



# The Sentinel

N E W S L E T T E R

## Sue's News—

I hope you are enjoying the summer. I'm trying to relish each day!



Sue Polishuk  
President

I saw this verse online a month ago and it brought back countless memories of the music we listened to when we were growing up. I wanted to share it with you. Enjoy.

*I've seen fire and I've seen rain.  
I've been through the desert on a horse with no name.  
I've gone to Kansas City, I sang in the sunshine.  
I've been on the road again, with Georgia on my mind.*

*Like a rolling stone, I've given peace a chance.  
I've put a camel to bed and danced the last dance.  
Mr. Tambourine man played a song for me.  
I've whispered words of wisdom, let it be.  
  
I've fallen into a burning ring of fire and walked the line.  
To all the girls I've loved before, you were always on my mind.  
I've been everywhere, I've been so lonesome I could cry.  
I've driven my Chevy to the levee when the levee was dry.  
  
I've been to Itchy Coo Park in a yellow submarine.  
I've made the scene in a time machine.  
I've done the Hokey Pokey and turned myself around.  
I've welcomed baby back to the poor side of town.  
  
I've followed the tracks of my tears down a long and winding road.  
I've kept on searching for a heart of gold.  
I've sought shelter from the storm, I've sat on the dock of the bay.  
I've rocked around the clock on a sunshiny day.  
  
I've knocked on Heaven's door, while blowing in the wind.  
Joy to the world, those were the days my friend.  
Lay lady lay in crimson and clover.  
It's been a hard day's night and the party's over.*

— fb AudreyLovesParis

They say music is the “soundtrack of our lives,” and we were lucky to have such great music in the 50's, 60's, and 70's! How many memories do you find when you read these lyrics? Enjoy the journey back in time!

## Help Those in Need Complete Their Taxes for Free

With the help of people like you, **AARP Foundation Tax-Aide** offers free tax assistance to those who need it most. More than 26,163 volunteers helped the AARP Foundation Tax-Aide to a successful season by filing over a million federal returns with a refund total of \$872,731,927 that served 1,212,894 people.

(1) The River Valley Senior Center is looking for friendly **individuals to be trained as tax preparers for the upcoming tax**



**season.** You'll receive training and support, as well as learn new tax preparation skills. We need volunteers

who can work virtually or in person.

### (2) Client Facilitator

We need tax preparers who will help older taxpayers feel welcome, gather and organize their paperwork, and explain the tax preparation process. This will ease the stress during tax season for seniors who have low to moderate income.

### (3) Tax Counselor

Older adults who have low to moderate income can prepare and file their tax returns online. Tax preparers can identify deductions (they may have missed), as well as identify refunds they deserve. As a tax counselor, you can relieve the burden of calculating other's taxes.

**Experience is not necessary; we will provide training and IRS certification.**

Please contact Sabine Wheatley at [admin@rvseniorcenter.org](mailto:admin@rvseniorcenter.org) or call 269-469-4556 for more information.

**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.**



**Join Us for Our  
Tea & Fashion  
Show**  
**August 22, 1:00pm**

Complimentary  
Finger Sandwiches,  
Tea and Desserts

Fashions from  
The Clothes Horse

Please call for Reservations  
by August 16  
269-469-4556

**Please note: Doors open at 12:30 pm.**



**Volunteer Recognition  
Luncheon (By Invitation Only)**

We are planning a special recognition event on **Tuesday, August 29** to recognize RVSC Volunteers. Gifts and pins will be awarded.

**Octoberfest  
October 12, 2023  
Thursday, 4-7 pm**

Heart and Soul Band along with Will & Marilyn Smaka will be at the Center to entertain us. So put on your dancing shoes, and join us for an afternoon of great entertainment, food, and fellowship. Please call the Center for reservations by October 6 at (269) 469-4556.



**WEEKLY RECURRING ACTIVITIES**

**MONDAY**

- 9 am—Exercise Class (LL)
- 10 am—Exercise Class (LL)
- 12:30 am Meditation (UL)
- 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) August 8 and 22
- 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

**Foot Clinic  
Friday, August 25 &  
Monday, August 28**

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; re-turning clients pay \$25. Foot clinic is by appointment only.

## Watercolor Painting: Relaxation

**Tuesday, August 15, 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.



*August Project: Relaxation*

## Newsletter Folding

**Thursday, August 24, 9 am**

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

## Board of Directors Meeting

**Thursday, August 17, 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.



## Thank You!

- 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--August-2023

<p>MON</p> <p><b>LOCATION KEY</b>  <b>LL = Lower Level</b>  <b>UL = Upper Level</b></p>	<p>Tue 1</p> <p>9:00 Crafts LL  10:00 T.O.P.S UL  1:00 Cribbage – UL</p>	<p>Wed 2</p> <p>9:00 &amp; 10:00 Exercise LL  1:00 Line Dancing LL  1:00 Euchre UL  1:00 Wii Bowling UL</p>	<p>Thu 3</p> <p>1:00 Cribbage UL  1:00 Quilting UL  1:30 Tai Chi LL  2:00 Alzheimer's Support Group UL</p>	<p>Fri 4</p> <p>9:00 &amp; 10:00 Exercise LL  10:45 Blood Pressure Checks LL  1:00 Knitting &amp; Crocheting LL</p>
<p>7</p> <p>9:00 &amp; 10:00 Exercise LL  1:30 Yoga ,Chair 0 LL  2:30 Yoga, Beginners LL</p>	<p>8</p> <p>9:00 Crafts LL  10:00 T.O.P.S UL  1:00 Cribbage – UL</p>	<p>9</p> <p>9:00 &amp; 10:00 Exercise LL  12:30 Monthly Commodities  1:00 Line Dancing LL  1:00 Euchre UL  1:00 Wii Bowling UL</p>	<p>10</p> <p>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>11</p> <p>9:00 &amp; 10:00 Exercise LL  10:45 Blood Pressure Checks LL  1:00 Knitting &amp; Crocheting LL  <b>11:00 BINGO Lifecare with lunch</b></p>
<p>14</p> <p>9:00 &amp; 10:00 Exercise LL  1:30 Yoga ,Chair LL  2:30Yoga, Beginners LL</p>	<p>15</p> <p>9:00 Crafts LL  10:00 T.O.P.S UL  1:00 Cribbage – UL</p>	<p>16</p> <p>9:00 &amp; 10:00 Exercise LL  12:30 Quarterly Commodities  1:00 Line Dancing LL  1:00 Euchre UL  1:00 Wii Bowling UL</p>	<p>17</p> <p>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>18</p> <p>9:00 &amp; 10:00 Exercise LL  10:45 Blood Pressure Checks LL  1:00 Knitting &amp; Crocheting LL</p>
<p>21</p> <p>9:00 &amp; 10:00 Exercise LL  1:30Yoga ,Chair LL  2:30 yoga, Beginners0 LL</p>	<p>22</p> <p>9:00 Crafts LL  10:00 T.O.P.S UL  <b>1:00 Fashion Show LL</b>  1:00 Cribbage – UL</p>	<p>23</p> <p>9:00 &amp; 10:00 Exercise LL  1:00 Line Dancing LL  1:00 Euchre UL  1:00 Wii Bowling UL</p>	<p>24</p> <p>1:00 Cribbage UL  1:00 Quilting UL  1:30 Tai Chi LL  2:00 Alzheimer's Support Group UL</p>	<p>25</p> <p><b>Foot Clinic by appointment</b>  9:00 &amp; 10:00 Exercise LL  10:45 Blood Pressure Checks LL  <b>11:00 BINGO RVSP WITH LUNCH</b></p>
<p>28</p> <p><b>Foot Clinic by Appointment</b>  9:00 &amp; 10:00 Exercise LL  1:30 Yoga ,Chair LL  2:30Yoga, Beginners LL</p>	<p>29</p> <p>9:00 Crafts LL  10:00 T.O.P.S UL  1:00 Cribbage – UL  <b>11:00 Volunteer Recognition Party (By Invitation)</b></p>	<p>30</p> <p>9:00 &amp; 10:00 Exercise LL  1:00 Line Dancing LL  1:00 Euchre UL  1:00 Wii Bowling UL</p>	<p>31</p> <p>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>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  
AUGUST 2023**

**Menu is subject to change without notice**

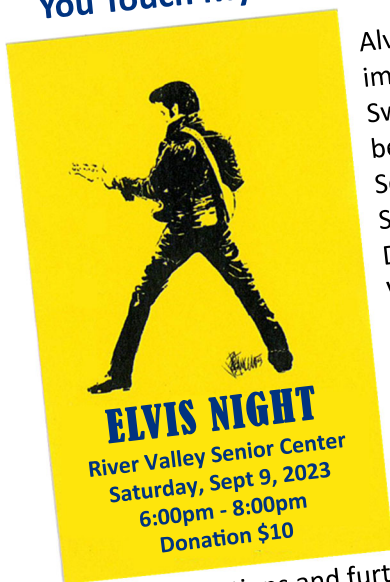
Meals are funded in part by:



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

<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>  <b>2% milk</b>  <b>Sodium:800</b></p>	<p><b>1</b> Vegetable Lasagna          Italian Marinated Vegetables          Texas Toast          Mixed Fruit Cup</p>	<p><b>2</b> Chicken and Broccoli Rice Casserole          Carrot Coins          Grapes</p>	<p><b>3</b> Shepherd's Pie          Steamed Spinach          Dinner Roll w/ Margarine          Yogurt with Fruit</p>	<p><b>4</b> BBQ Roast Beef Sandwich          3 Bean Salad          Kyoto Blend Veggies          Pears</p>
<p><b>7</b> Chicken and Dumplings          Capri Vegetable Blend          Beets          Fruit Cocktail</p>	<p><b>8</b> Chicken Chow Mein          Steamed Rice          Stir Fried Vegetables          Peach Cobbler</p>	<p><b>9</b> Egg Salad          Croissant          Cucumber and Onion Salad          Fruit Juice          Diced Pears</p>	<p><b>10</b> Beef and Bean Wet Burrito          Cilantro Lime Brown Rice          Diced Tomatoes          Pineapple</p>	<p><b>11</b> Breaded Fish Sandwich          Tarter, Lettuce, Tomato          Warm Potato Salad          Mixed Vegetables</p>
<p><b>14</b> Citrus Herb Pork Chop          Mashed Potatoes          Oriental Blend          Mandarin Oranges</p>	<p><b>15</b> Spinach and Sausage Egg Bake          Potatoes O'Brien          Rye Bread with Margarine          Cinnamon Apple</p>	<p><b>16</b> Creamy Potato Soup          Cheese Sandwich on Rye          Tossed Salad with Ranch          Fruited Jello</p>	<p><b>17</b> Spaghetti with Meat Sauce          Steamed Broccoli          Texas Toast          Peach Cobbler</p>	<p><b>18</b> Honey Mustard Chicken          Scalloped Potatoes          Wax Beans          Tropical Fruit</p>
<p><b>21</b> Chicken Courdon Bleu Pasta          5 Way Vegetable          Peaches</p>	<p><b>22</b> Baked Fish Over Rice          Green Peas          Kyoto Veggie Blend          Fruit Cocktail</p>	<p><b>23</b> Jambalaya          Steamed Squash          Cornbread          Diced Mango</p>	<p><b>24</b> BBQ Pork Rib Patty          Succotash          Vegetables          Tossed Salad w/ Ranch</p>	<p><b>25</b> Turkey Burger on a Wheat Bun w/ Lettuce, Tom, Onion &amp; Mayo          Mashed Sweet Potatoes          Pineapple Tidbits          Birthday Cake</p>
<p><b>28</b> Beef w/ Gravy over Egg Noodles          Prince Charles Blend          Berry Crumble</p>	<p><b>29</b> Turkey Chili          Lima Beans          Coleslaw          Saltine Crackers          Applesauce</p>	<p><b>30</b> Chicken Apple Walnut          Salad Sandwich          Pea and Cheese Salad          Mixed Fruit</p>	<p><b>31</b> Stuffed Cabbage Roll          Mashed Potatoes          Green Beans          Mandarin Oranges</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></p>

## You Touch My Hand, and I'm a King



Alvie Ellenwine, an Elvis impersonator and the Sweet Sensations will soon be performing at the Senior Center on September 9. Donations are \$10 person. We will have limited seating, so we encourage you to purchase tickets in advance. Think about your memories of Elvis, your favorite songs, and his movies.

For reservations and further information, please call the Center at 269-469-4556 by August 31.

## Gather for Meditation



Meditation can be an excellent start to your week. Experience quiet, vibrational energy as you learn about the process. Sabine Wheatley will be your guide through these sessions.

Please call (269) 469-4556 to register or if you have questions. Classes take place **every Monday in August (8/7, 8/14, 8/21 and 8/28) from 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.



*If the road is easy, you're likely going the wrong way.*

*-Terry Goodkind*

## 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:

### ***The Body Guard*** **Tuesday, August 8, 12:30 pm**

This film, starring Whitney Houston and Kevin Costner, follows a former United States Secret Service agent turned bodyguard who is hired to protect a famous actress and singer from an unknown stalker.



## Mobile Food Pantry Schedule Feeding America's West Mich Foodbank

- **Monday, July 31, 4:00 pm**  
Galien River Church at Galien Twp Hall & Fire Dept.
- **Tuesday, August 1, 3:30 pm**  
Harbert Community Church
- **Wednesday August 2, 4:30**  
Woodlawn Shores Baptist Church

### 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, 8/11/23—Lifecare with lunch**
- **11 am, Friday, 8/25/23—RVSC Bingo with lunch**



### **Quarterly Commodities—Wednesday, August 16**

Quarterly Commodities will be given out from **12:30-2 pm** on the **third Wednesday** of the second month of each quarter to people of all ages who qualify. To qualify for Quarterly Commodities, the maximum household income is different than monthly requirements for Certified Food Service Professional (CSFP). A household income of one qualifies at \$2,430; a household income of two qualifies at \$3,287; and a household income of three qualifies at \$4,143. Please come on pick-up day during **12:30-2 pm** and sign the self-certification form. If you are unable to come during this time, you may stop by the following **Monday** from **12:30 to 1:30 pm**. Please come inside the Senior Center and let us know that you are picking up commodities. You can sign a proxy form to pick the commodities up if that is easier.

*(Certified Food Service Professional, The Emergency Food Assistance Program. This institution is an equal opportunity*

### **Monthly Commodities—Wednesday, August 9**

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 one and have an income of \$1,580 or less, or if you are a household of two and have an income of \$2,137 or less, 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 come during 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: October 10, 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. Next visit for 2023 will be October 10.**



## 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, August X 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.

**AUGUST 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 Wheelley  
*Administrative Assistant*  
Susan Buckingham  
*Transportation Coordinator*  
Vern Kits  
*Maintenance Assistant/Custodian*  
Mary McCormick  
*Senior Nutrition Services Site Manager*

*My mother used to say: The older you get, the better you get, unless you're a banana.*

*—Betty White*