



# The Sentinel

NEWSLETTER

## Introducing Board President Barb Wotjczak



Barbara Wotjczak

Season’s Greetings! Thank you for your continued support of the River Valley Senior Center. I consider reelection to the RVSC Board of Directors, as well as the awesome responsibility to serve as President. I am humbled by your words of encouragement and your display of confidence.

I became a volunteer at River Valley Senior Center in November 2020. That is when I found my “happy” place. Our Senior Center is a warm, welcoming, and vibrant facility.

I’m able to meet and speak with so many people in our area. It is very gratifying to assist our seniors in every way I can.

November was a busy month. The lower level of the Center bus-tled with crafters on Saturday, November 4. The Craft Show offered fun, festive, and flavorful items available for those to start their holiday shopping.

On November 9, RVSC honored Veterans, active-duty service mem-bers, and spouses with a special breakfast. Each Veteran introduced themselves and received a medallion engraved with a “thank you for your service.” We were humbled to stand in their presence.

Each day, our seniors come together to participate and celebrate to build a wonderful community. The common thread is “together.” As a community, we keep RVSC warm and welcoming. I am very proud to be a part of RVSC.

May each of you be peaceful, restful, and enjoy this Holiday Sea-son. Please be helpful to those around you, if you are able.

–Barb Wotjczak

### Giving Tree Brings in the Season

It’s 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 ser-vice 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**.



**Monday, December 25, 2023**  
**Tuesday, December 26, 2023**  
**Monday, January 1, 2024**



### 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 near the entry kiosk. Please drop off new, unwrapped toys in the box by **December 8**.



**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.**

## We Need Your Beep

Have you ever wondered why we ask you to “beep” in at the kiosk when you come to the Center? We use *My Senior Center* software in the kiosk to capture attendance and service. This software tallies how many people attend events at the Center daily. We send these totals to the County Commissioners monthly to report the number of seniors who use the seven Centers in Berrien County.

The cumulative attendance total also includes food planning. We need to make sure that enough food is prepared for those attending the event. Due to a short estimate, some of our seniors did not receive lunch at the Halloween Party this year. The Hospitality Committee made every effort to provide food, but did not have enough on that day. In the future, please sign up for the event deadline, and if you cannot attend—please call (269) 469-4556 and cancel. Thank you for helping us with this effort.



## 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.**

## Board of Directors' Meeting

**Thursday, December 14, 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.

## 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) December 5 and 19  
1 pm—Cribbage (UL)

### Wednesday

9 am—Exercise Class (LL)  
10 am—Exercise Class (LL)  
12:30 pm—Monthly Commodities (3rd Wed.)  
12:30 pm— Quarterly Commodities  
(3rd Wed.) Nov., February, May, and August  
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)

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*I've learned a lot about a person by the way that he or she handles three things: a rainy day, lost luggage, and tangled Christmas tree lights.*

—*Maya Angelou*

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## Holiday Greetings from America Schmaltz

America wants to thank everyone for their thoughts and prayers and many cards. She is still located at the South Haven Rehabilitation Center, 850 Phillips St., South Haven, MI 49090.



*America Schmaltz*

## Watercolor Painting: Joy December 12 – 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.



*December Project: Joy*

## Foot Clinic—Wednesday, December 13

### and Monday, December 18



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.





*Nothing ever seems too bad, too hard,  
or too sad when you've got a Christmas tree  
in the living room.*

—Nora Roberts

## 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

# RIVER VALLEY SENIOR CENTER – DECEMBER 2023

<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</p>			<p><b>1</b>  9:00 &amp; 10:00 Exercise LL  10:45 Blood Press. Checks UL  1:00 Knitting &amp; Crocheting LL</p>
<p><b>4</b>  9:00 &amp; 10:00 Exercise LL  <b>11:00 Christmas Tree Lighting</b>  12:15 Meditation  1:30 Yoga, Chair LL  2:30 Yoga, Beginners LL</p>	<p><b>5</b>  9:00 Crafts LL  10:00 T.O.P.S UL  1:00 Cribbage – UL</p>	<p><b>6</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>7</b>  1:00 Cribbage UL  1:30 Tai Chi LL  2:00 Alzheimer's Support Group UL</p>	<p><b>8</b>  <b>Giving Tree &amp; Toys for Tots - Last Day</b>  9:00 &amp; 10:00 Exercise LL  10:45 Blood Press. Checks UL  <b>11:00 Christmas BINGO RVSC with lunch</b>  1:00 Knitting &amp; Crocheting LL</p>
<p><b>11</b>  9:00 &amp; 10:00 Exercise LL  12:15 Meditation  1:30 Yoga, Chair LL  2:30 Yoga, Beginners LL</p>	<p><b>12</b>  9:00 Crafts LL  1:00 Cribbage – UL  <b>12:30 Watercolor LL</b></p>	<p><b>13</b>  <b>Foot Clinic by Appt.</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>14</b>  <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>15</b>  9:00 &amp; 10:00 Exercise LL  10:45 Blood Press. Checks UL  1:00 Knitting &amp; Crocheting LL</p>
<p><b>18</b>  <b>Foot Clinic by Appointment</b>  9:00 &amp; 10:00 Exercise LL  12:15 Meditation  1:30 Yoga, Chair LL  2:30 Yoga, Beginners LL</p>	<p><b>19</b>  9:00 Crafts LL  10:00 T.O.P.S UL  1:00 Cribbage – UL</p>	<p><b>20</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>21</b>  1:00 Cribbage UL  1:30 Tai Chi LL  2:00 Alzheimer's Support Group UL</p>	<p><b>22</b>  9:00 &amp; 10:00 Exercise LL  10:45 Blood Press. Checks UL  1:00 Knitting &amp; Crocheting LL</p>
<p><b>25 HOLIDAY</b></p> 	<p><b>26 HOLIDAY</b></p> 	<p><b>27</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>28</b>  <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>29</b>  9:00 &amp; 10:00 Exercise LL  10:45 Blood Press. Checks UL  1:00 Knitting &amp; Crocheting LL</p>



**Meals on Wheels of Southwest Michigan  
Senior Nutrition Services  
Home Delivered Meals Menu  
Congregate Menu  
DECEMBER 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 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>			<p>1Pork Roast w/ Gravy          Apple Stuffing          Roll w/Margarine          Green Beans          Diced Peaches</p>
<p>4 Salmon Patty Sandwich on Whole Wheat Bun w/ Tomatoes, Tartar Sauce          Confetti Rice</p>	<p>5Creamy Gnocchi w/ Sausage Peas and Carrots          Cherry Cobbler</p> <p></p>	<p>6 Harvest Cobb Salad w/ Chicken, Eggs, Corn, Cranberries, Apples and Poppyseed Dressing          Dinner Roll</p>	<p>7 Country Fried Steak w/ Gravy          Whipped Sweet Potatoes          Five Way Vegetable Blend</p>	<p>8Chicken a la King with a Biscuit          Carrots          Diced Pears</p>
<p>11French Onion Pasta Bake          Italian Blend Veggies          Yogurt Fruit</p> <p></p>	<p>12Oven Fried Chicken          With BBQ sauce          Mashed Potatoes          Mixed Vegetables          Orange Wedges</p>	<p>13 Broccoli Cheese Soup          Rye w/ Margarine          Peas and Pearl Onions          Fruit Cobbler</p>	<p>14 Swedish Meatballs          Over Noodles          Green Beans          Carrot Coins          Diced Mango</p>	<p>15 Hamburger on a Bun w/Lettuce, Tomato, Pickle, Ketchup, Mustard          Potato Wedges          Mixed Vegetables</p>
<p>18 Southwest Chicken Quinoa Casserole          Tossed Salad with Dressing          Stewed Tomatoes          Diced Pears</p>	<p>19 Biscuit and Gravy          Diced Bell Peppers and Potatoes          Banana</p>	<p>20 White Bean Chicken Chili          Collard Greens          Cornbread          Berry Applesauce</p>	<p>21 <b>HOLIDAY MEAL</b>          Spiral Ham w/ Pineapple Rings          Mashed Potatoes w/ Gravy          Kernel Corn          Cranberry Fluff Salad</p>	<p>22 Beef Tacos on a flour Tortilla w / Cheese, Lettuce, Salsa          Corn and Tomato Blend          Tropical Fruit Mix          Birthday Cake</p>
	<p>26</p> <p></p>	<p>27          Roll w/margarine          Steamed Spinach          Fruit Cocktail</p>	<p>28          29 Spaghetti with Meat Sauce          Lima Beans          Fruit Crisp</p>	<p>29 <b>New Years Meal</b>          Hoppin John with Ham, Greens &amp; Black Eyed Peas          Cornbread          Grapes</p>

## Lighting of the Christmas Tree



**Monday, Dec. 4  
11 am**

Refreshments will be served. Please call (269) 469-4556 for reservations by November 29th.

The tradition of Christmas lights began with candles that served as the primary source of light on the tree. This

tradition can be traced back to Germany in the 17th century and eventually spread to other countries in Eastern Europe.

## Newsletter Folding

**Tuesday, December 28, 9 am**

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



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

Gift exchange should be at least a \$2 gift. Please call (269) 469-4556 for reservations by Dec. 5.

## 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 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, December 5, 3:30 pm**  
Harbert Community Church
- **Wednesday, December 6, 4:30 pm**  
Woodland Shores Baptist Church
- **Monday, December 18, 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.

**Creepy Ghouls Invade the Senior Center**

Balloon Ghoul takes 1st Place



*We don't stop playing because we grow old; we grow old because we stop playing.*

—George Benard Shaw



Ghoul Royalty: 1st Place—Diane Kirk  
2nd Place—Sue Rogers  
3rd Place—Debbie Mann



We'll get you my pretty...

**Honoring Our Vets**

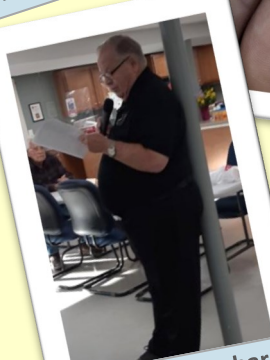


River Valley Senior Center Local Veterans

Military Medallions were presented to our Veterans.



Dave, a Veteran from Senior Nutrition Services



Tim Hawkins shared poetry with the group.



Breakfast is coming right up!

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



NON-PROFIT  
ORGANIZATION  
US POSTAGE  
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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.

**DECEMBER 2023**



**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**  
*Administrative Assistant*  
[admin@rvseniorcenter.org](mailto:admin@rvseniorcenter.org)

**Susan Buckingham**  
*Transportation Coordinator*  
[transpo@rvseniorcenter.org](mailto:transpo@rvseniorcenter.org)

**Vern Kits**  
*Maintenance Assistant/Custodian*

**Mary McCormick**  
*Senior Nutrition Services Site Manager*