

COVERT SENIOR NEWS

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

June 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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FATHER'S DAY CELEBRATION

Join Us



Friday, June 19, 2015
1:00 PM—3:00 PM
Covert Senior Lifeline

For an afternoon of:

FOOD, GAMES, PRIZES, FUN,
ENGAGING CONVERSATION

REFRESHMENTS SERVED

THRIFT SHOPPING & LUNCH at KINGS BUFFET

Tuesday, June 16, 2015



Roundtrip Fare only \$15.00
Transportation provided by:
Van Buren Public Transit
Bus leaves center 8am>Returns 4pm

For reservations, please call:
764-8854

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

Prepare for Summer Reading Fun – the Covert Library’s Summer Reading Program 2015 begins Monday, June 8. Our theme this year is “Every Hero has a Story” so be prepared for super heroes – both real and imaginary - to be visiting our library this summer! We have programs and reading groups for every age and reading level.

Some of the programs coming up this month are story times on Tuesdays – English at 11am and Spanish at 6pm. This is for 3 year olds to the 2nd grade, and a craft activity is included. Come join us for Craft days on Friday, June 12 & 26. We will be making all sorts of super hero crafts, using a variety of materials for a variety of ages.

Many more programs are planned for July and they will appear in the July newsletter - or stop by the library, register for Summer Reading and join the fun and activities now!

Remember that for every book they read, adults may enter our weekly drawing for gift cards to local merchants! Come and join the fun and READ!



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

PRESENTATION

“ASK THE LAWYER”

Friday, June 12, 2015

1:00-3:00pm

Information & Answers on:
Foreclosures
Legal Problems



Sponsored by;
Legal Aid of Western Michigan

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.

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.

McDonald's



- | | | |
|---------------|---------------|-----------------|
| BIG MAC | FRANCHISE | MCMUFFIN |
| BREAKFAST | FRIES | MCNUGGETS |
| CHEESEBURGER | GOLDEN ARCHES | MENU |
| COCA-COLA | HAMBURGER | MICKY D'S |
| COFFEE | HAPPY MEAL | MILKSHAKE |
| DIET COKE | HOTCAKES | QUARTER POUNDER |
| DRIVE-THROUGH | ICE CREAM | RONALD |
| FAST FOOD | MCDONALD'S | SNACK WRAP |
| FILET-O-FISH | MCGRIDDLE | SPRITE |

SENIOR MILLAGE HOME REPAIR AND CHORE SERVICES

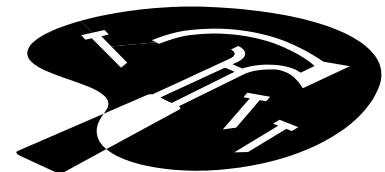
Home Repair, Chore, and Ramp Installation are available through the RSVP volunteer program of Senior Services of Van Buren County. Home Repairs have a maximum cost of \$750 and may be used once every two years. Chore Services have a maximum cost of \$500 once every two years.

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



**Monthly
Commodities**

Van Buren United Civic Org
(Civic Center)

**Thursday, June 18, 2015
10:00 AM-3:00 PM**



For more information call:
764-8854

MOBILE FOOD PANTRY

Thursday, June 18, 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

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



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



ROSE

Covert Senior Lifeline Calendar June 2015



PEARL

Mon	Tue	Wed	Thu	Fri
1 Auction Bingo 11am-12pm Great Game, Fun!	2 Well done is better than well said." <i>Benjamin Franklin</i>	3 Movie & Refreshments 1:00 pm <i>The Pelican Brief</i>	4 "Do not wait to strike til the iron is hot; but make it hot by striking." <i>William Butler Yeats</i>	5 The journey not the arrival matters." T.S. Elliot
8 Auction Bingo 11am-12pm	9 Computer Class 10:15am-3:15pm Appointments only 764-8378 ***** Karaoke 6pm-10pm	10 Movie & Refreshments 1:00 pm <i>Akeelah And The Bee</i>	11 "The past cannot be changed. The future is yet in your power." <i>Mary Pickford</i>	12 Presentation Ask The Lawyer Home Foreclosures 1:00pm
15 Auction Bingo 11am-12pm Great Game, Great Fun!	16 Computer Class 10:15am-3:15pm Appointments only 764-8378	17 Movie & Refreshments 1:00 pm <i>Big Mammias Like Father, Like Son</i>	18 Commodities - 10am-3pm ***** Mobile Food Pantry 10:30am-12:30pm	19 Computer Class 11am ***** Chess Class 11am
22 Auction Bingo 11am-12pm Great Game, Great Fun!	23 Computer Class Appt only 10:15am-3:15pm 764-8378 ***** Karaoke 6pm-10pm	24 Movie & Refreshments 1:00 pm <i>Heaven's Door</i>	25 "True happiness involves the full use of one's power and talents." <i>John W. Gardner</i>	26 Computer Class 11am ***** Chess Class 11am
29 Auction Bingo 11am-12pm Great Game, Great Fun!	30 Computer Class 10:15am-3:15pm Appointments only 764-8378	"Motivation gets you going; inspiration keeps you going." <i>Todd Stocker</i>	"The obstacles of your past can become the gateways that lead to new beginnings." <i>Ralph Blum</i>	"Take criticism seriously, but not personally." <i>Hillary Clinton</i>



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.

Meals on Wheels of SW Michigan Senior Nutrition Service Congregate Menu



June 2015

Menu Is Subject To Change Without Notice

Meals are Funded By

REGION IZ



Area Agency on Aging, Inc.
SPECIALISTS IN AGING

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Turkey Pot Pie Mashed Potatoes Green Beans Dinner Roll Crunchy Cranberry Salad	2 Spinach Salad w/ Steak & Blueberries Potato Salad Combread Muffin / Fruited Jello	3 Chicken Teriyaki over Rice Oriental Blend Biscuit Pineapple	4 Baked Ziti Side Salad w/ French Peas & Onions French Bread Fruit Cocktail in Vanilla Pudding	5 Tilapia Confetti Rice Brussel Sprouts Roll Applesauce
8 Turkey Burger w/ Fixings Apple Bean Bake Bun Navel Orange	9 Sweet & Sour Pork w/ Rice Oriental Vegetables Wheat Bread Jello w/ Fruit	10 Taco Salad Black Beans & Corn Salad Tortilla Chips Melon	11 Baked Potato Bar Chopped Broccoli Vegetable Soup Crackers Apricots	12 Tuna Noodle Casserole Spinach Carrot Coins Dinner Roll Pears
15 Breaded Baked Fish Baked Sweet Potatoes Broccoli Florets Biscuit / Peach Crisp	16 Cider- Braised Pork Mashed Potatoes w/ Gravy Beets Roll / Fruit Cocktail	17 Grilled Chicken Sandwich w/ Fixings (Lettuce/Tomato) Seasoned Green Beans Corn / Bun/ Pears	18 Pea & Ham Pasta Salad Lime Perfection Salad Crackers Applesauce	19 Turkey ala King w / Roll Mashed Potatoes California Blend Vegetables Lime Jello w/ Oranges
22 Vegetable & Tuna Pasta Salad Pea & Cheese Salad Crackers Applesauce	23 Liver & Onions Mashed Potatoes w/ Gravy French Green Beans Wheat Roll / Fruit Cocktail	24 Carolina Pulled Pork Baked Beans Tossed Salad Whole Wheat Bun / Peaches	25 Chicken Alfredo w/ Carrots / Broccoli Whole Wheat Bread Fresh Orange	26 Swiss Steak Mashed Potatoes w/ Gravy Stewed Tomatoes Wheat Roll / Fruited Jello
29 Melon & Chicken Pasta Salad Hard Boiled Egg 3 Bean Salad Crackers Pineapple	30 Sliced Roast Pork w/ Gravy Mashed Potatoes Brussel Sprouts Biscuit Banana			<p>Meals provide (per week) Calories 600-850 average Protein 19 grams per meal Total Fat 30% of Calories Sodium 800-2% Milk</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>

**KARAOKE
(FAMILY NIGHT)**
Tuesday, June 9 & 23, 2015
6pm-10pm
Lyrics Music furnished by:
Betty Webster
Step up to the stage, grab the mike &
let's get going.

**REFRESHMENTS
AVAILABLE**

COMPUTER CLASSES

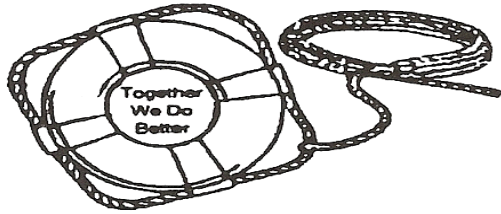
Get help with computer related matters
Ms. Nancy Vilims, Instructor

Tuesday, June 9, 16, 23 & 30, 2015
10:15 am-3:15 pm
By appointment only
764-8378

Friday, June 5 & 19, 2015

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, June 8, 2015

Covert Township Board of Trustees

7:00 p.m., Tuesday, June 9, 2015

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

4:00 p.m., Monday, June 15, 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