



# The Sentinel

NEWSLETTER

## Sue's News—Senior Center Committees

We have a very active Board of Directors at the River Valley Senior Center. Our involvement in all facets of the Center shows a “team effort”, offers different perspectives in the decision-making process, and assists the Executive Director in his responsibilities.



Sue Polishuk  
President

But the *real* work starts with committees. Each committee is responsible for an area of the Center’s business that keeps things going. These committees do research, share ideas, and develop proposals to bring to the whole Board for review and consensus. I would like to share with you what some of the committees are currently working on:

**Hospitality Committee:** This group is busy year around planning upcoming activities for all of us to enjoy. It is a joint effort to plan for food, set-up, prizes, equipment, and communication with other organizations just to prepare for the special events at the Center. Coming in the near future, they are working on Bingo, Oktoberfest, and then the holiday parties in November and December.

**Marketing Committee:** The folks on this team have brainstormed many ways to keep the River Valley Senior Center in the forefront of the news for seniors in our area. In the past few months, they have created a “Welcome” packet for those who are new to RVSC that includes important information about services available. And they recently presented a list to the Board of 26 “Marketing Action Items” to prioritize. Some items included: an open house, speakers, logo clothing and displays at other businesses in the area.

**Finance Committee:** This team has recently developed the 2023-24 Budget, which has been approved by the Board. They are also getting ready to complete the audit for this year. This entails gathering and organizing multiple documents to evaluate the overall RVSC financial status. These are diligent people who make sure the budget balances every month and all transactions are accounted for.

Other committees highlighted in the past and are still hard at work:

- Facility/Maintenance
- Tech Team
- Human Resources (Personnel/Policy and Procedure)
- Grants and Fundraising
- Travel and Tours

Board members (all volunteers) dedicate a large amount of their time to the business, social and financial aspects of the River Valley Senior Center. Thanks to all 13 members of the Board of Directors for all they do!



## Alzheimer’s Caregiver Support Group

Many times family members fill the role of caregiver for a loved one with Alzheimer’s disease. Caregivers may experience depression, high levels of stress, or even burnout. Those who care for someone with Alzheimer’s disease also need support for **their own** mental, emotional, and physical well-being. That is why the Alzheimer’s Caregiver Support Group is here. Please join Curtiss Alvarez, a healthcare professional, who has significant experience with how Alzheimer’s can affect those in the family. Those who care for someone with Alzheimer’s disease also need support for **their own** mental, **emotional**, and **physical well-being**. That is why we started the Caregiver Support Group. If you need this kind of support, please join us at the Senior Center every **Thursday** from **2-3 pm**. We are ready to meet you.

## Oktoberfest

Thursday, October 12, 2023

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 at (269) 469-4556 for reservations by October 6.

**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.**

## Smart Seniors Plan for Vaccinations

Winter weather will soon arrive, and so will annual viruses that come with it; flu, COVID-19, and RSV. This is the first fall and winter virus season where vaccines are available for the three viruses responsible for most hospitalizations; COVID-19, RSV, and flu.



Based on the CDC recommendations, **September and October** are the best time for most people to get vaccinated.

On **Monday, October 16**, the **River Valley Senior Center** will hold flu shots and immunizations from **9 am-3 pm** for seniors who are **60 years old and older**.

The Senior Center will have the RSV vaccine, the flu shot, and the COVID-19 vaccine. The RSV vaccine is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious. Infants and older adults are more likely to develop severe RSV and need hospitalization.

The flu shot and COVID-19 vaccines will also be available. Please call 269-469-4556 to get on the list for your vaccine. The Home Town Pharmacy from New Buffalo will provide the vaccines to the Senior Center.

## COMING SOON

### Pumpkin Decorating

Friday, October 20, 10-12 Noon

9:30 am-2:30 pm

Call Dawn Guerra at (269)

469-4556 to make a reservation.



### Halloween Party

Friday, October 27, 11 am

Get your costume ready. Enjoy Bingo and lunch. Costume judging will be based on originality. Call for reservations by October 20 at (269) 469-4556.

### Craft Show at RVSC– Crafters Wanted

Call Tim Hawkins at (269) 469-4556 or Email Tim at [director@rvseniorcenter.org](mailto:director@rvseniorcenter.org).

Spaces are available at \$20.

Monday, November 4, 9:30 am to 2:30 pm

## 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)

2:00 Bible Study

### Tuesday

9 am–Crafts (call for reservations) (LL)

10 am–T.O.P.S. (UL) October 10 and 24

1 pm–Cribbage (UL)

### Wednesday

9 am–Exercise Class (LL)

10 am–Exercise Class (LL)

12:30 pm–Monthly Commodities (2nd Mon.)

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 Group

### Friday

9 am–Exercise Class (LL)

10 am–Exercise Class (LL)

10:45 am–Blood Pressure Checks

## Foot Clinic

### October 27 & Monday, October 30

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.

## Oktoberfest Raffle–October 12, 2023

Raffle prizes will include Donna Gothe and Quilters who will present a Bear Claw quilt. Ron Ahrens and knitters will present a Sampler Afghan, and Frank Schmidt will present a hand-crafted Bird House available for raffle prizes. Winners will be drawn at the Oktoberfest. Tickets are available from the receptionist at the front desk. 100% of the proceeds go to the Senior Center.



October Project: Sunflowers

## Watercolor Painting:

### Sunflowers

**Tuesday, October 17**

**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.

## River Valley Senior Center Annual Meeting Thursday, October 19, 10 am with Regular Monthly Board Meeting to follow

The River Valley Senior Center will hold its Annual Meeting on **October 19 at 10 am**. The Nomination Committee will present their recommendations to fill the open and expired seats on the Board of Directors. The Board will open the floor for nominations. The financial report will be given by Rebecca Glowe of Advantage Accounting and the Board will recap their activities of the past year and plans for the future. Regular Board Meeting to follow in the lower level with election of officers.

## Bible Study Mondays

**2 pm–3:15 pm**

Join us on Mondays at 2 pm for a community Bible study. All are welcome. Call Pastor Rob Nash (269) 612-7996.



## 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 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: Do Not Call 1-888-382-1222
- To Report a Scam 1-877-382-4357

# RIVER VALLEY SENIOR CENTER – OCTOBER – 2023

<p><b>2</b> 9:00 &amp; 10:00 Exercise LL 12:15 Meditation 1:30 Yoga , Chair LL 2:30Yoga, Beginners LL 2:00 Bible Study</p>	<p><b>3</b> 9:00 Crafts LL 1:00 Cribbage – UL</p>	<p><b>4</b> 9:00 &amp; 10:00 Exercise LL 1:00 Line Dancing LL 1:00 Cards / Games UL 1:00 Wii Bowling UL</p>	<p><b>5</b> 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p><b>6</b> 9:00 &amp; 10:00 Exercise LL 10:45 Blood Pressure Checks LL 1 :00 Knitting &amp; Crocheting LL</p>
<p><b>9</b> 9:00 &amp; 10:00 Exercise LL 12:15 Meditation 1:30 Yoga , Chair LL 2:30Yoga, Beginners LL 2:00 Bible Study</p>	<p><b>10</b> 9:00 Crafts LL 10:00 T.O.P.S UL 1:00 Cribbage – UL <b>12:00 Veterans Service</b> <b>12:30 Movie "Blind Side"</b> UL</p>	<p><b>11</b> 9:00 &amp; 10:00 Exercise LL <b>12:30 Monthly Commodities</b> 1:00 Line Dancing LL 1:00 Cards / Games UL 1:00 Wii Bowling UL</p>	<p><b>12</b> 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL <b>OKTOBERFEST 4 TO 7 LL</b></p>	<p><b>13</b> 9:00 &amp; 10:00 Exercise LL 10:45 Blood Pressure Checks LL <b>11:00 BINGO Lifecare with lunch</b> 1:00 Knitting &amp; Crocheting LL</p>
<p><b>16</b> 9:00 &amp; 10:00 Exercise LL 12:15 Meditation 1:30 Yoga , Chair LL 2:30Yoga, Beginners LL 2:00 Bible Study</p>	<p><b>17</b> 9:00 Crafts LL 1:00 Cribbage – UL <b>12:30 Watercolor LL</b></p>	<p><b>18</b> 9:00 &amp; 10:00 Exercise LL 1:00 Line Dancing LL 1:00 Cards / Games UL 1:00 Wii Bowling UL</p>	<p><b>19 10:00 Annual Election Meeting</b> <b>11:00 Board meeting</b> 11:00 Vision Searchers 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support</p>	<p><b>20</b> 9:00 &amp; 10:00 Exercise LL 9:30-2:30 pm Pumpkin painting 10:45 Blood Pressure Checks 1:00 Knitting &amp; Crocheting LL</p>
<p><b>23</b> 9:00 &amp; 10:00 Exercise LL 12:15 Meditation 1:30 Yoga , Chair LL 2:30 Yoga, Yoga Trip LL 2:00 Bible Study</p>	<p><b>24</b> 9:00 Crafts LL 10:00 T.O.P.S UL 1:00 Cribbage – UL</p>	<p><b>25</b> 9:00 &amp; 10:00 Exercise LL 1:00 Line Dancing LL 1:00 Cards / Games UL 1:00 Wii Bowling UL</p>	<p><b>26</b> <b>9:00 Newsletter Folding</b> 10:00 Board Meeting UL 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p><b>27</b> <b>Foot Clinic by appointment</b> 9:00 &amp; 10:00 Exercise LL 10:45 Blood Pressure Checks LL <b>11:00 Halloween Party with Bingo &amp; costume judging</b> 1:00 Knitting &amp; Crocheting LL</p>
<p><b>30</b> <b>Foot Clinic by Appointment</b> 9:00 &amp; 10:00 Exercise LL 12:15 Meditation 1:30 Yoga , Chair LL 2:30Yoga, Beginners LL 2:00 Bible Study</p>	<p><b>31</b> 9:00 Crafts LL 1:00 Cribbage – UL</p>		<p><b>LOCATION KEY</b> 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  
OCTOBER 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><b>2</b> Vegetable Lasagna Italian Marinated Vegetables Texas Toast Mixed Fruit Cup</p>	<p><b>3</b> Chicken and Broccoli Rice Casserole Carrot Coins Grapes</p>	<p><b>4</b> Taco Salad With Seasoned Ground Beef Lettuce, Tomatoes, Cheddar Spanish Rice Peaches</p>	<p><b>5</b> Breaded Fish Sandwich with Cheese Tarter, Lettuce, Tomato Warm Potato Salad Mixed Vegetables</p>	<p><b>6</b> Hungarian Goulash Green Peas Tossed Salad with Ranch Fruited Jello</p>
<p><b>9</b> Chicken and Dumplings California Vegetable Blend Beets Fruit Cocktail</p>	<p><b>10</b> Shepherd's Pie Steamed Spinach Dinner Roll w/ Margarine Yogurt with Fruit</p>	<p><b>11</b> Autumn Minestrone Soup Saltine Crackers Tossed Salad w/ Ranch Banana</p> <p align="center"></p>	<p><b>12</b> Spinach and Sausage Egg Bake Potatoes O'Brien Rye Bread with Margarine Cinnamon Applesauce</p>	<p><b>13</b> Chicken Chow Mein Over Steamed Rice Stir Fried Vegetables Diced Carrots Spiced Fruit Crisp</p>
<p><b>16</b> Refried Bean &amp; Cheese Wet Burrito Cilantro Lime Brown Rice Diced Tomatoes Pineapple</p>	<p><b>17</b> Honey Mustard Chicken Scalloped Potatoes Steamed Green Beans Tropical Fruit Blend</p>	<p><b>18</b> Chef Salad with Turkey Ham, Shredded Cheese, Tomato, Cucumber, Eggs Italian Salad Dressing</p>	<p><b>19</b> Citrus Herb Pork Chop Mashed Potatoes Oriental Blend Mandarin Oranges</p>	<p><b>20</b> Beef w/ Gravy over Egg Noodles Italian Blend Vegetables Vanilla Pudding with Cherries</p>
<p><b>23</b> French Toast Bake With Syrup Sausage Links Collard Greens Baked Apples</p>	<p><b>24</b> Cheeseburger on a Bun With Lettuce/Onion Ketchup/Mustard 3 Bean Salad Pears</p>	<p><b>25</b> Creamy Potato Soup Cheese Sandwich on Rye Tossed Salad with Ranch Fruited Jello</p>	<p><b>26</b> Chicken Courdon Bleu Pasta 5 Way Vegetable Diced Peaches</p>	<p><b>27</b> Turkey Chili Lima Beans Coleslaw Saltine Crackers Pineapple Birthday Cake</p> <p align="center"></p>
<p><b>30</b> BBQ Pork Rib Patty on a Bun Peas and Carrots Tossed Salad w/ Ranch Mandarin Oranges</p>	<p><b>31</b> Spaghetti &amp; Meatballs Texas Toast Steamed Broccoli Tropical Fruit Holiday Cookie</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! We thank you!</b></p>	<p align="center"></p>	<p><b>Meals provided (average per week)</b> <b>Carbs: 75 grams</b> <b>Calories: 800</b> <b>Sodium: 800 milligrams</b> <b>Protein: 19 grams</b> <b>Total Fat : 30%</b> <b>2% milk</b> <b>Sodium:800</b></p>

## BOARD APPLICATIONS

With applications due by October 1, early voting will be allowed on **October 12, 13, 16, 17, and 18** at the Senior Center at 13321 Red Arrow Highway, Harbert, Michigan, 49115 from **10 am-2 pm**.

For further information, contact Elna (\*Ellie) Rogers, Committee Chairperson, (269) 756-9596 or edelrogers@sbcglobal.net

### 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 October from 12:15 pm to 1:15 pm**.

### Newsletter Folding

**Thursday, October 26, 9 am**

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

### BINGO!

- 11 am, Friday, 10/13/23
- 11 am, Friday, 10/27/23

**RVSC Bingo with Lunch**

**Halloween Bingo with Lunch & Costume Judging**



### 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.**

### 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 Blind Side***  
**Tuesday, October 10**  
**12:30 pm**

Michael Oher (Quinton Aaron), a homeless black teen, has drifted in and out of the school system for years. Then Leigh Anne Tuohy (Sandra Bullock) and her husband, Sean (Tim McGraw) take him in. The Tuohys eventually become Michael's legal guardians.

### 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

- **Tuesday, October 3, 3:30 pm**  
Harbert Community Church
- **Wednesday, October 4, 4:30**  
Woodland Shores Baptist Church
- **Tuesday, October 10, 4 pm**  
Episcopal Church of the Mediator @ New Troy Community Center
- **Thursday, October 19, 3:30pm**  
Harbor Country Rotary @ Watkins Park Three Oaks
- **Monday, October 30, 4 pm**  
Galien American Legion Hall

#### 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.

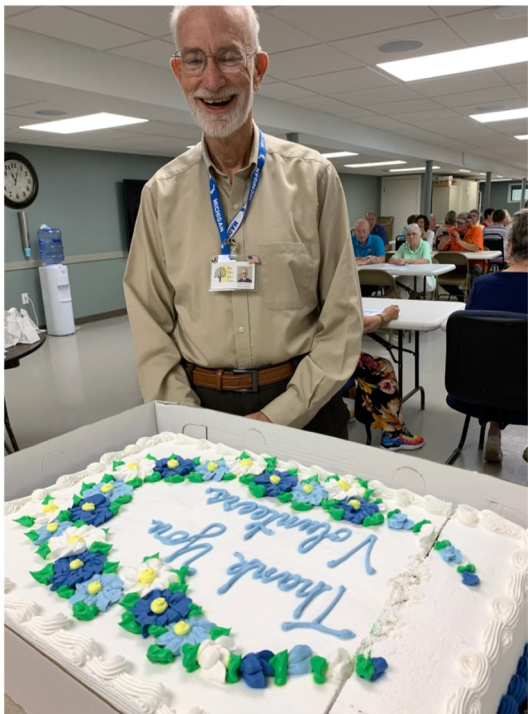
- **Thursdays, 10 am-12 pm and 6:15 pm-7:30 pm**
- **First and third Sundays of each month.**

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

## Senior Ladies Take Fashion Forward



Ladies from the River Valley Senior Center partnered with The Clotheshorse in Bridgman to present a Fashion Show. More than seven ladies took to the aisle to show off their new looks and hoping to inspire others. The preparation and experience of participating in a fashion show helps senior women develop confidence and poise, as well as their leadership and public appearance skills.



Ready to share the Volunteer Luncheon cake...



So many of us fell in love with the King of Rock and Roll (Alvie Ellenwine and the Sweet Sensations). Elvis tunes were enjoyed by many that night.



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



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**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.

**OCTOBER 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  
[director@rvseniorcenter.org](mailto:director@rvseniorcenter.org)  
Mike Deeds  
*Facility Maintenance Technician*  
Donna Pydlek  
*Health & Wellness Coordinator*  
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[transpo@rvseniorcenter.org](mailto:transpo@rvseniorcenter.org)  
Vern Kits  
*Maintenance Assistant/Custodian*  
Mary McCormick  
*Senior Nutrition Services Site Manager*