

COVERT SENIOR NEWS

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

April 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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SENIOR NURSING CARE SERVICES

Presents

HAND WASHING TRIVIA GAME & BLOOD PRESSURE CHECKS

Friday, April 3, 2015

1:00 pm

If unable to attend, please call their office to discuss healthcare concerns with a nurse.

Call: (269) 408-0494

Van Buren County Sheriff

CARE TRAK SEMINAR

Thursday, April 16, 2015

1:00-3:00 pm

Got relatives/Friends who wonder away? Attend & see what resources are available to keep track of your loved ones



Coming Up!

ANNUAL SPRING TEA

4:00 pm-6:00 pm

Sunday, May 24, 2015

(New Date)

More information in May Newsletter

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!

VITA TAX PREPARATION

FRIDAYS

April 3 & 10, 2015

Last date: Monday, April 13, 2015

**10am-2pm-Civic Center
73292 34th Ave-Covert**

Please bring: All 2014 Income Statements, Receipts for Medical Insurance, Medical Expenses, Prescriptions, Heat, Rent, Summer & Winter Property Tax Bills.

**APPOINTMENTS ONLY!
(269) 764-8378**

Sponsored by:

Van Buren County United Way

NEW POST OFFICE HOURS

BEGINNING APRIL 4, 2015

Monday –Friday 8:00 am-12:00 pm
1:00 pm-3:00 pm

Saturday 9:00 am-10:00

Call: 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

KARAOKE (Family Night)

Tuesday, April 14 & 28, 2015



6pm-10pm

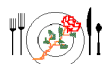
Lyrics Music furnished by:

Betty Webster

Step up to the stage, grab the mike & let's get going.

**REFRESHMENTS
AVAILABLE!**

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

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.

For more information, please contact **Diane or Kathy** at **1-888-899-8687**.

BIBLE WORD SEARCH!

BASIC WORDS OF THE BIBLE 2



HEAVEN
HELL
PRAISE
GRACE
MERCY
TRINITY
DISCIPLE

ISRAEL
ROMAN
SABBATH
KING
CAESAR
ROME
HEBREW

GREECE
SANHEDRIN
PEACE
JOY
REDEMPTION
HOPE
MARRIAGE

CREATED BY MELINDA SKAGGS

VAN BUREN DISTRICT LIBRARY COVERT BRANCH (Closed Wednesdays)

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

The Jewelry class at the Library that was originally scheduled for last month has been rescheduled for Saturday, April 11 at 11am. Do come and join us in designing and making your own polymer beads for necklaces or bracelets. All materials are provided and the class is free, bring your creativity. We will have experienced jewelry makers here to help!

Does it finally feel like Spring is here? Don't forget to check out our books on gardening for tips on how to grow better, healthier vegetables and flowers.

Check out the Covert Library on Saturday, May 2 for our Comic-Con Day! Children are encouraged to come dressed as their favorite super hero for games, prizes, treats, and a movie.

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

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



Monthly Commodities

Van Buren United Civic Org
(Civic Center)

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



For more information call:
764-8854

COVERT PUBLIC SCHOOLS BRUNCH

Thursday, April 16, 2015
10:30 am
School Cafeteria

**Phone (616) 546-0352
For a reservation**

MOBILE FOOD PANTRY

Thursday, April 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 by:
Feeding America West Michigan Food Bank
& Van Buren United Civic Org.

Funded by: Covert Township Foundation

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



SWEET PEA

Covert Senior Lifeline Calendar

April 2015



DIAMOND

Mon	Tue	Wed	Thu	Fri
<p>Celebrate each new day!</p>	<p>Share a SMILE TODAY</p>	<p>1 <i>Movie & Refreshments</i> 1:00 pm <i>Beverly Hillbillies</i> <i>Marathon</i> ***** <i>April Fool's Day!</i></p>	<p>2 <i>Tomorrow is</i> GOOD FRIDAY! ***** <i>Sunday's EASTER</i></p>	<p>3 <u>TAX PREPARA-TION</u> 10am-2pm- By appointment ***** Handwashing Trivia/BP Senior Nursing 1:pm ***** Computer Class 11am</p>
<p>6 <i>Auction Bingo</i> 11am-12pm <i>Great Game, Great Fun!</i></p>	<p>7 <i>Make a new friend</i></p>	<p>8 <i>Movie & Refreshments</i> 1:00pm <i>Beverly Hillbillies</i> <i>Marathon</i></p>	<p>9 <i>Be thankful</i> <i>for what you have</i></p>	<p>10 <u>TAX PREPARA-TION</u> 10am-2pm- appoint- ments ***** Chess Class 11am</p>
<p>13 <i>Auction Bingo</i> 11am-12pm <i>Great Game, Great Fun!</i> LAST DAY FOR <u>TAX PREPARATION</u> 10am-2pm- appointments only!</p>	<p>14 Computer Class 10:15am-3:15pm Appointments only 764-8378 ***** Karaoke 6pm-10pm</p>	<p>15 <i>Movie & Refreshments</i> 1:00 pm <i>Beverly Hillbillies</i> <i>Marathon</i></p>	<p>16 Commodities 10am-3pm ***** Brunch Covert School 10:30am ***** Mobile Food Pantry 10:30am-12:30pm</p>	<p>17 Computer Class 11am ***** Chess Class 11am</p>
<p>20 <i>Auction Bingo</i> 11am-12pm <i>Great Game, Great Fun!</i></p>	<p>21 Computer Class 10:15am-3:15pm Appointments only 764-8378</p>	<p>22 <i>Movie & Refreshments 1:00 pm</i> <i>Beverly Hillbillies</i> <i>Marathon</i> <i>Earth Day & Admin- istrative Professionals</i> <i>Day</i></p>	<p>23 NEVER FORGET TO SMILE</p>	<p>24 <i>Chess Class 11am</i></p>
<p>27 <i>Auction Bingo</i> 11am-12pm <i>Great Game, Great Fun!</i></p>	<p>28 Computer Class 10:15am-3:15pm By appointment only 764-8378 ***** Karaoke 6pm-10pm</p>	<p>29 <i>Movie & Refreshments</i> 1:00 pm <i>Beverly Hillbillies</i> <i>Marathon</i></p>	<p>30 Whoever is happy will make others happy too. (Ann Frank)</p>	<p>Life s too short to waste</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!**

Meal On Wheels of SW MI Senior Nutrition Services Congregate Menu

Meals are Funded By



January 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
<p>Meals provide 1/3 Recommended Daily Allowance (RDA) 1% milk is served with every meal</p>	<p><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</p>	<p>A HAPPY NEW YEAR</p>	<p>1 CLOSED NEW YEARS DAY!!</p>	<p>2 Sloppy Joe Roasted Redskins Green Beans Peach Halves Whole Wheat Bun</p>
<p>5 Lemon Pollock Broccoli Florets Peas / Carrots Rice Pineapple Tidbits</p>	<p>6 Homemade Meatloaf O'Brien Potatoes California Blend Whole Wheat Roll Apricots</p>	<p>7 Cabbage Casserole Yellow Sweet Corn Mixed Green Salad- French Dressing Wheat Bread/Applesauce</p>	<p>8 Sliced Roast Pork w/ Gravy Mashed Potatoes Seasoned Spinach Whole Wheat Roll/Banana</p>	<p>9 Lasagna Casserole Italian Veg Blend Whole Wheat Bread Sliced Pears</p>
<p>12 Sliced Turkey w/ Gravy Mashed Potatoes Green Bean Casserole Whole Wheat Roll Pineapple</p>	<p>13 Goulash Mixed Vegetables Tossed Salad / Italian Dressing Whole Wheat Bread Apple Crisp</p>	<p>14 Greek Chicken Parsley Potatoes Seasoned Spinach Whole Wheat Roll Banana</p>	<p>15 Pepper Steak Brown Rice Snap Peas Whole Wheat Bread Citrus Mix</p>	<p>16 Spaghetti w/ Meat Sauce European Blend Whole Wheat Roll Pears</p>
<p>19 CLOSED MARTIN LUTHER KING JR. DAY</p>	<p>20 Liver and Onions Mashed Potatoes w/ Gravy French Green Beans Wheat Roll/ Fruit Cocktail</p>	<p>21 Carolina Pulled Pork Baked Beans Tossed Salad Whole Wheat Bun / Peaches</p>	<p>22 Chicken Alfredo w/ Carrots / Broccoli Whole Wheat Bread Fresh Orange</p>	<p>23 Swiss Steak Mashed Potatoes w/ Gravy Stewed Tomatoes Wheat Roll / Fruited Jell-o</p>
<p>26 Ham & Beans Tossed Salad / French Sweet Corn Tangerine / Orange Juice</p>	<p>27 BBQ Chicken Sweet Potatoes Coleslaw Wh.Bread/Mandarin Orange</p>	<p>28 Soft Shell Tacos Tomatoes/Lettuce/Onions Refined Beans Cinnamon Applesauce</p>	<p>29 Swedish Meatball With Gravy Over Noodles Brussel Sprouts Wheat Bread /Pineapple</p>	<p>30 Chicken Noodle Veg. Soup Mixed Green Salad Whole Wheat Roll Banana /Birthday Cake</p>

AUCTION BINGO

Mondays, 11am- 12pm.

Join us for Fun & Suspense

BINGO & BLOOD PRESSURE CHECK

1ST FRIDAY OF EACH MONTH

BP 12:30am - Bingo 1:00pm

**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, April 14, 21 & 28, 2015

10:15 am-3:15 pm

By appointment only

764-8378

Friday, April 3 & 17, 2015

11:00am-2:00pm

By: Price Computers

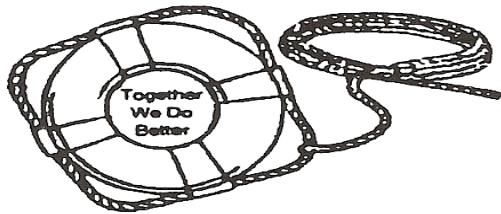
Call: 764-8378

**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, April 13 , 2015

Covert Township Board of Trustees

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

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

4:00 p.m., Monday, April 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