



The Sentinel

NEWSLETTER

Sue's News—Senior Nutrition Services

One of the generous services offered at River Valley Senior Center is a daily lunch—either at the Center or delivered to seniors' homes. Meals on Wheels of Southwest Michigan provides these meals to Seniors in both Berrien and Van Buren Counties.



Sue Polishuk
President

Mary McCormick, a long-time volunteer, is the Site Manager of Senior Nutrition Services at RVSC. In 2017, Mary started volunteering one day per week at the reception desk and quickly increased it to two days. Always willing to serve, she began filling in more days

as needed. In 2018, she was asked to assist with preparing clients' taxes, and then also became trained in MMAP (Michigan Medicare/Medicaid Assistance Program) to begin helping our clients with their Medicare and Medicaid issues.

Mary has both the skills and willingness to serve in any way she is asked, which makes her a valuable addition to RVSC. So when the position at Senior Nutrition Service opened, she was a logical person for the job!

One of the services offered at RVSC in collaboration with Senior Nutrition Services and Meals on Wheels of Southwestern Michigan is a daily hot lunch. Mary helps with client assessments and coordinates the staging for home-delivered meals Monday through Friday at the Center in the River Valley area. They served 522 meals in October of 2022. Mary enjoys her job at River Valley Senior Center and states, "I love my Seniors. Some are friends and some are family. I love them all!"

Mary helps with client assessments and coordinates the staging for home-delivered meals Monday through Friday at the Center in the River Valley area. They served 522 meals in October of 2022. Mary enjoys her job at River Valley Senior Center and states, "I love my Seniors. Some are friends and some are family. I love them all!"

If you have a question about the Meals on Wheels program or want to inquire about eligibility, please call Mary at 269-426-0912. Thank you, Mary, for all you do!



Mary McCormick,
RVSC Site Manager
Senior Nutrition Services



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 \$21 (price reduction)

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 **June 26th**. As in the past, we will pick up passengers in Stevensville at 9:15 am.

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, June 14, 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.



Father's Day

Father's Day is celebrated worldwide to **recognize the contributions that fathers and father figures make in the lives**

of their children. This special day celebrates fatherhood and male parenting. Come join us on **Friday, June 16** at **9 am** where a breakfast will be prepared especially for you. Please call 269-469-4556 to make your reservation or sign up at the front desk.

BINGO!

- 11 am, Friday, 6/9/23—Lifecare with lunch
- 11 am, Friday, 6/30/23—RVSC with lunch



You are never too old to set another goal or to dream a new dream. —C.S. Lewis

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) June 6 and 20
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

Friday, June 23 & Monday, June 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: I Can See Chicago

Tuesday, June 13th, 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 painting. Please call (269) 469-4556 to reserve a spot.



June Project: I Can See Chicago

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, June 29, 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, June 15, 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.



- DeRuiter Greenhouse
- All van drivers
- All Center volunteers
- Facebook support:
Marci Stephenson,
Diane Kirk, Sharon Phillips

Transportation & Services

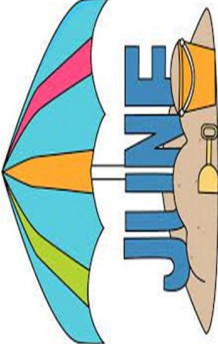
Please allow 5-7 business days advance notice to reserve transportation. Emergency service will be addressed on a case-by-case basis.

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.

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: 1-888-382-1222
Do Not Call
- To Report a Scam 1-877-382-4357
- United Way 211 or 1-800-310-5454

RIVER VALLEY SENIOR CENTER – JUNE – 2023

<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>	<p>LOCATION KEY LL = Lower Level UL = Upper Level</p>		<p>1 1:00 Cribbage UL 1:00 Quilting UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p>2 9:00 & 10:00 Exercise LL 10:45 Blood Pressure Checks LL 1 :00 Knitting & Crocheting LL</p>
<p>5 9:00 & 10:00 Exercise LL 12:30 Meditation UL 1:30 Yoga, Chair LL 2:00 Bible Study 2:30 Yoga, Beginners LL</p>	<p>6 9:00 Crafts LL 10:00 T.O.P.S UL 1:00 Cribbage – UL</p>	<p>7 9:00 & 10:00 Exercise LL 1:00 Line Dancing LL 1:00 Euchre UL 1:00 Wii Bowling UL</p>	<p>8 11:00 Vision searchers 1:00 Cribbage UL 1:00 Quilting UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p>9 9:00 & 10:00 Exercise LL 10:45 Blood Pressure Checks LL 11:00 BINGO Lifecare/lunch LL 1:00 History of RV Schools/ with Garry Lange 1:00 Knitting & Crocheting LL</p>
<p>12 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>13 9:00 Crafts LL 12:30 Watercolor painting 1:00 Cribbage – UL</p>	<p>14 9:00 & 10:00 Exercise LL 12:30 Monthly Commodities 1:00 Line Dancing LL 1:00 Euchre UL 1:00 Wii Bowling UL</p>	<p>15 10:00 Board Meeting 1:00 Cribbage UL 1:00 Quilting UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p>16 9:00—Fathers day breakfast 9:00 & 10:00 Exercise LL 10:45 Blood Pressure Checks LL 1 :00 Knitting & Crocheting LL</p>
<p>19 9:00 & 10:00 Exercise LL 12:30 Meditation UL 1:30 Yoga, Chair LL 2:00 Bible Study 2:30 Yoga, Beginners LL</p>	<p>20 9:00 Crafts LL 10:00 T.O.P.S UL 1:00 Cribbage – UL 1:00—Movie Day</p>	<p>21 9:00 & 10:00 Exercise LL 1:00 Line Dancing LL 1:00 Euchre UL 1:00 Wii Bowling UL</p>	<p>22 1:00 Cribbage UL 1:00 Quilting UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p>23 Foot Clinic by appointment 9:00 & 10:00 Exercise LL 10:45 Blood Pressure Checks LL 1 :00 Knitting & Crocheting LL</p>
<p>26 Foot Clinic by Appointment 9:00 & 10:00 Exercise LL 1:30 Yoga, Chair LL 2:00 Bible Study 2:30 Yoga, Beginners LL</p>	<p>27 9:00 Crafts LL 1:00 Cribbage – UL</p>	<p>28 9:00 & 10:00 Exercise LL 1:00 Line Dancing LL 1:00 Euchre UL 1:00 Wii Bowling UL</p>	<p>29 9:00 Newsletter folding 1:00 Cribbage UL 1:00 Quilting UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p>30 9:00 & 10:00 Exercise LL 10:45 Blood Pressure Checks LL 11:00 BINGO RVSC with lunch LL 1 :00 Knitting & Crocheting LL</p>

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



<p>Meals provide (average per week) Carbs: 75 grams Calories: 800 Sodium: 800 milli-grams Protein: 19 grams Total Fat : 30%</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!</p>	<p>1 Sunshine Rice with Ground Beef and Beans Crinkle Cut Carrots Roll with Margarine Fruited Yogurt</p>	<p>2 Chicken Breast Patty Sandwich AuGratin Potatoes Mixed Vegetables Apricots</p>
<p>5 Spaghetti with Meatballs Garlic Breadstick Steamed Squash Tropical Fruit Blend</p>	<p>6 Turkey Meatloaf Whipped Potatoes Five Way Mixed Vegetables Cinnamon Applesauce</p>	<p>7 Philly Cheesesteak Sandwich with Peppers Red Skin Potatoes Prince Charles Veggie Blend</p>	<p>8 Stuffed Green Peppers with Rice and Meat Corn Dinner Roll Applesauce</p>	<p>9 Salmon Burger with Lettuce, Tomato, Tarter Sauce Coleslaw Green Beans Diced Pears</p>
<p>12 French Toast Sticks Turkey Sausage Patty O'brien Roasted Potatoes</p>	<p>13 Goulash Green Beans Texas Toast Seasonal Fruit</p>	<p>14 Beef Enchiladas Spanish Rice with Tomatoes Santa Fe Blend Vegetable Apricots</p>	<p>15 Tuna Noodle Casserole Beets Biscuit Tropical Fruit Salad</p>	<p>16 FATHERS DAY MEAL BBQ Chicken Quarter Mac and Cheese Steamed Spinach Cornbread Ambosia Salad</p>
	<p>20 Herbed Pork Chop Mashed Potatoes with Gravy Mixed Vegetables Pineapple</p>	<p>21 Honey Garlic Chicken Steamed Rice Side Salad with Tomato and Cucumber Rye Bread with Margarine</p>	<p>22 Gyro Sandwich on Pita Bread With Tzatziki Sauce Roasted Sweet Potatoes Red onions and Tomatoes</p>	<p>23 Brat on a Bun Served with mustard/ketchup/relish Warm Potato Salad Prince Charles Veg Blend Fruit Cocktail</p>
<p>26 Beef Fajitas With Onions, Peppers, Salsa Black Beans Tortilla Shells Mango</p>	<p>27 Loaded Macaroni and Cheese with Chicken and Broccoli Diced Tomatoes Chocolate Pudding</p>	<p>28 Turkey Burger with Bun Mayo, Mustard, Lettuce, Pickle and Tomato Cheezy Mashed Potatoes</p>	<p>29 Sweet and Sour Meatballs Over Rice Oriental Vegetable Blend Steamed Pea Pods Fruit Crisp</p>	<p>30 Baked Cod with Tarter Sauce Confetti Rice Succotash Veggie Blend Pineapple Tidbits Birthday Cake</p>

History of River Valley Schools



Garry Lange
Retired RV Principal

Join former principal Garry Lange on Friday, **June 9** at **1 pm** as he presents a slide presentation about River Valley Schools from 1844-2023. See how an underdeveloped community evolved into what we now know as Harbor Country.

You'll learn about the many country schools that existed in our school district. In 1923, we had 18 school locations, and by 2023, we have consolidated into one. Don't miss this one! Meet us in the Board Room on **June 9** at **1 pm**.

Enjoy a Movie and Popcorn

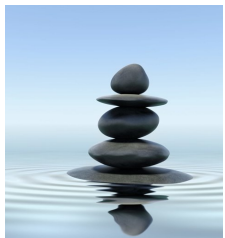
Get ready for a great movie! We'll have the popcorn ready. **Please call (269) 469-4556 for reservations.** Come settle in and enjoy the showing:

Marley & Me **Tuesday, June 20th, 1 pm**

Jennifer Aniston and Owen Wilson adopt Marley, an adorable yellow Labrador pup. But Marley soon grows up to be a mischievous handful. Even while he's destroying the furniture and failing obedience school, he always manages to bring out the best in their growing family.



Gather for Meditation



Meditation can be an excellent start to your week. Experience quiet, vibrational energy as you learn about the process. 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 **two Mondays in June (6/5 and 6/19)** at **12:30 pm to 1:15 pm**.

Ready for Wii Bowling? We Are! Wednesdays, June 7, 14, 21, & 28 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.



Mother's Day Luncheon



*You can have everything in life you want,
if you will just help other people get what
they want.*
—Zig Ziglar

Mobile Food Pantry Schedule Feeding America's West Michigan Foodbank

- **Tuesday, June 6, 3:30 pm**
Harbert Community Church
- **Wednesday, June 7, 4:30 pm**
Woodlawn Shores Baptist Church

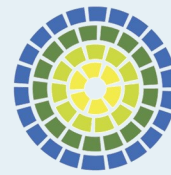
Caring Cupboard Mobile Food Pantry:

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



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, June 8 from 11 to 1 pm.**

FATHER'S DAY

WORD SEARCH



- | | | |
|---------|------------|----------|
| FATHER | SPORTS | HOLIDAY |
| DAD | LOVE | LAUGHTER |
| FAMILY | STRONG | PROTECT |
| FISHING | CARING | SPECIAL |
| PARENT | ROLE MODEL | FUNNY |

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.

JUNE 2023



River Valley Board of Directors

Sue Polishuk, *President*
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
Tim Hawkins



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

*Old age is always ten years
older than I am.*

—Bernard Baruch