

COVERT SENIOR NEWS

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

Barbara J. Norman, Director

December 2019

2019 Holiday Ball



**Come, enjoy music
dancing friends
SATURDAY, DECEMBER
14, 2019
5 PM–11PM**

**DINNER SERVED
PROMPTLY at 6PM
\$15.00 PER PERSON
Ticket Deadline:
December 6, 2019
At the door \$20.00 per person**

**VAN BUREN UNITED
CIVIC ORGANIZATION
73292 34TH AVE.
COVERT, MI 49043**

BE A GIFT FOR THE SEASON

Winter months are times that can bring on a roller coaster of emotions. For some the holiday time is an occasion for getting together with family, friends, and sharing food and sometimes gifts. Some people, especially seniors, those whose family have relocated far away, and newcomers to the community might not have those happier times. There are some that find the holidays almost overwhelming and yet when they are over their absence is felt.

Winter months also bring us the darker days and colder temperatures that cause us to be isolated. Then ice and snow make getting around a huge burden and also a cause for loneliness with another problem when food supplies run low.

As community members we can step up to look after folks, some we don't even know! You can be a gift to another! Be mindful of the house across the street and the older man next door. Step up and ask if a neighbor would like to go to the store or if you can pick up groceries while you're out.

Your VBUCO is perfect for "getting out of the house". It's a warm place to be, with many varying activities and transportation can often be provided with advance notice.

Game Time is good for fun, food and fellowship Dec. 3, 10 & 17 with a Game Time Christmas gathering on the 10th. Senior Nutrition meals are provided Monday thru Friday with advance reservations. As noted above, the Christmas Ball is December 14th with advance tickets available until Dec 6th. Tickets at the door will be \$20.00. Senior Nutrition/Meals on Wheels Christmas meal is Monday December 23rd and 24 hours advance reservation is necessary.



INFORMATION PAGE for COVERT TOWNSHIP SENIOR CITIZENS

Commodity Distribution
Thurs. December 19, 2019
10:00-3:30

**Van Buren United Civic
Organization**
73292 34th Ave.
Covert, MI 49043

Beginning January 19th there will be a three day pickup available. 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***

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**

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**.

Care Watch, Home Repair, and Chore Service are funded through Covert Township Senior Millage. The Care Watch program helps evaluate the needs of a senior resident, assists in making connections, and helping with care providers.



**FEEDING
AMERICA**
We know we can't just sit by and do nothing,
so we are going to be part of the solution.

A food truck is scheduled for South Haven- **11:00 AM – Dec 5** Hope Reformed Church (Senior Services of Van Buren Co.), 1365 Monroe Blvd., South Haven, MI 49090. Be sure to take bags or boxes for your food.

CLOSING ALERTS

VBCUO will NOT always be closed when Covert schools are closed.

When the weather is bad, watch WWMT-TV (Channel 3) for VBCUO closings due to weather or power outage or call the center **764-8854** to be sure it is open.

Transportation

Ride Van Buren County

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**.

Seniors, come in to sign up for a bus pick-up from home for Tuesdays and Thursdays. We need 15-20 consistent riders to have this service.



Winter Season Word Search



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



ANTIFREEZE
 BLACK ICE
 COLD
 FIREPLACE
 FOG FROST
 HIBERNATION
 HOLIDAYS
 ICE SCRAPER
 ICICLES
 MITTENS
 SCARF SKATES
 SKI PANTS
 SLEET
 SNOW PLOW
 SNOWMAN
 SOUP STORM
 TOBOGGAN
 WINTER TIRES
 WOOL SOCKS

VAN BUREN DISTRICT LIBRARY / VBDL COVERT BRANCH LIBRARY

- “Tis the season” to check out the great programs at VBDL Covert Branch Library! We have fun and educational events for all ages at the library throughout December.
- **Light up the Library** is a festive and fun community competition taking place through the entire month. Come decorate designated areas of the library with a Christmas theme, in a family friendly competition! The group/family that receives the most votes for their decorations will win a prize!
- Taking place twice in December is **Fun Fridays at 3:30 p.m.**, which includes art activities, movies, games, and more! On **December 6** make a St. Nicholas craft and on **December 20**, a Christmas or winter art activity.
- **Every other Wednesday**, bring the kids in for “**Junior Scientists**,” which is a hands on science class for ages 6 and up that provides educational activities at **4:00 p.m.** **December 4** make your own clay and design miniature ancient buildings while learning about Early American architectures. **December 18**, join us for a winter science day.
- It’s time for the annual **Cover to Cover Book Club Christmas/Holiday Potluck on Monday, December 16 at 5:45 p.m.!** Wear your favorite “ugly” sweater, bring your favorite dish and enjoy delicious refreshments while we choose our book selections for 2020.
- Bring the grandkids in for **Story Time**, which is **every Tuesday at 11:30 am.** Story Time features stories and art activities about a different topic each month, and is for children ages 2-5. December’s themes are snow/winter and Santa/reindeer, and Christmas.
- 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 4:00-6:00 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.
- **LEGO free-building occurs every Thursday, at 3:30 p.m.** Children can use their imagination to free build with LEGOS! Theme for this month is: outer space!
- **The Covert Crafter’s group** meets every **Saturday (10:00 am)** throughout the month.
- The library will be **closed on Tuesday, December 24 and Wednesday, December 25 in observance of the Christmas Holiday.** We will also be closed on **Tuesday, December 31 and Wednesday, January 1, 2020 in observance of the New Year’s Holiday.**
- For more information about VBDL programs please contact the library at 269-764-1298.



Senior Lifeline Calendar

December 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2	3 9:30-2:30 GAME TIME! Computers	4 (All ages) MI WORKS Online- Live 10:00- 12:00	5	6
9	10 9:30-3:30 GAME TIME CHRISTMAS Computers	11 (All ages) MI WORKS Online- Live 10:00- 12:00	12	DEC 14 th HOLIDAY BALL
16	17 9:30-11:30 GAME TIME! Computers	18 (All ages) MI WORKS Online- Live 10:00- 12:00	19 Commodities 10:00-3:30	20
23	24 Christmas Eve	25 Merry Christmas	26	27 DECEMBER BIRTHDAYS 12:00-12:30
30	31 HAPPY NEW YEAR			



HELP!

SENIORS NEED A RIDE TO NECESSARY APPOINTMENTS

Covert Senior Lifeline needs drivers to help with transportation needs.

If you have an insured vehicle, a good driving record, time, and love looking after others, consider taking seniors to their appointments. \$0.55 per mile reimbursement is given.

Helping others is a reward in itself! Please call Dorothy Holmes at, **764 6088** if you want to look into helping provide this service. She will have the information you need.

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.

Meals on Wheels of SW Michigan/
Senior Nutrition Services



December 2019-Congregate

Menu Is Subject To Change Without Notice

Meals are Funded By



Area Agency on Aging, Inc.
SPECIALISTS IN AGING

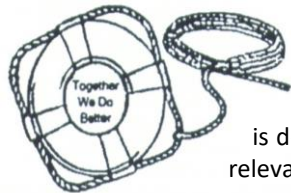
Along with Participant Contributions,
United Way Partners, Grant Awards and
Donations

Monday	Tuesday	Wednesday	Thursday	Friday
2 Meatloaf Mashed potato Peas & carrot coin WW bread Mandarin oranges	3 Stuffed peppers w/ rice and meat Au gratin potatoes Steamed broccoli Fruit punch	4 Oven fried chicken Potato wedges Mixed vegetables Corn bread Baked Apple with cinnamon	5 Traditional chili Rice Mustard greens Steamed yellow squash Peaches	6 Turkey burger with pickle Lettuce & tomato Coleslaw Bun Pineapple
9 Tuna noodle casserole Pickled beets Carrots Biscuit Pears	10 Turkey pot pie Butter beans Spinach Fruit cocktail	11 Chef's choice meat (no pork) European blend Bun or biscuit Mandarin oranges	12 Liver & onions Mashed potatoes w/ gravy Spring blend & carrots Yogurt parfait + fruit	13 Swiss steak w/ onions Baked potato Steamed zucchini Apple pie
16 Chicken fajita Sautéed peppers & onions Black bean Tortilla Mandarin oranges	17 Beef stroganoff over noodles Broccoli florets Carrot coin Apricots	18 BBQ chicken Scalloped potatoes California blend Peaches	19 Vegetarian lasagna Side salad w/ dressing Italian Bread Pineapple	20 Pork loin Sweet potatoes Lima beans Corn muffin Applesauce
23—Christmas Meal Ham Scalloped potatoes Corn casserole Roll Christmas cookies + orange			26 Chinese beef w/ peppers Brown rice Asian mixed veg Carrot coins Pears	27 Chef's choice meat (no pork) Corn Steamed spinach Rye bread Birthday Cake + Fruit
30 Crispy fish fillet Creamed corn Mixed vegetables Roll Pineapple			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!



**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: vbucuo.org

Important Meetings:

VBCUO Board

6:30 p.m., Monday December 9

Covert Township Board

7:00 p.m., Tuesday December 10

Covert Public School Board

6:00 p.m., Monday December 16, 2018

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 8854

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