



River  
Valley  
Senior  
Center

# The Sentinel

N E W S L E T T E R



## Spring Keeps Its Promise

Hello to all who are waiting for sunshine and blue skies.

April is National Poetry month.  
I have a couple of poems that  
I would like to share. Please enjoy.

### Daffodils

Yellow, yellow Daffodils  
You're dancing in the sun  
Yellow, yellow daffodils  
You tell me Spring has come.

-Author Unknown

### A Real April Day

April for rainbows,  
And April for showers!  
April for a bright hint  
Of lovely May flowers.  
April for nonsense,  
And April for play –  
Best of all times  
Is a real April day!

-Lenore Hetrick

May all of you enjoy the fragrance of April showers, the beautiful colors of rainbows and flowers, and please take some time for nonsense and play. May April be full of real April days.

We care about you  
and wish you well.

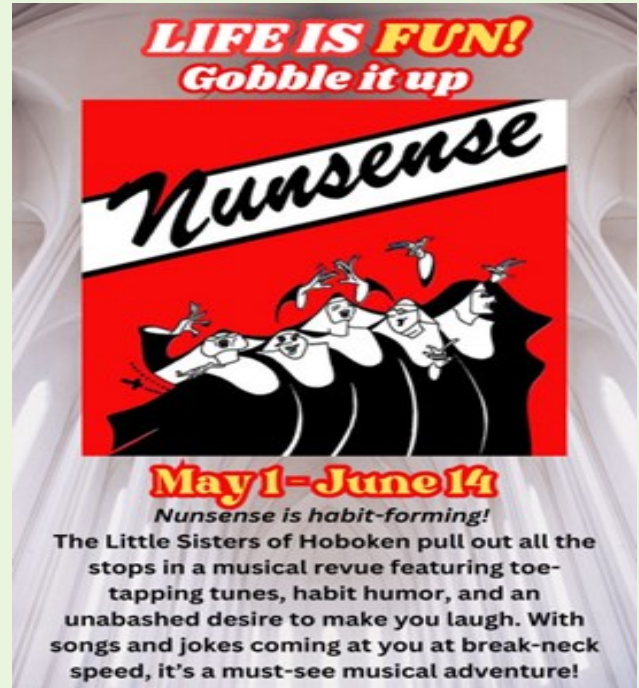


-Barbara Wojteczak

## Board the Bus to Turkeyville!

Thursday June 5, Reservations due by May 15.

Cost: \$95/person - No refunds  
Complete turkey dinner included.




## Mother's Day Luncheon

Friday, May 9 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 2nd for reservations.

*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.*

## Signs of Elder Abuse

**Tuesday, April 15, 11 a.m.**

Unfortunately, elder abuse can happen in any family. There is no single pattern to elder abuse. It's a complex problem that can come from multiple causes, such as a history of violent interactions within the family, lifestyle adjustments, and tensions that can arise as a result of new living arrangements. A caregiver's personal problems—for example, caregiver stress, mental or emotional illness, addiction to alcohol or other drugs, job loss, or other personal crises could lead to the abuse of an older person. Many of us fail to recognize the importance of assuring dignified, supportive, and non-abusive life for every older person.



## KNOW ABUSE REPORT ABUSE

### ELDER AND DEPENDENT ADULT ABUSE AWARENESS

This presentation is brought to our senior center by three experienced professionals from the Southwestern Michigan area.

Berrien County Sheriff's **Deputy Kelly Laesch** received the Joe D. Sutton Call to Justice Award at the Elder Law of Michigan Ceremony. The awards are given to those who advocate for, educate, and assist individuals in need, with a focus on older adults and those with disabilities.

**Laura Foerster**, Region IV Area Agency on Aging, is a **Long Term Care Ombudsman** (LTCO). She is also an attorney and Registered Nurse. The Michigan Long Term Care Ombudsman Program advocates for the health, safety, well-being, and rights of residents in licensed nursing homes, homes for the aged, and adult foster care homes. Ombudsmen work at the direction of the resident and only take action with the resident's consent.

**Adult Protective Services** protects those who unable to protect themselves from abuse, neglect, or exploitation because of a mental or physical impairment or advanced age.



## Spring Fling Potluck Bingo

**Friday, April 25, 11 am**

**We will have lunch before BINGO.**

**Tableware will be supplied.**



- Please bring a dish that would serve 10 people.
- Entrée will be supplied by RVSC (to be determined).
- If there are 2 in an household, just bring 1 dish.
- Food **must** be ready to serve.
- Please bring hot, sliced, pre-cut, and ready to eat foods.
- All desserts need to be precut.
- Mark serving utensils with your name.
- We are unable to provide dishwashing.
- We will have "To Go" containers available so you can share any leftovers.

Please call the senior center at **269-426-4556** to sign up. In order to provide a variety of food, let us know if you will bring your favorite appetizer, salad, hot or cold side dish, or dessert. Please sign up no later than **April 18**. We hope to see you on **April 25**.

## 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 (*Starts April 1*)
- 10 am—TOPS (UL 4/8, 4/22)
- 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)
- 1:30 pm Tai Chi (LL)
- 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)



## Secretary of State Mobile Office at RVSC Wednesday, April 9, 11a.m. - 2:30 p.m.

The Secretary of State Mobile Office **travels to** and **operates out of** the lobbies and gathering places of partner organizations. The Mobile Office will be available at the **River Valley Senior Center** on **April 9** from **11 am to 2:30 pm** to meet with Michigan citizens. It will offer the majority of Secretary of State services, including processing driver's license and state ID applications, corrections and renewals; disability parking placard applications, renewals and replacements; and vehicle title and registration transactions.



The Secretary of State mobile office brings services directly to the residents of Michigan through partner organizations that support communities with limited access to offices and the internet. The redesigned

and streamlined mobile office can be set up in the lobbies and shared spaces of senior centers, homeless shelters, foster-care facilities, and other community organizations. **Please call the Senior Center at (269) 469-4556 if you would like to make an appointment with the Secretary of State.**

## April BINGO!

**Friday, April 11, 11 am**  
Lifecare serves lunch. Please call **269-469-4556** for your reservation by **April 4**.



**Friday, April 25, 11 am**  
**Potluck Bingo**

Enjoy Bingo and a delicious Potluck lunch with your friends. Please call **269-469-4556** for your reservation by **April 18**



## 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.

## Watercolor: April Tulips Tuesday, April 15, 12-3 pm



*Project: April Tulips*

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 by **April 8**.

## 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 2025

| MONDAY  |  | TUESDAY  |  | WEDNESDAY  |   | THURSDAY  |   | FRIDAY  |  |
|---|--|--|--|--|---|---|---|---|--|
| 9:00 & 10:00 Exercise (LL)<br>1:30 Yoga, Chair (LL)<br>2:30 Yoga, Beginners (LL)              | 1<br>9:00 Crafts (UL)<br><b>10:00 Essentrics (LL)</b><br>1:00 Cribbage – (UL)<br><b>2:00 Choir (LL)</b>  | 2<br>9:00 & 10:00 Exercise (LL)<br>1:00 Line Dancing (LL)<br>1:00 Cards / Games (UL)<br>1:00 Wii Bowling (UL)  | 3<br>1:00 Cribbage (UL)<br>1:30 Tai Chi (LL)<br>2:00 Alzheimer's Support Group                                     | 4<br>9:00 & 10:00 Exercise (LL)<br>10:45 BP Check (UL)<br>1:30 Knitting & Crochet LL   | 7<br>9:00 & 10:00 Exercise (LL)<br>1:30 Yoga, Chair<br>2:30 Yoga, Beginners | 8<br>9:00 Crafts (UL)<br>10:00 TOPS (UL)<br><b>10:00 Essentrics (LL)</b><br>1:00 Cribbage – (UL)<br><b>2:00 Choir (LL)</b>  | 9<br>9:00 & 10:00 Exercise (LL)<br><b>11 am-2 pm Sec. of State at RVSC</b><br><b>12:30 Monthly Commodities</b><br>1:00 Line Dancing (LL)<br>1:00 Cards / Games (UL) | 10<br>1:00 Cribbage (UL)<br>1:30 Tai Chi (LL)<br>2:00 Alzheimer's Support Group   | 11<br>9:00 & 10:00 Exercise (LL)<br>10:45 BP Check (UL)<br><b>11:00 Bingo: Lifecare with Lunch</b><br>1:30 Knitting & Crochet (LL) |
| <b>14</b><br>9:00 & 10:00 Exercise (LL)<br>1:30 Yoga, Chair (LL)<br>2:30 Yoga, Beginners (LL) | 15<br>9:00 Crafts (UL)<br><b>10:00 Essentrics (LL)</b><br><b>11:00-Signs of Elder Abuse (UL)</b><br><b>12:00 Watercolor (LL)</b><br>1:00 Cribbage – (UL)<br><b>2:00 Choir (LL)</b> | 16<br>9:00 & 10:00 Exercise (LL)<br>1:00 Line Dancing (LL)<br>1:00 Cards/Games (UL)<br>1:00 Wii Bowling (UL)   | 17<br><b>10:00 Board Meeting (UL)</b><br>1:00 Cribbage (UL)<br>1:30 Tai Chi (LL)<br>2:00 Alzheimer's Support Group | 18<br>9:00 Crafts (UL)<br>9:00 & 10:00 Exercise (LL)<br>10:45 Blood Press.Cks (UL)<br>1:30 Knitting & Crochet (LL)   |   | 19<br>9:00 Crafts (UL)<br><b>10:00 Essentrics (LL)</b><br>10:00 TOPS (UL)<br>1:00 Cribbage – (UL)<br><b>2:00 Choir (LL)</b> | 20<br>9:00 & 10:00 Exercise (LL)<br>1:30 Yoga, Chair (LL)<br>2:30 Yoga, Beginners (LL)  | 21<br><b>8:00 Foot Clinic by Appt.(UL)</b><br>9:00 & 10:00 Exercise (LL)<br>1:30 Yoga, Chair (LL)<br>2:30 Yoga, Beginners (LL)                                      | 22<br>9:00 Crafts (UL)<br><b>10:00 Essentrics (LL)</b><br>10:00 TOPS (UL)<br>1:00 Cribbage – (UL)<br><b>2:00 Choir (LL)</b>        |
| <b>28</b><br>9:00 & 10:00 Exercise (LL)<br>1:30 Yoga, Chair (LL)<br>2:30 Yoga, Beginners (LL) | 29<br>9:00 Crafts (UL)<br><b>10:00 Essentrics (LL)</b><br>1:00 Cribbage – (UL)<br><b>2:00 Choir (LL)</b>   | 30<br>9:00 & 10:00 Exercise (LL)<br>1:00 Line Dancing (LL)<br>1:00 Cards / Games (UL)<br>1:00 Wii Bowling (UL) | LOCATION KEY<br>(LL) = Lower Level<br>(UL) = Upper Level   | Senior Nutrition Services<br>Lunch is served at <b>11:30 am</b> . 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. |   | 23<br>9:00 & 10:00 Exercise (LL)<br>1:00 Line Dancing (LL)<br>1:00 Cards / Games (UL)<br>1:00 Wii Bowling (UL)              | 24<br><b>9:00 Newsletter Folding</b><br>1:00 Cribbage (UL)<br>1:30 Tai Chi (LL)<br>2:00 Alzheimer's Support Group   | 25<br><b>8:00 Foot Clinic by Appt (UL)</b><br>9:00 & 10:00 Exercise (LL)<br>10:45 BP Check (UL)<br><b>11:00 Bingo: Potluck RVSC</b><br>1:30 Knitting & Crochet (LL) |  |

# APRIL 2025

## MEALS ON WHEELS OF SOUTHWEST MICHIGAN GENERAL MENU - CONGREGATE & PACE

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
| <br>1 Biscuits w/ Sausage Gravy<br>Cooked Greens<br>Baked Apples and Raisins | 2 Biscuits w/ Sausage Gravy<br>Cooked Greens<br>Baked Apples and Raisins                      | 2 Balsamic Honey Pulled Pork on a Bun<br>Diced Sweet Potatoes<br>Green Beans<br>Pineapple Tidbits     | 3 Salisbury Steak<br>Mashed Potatoes w/ Gravy<br>Rustic Root Blend<br>Peaches   | 4 Whitefish over Confetti Rice<br>Three Bean Salad<br>Carrot Coins<br>Coleslaw<br>Mandarin Oranges                                      |
| 7 Turkey Pot Pie<br>Noodles<br>Asparagus<br>Pineapples  | 8 Beef Soft Tacos w/ Cheese, Lettuce, Tomato<br>Succotash<br>Refried Beans<br>Fruit Cocktail  | 9 Salsa Corn Chowder<br>Cornbread<br>Tossed Greens Salad w/ Ranch<br>Berry Crisp                      | 10 Honey Lime Chk'N over Cilantro Rice<br>Corn O'Brien<br>Blueberry Compote   | 11 Tortellini with Marinara Sauce and Spinach<br>California Blend Veg<br>Baked Apples w/ Cinnamon                                       |
| 14 Chicken & Broccoli Stir Fry over Rice<br>Oriental Blend Veggies<br>Pineapple   | 15 Pancakes w/ Syrup<br>Sausage Patty<br>Potatoes O'Brien<br>Mandarin Oranges                 | 16 Turkey Burger w/ Mayo, Mustard, Ketchup<br>Maple Baked Beans<br>Green Peas<br>Tropical Fruit Mix   | 17 Spiral Ham w/ Pineapple<br>Scaloped Potatoes<br>Glazed Carrots<br>Dinner Roll w/ Margarine<br>Ambrosia Salad                         |   |
| 21 Stuffed Green Peppers w/ Rice & Meat<br>Carrot Coins<br>Berry Applesauce   | 22 Cheesy Turkey Taco Pasta<br>Santa Fe Blend<br>Fruit Crisp                                  | 23 Lentil Stew<br>Whole Wheat Bread w/ Margarine<br>Salad w/ Italian<br>Mandarin Oranges              | 24 Chicken Mashed Potato Bowl<br>Peas & Carrots<br>Corn<br>Grapes   |    |
| 28 Vegetable Lasagna<br>Scandanavian Blend<br>Texas Toast<br>Peaches  | 29 BBQ Roast Beef on a Bun<br>Potato Wedges<br>Broccoli & Cauliflower<br>Tropical Fruit Blend | 30 Warm Chicken Salad over Spinach Greens<br>Whole Wheat Bread<br>Mediterranean Green Beans<br>Banana | <b>Meals provide: (weekly average):</b><br>800 Calories<br>75 grams Carbohydrate<br>19 grams Protein<br>Less than 30% Calories from Fat | <b>Meals provide: (weekly average):</b><br>800 Calories<br>75 grams Carbohydrate<br>19 grams Protein<br>Less than 30% Calories from Fat |

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!



**MEALS on WHEELS**

— OF SOUTHWEST MICHIGAN —

Senior Nutrition Services Region III



## Foot Care Clinic

**Monday, April 21, 8 am**

**Friday, April 25, 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**.



**Reserve Your Planter!**  
Our raised garden beds will be ready for planting in May. Call 269-469-4556 to reserve one of the eight beds.



## Monthly Commodities

**Wednesday, April 9, 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**.

## Board of Directors' Meeting

**Thursday, April 17, 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, April 24, 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.

## Mobile Food Pantry Schedule

### Feeding America's West Michigan Foodbank

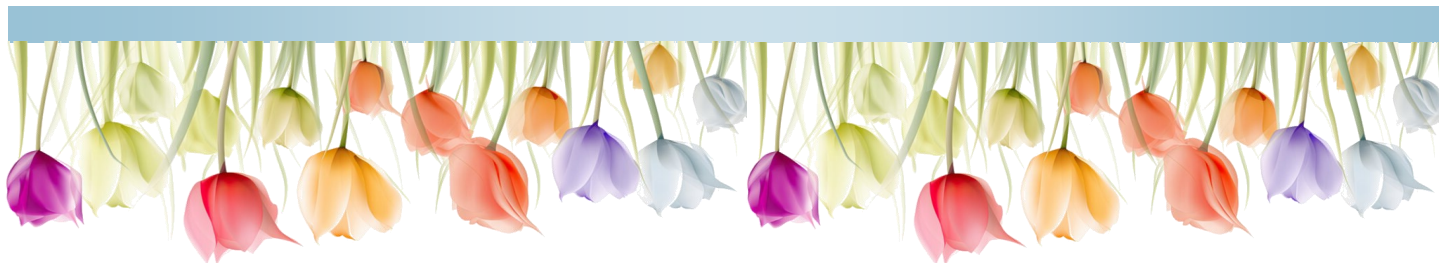
- **Tuesday, April 1, 3:30 pm**  
Harbert Community Church
- **Thursday, April 17, 3:30 pm** Harbor Country Rotary @  
Harbert Community Church
- **Monday, April 28, 4:00 pm**  
Galien American Legion
- **Cupboard Mobile Food Pantry**  
This food pantry serves those who meet federal guidelines and live 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.
  - ♦ **Location: Bread of Life Food Pantry at Our Lady Queen of Peace Church, 3903 Lake Street, Bridgman.**

## 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).



# Spring Edition

word search 

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BLOOM

FLOWERS

PUDDLE

BUMBLEBEE

BUNNY

MARCH

TULIP

UMBRELLA

SPRING

APRIL

ROBIN

SUNSHINE

BUTTERFLY

MAY

LADYBUG

SHOWERS

EASTER

RAINBOW

RAINCOAT

EGGHUNT



**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 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](mailto:director@rvseniorcenter.org)

Mike Deeds  
*Facility Maintenance Technician*

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

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

Ashlei Jones  
*Senior Services Coordinator*  
[services@rvseniorcenter.org](mailto:services@rvseniorcenter.org)

Brian Rochon  
*Maintenance Assistant/Custodian*

Mary McCormick  
*Senior Nutrition Services Site Manager*