



CHILD & FAMILY SERVICES  
of Southwestern Michigan, Inc.

# Paw Paw Day Services for SeSeniors

FEBRUARY, 2011

## SPECIAL POINTS OF INTEREST:

- Learn how to cope with personality changes
- New Staff members
- President's Day Picnic
- Tax information

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## February

February is the second month  
 Most of us are full of cheer  
 We are playing with our toys  
 We got at Christmas time here  
 It is near to spring time right now  
 And all the snow will melt away  
 And all the wild life will be happy  
 It will be a glorious day.

By R.E Gillard

BE MY VALENTINE!

We have a lot of fun activities going on for the month of February. Spiritual group continues with Cynthia every Tuesday. Also, we are looking forward to bringing a little summer back for a few days with our President's Day Picnic. We have tax information provided by Van Buren County United Way that should be helpful for your tax needs. Also, we have our Valentine's Day Party to look forward to. Let's make it a great month!

## Meet Our New Staff



Stop in and say hello sometime to our newest employees. **R. Beyer** is a graduate of Central Michigan University with a major in Parks and Recreation. **Harley Cochran** is a recent graduate of Bloomingdale High School and is currently attending Kalamazoo Valley Community College studying for a degree in Special Education.



United Way helps here



*From Doris' Desk:*

## *How To Cope With Changes In Personality*

### **Here are some ways to cope with changes in personality and behavior:**

Keep things simple. Ask or say one thing at a time. Have a daily routine so the person knows when certain things will happen. Reassure the person that he or she is safe and you are there to help.

Focus on his or her feelings rather than words. For example, say "You seem worried".

Don't argue or try to reason with the person.

Try not to show your anger or frustration. Step back. Take deep breaths and count to 10. If safe, leave the room for a few minutes.

Use humor when you can.

Give people who pace a lot of safe places to walk. Provide comfortable, sturdy shoes. Give them light snacks to eat as they walk, so they don't lose too much weight and make sure they have enough to drink.

### **Use Distractions:**

Try using music, singing, or dancing to distract the person. One caregiver found that giving her husband chewing gum stopped his cursing.

Ask for help. For instance, say, "Let's set the table" or "It's time to go for our walk" or "I really need help folding the clothes".

- } 110 million roses, the majority red, will be sold and delivered within a three-day time period.
- } Valentine's Day is the big time of year for red roses; Mothers' Day means more pastel roses.
- } 15% of U.S. women send themselves flowers on Valentine's Day.
- } 73% of people who buy flowers for Valentine's Day are men, while only 27 percent are women.

## President's Day Picnic

Come join us for our first annual President Day Picnic! Come join us for a day of summer games, summer trivia and good food.

When: Tuesday the 22nd and Wednesday the 23rd

Menu: Fried chicken

Potato salad

Tropical fruit

Chips

Devilled eggs





Larry & Laura have been performing music therapy for us twice a month for at least five years. We are going to miss them, but wish them happy travels as they hit the open road in their new RV. Their first stop? To see their grandchildren in Georgia!

Elder Mayne, so sad to be leaving his friends at Day Services. He was quite the celebrity and will be missed by all.



Charles and Joan folding laundry.



R. and Chris, our volunteer, are leading the men's group in a game of Skipbo.



~ A cheerful friend is like a sunny day spreading brightness all around ~

**Happy Birthday to you.....**

**Rosa 2nd**

**Betty 23rd**

**David P. 25th**

**Louise 25th**



We're on the web!

[www.Cfsswmi.org](http://www.Cfsswmi.org)



## Maggie's Cooking Corner

### Colorado Peach Cream Pie

#### Crust

1/2 C. butter

1 1/2 C. Flour

1/2 tsp. salt

Mix together until well blended.

Press into bottom and sides of a 9" pie pan. Set aside.

#### Filling

4C. Sliced fresh or canned peaches

1C. Sugar

1/2 tsp. vanilla

1 C. sour cream

2 T. flour

1 egg

1/4 tsp. salt

Mix all ingredients , except peaches until creamy. Pour over peaches tossing to cover fruit. Pour into crust. Bake 15 min. at 400 degrees, then reduce

heat to 350 and continue baking another 20 minutes while pie is baking, mix topping.

#### Topping

1/3 C. Sugar

1/3 C. Flour

1/4 C. Butter

1 tsp. Cinnamon

Mix together and crumble over pie after it has baked for 35 minutes. Return to oven and bake another 10 minutes at 400 degrees.



Free Tax Preparation!

Get your refund in as little as two weeks without having to give any of it away!

*Free Tax Preparation* assistance will be available. Volunteers will assist with Federal & State taxes & tax credits on the following dates for anyone with a basic return. Stop by any one of the preparation sites.

<b>Decatur</b>	<b>Gobles</b>	<b>Lawrence</b>
Emmanuel church of God in Christ Thursday Time : 3-6 PM February 1st– April 14th	United Methodist Church 1st and 3rd Wednesday Time: 9AM-Noon February 2nd-April 7th	VBISD Technology Center Contact Ron Bishop schedule and appointment after February 2nd 269-539-5279
<b>Paw Paw</b>	<b>South Haven</b>	<b>South Haven</b>
Tuesday and Thursday Times: 3-6 PM 1st Saturday of the month From 9am-1pm Feb 1st-April 14th	LMC Saturday Times: 9-3PM Feb: 5th, 12th, 19th & 26th April: 2nd, 9th & 16th	Warren Senior Center Time: 10AM– 3PM Feb. 16th & 23rd March 2nd, 9th, 16th, 23rd & 30th April 4th & 9th By appointment only

**Main Locations listed above:**

Decatur: Emmanuel church of God in Christ, *106 East St. Mary's*  
Gobles: United Methodist church, *210 Exchange St. 269-628-4882*  
Lawrence: Van Buren ISD Technology Center, *250 South Street 269-539-5279*  
Paw Paw: United Way *181 W Michigan AVE. Suite 4 269-657-2410*  
*South Haven: Lake Michigan College, 125 Veterans Blvd.*  
South Haven: Warren Senior Center, *540 Williams St. 269-637-3607*

Other Sites open on limited basis:

Black River Commons: *820 second Street, Bangor (Feb 8th 9AM-1PM)*  
Columbia TWP Hall: *53053 CR 388, Grand Junction (Feb 10th 9:20AM– Noon)*  
Maxwell SR. Apartments: *04939 Cecelia Dr. South Haven (Feb 15th 10AM-3PM)*  
Harbor View Apartments: *325 Indiana Ave., South Haven (Feb 17th 10am—Noon)*  
Simpson United Methodist : *507 Joy St., Bangor ( March 10th 9:30AM –12:15pm)*  
Hartford His Place: *(March 12th 9am –3pm)*  
*Bangor City Hall: ( March 10th & 24th 3pm-7pm)*

**Township Halls: Antwerp, Almena, Bloomingdale, Keeler, & Hartford** Contact South Haven Warren Senior Center for dates & Times at Twp Halls

## **Don't forget to bring these with you!**

Please remember to bring the following items with you when you visit one of the tax preparation sites:

- \* Valid picture i.d., such as Drivers License, Michigan State ID
- \* A copy of last year's tax return (2009), if you have one.
- \* Social Security cards for any person listed on the return. Social Security cards are necessary to ensure the information is copied correctly onto the tax return.
- \* W-2 and/or 1099 forms from all 2010 jobs.
- \* 1099-INT form, if you received bank interest income in 2010
- \* Any statements received from a mortgage company during 2010 or name and address of landlord and amount
- \* Property tax receipts or bills for taxes paid in 2010
- \* IRS notices or letters sent to you or someone in your household during 2010
- \* Heating bills from 11/01/09-10/31/10 or contact your utility provider for your 2010 allowable heat credit deduction.
- \* If you have an Individual Taxpayer Identification Number ( ITINs) please bring your ITIN card that was sent to you from the IRS. You will need either the ITIN or a Social Security card that was sent to you from the IRS. You will need either the ITIN or a Social Security Number in order to claim Child Tax Credit.
- \* Routing number and account number from your bank account for your refund to be directly and quickly deposited into your account . If you don't have a bank account at the present time, we have a representatives of a local bank at some of the sites that will assist you to open an account for this purpose.
- \* If you received assistance from Department of Human Services in 2010, bring your annual Department of Human Services statement.
- \* Receipts for child care expenses, including provider's name, address, and EIN/Social Security number
- \* Closing statement for first-time buyer credit
- \* Invoices and/or receipts for residential energy credit.

**General Questions? Call the Van Buren County**

**United Way Office 269-657-2410 or 211**