



# The Sentinel

NEWSLETTER

## Are We Looking for You?

*Volunteers do not necessarily have the time; they just have the heart. -Elizabeth Andrew*

Hello Everyone,

It's Spring, and we hope that this Easter Season is one of peace and renewal for each of you.

A very nice gentleman walked into the Senior Center a



*Barbara Wojtczak  
RVSC Board President*

few days ago with a bouquet of bright yellow daffodils from his garden. He wanted to share them with us. We put them in a vase and placed them on the table in the middle of the Welcome Center for all to enjoy. The beauty of spring flowers lifted our spirits.

In recent weeks, we received book donations for our library.

This has resulted in a need for library organization. The Senior Center Library is not a municipal library, but a great place to share books with each other. We are looking for volunteers to help us organize the shelves and pack up the overstock of books. We have so many books that we can't put all of them out at one time. We would like to be able to rotate our stock.

Also, we have received a rather large donation of greeting cards. We'll need help sorting them by occasion and replenishing card racks in the Welcome Center and Library. Some volunteers will be needed to pack up the overstock for storage.

We are so grateful for many generous donations. Now we need to get organized. We ask that you consider giving some of your time. Bring a friend or neighbor—maybe on a rainy day. We will provide fresh coffee and arrange a time that works for you for small groups. If you are interested, call us at (269) 469-4556.

*-Barbara Wojtczak*



## Mother's Day Luncheon

**Friday, May 10 at 11:30 am**

**Come and enjoy a lovely lunch prepared**

**for our precious**

**Mothers, Grandmothers,**

**Great Grandmothers, Stepmothers,**

**and Godmothers.**

**Please call (269) 469-4556**

**by May 3rd for reservations.**

## Keeping You Safe

Many thanks to Chief David Flick of Three Oaks Fire Department, who visited the Senior Center on March 5 to give a presentation on fire prevention in our homes. We were fortunate to have Chief Flick share the latest knowledge in fire prevention.

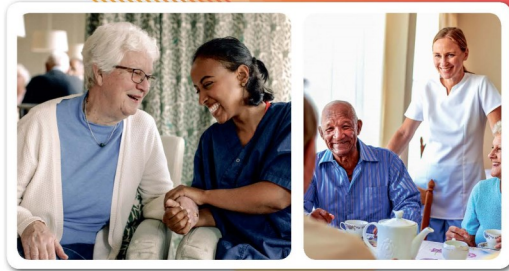
For continued safety in our homes, Chief Flick has offered that you bring your home fire extinguishers to the Three Oaks Station, so he and other firefighters can analyze your extinguishers to make sure they are in proper working order.

Come to the Three Oaks Fire Station

at 10 E. Linden Street between April 1-19 after 12 Noon.



**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.**



POWERED BY CONNECTION: MAY 2024

## 26th Annual Senior Expo

**Friday, May 10th, 2024  
10am-3pm**

Mendel Center at Lake Michigan College  
1100 Yore Ave., Benton Harbor

FREE Admission

Presented by:

**Don't Miss:**

- Local Entertainment
- Door Prizes
- Local Vendors
- Drug Disposal & More!



The Herald-Palladium

**Experience the Health & Wellness Pavilion**  
Sponsored by:  
**Corewell Health**

### 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 —NO TOPS in April
- 1 pm—Cribbage (UL)

#### Wednesday

- 9 am—Exercise Class (LL)
- 10 am—Exercise Class (LL)
- 12:30 pm—Monthly Commodities (2nd 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)

### **Board of Directors’ Meeting April 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.

### **Telephone Reassurance**

The Senior Center has a Telephone Reassurance Program for those that live alone and would appreciate a daily call to check on their welfare. If you would appreciate a call or have an elderly relative, who lives alone and would be assured to hear a friendly voice on a daily basis, please call the center at 269-469-4556. If you would like to be a volunteer caller, let the Senior Center know.

### **Spring Clean Your Home for Your Safety Thursday April 25, 10 am**

When the chill of winter departs and the days get a bit longer, there’s often a natural inclination to do some spring cleaning. We will guide you through the how and why to declutter your home for your safety and eliminate your family doing it at a later date.

### **April Movie—The Proposal**

#### **April 9 at 10:30 am**

Get ready for a great movie, and we’ll have the popcorn ready. **Please call (269) 469-4556 for reservations.**

Margaret Tate (Sandra Bullock) is a high-powered book editor facing deportation to her native Canada. She states she’s engaged to marry Andrew Paxton (Ryan Reynolds), her hapless assistant. Andrew agrees to this charade, but imposes a few conditions of his own, including flying to Alaska to meet his eccentric family. With a suspicious immigration official always lurking nearby, Margaret and Andrew must stick to their wedding plan despite numerous mishaps.



## Watercolor: Abstract Spring Flower

April 16–12:30 pm



Abstract Spring Flower

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.

## Foot Clinic—Friday, April 26 & Monday, April 29



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. We will serve those of any age within our boundaries who are at or below 225% 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.

## April Bingo




**11:00 Friday April 12, - RVSC with lunch**  
**11:00 Friday April 26, - RVSC with lunch**

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

## 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 – April 2024

<p><b>1</b> 9:00 &amp; 10:00 Exercise LL 12:15 Meditation 1:30 Yoga, Chair LL 2:30 Yoga, Beginners LL</p>	<p><b>2</b> 9:00 Crafts LL 1:00 Cribbage – UL</p>	<p><b>3</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>4</b> 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p><b>5</b> 9:00 &amp; 10:00 Exercise LL 10:45 Blood Press. Checks UL 1:00 Knitting &amp; Crocheting LL</p>
<p><b>8</b> 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> 9:00 Crafts LL <b>10:30 Movie Day</b> 1:00 Cribbage – UL</p>	<p><b>10</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>11</b> 11:00 Vision Searchers 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p><b>12</b> 9:00 &amp; 10:00 Exercise LL 10:45 Blood Press. Checks UL 11:00 - BINGO with Lunch RVSC 1:00 Knitting &amp; Crocheting LL</p>
<p><b>15</b> 9:00 &amp; 10:00 Exercise LL 12:15 Meditation 1:30 Yoga, Chair LL 2:30 Yoga, Beginners LL</p>	<p><b>16</b> 9:00 Crafts LL <b>12:30 Watercolor LL</b> 1:00 Cribbage – UL</p>	<p><b>17</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>18</b> <b>10:00 Board Meeting</b> 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p><b>19</b> 9:00 &amp; 10:00 Exercise LL 10:45 Blood Press. Checks UL 1:00 Knitting &amp; Crocheting LL</p>
<p><b>22</b> 9:00 &amp; 10:00 Exercise LL 12:15 Meditation 1:30 Yoga, Chair LL 2:30 Yoga, Beginners LL</p>	<p><b>23</b> 9:00 Crafts LL 1:00 Cribbage – UL</p>	<p><b>24</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>25</b> <b>9:00 Newsletter Folding LL</b> <b>10:00 Spring Cleaning UL</b> 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p><b>26</b> <b>Foot Clinic by Appointment</b> 9:00 &amp; 10:00 Exercise LL 11:00 - BINGO with Lunch RVSC 10:45 Blood Press. Checks UL 1:00 Knitting &amp; Crocheting LL</p>
<p><b>29</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>30</b> 9:00 Crafts LL 1:00 Cribbage – UL</p>		<p><b>LOCATION KEY</b> 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>



**Meals on Wheels of Southwest Michigan  
Senior Nutrition Services  
Home Delivered Meals Menu  
Congregate Menu  
April 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**

1 Cheese Ravioli w/ Marinara Sauce Green Beans Pears	2 Meatloaf with Mashed Potatoes Corn Blueberry Crisp	3 Greek Salad w/ Chickpeas, Beets, Feta, Onions, Olives and Dressing Pita Bread Peaches	4 Chicken Cordon Blue Broccoli Steamed Carrot Coins Whole Wheat Bread w/margarine Applesauce	5 Diced Turkey and Gravy over Whipped Potatoes Kernel Corn Strawberry Crisp
8 Salisbury Steak Mashed Potatoes w/ Gravy Green Beans Mandarin Oranges	9 Silver Dollar Pan- cakes w/Syrup Sausage Patty Breakfast Potatoes Baked Apples w/ Rai- sins	10 Black Bean Chicken Chili Steamed Spinach Cornbread Mixed Fruit Cup	11 Pasta with Meat Sauce Tuscan Blend Veg- etables Roll with Cheese Pears	12 BBQ Chicken Roasted Butternut Squash Creamed Corn Apple
15 Stuffed Green Peppers with Rice and Meat Carrot Coins Roll Diced Pears	16 Boneless Pork Chops Steamed Red Skin Potatoes Green Beans Yogurt topped with Fruit	17 Hamburger with Bun Ketchup, Mustard, Lettuce, Pickle and Tomato Cheezy Mashed Po- tatoes California Blend Veg- etables Mandarin Oranges	18 Loaded Macaroni and Cheese with Chicken and Broccoli Stewed Tomatoes Chocolate Pudding	19 
22 Chicken Spinach, Bacon Alfredo Peas & Carrots Pineapple	23 Sloppy Joe on a Whole Wheat Bun Mixed Vegetable Blend Steamed Broccoli Tropical Fruit Salad	24 Hot Ham and Cheese Sandwich Capri Veggie Blend Coleslaw Mandarin Oranges	25 Tuna Noodle Casserole with Peas Crinkle Cut Carrots Strawberries & Yo- gurt	26 Beef & Bean Tortilla Casserole Diced Bell Pepper Medley Apple Birthday Cake
29 Vegetable Quiche Sausage Links Biscuit w/ Margarine Fruit Cup	30 Baked Cod with Tarter Sauce Confetti Rice Succotash Vegetable Blend Diced Mango Cup		Meals provide (average per week) <b>Carbs: 75 grams</b> <b>Calories: 800</b> <b>Sodium: 800 milli- grams</b> <b>Protein: 19 grams</b> <b>Total Fat : 30%</b> <b>2% milk</b> <b>Sodium: 800</b>	<b>Your donation to- ward 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>



The next time you visit the lobby at the Welcome Center, take a few minutes to find a pair of reading glasses on the Reader Tree. **They are free** and waiting for you on the branches—just to make things easier with your next book or magazine.

## Mobile Food Pantry Schedule Feeding America's West Mich Foodbank

- **Tuesday, April 2, 3:30 pm**  
Harbert Community Church
- **Tuesday, April 18, 3:30 pm**  
Harbert Community Church
- **Monday, April 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, 3903 Lake Street, Bridgman.

- **Tues. 10 am to 12 Noon**
- **Thurs. 6 to 7:30**

## Monthly Commodities

### Wednesday , April 10, 12:30-2 pm

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 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 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.

## Transportation & Services

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

### Thank You!

- All van drivers
- All Center volunteers
- Facebook support:  
Marci Stephenson  
Diane Kirk, Sharon Phillips





*St. Patrick's Day brought out Bingo, corned beef, and a barrel of fun at the River Valley Senior Center.*



**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.

**APRIL 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*  
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Susan Buckingham  
*Transportation Coordinator*  
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Vern Kits  
*Maintenance Assistant/Custodian*  
Mary McCormick  
*Senior Nutrition Services Site Manager*