



# The Sentinel

## NEWSLETTER

### Tax Time, are you in need of assistance?

Starting February 1, 2024 and running through mid-April, RVSC is partnering with AARP Foundation to offer free tax assistance and preparation through our Tax-Aide program. The mission of Tax-Aid Program is to provide "free tax assistance to those who need it most."

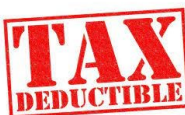
Therefore, our focus is on serving seniors who are 60 years or older who are low income.

Please note that our Tax-Aid volunteers are able to offer only limited numbers of appointments, so please be considered of "those who need it most."

The following items are required for you to bring with you to your appointment:

- Picture ID (Driver's license or State ID)
- Social Security Card
- Last Years Income Tax Return
- Annual Income Statements (W2), other (veteran benefits, SSI state assistance, ect.)
- SS Benefits statements with last year's income in **Box 5**
- Pension, retirement, annuity, IRA distribution (1099-R)
- ALL Interests and Dividend Statements
- Property Tax Bills (Winter and Summer)
- Rent you paid (Landlord name and address)
- Heat paid in your name (Provider and provider address)
- Health Insurance Premium
- 1095-A, B or C Affordable Health Care statements
- Health insurance Exemption Certificate, if received
- Checking or savings account number, routing number for your Bank

Ensure you have these on hand before calling for an appointment. Individuals without correct and full paperwork will have to re-schedule if appointments are still available. Our volunteers are looking forward to serving your



### President's Message: Barb Wotjczak

Happy New Year 2024!!

I hope everyone enjoyed their Holiday Season. The River Valley Senior Center was busy and festive during the month of December.

On December 4<sup>th</sup>, a large group of members joined us for the Lighting of the Christmas Tree. Lovely voices were raised in celebration of the season led by the School of American Music. The RVSC Hospitality



Barbara Wotjczak

Committee served hot cocoa and delicious homemade cookies.

Mike Deeds has certainly outdone himself decorating RVSC inside and out. The next time you see him, please let him know how important he is to all of us.

The Christmas Party w/Bingo and Lunch on December 8<sup>th</sup> was a huge success. There was such an air of excitement as attendees were laughing and visiting with friends and neighbors. A lovely holiday meal was served. Everyone seemed to have a good time.

A Winter Weather reminder to our Transportation Clients.....please make sure that driveways, walkways, steps and landings are clear of snow and ice so that you and our Drivers are not at risk for injury.

As we welcome 2024, I want to wish all of you a Happy, Healthy and Hopeful New Year. There are many of our clients that are dealing with health issues, food insecurity and challenging family issues, to name a few. My hope for all of us is that we move forward in a positive direction toward resolution.

Please know that RVSC cares about each of us. Be safe.  
Barbara

-Barb Wotjczak

**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.**



# WINTER



F P A M O T I U S W O N S Q B S  
 R X G O Y D S H O V E L Z J N C  
 Q T L B N K L W R S M A G O U F  
 V G S R A P E N G U I N W Y H D  
 I W N T E J G X M Q S B R E O Z  
 U C E A Y T N D P I O H F K L R  
 M S I Z G Q A V B A T L X C I J  
 Y H K C F G W E R N U T P O D G  
 S J M V L S O D W R X Q E H A N  
 E N T G K E N B R S F M C N Y I  
 V L O I N H S I O X J U Q A S D  
 O F I W P E E R S T O O B M C D  
 L N X U B S Z J Y P N I H W K E  
 G I P E T A L O C O H C T O H L  
 B S C A R F L D R E M Z U N J S  
 H R E T N I W L X F P G Y S O K



boots	hot chocolate	shovel	snowboard
flurries	icicle	skates	snowman
frozen	igloo	skiing	snowsuit
gloves	mittens	sledding	sweater
hockey	penguin	snow angels	toboggan
holidays	scarf	snowball	winter

Tree Valley Academy

**Movie Day - Prancer**  
**Tuesday, January 9**  
**11:30 pm**

Get ready for a great movie made locally in Three Oaks!  
 Come settle in and enjoy the popcorn, cookies and hot  
 chocolate. **Please call (269) 469-4556 for reservations.**

## Weekly Recurring Activities

### Monday

9 am & 10am –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)  
 1 pm–Cribbage (UL)

### Wednesday

9 am & 10am –Exercise Class (LL)  
 12:30 pm–Monthly Commodities  
 2<sup>nd</sup> Wed.  
 12:30 pm–Quarterly Commodities  
 (3rd Wed.) Feb, May, Aug, Nov  
 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 & 10am –Exercise Class (LL)  
 10:45 am–Blood Pressure Checks (UL)  
 1 pm–Knitting & Crocheting (LL)



**Watercolor Painting:  
Red Barn On The Shore  
January 16 - 12:30 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.

**!!!!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.**

**Foot Clinic— Monday January 29 and Wednesday, January 31**

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. In 2023, prices are \$30 for a new client, and returning clients pay \$25. The Foot clinic is by appointment only.

Starting in January 2024, prices for the Foot Clinic will increase. A patient’s first visit will be \$40, and their return visit will be \$30.



**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.



**Board of Directors’ Meeting  
Thursday, January 18, 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 to attend.

**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

# RIVER VALLEY SENIOR CENTER – JANUARY 2024

<p><b>1 HOLIDAY</b></p> 	<p><b>2</b></p> <p>9:00 Crafts LL 10:00 T.O.P.S UL 1:00 Cribbage – UL</p>	<p><b>3</b></p> <p>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>4</b></p> <p>1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p><b>5</b></p> <p>9:00 &amp; 10:00 Exercise LL 10:45 Blood Press. Checks UL 1:00 Knitting &amp; Crocheting LL</p>
<p><b>8</b></p> <p>9:00 &amp; 10:00 Exercise LL 12:15 Meditation 1:30 Yoga, Chair LL 2:30 Yoga, Beginners LL</p>	<p><b>9</b></p> <p>9:00 Crafts LL 10:00 T.O.P.S UL <b>11:30 Movie - Prancer Presentation</b> 1:00 Cribbage – UL</p>	<p><b>10</b></p> <p>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>11</b></p> <p>1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p><b>12</b></p> <p>9:00 &amp; 10:00 Exercise LL 10:45 Blood Press. Checks UL 1:00 Knitting &amp; Crocheting LL</p>
<p><b>15 Holiday</b></p> 	<p><b>16</b></p> <p>9:00 Crafts LL 1:00 Cribbage – UL <b>12:30 Watercolor LL</b></p>	<p><b>17</b></p> <p>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>18</b></p> <p><b>10:00 Board Meeting</b> 11:00 Vision Searchers 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p><b>19</b></p> <p>9:00 &amp; 10:00 Exercise LL 10:45 Blood Press. Checks UL 1:00 Knitting &amp; Crocheting LL</p>
<p><b>22</b></p> <p>9:00 &amp; 10:00 Exercise LL 12:15 Meditation 1:30 Yoga, Chair LL 2:30 Yoga, Beginners LL</p>	<p><b>13</b></p> <p>9:00 Crafts LL 10:00 T.O.P.S UL 1:00 Cribbage – UL</p>	<p><b>24</b></p> <p>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>25</b></p> <p><b>9:00 Newsletter Folding</b> 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p><b>26</b></p> <p>9:00 &amp; 10:00 Exercise LL 10:45 Blood Press. Checks UL <b>11:00 RSVC BINGO with lunch</b> 1:00 Knitting &amp; Crocheting LL</p>
<p><b>29F</b></p> <p><b>Foot Clinic by Appt.</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>30</b></p> <p>9:00 Crafts LL 10:00 T.O.P.S UL 1:00 Cribbage – UL</p>	<p><b>31</b></p> <p><b>Foot Clinic by Appt.</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>LOCATION KEY</b> <b>LL = Lower Level</b> <b>UL = Upper Level</b></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  
JANUARY 2024  
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>1 Holiday</b></p> 	<p><b>2</b> Chicken Cobbler Roll with Margarine Harvest Beets Cherry Crisp</p>	<p><b>3</b>Chicken Ceaser Salad with Croutons, Tomato, and Parmesean Cheese Diced Mango</p>	<p><b>4</b>Salisbury Steak Whipped Potatoes w/Gravy Green Beans Creamed Corn Berry Applesauce</p>	<p><b>5</b> Baked Whitefish served Over Confetti Rice Broccoli Crowns Pineapple Tidbits</p>
<p><b>8</b> Sloppy Joe on a Wheat Bun Seasoned Potato Wedges Italian Vegetable Blend Apricots</p>	<p><b>9</b>Shredded Chicken Taco with Cheese, Lettuce, Tomatoes Fiesta Corn Pudding with Fruit</p>	<p><b>10</b> Stuffed Pepper Soup Roll w/Margarine Carrot Coins Fruit Cobbler</p>	<p><b>11</b> Tuna Noodle Casserole w/ Peas Beets Yogurt with Fruit</p>	<p><b>12</b> Liver and Onions Mashed Potatoes w/ Gravy Green Beans Mandarin Oranges</p>
<p><b>15</b> MLK J day</p> 	<p><b>16</b> Spaghetti with Meatballs Steamed Broccoli Fruited Jell-O</p>	<p><b>17</b> Polish Sausage on a Bun Sauerkraut Mixed Vegetables Mandarin Oranges</p>	<p><b>18</b> BBQ Chicken Quarter Acorn Squash Wax Beans Diced Peaches</p>	<p><b>19</b> French Toast Bake Sausage Patty Steamed Spinach Banana</p>
<p><b>22</b> Million Dollar Chicken Noodle Bake Broccoli Green Peas Grapes</p> 	<p><b>23</b>Cheeseburger on a Bun with Condiments Mac and Cheese Coleslaw Mandarin Oranges</p>	<p><b>24</b> White Bean Chicken Chili Collard Greens Cornbread Berry Applesauce</p>	<p><b>25</b> French Onion Pasta Bake Peas and Carrots Pineapple Tidbits</p>	<p><b>26</b> Baked Ziti Pasta Italian Vegetable Blend Tossed salad with Italian Mixed Fruit Cup Birthday Cake</p>
<p><b>29</b>Honey Garlic Chicken Over Brown Rice Oriental Blend Veggies Pears</p>	<p><b>30</b> Sweet Potato Breakfast Casserole w/ Sausage Stewed Tomatoes Wheat Bread w/ Margarine Applesauce</p>	<p><b>31</b> Beef Stew Dinner Roll w/ margarine Steamed Spinach Fruit Cocktail</p>	<p>Meals provide (average per week) <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>	<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>

**A SPECIAL THANK YOU TO  
THE POKAGON FUND  
AND  
MEIJER IN STEVENSVILLE**

This year again we were able to supplement the December Commodities with fresh spiral hams, groceries, fresh fruit and items from the Giving Tree at the River Valley Senior Center. It was through their generosity the the River Valley Senior Center could plan this event.



**Newsletter Folding**

**Thursday, January 25 at 9 am**

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



**January Bingo  
11:00 Friday January 26, - RVSC with lunch**

Please call for reservations 4 days in advance at 469-4556

**Veterans Services**

**January 9, 12 -1:30 pm**

**15 Things Every Veteran Should Know**

**By Ryan McNeely**

**Please plan to attend this special presentation**

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.

**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 is easier.

**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, January 2, 3:30 pm**  
Harbert Community Church
- **Monday, January 29, 4 pm**  
Galien River Church @Galien American Legion.

**Cupboard Mobile Food Pantry:**

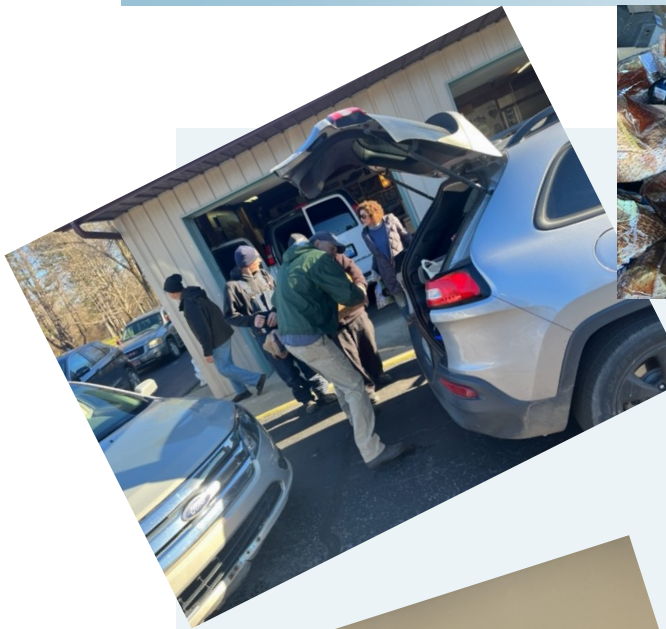
This food pantry serves those who meet federal guidelines and live in the service areas of Bridgman, Baroda, Stevensville, Glendora, New Troy, Sawyer, and St. Joseph.

**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.

# December - A busy month at the Senior Center



## COMMODITIES



## GIVING TREE & TOYS FOR TOTS



## CHRISTMAS PARTY & TREE LIGHTING

**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.

**JANUARY 2024**



**River Valley Board of Directors**

Barbara Wojtczak, *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*

[www.rvseniorcenter.org](http://www.rvseniorcenter.org)



**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*  
[healthyseniors@rvseniorcenter.org](mailto:healthyseniors@rvseniorcenter.org)  
Sabine Wheetley  
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Susan Buckingham  
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[transpo@rvseniorcenter.org](mailto:transpo@rvseniorcenter.org)  
Vern Kits  
*Maintenance Assistant/Custodian*  
Mary McCormick  
*Senior Nutrition Services Site Manager*