



# The Sentinel

NEWSLETTER

## Sue's News—Transportation Service

Recently the River Valley Senior Center Board reviewed our Transportation Service policy and made some minor changes. RVSC is happy to provide transportation to and from medical, dental, and related appointments, as well as some shopping trips for our local seniors. Of course, there are guidelines to safeguard against accidents and protect passengers and volunteer drivers. If you have used our service, you might be familiar with these guidelines, but we think it would be helpful to include a quick review.



Sue Polishuk  
President

When transportation service is requested, we require a signed application that is kept on file. Our service is provided on a “first come, first serve” basis, and medical appointments are given first priority. A three-day minimum notice is required; and five seven days is preferred.

Drivers are happy to assist clients by opening doors and helping them enter and exit the van. Passengers must use seat belts, including those who are seated in the rear. There is no smoking or use of flammable liquids allowed on the vans. (Oxygen use is permissible.)



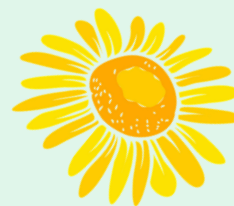
Shopping is limited to one stop per medical appointment to fill prescriptions. Other necessary stops are determined by the driver, his or her schedule, and time limitations. Vans must return to RVSC by 3 pm. We ask that you make your medical appointments early in the day, so that we can plan transportation times that work for you and the RVSC van can return on time.

The Board would like to thank our volunteer drivers who give up large blocks of their time to transport clients to their necessary appointments. Without their dedication and dependability, we would not be able to provide the service. In good weather and on stormy days, they offer this important amenity, and they deserve a big thanks from all of us!

We would like to acknowledge Susan Buckingham, our Transportation Coordinator, who came on board in November 2022 and embraced all aspects of the job with a positive attitude. Please give Susan a call if you have any questions about transportation at RVSC.



The River Valley Senior Center will offer a revised **AARP Smart Driver course**. It will be an 8-hour classroom-only course, split into two 4-hour sessions, taken over two days. This course is scheduled for **10:30 am –3 pm on Monday, July 31 and Tuesday, August 1**. The course covers proven driving techniques to help keep drivers and their loved ones safe on the road. The **fee for AARP members is \$20 and \$25 for non-members**. Attendees **must** attend both sessions to receive a certificate that **some** insurance carriers may accept for a discount. Michigan law requires that the class be taken every three years to maintain the discount. Please call the Senior Center at **(269) 469-4556** to reserve your place in class by **July 20**.



**RVSC Bus Trip to Meijer Gardens**  
**Wednesday, July 26, 2023**  
**Price \$65**

**(includes bus ticket, 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.**

## Your Most Important Decisions



Julie Griffin  
Corewell Health

Join **Julie Griffin** from **Corewell Health** on **July 12** at **11 am** who will present a free workshop at RVSC to answer many of your questions on specific medical plans in writing and share them with your family and healthcare providers. It's vital to name someone that you trust to

speak for you in a medical emergency. These plans are called Advanced Directives:

- How should you develop and complete your Healthcare Power of Attorney/Advance Directive?
- Where will you have your signatures witnessed?
- How do you add documents to your medical record so it's available at area hospitals and providers in case of emergency?
- **Julie Griffin** will be at RVSC to **specifically answer questions** about your concerns. **Please call (269) 469-4556 for a reservation.**

IT ALWAYS  
SEEMS  
TOO EARLY,  
UNTIL IT'S  
TOO LATE.



## Senior Center Picnic & Craft Display Friday, July 28, 11 am

Join us for a great cookout, Bingo, door prizes, and outdoor activities. We'll hold the picnic in the lower level of the Senior Center. Again, this year there is no craft display for seniors at the fair, so we will sponsor our own craft display and award ribbons. Please submit your entries.



Please call the center

by **July 21** to sign up at **(269) 469-4556**.

## 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) July 11 and 25  
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  
1 pm—Line Dancing (LL)  
1 pm—Euchre (UL)  
1 pm—Wii Bowling

### 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  
(weekly)

### FRIDAY

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

## Foot Clinic

### Thursday, July 20 & Monday, July 24

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: Relaxation

**Tuesday, July 25th, 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.



July Project: Painted Bird

## 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.

## Newsletter Folding

**Thursday, July 27, 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, July 20, 10 am**


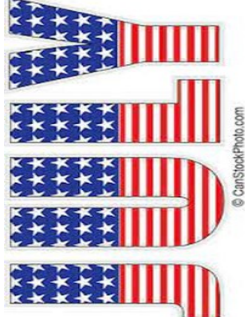

The River Valley Senior Center Board of Directors will hold their monthly meeting in the upper level of the Senior Center. All are welcome.

## 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: 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 – JULY - 2023

<p><b>3</b> 9:00 &amp;10:00 Exercise LL 12:30 Meditation UL 1:30 Yoga, Chair LL 2:30 Yoga, Beginners LL</p>	<p><b>4 Holiday</b> </p>	<p><b>5</b> 9:00 &amp;10:00 Exercise LL 1:00 Line Dancing LL 1:00 Euchre UL 1:00 Wii Bowling UL</p>	<p><b>6</b> 1:00 Cribbage UL 1:00 Quilting UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p><b>7</b> 9:00 &amp;10:00 Exercise LL 10:45 Blood Pressure Checks LL 1:00 Knitting &amp; Crocheting LL</p>
<p><b>10</b> 9:00 &amp;10:00 Exercise LL 12:30 Meditation UL 1:30 Yoga, Chair LL 2:30 Yoga, Beginners LL</p>	<p><b>11</b> 9:00 Crafts LL 10:00 T.O.P.S UL 1:00 Cribbage – UL <b>1:00 Movie "Elvis"</b></p>	<p><b>12</b> 9:00 &amp;10:00 Exercise LL <b>11:00 - Important Decisions</b> 1:00 Line Dancing LL 1:00 Euchre UL 1:00 Wii Bowling UL <b>12:30 Monthly Commodities</b></p>	<p><b>13</b> 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><b>14</b> 9:00 &amp;10:00 Exercise LL 10:45 Blood Pressure Checks LL <b>11:00 BINGO Lifecare/lunch LL</b> 1:00 Knitting &amp; Crocheting LL</p>
<p><b>17</b> 9:00 &amp;10:00 Exercise LL Yoga ,Chair 1:30 LL Yoga, Beginners 2:30 LL</p>	<p><b>18</b> 9:00 Crafts LL 1:00 Cribbage – UL</p>	<p><b>19</b> 9:00 &amp;10:00 Exercise LL 1:00 Line Dancing LL 1:00 Euchre UL 1:00 Wii Bowling UL <b>10;30 S.B.Cubs Game Bus Trip</b></p>	<p><b>20</b> <b>10:00 Board Meeting</b> 1:00 Cribbage UL 1:00 Quilting UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL <b>Foot Clinic by appointment</b></p>	<p><b>21</b> <b>9:00—Fathers day breakfast</b> 9:00 &amp;10:00 Exercise LL 10:45 Blood Pressure Checks LL 1:00 Knitting &amp; Crocheting LL</p>
<p><b>24</b> 9:00 &amp;10:00—Exercise LL 12:30 Meditation UL 1:30 Yoga, Chair LL 2:30 Yoga, Beginners LL <b>Foot Clinic by appointment</b></p>	<p><b>25</b> 9:00 Crafts LL <b>12:30 Watercolor painting</b> 1:00 T.O.P.S UL 1:00 Cribbage – UL 1:00—Movie Day</p>	<p><b>26</b> 9:00 &amp;10:00 Exercise LL 1:00 Line Dancing LL 1:00 Euchre UL 1:00 Wii Bowling UL <b>9:00 Meijer Garden Bus Trip</b></p>	<p><b>27</b> <b>9:00 Newsletter folding</b> 1:00 Cribbage UL 1:00 Quilting UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p><b>28</b> 9:00 &amp;10:00 Exercise LL 10:45 Blood Pressure Checks LL 1:00 Knitting &amp; Crocheting LL <b>11:00 Picnic with Bingo</b></p>
<p><b>31</b> 9:00 &amp;10:00—Exercise LL 1:30 Yoga, Chair LL 2:30 Yoga, Beginners LL</p>	<p> <small>© CanStockPhoto.com</small></p>	<p></p>	<p><b>LOCATION KEY</b> <b>LL = Lower Level</b> <b>UL = Upper Level</b></p>	<p><b>Senior Nutrition Services Lunch Served at 11:45</b> 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**  
**July 2023**



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

<p><b>3</b> BBQ Oven Fried Chicken          Mac and Cheese          Summer Squash Blend          Cornbread          Watermelon</p>		<p><b>5</b> Crispy Fish Filet Sandwich          With Tarter Sauce          Coleslaw          Pea Pods          Diced Mango</p>	<p><b>6</b> Porcupine Meatballs          Served over Mashed Potatoes          Kyoto Blend Vegetables          Apricots</p>	<p><b>7</b> Pizza Casserole          Peas and Pearl Onions          Italian Marinated Vegetables          Texas Toast          Peach Halves</p>
<p><b>10</b> Beans and Greens with Ham          Mixed Vegetables          Italian Bread w/ margarine          Pineapple</p>	<p><b>11</b> Loaded Baked Potato w/ Seasoned Beef and Cheese          Steamed Broccoli          Tossed Salad with Ranch          Blueberry Crisp</p>	<p><b>12</b> Sloppy Joe On a Wheat Bun          Warm Pasta Salad          California Blend          Yogurt with Fruit</p>	<p><b>13</b> Chicken Enchilada Casserole          Shredded Lettuce &amp; Tomato          Black Beans and Corn          Grapes</p>	<p><b>14</b> Turkey Meatloaf          Mashed Potatoes          Lima Beans          Summer Berries</p>
<p><b>17</b> Turkey Tetrazzine          Steamed Beets          Green Beans          Tropical Fruit Salad</p>	<p><b>18</b> Stuffed Green Peppers with Rice and Meat          Carrot Coins          Dinner Roll          Diced Pears</p>	<p><b>19</b> Polish Sausage on a Bun          Warm Potato Salad          Prince Charles Veg Blend          Orange Wedges</p>	<p><b>20</b> Silver Dollar Pancakes w/Syrup          Sausage Links          Baked Apples w/ Raisins          100% Juice</p>	<p><b>21</b> Chicken Teriyaki          Quinoa Bowls          Lima Beans          Applesauce</p>
<p><b>24</b> Hamburger with Bun          Ketchup, Mustard, Lettuce, Pickle and Tomato</p>	<p><b>25</b> Orange Chicken Over Rice          Stir Fry Vegetable Blend          Green Peas</p>	<p><b>26</b> Chef Salad with Turkey Ham, Shredded Cheese, Tomato, Cucumber, Eggs</p>	<p><b>27</b> Pulled Pork Sandwich          Creamy Broccoli Salad          Green Beans</p>	<p><b>28</b> Ravioli with Marinara          Italian Blend Vegetables          Breadstick          Pears</p>
<p><b>31</b> Philly Cheesesteak          Sandwich with Peppers          Red Skin Potatoes          Prince Charles Veg-</p>			<p>Meals provide (average per week)  <b>Carbs: 75 grams</b>  <b>Calories: 800</b>  <b>Sodium: 800 milli-grams</b>  <b>Protein: 19 grams</b>  <b>Total Fat : 30%</b></p>	<p><b>Your donation toward the cost of the meal helps to make sure that these meals can continue. Please be as generous as you can!</b>  <b>We thank you!</b></p>

## Father's Day Breakfast



Dennis Bellaire, Ed Dickey, Charlie Simmons, Frank Schmidt and Bob Keller joined Tim Hawkins for a Father's Day Breakfast at Cracker Barrel on June 16.

## Gather for Meditation



Meditation can be an excellent start to your week. Experience quiet, vibrational energy as you learn about the process. Sabine Wheetley 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 July (7/10 and 7/24) at 12:30 pm to 1:15 pm.**

## Ready for Wii Bowling? We Are! Wednesdays 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.



*It's not about being the best. It's about being better than you were yesterday.*

## 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:

### **Elvis** Tuesday, July 11, 1 pm

Elvis' story is seen through the complicated relationship he had with his manager, Colonel Tom Parker. The movie spans over 20 years, from Presley's rise to fame against the backdrop of the evolving American landscape.



## Mobile Food Pantry Schedule

### Feeding America's West Mich Foodbank

- **Wednesday, July 5, 4:30 pm**  
Woodlawn Shores Baptist Church
- **Tuesday, July 11, 3:30 pm**  
Harbert Community Church
- **Thursday, July 20, 3:30 Harbor Country Rotary at Watkins Parl in Three Oaks**

### 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.

## BINGO!

- **11 am, Friday, 7/14/23—Lifecare with lunch**
- **11 am, Friday, 7/28/23—RVSC Picnic with Bingo**





### Monthly Commodities

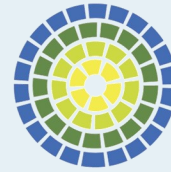
**Wednesday, July 12, 12:30 pm–2:00 pm**  
*(Please enter from Three Oaks Rd on Old M-11.)*

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.

### Veterans Services/Quarterly On-Site Visits:

**Next On-Site Visit: July 11, 12 -1:30 pm**

A Veterans Service Officer can be reached at (269) 983-7111, Ext 8118. Veterans Services offer transportation to St. Joseph County VA Clinic in Mishawaka, IN, on Tuesday and Thursday morning medical appointments. Pick up is at River Valley Senior Center. To arrange transportation to Mishawaka, call (269) 983-7111 Ext. 8224. **Maureen Adams, from the VA, has resumed on-site visits from Noon to 1:30 pm on the second Tuesday of each quarter. Visits for 2023 will be July 11 and October 10th.**



## 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, July 6 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](http://www.rvseniorcenter.org)  
Email: [director@rvseniorcenter.org](mailto: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*

*You're braver than you believe,  
stronger than you seem, and  
smarter than you think.*

*—A.A. Milne*