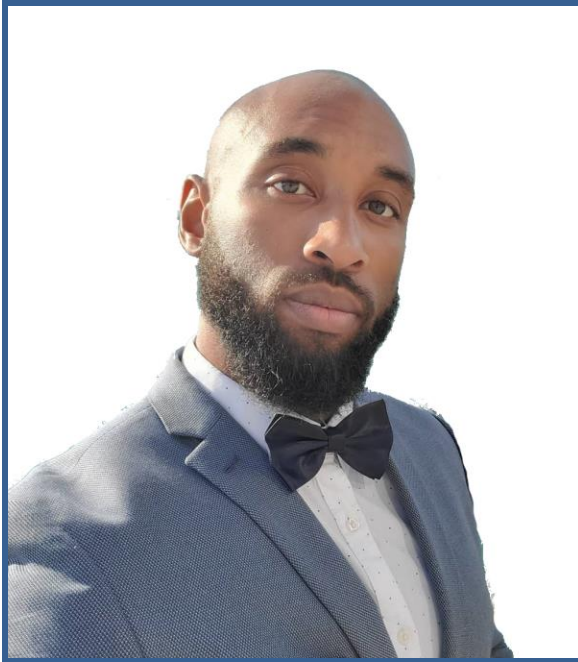


COVERT SENIOR NEWS

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

Barbara J. Norman, Director

March 2020



Hometown Doctor

Did You Know?

Born in Chicago IL: December 13th 1985

Grew up in Covert Michigan: Preschool- Highschool

Undergrad: Kentucky State University

Medical School: Pikeville College of Osteopathic Medicine

Family Medicine Residency: Community Health Network in Indianapolis

Current Practice: Family Medicine in Norton Healthcare. Louisville Kentucky

Quote: Success does not always occur from the purge of the antagonist; it also manifests in the progression towards one's goal despite the presence of hindrance.

~Steven Patton

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DAYLIGHT SAVING TIME BEGINS

SUNDAY MARCH 8, 2020



Remember to set your clocks **ahead**
(ex: 8:00 to 9:00) one hour!
Saturday, March 7, 2020

**Change the batteries in your
smoke & Carbon
Monoxide Detectors**



INFORMATION PAGE for COVERT TOWNSHIP SENIOR CITIZENS

Commodity Distribution

Thurs March 19, 2020

10:00-3:30

Van Buren United Civic Org.

73292 34th Ave.

Covert, MI 49043

✓ Commodity pickup will be limited to three days! Commodities will NOT be available after the three day pickup days. Thurs. 19 Fri. 20 Mon. 23.

✓ 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 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

Seniors Sign up for a bus pick-up from home for Tuesdays and Thursdays. We need

15-20 consistent riders to have this service.

Call 764 6088



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**.

Quarterly Commodities

"Old" Fire Station

May and August –For All Seniors

COMPUTER CLASSES

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

Tuesday, March 10, 17, 24, 31 2020

10:15 – 3:15

By appointment only
(269) 764- 6088

LEGAL SERVICES

Legal 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 any one 60+.

Call 1-888-783-8190

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 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.

VAN BUREN DISTRICT LIBRARY VBDL COVERT BRANCH MARCH EVENTS

- There are many fun events to enjoy at the library in March, so stop in and see what’s happening!
- Be on the lookout for the March Book Madness 2020 competition! Stop at any VBDL Branch for information.
- During the first week of March we will honor Dr. Seuss by celebrating “All things Seuss.” March 2- Dr. Seuss birthday party @ 3:30 p.m., March 3- Dress up as a Dr. Seuss character (all day), March 4- Green eggs and green clothes day (all day), March 5- “Fox in Socks Day.”, March 6- Dr. Seuss Scavenger Hunt @ 3:30 p.m., and March 7- Watch “The Lorax,” @ 12:00 p.m. to conclude “All things Seuss” week!
- End the school week on a fun note for your little ones with Fun Fridays, which occurs twice a month at the library at 3:30 p.m. On March 6, join us for a Dr. Seuss scavenger hunt, and on March 20 join us for some “alien” activities for Extra-terrestrial Abduction Day!
- 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. March 4, create Silly putty and learn about chemicals. March 18, make rainbows, three ways!
- The Cover to Cover Book Club meets on Monday, March 16 at 5:45 p.m. to discuss “Educated” by Tara Westover. Stop in and chat, while enjoying refreshments!
- 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. March’s themes are Cats, St. Patrick’s Day, Pandas and basketball. Drop-in, no registration needed.
- 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.

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 IX



Area Agency on Aging, Inc.
SPECIALISTS IN AGING



March 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
2 BBQ chicken Potato salad Roasted peppers & squash Peaches	3 Rotini with meatsauce Italian blend vegetables Mixed lettuce Pears	4 Sliced turkey with gravy Mashed potatoes Glazed carrots & broccoli salad Banana pudding	5 Philly steak sandwich Baked beans Scandivian blend Steak bun Citrus mix	6 Baked tilapia Confeti rice Green beans Applesauce
9 Beef stoganoff over noodles Beet salad with onions Steamed chopped collards greens Pineapple	10 Roasted Pork loin Potato Wedges Steamed broccoli Bun Baked apples with cinnamon	11 Chicken pot pie European blend Cucumber salad Mandarin oranges	12 Meatballs sandwich Zucchini & tomato casserole WW bread Mixed fruit	13 Vegetarian chili with cheese Corn & peppers Side salad with dressing Crackers Fruited jello
16 Rosted chicken quarter Winter blend vegetables Roasted potatoes Roll Craisins	17—St Patrick's Day Corned beef Potato & carrots Cabbage Silver dolar roll Irish Fluff	18 Pepper steak over rice Oriental vegetables Pears	19 Scalloped potatoes & chicken Sugar snap peas Carrot coins WW roll Fruited yogurt	20 Crispy fish fillet with tartar sauce Potato salad Mixed vegetables Applesauce
23 Taco casserole Black beans Tossed salad with french Pineapple	24 Country chicken Mashed potato with gravy Peas & carrots Peaches	25 Chinese beef over brown rice Asian vegetables WW bread Mandarin oranges	26 Sloppy Joes Coleslaw Southwest blend Bun Warm apples with raisins	27 CLOSED FOR INSERVICE
30 Pot roast with potatoes & carrots Green beans Roll Citrus mix	31 White bean chicken chili Mixed vegetables Crackers Fruited jello	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!












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. This program is for Covert Township seniors age 60 and over. Call (269)427-7921 to make your reservation.

If you need a ride for medical care or to the Civic Center for activities, call Covert Senior Lifeline at 764-6088. Drivers are reimbursed through the Township Senior Millage so you must be 60 or over and a township resident.

Senior Lifeline Calendar

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 9:30-2:30  Computers by App. Chess 12:30	4 (All ages) MI WORKS Online 10:00- 12:00	5  Movies 1:00 Exercise 2:30 	6 Chess 12:30
9	10 9:30-2:30  Computers by App. Chess 12:30	11 (All ages) MI WORKS Online 10:00- 12:00	12  Movies 1:00 Exercise 2:30 	13 Chess 12:30
16	17 9:30-2:30  Computers by App. Chess 12:30	18 (All ages) MI WORKS Online 10:00- 12:00	19 Commodities 10:00-3:30 Movies 1:00 Exercise 2:30	20 Chess 12:30
23	24 9:30-2:30  Computers by App. Chess 12:30	25 (All ages) MI WORKS Online 10:00- 12:00	26  Movies 1:00 Exercise 2:30 	27 Chess 12:30
30	31 9:30-2:30  Computers by App. Chess 12:30			

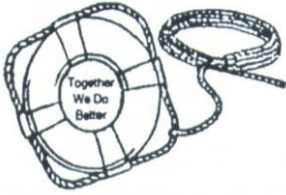
IRISH
GOLD
SHAMROCK
PARADE
RAINBOW
CLOVER
GREEN

MARCH
LUCK
PATRICK
IRELAND
POT
MAGIC



**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: vbuco.org

Important Meetings:

VBUCO Board
6:30 p.m., Monday March 9
Covert Township Board
7:00 p.m., Tuesday March 10
Covert Public School Board
6:00 p.m., Monday March 16

**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