

COVERT SENIOR NEWS

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

Barbara J. Norman, Director

February 2020

GET OUT OF THE WINTER DOLDRUMS!

The days are gray and sunlight is scarce. Household chores are just not exciting. Check out activities at the Center! Stop by for Bingo, Give exercises a try (Good for all ages and abilities). Catch a movie with others. Bring some friends to play cards or chess. Share a meal with others. All of this is available at your Van Buren United Civic Organization. All ages are invited. Help make the Center YOUR Community Center.

A special event planned for February is the Valentine's Day Extravaganza. Friday evening, Feb. 14th from 5:00- 8:00 enjoy a wonderful dinner and a bit of dancing. You need to plan ahead as your dinner choice must be pre-ordered when you pay for your ticket. Tickets are priced at \$10.00 per person. Dinner will be catered by A&J. Meal choices are:

Soup ~OR~ Salad

NY Strip Steak ~OR~ Parmesan Chicken

Baked Potato ~OR~ Mashed Potato

Asparagus ~OR~ String Beans

Strawberry Cheesecake- White Choc Ganache Drizzle ~OR~ Chocolate Mousse Cake w-
Chocolate Garnish and Chocolate Dipped Strawberry

Dinner Roll included

TAX HELP

Tax help will be available at the VBCUO by appointment. Call to see if you are eligible and to make an appointment. You must bring all paperwork and forms to your appointment.

Dates are :Feb. 4, 11, 18,& 25 and
March 3, 10, 17, 24, & 31.

Appointments go fast.

Call now! 764 6088



FRIDAY FEBRUARY 14, 2020

5:00 PM - 8:00 PM

VAN BUREN UNITED CIVIC ORGANIZATION

73292 34TH AVENUE

COVERT, MI 49043

VALENTINE'S DAY EXTRAVAGANZA

INFORMATION PAGE for COVERT TOWNSHIP SENIOR CITIZENS

Commodity Distribution

Thurs FEBRUARY 20, 2020

10:00-3:30

Van Buren United Civic Org.

73292 34th Ave.

Covert, MI 49043

✓Beginning this month 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 home repairs 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.**

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**.



FIREMAN'S CORNER

We would like to remind everyone to watch not only the roads, but the sidewalks this time of year. Due to the freezing and thawing temperatures, ice can be a major problem. Remember "Drive (and walk) slow in the ice and snow!"



HELP!

SENIORS NEED TRANSPORTATION TO NECESSARY APPOINTMENTS

Call Dorothy Holmes at, **764 6088** if you want to try this.

• VAN BUREN DISTRICT LIBRARY VBDL COVERT BRANCH FEBRUARY EVENTS

- **VBDL Covert Branch Library** will "leap" into February, with lots of great events and classes for children, teens, adults, and seniors!
- Beginning February, we will honor Black History Month by showing a new film every Saturday! On **February 1** at 12:00 p.m. join us for "42: The Jackie Robinson Story," **February 8** we will watch "Hidden Figures," **February 15** watch "The Great Debaters," **February 22** join us for "Selma," and to conclude the series, join us on Leap Day, **February 29** for "Loving."
- **Fun Fridays**, which occurs twice a month at the library at 3:30 p.m. is fun for your little ones. On **February 14**, make Valentine's Day cards for someone special and on **February 28** celebrate "Leap Year," with a leaping frog project.
- **Twice this month on Wednesday** is "**Junior Scientists**," 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 **February 5**, make paper planes and test them. On **February 19**, create a miniature wind turbine.
- **The Cover to Cover Book Club** meets on **Monday, February 17 at 5:45 p.m.** to discuss the "Book of Unknown Americans" by Cristina Henríquez. Join for us for snacks while we chat!
- On **February 21 at 3:00 p.m.**, connect with members of the Covert community when you help create a unity mural in honor of Black History month.
- **Every Tuesday at 11:30 a.m.** take a journey with your little ones into the wonderful world of books at **Story Time**. Story Time features stories and art activities about a different topic each month, and is for children ages 2-5. February's themes are smiles, Valentine's Day, Dogs, and Black History. 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.

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

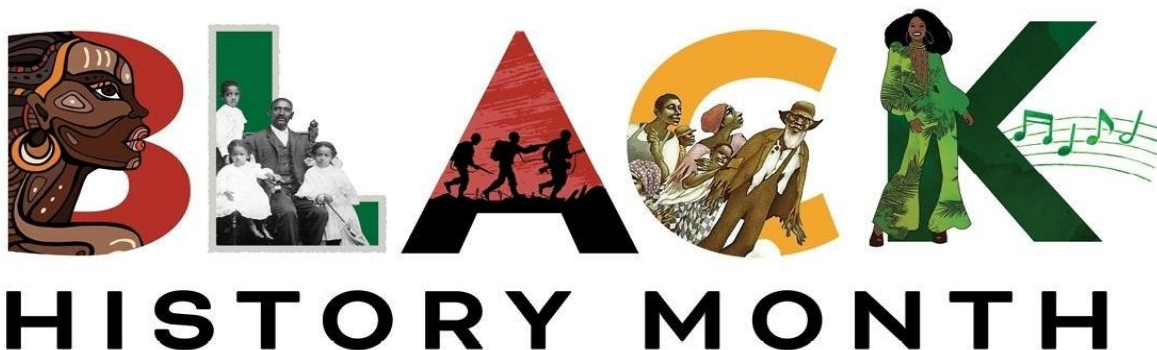
February -Congregate

Menu Is Subject To Change Without Notice















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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Turkey & rice casserole Sliced carrots Cauliflower Peaches	4 Polish sausage Potato salad Green beans Bun Mandarin oranges	5 Beef & noodles California blend Cucumber & onion salad Fruited jello	6 Lemon baked cod White rice Snap peas & carrots Banana pudding	7 Chicken lasagna Italian blend Side salad Italian bread Pears
10 Chicken teriyaki over rice Oriental blend Fruited yogurt	11 Liver & onions Mashed potatoes with gravy Baby peas Dinner roll Pineapple	12 Pulled pork sandwich Green beans casserole Creamy cucumber salad Bun Citrus mix	13 Goulash with noodles Prince Charles Rye bread Apricots	14 Valentine's Day Menu Family-Style Steak with mushrooms Baked potato Tossed salad with dressing Chocolate mousse + fresh fruit
17 Taco salad with black beans Sauteed zucchini & peppers Tortilla chips Fruited jello	18 BBQ chicken Hot potato salad Cucumber & tomato Baked apples with cinnamon	19 Meatball sandwich with cheese 3 bean salad Mixed lettuce with dressing Sub-bun Mixed fruit	20 Fish with tartar sauce Herbed rice Mixed vegetables Pears	21 Oven fried chicken Mashed potatoes with gravy Spring blend Cherry crumble
24 Turkey tetrazzini Roasted vegetables Peas & pearl onions Craisins	25 Cabbage roll with meat & tomato sauce Loaded mashed potatoes Carrots Roll Pineapple	26 Parmesan pork cutlet Marinated vegetable salad Green beans Roll Applesauce	27 Swiss steak with onions Mashed potatoes with gravy 5 bean salad Pears	28 Vegetable manicotti Steamed spinach Carrot coins Peach + birthday cake
Meals provide (average per week) Calories: 800 average Protein: 19 grams 2% milk			Carbs: 75 grams Sodium: 800 mgs. average Total Fat : 30% Sodium:800	
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!				



Senior Lifeline Calendar

February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 9:30-2:30  Tax help by App. Chess 12:30	5 (All ages) MI WORKS Online 10:00- 12:00	6  Movies 1:00 Exercise 2:30 	7 Chess 12:30
10	11 9:30-2:30  Computers by App. Chess 12:30 Tax help by app.	12 (All ages) MI WORKS Online 10:00- 12:00	13  Movies 1:00 Exercise 2:30 	14 Chess 12:30
17 	18 9:30-2:30  Computers by App. Chess 12:30 Tax help by app.	19 (All ages) MI WORKS Online 10:00- 12:00	20 Commodities 10:00-3:30 Movies 1:00 Exercise 2:30	21 Chess 12:30 Valentines Day  Extravaganza
24	25 9:30-2:30  Computers by App. Chess 12:30 Tax help by app.	26 (All ages) MI WORKS Online 10:00- 12:00 <i>Ash Wednesday</i>	27  Movies 1:00 Exercise 2:30 	28 Chess 12:30

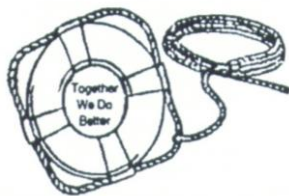
S	H	A	R	E	C	R	O	P	P	E	R	R	A	M
R	O	Y	Y	T	I	L	A	U	Q	E	E	T	L	O
E	A	U	S	T	H	G	I	R	E	V	L	K	I	D
R	F	W	T	E	T	O	V	S	R	O	I	P	S	E
O	R	E	L	H	T	O	R	A	V	N	C	N	S	E
B	I	H	X	I	P	E	C	E	G	A	E	E	K	R
A	C	S	L	A	V	E	R	Y	A	W	G	X	W	F
L	A	A	D	O	T	I	C	N	O	R	T	S	A	N
N	O	R	T	H	C	L	C	I	E	B	O	O	N	R
L	I	N	C	O	L	N	L	G	T	G	I	U	Z	H
S	E	U	L	B	Z	J	A	O	U	S	R	L	A	C
S	N	A	M	B	U	T	U	P	P	O	U	O	A	R
T	S	I	N	O	I	T	I	L	O	B	A	J	H	A
H	U	Z	W	O	R	C	M	I	J	A	Z	Z	N	M
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ABOLITION
 AFRICA
 ALI
 ARMSTRONG
 ASHE
 BLUES
 BOYCOTT
 BUS
 CARVER
 CIVIL WAR
 EQUALITY
 FREEDOM
 INJUSTICE
 INTEGRATION
 JAZZ
 JIM CROW
 KWANZAA
 LABORERS

LINCOLN
 MARCH
 M L KING
 NAACP
 NEGRO
 NORTH
 OVERSEER
 OWENS
 POLL TAX
 REVOLT
 RIGHTS
 RIOT
 SEGREGATION
 SLAVERY
 SOUL
 SOUTH
 TUBMAN
 VOTE

**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

VBUCO 269 764 8854

Fax: 269 764 6031

Web Site: vbuco.org

Important Meetings:

VBUCO Board

6:30 p.m., Monday February 10

Covert Township Board

7:00 p.m., Tuesday February 11

Covert Public School Board

6:00 p.m., Monday February 17

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