

COVERT SENIOR NEWS

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

August, 2019
Debra Mahone, 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:

Debra Mahone, Program Coordinator
P. O. Box 123, Covert, MI 49043
Ph: (269) 764-8854
Fax: (269) 764-7031

Web Site: vbuco.org

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Eat Smart, Live Strong

Free 4-Week Nutrition Program for Adults

- Have fun learning about nutrition!
- Taste healthy foods!
- Get healthy recipes!
- Receive free healthy groceries!

Class co-taught by Bronson Health Educators

Where: Van Buren United Human Resource Center
(Civic Center)

Time: 1:00 p.m. - 2:00 p.m.

Dates: August 5, 12, 19, & 26, 2019

To enroll for this class call Debra Mahone at
269-764-8854.



This project was

funded in whole or in part by the USDA's Supplemental Nutrition Assistance Program Education through the Michigan Department of Health and Human Services and the Michigan Fitness Foundation.



VAN BUREN DISTRICT LIBRARY COVERT BRANCH LIBRARY

- **Animal Magic** - **Thursday, August 1** at 1:30 p.m. to meet and interact with amazing exotic animals from around the world.
- **Summer Reading Program** - **Friday, August 16** at 3:00 p.m. "A Universe of Stories."
- **Tech Tips** - **Mondays**, 10:00 a.m. - 3:00 p.m.
- **Covert Book Club** - **Monday**, at 5:45 p.m. to discuss the book "The Negro Motorists' Green Book", by Victor Green and also watch the film "Green Book," based on the book.
- **LEGO Club** - **Saturday** at 11:00 a.m. bring in the kids/grandkids to build with LEGO.
- **Move With Michelina** - **Mondays, Tuesdays, and Fridays** at 4:00 p.m. Call or stop in to confirm times.
- **Junior Scientists** - **Wednesdays** at 4:00 p.m. at 1:00 p.m.
- **Story Time** - **Tuesdays**, at 10:00 a.m. this month's theme the Outer Space.
- **The Covert Crafters** - **Tuesday** 5:00 p.m. & **Saturdays** at 11:00 p.m.
- **Fun Fridays** - **Friday, August 2** at 1:00 p.m. make delicious ice cream and on **August 9** at 1:00 p.m. watch the film "Spiderman: into the Spideverse" with snacks and pop.

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

ACTIVITIES AT SENIOR LIFELINE **Center Activities**

Cool in the summer and warm in the winter.
Open Daily for information and referrals.

Monday - Friday

9:00 a.m. - 3:00 p.m.

"New folks and old folks are always welcome"

Auction Bingo

Come out on Monday from 11:00 a.m. - 12:00 p.m. for Auction Bingo. With the "money" won from bingo you can bid on prizes. Come on out and join in on the fun.

Chair Yoga - Easy Going Exercise

Wednesday from 1:00 p.m. - 1:45 p.m. come and exercise your way to health while sitting in a chair. You will improve your balance, develop greater flexibility, and increase your strength.

Chess, Checkers, or Dominoes

Come by yourself or with a friend and play your favorite board game. Meet new friends or just fellowship with old ones. The fun and excitement begins every Friday at 1:00 p.m.

Senior Brunch

Will resume in September 2019.

3RD WEDNESDAY ACTIVITIES

- Meet and greet your friends and make some new ones.
- Table games, puzzles, TV bowling
- Movies
- Chair yoga

If you need transportation to the center please call **764-8854**.



Puzzles



LOAN CLOSET

If you need medical equipment such as shower chair, crutches, cane or walker with wheels we are your place. Call **764-8854** or come in to see if we can meet your need.



End Of Summer Picnic

August 28, 2019 from 11:00 a.m. to 1:00 p.m.

The picnic will be held at the Covert Park & Campground Pavilion, 8059 32nd Avenue, Covert, MI. Call Leona Rice at (616) 546-0352 or (269) 925-0137 for reservations by August 25, 2019. No charge for Covert Seniors. \$5.00 charge for non-Covert seniors. Transportation provided upon request.



MI Choice: A Program Offered by Region IV Area Agency on Aging

MI Choice services, funded through the MI Choice Waiver program, are for **adults 18 and older who have nursing-home level of care needs**, but who prefer to live at home or another residential setting.

The program is open to individuals 18 and older, who **have a chronic illness or disability and need more assistance to remain independent** in their home or community-based setting.

Individuals who meet income, asset, and level of care criteria, can receive a range of services and supports. Options might include help with bathing, dressing and transferring, light housekeeping, laundry, home-delivered meals, specialized equipment, caregiver relief, adult day care, nursing services, non-medical transportation, a personal emergency response system, electronic medicine dispenser, or help moving from a nursing home.

If you, a friend or loved one has nursing-home level of care needs and wants to live at home, call Region IV AAA.

Call the Info-Line at (800) 654-2810 to speak with a trained specialist who can answer questions about the MI Choice program. You may also visit our website at www.AreaAgencyonAging.org and click on *My Choice Home-Based Services*.

Offering Choices for Independent Lives

Tara Gillette, Marketing/Communications Specialist



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](http://www.AreaAgencyonAging.org)

Region IV Area Agency on Aging
2900 Lakeview Ave.

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 your 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: (269) **925-0137** for more information.

Commodity Distribution Thursday, August 15, 2019

**Van Buren United Human Resource Center
73292 34th Ave.
Covert, MI**

Commodities will be distributed between the hours of 10:00 a.m. - 3:30 p.m.

Commodities are based on your income and you must be at least 60 years of age.

For more information contact:
Debra Mahone at 269-764-8854.

"This institution is an equal opportunity provider"



AUGUST

BEACH	HIKING
BONFIRE	ICE CREAM
CAMPING	NEW TEACHERS
EXCITEMENT	POPSICLES
FISHING	SMORES
FRISBEE	SUNFLOWERS
FLIES	SWIMMING
HEAT	TENT

B E S H F I S H I N G N F I S
 A C E B O E R I F N O B R U E
 E F L I E S C A M P N G N E E
 S I C E C R E A M S I F B O X
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 G N I K I H P X O S R E A E N
 M S A N E W T E A C H E R S T

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HOME REPAIR AND CHORE SERVICES SENIOR MILLAGE

Home Repair and Chore Services are available through Senior Services of Van Buren County with funding received from the Covert Township Senior Millage. Both services 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 **\$1000 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 the above services please call **Kia** at **(269)637-3607**.

United Way Recipient

COMPUT-

Ms. Nan-
Instruc-
Ques-

**United
Way**



ER CLASS

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trouble with your computer, come here we may be able to help. **Tues., Aug.**

13, 20, & 27, 2019

VBUCO Human Resource Center.

By appointment only.

269-764-8854

No classes the first Tuesday of the month.

RIDE VAN BUREN COUNTY TRANSIT BUSES AT NO CHARGE!

Covert Seniors age 60 and over can ride the Van Buren County Public Transit bus free. Covert Township, through the Senior Millage, will pay Van Buren Public Transit for the usual fare. Minimum 24 hour notice is necessary for your ride.

Call 269-427-7921, or 1-800-828-2015, to make your reservation or cancel. This is important to keep this service!



Other transportation options are available for Township seniors:

A ride for medical care, personal needs, or to the Civic Center for activities, call Covert Senior Lifeline at 764-8854 to be taken by a volunteer driver.

If you need a wheelchair van, call Senior Services of Van Buren County at 637-3607.

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 Monday -Friday, 9:30 a.m.-12 p.m.

Call: 637-4342

Lily of the Valley Church Food Pantry

30600 M-140 Highway, Covert
Tuesday & Thursday, 12 p.m.-2 p.m.
with referral from We Care

Covert Community Church Personal Care Pantry

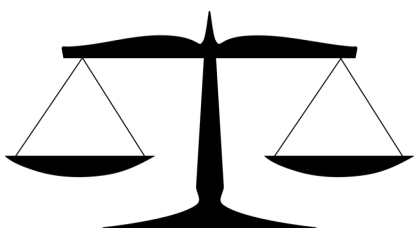
29759 M-140 Highway, Covert
Tuesday, 12-2 p.m. with referral from We Care

Covert Seventh Day Adventist Church Clothes Pantry

33081 M-140 Hwy., Covert
Open by Appointment Only - Call: 269-252-3285
If no answer, please leave a message

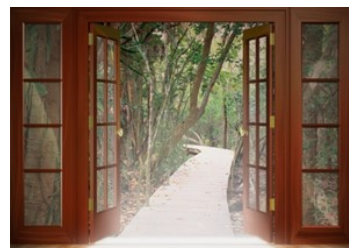
Legal Aid

Call 1-888-783-8190 to talk to a lawyer to answer questions and give advice. A lawyer will be available Mondays, Tuesdays, and Thursdays from 9:00 a.m. - 4:00 p.m. and Wednesdays from 11:00 a.m. - 6:00 p.m.



Open Door Fundraiser

Please remember our Open Door Fundraiser.
Every bit helps.





Gladiolus

Senior Lifeline Calendar

August 2019



Peridot

Mon	Tue	Wed	Thu	Fri
"A life without love is like a year without summer." Author Unknown	"Cause a little bit of summer is what the whole year is all about." John Mayer	"August is like the Sunday of summer." Author Unknown	1 "Why fit in when you were born to stand out." Dr. Suess	2 "And the summer night was giving into the lure of autumn's sway."
5 BINGO 11:00 A.M. - 12:00 P.M. ***** Eat Smart, Live Strong 1:00 P.M. - 2:00 P.M.	6 "It's always summer somewhere." Lilly Pulitzer	7 CHAIR YOGA 1:00 P.M. - 1:45 P.M.	8 "Always take the scenic route." Billabongwomen	9 "One must maintain a little bit of summer, even in the middle of winter." Henry Thoreau
12 BINGO 11:00 A.M. - 12:00 P.M. ***** Eat Smart, Live Strong 1:00 P.M. - 2:00 P.M.	13 COMPUTER CLASS APPT. ONLY 10:00 A.M. - 2:15 P.M.	14 CHAIR YOGA 1:00 P.M. - 1:45 P.M.	15 COMMODITIES 9:30 A.M. - 3:30 P.M.	16 "Don't cry because it's over; Smile because it happened." Dr. Suess
19 BINGO 11:00 A.M. - 12:00 P.M. ***** Eat Smart, Live Strong 1:00 P.M. - 2:00 P.M.	20 COMPUTER CLASS APPT. ONLY 10:00 A.M. - 2:15 P.M.	21 CHAIR YOGA 1:00 P.M. - 1:45 P.M.	22 "When the winter comes, the summer shines infinitely in our hearts." Mehmet Ildan	23 "I love how summer just wraps its arms around you like a warm blanket." Kellie Elmore
26 BINGO 11:00 A.M. - 12:00 P.M. ***** Eat Smart, Live Strong 1:00 P.M. - 2:00 P.M.	27 COMPUTER CLASS APPT. ONLY 10:00 A.M. - 2:15 P.M.	28 SUMMER PICNIC 11:00 A.M. - 1:00 P.M.	29 "Sun is shining. Weather is sweet. Make you wanna move your feet." Bob Marley	30 August Birthdays 12:00 P.M. - 12:30 P.M.

VOLUNTEER DRIVERS NEEDED

Mileage Reimbursement (\$0.55) per miles traveled)



Covert Senior Lifeline is seeking volunteer drivers to transport our seniors to community program, doctor appointments, and personal needs. Seniors need transportation for many reasons mainly to get where they need to go. They no longer drive, need help in assessing services, or want and need socialization.

To become a volunteer driver, come to the Covert Senior Lifeline Office at 73292 34th Ave., Covert, MI or call (269) 764-8854. **We need your help.**

Meals on Wheels of SW Michigan Senior Nutrition Service Congregate Menu

Meals are Funded By



August 2019



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

Menu Is Subject To Change Without Notice

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals provide (average per week) Carbs: 75 grams Calories: 800 average Sodium: 800 mgs. average Protein: 19 grams</p>	<p>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!</p>		<p>1 Chicken fajitas w/ onion Sauteed peppers Black beans Tortilla Peaches</p>	<p>2 Lemon baked cod Baked potatoes Prince Charles vegetables Jello + fruit</p>
<p>5 Chicken n' dumplings Chef's choice vegetable Rye bread Grape or fruit</p>	<p>6 Egg salad Roasted potatoes Bed of spinach WW roll Fruit cocktail</p>	<p>7 Chef's choice meat Side salad WW bread Melon or fruit</p>	<p>8 Country Chicken Rice Capri blend vegetables Banana pudding</p>	<p>9 Pork loin w/ gravy Roasted Redskin Potatoes Baby carrot Applesauce</p>
<p>12 Roast beef w/ gravy Mashed potatoes Sauteed zucchini Pineapple</p>	<p>13 Turkey Burger Lettuce & tomato Bun Baked apple</p>	<p>14 Stuffed pepper with meat sauce & cheese Creamed corn Garden blend Rye bread Pears</p>	<p>15 Bratwurst Potato salad Roasted vegetables Bun Pineapple</p>	<p>16 Southern corn meal fish Macaroni salad Key West vegetable Biscuit Watermelon or fruit</p>
<p>19 Lasagna casserole Italian blend vegetables Italian bread Peaches</p>	<p>20 Mac & cheese Steamed Peas Cornbread Jello w/ fruit</p>	<p>21 Chef's choice meat Lentil salad Side salad WW roll Oranges</p>	<p>22 Traditional chili Steamed chopped collard greens Crackers Fruit mix</p>	<p>23 Swiss chicken Broccoli florets Chef's choice vegetable Melon or fruit</p>
<p>26 Meatloaf Mashed sweet potatoes Yellow squash WW bread Pears</p>	<p>27 Quiche lorraine Roasted Rosemary potatoes Spinach salad mix Fruit & yogurt parfait</p>	<p>28 Chicken teriyaki Rice Oriental blend vegetables Berries or fruit</p>	<p>29 Salisbury steak Noodles Beet salad Coleslaw Peaches</p>	<p>30 Tuna salad Rice salad Steamed zucchini & onions Birthday Cake + Fruit</p>

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 School Board
6:00 p.m., Monday, August 19, 2019

Covert Township Board
7:00 p.m., Tuesday August 13, 2019

Senior Citizen Advisory Board
3:00 p.m., Wednesday, August 21, 2019

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: 1-800-772-1213

Van Buren County Courthouse 1-269-657-8200