

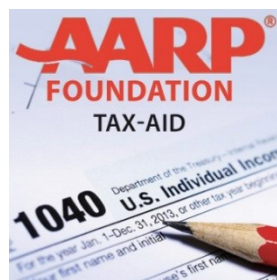


The Sentinel

NEWSLETTER

Free Tax Assistance for Those Who Need It Most

Starting on February 1, 2024 and continuing through mid-April, River Valley Senior Center will partner with the AARP Founda-



tion to offer free tax assistance through the AARP Tax-Aide program. The mission of the Tax-Aid Program is to **provide assistance to those who need it most**. Our focus serves **seniors who are 60 years or older and are low income**.

Please note that our Tax-Aid volunteers are able to offer limited numbers of appointments, so please be considerate of those who need it most. Scheduling appointments will be accepted **starting the week of January 22, 2024**. To ensure a smooth process, please bring all necessary documentation listed below.

Please note that our **volunteer resources are quite limited**, and **tax services will only be provided from 8 am to 4 pm**.

You are required to bring the following items with you to your appointment:

- Social Security Card
- Last Year's Income Tax Return
- Annual Income Statements (W2), other (veteran benefits, SSI state assistance, etc.)
- 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 (a voided check)

Make sure you have these documents on hand before calling for an appointment. If you don't have the correct paperwork, you will have to reschedule—if **appointments are still available**. Our volunteers are looking forward to serving your needs.

Barb Wotjczak Takes a New Look

Happy New Year 2024!!

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

On December 4, a large group of seniors joined us for the Lighting of the Tree. Lovely voices were raised in celebration of the season, led by the School of American Music. The Hospitality Committee served hot cocoa and delicious homemade cookies.

Mike Deeds certainly outdid himself by decorating the center inside and out. The next time you see Mike, please let him know how important he is to all of us.



Barbara Wotjczak

The Christmas Party with Bingo and Lunch on December 8 was a huge success. Attendees laughed and visited with friends and neighbors. A lovely holiday meal was served, and everyone had a good time.

A Winter Weather reminder to our Transportation Clients—please make sure that driveways, walk-ways, 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 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.

Please know that RVSC cares about each of us. Be safe as you go through your winter days.

—Barbara 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.

Meet Dave Campbell February 13th at 10:30 am

Meet Dave Campbell, the new Superintendent of River Valley School District, to engage in conversation about the River Valley School District. Topics will include the new elementary school, academic achievement, the upcoming millage renewal election on February 27, school culture, and other topics based on your questions. You can learn about the latest happenings at River Valley Schools at the River Valley Senior Center at **10:30 am on February 13**. Dave would like to talk to any seniors about the millages and anything else related to River Valley Schools. Thanks so much for your consideration. Please call 469-4556 for reservations.



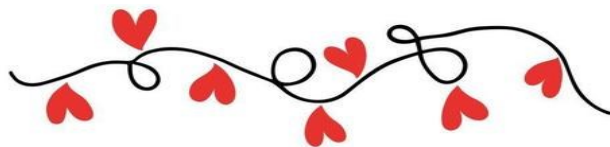
David Campbell

*There are no short cuts
to any place worth going.*

—Beverly Sills

Board of Directors' Meeting Thursday, February 15—10 am

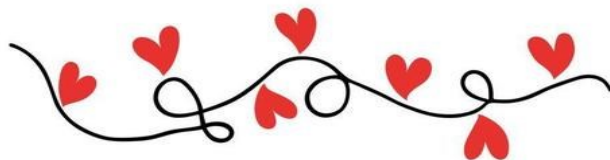
The River Valley Senior Center Board of Directors will hold their monthly meeting in the upper level of the Senior Center. All are welcome to attend.



- **Valentine Party Bingo**
Friday, February 9 at 11 am with Lunch

- **Early Bird Bingo**
Thursday, February 29, 9:30 am

We'll hold Early Bird Bingo with lite breakfast served at **9:30 am on Thursday, February 29**. Bingo will follow after breakfast. Please call for reservations by **Friday, February 23, (269) 469-4556**.



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) February 6 and 20
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)

Enjoy a Movie and Popcorn

Get ready for a great movie! We'll have the popcorn ready. After the movie, enjoy a cup of chili, and a soft drink will be provided.

Please call (269) 469-4556 for reservations.

My Lost Valentine *Starring Betty White*

Tues., February 13, 11:15 am

This movie features a TV journalist, Susan Allison (Jennifer Love Hewitt), who is working on a profile of a woman, Caroline Thomas (Betty White), whose husband naval aviator Lt. Neil Thomas who was declared MIA 60 years ago during World War II. Susan clashes with Caroline's grandson, Lucas Thomas (Sean Faris), and overhears her referring to the potential story as fluff, rather than the very personal story it is.



Watercolor Painting: Jaguar

February 20—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.



February Project: Jaguar

Foot Clinic—Friday, February 23 & Monday, February 26



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. 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. The Foot Clinic is by appointment only



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)**.

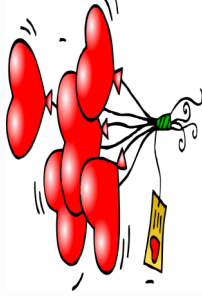
The Senior Center will gladly accept donations for maintaining our increasing transportation expenses. When using our transportation, please be patient. Our drivers are volunteers.

I'm not going outside until the temperature is above my age.

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 – FEBRUARY 2024

| | | | | |
|---|---|---|--|--|
| <p>LOCATION KEY LL = Lower Level UL = Upper Level</p> | <p>Senior Nutrition Services Lunch is served at 11:45 am. Lunch is served for seniors in the LL of the center. Please call Mary McCormick at 269-426-0912 before 10 a.m. the day before you want your meal.</p> |  | <p>1 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p> | <p>2 9:00 & 10:00 Exercise LL 10:45 Blood Press. Checks UL 1:00 Knitting & Crocheting LL</p> |
| <p>5 9:00 & 10:00 Exercise LL 12:15 Meditation 1:30 Yoga, Chair LL 2:30 Yoga, Beginners LL</p> | <p>6 9:00 Crafts LL 10:00 T.O.P.S UL 1:00 Cribbage – UL</p> | <p>7 9:00 & 10:00 Exercise LL 1:00 Line Dancing LL 1:00 Cards / Games UL 1:00 Wii Bowling UL</p> | <p>8 11:00 Vision Searchers 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p> | <p>9 9:00 & 10:00 Exercise LL 10:45 Blood Press. Checks UL 11:00 Valentine Bingo with lunch—RVSC 1:00 Knitting & Crocheting LL</p> |
| <p>12 9:00 & 10:00 Exercise LL 12:15 Meditation 1:30 Yoga, Chair LL 2:30 Yoga, Beginners LL</p> | <p>13 9:00 Crafts LL 10:30 - Dave Campbell River Valley Schools 11:15 Movie Day - "My Lost Valentine" 1:00 Cribbage – UL</p> | <p>14 Valentines Day 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>15 10:00 Board Meeting 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p> | <p>16 9:00 & 10:00 Exercise LL 10:45 Blood Press. Checks UL 1:00 Knitting & Crocheting LL</p> |
| <p>19 9:00 & 10:00 Exercise LL 12:15 Meditation 1:30 Yoga, Chair LL 2:30 Yoga, Beginners LL</p> | <p>20 9:00 Crafts LL 10:00 T.O.P.S UL 1:00 Cribbage – UL 12:30 Watercolor LL</p> | <p>21 12:30 Quarterly Commodities 9:00 & 10:00 Exercise LL 1:00 Line Dancing LL 1:00 Cards / Games UL 1:00 Wii Bowling UL</p> | <p>22 9:00 Newsletter Folding 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p> | <p>23 Foot Clinic by Appointment 9:00 & 10:00 Exercise LL 10:45 Blood Press. Checks UL 1:00 Knitting & Crocheting LL</p> |
| <p>26 Foot Clinic by Appointment 9:00 & 10:00 Exercise LL 12:15 Meditation 1:30 Yoga, Chair LL 2:30 Yoga, Beginners LL</p> | <p>27 9:00 Crafts LL 1:00 Cribbage – UL</p> | <p>28 9:00 & 10:00 Exercise LL 1:00 Line Dancing LL 1:00 Cards / Games UL 1:00 Wii Bowling UL</p> | <p>29 9:30 Early Bird Bingo with Breakfast - RVSC 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p> | |



**Meals on Wheels of Southwest Michigan
Senior Nutrition Services
Home Delivered Meals Menu
Congregate Menu
February 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>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 Goulash with Kidney Beans Texas Toast Green Beans Diced Pears</p> | <p>2 Liver and Onions Mashed Potatoes Peas Mandarin Oranges</p> |
| <p>5 Sweet and Sour Chicken Over Brown Rice Broccoli Diced Bell Peppers Mixed Fruit Cup</p> | <p>6 Beef Lasagna Texas Toast Mixed Vegetables Pineapple Tidbits</p> | <p>7 Chicken and Mushroom Casserole Green Beans Fruit Crisp with Oats</p> | <p>8 BBQ Pork Rib Patty Baked Beans Peas and Carrots Cinnamon Applesauce</p> | <p>9 Turkey Burger on a Whole Grain Bun with Lett/Ketchup/Mustard Seasoned Potato Wedges Steamed Veggie Blend Grapes</p> |
| <p>12 Chicken Mashed Potato Bowl with Gravy Kernel Corn Diced Mango</p> | <p>13 FAT TUESDAY Red Beans and Rice Cooked Greens Mandarin Oranges Cream Puff</p> | <p>14 Greek Salad w/ Chickpeas, Beets, Feta, Onions, Olives and Dressing Pita Bread Peaches</p> | <p>15 Stuffed Cabbage Roll Mashed Potatoes Green Beans Pears</p> | <p>16 Red Pepper and Parmesan Tilapia Confetti Rice Steamed Mixed Veggie Mixed Fruit</p> |
| <p>19 Baked Oatmeal with Blueberries Warm Fruit Salad Cottage Cheese</p> | <p>20 Cheesy Chicken, Broccoli, Rice Casserole Tossed Salad with Ranch Fruit Crisp</p> | <p>21 Meatball Sub with Marinara and Mozzarella Cheese Steamed Spinach Peaches</p> | <p>22 Turkey Medallions w/ Gravy Whipped Potatoes Creamed Corn Mandarin Oranges</p> | <p>23 Macaroni and Cheese Stewed Tomatoes Broccoli Birthday Cake</p> |
| <p>26 Turkey Meatloaf Seasoned Potato Wedges Italian Blend Vegetables Mandarin Oranges</p> | <p>27 Shepherd's Pie Peas and Carrots Baked Cinnamon Apples</p> | <p>28 Barley and Chickpea Risotto Sugar Snap Peas Fruit Cobbler</p> | <p>29 Chicken Fajitas Onions and Peppers Black Beans and Tomatoes Applesauce</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> |

Good Food/Great Conversation

Practicing a healthy lifestyle involves more than a daily workout or participating in a new class; it's about making connections that last beyond physical activity. At the River Valley Senior Center, we like to socialize with those who come to share a meal with others.

Sharing a meal can bring people together and contribute to your overall well-being. It combines good food and meaningful conversation.

In the past couple years, the value of socialization has become more apparent. We've missed important pieces of our emotional lives.

If you miss dining with others and would like to meet new friends, join us for lunch on weekdays from 11:15 am to 12 noon.

To secure a spot for lunch, please sign up with Mary McCormick, River Valley Site Manager, Meals on Wheels. You can reach her by calling (269)-426-0912. The cost for these meals range between \$2 and \$4, depending on your income.



Mobile Food Pantry Schedule Feeding America's West Mich Foodbank

- **Tuesday, February 6, 3:30 pm**
Harbert Community Church
- **Wednesday, February 7, 4:30 pm**
Woodland Shores Baptist Church
- **Friday, February 16, 12:00 pm**
- **New Buffalo Fire Dept.**
- **Monday, February 26, 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.**

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 Wheetley 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.

Quarterly Commodities

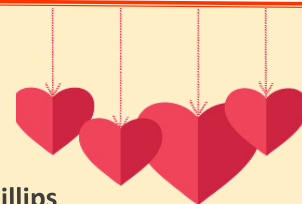
Wednesday, **February 21** Quarterly Commodities will be given out from 12:30-2 pm on the third Wednesday of the quarter to people of all ages who qualify. To qualify for Quarterly Commodities, the maximum household income differs from monthly requirements for CFSP.

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 to 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.

Thank You!

- All van drivers
- All Center volunteers
- Facebook support:

Marci Stephenson
Diane Kirk, Sharon Phillips



Bad Weather Closings!

If you are not sure whether River Valley Senior Center is open due to bad weather, please watch **WNDU 16 News** or listen to **AM Radio WSBT 960, Sunny 101.5, Oldies 94.3, and Real Country 99.9** for weather announcements. A good rule of thumb to use is if the River Valley School District is **closed due to bad weather**, the River Valley Senior Center will also be closed. It is also posted on **WSBT Channel 22** and **WNDU Channel 16** websites.



*To be happy—
Let go of what is gone,
Be grateful for what remains,
And look forward to what comes next.*

Valentine's Day Word Search

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| v | h | o | i | k | a | c | p | s | r | t |
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valentine
arrow
cupid
hearts
love

red
fourteenth
hugs
chocolate
pink

roses
friend
flowers
sweetheart
kisses

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.

FEBRUARY 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



River Valley Senior Center Staff

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Vern Kits
Maintenance Assistant/Custodian
Mary McCormick
Senior Nutrition Services Site Manager