



The Sentinel

N E W S L E T T E R

We Love Our Seniors

Happy Valentine's Day to all of you sweethearts out there.

The RVSC Technology Committee met recently. We just completed a review of our computer resources, and are making plans to purchase new equipment. We also reviewed our website and Facebook



Barbara Wojtczak

page. During this meeting, the subject of the kiosk arose and this leads us to a mission in which **we need your help.**

Each time you visit the senior center and use (beep) your key card at the kiosk, your name will be submitted for the chance to win a **gift card** at the **end of the month**. Only seniors who have a key card and use it frequently at the kiosk can enter to win the gift card. **Easy to do!**

We need to have an accurate head-count from each event that occurs at the senior center. If you come into the senior center to drive members to a medical appointment, teach or attend a class, present or attend a subject of interest, socialize, play cards or board games, play Wii Bowling, watch TV, visit the library for a book, or visit with a friend, using your key card at the kiosk (tracking software) is the most efficient way for us to understand the number of people we serve each and every month.

This helps us plan classes, speakers, parties, social events, trips, and more. A low head-count may indicate that a particular event is not popular and may need to be cancelled. In addition, we report these numbers to the Berrien County Board of Commissioners. These numbers are important to the county so that they know if we are living up to our Mission Statement.

We encourage you to use your key card at the kiosk for your chance to win a gift card.

—Barbara Wojtczak

Ready for That Tax Appointment?

Make sure you have the following documents ready before calling for a tax appointment. If you make an appointment and don't have the correct paperwork, you will have to re-schedule—and our appointments fill up fast!

Bring the following with you:

- ☐ Social Security Card
- ☐ Driver's License
- ☐ 2023 Income Tax Return
- ☐ Annual Income Statements (2024 W2),
(veteran benefits, SSI state assistance, etc.)
- ☐ SS Benefits statements w/2024 income
in Box 5 (SSA-1099R)
- ☐ Pension, retirement, annuity, IRA distribution (1099R)
- ☐ ALL Interests & Dividend Statements (IOUT/DIV1099)
- ☐ Property Tax Bills (Winter and Summer for 2024)
- ☐ Rent you paid (Landlord name and address)
- ☐ Heat paid in your name (Provider & provider address)
- ☐ Health Insurance Premium
- ☐ 1095-A, B or C Affordable Health Care statements
- ☐ Voided check for Direct Deposit
- ☐ 1099 B Brokerage/Investment Statements

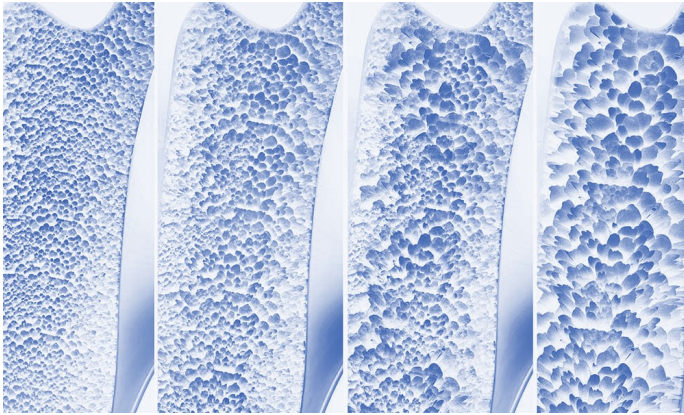
If you have questions, or want to make a tax return appointment, please call the River Valley Senior Center at (269) 469-4556.

Improve Your Balance and Flexibility With Essentrics

Feel better and increase your energy with Essentrics Instructor Cecily Crowther:

- Classes take place at River Valley Senior Center at 10 am on February 4, 11, 18.
- No class February 25.
- No classes in March.

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.



Which Bone Is Yours?

Bones, bones, bones! Our bones are not like the ones our pets chew on. But our medical professionals mention “bone density” to us quite often. Why?

The 206 bones in your body are living, and the density of your bones is made up of the amount of calcium and minerals in them. This is what makes your bones dense or porous. Put simply, think of each bone like a sponge scattered with small holes—the more space within the bone, the less dense it is. As we age, our body still builds bones—but our bones break down a little faster. We need more blood, more nutrition, and more bone density. We also need more exercise. But what exercises are appropriate?

Essentrics exercise is a dynamic exercise. You use your whole body throughout the workout. The weight of your whole body loads up your bones. You strengthen your bones through lengthening and strengthening your muscles. You squeeze your muscles, which in turn squeeze your bones. This is how your bones receive the blood and nutrition they need.

The fluid movements of Essentrics work through every muscle in your body. You become a blood pump to benefit the bones and joints, spine, hips, knees, and fingers. Your bones benefit and will thank you.

Please see the **front page** of this newsletter for **dates and times of Essentrics classes** at the senior center and join us!

More Essentrics at the New Buffalo Township Library

Essentrics Gentle with Instructor Cecily Crowther

- Classes take place at: New Buffalo Township Library on Fridays at 10 am, February 7, 14, 21
- No classes in March.

Weekly Recurring Activities

Monday

9 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—Essentrics Exercise (LL) (No class 2/25)
10 am—TOPS (UL 2/4, 2/18)
1 pm—Cribbage (UL)
2 pm—Choir (LL)

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)
2 pm—Alzheimer’s Caregiver Support (UL)

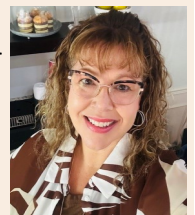
Friday

9 am—Exercise Class (LL)
10 am—Exercise Class (LL)
10:45 am—Blood Pressure Checks (UL)
1:30 pm—Knitting & Crocheting (LL)

Be a little kinder than you have to.
—E. Lockhart

Stephanie Olson Returns for More Questions on Assisted Living

Stephanie Olson, senior living counselor, will be back at RVSC on **Wednesday, February 12 at 9:30 a.m.** to answer the many questions that come up when considering assisted living or other living arrangements. When is it the ‘right time’? Is there ever a ‘right time’? Do I want someone to care for me in my home? Is assisted living for me?



Stephanie Olson

If you have specific questions for Stephanie, **call the senior center at (269) 469-4556 and we’ll pass them on to Stephanie** so she will be ready with answers for you.



February Project: Winter Trees

Watercolor: Winter Trees Tuesday, Feb. 18, 12 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** for your reservation.

Foot Care Clinic

Monday, February 17 8 am

Friday, February 21, 8 am

RVSC offers Foot Clinic services by Jane Sherwin, RN of Blessed Feet, LLC. Prior to receiving services, you must bring a signed release form from 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. A patient's first visit is \$40, and their return visit is \$30. The Foot Clinic is by **appointment only**.



Valentine BINGO!

Friday, February 14, 11 am

Celebrate Valentine's Day with your Bingo friends and enjoy lunch. Please call **269-469-4556** for your reservation by **February 10**.

Friday, February 28, 11 am

Lifecare serves lunch. Please call **269-469-4556** for your reservation by **February 24**.



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.

*The secret of staying young is to
live honestly,
eat slowly,
and lie about your age.*

-Lucille Ball

You Deserve to Celebrate Each Day



Celebrating Valentines Day is a great way to connect with others. Even if you might not feel like it. Isolation can take a toll on your mental health. While it can be tempting to seclude yourself from others, try to get outside of your comfort zone and socialize. Many of us come to the senior center for that very reason.

Isolation and anxiety are very common among older adults, but there are ways to combat these concerns. While mental health issues have been stigmatized throughout history, we now know that experiencing depression is incredibly common. There is no reason to feel embarrassed about admitting your struggles or asking a friend or family member for help. You can also check your Medicare policy—many cover therapy for mental health concerns.

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: 1-888-382-1222
Do Not Call

RIVER VALLEY SENIOR CENTER – FEBRUARY 2025

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|---|--|--|--|---|--|--|--|--------|--|
| 3 9:00 & 10:00 Exercise (LL) 1:30 Yoga, Chair (LL) 2:30 Yoga, Beginners (LL) | 4 9:00 Crafts (UL) 10:00 TOPS (UL) 10:00 Essentrics (LL) 1:00 Cribbage – (UL) 2:00 Choir (LL) | 5 9:00 &10:00 Exercise (LL) 1:00 Line Dancing (LL) 1:00 Cards / Games (UL) 1:00 Wii Bowling (UL) | 6 1:00 Cribbage (UL) 2:00 Alzheimer's Support Group | 7 9:00 & 10:00 Exercise (LL) 10:45 BP Check (UL) 1:30 Knitting & Crochet LL | | | | | |
| 10 9:00 &10:00 Exercise (LL) 1:30 Yoga, Chair 2:30 Yoga, Beginners | 11 9:00 Crafts (UL) 10:00 Essentrics (LL) 1:00 Cribbage – (UL) 2:00 Choir (LL) | 12 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) | 13 1:00 Cribbage (UL) 2:00 Alzheimer's Support Group | 14 9:00 & 10:00 Exercise (LL) 10:45 BP Check (UL) 11:00 Valentine Party Bingo: RVSC with Lunch 1:30 Knitting & Crochet (LL) | | | | | |
| 17 8:00 Foot Clinic by Appt.(UL) 9:00 & 10:00 Exercise (LL) 1:30 Yoga, Chair (LL) 2:30 Yoga, Beginners (LL) | 18 9:00 Crafts (UL) 10:00 Essentrics (LL) 10:00 TOPS (UL) 12:00 Watercolor (LL) 1:00 Cribbage – (UL) 2:00 Choir (LL) | 19 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) | 20 10:00 Board Meeting (UL) 1:00 Cribbage (UL) 2:00 Alzheimer's Support Group | 21 8:00 Foot Clinic by Appt.(UL) 9:00 & 10:00 Exercise (LL) 10:45 Blood Press.Cks (UL) 1:30 Knitting & Crochet (LL) | | | | | |
| 14 9:00 & 10:00 Exercise (LL) 1:30 Yoga, Chair (LL) 2:30 Yoga, Beginners (LL) | 25 9:00 Crafts (UL) 1:00 Cribbage – (UL) 2:00 Choir (LL) | 26 9:00 &10:00 Exercise (LL) 1:00 Line Dancing (LL) 1:00 Cards / Games (UL) 1:00 Wii Bowling (UL) | 27 9:00 Newsletter folding LL 1:00 Cribbage (UL) 2:00 Alzheimer's Support Group | 28 9:00 & 10:00 Exercise (LL) 10:45 BP Check (UL) 11:00 Bingo: Lifecare with Lunch 1:30 Knitting & Crochet (LL) | | | | | |
| | | | | LOCATION KEY (LL) = Lower Level (UL) = Upper Level | | Senior Nutrition Services Lunch is served at 11:30 am. Seniors eat 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. | | | |

FEBRUARY 2025

MEALS ON WHEELS OF SOUTHWEST MICHIGAN GENERAL MENU

YOUR
DONATION
TOWARD THE
COST OF A
MEAL HELPS
TO KEEP OUR
MEAL
PROGRAM IN
PLACE.
PLEASE BE AS
GENEROUS AS
YOU CAN!
WE THANK
YOU!

Offering Choices for

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|---|---|---|--|---|--|
| 3 CheeseBurger on a Bun w/ Ketchup, Mustard Potato Wedges Green Peas Grapes | 4 Liver and Onions Mashed Potatoes Steamed Green Beans Peaches | 5 Chili Green Peas Crackers Fruit Cocktail | 6 Chicken Spinach & Bacon Alfredo Pasta Bake Steamed Carrots Berry Applesauce | 7 Baked Potato topped w/ Chicken & Cheese Broccoli Mandarin Oranges | |
| 10 Beef & Cheese Tacos Veggie Blend Green Peas Mandarin Oranges | 11 BBQ Pork Ribette on a Bun Mac and Cheese Green Beans Fruit Cocktail | 12 Lentil Stew Whole Wheat Bread w/ Margarine Tossed Salad w/ Ranch Fruit Crisp | 13 Scrambled Eggs Sausage Links Sweet Potato Hash Tropical Fruit Mix | 14 Smothered Pork Loin Rice Pilaf Asparagus Cuts Berries Valentine's Cookie | |
| 17 Swedish Meatballs over Pasta Peas and Carrots Mandarin Oranges | 18 Chicken Teriyaki Chow Mein Oriental Vegetables Apple Slices | 19 Spanish Chicken over Rice Mixed Veggies Peaches | 20 Shepherd's Pie Vegetable Blend Tropical Mixed Fruit | 21 Spaghetti with Meat Sauce Harvest Blend Veggies Fruit Crisp | |
| 24 Beef Goulash Steamed Carrots Applesauce | 25 Chicken Tender Tortilla Wrap w/ Cream Sauce Stewed Tomatoes Pinto Beans Banana | 26 Beef Stew Cornbread Croutons Warm Cinnamon Peaches | 27 Sweet & Sour Chicken over Rice Oriental Veg Blend Pineapple Tidbits | 28 Ham & Swiss Casserole Broccoli Florets Mandarin Oranges Birthday Cake | |
|  | |  | |  | |
| | | Meals provide: (weekly average) 800 Calories 75 grams Carbohydrate 19 grams Protein Less than 30% Calories from Fat 800 milligrams Sodium | | | |



MEALS on WHEELS

— OF SOUTHWEST MICHIGAN —

Senior Nutrition Services Region IV

Monthly Commodities

Wednesday, February 12, 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, February 4, 3:30 pm**
Harbert Community Church
- **Wednesday, February 5, 4:30 pm**
Woodland Shores Baptist Church, Bridgman MI.
- **Friday, February 21, 12:00 pm**
New Buffalo Fire Dept., 18959 US 12, New Buffalo, MI.
- **Monday, February 24 4:00 pm**
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.

Drive A Van for River Valley Senior Center

Do you know that the Senior Center provides transportation for medical, shopping, and other necessary trips from seniors' homes (for those over 60 years) within our service area?

If you are someone who enjoys visiting with seniors and driving, then we are looking for you. Our pool of drivers have provided over 1,000 trips this year. We need a few more drivers to volunteer their time. Our staff will work hard to accommodate your schedule. Come to the senior center, talk to other drivers, and learn what it takes to be a valuable van driver. Call Susan Buckingham at **(269) 469-4556** for more information.



Quarterly Commodities

Wednesday, February 19, 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, please come during the pick-up time and sign the self-certification form. If you are unable to come during this time, 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.

Board of Directors' Meeting

Thursday, February 20, 10 am

The River Valley Senior Center Board of Directors' will hold their **monthly meeting** in the **Upper Level** of the Senior Center at **10 am**. All are welcome.

Newsletter Folding

Thursday, February 27, 9 am

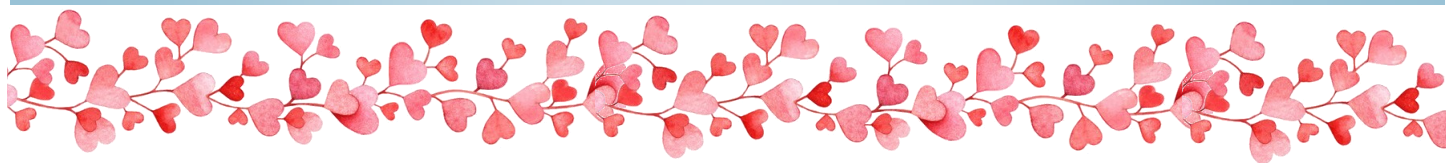
We fold newsletters in the lower level at 9 am. Open to anyone with a willingness to volunteer. It's a great time to work with your friends.

Transportation & Services

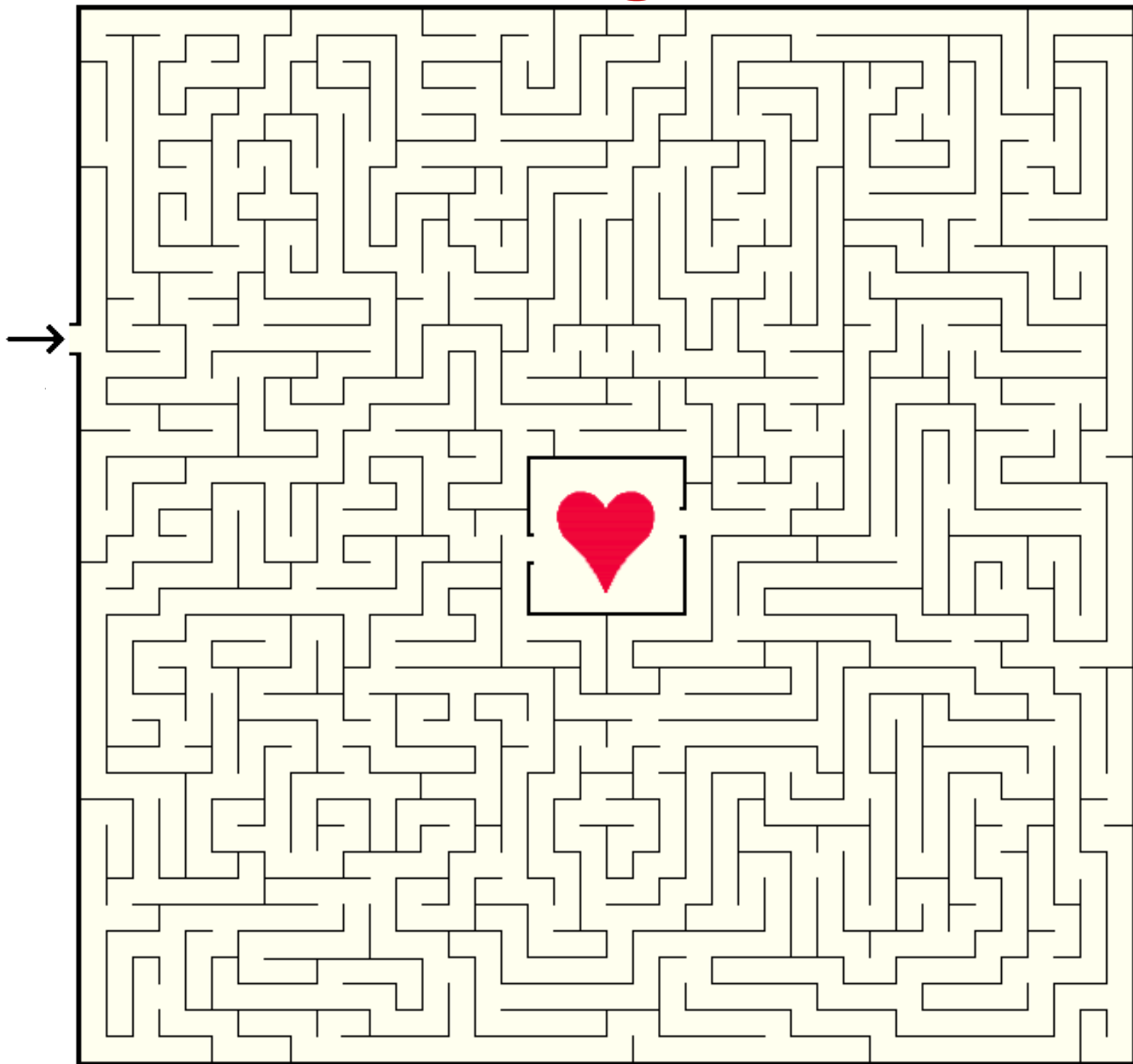
Please allow 10-14 business days advance notice to reserve transportation. Emergency service will be addressed on a case-by-case basis.

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. Call **(269) 469-4556** to make a transportation reservation.

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).



An A-Maze-ing Valentine!



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 2025



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
Dianne Kirk
Dorothy Palen
Elizabeth Palulis
Sandy Rosenthal
Frank Schmidt
Peggy Wagner
Tim Hawkins, *Executive Director*



River Valley Senior Center Staff

Tim Hawkins, Executive Director
director@rvseniorcenter.org

Mike Deeds
Facility Maintenance Technician

Donna Pydlek
Health & Wellness Coordinator
healthyseniors@rvseniorcenter.org

Susan Buckingham
Transportation Coordinator
transpo@rvseniorcenter.org

Ashlei Jones
Senior Services Coordinator
services@rvseniorcenter.org

Brian Rochon
Maintenance Assistant/Custodian

Mary McCormick
Senior Nutrition Services Site Manager