



# The Sentinel

N E W S L E T T E R

## 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 Foundation 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 were 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.

## Bits and Pieces From Barb Wotjczak

Hello and Happy St. Patrick's Day to those of you in the River Valley Senior Center.

We hope you plan to visit us this month, either in person, on the telephone, or online. If you visit us online, have you navigated our updated website? [www.rvseniorcenter.org](http://www.rvseniorcenter.org) provides both a comprehensive overview of who we are, what we do, and along with the details of our activities and events. The website is a valuable tool to help us get the word out so that our seniors don't miss events.



Barbara Wotjczak

The monthly lunch menu is available for our Meals on Wheels clients, but also for those who would like to dine with others in the lower level.

Think about our volunteer needs at the senior center. We still need drivers and would gladly welcome additional receptionists as a backup.

You can fill out a Transportation Trip Request on line and submit it to get to your doctor on time. How easy is that?

We hope you will visit us online. Some members have requested that they just want to read The Sentinel online.

As always, stay safe and know that we care.

*-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.**

## Increase Safety in Your Home

Three Oaks Fire Chief, David Flick, will join us at the River Valley Senior Center on **Tuesday, March 5** at **11 am** for a presentation on avoiding fire in the home. David has served as the Fire Chief in Three Oaks for a number of years. He has studied Electronics Engineering at Lake Michigan College and served as a Service Manager at Motorola. You'll be able to learn new methods to protect yourself and your home. **Please call (269) 469-4556 for reservations.**



*By March, the worst of the winter would be over.  
The snow would thaw, the rivers began to run,  
and the world would wake into itself again.*

—Neil Gaiman

## Board of Directors' Meeting Thursday, March 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 to attend.

## St. Patrick's Day Party It's Corned Beef, Cabbage, and BINGO! Friday, March 15, 11 am



If it's St. Patty's Day, time for corned beef and cabbage. Everyone is Irish with this hearty and savory meal. Join us for this Irish-American dish of corned beef brisket, slow cooked with cabbage, potatoes, and carrots. We'll be serving it in a tasty way to celebrate St. Patrick's Day. Remember to wear your Green. **Call (269) 469-4556 for**

**reservations by Monday, March 11.**

## Early Bird BINGO Thursday - March 28 at 9:30 am Bingo with Lite Breakfast

Call (269) 469-4556 for reservations by Monday, March 22.

## 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—Intermediate 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)

## March Movie

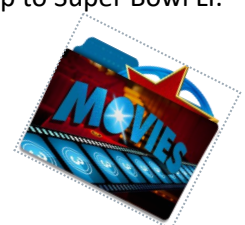
Enjoy a Movie and Popcorn  
Tues., March 12, 11 am

### *80 for Brady*

Starring Tom Brady, Lily Tomlin, Jane Fonda, Rita Moreno and Sally Field.

This movie is inspired by the true story of 4 best friends and New England Patriots fans who take a life-changing trip to Super Bowl LI.

Get ready for a great movie! We'll have the popcorn ready. **Please call (269) 469-4556 for reservations.**



## Watercolor Painting: Friendly Giraffe

### March 19–12:30 pm



March 2024 Friendly Giraffe

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.

## 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.

## Foot Clinic-Monday, March 25th & Thursday, March 28th

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.

## 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 – March 2024

<p><b>LOCATION KEY</b>  <b>LL = Lower Level</b>  <b>UL = Upper Level</b></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 be-  fore 10 a.m. the day before you  want your meal.</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  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  11:00 - <b>Increase Safety in Your Home</b>  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>  11:00 Vision Searchers  1:00 Cribbage UL  1:30 Tai Chi LL  2:00 Alzheimer's Support Group UL</p>	<p><b>8</b>  9:00 &amp; 10:00 Exercise LL  10:45 Blood Press. Checks UL  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  <b>10:00 - Vision Searchers</b>  <b>11:00 Movie Day 80 for Brady-</b>  1:00 Cribbage – UL</p>	<p><b>13</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>  1:00 Cribbage UL  <b>1:30 Tai Chi Note: UL</b>  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  <b>11:00 St Patrick's Day Bingo</b>  1:00 Knitting &amp; Crocheting LL</p>
<p><b>18</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  11:00 Creative Leftovers  1:00 Cribbage – UL  <b>12:30 Watercolor LL</b></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>  <b>10:00 Board Meeting</b>  1:00 Cribbage UL  1:30 Tai Chi LL  2:00 Alzheimer's Support</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</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>26</b>  9:00 Crafts LL  1:00 Cribbage – UL</p>	<p><b>27</b>  <b>9:00 Newsletter Folding</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>Foot Clinic by Appointment</b>  <b>9:30 Early Bird Bingo</b>  1:00 Cribbage UL  1:30 Tai Chi LL  2:00 Alzheimer's Support</p>	<p><b>29 CLOSED GOOD FRIDAY</b></p> 






**Meals on Wheels of Southwest Michigan  
Senior Nutrition Services  
Home Delivered Meals Menu  
Congregate Menu  
March 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) <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>1 Vegetarian Chili Italian Vegetables Cornbread Mandarin Oranges</p>
<p>4 Chicken Cordon Blue Broccoli Peas and Carrots Applesauce</p>	<p>5 Hamburger with Bun Ketchup, Mustard, Lettuce, Pickle and Tomato Cheezy Mashed Potatoes Sweet Corn Mandarin Oranges</p>	<p>6 Chef Salad with Turkey Ham, Shredded Cheese, Tomato, Cucumber, Eggs Italian Salad Dressing Rye Bread with Margarine Peaches</p>	<p>7 Citrus Herb Pork Chop Mashed Potatoes Oriental Blend Mandarin Oranges</p>	<p>8 Cheese Ravioli with Marinara Sauce Green Beans Tossed Salad with Ranch Diced Pears</p>
<p>11 Sweet Potato Breakfast Casserole w/ Sausage Stewed Tomatoes Wheat Bread w/ Margarine Mixed Fruit</p>	<p>12 BBQ Chicken Whipped Potatoes Cooked Spinach Orange Wedges</p>	<p>13 Jambalaya Steamed Squash Cornbread Diced Mango</p>	<p>14 Corned Beef and Cabbage Red Potatoes Roasted Carrots Fruit Fluff</p>	<p>15 Tuna Noodle Casserole Peas and Carrots Beets Berry Applesauce</p>
<p>18 Pasta with Meat Sauce Normandy Blend Vegetables Peas and Pearl Onions Peaches</p>	<p>19 Shepherd's Pie Peas and Carrots Baked Cinnamon Apples</p>	<p>20 Philly Cheesesteak Sandwich with Peppers Red Skin Potatoes Prince Charles Vegetable Blend Tropical Fruit Blend</p>	<p>21 Sloppy Joe on a Wheat Bun Seasoned Potato Wedges Italian Vegetable Blend Pears</p>	<p>22 Meatless Chili Mac Green Beans Texas Toast Birthday Cake</p>
<p>25 Million Dollar Chicken Noodle Bake Broccoli Green Peas Grapes</p>	<p>26 Stuffed Green Peppers with Rice and Meat Carrot Coins Dinner Roll Diced Pears</p>	<p>27 Chicken Ceaser Salad with Croutons, Tomato, and Parmesean Cheese Diced Mango</p>	<p>28 HOLIDAY MEAL Spiral Ham Baked Sweet Potato Green Beans w/ almonds Wheat Roll &amp; Fruit</p>	

## 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.**

## Newsletter Folding

**Wednesday, March 27, 9 am**

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

## 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, March 5, 3:30 pm**  
Harbert Community Church
- **Wednesday, March 6, 4:30 pm**  
Woodland Shores Baptist Church
- **Monday, March 25, 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.

## Monthly Commodities

**Wednesday, March 13th**

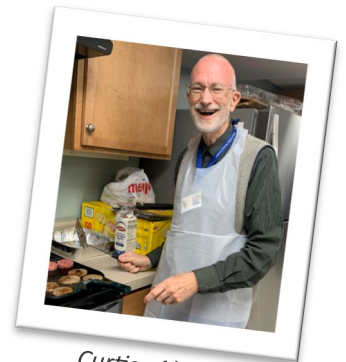
We give out commodities on the second Wednesday of each month from 12:30 to 2 pm to **seniors** who meet federal regulations. If you are a household of 1 and have an income of \$1,632 or less, or if you are a household of 2 and have an income of \$2,215 or less, or know someone who does, please meet 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 following **Monday** 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.

## Best Leftovers Ever!

You just opened the refrigerator door and leftover carrots and corn jumped out from the night before. Not sure what to do? Can it be made into a new meal that doesn't look like it did earlier? Sure it can!

Come and see what Curtiss Alvarez is up to with a bit of leftover know-how and maybe a little food magic. Curtiss will be in the Welcome Center on **Tuesday, March 19 at 11 am**, creating the best leftovers ever and sharing his know-how with you.

Please call (269) 469-4556 for a reservation. You just might be whipping up some creative leftovers when you get home. See what Curtiss can do.



*Curtiss Alvarez*



*People who love to eat are always the best people.*

*—Julia Child*

## 2024 River Valley Senior Center Board of Directors



(back left to right) River Valley Senior Center Board of Directors: Tim Hawkins, Executive Director, Frank Schmidt, Curtiss Alvarez, Dorothy Palen, Marilyn Griffiths, Peggy Wagner, Sue Polishuk, Karie Mansfield. (front left to right) Sharon Phillips, Secretary, Evia King, Co-Treasurer, Ellie Rogers, Vice President, Sue Rogers, Co-Treasurer, Barbara Wojtczak, President, and (not pictured) Juanita Miller.



### Meet Vision Searchers

**Tuesday, March 12, 10 am**

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 spring picnic.

Should you feel this group is for you, or someone else in your life that could benefit from this socialization, please feel free to join us on **Tuesday, March 12 at 10 am**. Please call **Kay Cornwell at V.I.P Facilitator (269) 612-7622**.

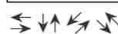
## St. Patrick's Day

Word Search Puzzle

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G M Q M J E P O J Z H K H C
Y R C E L E B R A T E G W D
V J E P O T P H N K O Z E T
J D U E A X I O G L C F P P
I V N V N I P R O V O F A A
M A G I C U E S L Z I X Y T
G E A N F A O E D R N U X R
O K M A R C H S W X S D E I
O L E P R E C H A U N V S C
D D X K R Q A O C H O F H K
L N Y F S Y P E N L J S J F
U M V Q J Y T N C S U Y J J
C R D V W A G I R E L A N D
K P B Q H N R A I N B O W U
    
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POT	CLOVER	CELEBRATE	HORSESHOE
PIPE	MARCH	GOOD LUCK	GOLD
LEPRECHAUN	HAT	COINS	RAINBOW
PATRICK	MAGIC	GREEN	IRELAND



**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.

**MARCH 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)

*Welcome, March!*  
*New month, new beginning,*  
*new mindset, new focus, new start,*  
*new intentions, and new results.*



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

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

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