

COVERT SENIOR NEWS

Covert Senior Lifeline • 73292 34th Avenue • Covert, MI 49043 • 269 764 6088

Barbara J. Norman, Director

May 2020

COVID-19 ANNOUNCEMENTS

All announcements and schedules are subject to change and cancellation. Until May 15 all non-essential persons and workers are supposed to STAY HOME unless necessary for food pick-up, or medical appointments or prescription pick-ups. These are unknown times and Senior Citizens are at a higher risk for problems after contracting the Covid-19 virus so our primary importance is to keep everyone SAFE!

MASKS- It may be that we will be wearing masks for quite a while. Can you sew masks for those who cannot? Do you have in your stash 100% cotton that you can spare for those who are sewing? Do you need a mask? Many of us will need at least two, one to wear and one to wash but at least start with one mask available for your use. Do NOT wear the mask of another person unless it has been washed! If you answer yes to any of the questions, please give us a call at 764 6088. (Personal Note- I hate wearing a mask. It is very uncomfortable BUT it is selfish to be at the grocery store without one! The mask helps me keep others safe. You and I may not know that we have contracted the Covid-19 virus and may be spreading it! The same is true of keeping that 6 feet distance. Does it feel stupid? Do we just need to move ahead to the grocery or milk case and won't Take but a second? DON'T! Keep your distance at all times and be mindful of the fact that our grocery stores have one-way aisles now.)



FOOD- Food IS available! Use the source in your area. Do NOT go to ALL of the pantries! In Covert, Lily of the Valley has the food pantry. Van Buren United Civic Organization has commodities for registered Senior Citizens. The Township has Commodities quarterly. VBUCO has rides available for Seniors without transportation.. In Bangor there is a pantry on Thursday from 1-4 at Sacred Heart Church. You must be a Bangor area resident. In South Haven the Food Pantry is at the Congregational Church (on Phoenix Rd near 5/3 bank). During these uncertain times, CALL first.

SOME THINGS ARE THE SAME

Sunday, May 10



Honor Mothers living and passed.
Call if you can!

Monday, May 25



Remember those who gave all
for our freedoms.

INFORMATION PAGE for COVERT TOWNSHIP SENIOR CITIZENS

Due to the present health crisis, all dates and times are subject to change or cancellation!

Commodity Distribution

Thurs May 21, 2020

10:00-3:30

Van Buren United Civic Org.

73292 34th Ave.

Covert, MI 49043

✓ Commodity pickup is limited to three days! Commodities will NOT be available after the three day pickup days: Thurs. 21, Fri. 22, & Mon. 25.

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

✓ For more information call Cheryl Edrington at **269 764 8854**.

***This institution is an
equal opportunity provider***



Senior Food Runs

Call 764 6088

Besides medical trips, additional transportation may be available for you to grocery shop locally.

Riders must sit in the back seat and must wear a mask.

Transportation Ride

Van Buren County Transit

Covert Seniors 60 and over can ride the Van Buren County Public Transit bus free. Through the Senior Millage, Covert Township will pay Van Buren Public Transit for the usual fare. Minimum 24 hour notice is necessary for your ride, **269 427 7921**. If you need a wheelchair van, call Senior Services of Van Buren County at **637 3607**.

Home Repair/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 programs 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 **\$1,000 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 re-pairs to increase the safety of the senior.

If you or someone you know may benefit from above services, please call **Kia** at **269 637 3607**.

Quarterly Commodities

"Old" Fire Station

May

and August

For All Seniors

SW MI Meals on Wheels

When the quarantine period is over, Meals on Wheels/Senior Nutrition Services provide nutritious meals and are funded by Area Agency on Aging and other funding sources. Your donations are essential to continuance of the program.

Seniors may enjoy a hot meal at the Covert Senior Lifeline dining site. Meals prepared by CK catering are served at noon, Monday through Friday. **24-hour notice is required** to reserve your meal. **Call Leona at 616 546 0352**. The monthly menu is in this newsletter.

Eligible **homebound senior residents** may receive a home delivered hot meal. The home delivered hot meal menu is published in the Senior Nutrition Services monthly newsletter. For information call **269 925 0137**.

AREA PANTRIES

We Care In The Name of Christ 06321 Blue Star Hwy., 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 Hwy., Covert; Call: 764 8111

Tuesday & Wednesday, 12:00-2:00 with referral from We Care

Covert Community Church Personal Care & Baby Pantry; 29759 M-140 Hwy., Covert; Thursday, 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 with referral from We Care. Call: 269-252-3285 *If no answer, please leave a message.*

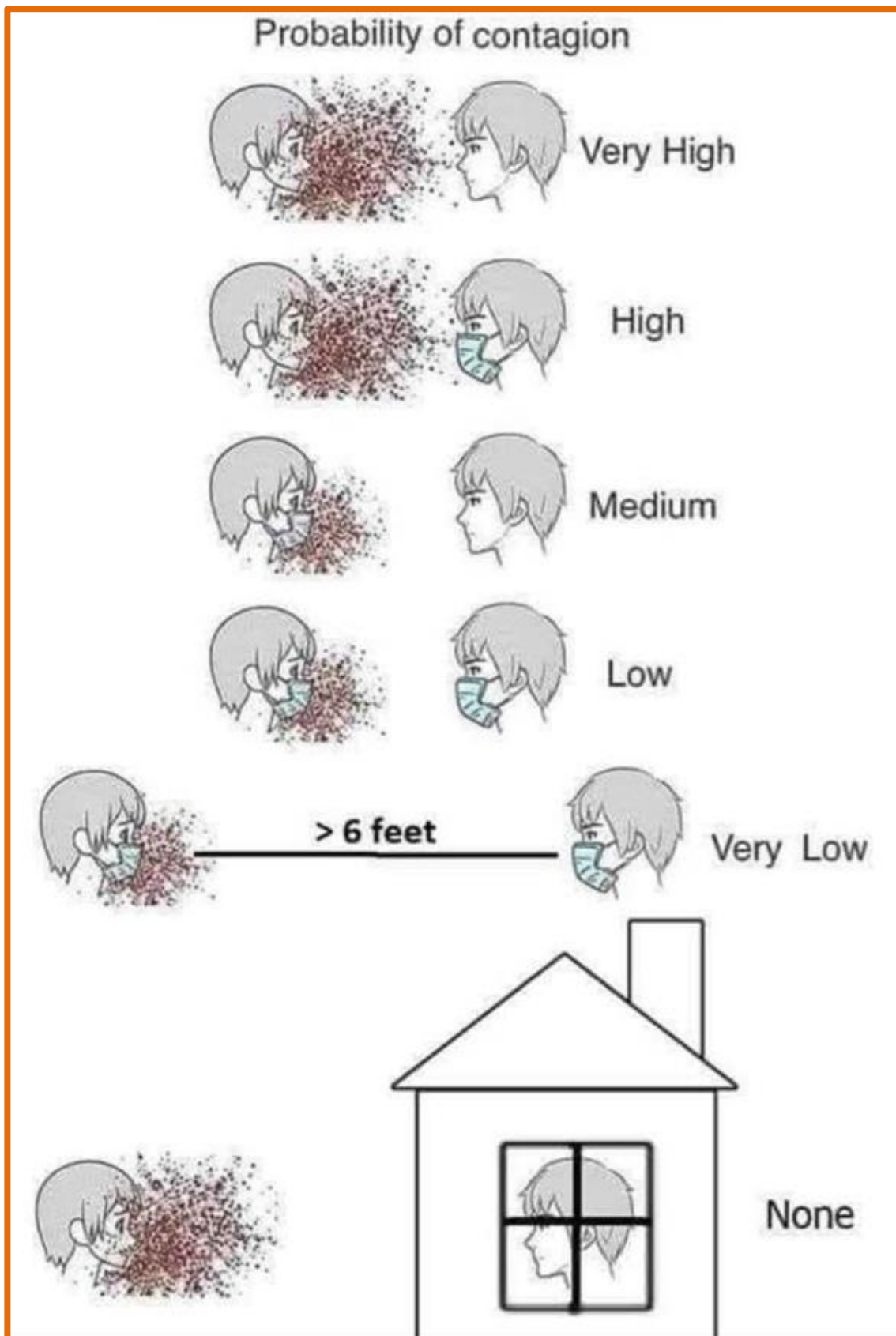
CHIEF ALLEN'S CORNER

The Chief did not send us any info this month



FIREMAN'S CORNER

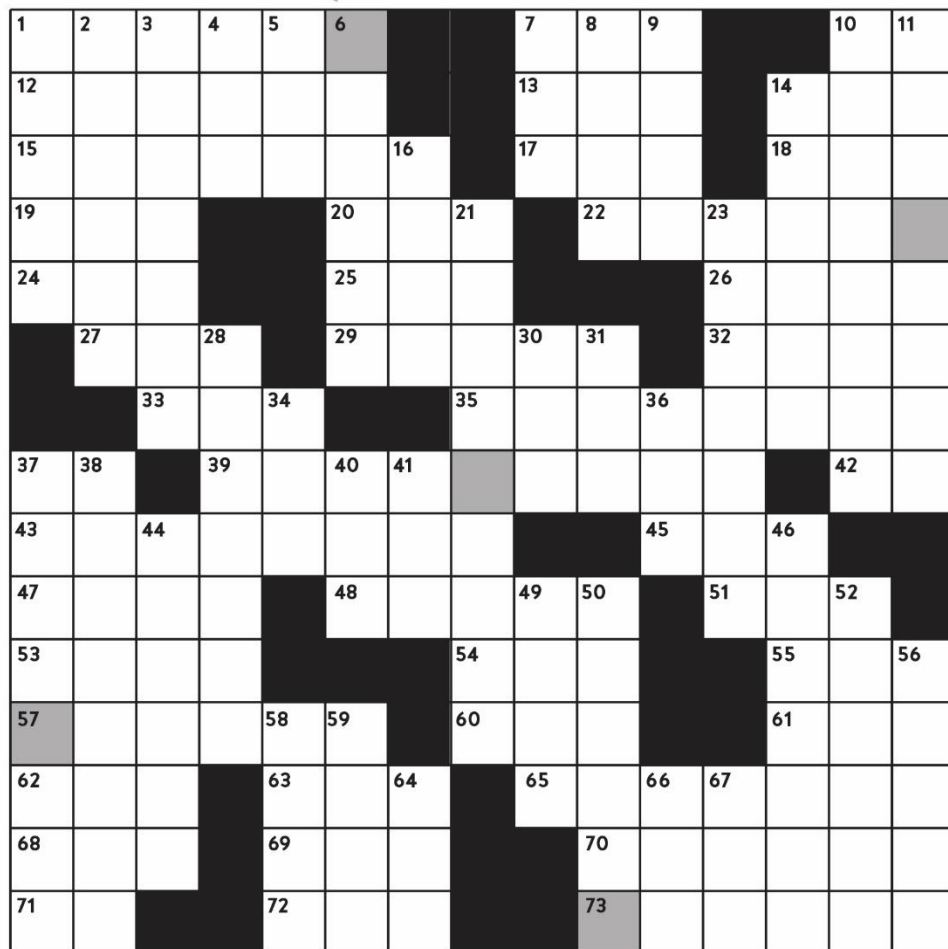
No info from the Fire Department for May



KAREN'S

CROSSWORD

WWW.KARENKAVETT.COM @KARENKAVETT



ACROSS

- 1 What you might call a parent who has a full-time job, takes care of her kids, and keeps a spotless household
 7 It ain't nothing but a number, according to Aaliyah
 10 Where the Liberty Bell lives, for short
 12 Decide to like something again?
 13 British word for the theme of this puzzle
 14 Prohibit
 15 You might cheer when your team is doing this
 17 ___ I Am
 18 "___ you not entertained?"
 19 Beer
 20 Abbreviation for the Knoxville, TN airport, or an anagram for a pigpen
 22 Indian spice
 24 Name for a recent presidential candidate if his family was called the Nush's and named their kids like the Kardashians
 25 To do better than someone else, with "up"
 26 British word for your rear end
 27 Fo' sho'
 29 A baby does this to a diaper

32 One was caused by zoot suits

33 [They're the ones who type like 3 year olds, not me, I swear!]

35 There are three in the answer to this clue

37 ___ Androids Dream of Electric Sheep?

39 You might put this under a flashlight to get out of going to school

42 Jr.'s father

43 Able to be changed

45 Who you gonna call...when your car breaks down

47 Intersection

48 Multiply this to add a 0

51 "Yes, ___," the first rule of improvisation games

53 "If you want to know what I think" abbreviations

54 Female tribute from District 11 in The Hunger Games

55 1150, to someone who doesn't know how Roman Numerals work

57 If mass and velocity are constant, this has to stay constant as well

60 Traditional Thanksgiving food

61 We share 50% of it with bananas

62 A to ___ C to D

63 Remind incessantly

65 What you might say to a toddler after they knock over their cup

68 Not working anymore, for short

69 Change the color of something

70 "I'm ___" -me the morning after every workout

71 George Clooney's workplace, on TV

72 The sound a ghost might make

73 What you might call a parent who is also your trusted advisor

DOWN

1 Lazy ___

2 What Jesse did to DJ, Stephanie, and Michelle

3 "At my old school..." girl in The Magic School Bus, for one

4 Word before buds or ache

5 Rearrange these letters to get a big name in fabric dye

6 Souvenirs

7 Mornings

8 The best part of your Chipotle meal, informally

9 Jane Austen classic

10 They might block the sun, if you lived in Victorian times

11 Tool for measuring wind speed

14 It might give you food poisoning at a barbeque joint

16 Lady-parts doctor, informally

21 The scientific study of earthquakes

23 What old-school cheerleaders might yell

28 Most athletic

30 Heavy-duty soap

31 ___ & Pppr - Wheel of Fortune clue for someone who refuses to buy a vowel

34 Half of a popular dance

36 ___ Michele of "Glee"

37 You might call a pair of jeans this if their wash goes from light to dark

38 What Ferris spun backwards so Cameron wouldn't get in trouble

40 Opposite of flow

41 O ___ Owl

44 The worst thing you could hear at a wedding

46 "What ___" -Harmonie after Harry flies to rescue the Remembrall

49 Four of the first letters guessed in Hangman

50 Yet another animal mother who got killed off at the beginning of a kid's movie

52 Money south of the border

56 Word before tag or dome

58 Ctrl-Z

59 Condiment that people either love or hate, informally

64 Prefix before -metry or -graphic

66 Society that's meeting at the Independence Inn when it catches on fire, in Gilmore Girls

67 Worst thing to give to a scammer, for short

When activities
resume
our calendar

Senior Lifeline Calendar May 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Monday should look like this!		(All ages) MI WORKS Online 10:00- 12:00	2 Exercise 2:30 	1 Chess 12:30
4	5  9:30 -2:30 Chess 12:30	6 (All ages) MI WORKS Online 10:00- 12:00	7 Exercise 2:30 	8 Chess 12:30
11	12  9:30- 2:30 Computers by App. Chess 12:30 Movie Night 4:30	13 (All ages) MI WORKS Online 10:00- 12:00	14 Commodities <u>10:00-3:30</u> Exercise 2:30	15 Chess 12:30
18	19  9:30- 2:30 Computers by App. Chess 12:30	20 (All ages) MI WORKS Online 10:00- 12:00	21 Exercise 2:30 	22 Chess 12:30
25	26  9:30-2:30 Computers by App. Chess 12:30 Movie Night 4:30	27 (All ages) MI WORKS Online 10:00- 12:00	28 Exercise 2:30 	29 Chess 12:30

POETRY CONTEST and GATHERING GARDENERS



We have
inquiry
Covid-
put on
received



received one poetry
submission and one
to the Gardeners'
Gathering. Due to the
19 Health Crisis those
activities have had to be
hold. We will keep the
information we have
(Thank You!) and will

repost when we have further information.

MOTHERS'DAY WORD SEARCH

BRUNCH
BOUQUET
CANDY
CARDS
CARING
CHILDREN
DAUGHTERS
DEVOTED
DINNER
FAMILY
FLOWERS
FRIEND
GIFTS
GIVING
GRANDMA
HOME
HONOR
HUGS
KISSES
LAUGHTER
LOVING
MAY
MEMORIES
MOTHER
PARENT
ROSES
SUNDAY
SONS
TRIBUTE

What's the Word?

One who served in
military

To show respect for

A formal military
gesture of respect

Flag placed half way up
the mast as sign of
mourning

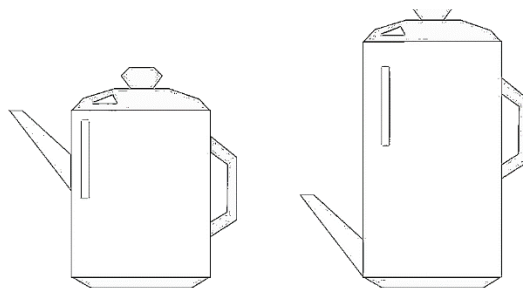
Flat piece of inscribed
metal given as honor or
award

A day for remembering
and honoring those who
died while serving in the
military

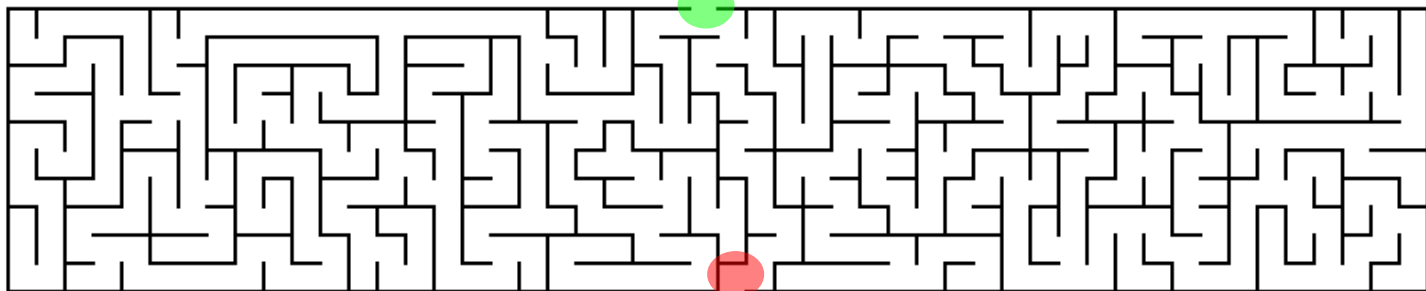
H D V G R A N D M A Z A H Z E
M O T H E R U R E N N I D G E
R S N M E M O R I E S H S L T
R S D O J S D R A C H U R P U
P Q C A R I N G A U N T E B B
Q R R O S E S D G D C N T O I
S Y C W K F E S A C K E H U R
C P L F N T L Y J G I R G Q T
X H T I O M D O A U E A U U K
I L I V M N A J W T E P A E I
S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

		3	9				5	1
5	4	6		1	8	3		
					7	4	2	
		9		5			3	
2			6		3			4
	8			7		2		
	9	7	3					
		1	8	2		9	4	7
8	5				4	6		

WHICH HAS MORE TEA?



Can you add/multiply the numbers 1, 2, 3, 4 to make 21? You must use each number but only once. There are at least two solutions.





Meals on Wheels of SW Michigan/
Senior Nutrition Services
Home Delivered Meals Menu
May 2020

Menu Is Subject To Change Without Notice



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

Monday	Tuesday	Wednesday	Thursday	Friday
Meals provide (average per week) Carbs: 75 grams Calories: 800 average Sodium: 800 mgs. average Protein: 19 grams Total Fat : 30% 2% milk Sodium:800		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!		1
4	5	6	7	8
NO MEALS. CLOSED FOR OUR SAFETY				
11	12	13	14	15
MAY RE-OPEN AFTER MAY 15. MEALS SUBJECT TO CHANGE				
18 Shepherd's pie Spinach Mandarin oranges Roll	19 Tuna noodle casserole with peas Coleslaw Sliced carrots 100% fruit juice Roll	20 Chicken parmesan and spaghetti with red sauce Mixed lettuce Summer squash Mixed fruit	21 Beef taco salad with cheese Black beans & salsa Shredded lettuce & tomato	22 —Memorial Day meal BBQ chicken Baked beans Mac & cheese Cornbread Cookies + fresh fruit
25—Memorial Day Closed	26 Pork tenderloin Creamy corn Green bean salad Bread Pineapple	27 Philly steak sandwich Potato salad Asparagus Fresh fruit WW bun	28 Chicken tetrazzini with peppers over noodles Steamed zucchini Side salad Blueberry crisp Breadstick	29 Chinese beef over rice Asian vegetables Peaches + birthday cake WW bun

Wash your hands frequently
Keep 6 feet from others when outside the home
Wear a mask in public enclosed spaces.

**Van Buren United Civic Organization
Covert Senior Lifeline**

P. O. Box 123
Covert, MI 49043

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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 information if it is received before our deadline (the first of the month).

If you have any comments on how we can make 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.

VBCUO

P. O. Box 123, Covert, MI 49043

Senior Lifeline 269 764 6088

VBUCO 269 764 8854

Fax: 269 764 6031

Web Site: vbuco.org

Important Meetings:

VBUCO Board

6:30 p.m., Monday March 9

Covert Township Board

Covert Township Board

7:00 p.m., **Senior Citizen Advisory Board**

3:00 p.m., Tuesday, November 27, 2018

7:00 p.m., Tuesday March 10

Covert Public School Board

6:00 p.m., Monday March 1

Return Service Requested

Important Phone Numbers

All Emergencies: Dial 911

Police (non-emergency): 764 8100

Van Buren United Civic Org. 764 8854

Covert Senior Lifeline 764 6088

Fire Department: 764 1768

Township Hall: 764 8986

Post Office: 764 1518

Library: 764 1298

Social Security: 800 772 1213

Van Buren County Courthouse 269 657 8200