

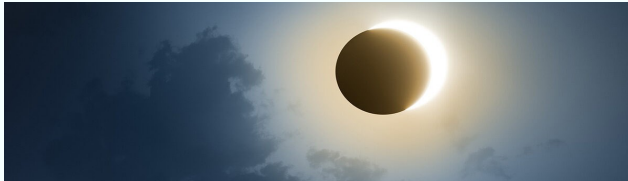


The Sentinel

NEWSLETTER

Once in Your Lifetime?

After your darkest hour, the sun will shine again.



Hello Everyone,
I hope all of you were able to experience the solar eclipse in April. Whether you were outside wearing your protective eyewear, working or playing in your yard, or running an errand in the car, it was an eerie but wonderful sight to behold. It brought people together in so many places.

If you have protective eyewear and may not want to keep them, please bring your glasses to the senior center. We'll drop the glasses off at Harbor Country Mission, who will pack and ship them to countries overseas. These countries may experience future eclipses, but are unable to acquire the protective eyewear.

Our Hospitality Committee is planning a very special Mother's Day celebration on **May 10 at 11:30 am**. The sign-up sheets are in the event binder at the front desk, and many mothers have already made their reservations, so don't delay.

We are hosting a CarFit Program on **Wednesday, May 29** from **10 am–12 pm**. A trained instructor will be at CarFit to help you adjust your mirrors and seats, HVAC system, and other features so you and your vehicle can "fit" together properly for a safe and enjoyable drive.



Barbara Wojtczak
RVSC Board President

I would like to thank those who have volunteered to help organize the greeting cards and library books at the center. We are making progress, but "many hands make light work." If you would like to join us, call the desk and give your name and phone number to Susan Buckingham. She is very graciously "driving" this project.

Stay safe. We wish you well.

—*Barbara*



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.

Tax Season Ends for 2024

It's time to celebrate the conclusion of another successful AARP tax season! Over the past several weeks, our team of volunteers has tirelessly helped taxpayers—handling a total of 146 calls and filing 120 tax returns.



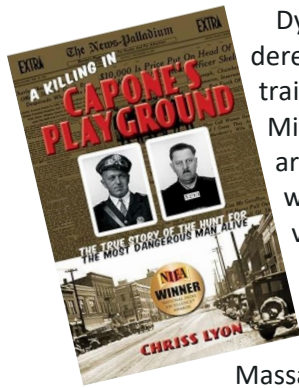
Our volunteers are the backbone of this operation, undergoing training, testing, and certification processes before they're entrusted with assisting taxpayers. We spent numerous afternoons in conference rooms, examining tax forms and other paperwork, making sure that every detail is addressed.

Many thanks to Mary, Mary G, Pat, Rhonda, Janna, Peter, Susan and Sabine for their collaboration throughout this tax season.

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.

A Killing in Capone's Playground: The True Story of the Hunt for the Most Dangerous Man Alive

On **May 23 at 10:30 am**, forensic genealogist and historian Chris Lyon will bring her riveting presentation to the River Valley Senior Center. You won't want to miss this.



Dying Officer Skelly identified his murderer before taking his last breath. The trail led to a home in Stevensville, Michigan where authorities found an arsenal of weaponry, over \$300,000 worth of stolen bonds, bulletproof vests, and two Thompson submachine guns. The hideout belonged to Fred Burke, a highly sought suspect in the St. Valentine's Day

Massacre and now the most wanted man in the nation.

The "backwash of bloody Chicago" had made its way into the rural neighborhoods of Southwestern Michigan and Northern Indiana. Citizens who turned a blind eye to crime helped create "Capone's Playground," an environment abundant in all that is illegal and immoral.

Using never-before published police reports, interviews with family members of key witnesses, and leading experts, historian Chriss Lyon establishes the foundation for what would develop as a haven for gangsters from the onset of the Prohibition Era through to the mid-twentieth century, while revealing new information about the eventual capture of notorious gangster Fred "Killer" Burke.

Be sure to call us at (269) 469-4556 for your reservation.

Board of Directors' Meeting May 16, 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.

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 —TOPS, 5/7 and 5/21
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)

May Movie: Old Dogs

May 14 at 10:30 am

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

Two best friends—one unlucky-in-love divorcee (Robin Williams) and the other, a fun-loving bachelor (John Travolta)—have their lives turned upside down when they're unexpectedly charged with the care of six-year-old twins. The bachelors are on the verge of the biggest business deal of their lives, but stumble in their efforts to take care of the twins (La Bleu Travolta and Conner Rayburn), leading to one debacle after another, and perhaps to a new-found understanding of what's really important in life.



Watercolor: Violets May 21–12:30 pm



May Project: Violets

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—Monday, May 20 & Friday, May 24

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

26th Annual SENIOR EXPO

May 10, 2024, 10 a.m.-3 p.m.
11 Yore Ave., Benton Harbor



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.

May Bingo



11:00 Friday May 17, —RVSC with lunch
11:00 Friday May 31 —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 – May 2024

<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>LOCATION KEY LL = Lower Level UL = Upper Level</p>	<p>1 9:00 & 10:00 Exercise LL 1:00 Line Dancing LL 1:00 Cards / Games UL 1:00 Wii Bowling UL</p>	<p>2 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p>3 9:00 & 10:00 Exercise LL 10:45 BP Check UL 1:00 Knitting & Crochet LL</p>
<p>6 9:00 & 10:00 Exercise LL 12:15 Meditation 1:30 Yoga, Chair LL 2:30 Yoga, Beginners LL</p>	<p>7 9:00 Crafts LL 10:00 T.O.P.S. UL 1:00 Cribbage – UL</p>	<p>8 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>9 11:00 Vision Searchers 1:00 Cribbage UL 1:30 Tai Chi UL 2:00 Alzheimer's Support Group UL</p>	<p>10 11:30 Mothers Day Luncheon LL 10:45 BP Check UL 1:00 Knitting & Crochet UL</p>
<p>13 9:00 & 10:00 Exercise LL 12:15 Meditation 1:30 Yoga, Chair LL 2:30 Yoga, Beginners LL</p>	<p>14 9:00 Crafts LL 10:30 Movie Day 1:00 Cribbage – UL</p>	<p>15 9:00 & 10:00 Exercise LL 12:30 Quarterly Commodities 1:00 Line Dancing LL 1:00 Cards / Games UL 1:00 Wii Bowling UL</p>	<p>16 10:00 Board Meeting 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p>17 9:00 & 10:00 Exercise LL 10:45 Blood Press. Cks UL 11:00 - BINGO with Lunch RVSC 1:00 Knitting & Crochet LL</p>
<p>20 Foot Clinic by Appointment - UL 9:00 & 10:00 Exercise LL 12:15 Meditation 1:30 Yoga, Chair LL 2:30 Yoga, Beginners LL</p>	<p>21 9:00 Crafts LL 10:00 T.O.P.S. UL 12:30 Watercolor LL 1:00 Cribbage – UL</p>	<p>22 9:00 & 10:00 Exercise LL 1:00 Line Dancing LL 1:00 Cards / Games UL 1:00 Wii Bowling UL</p>	<p>23 1:00 Cribbage UL 10:30 AI Capone Presentation 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p>24 Foot Clinic by Appointment - UL 9:00 & 10:00 Exercise LL 10:45 BP Check UL 1:00 Knitting & Crochet LL</p>
<p>27 Holiday - Closed</p>	<p>28 9:00 Crafts LL 1:00 Cribbage – UL</p>	<p>29 9:00 & 10:00 Exercise LL 10:00 Carfit - Garage 1:00 Line Dancing LL 1:00 Cards / Games UL 1:00 Wii Bowling UL</p>	<p>30 9:00 Newsletter Folding LL 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL</p>	<p>31 9:00 & 10:00 Exercise LL 10:45 10:45 BP Check UL 11:00 - BINGO with Lunch RVSC 1:00 Knitting & Crochet LL</p>



**Meals on Wheels of Southwest Michigan
Senior Nutrition Services
Home Delivered Meals Menu
Congregate Menu
May 2024**

Meals are funded in part by:



Along with Participant Contributions, United Way Partners, Grant Awards and Donations

Menu is subject to change without notice

<p>Meals provide (average per week) Carbs: 75 grams Calories: 800 Sodium: 800 milligrams Protein: 19 grams Total Fat : 30% 2% milk</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>	<p>1 Chicken Ceaser Pasta Salad Yogurt with Granola Banana</p>	<p>2Beef & Broccoli over Brown Rice Oriental Vegetable Blend Fruit Crisp</p>	<p>3 Pizza Pasta Casserole Cooked Spinach Lima Beans Apple</p>
<p>6 Chicken Parmesaen over Pasta with Marinara Texas Toast Italian Blend Vegetables Grapes</p>	<p>7 Swiss Steak Whipped Potatoes Diced Carrots Peaches</p>	<p>8 Pulled Pork Sandwich Bean Salad Asparagus Applesauce</p>	<p>9Spring Vegetable Egg Casserole Seasoned Diced Potatoes Spiced Apples with Raisins</p>	<p>10MOTHERS DAY MEAL Roasted Chicken Quarter Warm German Potato Salad Cucumber Salad</p>
<p>13 Sweet and Sour Meatballs Over Rice Oriental Vegetable Blend Steamed Pea Pods Pineapple</p>	<p>14 Loaded Baked Potato w/ Chicken, Cheese, & Broccoli Carrot Coins Fruit Crisp</p>	<p>15Crispy Fish Sandwich with Cheese Tartar Sauce Mixed Vegetable Blend Mandarin Oranges</p>	<p>16 Honey Garlic Chicken Whipped Potatoes Steamed Corn Side Salad with Cucumber and Tomato Diced Mango</p>	<p>17 Beef Enchiladas Spanish Rice w/ Tomatoes Santa Fe Blend Vegetable Diced Pears</p>
<p>20 Biscuits & Gravy Peas and Pearl Onions Blueberries</p>	<p>21 Beef Stroganoff with Mushrooms Over Noodles Steamed Green Beans Peaches</p>	<p>22Sloppy Joe on a Bun Seasoned Potato Wedges Mixed Veggies Apple</p>	<p>23Sweet Potato Black Bean Bowl California Vegetable Blend Yogurt with Fruit</p>	<p>24Hot Dog on a Bun w/ Condi- ments Baked Beans Diced Carrots Fresh Strawberries</p>
	<p>28 Scalloped Potatoes and Ham Mixed Vegetables Cooked Spinach Apple</p>	<p>29 Chef Salad with Turkey Ham, Shredded Cheese, Tomato, Cucumber, Eggs Croutons Berry Applesauce</p>	<p>23Meatball Sub Sand- wich w/Marinara Tossed Salad with Ranch Jello with Fruit</p>	<p>31Keilbasa & Pierogies Cabbage Diced Peppers Mixed Fruit Cup Birthday Cake</p>

Quarterly Commodities

Wednesday, May 15, 12:30–2 pm

Quarterly Commodities will be distributed from **12:30-2 pm** on the **third Wednesday** of each **quarter**. To qualify for quarterly commodities, the maximum household income must differ from monthly requirements for Certified Food Service Professionals (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 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 let us know if you are there to pick up commodities. You can also sign a proxy form to pick up the commodities if that is easier.

Mobile Food Pantry Schedule

Feeding America's West Mich Foodbank

- **Wednesday May 1, 4:30 pm**
Woodland Shores
- **Tuesday, May 7, 3:30 pm**
Harbert Community Church
- **Thursday, May 16, 4:00 pm**
New Troy Community Center
- **Friday, May 17, 12:00**
New Buffalo American Legion
- **Monday, May 20, 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 pm**

Monthly Commodities

Wednesday, May 8, 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 if 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





CARFit

Helping Mature Drivers Find Their Safest Fit

AOTA The American Occupational Therapy Association, Inc.



AARP DRIVER SAFETY 

AARP Real Possibilities

Discover your perfect “fit.” Attend a **FREE** CarFit Checkup!

CarFit is a FREE, interactive and educational program that teaches participants how to make their personal vehicle “fit” them to increase safety and mobility when they hit the road.

- > Review 12 key areas of your fit to your car such as adequate space from the steering wheel, proper seat belt use, and properly adjusted head restraints.
- > Learn how to use and adjust your safety devices.
- > Each checkup takes about 20 minutes—this is not a driving test or mechanical inspection.

To schedule your 20-minute appointment, please call the appropriate number listed on the right. Appointment spaces are limited, so don't wait!

For more information, visit www.car-fit.org.

CarFit is an educational program developed by AAA, AARP and the American Occupational Therapy Association.

AARP Driver Safety's CarFit Event

**WEDNESDAY,
MAY 29TH, 2024
10:00AM - NOON**

**LOCATION:
River Valley
Senior Center**

13321 Red Arrow Hwy.
Harbert, MI 49115

**REGISTRATION:
269.469.4556**

QUESTIONS?

**Contact:
Deputy Laesch
269.876.7235**

SPONSORED BY:



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



NON-PROFIT
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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.

MAY 2024



River Valley Board of Directors

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Ellie Rogers, *Vice President*
Sue Rogers & Evia King, *Co-Treasurers*
Sharon Phillips, *Secretary*
Curtiss Alvarez
Marilyn Griffiths
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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