



River
Valley
Senior
Center

The Sentinel

N E W S L E T T E R

Sue's News—

Stay Active! Feel Great!

One of the best ways to age well is to stay strong *physically*. It's never too late to start living a healthier lifestyle. And the River Valley Senior Center is a perfect place to get moving! We have a variety of physical activities available:



Sue Polishuk
President

- Chair yoga
- Exercise to a video
- Tai Chi
- Exercise equipment in the lower level (for an individual workout)
- Meditation (to keep your mind "fit")
- Beginners' yoga
- Wii Bowling
- Line Dancing

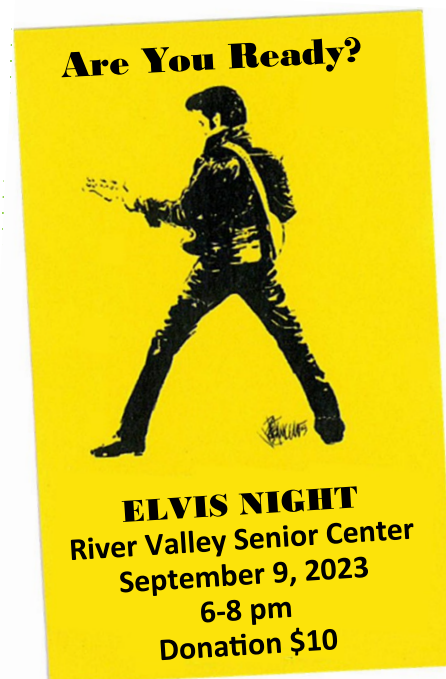
I know many of you participate in these activities every week. Attending these classes will help to improve all levels of your fitness, from balance, to strength, to flexibility, to endurance.

I have taught fitness classes for 50+ and noticed how our physical needs have changed since we were younger. If you participated in exercise classes when "Let's Get Physical" was the thing, you likely put on your leotard and leg warmers, and went "for the burn." If your goals were similar to mine, perhaps you thought more about your appearance than your health. Our lifestyles have changed since then! Now we want to stay strong in body, mind, and spirit.

Regular physical activity keeps your heart, brain, bones, muscles, and joints healthy. And if you have a chronic condition like arthritis, diabetes, or osteoporosis, safe exercise can help you feel better.

I am a firm believer in staying active. In addition to getting healthy, regular exercise will relieve stress, boost your immune system, and get you energized. A big thank you to the leaders of these classes! They are an inspiration to those who exercise with them.

I hope you can participate in the many offerings available at the Senior Center so you can keep moving!



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 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.

Pain Management: Opioids and Alternatives

Do you experience chronic pain? Research shows that



more than 80% of older adults take at least one prescription medicine daily. More than half of this group takes more than five medications or supplements daily. Twenty-five to fifty percent of

older adults in the community report chronic pain that negatively impacts their ability to function. This may include back pain, arthritis/joint pain, headaches/migraines, knee pain, shoulder pain and more. Chronic pain is the most common reason that patients seek help from health care professionals. Do these statistics feel familiar to you or a loved one?

Please join Karen Teachout, Region IV Area Agency on Aging on September 13 from 12-1 pm for a discussion on pain management. Our discussion will include the importance of safely managing and storing medications, along with alternatives to pain management beyond prescription medications. You'll also learn about safe disposal for expired or unwanted medications and leave with an at-home kit for safe disposal.

Lunch and refreshments will be included for all who join our discussion. You will

also be entered into a gift card raffle. Karen Teachout is a Certified Prevention Consultant with the Region IV Area Agency on Aging. Registration is required, so please call (269) 469-4556.



*Karen Teachout
Certified Prevention
Consultant*

COMING SOON

Join Us on a Bus Trip!

Litton's Enchanted Garden, Elkhart, IN

Monday, September 18, 15 minimum required
Bus departs at 9:30 a.m., \$48 per person
Call 269-469-4556 by September 13.

Craft Show at RVSC— Vendors Wanted

Call Tim Hawkins at (269) 469-4556

Monday, November 4
9:30 am-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)

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)
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
1 pm—Knitting & Crocheting (LL)

Foot Clinic

Monday, September 18 &

Friday, September 22

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.

*To care for those who once cared for us is
one of the highest honors.*

—Tia Walker

Watercolor Painting: Relaxation

Tuesday, September 19, 12:30–3:30 pm



September Project: Dragonfly

provided for your finished painting. Please call (269) 469-4556 to reserve a spot.

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

Newsletter Folding

Thursday, September 28, 9 am

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

Opportunity is missed by most people because it is dressed in overalls and looks like work.

–Thomas Edison

Board of Directors Meeting

Thursday, September 21, 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


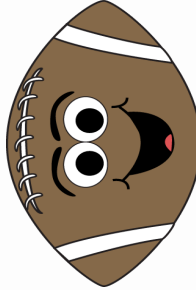

Please allow 5-7 business days advance notice to reserve transportation. Emergency service will be addressed on a case-by-case basis.

The Senior Center provides many services for those 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
- United Way 211 or 1-800-310-5454

RIVER VALLEY SENIOR CENTER--September-2023

<p>LOCATION KEY 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>			<p>Fri 1 9:00 &10:00 Exercise LL 10:45 Blood Pressure Checks LL 1 :00 Knitting & Crocheting LL</p>
<p>4  LABOR DAY</p>	<p>5 9:00 Crafts LL 10:00 T.O.P.S UL 1:00 Cribbage – UL</p>	<p>6 9:00 &10:00 Exercise LL 1:00 Line Dancing LL 1:00 Cards / Games UL 1:00 Wii Bowling UL</p>	<p>7 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p>8 9:00 &10:00 Exercise LL 10:45 Blood Pressure Checks LL 11:00 BINGO Lifecare with lunch 1:00 Knitting & Crocheting LL Note: Elvis Show Saturday 6 - 8 pm.</p>
<p>11 9:00 &10:00 Exercise LL 12:15 Meditation 1:30 Yoga ,Chair LL 2:30Yoga, Beginners LL</p>	<p>12 9:00 Crafts LL 10:00 T.O.P.S UL 12:30 Movie "Blind Side" UL 1:00 Cribbage – UL</p>	<p>13 9:00 &10:00 Exercise LL 12:00 Pain Medication UL 12:30 Monthly Commodities 1:00 Line Dancing LL 1:00 Cards / Games UL 1:00 Wii Bowling UL</p>	<p>14 11:00 Vision Searchers 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p>15 9:00 &10:00 Exercise LL 10:45 Blood Pressure Checks LL 1:00 Knitting & Crocheting LL</p>
<p>18 Linton's Enchanted Garden Foot Clinic by Appointment 9:00 &10:00 Exercise LL 12:15 Meditation 1:30 Yoga ,Chair LL 2:30 Yoga, Yoga Trip LL</p>	<p>19 9:00 Crafts LL 10:00 T.O.P.S UL 12:30 Watercolor LL 1:00 Cribbage – UL</p>	<p>20 9:00 &10:00 Exercise LL 1:00 Line Dancing LL 1:00 Cards / Games UL 1:00 Wii Bowling UL</p>	<p>21 10:00 Board Meeting UL 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p>22 Foot Clinic by appointment 9:00 &10:00 Exercise LL 10:45 Blood Pressure Checks LL 1:00 Knitting & Crocheting LL</p>
<p>25 9:00 &10:00 Exercise LL 12:15 Meditation 1:30 Yoga ,Chair LL 2:30Yoga, Beginners LL</p>	<p>26 9:00 Crafts LL 10:00 T.O.P.S UL 1:00 Cribbage – UL</p>	<p>27 9:00 &10:00 Exercise LL 1:00 Line Dancing LL 1:00 Cards / Games UL 1:00 Wii Bowling UL</p>	<p>28 9:00 Newsletter folding 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p>29 9:00 &10:00 Exercise LL 10:45 Blood Pressure Checks LL 11:00 BINGO RVSP WITH LUNCH 1:00 Knitting</p>







**Meals on Wheels of Southwest Michigan
Senior Nutrition Services
Home Delivered Meals Menu
Congregate Menu
SEPTEMBER 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>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>		<p>1 BBQ Chicken Quarter Mac and Cheese Kernel Corn Seasonal Fruit</p>
	<p>5 Hamburger With Lettuce/Onion Ketchup/Mustard Seasonal Veggies Pudding Mixed Fruit</p>	<p>6 Loaded Potato Chicken Casserole Green Beans Steamed Peas Fruited Jello</p> 	<p>7 Chicken and Broccoli Rice Casserole Carrot Coins Grapes</p>	<p>8 Cheesy Chili Mac Casserole Diced Tomatoes Pineapple</p> 
<p>11 Citrus Herb Pork Chop Mashed Potatoes Oriental Blend Mandarin Oranges</p>	<p>12 Vegetable Lasagna Italian Marinated Vegetables Texas Toast Peaches</p>	<p>13 Breaded Fish Sandwich Tarter, Lettuce, Tomato Coleslaw Mixed Vegetables Pears</p>	<p>14 Jambalaya Steamed Squash Cornbread Diced Mango</p>	<p>15 Chicken and Dumplings Capri Vegetable Blend Beets Fruit Cocktail</p>
<p>18 Shepherd's Pie Brussels Sprouts Dinner Roll w/ Margarine Peaches</p>	<p>19 BBQ Pork Rib Patty Succotash Vegetables Tossed Salad w/ Ranch Seasonal Fruit</p>	<p>20 Chili Lima Beans Coleslaw Saltine Crackers Applesauce</p>	<p>21 Biscuits and Sausage Gravy Steamed Spinach Baked Cinnamon Apples</p>	<p>22 Chicken Courdon Bleu Pasta 5 Way Vegetable Mandarin Oranges</p>
<p>25 Honey Mustard Chicken Scalloped Potatoes Wax Beans Tropical Fruit Blend</p>	<p>26 BBQ Roast Beef Sandwich 3 Bean Salad Kyoto Blend Veggies Pears</p>	<p>27 Spinach Ravioli Bake Steamed Broccoli Texas Toast Fruited Yogurt</p> 	<p>28 Chicken Chow Mein Steamed Rice Stir Fried Vegetables Spiced Fruit Crisp</p>	<p>29 Stuffed Cabbage Roll Mashed Potatoes Green Beans Mandarin Oranges Birthday Cake</p>

BOARD APPLICATIONS

The River Valley Senior Center Nominating Committee is currently accepting applications for election to the Board of Directors. Requirements of Board Membership: residents of geographic service area which includes Townships of Chikaming, Lake, New Buffalo, Three Oaks, parts of Galien, and Weesaw Township west of Cleveland Avenue. This includes the following cities/villages: Michiana, Grand Beach, New Buffalo, Three Oaks, Union Pier, Lakeside, Harbert, Sawyer, New Troy, and Bridgman.

Applications are available at the River Valley Senior Center, 13321 Red Arrow Highway, Harbert, MI 49115 or contact Elna (*Ellie) Rogers, Committee Chairperson, (269) 756-9596 or edelrogers@sbcglobo.net for further information. **Applications are due by October 1, 2023.**

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 September (9/4, 9/11, 9/18 and 9/25) from 12:15 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 you want to lift yourself up,
lift up someone else.
—Booker T. Washington*

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, September 12,
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, transforming both his life and theirs. Michael's tremendous size and protective instincts make him a formidable force on the gridiron, and with help from his new family and devoted tutor, he realizes his potential as a student and football player.

Mobile Food Pantry Schedule

Feeding America's West Mich Foodbank

- **Monday, August 28, 4:00 pm**
Galien American Legion Hall
- **Tuesday, September 5, 3:30 pm**
Harbert Community Church
- **Wednesday September 6, 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.

BINGO!

- 11 am, Friday, 9/8/23—Lifecare with lunch
- 11 am, Friday, 9/29/23—RVSC Bingo with lunch



Fun Times at the August Picnic



Monthly Commodities

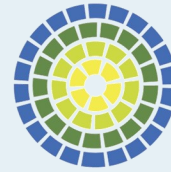
Wednesday, September 13

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 Pro-

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, September 14 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
Email: director@rvseniorcenter.org
Phone: (269) 469-4556
Fax: (269) 469-0321
Hours: Monday-Friday
7:30 a.m. to 4 p.m.

SEPTEMBER 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

In this life we cannot do great things. We can only do small things with great love. —Mother Teresa