



# The Sentinel

## N E W S L E T T E R

### On the Road Again!



Danny O'Donnell

Join RVSC seniors on **Thursday, October 24** as we hit the road to enjoy singer **Danny O'Donnell** at the **Blue Gate Theater** in **Shipshewana, Indiana**. You will travel in the comfort of a deluxe motor coach bus. Cost is **\$95 per person** which includes the show ticket, deluxe motor coach bus, lunch buffet, and gratuity for driver and wait staff. **No refunds**. The bus will depart at **10 a.m.** and return at **6:30 pm** to the senior center parking lot. (Please park on the lower level.)

Danny O'Donnell's music is described as a mix of country and Irish folk, and he has sold over ten million records to date.

He is widely considered a cultural icon in Ireland. O'Donnell is known for his charismatic and engaging stage presence that you are sure to enjoy. Please call the center at **(269) 469-4556** to make your reservation. **Payment is due at the time of sign-up**. There is limited seating, so make your reservation soon.

#### Danny O'Donnell Trip

- **Thursday, October 24**
- **10 am – 6:30 pm**
- **Deluxe motor coach**
- **\$95/Person (no refunds)**  
(Ticket, transportation, lunch buffet, and gratuity included)



Barbara Wojtczak  
RVSC Board President

### Greetings Seniors,

Can you believe your grandkids already started school in Berrien County? Today, I glanced out the windows and saw leaves falling from one of the trees behind our building.

One of our senior center members mentioned their grandchild was leaving for her first year of college. This begs our favorite question: "Where did the summer go?"

But summer isn't over yet! There is still time to enjoy more of Michigan. I hope you have been able to enjoy some outside activities with family, friends and neighbors. Whether you attended activities at the senior center or elsewhere, I hope you had fun and spread some cheer.

The farm stands and produce markets are in full swing right now. The senior center received several generous donations of fresh-picked produce. I hope you have had the opportunity to visit, so you can pick out some garden goodies to enjoy at home.

As summer winds down and we look forward to fall festivities, please know how much we care about you. Please join us at the center, if you can, and sign up for an activity that might be new to you.

Enjoy summer's end. *—Barbara*

### New Yoga Class: Essentrics® with Cecily Sept. 10 at 10 am, Gentle Aging Backwards

We are so fortunate to have **Cecily Crowther** of New Buffalo, an L1 Certified Essentrics® Yoga Instructor, come to RVSC to teach **Gentle Aging Backwards**.



Cecily Crowther  
Essentrics® Instructor

This gentle, low-impact workout will activate all your muscles, free your joints, and increase mobility. Cecily leads an easy-to-follow full body technique through your muscle chains, liberating and empowering your muscles, relieving tension in the process – making you feel more energetic.

This class is excellent for injury prevention and recovery, pain relief, stress relief, and promotes healing. Some of the benefits Essentrics participants may experience:

- Unlocks tight muscles
- Increases flexibility and mobility
- Strengthens the spine and core
- Improves posture
- Tones and defines muscles

Please call RVSC at **(269) at 469-4556** by **September 4** to reserve a spot in Cecily's class. Bring a **mat, water, towel**, and **wear comfortable clothing** to class.

*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.*

## Explore the Region of Three Oaks Museum

### 5 Featherbone Avenue, Three Oaks



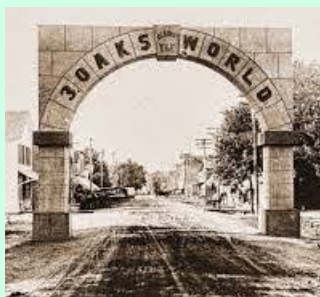
Join other history buffs as they meet at the Region of Three Oaks Museum on Wednesday, **September 18 at 10 am.**

This museum collects and display historical artifacts, papers, and records that tell the story

of the historical heritage of our region. It serves the citizens of New Buffalo, Chikaming, and Three Oaks Townships. Originally housed

in the Three Oaks Township Public Library, the museum is now located in a building behind the library in a large parking lot. Look for the signs. Admission is free, donations are welcome.

Our group will **meet at the front of the museum at 10 am on September 18** to take a private, guided tour. You'll still have time to pursue your own interests, too. Transportation is on your own.



Film: *Three Oaks Against the World*



## September Bingo

- **Friday, September 13, 11 am,**  
**Lifecare with lunch. Reserve by Sept. 10.**
- **Friday, September 27, 11 am,**  
**RVSC with lunch. Reserve by Sept. 20.**

## Movie—*Rain Man*, Sept. 10, 11 am

After a selfish L.A. wheeler-dealer learns his estranged father left a fortune to his autistic-savant brother (that he didn't know existed), he absconds with his brother and sets out across the country, hoping to gain a larger inheritance. Call **(269) 469-4556** for reservations by **September 9.**



Tom Cruise & Dustin Hoffman

## 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)  
1:30 pm—Yoga, Chair (LL)  
2:30 pm—Yoga, Beginners (LL)

### Tuesday

9 am—Crafts (call for reservations) (LL)  
10 am —TOPS, 9/10 and 9/24  
1 pm—Cribbage (UL)  
2 pm—Choir

### 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)  
1:30 pm—Knitting & Crocheting (LL)

**Sally Stein Coming to RVSC**  
**October 4 at 11 am**  
**Music on the Patio with light lunch**

## Medicare Changes with Marcie Ritter

### Thursday, September 26, 10 am

Marcie Ritter, an independent insurance broker, will present an informative session on major Medicare changes and updates for 2025 on Thursday, **September 26 at 10 am** at the senior center. The new drug law, a part of the Inflation Reduction Act, makes improvements to Medicare that will expand benefits, lower drug costs, keep prescription drug premiums stable, and improve the strength of the Medicare program.

Marcie will take questions after the presentation. Please call ahead to register at **(269) 469-4556.**



## Watercolor: Pumpkin Patch Tuesday, September 17, 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.

September Project:  
Pumpkin Patch



Cost is \$20 per session, and everything you need is provided for your finished painting.

Please call (269) 469-4556 to reserve your spot.



## Foot Clinic Friday, September 27 & Monday, September 30

RVSC offers Foot Clinic services by 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 January 2024, prices for the Foot Clinic increased. A patient's first visit is \$40, and their return visit is \$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.

*A beautiful face will age,  
and a perfect body will change,  
but a beautiful soul will  
always be a beautiful soul.*

## Transportation & Services

Please allow 10-14 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 practice all safety regulations.

*Change is inevitable.  
Growth is optional.*


—John C. Maxwell

## 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<br>Ombudsman      | 1-866-485-9393 |
| • Medicaid Hotline                 | 1-800-642-3195 |
| • Medicare Questions               | 1-800-633-4227 |
| • Medicare/Medicaid<br>Asst. Prog. | 1-800-803-7174 |
| • Northern Indiana<br>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:<br>Do Not Call     | 1-888-382-1222 |



# RIVER VALLEY SENIOR CENTER – SEPTEMBER 2024

<b>2</b>	<b>3</b> 9:00 Crafts LL 1:00 Cribbage – UL 2:00 Choir	<b>4</b> 9:00 & 10:00 Exercise LL 1:00 Line Dancing LL 1:00 Cards / Games UL 1:00 Wii Bowling UL	<b>5</b> 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL	<b>6</b> 9:00 & 10:00 Exercise LL 10:45 BP Check UL 1:30 Knitting & Crochet LL
<b>9</b> 9:00 & 10:00 Exercise LL 1:30 Yoga, Chair LL 2:30 Yoga, Beginners LL	<b>10</b> 9:00 Crafts LL 10:00 TOPS <b>10:00 Esentrics/Yoga UL</b> <b>11:00 Movie – Rain Man</b> 1:00 Cribbage UL <b>2:00 Choir</b>	<b>11</b> 9:00 & 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	<b>12</b> 11:00 Vision Searchers 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL	<b>13</b> 9:00 & 10:00 Exercise LL 10:45 BP Check UL <b>11:00 BINGO with Lunch Lifecare</b> 10:45 BP Check UL 1:30 Knitting & Crochet LL
<b>16</b> 9:00 & 10:00 Exercise LL 1:30 Yoga, Chair LL 2:30 Yoga, Beginners LL	<b>17</b> 9:00 Crafts LL <b>10:00 Esentrics/Yoga UL</b> <b>12:30 Watercolor LL</b> 1:00 Cribbage – UL 2:00 <b>Choir</b>	<b>18</b> 9:00 & 10:00 Exercise LL 10:00 <b>Three Oaks Museum Tour</b> 1:00 Line Dancing LL 1:00 Cards / Games UL 1:00 Wii Bowling UL	<b>19</b> <b>10:00 Board Meeting</b> 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL	<b>20</b> 9:00 & 10:00 Exercise LL 10:45 Blood Press. Cks UL 1:30 Knitting & Crochet LL
<b>23</b> 9:00 & 10:00 Exercise LL 1:30 Yoga, Chair LL 2:30 Yoga, Beginners LL	<b>24</b> 9:00 Crafts LL 10:00 TOPS <b>10:00 Esentrics/Yoga UL</b> 1:00 Cribbage – UL 2:00 <b>Choir</b>	<b>25</b> 9:00 & 10:00 Exercise LL 1:00 Line Dancing LL 1:00 Cards / Games UL 1:00 Wii Bowling UL	<b>26</b> <b>9:00 Newsletter folding LL</b> <b>10:00 Medicare Presentation—Marci Ritter</b> 1:00 Cribbage UL 1:30 Tai Chi LL 2:00 Alzheimer's Support Group UL	<b>27</b> <b>Foot Clinic by Appointment - UL</b> <b>11:00—BINGO with Lunch RVSC</b> 9:00 & 10:00 Exercise LL 10:45 BP Check UL 1:30 Knitting & Crochet LL
<b>30</b> <b>Foot Clinic by Appointment - UL</b> 9:00 & 10:00 Exercise LL 1:30 Yoga, Chair LL 2:30 Yoga, Beginners LL				
<b>Foot Clinic by Appointment - UL</b> 9:00 & 10:00 Exercise LL 1:30 Yoga, Chair LL 2:30 Yoga, Beginners LL		Senior Nutrition Services Lunch is served at 11:30 am. Seniors eat in the LL of the center. Please call Mary McCormick at <b>269-426-0912</b> before 10 a.m. the day before you want your meal.		<b>LOCATION KEY</b> <b>LL = Lower Level</b> <b>UL = Upper Level</b>






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

	<b>3</b> Turkey Burger on a Bun Ketchup/Mustard/Mayo Cheesy Potatoes Seasonal Veggie Cinnamon Applesauce	<b>4</b> Sloppy Joe on a Bun Seasoned Potato Wedges Green Beans Apricots	<b>5</b> Sweet Potato Black Bean Quinoa Casserole Seasonal Vegetable Tropical Fruit	<b>6</b> Spanish Rice with Beef Tossed salad with Ranch Fruit Crisp
<b>9</b> Philly Cheesesteak Pasta Seasonal Vegetable Fruited Jello	<b>10</b> Chicken Stir Fry Over Rice Oriental Vegetable Blend Fruit Crisp	<b>11</b> Chef Salad w/ Turkey, Cheddar, Eggs, Cucumbers, Tomatoes Thousand Island Dressing Croutons	<b>12</b> Roasted Chicken Quarter Whipped Potatoes Five Way Mixed Veggie Applesauce	<b>13</b> Breaded Fish Sandwich w/Cheese & Tartar Sauce Coleslaw Roasted Carrots Peaches
<b>16</b> Scalloped Potatoes with Ham Mixed Vegetables Tropical Fruit Fluff	<b>17</b> Bean Burrito w/ Cheese Mexican Street Corn Pepper & Onion Blend Diced Pears	<b>18</b> French Toast Bake Cooked Spinach Baked Apples	<b>19</b> Sweet and Sour Meatballs over Rice Steamed Broccoli Mandarin Oranges	<b>20</b> Garlic Chicken Linguini Zucchini and Summer Squash Texas Toast Seasonal Fruit
<b>23</b> Salisbury Steak w/ Gravy Garlic Mashed Potatoes Green Beans Apple	<b>24</b> Baked Ziti with Cheese Italian Vegetables Fruit Crisp	<b>25</b> BBQ Roast Beef on a Bun Apple Cranberry Coleslaw California Blend Vegetables	<b>26</b> Tuna Noodle Casserole Wax Beans Berry Cobbler	<b>27</b> 
<b>30</b> Chicken Cordon Bleu Green Peas Peaches			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>

## Monthly Commodities

**Wednesday, September 11, 12:30–2 pm**

The Commodity Supplemental Food Program (CSFP) works to improve the health of low-income persons who are at least 60 years of age by supplementing their diets with nutritious USDA foods. Any senior who meets federal income guidelines can come on the **second Wednesday of the month** and pick up their food allotment. Pick up time is from **12:30 pm–2 pm**. For more information, please call (269) 469-4556.

## Mobile Food Pantry Schedule

### Feeding America's West Michigan Foodbank

- **Tuesday, September 3, 3:30 pm**  
Harbert Community Church
- **Wednesday, September 4, 4:30 pm**  
Woodland Shores
- **Thursday, September 19, 3:30 pm**  
Harbert Community Church
- **Monday, September 30, 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.

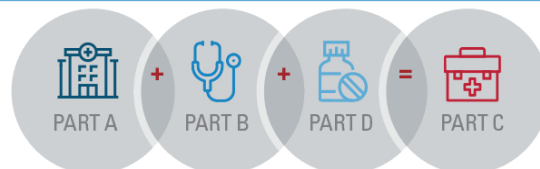
- ♦ **Location: Bridgman Fire Department or Woodland Shores Baptist Church in Bridgman** during the summer months.  
**Thursdays, 10 am–12 pm and 6:15 pm–7:30 pm.**  
**First and third Sundays** of each month.
- ♦ **Location: Bread of Life Food Pantry at Our Lady Queen of Peace Church, 3903 Lake Street, Bridgman.**  
**Tues. 10 am–12 Noon**

## Board of Directors Nominations

The River Valley Senior Center Nominating Committee is currently accepting applications for election to the Board of Directors. Residential requirements of Board Membership includes geographic service area which includes Townships of Chikaming, Lake, New Buffalo, Three Oaks, parts of Galien and Weesaw Township, and west of Cleveland Avenue. This includes the following cities/villages: Michiana, Grand Beach, New Buffalo, Three Oaks, Union Pier, Lakeside, Harbert, Sawyer, New Troy, and Bridgman.

Applications are available at the River Valley Senior Center, 13321 Red Arrow Highway, Harbert, MI 49115 or contact Elna (Ellie) Rogers, Committee Chairperson, (269) 756-9596 or edelrogers@sbcglobal.net for further information. **Applications are due by October 1, 2024.**

# Medicare



## Consider a Medicare Review

We have an MMAP (Michigan Medicare/Medicaid Assistance Program) trained counselor at the senior center to help sift through your questions regarding Medicare coverage. We don't sell Medicare plans—we just help you to understand them. We offer personal assistance at no charge. We will begin to take appointments for Medicare Review at the senior center on **Tuesday, October 15.**

The **2024–2025 annual Medicare Open Enrollment** period takes place from **October 15–December 7** with new coverage effective on **January 1, 2025**. During Open Enrollment, if you are enrolled in Medicare, you can review and make changes to your health plans or prescription drug plans. This includes switching from traditional Medicare to a Medicare Advantage Plan (or vice versa), switching between Medicare Advantage plans, and electing or switching between Medicare Part D prescription drug plans.

If you would like to review your Medicare coverage, please call the senior center at **(269) 469-4556** to make an appointment with our MMAP counselor. All appointments will take place after October 15. Please bring your **Medicare Card** and a list of all your **current prescription medications with dosages** to your appointment.

*Courage doesn't always roar.  
Sometimes courage is the little voice  
at the end of the day  
that says "I'll try again tomorrow."*

*—Mary Anne Radmacher*

Thank You!

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





# FOOTBALL

## Word Search Puzzle



S A F E T Y S A J C V Y P H Q M S  
M X P R M N X D X F O A D R U M P  
T I G H T E N D C E N A E L A S L  
H U D D L E P B S S L V C E R Z A  
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COACH	INTERCEPTION	RUNNING BACK
DEFENSE	KICKOFF	SAFETY
DRIVE	OFFENSE	SCRIMMAGE
END ZONE	PASSING	SNAP
FIELD GOAL	PLAYERS	TACKLE
FIRST DOWN	PUNTER	TEAMS
FUMBLE	QUARTERBACK	TIGHT END
HUDDLE	RECEIVER	TOUCHDOWN

Free printable courtesy of PrintFree.net

## September Success

S C T I P D S T P E S A S S  
T E S O R I S E S G K C F R  
E S H P O W M S W D R H R G  
A U C R J G U T M E I I C A  
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A I L E S P R O G R E S S K

FOCUS  
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VISION  
CONNECTIONS  
EMAILS  
KNOWLEDGE  
TEAMS  
SKILLS  
ACHIEVEMENTS  
PROGRESS  
PRIDE  
GROUP WORK  
ACADEMICS  
INTEGRITY  
RESEARCH  
PROJECTS

Play this puzzle online at : <https://thewordsearch.com/puzzle/1362297/>

### Help Wanted

The River Valley Senior Center is currently seeking to fill the following position:

#### Part-Time Senior Services Coordinator

Requirements are strong Computer, Organizational, and Time Management Skills. Must be a Team Player and focus on serving our clients. Please send resume to [director@rvseniorcenter.org](mailto:director@rvseniorcenter.org) or mail to River Valley Senior Center, P.O. Box 275, Harbert, MI 49115.

### Looking for Crafters

We are recruiting crafters for our **Annual Craft Show on Saturday, November 9 from 9:30 am-2:30 pm.** Please call **Tim Hawkins** at **(269) 469-4556** or email [director@rvseniorcenter.org](mailto:director@rvseniorcenter.org). If needed, we will provide a display table.



**October 17, 3-6 pm**

**Oktoberfest** is coming!

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



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ORGANIZATION  
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**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.

**September 2024**



Berrien County Printing

**River Valley Board of Directors**

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Ellie Rogers, *Vice President*  
Sue Rogers & Evia King, *Co-Treasurers*  
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Curtiss Alvarez  
Marilyn Griffiths  
Karie Mansfield  
Juanita Miller  
Dorothy Palen  
Sue Polishuk  
Frank Schmidt  
Peggy Wagner  
Tim Hawkins, *Executive Director*



**River Valley Senior Center Staff**

**Tim Hawkins, Executive Director**  
[director@rvseniorcenter.org](mailto:director@rvseniorcenter.org)

**Mike Deeds**  
*Facility Maintenance Technician*

**Donna Pydle**  
*Health & Wellness Coordinator*  
[healthyseniors@rvseniorcenter.org](mailto:healthyseniors@rvseniorcenter.org)

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

**Brian Rochon**  
*Maintenance Assistant/Custodian*

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