



The Sentinel

NEWSLETTER

Sue's News

Congratulations, Tim Hawkins, on 10 years at our River Valley Senior Center! Tim took the position of Executive Director on April 15, 2013 and immediately rolled up his sleeves to begin making positive changes to the operations, services, and procedures at the Center.



Sue Polishuk
President

Tim initially tackled the policies that govern the finances at RVSC to establish an ethical workplace and gain trust with our senior population. Updating personnel, financial records, and procedures gave us the clarity and transparency that was needed at the time.

He then took on the huge task of coordinating the renovation of the entire building. This took several years

and required help from many resources. The fresh, modern facility that we have now is the result of much hard work from Tim, many board members, and Layman Construction.

Strategic planning efforts in 2013-14, and again in 2022, set goals for the organization that have given us a map and a direction for the center. These included improving resources, programs and services, letting the community know about what is available, obtaining grants, and succession planning.

Moving into the future with Tim at the helm, we are looking forward to new technology, partnering with other community organizations, safety and security of the building, and more educational programs for seniors. A strong board and a new staff will support him as improvements continue.

Tim's greatest satisfaction is building a team atmosphere with the board, the staff, and the many volunteers that make the Senior Center thrive. He states, "We want everyone to feel welcome and have the community be proud of us."

If you remember where we were 10 years ago, you can see how far we have come! The growth has been amazing! We thank Tim for his 10 years of vision and dedication. Again, congratulations!



Tim Hawkins
Executive Director



On the Road Again!

1 Van Trip

Four Winds Field, South Bend
South Bend Cubs

vs

West Michigan White Caps
Wednesday, July 19, 2023

12:05 pm
Price \$31

This is a van trip and the first 8 persons to sign up and pay will go. Call (269) 469-4556. The van will leave the Senior Center at 10:30 am.

2 Bus Trip

Meijer Gardens
Wednesday, July 26, 2023

Price \$65

(includes bus, entry to
Meijer Gardens, tram tour,
and gratuity)

Ride in a deluxe motor coach that will leave the Senior Center at 9 am and return at 6 pm. Please call (269) 469-4556 for reservations and make payment by

RVSC Mission Statement: To offer residents of our service area who are 60 years and older a range of educational, recreational, social, transportation, and referral services.

Monthly Commodities

Wednesday, May 10, 12:30–2 pm

(Please enter from Three Oaks Road on Old M-11.)

Monthly Commodities are given out on the second Wednesday of each month from 12:30 to 2 pm to **seniors** who meet federal regulations. If you are a household of 1 and have an income of \$1,580 or less, or if you are a household of 2 and have an income \$2,137 or less, or know someone who does, please meet with Sabine Wheatley at the Senior Center to fill out required paperwork. The Commodity Supplemental Food Program (CSFP) and The Emergency Food Assistance Program (TEFAP) are equal opportunity providers. If you are unable to meet this time, you may stop by the **following Monday** from 12:30 to 1:30 pm. Come inside the Senior Center and let us know that you are picking up commodities. You can also sign a proxy form to pick them up if that is easier.

Quarterly Commodities

Wednesday, May 17, 12:30–2 pm

(Please enter from Three Oaks Road on Old M-11.)

Quarterly commodities will be given out from 12:30 to 3 pm on the third Wednesday of each quarter to people of all ages who qualify. To qualify for quarterly commodities, the household income maximum is different than the monthly requirements. A household of 1 is \$2,147, a household of 2 is 2,903, and household of 3 is \$3,660. If you think you qualify or know someone who does, please meet with Sabine Wheatley on the pick-up day at the center to sign the self-certification form. Commodity Supplemental Food Program (CSFP) and The Emergency Food Assistance Program (TEFAP) are equal opportunity providers.

BINGO!

- **11 am, Friday, 5/26/23, RVSC with lunch.**
Please call for **reservations by May 22.**



*Great opportunities may come once in a lifetime,
but small opportunities surround us every day.*

—Rick Warren

WEEKLY RECURRING ACTIVITIES

MONDAY

- 9 am—Exercise Class (LL)
- 10 am—Exercise Class (LL)
- 1:30 pm—Yoga, Chair (LL)
- 2:30 pm—Yoga, Beginners (LL)

TUESDAY

- 9 am—Crafts (call for reservations) (LL)
- 10 am—T.O.P.S. (UL)
- 1 pm—Cribbage (UL)

WEDNESDAY

- 9 am—Exercise Class (LL)
- 10 am—Exercise Class (LL)
- 12:30 pm—Monthly Commodities (Garage)/
2nd Wednesday of each month
- 12:30 pm—Quarterly Commodities (Garage)/
3rd Wednesday of each quarter
- 1 pm—Line Dancing (LL)
- 1 pm—Euchre (UL)

THURSDAY

- 1 pm—Cribbage (UL)
- 1 pm—Quilting (UL)
- 1:30 pm—Tai Chi (LL) 6 sessions \$48,
8 sessions for \$60 or drop in fee \$10.
Janet Snelgrove, Facilitator,
Phone (269) 982-7282
- 2 pm—Alzheimer’s Caregiver Support Group

FRIDAY

- 9 am—Exercise Class (LL)
- 10 am—Exercise Class (LL)
- 10:45 am—Blood Pressure Checks
- 1 pm—Knitting & Crocheting (LL)

Foot Clinic

Monday, May 22 & Friday, May 26

RVSC offers Foot Clinic services with Jane Sherwin, RN of Blessed Feet, LLC. Prior to receiving services, you **must bring a release form** signed by your Health Care Provider. **No exceptions.** If you are a new Foot Clinic client, please call (269) 469-4556 to have one mailed to you. Cost for new clients is \$30; returning clients pay \$25. Foot clinic is by appointment only.

Watercolor Painting: Magnolias

Tuesday, May 16, 12:30–3:30 pm

Join Roy and Peg Hruska, who are both Madden Certified Teachers. Classes are geared to those who have never tried watercolor before or who like the loose paintings of TV teacher, Terry Madden. Create something beautiful in a relaxed, positive, and fun atmosphere. Cost is \$20 per session, and everything you need is provided for your finished



May Project: Magnolias

Transportation & Services

Please allow 5-7 business days advance notice to reserve transportation. Emergency service will be addressed on a case-by-case basis.

The Senior Center provides many services for those over 60 years of age. They include transportation for medical, shopping, and other necessary trips. The Center has a wide service area that includes Bridgman, New Buffalo, Lakeside, Union Pier, Sawyer, Harbert, Three Oaks, New Troy, Grand Beach and Galien. Our volunteer drivers will see that you get to your doctor's appointment located in Berrien County, LaPorte, Michigan City and parts of South Bend on time between **8:30 am and 1 pm (Eastern Standard Time)**. The Senior Center will gladly accept donations for maintaining our increasing van transportation expenses. When using our transportation, please be patient. Our drivers are volunteers.

Bible Study Mondays

2 pm–3:15 pm

Join us Mondays at 2 pm for a community Bible study. We are exploring the book of Matthew. All are welcome. Call Pastor Rob Nash (269) 612-7996.

Newsletter Folding

Thursday May 25, 9 am

Open to anyone with a willingness to volunteer. We will be folding newsletters at 9:00 am in the lower level.

Board of Directors' Meeting

Thursday, May 18, 10 am

The River Valley Senior Center Board of Directors will hold their monthly meeting in the upper level of the Senior Center. All are welcome.

Important Service Numbers

- Alzheimer's Help Line 1 800 272-3900
- Area Agency on Aging 1 800 654-2810
- Benton Harbor VA Clinic 1 269 934-9123
- Elder Abuse Prevention 1 855 444-3911
- Eldercare Locator 1 800 677-1116
- Lakeshore Legal Aid 1 888 783-8190
- Long Term Care Ombudsman 1 866 485-9393
- Medicaid Hotline 1 800 642-3195
- Medicare Questions 1 800 633-4227
- Medicare/Medicaid Asst. Prog. 1 800 803-7174
- Northern Indiana V.A. Clinic 1 574 272-9000
- PACE 1 855 243-8876
- Senior Nutrition Service 1 855 925-0137
- Social Security 1 800 772-1213
- Telemarketer: Do Not Call 1 888 382-1222
- To Report a Scam 1 877 382-4357
- United Way 211 or 1 800 310-5454



- All center volunteers
- All van drivers
- All of our contributors
- Facebook support: Marci Stephenson, Diane Kirk, Sharon Phillips

RIVER VALLEY SENIOR CENTER – MAY - 2023

<p>1 Exercise - 9:00 & 10:00 LL Yoga ,Chair 1:30 LL Yoga, Beginners 2:30 LL Bible Study 2:00 to 3:15 UL</p>	<p>2 Crafts - 9:00 Cribbage - 1:00 UL T.O.P.S. 10:00 UL</p>	<p>3 Exercise - 9:00 & 10:00 LL Line Dancing - Intermediate- 1 to 2:30 LL Euchre 1:00 UL Wii Bowling - 1:00 UL</p>	<p>4 Cribbage - 1:00 UL Quilting - 1:00 UL Tai Chi - 1:30 LL Alzheimer's Support Group 2:00 UL</p>	<p>5 Exercise - 9:00 & 10:00 LL Blood Pressure Checks 10:45 LL Knitting & Crocheting 1 - 3 LL</p>
<p>8 Exercise - 9:00 & 10:00 LL Yoga ,Chair 1:30 LL Yoga, Beginners 2:30 LL Bible Study 2:00 to 3:15 UL Meditation 12:30 - 1:15 UL</p>	<p>9 Crafts - 9:00 Cribbage - 1:00 UL T.O.P.S. 10:00 UL</p>	<p>10 Exercise - 9:00 & 10:00 LL Line Dancing - Intermediate- 1 to 2:30 LL Euchre 1:00 UL Monthly Commodities 12:30—2 Wii Bowling - 1:00 UL</p>	<p>11 Cribbage - 1:00 UL Quilting - 1:00 UL Tai Chi - 1:30 Note UL Vision Searchers 11–1 LL Alzheimer's Support Group 2:00 UL</p>	<p>12 Mothers day Party—11:30 Blood Pressure Checks 10:45 LL </p>
<p>15 Exercise - 9:00 & 10:00 LL Yoga ,Chair 1:30 LL Yoga, Beginners 2:30 LL Bible Study 2:00 to 3:15 UL</p>	<p>16 Crafts - 9:00 Cribbage - 1:00 UL T.O.P.S. 10:00 UL Water Color 12:30 - 3:30 LL Movie Day 11:30 - Titanic</p>	<p>17 Exercise - 9:00 & 10:00 LL Quarterly Commodities 12:30—2 Line Dancing - Intermediate- 1 to 2:30 LL Euchre 1:00 UL Wii Bowling - 1:00 UL</p>	<p>18 Cribbage - 1:00 UL Quilting - 1:00 UL Tai Chi - 1:30 LL Board Mtg – 10:00 UL Alzheimer's Support Group 2:00 UL</p>	<p>19 Exercise - 9:00 & 10:00 LL Blood Pressure Checks 10:45 LL Knitting & Crocheting 1 - 3 LL</p>
<p>22 Foot Clinic by Appointment Exercise - 9:00 & 10:00 LL Yoga ,Chair 1:30 LL Yoga, Beginners 2:30 LL Bible Study 2:00 to 3:15 UL Meditation 12:30 - 1:15 UL</p>	<p>23 Crafts - 9:00 Cribbage - 1:00 UL T.O.P.S. 10:00 UL</p>	<p>24 Exercise - 9:00 & 10:00 LL Line Dancing - Intermediate- 1 to 2:30 LL Euchre 1:00 UL Wii Bowling - 1:00 UL</p>	<p>25 Newsletter Folding – 9 am Cribbage - 1:00 UL Quilting - 1:00 UL Tai Chi - 1:30 LL Alzheimer's Support Group 2:00 UL</p>	<p>26 Exercise - 9:00 & 10:00 LL Blood Pressure Checks 10:45 LL Knitting & Crocheting 1 - 3 LL Bingo - RVSC (lunch) - 11 LL Foot Clinic by Appointment Movie Day—A Football Life of Wal- ter Payton - 1:00</p>
<p>29 MEMORIAL DAY HOLIDAY  <i>Memorial DAY</i></p>	<p>30 Crafts - 9:00 Cribbage - 1:00 UL T.O.P.S. 10:00 UL</p>	<p>31 Exercise - 9:00 & 10:00 LL Line Dancing - Intermediate- 1 to 2:30 LL Euchre 1:00 UL Wii Bowling - 1:00 UL</p>	<p>LOCATION KEY LL = Lower Level UL = Upper Level</p>	<p>Senior Nutrition Services Lunch Served at 11:45 Senior Nutrition Services serves lunch for seniors in the LL of the Center. If you would like to participate, please call Mary McCormick at 269-426-0912 before 10:00 a.m. the day before you want your meal</p>

**Meals on Wheels of Southwest Michigan
Senior Nutrition Services
Home Delivered Meals Menu
Congregate Menu
May 2023**



<p>1 Sweet and Sour Meatballs Over Rice Oriental Vegetable Blend Steamed Pea Pods Pineapple</p>	<p>Spaghetti with Marinara Garlic Breadstick Steamed Zucchini and Summer Squash Tropical Fruit Blend</p>	<p>3Sliced Turkey Breast With Whipped Potatoes and Gravy Roll with Margarine Steamed Broccoli Carrot Coins Mixed Fruit Cup</p>	<p>4 Sausage Gravy Over Biscuits Diced Pepper Trio Yogurt with Fruit 100% Fruit Juice</p>	<p>5Chicken Fajita on Tortilla with Cheese, Salsa, Shredded Lettuce Black Beans and Corn Cinnamon Churro Orange Wedges</p>
<p>8 Salmon Patty Sandwich Served on a Bun Coleslaw Green Beans Apricots</p>	<p>9 Chicken Mashed Potato Bowl Wheat Roll Green Peas Diced Carrots Fruit Salad</p>	<p>10 Beef Stroganoff with Mushrooms Over Noodles Rye Bread Tossed Salad with Ranch Peaches</p>	<p>11Pizza Pasta Casserole Cooked Spinach Lima Beans Whole Wheat Bread Pineapple Tidbits</p>	<p>12 MOTHERS DAY! Roasted Chicken Quarter Warm German Potato Salad Cucumber Salad Cherry Crumble</p>
<p>15 Swiss Steak Baked Potato Farm Fresh Vegetable Baked Cinnamon Apples</p>	<p>16NEW ITEM Gyro Sandwich on Pita Bread With Tzatziki Sauce Roasted Sweet Potatoes Red onions and Tomatoes Banana Pudding</p>	<p>17 Pulled Pork Sandwich Macaroni and Cheese Stewed Tomatoes Steamed Broccoli Applesauce</p>	<p>18 Boneless Pork Chop Mashed Potatoes with Gravy California Vegetable Blend Jello with Fruit</p>	<p>19 Chicken Alfredo Pasta Texas Toast Italian Blend Vegetables Grapes</p>
<p>22Turkey Meatloaf Roasted Red Potatoes Five Way Mixed Vegetables Brussels Sprouts Fruited Yogurt</p>	<p>23 Baked Whitefish Served over Rice Three Bean Salad Pea Pods Mandarin Oranges</p>	<p>24 Cheeseburger with Lettuce, Tomato, Onion On a Whole Wheat Bun Pasta Salad Pear Halves</p>	<p>25 Beef Enchiladas Spanish Rice with Tomatoes Santa Fe Blend Vegetable Diced Pears</p>	<p>26 Hot Dog on a Bun Baked Beans Coleslaw Melon Medley Birthday Cake</p>
<p>29 CLOSED MEMORIAL DAY</p>	<p>30Sloppy Joe on a Bun Potato Wedges Norweigen Blend Vegetables Diced Peaches</p>	<p>31 Honey Garlic Chicken Whipped Potatoes Side Salad with Cucumber and Tomato Bread and Butter Diced Mango</p>	<p>Meals provide (average per week) Carbs: 75 grams Calories: 800 Sodium: 800 milligrams Protein: 19 grams Total Fat : 30% 2% milk Sodium:800</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>

St. Patrick's Day Bingo



St. Patrick's Day offered loads of fun for all, including Bingo and an excellent lunch.



B-I-N-G-O can't be too far away!

Ready for Wii Bowling? We Are!

Wednesdays, May 3, 10, 17, 24, 31 at 1 pm



Come join us and enjoy Wii Bowling here at the Senior Center. We will keep your score and determine your average. Meet us in the upstairs Conference Room. You'll have more fun than you can imagine. Give it a try.

Wrinkles should merely indicate where the smiles have been. –Mark Twain

Mother's Day Celebration

Friday, May 12

Mothers, celebrate your special day with us on Friday, **May 12** at 11:30 a.m. for a brunch prepared especially for you. Please call for reservations by **May 5th** at 269-469-4556.



Enjoy a Movie and Popcorn

Get ready for a great movie! We'll have the popcorn ready. Come settle in and enjoy the showing:

A Football Life (Walter Payton)
Friday, May 26, 1 pm, Friday, May 26

Walter Payton was a NFL legend. He was tough, resilient, highly-skilled, and reached unprecedented heights, with a touch of sweetness.



Titanic
11:30 Tuesday, May 16
Intermission included.

James Cameron's *Titanic* is an epic, action-packed romance set against the ill-fated maiden voyage of the *RMS Titanic*; the pride and joy of the White Star Line. A great classic.

Benefit from Meditation

Learn how to use your breath to settle into stillness and meditation. This 2-week series is designed to progressively guide you into a longer meditation period. Learn how to use your breathing to calm yourself in stressful situations. Sabine Wheately will be your guide through these sessions. Please call (269) 469-4556 to register or if you have questions.



Classes are scheduled for Mondays in May (5/8 and 5/22) at 12:30 pm to 1:15 pm.

Tidbits:

- On Thursday, May 11, Tai Chi will be held on the Upper level.
- No Exercise classes or Knitting classes on Friday, May 12. The Mother's Day Celebration will need all of the Lower Level.

Mobile Food Pantry Schedule

Feeding America's West Michigan Foodbank

- **Tuesday, May 2, 3:30 pm**
Harbert Community Church
- **Wednesday, May 3, 4:30 pm**
Woodlawn Shores Baptist Church

Caring Cupboard Mobile Food Pantry:

This food pantry serves those who meet federal guidelines and live in the service areas of Bridgman, Baroda, Stevensville, Glendora, New Troy, Sawyer, and St. Joseph.

Location: Bridgman Fire Department or Woodland Shores Baptist Church in Bridgman during the summer months.

- **Thursdays, 10 am–12 pm and 6:15 pm–7:30 pm**
- **First and third Sundays of each month.**

Bread of Life Food Pantry at Our Lady Queen of Peace Church, Lake Street, Bridgman

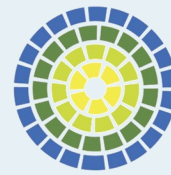
- **Tuesday, 10 am–12 Noon and Thurs, 6 pm– 7:30 pm**

May Word Search

E	E	P	O	Y	E	B	T	S	G	L	P	C	M
T	T	I	Y	G	E	L	D	U	N	I	O	R	G
L	D	N	A	M	B	O	R	N	I	O	A	L	A
O	Y	E	M	O	U	S	E	S	I	S	D	Y	B
C	M	F	E	T	M	S	I	H	S	L	T	U	G
L	G	Y	D	H	B	O	M	I	I	E	T	U	R
S	N	A	O	E	L	M	A	N	C	T	B	E	U
G	I	D	C	R	E	S	S	E	E	Y	L	D	E
O	N	Y	N	S	B	R	G	R	D	B	U	N	I
R	E	A	I	D	E	I	F	A	D	Y	A	S	D
F	D	M	C	A	E	L	L	E	D	A	R	A	P
L	R	E	E	Y	Y	P	L	A	N	T	I	N	G
C	A	T	E	R	P	I	L	L	A	R	U	I	R
G	G	E	M	E	M	O	R	I	A	L	D	A	Y

BUTTERFLY
BUMBLEBEE
GARDENING
CINCO DE MAYO
BLOSSOMS
CATERPILLAR
MOTHERS DAY
SUNSHINE
PARADE
MAY DAY
FROGS
SOIL
MEMORIAL DAY
PLANTING
LADYBUG

Play this puzzle online at : <https://thewordsearch.com/puzzle/2363748/>



Neighbor By Neighbor

Need help with food, rent, utilities, car or home repairs? Call Neighbor by Neighbor at 269-231-0648. Neighbor by Neighbor links residents of Chikaming, New Buffalo, Three Oaks Township, the Village of Three Oaks, and the City of New Buffalo with resources and services. We have access to funds to keep people from getting behind on rent/mortgage payments, and/or utility bills. There are no age restrictions on who we serve. Give us a call. We serve people of any age within our boundaries who are at or below 200% of the federal poverty level.

Telephone Reassurance

The River Valley Senior Center provides a Telephone Reassurance program for those that live alone and would appreciate a daily friendly call to check on their welfare. If you would appreciate such a call, or have an elderly relative who lives alone, and might be reassured to hear a friendly voice on a daily basis, please call the Senior Center at 269-469-4556. If you would be like to be a volunteer caller, let the Senior Center know.

Meet Vision Searchers

This group is comprised of individuals who are visually impaired, up to and including those who are legally blind. They spend time sharing experiences and giving each other encouragement and tips. Members bring in reading materials, devices to help distinguish colors in clothing, help to identify medications, and so much more. At times, the group might take a field trip or enjoy a summer picnic.

Should you feel this group is for you or anyone in your life that could benefit from this socialization, please feel free to join us on **Thursday, May 11 from 11 to 1 pm.**

River Valley Senior Center
P.O. Box 275
13321 Red Arrow Highway
Harbert, MI 49115



NON-PROFIT
ORGANIZATION
US POSTAGE
PAID
HARBERT, MI
PERMIT No.2

RETURN SERVICE REQUESTED

Website: www.rvseniorcenter.org
Email: director@rvseniorcenter.org
Phone: (269) 469-4556
Fax: (269) 469-0321
Hours: Monday-Friday
7:30 a.m. to 4 p.m.

MAY 2023



River Valley Board of Directors

Sue Polishuk, *President*
Tim Hawkins, *Executive Director*
Ellie Rogers, *Vice President*
Sue Rogers & Evia King, *Co-Treasurers*
Sharon Phillips, *Secretary*
Peggy Wagner
Karie Mansfield
Marilyn Griffiths
Frank Schmidt
Dorothy Palen
Juanita Miller
Barb Wojtczak
Curtiss Alvarez

*Healing takes time, and asking
for help is a courageous step.*
— **Mariska Hargitay**



River Valley Senior Center Staff

Tim Hawkins, *Executive Director*
Mike Deeds
Facility Maintenance Technician
Donna Pydlek
Health & Wellness Coordinator
Sabine Wheatley
Administrative Assistant
Susan Buckingham
Transportation Coordinator
Vern Kits
Maintenance Assistant/Custodian
Mary McCormick
Senior Nutrition Services Site Manager