

COVERT SENIOR NEWS

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

July, 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:

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

Web Site: vbuco.org

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Independence Day, commonly known as the Fourth of **July** or **July Fourth**, is a federal **Holiday** in the United States commemorating the adoption of the Declaration of Independence on **July 4, 1776**, declaring independence from Great Britain.

Enjoy the fireworks and have a happy, enjoyable, and safe holiday.

From: Covert Senior Lifeline
Van Buren United Civic Organization

PICTURES, PICTURES, PICTURES

JULY 16, 2019

1:00 P.M.— 4:00 P.M.

Curtis Steward will be at Van Buren United Civic Organization (Civic Center) for you to view pictures taken by him at the Senior Proms and or the center. If you would like to purchase any of your pictures you may do so at that time.



VAN BUREN DISTRICT LIBRARY COVERT BRANCH LIBRARY

- **Tech Tips** - Mondays, 10:00 a.m. - 3:00 p.m.
- **Covert Book Club** - Monday, July 22 at 5:45 p.m. to discuss the book "Love you More." by Lisa Gardner.
- **LEGO Club** - Saturday at 11:00 a.m. bring in the kids/grandkids to build with LEGO.
- **Move With Michelina** - Mondays, Tuesdays, and Fridays. Call or stop in to **confirm** times.
- **Junior Scientists** - Wednesdays at 4:00 p.m. July 3, 17, 24 and 31. 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** - at 3:00 p.m., on July 12 and 26.
- **Social Worker Intern** - Monday from 10:00 a.m. to 1:00 p.m. to help you with answers to your questions on employment, emergency assistance, family matters and health care.

The library will be closed Wednesday, July 4, 2019

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.



Mobile Food Truck July 18, 2019



Time is from 11:00 a.m. or until food runs out. Please bring your own bags to carry the food.

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, July 18, 2019

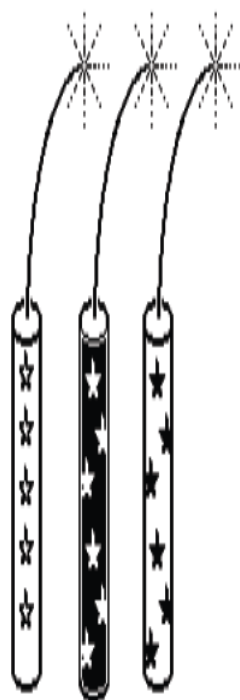
**Van Buren United Human Resource Center
73292 34th Ave.
Covert, MI**

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"



4th of July Word Search

BLUE
CONGRESS
ENGLAND
FIREWORKS
FLAG
FREEDOM
JULY
KING
LIBERTY
PARADE
RED
STATES
TAXES
UNITED
WAR
WHITE

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

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



COMPUTER CLASS

Ms. Nancy Vilims, Instructor
Questions-trouble with your computer, come here we may be able to help.

Tues., July 9, 16, 23, & 30, 2019
VBUCO Human Resource Center.

By appointment only.

269-764-8854

No classes the first Tuesday of the month.

Van Buren United Civic Organization
P.O. Box 123|Covert, MI 49043|(269) 764-8854

NOTICE OF POLICY CHANGE

All Facility User and Renters Of The
Van Buren United Civic Organization

Dear Constituents,

Thank you for being valued patrons of the Van Buren United Civic Organization (VBUCO).

This notice serves to inform you that effective on July 1, 2019, any person, agency or entity that wish to utilize the VBUCO facility for gatherings of any sort are required to obtain Festival or Special Event Insurance Coverage.

Should you have already reserved the facility and paid for a future date; you are still able to use the facility with additional stipulations that will be discussed with you personally on a case by case basis.

If you have reserved the facility and have not paid the required deposit and or usage fee, you will have to complete a new application and agreement as well as acquire Festival/Special Event Insurance 3 days before your scheduled event.

Thank you again for your support of the Van Buren United Civic Organization. We look forward to a continued relationship.

Sincerely,

The Van Buren United Civic Organization



Larkspur

Senior Lifeline Calendar

July 2019



Ruby

| Mon | Tue | Wed | Thu | Fri |
|--|--|---|--|---|
| 1 BIINGO 11:00 A.M - 12:00 P.M. ***** ICE CREAM SOCIAL 1:00 P.M. - 2:00 P.M. | 2 <i>"Liberty is the breath of life to nations."</i> George B. Shaw | 3 <i>"America to me is freedom."</i> Willie Nelson | 4 <i>"Freedom is nothing but a chance to be better."</i> Albert Camus | 5 <i>"A life without love is like a year without summer."</i> Swedish Proverb |
| 8 BIINGO 11:00 A.M - 12:00 P.M. | 9 COMPUTER CLASS APPT. ONLY 10:00 A.M. - 2:15 P.M. | 10 CHAIR YOGA 1:00 P.M. - 1:45 P.M. | 11 <i>"Deep summer is when laziness finds respectability."</i> Sam Keen | 12 <i>"In summer, the song sings itself."</i> William C. Williams |
| 15 BIINGO 11:00 A.M - 12:00 P.M. | 16 COMPUTER CLASS APPT. ONLY 10:00 A.M. - 2:15 P.M. | 17 CHAIR YOGA 1:00 P.M. - 1:45 P.M. | 18 COMMODITIES 9:30 A.M. - 3:30 P.M. ***** MOBILE FOOD TRUCK 11:00 A.M. UNTIL FOOD IS GONE | 19 <i>"The summer night is like a perfection of though."</i> Wallace Stevens |
| 22 BINGO 11:00 A.M - 12:00 P.M. | 23 COMPUTER CLASS APPT. ONLY 10:00 A.M. - 2:15 P.M. | 24 CHAIR YOGA 1:00 P.M. - 1:45 P.M. | 25 <i>"Summer breeze, light fluffy clouds, Mother Nature has a canvas for every season."</i> Terri Gulliemets | 26 JULY BIRTHDAY CELEBRATION |
| 29 BIINGO 11:00 A.M - 12:00 P.M. ***** MEDICARE SEMINAR 12:00 P.M.- 12:45 P.M. | 30 COMPUTER CLASS APPT. ONLY 10:00 A.M. - 2:15 P.M. | 31 CHAIR YOGA 1:00 P.M. - 1:45 P.M. | <i>"One flag, one land, one heart, one hand, one nation forevermore."</i> Oliver W. Holmes | <i>"In the truest sense, freedom cannot be bestowed; it must be achieved."</i> Franklin D. Roosevelt |

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.,



Meals on Wheels of SW Michigan

Senior Nutrition

Service Congregate Menu

July 2019

Meals are Funded By



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

Menu Is Subject To Change Without Notice

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| 1 Turkey ala King Rice Yellow squash Bun Pears | 2 Chicken marsala Noodles Steamed Zucchini & peppers Jello w fruit | 3 Hamburger Pickle, lettuce & tomato Coleslaw Hamburger bread Oranges | 4 Independence Day | 5 Spagetti w meatballs Chef's choice vegetables Italian bread Pineapple |
| 8 Pot roast with potatoes Steamed spinach Dinner roll Mandarin oranges | 9 Chef's choice meat Mashed sweet potatoes Lima beans WW roll Melon or fruit | 10 Citrus chicken Confetti Rice Spring blend vegetable Fruit & yogurt parfait | 11 Vegetable & tuna pasta salad Side salad Crackers Apple pie | 12 Pulled pork sandwich Macaroni salad Beet & tomato salad Bun Peaches |
| 15 Chicken taco salad Black beans & corn Sauteed zucchini w/ onions Tortilla chips Fresh fruit in season | 16 Sloppy joes Potatoes O'Brian Baby carrots WW Bread Ambrosia fruit salad | 17 Chicken caprese pasta salad Cucumber & onion salad Breadsticks Mandarin Oranges | 18 Roast turkey w/ gravy Mashed potatoes Key West vegetables Biscuit Pears | 19 Breaded baked fish w/ tartar sauce Green beans and peppers Roll Plums |
| 22 Sweet & sour meatballs over noodles Prince Charles Blend veg WW biscuit Peaches | 23 BBQ chicken Hot german potato salad Coleslaw Biscuit Jello w/ fruit | 24 Chef's choice meat Santa Fe blend WW bread Oranges | 25 Baked potato bar w/ bacon, cheese, onions, sour cream Chopped broccoli Crunch Side salad w/ purple cabbage Crackers Pineapple | 26 Salmon patties w tartar sauce Creamed corn Asparagus or grean beans Rye Bread Birthday Cake + Fruit |
| 29 Beef stroganoff Noodles Chef's choice vegetables Grapes or fruit | 30 Chicken enchilada Brown rice Succotash Mix salad w/ dressing Vanilla pudding w/ fruit | 31 Melon & chicken pasta salad Green salad w dressing Crackers | Meals provide (average per week) Carbs: 75 grams Calories: 800 average Sodium: 800 mgs. av- erage Protein: 19 grams Total Fat : 30% 2% milk | Your donation to- ward the cost of the meal helps to make sure that these meals can continue. Please be as gener- ous as you can! We thank you! |

**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, July 15, 2019

Covert Township Board
7:00 p.m., Tuesday July 9, 2019

Senior Citizen Advisory Board
3:00 p.m., Wednesday, July 17, 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