



The Sentinel

NEWSLETTER

Sue's Farewell

After four years as President of the Board of Directors at the River Valley Senior Center, I have resigned my position as President. I have many



Sue Polishuk
President

other commitments and important family obligations in my life at this time that make it difficult for me to continue with this busy schedule.

I enjoyed my time as President and have had an excellent relationship with Executive Director, Tim Hawkins, as well as other Board members. I believe we have had some great accomplishments during my service, including updating the strategic plan, revising many policies and procedures, hiring a whole new staff, and tweaking the renovations at the center.

I will continue to serve on the Board, work on committees, and contribute where I can, but not as the Board President. The Senior Center has become very important to me, so I do have mixed emotions about my decision, but feel it is right for me.

I am happy to turn the gavel over to Barbara Wotjczak, who has been a Board member for the past two years. Barb is a familiar face to most of you, as she is a volunteer receptionist at the center. She also worked as Transportation Coordinator before we hired Susan Buckingham and scheduled tax service appointments last year. Barb is quite knowledgeable about all aspects of the Senior Center, and I am confident that she will do a great job.

So, this is my last Sue's News. I hope you have enjoyed the information

I provided and found it helpful. My intention has been to bring the business of the center to your attention and make it interesting and personal. I hope I accomplished that. Thank you for reading!

Toys for Tots

Toys for Tots is a program run by the United States Marine Corps Reserve since 1980. It distributes new unwrapped toys to children whose parents cannot afford to buy them gifts for Christmas.

The gift of a new toy or book brings Christmas joy and sends a message of hope to many of America's disadvantaged children.

Our box will be located in the Senior Center entrance by **November 6**.

Please drop off new, unwrapped toys in this box by **December 8**.



Freedom
ISN'T FREE
Thank a
VETERAN

Veteran's Day Breakfast

November 9 at 9:30 am

This Veterans Day we will honor **all Veterans, Active Duty Military members, and spouses** with a free breakfast. Call for a reservation by **November 6** at 269-469-4556. We look forward to honoring our veterans on this special day.

New Website

Explore our new website where you can submit a ride request, find upcoming events, peruse the newsletter, and check the latest lunch menu. You can find information on how to contribute to the River Valley Senior Center and explore volunteer opportunities. Don't forget to check out our approved board minutes, as well as community engagements.

www.rvseniorcenter.org

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.

Giving Tree Brings in the Season

It's already time to prepare for "The Giving Tree". Come help us decorate the tree with hats, scarfs, mittens, gloves, socks, and footies for children and adults in our service area who are in need. Items for the tree should be new and not gift wrapped. The tree will be up on **November 6**, and items must be donated by **December 8**.



Lighting of the Christmas Tree
Friday, Dec. 4th at 11 am
Refreshments will be served. Please call for reservations by **Nov. 30th**.

Let's appreciate those who hold a special place in our lives, and make sure that they know it.

COMING SOON

Christmas Party Bingo
December 8 at 11 am
Lunch & Gift Exchange
Call in your reservation by **December 5**.



Gratefulness Workshop
November 14 at 10 am
Sabine Wheatley will help you explore how gratitude enriches your life.

Craft Show – November 4
9:30 am-2:30 pm
Call **Tim Hawkins at (269) 469-4556** or
Email **Tim at director@rvseniorcenter.org**.
Call ahead for craft space at \$20.

Weekly Recurring Activities

Monday

9 am–Exercise Class (LL)
10 am–Exercise Class (LL)
12:15 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) November 7 and 21
1 pm–Cribbage (UL)

Wednesday

9 am–Exercise Class (LL)
10 am–Exercise Class (LL)
12:30 pm–Monthly Commodities (2nd Wed.)
12:30 pm–Quarterly Commodities (3rd Wed.)
1 pm–Line Dancing (LL)
1 pm–Cards/games (UL)
1 pm–Wii Bowling

Thursday

1 pm–Cribbage (UL)
1:30 pm–Tai Chi (LL) 6 sessions \$48
2 pm–Alzheimer's Caregiver Support (UL)

Friday

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

Foot Clinic–Monday, November 27 and Tuesday, November 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; returning clients pay \$25. Foot clinic is by appointment only.

Bad Weather Closings

If you are not sure whether we are open due to the weather, please watch TV Channel 16, Channel 22 or listen to the radio - News radio 960, Sunny 101.5, Oldies 94.3 and Real Country 99.9 for announcements. A good rule of thumb is that if the River Valley School District is **closed due to weather, the Center will also be closed.**

**Watercolor Painting:
November 21 – 12:30
Lake in the Fall**

Join Roy and Peg Hruska, who are both Madden Certified Teachers. Classes are geared to those who have never tried watercolor or 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.



November Project: Lake in the Fall

Annual Meeting Results

On October 19, The River Valley Senior Center held its Annual Meeting. Seven applicants were nominated to fill six positions. Re-elected to the Board were all incumbents: Ellie Rogers, Peggy Wagner, Barb Wojtczak, Marilyn Griffiths, Frank Schmidt, and Dorothy Palen. At the regular monthly Board Meeting, which was held immediately after the Annual Meeting, these officers were elected: President—Barb Wojtczak, Vice President—Ellie Rogers, Secretary—Sharon Phillips, and Co-treasurers—Evia King and Rogers.



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.

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 60 years and older. 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 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: Do Not Call 1-888-382-1222
- To Report a Scam 1-877-382-4357

RIVER VALLEY SENIOR CENTER – NOVEMBER 2023

<p>LOCATION KEY LL = Lower Level UL = Upper Level</p>		<p>1 9:00 & 10:00 Exercise LL 1:00 Line Dancing LL 1:00 Cards / Games UL 1:00 Wii Bowling UL</p>	<p>2 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p>3 9:00 & 10:00 Exercise LL 10:45 Blood Pressure Checks LL 1:00 Knitting & Crocheting LL Note Craft Show Sat 11/4 LL</p>
<p>6 Giving Tree Goes Up Toy for Tots Starts 9:00 & 10:00 Exercise LL 12:15 Meditation 1:30 Yoga ,Chair LL 2:30Yoga, Beginners LL</p>	<p>7 9:00 Crafts LL 10:00 T.O.P.S UL 1:00 Cribbage – UL</p>	<p>8 9:00 & 10:00 Exercise LL 12:30 Monthly Commodities 1:00 Line Dancing LL 1:00 Cards / Games UL 1:00 Wii Bowling UL</p>	<p>9 Veterans Day Breakfast— 9:30 LL 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p>10 HOLIDAY</p> 
<p>13 9:00 & 10:00 Exercise LL 12:15 Meditation 1:30 Yoga ,Chair LL 2:30 Yoga, Beginners LL</p>	<p>14 9:00 Crafts LL 10:00 Gratitude 1:00 Cribbage – UL</p>	<p>15 9:00 & 10:00 Exercise LL 12:30 Quarterly Commodities 1:00 Line Dancing LL 1:00 Cards / Games UL 1:00 Wii Bowling UL</p>	<p>16 10:00 Board Meeting 11:00 Vision Searchers 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p>17 9:00 & 10:00 Exercise LL 10:45 Blood Pressure Checks 1:00 Knitting & Crocheting LL 11:00 BINGO RVSC with lunch</p>
<p>20 9:00 & 10:00 Exercise LL 12:15 Meditation 1:30 Yoga ,Chair LL 2:30 Yoga, Yoga Trip LL</p>	<p>21 9:00 Crafts LL 10:00 T.O.P.S UL 12:30 Watercolor LL 1:00 Cribbage – UL</p>	<p>22 9:00 & 10:00 Exercise LL 1:00 Line Dancing LL 1:00 Cards / Games UL 1:00 Wii Bowling UL</p>	<p>23 HOLIDAY</p> 	<p>24 HOLIDAY</p> 
<p>27 Foot Clinic by Appointment 9:00 & 10:00 Exercise LL 12:15 Meditation 1:30 Yoga ,Chair LL 2:30Yoga, Beginners LL</p>	<p>28 Foot Clinic by appointment 9:00 Crafts LL 1:00 Cribbage – UL 9:00 Newsletter Folding</p>	<p>29 9:00 & 10:00 Exercise LL 1:00 Line Dancing LL 1:00 Cards / Games UL 1:00 Wii Bowling UL</p>	<p>30 1:00 Cribbage 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
NOVEMBER 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) Carbs: 75 grams Calories: 800 Sodium: 800 milligrams Protein: 19 grams Total Fat : 30% 2% milk Sodium:800</p>		<p>1 White Bean Chicken Chili Collard Greens Cornbread Berry Applesauce</p>	<p>2 Liver and Onions Mashed Potatoes Peas and Carrots Mandarin Oranges</p>	<p>3 Southwest Chicken Quinoa Casserole Tossed Salad with Dressing Stewed Tomatoes Diced Pears</p> 
<p>6 Swedish Meatballs Over Noodles Green Beans Carrot Coins Diced Mango</p>	<p>7 Baked Whitefish served Over Confetti Rice Broccoli Crowns Pineapple Tidbits</p>	<p>8 Creamy Chicken Noodle Soup with Vegetables Crackers Tossed Salad with French Yogurt with Fruit</p>	<p>9 VETERANS DAY MEAL Oven Fried Chicken BBQ Sauce Mashed Sweet Potatoes Mixed Vegetables Orange Creamsicle Fluff</p>	<p>10 HOLIDAY</p>
<p>13 Ham Steak Macaroni and Cheese Green Peas Pineapple</p>	<p>14 Turkey Meatloaf Over Mashed Potatoes Beets Fruited Jello</p> 	<p>15 Harvest Cobb Salad w/ Chicken, Eggs, Corn, Cranberries, Apples and Poppyseed Dressing Dinner Roll Applesauce</p>	<p>16 Chicken Cobbler Roll with Margarine Tossed Salad with Ranch Tropical Fruit Cup</p>	<p>17 Sloppy Joe on a Wheat Bun Coleslaw Banana Birthday Cake</p>
<p>20 Sweet Potato Breakfast Casserole w/ Sausage Stewed Tomatoes Wheat Bread w/ Margarine Applesauce</p> 	<p>21 THANKSGIVING MEAL Turkey with Gravy over Mashed Potatoes Stuffing Green Bean Casserole Pumpkin Fluff Dessert</p>	<p>22 Broccoli Cheese Soup Rye with Margarine Spinach Salad with Italian Fruit Cobbler</p>	<p>23 HOLIDAY</p> 	<p>24 HOLIDAY</p>
<p>27 Baked Ziti Pasta Italian Vegetable Blend Tossed salad with Italian Mixed Fruit Cup</p>	<p>28 Polish Sausage on a Bun Sauerkraut Mixed Vegetables Mandarin Oranges</p>	<p>29 Beef Tacos on a flour Tortilla w / Cheese, Lettuce, Salsa Corn and Tomato Blend Tropical Fruit Mix</p>	<p>30 Tuna Noodle Casserole w/ Peas and Carrots Beets Yogurt with Fruit</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>

Quarterly Commodities

Wednesday, **November 15** Quarterly Commodities will be given out from 12:30-2 pm on the third Wednesday of the quarter to people of all ages who qualify. To qualify for Quarterly Commodities, the maximum household income differs from monthly requirements for CFSP.

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. If you think you qualify or know someone who does, please come during the pick up time 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 also sign a proxy form to pick up the commodities if that is easier.

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



Christmas Party Bingo
December 8 at 11 am
Lunch and Gift Exchange

Newsletter Folding

Tuesday, November 28, 9 am

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

Veterans Services/Quarterly

On-Site Visits:

Next On-Site Visit: January 9, 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. The next visit will be January 9, 2024.**

Monthly Commodities

We give out commodities 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 of \$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 come during this time, you may stop by on the second **Monday** of the month 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 also sign a proxy form to pick them up if that



Thank You!

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

Mobile Food Pantry Schedule

Feeding America's West Mich Foodbank

- **Wednesday, November 1, 4:30**
Woodland Shores Baptist Church
- **Tuesday, November 7, 3:30 pm**
Harbert Community Church
- **Friday, November 10, 11:00 am**
New Buffalo American Legion
- **Monday, November 27, 4 pm**
Galien River Church @Galien Twp Hall & Fire Dept.

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.

October Brings Smiles and Great Food



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.

NOVEMBER 2023



River Valley Board of Directors

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



River Valley Senior Center Staff

Tim Hawkins, Executive Director
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Facility Maintenance Technician
Donna Pydlek
Health & Wellness Coordinator
healthyseniors@rvseniorcenter.org
Sabine Wheatley
Administrative Assistant
admin@rvseniorcenter.org
Susan Buckingham
Transportation Coordinator
transpo@rvseniorcenter.org
Vern Kits
Maintenance Assistant/Custodian
Mary McCormick
Senior Nutrition Services Site Manager