

# COVERT SENIOR NEWS

Covert Senior Lifeline • 73292 34<sup>th</sup> Avenue • Covert, MI 49043 • 269 764 6088

Barbara J. Norman, Director

January 2020

## HAPPY NEW YEAR!

## 2020



**You are invited to a PROGRAM**  
**“MOVING IN THE POWER OF THE DREAM”**

**Honoring Martin Luther King, Jr**

**Sunday January 19, 2020**

**4:00 PM**

**Covert High School Auditorium**

**Sponsored by:**

**Covert Area Ministerial Alliance**

**Covert Public Schools**

**Van Buren United Civic Organization**

**Thread of Hope Records**



Are you a singer? Join with other choristers in forming the *Community Fellowship Choir* to sing for the Martin Luther King Program. David Brock is the director. Rehearsals are January 7 & January 14, 5:30-6:30 in the High School Auditorium. (The back door will be open.)

# INFORMATION PAGE for COVERT TOWNSHIP SENIOR CITIZENS

## Commodity Distribution

Thurs. January 16, 2020

10:00-3:30

Van Buren United Civic Org.

73292 34<sup>th</sup> Ave.

Covert, MI 49043

✓Beginning in February commodity pickup will be limited to three days! Commodities will NOT be available after the three day pickup days.

✓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*



The schools and Senior Nutrition may be closed but the Van Buren United Civic Building may NOT be closed! Watch Channel 3 for specific VBUCO closing or call the Center before setting out into the weather. 764-8854

## 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 repairs 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**.

## SW MI Meals on Wheels

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 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**. 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**.

Meals are NOT available when Covert Schools are closed because of weather.

## United Way Recipient



*Care Watch, Home Repair, and Chore Service are funded through Covert Township Senior Millage. Recipients are very grateful!*

*The Care Watch program helps evaluate the needs of a senior resident and assists in making connections with care providers*

## Quarterly Commodities

Fire Station

February, May, & August

For all Seniors

## Seniors

**Sign up for a bus pick-up from home for Tuesdays and Thursdays. We need 15-20 consistent riders to have this service.**



## 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**.

## HELP!

### SENIORS NEED TRANSPORTATION TO NECESSARY APPOINTMENTS

Covert Senior Lifeline needs drivers to help with transportation needs.

Do you have.....

- ☆ an insured vehicle
- ☆ a good driving record
- ☆ time
- ☆ caring attitude

Cost reimbursement is \$0.55 per mile for taking seniors to their appointments. To find out more, call Dorothy Holmes

at, **764 6088**. Please consider helping our seniors AND yourself!



## 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 & Thursday, 12:00-2:00 with referral from We Care

**Covert Community Church Personal Care Pantry;** 29759 M-140 Hwy., Covert; Tuesday, 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.*

### News from... VAN BUREN DISTRICT LIBRARY, VBDL COVERT BRANCH

- **It's a new year and new decade, which means it's time for new and exciting events at the library!**
- On **January 4**, kick the New Year off with an **"Un-Birthday party!"** Read birthday books, have birthday cake and play Pin the Tail on the Donkey, dance to music and other play games. Celebrate everyone's birthday!
- End the school week on a fun note with **Fun Fridays**, which occurs twice a month at the library at 3:30 p.m. On **January 10**, join us for "Cups and Cups" decorate your own coffee or teacup (materials provided.) **January 24** celebrate Chinese New Year with an art project.
- **Twice this month on Wednesday is "Junior Scientists,"** which is a hands on science class for ages 6 and up and takes place at **4:00 p.m.** It's all about engineering this month! On **January 8**, test your engineering skills by building a marble run. On **January 22**, build a sky scraper.
- **The Cover to Cover Book Club** meets on **Monday, January 20 at 5:45 p.m.** to discuss the month's selection. Join for us for snacks while we talk about a great book.
- Take a journey with your little ones into the wonderful world of books during **Story Time**, occurring every **Tuesday at 11:30 a.m.** Story Time features stories and art activities about a different topic each month, and is for children ages 2-5. January's themes New Year's Day/Eve, penguins, hugs, and helping others.
- If you're having trouble using and navigating your smart phone, tablet, laptop, or using computer programs such as email, apps, MS Office programs, and more stop in on **Mondays between 4:00 p.m.- 6:00 p.m.** for **"Tech Tips!"** We can help you become more tech savvy.
- **Every Monday, Tuesday, and Friday** improve your health at the library's exercise program **Walk-Fit, at 4:00 p.m.** The exercises are suitable for all-ages and are senior-friendly. Please call or stop in to confirm times and register for this program.
- **The Covert Crafter's group** meets every **Saturday (10:00 a.m.)** throughout the month.
- VBDL Covert Branch library will be closed on **Wednesday, January 1, 2020 (and Tuesday, December 31, 2019)** in observance of the New Year's Holiday.
- For more information about VBDL programs please contact the library at 269-764-1298.

Meals on Wheels of SW Michigan/  
Senior Nutrition Services

Meals are Funded By

REGION IV



**Area Agency on Aging, Inc.**

**SPECIALISTS IN AGING**



# January 2020 -Congregate

**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	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	2 Baked manicotti w/ sausage Steamed Broccoli WW roll Peaches	3 Roasted turkey w/ gravy Mashed potatoes Chef's choice vegetable Fruited Jello
6 Chicken sandwich Lettuce, tomato Roasted vegetables Bun Pineapple	7 Stuffed pepper with rice, meat & cheese Creamed corn Fruit & yogurt parfait	8 Fish w/ tartar sauce Herbed Rice Mixed vegetables Mandarin oranges	9 Traditional goulash Coleslaw Biscuit Apricots	10 Roasted chicken & vegetables Redskin potato 3 bean salad Pears
13 Pork loin w/ gravy Mashed potatoes Broccoli florets Cornbread Fruit cocktail	14 Chicken teriyaki Rice Steamed spinach Oriental blend Peaches	15 Pot roast w/ potatoes, carrots, onions Peas WW roll Baked apple w/ cinnamon	16 Chef's choice meat (no pork) European blend Bun or biscuit Oranges	17 Southern corn meal fish Coleslaw Carrot coin Biscuit Vanilla pudding + fruit
	21 Hot beef sandwich Rosemary baked potato wedges Beet salad Bun Pineapple	22 Chicken n' dumplings Chef's choice vegetable Rye bread Ambrosia fruit salad	23 Hamburger on a Bun Potato salad Lettuce, tomato & pickles Bun Mandarin oranges	24 Chef's choice meat (no pork) Corn Key West vegetable Rye Birthday Cake + Fruit
27 Country Chicken Rice Capri blend vegetables Pears	28 Swiss steak w/ onions Mashed potatoes Steamed spinach WW roll Craisins	29 Teriyaki Pork Stir Fry White Rice Oriental blend Applesauce	30 Turkey chili with beans Tomato & cheese Corn bread Pineapple	31 Loaded baked potato w/ cheese, bacon, broccoli Sliced tomato & cucumber salad Peaches



## Offering Choices for Independent Lives

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

Region IV Area Agency on Aging

Tara Gillette, Marketing/Communications Specialist






# Senior Lifeline Calendar

## January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			2  1:00	3
6	7 9:30-2:30 	8 (All ages) MI WORKS Online 10:00- 12:00	9 	10
13	14 9:30-2:30  Computers by App.	15 (All ages) MI WORKS Online 10:00- 12:00	16 Commodities 10:00-3:30  1:00	17
20 <div style="border: 2px solid blue; border-radius: 50%; padding: 10px; display: inline-block; color: blue; font-weight: bold;">Jan 19 MLK Program School And.</div>	21 9:30-2:30  Computers by App.	22	23  1:00	24
27	28 9:30-2:30  Computers by App.	29	30  1:00	31 JANUARY BIRTHDAYS 12:00-12:30

EQNEKBCYGO LOROETEM  
 EEP EXFCOLDFRONTERA  
 STLLIHCDNIWNYDUOLC  
 HURRICANEDBDONQZKN  
 MROTSWONSVEOJOUHOK  
 YTILIBISIVONWISIXN  
 ETAREP METOOESTTNKT  
 QYRUAXH CHEATWAVEON  
 FREEZINGRAINTLTHFM  
 XHTPTDRNLGQIYUDIFV  
 TEELSEDPRIPWTEBOM  
 EXQTHJMPRIAGIUWLRN  
 TORNADOOCEUHDCEIEB  
 MOISTURERS S FICOZCR  
 BEAUFORTTAGSMAIZAE  
 RDRUOPNWODBOUENASE  
 THUNDERSTORMHRTRTZ  
 BFLASHFLOODJMWEDKE

### WEATHER

- |               |                                                                                       |               |
|---------------|---------------------------------------------------------------------------------------|---------------|
| ACCUMULATION  |  | HAIL          |
| AIR PRESSURE  |                                                                                       | HEAT WAVE     |
| BAROMETER     |                                                                                       | HUMIDITY      |
| BEAUFORT      |                                                                                       | HURRICANE     |
| BLIZZARD      |                                                                                       | METEOROLOGY   |
| BREEZE        |  | MOISTURE      |
| CLOUDY        |                                                                                       | MONSOON       |
| COLD FRONT    |                                                                                       | PRECIPITATION |
| CONDENSATION  |                                                                                       | SLEET         |
| DEW POINT     |                                                                                       | SNOWSTORM     |
| DOWNPOUR      |                                                                                       | TEMPERATE     |
| FLASH FLOOD   |                                                                                       | THUNDERSTORM  |
| FORECAST      |  | TORNADO       |
| FREEZING RAIN |                                                                                       | VISIBILITY    |
| GUST          |                                                                                       | WIND CHILL    |

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

P. O. Box 123  
Covert, MI 49043



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.

**VBCUO**

**P. O. Box 123, Covert, MI 49043**

**Senior Lifeline 269 764 6088**

**VBCUO 269 764 8854**

**Fax: 269 764 6031**

**Web Site: [vbuc.org](http://vbuc.org)**

**Important Meetings:**

**VBUCO Board**

6:30 p.m., Monday January 13

**Covert Township Board**

7:00 p.m., Tuesday January 14

**Covert Public School Board**

6:00 p.m., Monday January 20

**Non-Profit  
Organization  
US Postage  
PAID  
Covert, MI 49043  
Permit #2**

**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**