	G	X	PARADES
F	N	Q	N	Q	K	S	E	H	P	A	R	A	D	E	S	I	PARTY

AMERICA  
COLONIES  
CONSTITUTION  
COOKOUT  
DECLARATION  
FIREWORKS  
FLAG  
FOURTH  
FREEDOM  
FUN  
GAMES  
HOTDOGS  
INDEPENDENCE  
JULY  
LIBERTY  
PARADES  
PARTY  
PATRIOT  
PICNIC  
STARS  
STRIPES  
SUMMER  
THIRTEEN

**All About**  **Puzzles**  
puzzles.about.com

## 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.

Senior Services of Van Buren County coordinates The Covert Township Chore & Home Repair grant. We are looking for contractors and handy people to subcontract home repairs for seniors in Covert Township. If you know of someone who does home repairs and you would recommend them, call Kathy at **(269) 655-8000**.

Looking forward to hearing from you.



## **Monthly Commodities**

Van Buren United Civic Org  
(Civic Center)

**Thursday, July 16, 2015  
10:00 AM-3:00 PM**



For more  
information call:  
764-8854

## **MOBILE FOOD PANTRY**

**Thursday, July 16, 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**  
Feeding Ameri-

Michigan Food Bank  
& Van Buren United Civic Org.

**by:**  
ca West

**Funded by:** Covert Township Foundation

## **COMPUTER CLASSES**

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

**Tuesday, July 14, 21 & 28, 2015**

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

By appointment only  
764-8378

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**Friday, July 3 & 17, 2015**

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

**By: Price Computers**

**Call: 764-8378**

## **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

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## **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

## July 2015



Mon	Tue	Wed	Thu	Fri
<p><i>"The more things you do, the more things you can do."</i> <b>Lucille Ball</b></p>	<p><i>"Life isn't a matter of Milestones, but of moments."</i> <b>Rose Kennedy</b></p>	<p><b>1</b> <i>Never complain!</i></p>	<p><b>2</b> <i>Smile!</i> <i>It looks good on you!</i></p>	<p><b>3</b> <b>Chess Class 11am</b></p>
<p><b>6</b> <b>Auction Bingo</b> 11am-12pm Great Game, Great Fun!</p>	<p><b>7</b> <i>"Poverty was the greatest motivating factor in my life."</i> <b>Jimmy Dean</b></p>	<p><b>8</b> <i>"We aim above the mark to hit the mark."</i> <b>Mark Waldo Emerson</b></p>	<p><b>9</b> <i>See the good in everything.</i></p>	<p><b>10</b> <b>Computer Class 11am</b> ***** <b>Chess Class 11am</b></p>
<p><b>13</b> <b>Auction Bingo</b> 11am-12pm Great Game, Great Fun!</p>	<p><b>14</b> <b>Computer Class Appt only</b> 10:15am-3:15pm 764-8378</p>	<p><b>15</b> <b>Movie &amp; Refreshments</b> 1:00 pm <i>The Honeymooners</i></p>	<p><b>16 Commodities</b> 10am-3pm ***** <b>Mobile Food Pantry</b> 10:30am-12:30pm</p>	<p><b>17</b> <b>Chess Class 11am</b></p>
<p><b>20</b> <b>Auction Bingo</b> 11am-12pm Great Game, Great Fun!</p>	<p><b>21</b> <b>Computer Class Appt only</b> 10:15am-3:15pm 764-8378</p>	<p><b>22</b> <i>"If you think you can do it you can"</i> <b>John Burroughs</b></p>	<p><b>23</b> <i>"I look back on my life like a good day's work. It was done and I am satisfied with it."</i> <b>Grandma Moses</b></p>	<p><b>24</b> <b>Computer Class 11am</b> ***** <b>Chess Class 11am</b></p>
<p><b>27</b> <b>Auction Bingo</b> 11am-12pm Great Game, Great Fun!</p>	<p><b>28</b> <b>Computer Class Appt only</b> 10:15am-3:15pm 764-8378</p>	<p><b>29</b> <b>Movie &amp; Refreshments</b> 1:00 pm <i>Wicker Place</i></p>	<p><b>30</b> <b>AARP 50 Plus Driving Education</b> <b>10am-3pm</b></p>	<p><b>31</b> <b>AARP 50 Plus Driving Education</b> <b>10am-3pm</b></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



## July 2015

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

**Menu Is Subject To Change Without Notice**

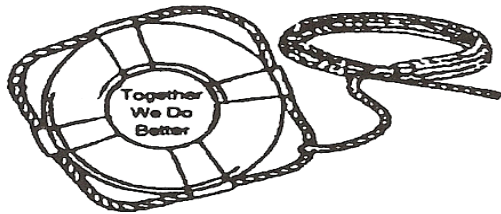
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meals provide (per week)</b> <b>Calories 600-850 average</b> <b>Protein 19 grams per meal</b> <b>Total Fat 30% of Calories</b> <b>Sodium 800-2%</b>	<u>Monthly Income - Fair Share</u> <b>\$1,101 &amp; up \$3.75 up</b> <b>\$801-1,100 \$3.25 Meal</b> <b>\$701-\$800 \$2.75 Meal</b> <b>\$551-\$700 \$2.25 Meal</b> <b>\$0 or \$550 \$1.75 Meal</b>	<b>1</b> Taco Salad / Taco Sauce Black Bean & Corn Salad Tortilla Chips Pineapple	<b>2 (HOLIDAY DAY MEAL!)</b> Turkey Brats Macaroni Salad Baked Beans Whole Wheat Bun Watermelon	<b>3</b> <b>Closed for 4th of July!</b> 
<b>6</b> BBQ Chicken Sweet Potatoes Coleslaw Wheat Bread Mandarin Oranges	<b>7</b> Swedish Meatballs w/ Gravy over Noodles Brussel Sprouts Wheat Bread Peaches	<b>8</b> Soft Shell Tacos / Cheese/ Tomatoes / Lettuce / Onions Refried Beans Cinnamon Applesauce	<b>9</b> Turkey Salad on Wheat Creamy Pasta Salad Celery Sticks w/ Ranch (Wheat Bread) Fruit Punch	<b>10</b> Ham & Beans Tossed Salad / French Sweet Corn Cornbread Orange Juice
<b>13</b> Club Salad / Dressing, Chicken, Egg, Cheese, Tomato Beets/ Crackers Fruit Cocktail	<b>14</b> Homemade Meatloaf O'Brien Potatoes California Blend Whole Wheat Roll/ Apricots	<b>15</b> Sliced Roast Pork w/ Gravy Mashed Potatoes Seasoned Spinach Whole Wheat Roll/ Banana	<b>16</b> Cabbage Casserole Sweet Corn Mixed Green Salad/French Wheat Bread / Applesauce	<b>17</b> Lemon Pollock Broccoli Florets Dinner Roll Rice / Pineapple Tidbits
<b>20</b> Chef Salad w/ Turkey / Turkey Ham/ Egg/Cheese/ Tomato/ Pepper Potato Salad /Club Crackers Strawberries in Jello	<b>21</b> Salmon Patty w/ Dill Sa Brown Rice Squash Rye Bread Mandarin Oranges	<b>22</b> Chicken Provolone Whipped Sweet Potatoes Brussel Sprouts Wheat Dinner Roll Banana	<b>23</b> Baked Mac & Cheese Stewed Tomatoes / Zucchini Leafy Romaine Salad Hawaiian Dinner Roll Applesauce	<b>24</b> Smothered Pork Cutlet Mashed Potatoes Mixed Vegetables Biscuit Citrus Mix
<b>27</b> Sliced Turkey w/ Gravy Mashed Potatoes Green Bean Cas- serole Whole Wheat Roll Cranberry Salad	<b>28</b> Goulash Mixed Vegetables Tossed Salad / Italian Dressing Whole Wheat Bread Apple Crisp	<b>29</b> Orchard Turkey Salad / w Cheese Wrap Side Salad w/ Tomato Creamy Pasta Salad Fruit Cocktail	<b>30</b> Pepper Steak Brown Rice Snap Peas Whole Wheat Bread Citrus Mix	<b>31</b> Spaghetti w/ Meat Sauce European Blend Whole Wheat Roll Pears / Birthday Cake

**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, July 13, 2015

**Covert Township Board of Trustees**

7:00 p.m., Tuesday, July 14, 2015

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

4:00 p.m., Monday, July 20, 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