

OBITUARIES

MARY ELLEN ERSLAND

Mary Ellen Ersland never met an adventure she didn't want to try. Whether she was riding a camel in Egypt, kissing the Blarney Stone in Ireland, tending a garden overflowing with flowers and vegetables, teaching children, or stretching a \$20 bill as far as possible at a casino, she embraced life with curiosity, humor, and determination.



Mary Ellen passed away peacefully on Monday, June 22, 2026, at The Harbor House in Greendale, Wisconsin, at the age of 92. Mary Ellen was born

on July 11, 1933, in Marshalltown, Iowa, to Roy and Eva (Theil) McClure.

She married Eugene Ersland, on August 22, 1954, in Renwick, Iowa, beginning a marriage that would span more than seven decades.

Education and teaching were among Mary Ellen's greatest passions. After earning her Teaching Certificate from Luther College in Decorah, Iowa, she later completed her Bachelor's Degree from Northern Michigan University in Marquette, Michigan. Her greatest joy, second only to her family, was teaching children. She taught elementary school in Iowa and Minnesota before moving to Menominee, where she taught in the Menominee school system, helped establish the local Head Start program, and later taught at Wallace Elementary School. Through her dedication and enthusiasm, she touched the lives of countless students and families.

A longtime member of the North Shore Golf Club, Mary Ellen enjoyed golfing, although she never took her score too seriously. The fellowship, laughter, and card games that followed were often just as important as the round itself.

Mary Ellen's passport told the story of a life well-lived. She explored ancient sites in Greece, Egypt, Ireland, and traveled throughout Europe, Australia, and New Zealand. Her adventures also took her across North America on motorcycle trips with Eugene to Newfoundland and Prince Edward Island to Glacier National Park, Yellowstone, the Smoky Mountains, and both the East and West Coasts.

At home, Mary Ellen was a devoted gardener whose flower beds and vegetable gardens flourished under her care. She was an exceptional cook, and her Thanksgiving dinners became a cherished family tradition eagerly anticipated each year. Of all her accomplishments and travels, however, nothing brought her greater joy than being a mother, grandmother, and great-grandmother. She cherished every opportunity to spend time with her family.

Mary Ellen is survived by her husband, Eugene, daughter Leigh Ann (Tom) Beyer of Franklin, Wisconsin; son Robin (Kimberly) Ersland of Minot, North Dakota; grandchildren Amanda (Jake) Maderich of Duluth, Minnesota; Molly Ersland of St. Thomas, U.S. Virgin Islands; Abby (partner Alex) Ersland of Cascade, Colorado; Jordan (partner Jennifer) Beyer of Milwaukee, Wisconsin; Peyton (partner Sydney) Beyer of Bay View, Wisconsin; Haleigh Beyer of St. Louis Park, Minnesota; Kayla Reisz of Sault Ste. Marie, Michigan; and nine great-grandchildren.

Visitation for Mary will be held on Friday, July 10th, 2026, at Cadieu Funeral Home beginning at 11:00am until time of service at 12:00pm with Pastor Nathan Reed officiating. Burial will follow in Riverside Cemetery.

Cadieu Funeral Home is assisting the Ersland family with arrangements.

In Lieu of flowers, the family asks that a donation in Mary Ellen's name be made to CASA of Menominee/Marinette. www.casamenominee.com

Eagle Herald

7/1/26



Pioneer
Tribune

7/2/26

Donation boosts Veterans Memorial Park

Courtesy photo

The Manistique Senior Center recently donated to the Veterans Memorial Park, as the park's construction continues in phases funded by contributions. A sign was installed at the site on vacant property along U.S. 2 near the Manistique Lakeshore Campground in November 2024, and the highway approach to the memorial was developed in November 2025. Project organizer Dick Ketcik has also secured donations for several benches from local businesses, organizations, and families. Anyone interested in contributing can mail a check to All Vets Memorial Fund, PO Box 34, Manistique, MI 49854. From left to right is All Vets committee member Kathe Nedeau and Manistique Senior Center Executive Director Don Erickson.

Manistique Senior Center

Heather Tyner, Activities Director



Our Center will be closed Friday, July 3, in observance of Independence Day. On Saturday, July 4, our Senior Swingers Band will be playing in the Independence Day Parade. We hope to see you along the parade route.

As with most months, July is no exception to having a full calendar. Unfortunately, we will not have Chair Yoga during the month of July. However, we do have Chair Qigong every Monday, from 4-4:30 p.m.

Wednesday, July 8, brings the start of Limestone Financial Credit Union's six-week presentation at our Center, SAFE: Seniors Awareness for Fraud Education. The presentation will be done on both Wednesdays and Thursdays of every week until Aug. 13. The sessions will be taught by Kiarra Herson, Jennifer Watson, Jennifer Benedetto and Alyssa Swanson, all from Limestone Credit Union. They will be teaching about Cybersecurity Essentials, Digital Theft, Tech Support Essentials, and going over Technology Tips & Tricks, Protecting Your Loved Ones: Beneficiaries, Wills and Trusts, and Digital Legacy & Family Communication. By the end of the six-week presentation you will be more fraud aware and be able to protect personal information, spot and avoid scams, strengthen your online security and use devices with confidence. To start off the six-week presentation Limestone Financial Credit Union will pay for lunch on Wednesday, July 8, and on Thursday, July 9. You will need to let the kitchen know that you are having lunch both days by calling (906) 341-5085 by 8 a.m. each morning. If you have any questions, please call Kiarra Herson, Limestone's Member

Education Coordinator at (906) 341-3118, extension 1247.

Our FootCare Clinic done by North Woods Home Health will be done on Wednesdays, July 8 and July 22, of this month. The cost is \$22 and North Woods ask that you bring a towel with you. Please call our office at (906) 341-5923 to make an appointment.

Our movie for July is a classic political comedy about two feuding former U.S. presidents who are framed in a scandal and forced to work together to clear their names, while encountering quirky characters and reflecting on their legacies. This is a star-studded film and includes Jack Lemmon, James Garner, Dan Aykroyd, John Heard, Wilford Brimley, and Lauren Bacall to name a few. Movie Day takes place on Thursday, July 16, at 1 p.m. and there is always free popcorn on Movie Day.

Also, on Thursday, July 16, is Dinner Out. For Dinner Out this month, we will meet at The Hive On Cedar. You will be responsible for your meal, but fun is always free.

Marty Miller is coming to our Center for a concert! Marty Miller strums and sings well-known oldies and plays around 200 concerts a year in various Retirement Communities, Assisted Living Centers, Retreat Centers and Camps, Senior Centers, Memory Centers, and 55 Plus Communities. Marty Miller in Concert will be on Saturday, July

18, from 2-3 p.m. Tickets are \$5 each and you can get your tickets now or pay at the door.

Our Monthly Hike with Deb will take place this month at Indian Lake State Park. Deb LeBlanc will be taking us down the trail that is off from the boat launch. This will be a different habitat than our previous hikes. We do have the option to have a late lunch at Flatiron afterwards. You will be responsible for your meal. The hike will take place on Sunday, July 19, from 1-2:30 p.m.

Wednesday, July 22, we have Night Out at the Movies. We will be watching The Odyssey for a 7 p.m. showing at Cedar Street Cinema. The Odyssey, which is an adaptation of Homer's classic, follows the Greek hero Odysseus on a perilous journey home after the Trojan War. He encounters gods, monsters, and treacherous seas while his family faces turmoil in Ithaca. You will need to pay for your movie ticket, \$8, and your snacks.

Michelle Guzzetta will be at our Center on Thursday, July 23, from 10-11 a.m. to talk about Schoolcraft Conservation District's Past, Present & Future Programs. Michelle will be telling us about what programs they have offered in the past, what programs they are currently part of, and what they hope to bring to our area in the future.

On Tuesday, July 28, from 10:30 a.m. to Noon. Attorney Harley Lacross will be presenting an Estate Planning Presentation. This is a free seminar, and you do not need to RSVP. Mrs. LaCross will be going over Wills & Trusts, Probate Assets, Power of Attorney, Funeral Representative, and Lady Bird Trusts. Free consultations can be scheduled after the seminar.

Pioneer
Tribune

7/2/26



MARY ERSLAND

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Menominee
County
Journal

7/2/26

Senior Citizen News

Community Action
Agency/Mid-County
Senior Center
P.O. Box 102,
Daggett, MI 49821
906-753-6986
BECKY THOUNE

HOME SAFETY CHECKLIST BEDROOM

Do throw rugs create a tripping hazard? Is the carpet torn?

Is the room cluttered with clothing, magazines, newspapers or other items? Is there too much furniture for the space?

Does the senior lack access to a telephone or cell phone, especially at night?

Is there enough light?

Is the bed too high or low?

Do tangled electrical cords obstruct pathways?

Does the furniture provide proper support, if needed?

Suggestions:

1. Remove throw rugs or use double sided tape or a rug pad to secure the rug to the floor. For small tears, a little glue or carpet staples can fix the problem.

2. It might be a good time to work with your senior and clean out closets and drawers of items he or she no longer wears or uses. For other items, build or buy shelving for closets to store sweaters, blankets or shoes.

3. Consider a cordless phone. If the senior is not agreeable to having a phone in the room, or he or she doesn't own a cell phone, suggest an emergency alert system. An internet search for emergency alert or medi-

cal alert systems will provide you with a variety of options.

4. Nightlights are a good option for dark rooms at night. If the senior likes to read in the bedroom at night or turns on the light in the middle of the night to go to the bathroom, make sure the bulb wattage is high enough (within allowable limits) to properly illuminate the room. Rope lighting is another good option for hallways that connect the bathroom and bedroom.

5. The bed is too low if the seniors' knees are above the hips when sitting on the bed. Bed risers under bed legs can raise the height. The bed is too high when legs do not touch the floor when sitting on the edge of the bed. Remove the bed frame or use a lower profile mattress or box springs.

6. Use extension cords to run electrical cords behind furnishings. Rearrange furniture that must be plugged into areas near an outlet. Consider a power strip where several cords can be plugged into one long power source.

7. Make sure bedroom chairs are the proper height, so the seniors' feet touch the floor. Chairs should have sturdy legs and arms.

MDSCAA Weatherization Program is accepting applications

906-786-7080 ext. 148

The program provides free home energy consumption services to low-income renters and homeowners.

Clean, tune, repair or replace heating and or cooling

systems.

Repair leaks in heating/cooling ducts.

Repair / replace water heaters.

Perform air sealing.

Replace inefficient refrigerators with energy efficient models.

Family Size	Monthly Gross Income
1	\$2,660
2	\$3,607
3	\$4,553
4	\$5,500
5	\$6,447
6	\$7,393
7	\$8,340
8	\$9,287

July exercise dates

July 7 at 8:45 a.m. (Delta YMCA class).

July 9 at 8:45 a.m. (Delta YMCA class).

July 15 at 11 a.m.

July 22 at 11 a.m.

July 27 at 10 a.m.

SENIOR CITIZEN ACTIVITIES

July 14 - Foot clinic, by appointment only. The clinic is currently full, but you can call to have your name placed on the cancellation list.

July 15 - Craft class beginning at 1 p.m.; craft to be determined.

July 23 - Menominee county picnic at Henes Park; check with the senior center for updated information.

July 29 - Monthly Birthday Party dinner with 50/50 raffle, door prizes, cake, ice cream and bingo after lunch.

Celebrating your birthday this month? Notify the staff when making your meal reservation so we may honor you. Rayne Grondine, from Nicolet Bank, will be our featured guest speaker at 11 a.m.. She will be speaking on Scams. Please arrive early to be seated for her presentation.

July 30 - Spend the day with us in Iron Mountain for concert in the park from 11:45 a.m. - 1:15 p.m. Safe Sax will be the entertainment featured along with the Curious Pig BBQ food truck and 906 Pop Culture featuring assorted drinks to purchase. Bring your lawn chairs too. Cost of the ride is \$5 per person.

Join us at the senior center; it's a great place to be.

Nutrition Menu

July 6 - Swiss steak, brown rice, oriental vegetables; oriental salad, warm cinnamon pears.

July 7 - Chicken Stroganoff, root vegetable blend, diced beets, chef's choice fruit cup.

July 8 - Meatloaf w/ketchup glaze, mashed potatoes/gravy, chef's choice vegetable, apple slices.

July 9 - Grilled chicken salad, tomato basil soup, zee wheat crackers, pineapple orange mix.

All meals are served with bread; margarine and two percent milk. Bread will not be served with rice or noodles. Meal reservations and cancellations must be made by 1 p.m. the previous day. Menu modifications may be necessary at times.

Menominee County Journal
7/2/26



Seniors honored for June birthdays

Honored for June birthdays at the Mid-County Senior Center June 24 were Harlan Anderson and Elaine Haban. Also honored but not available for photo was Marilyn Kedsch.

HERMANSVILLE SENIOR CITIZEN MENU WEEK OF JULY 6

Monday - Swiss steak, brown rice, Oriental vegetables, warm cinnamon pears, Oriental salad.

Tuesday - Chicken stroganoff, root vegetable blend, diced beets, chef's choice fruit cup, whole wheat bread.

Wednesday - Meatloaf with ketchup glaze, mashed potatoes and gravy, chef's choice vegetable, apple slices, whole wheat bread.

Thursday - Grilled chicken salad, tomato basil soup, zee zee wheat crackers, pineapple/orange mix.

The Hermansville Senior Center can be reached at 906-498-7735.

Menominee County Journal

7/2/26

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Manistique Senior Center

Heather Tyner, Activities Director

Our Monthly Hike with Deb on Saturday, June 27, was another beautiful day to be outdoors and learning about botany. Deb walked us, and members of the Schoolcraft Conservation District, through the Environmental Lab. Deb described the different plant communities and which species of plant we saw in each one. Thank you kindly, Deb. We also need to thank Pat Norman for buying our Center headsets to better hear Deb and her fount of knowledge. Our next Monthly Hike with Deb will be Sunday, July 19, from 1-2:30 p.m., at Indian Lake State Park. We will be heading down the trail that is off of the boat launch. Deb promises a totally different habitat than on our previous hikes. We do have the option to have a late lunch at Flatiron Brewing afterward. You will be responsible for purchasing your own meal.

As a friendly reminder we have Limestone Financial Credit Union's SAFE presentation at our Center. SAFE stands for Seniors Awareness for Fraud Education. The presentation will be done on both Wednesdays and Thursdays of every week until August 13. Limestone CU will be teaching about Cybersecurity Essentials, Digital Theft, Tech Support Essentials, and going over Technology Tips & Tricks, Protecting Your Loved Ones: Beneficiaries, Wills and Trusts, and Digital Legacy & Family Communication. You do not need to RSVP. If you have any questions, please call



Kiarra Herson, Limestone's Member Education Coordinator at (906) 341-3118, extension 1247.

We also have our FootCare Clinic coming up next week, along with our Movie Day and Dinner Out. For FootCare you will need to call our Center to make an appointment for Wednesday, July 8, at (906) 341-5923. On Movie Day, July 16, there is always free popcorn and for Dinner Out, also on July 16, we are heading to The Hive On Cedar. You do not need to RSVP for either event, but you will need to purchase your own meal for Dinner Out.

On Saturday, July 18, of next week we have our fun

with the oldies concert coming up! Marty Miller, who plays over 200 concerts a year, will be performing for us from 2-3 p.m. It is \$5 per ticket and you can purchase your ticket from our office or at the door before the concert. We hope to see you there.

I have received information for our next two trips with Collette and Blue Diamond Travel Agency for both 2027 and 2028. Our trips with these companies will be done in April-May of every year. We will do an international trip every other year and a domestic trip in-between. If you would like information on either trip, I have posted digital flyers on our Facebook page, Manistique Senior Citizens Center, and we have hardcopies available at our Center. On Monday, Aug. 17, from 11:30 a.m. to 1:30 p.m. the ladies that went on the Italy excursion earlier this year will be doing a presentation about the trip and their experience with Collette

and Blue Diamond. Collette and Blue Diamond will also be there to talk about the upcoming trips: Painted Canyons of the West in 2027 and the Shades of Ireland tour in 2028. Both of these trips are a few of Collette's best sellers.

In my articles I normally highlight our 'extra' activities and events that are coming up. However, we have so much more to offer at our Center: several programs to help you in or around your home, our Loan Closet for medical equipment, our Gift Shoppe that is full of locally hand-crafted items, music programs, several different games, activities that will get you moving, artistic pursuits, clinics that help keep you healthy, a book club and activities to feed you. All of these activities and events are free and need no RSVP. You can call our office with any questions. Our Center is open Monday through Friday, 8 a.m. until 4 p.m. Come join the fun.



Courtesy photo

Members from both the Center and Schoolcraft Conservation District enjoyed the Monthly Hike with Deb at the Manistique Township Environmental Education Lab on June 27.

Pioneer Tribune 7/9/26

**Community Action
Agency/Mid-County
Senior Center
P.O. Box 102,
Daggett, MI 49821
906-753-6986
BECKY THOUNE**

HOME SAFETY CHECKLIST

BATHROOM AND SHOWER Suggestions:

1. Loose towel and curtain rods could be a sign that an older adult is grabbing on to these for support. Adding grab bars near shower/tub units and the toilet can help prevent falls and other accidents.
2. Add a rubber mat or adhesive nonstick decals to the bottom of a tub. Check online or at a bathroom or discount store to find what you need.
3. If the bathtub is too high, such as a claw foot tub or antique tub, add a tub transfer bench. Check online or at a medical supply store for various options.
4. Add a raised toilet seat for stools that are too low. Contact a plumber about installing a lower profile stool if your senior's toilet seat is too high.
5. Set the thermostat to 120 degrees so the water in the shower and sink faucets does not exceed dangerous or uncomfortable levels. Another good idea is to make sure the hot and cold faucets are clearly labeled. Painting parts of them red and blue will help distinguish them.
6. Make sure medications are stored in cabinets that are easy to reach. If the cabinet is

too high, an older adult might have problems reaching into it. If it is too low, the senior could have trouble bending down to find the medication. Consider a medication organizer for pills that can be set on a countertop or shelf.

7. Perhaps your senior could use assistance at home if the effects of aging are making personal care difficult. A non-medical in-home care company may provide support to keep an older adult independent for as long as possible.

LIVING ROOM Suggestions:

1. Organization is the key to preventing too much clutter. It might be a good time to work with your senior to downsize and eliminate bigger pieces of furniture. Add shelving.
2. Sit in chairs to see if arms or legs are wobbly. Try gluing legs or arm rests. Or, if more extensive repairs are needed, locate a furniture repair representative. If the chair is too low, add a cushion or pillow on the seat to raise the height.
3. Add a "clapper" light switch to control lamps or check out other remote control switching options. Sometimes, rearranging furniture can allow quick access to wall switches or lamps.
4. Increase wattage to allowable limits in lamps and lights. Add additional lamps or contact an electrician about installing overhead lights.
5. Remove throw rugs. If carpet is necessary, installing low pile rug can be better than shag. Having carpet stretched or removed can

eliminate bumps.

6. For small tears, a little glue or carpet staples can fix the problem. For uneven floors, consult a contractor or your local home improvement store.

7. Install lock in switches on thermostats to control the temperature and help prevent furnace fires.

8. Check out heat control window film, thermal curtains or solar shades. Visit home improvement and window covering businesses to learn more.

9. Make sure the chair is sturdy and the proper height with arm rests that can help support the senior. Remember, a caregiver / companion can help serve as a second set of eyes for a senior at home.

HALLWAY Suggestions:

1. Install new smoke detector batteries once a year. Pick a date, like a birthday or the change to daylight savings time, and make sure all the smoke detector batteries in the home are replaced. The National Fire Protection Association recommends replacing carbon monoxide batteries and alarms according to the manufacturer's recommendations.

2. Nightlights are an ideal solution for dark hallways. Search online to find a variety of lights, including LED options that are just right for an older adult. Rope lighting is another good option for hallways that connect the bathroom and bedroom.

3. Some seniors, particularly those with Alzheimer's disease or another dementia, may become confused at night and have difficulty getting to the bathroom. Nightlights can help. So, too, can a caregiver who would be available 24/7 to ensure a senior is safe.

July exercise dates

July 9 at 8:45 a.m. (Delta YMCA class).

July 15 at 11 a.m.

July 22 at 11 a.m.

July 27 at 10 a.m.

SENIOR CITIZEN ACTIVITIES

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Join us at the senior center; it's a great place to be.

Nutrition Menu

July 13 - Country Fried Steak w/gravy, mashed potatoes/gravy, peas and carrots, apple slices.

July 14 - Creamy turkey and mushrooms, brown rice, root vegetable blend, green beans, fruit cocktail

July 15 - Chicken Breast w/ gravy, boiled red potatoes, chef's choice vegetables, diced peaches.

July 16 - Beef taco salad, corn and black beans, cornbread, chef's choice fruit cup.

All meals are served with bread; margarine and two percent milk. Bread will not be served with rice or noodles. Meal reservations and cancellations must be made by 1 p.m. the previous day. Menu modifications may be necessary at times.

HERMANVILLE SENIOR CITIZEN MENU WEEK OF JULY 17

Monday - Country Fried Steak and gravy, mashed potatoes and country gravy, peas and carrots, apple slices, whole wheat bread.

Tuesday - Creamy turkey and mushroom, brown rice, root vegetable blend, green beans, fruit cocktail.

Wednesday - Chicken breast with gravy, boiled red potatoes, chef's choice vegetable,

Menominee County
Journal

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July 15 - Chicken Breast w/ gravy, boiled red potatoes, chef's choice vegetables, diced peaches.

July 16 - Beef taco salad, corn and black beans, cornbread, chef's choice fruit cup.

All meals are served with bread; margarine and two percent milk. Bread will not be served with rice or noodles. Meal reservations and cancellations must be made by 1 p.m. the previous day. Menu modifications may be necessary at times.

HERMANSVILLE SENIOR CITIZEN MENU WEEK OF JULY 17

Monday - Country Fried Steak and gravy, mashed potatoes and country gravy, peas and carrots, apple slices, whole wheat bread.

Tuesday - Creamy turkey and mushroom, brown rice, root vegetable blend, green beans, fruit cocktail.

Wednesday - Chicken breast with gravy, boiled red potatoes, chef's choice vegetable.

Monominee County
Journal

7/9/26

Heather Tyner, Activities Director

This Saturday, July 18, is Marty Miller in Concert! Marty sings and strums well-known oldies. He has not played at our Center yet but does play over 200 concerts a year throughout several states, in several different venues. Tickets for Marty Miller in Concert are \$5 apiece. You can purchase your tickets at our Center or at the door before the concert begins. The doors will open at 1:30 p.m. The concert begins at 2 p.m. and will last an hour. Come join the toe tapping good time.

Our Monthly Hike with Deb is coming up on Sunday, July 19, at the Indian Lake State Park. We will be meeting at the trail that is off of the boat launch. Deb LeBlanc will be describing, as well as pointing out, the plant and flower habitats along the trail. With the help of the headsets that were donated by Pat Norman, we will be able to hear Deb clearly. We do have the option to eat at Flatiron Brewing afterwards. You will be responsible for your own meal.

Limestone Financial Credit Union's SAFE presentations have been well received by those that have been attending. SAFE stands for Seniors Awareness for Fraud Education. In the first two weeks of the presentation the attendees have been learning how to keep their digital life safe and current scams and how to outsmart them. This coming week Kiarra Herson, Limestone's Member Education Coordinator, and Jennifer Benedetto, Limestone's Information Technology Director, will be teaching technology



tips and tricks, for both iPads and iPhones. The ladies will be available afterwards for questions. The presentations will be done on both Wednesdays and Thursdays of every week, from 11-11:45 a.m., until Aug. 13. You do not need to RSVP. If you have any questions, please call Kiarra at (906) 341-3118, extension 1247.

Night Out at the Movies is Wednesday, July 22. We are meeting at Cedar Street Cinema for a 7 p.m. showing of The Odyssey. The Odyssey has a star-studded cast; Matt Damon, Tom Holland, Anne Hathaway, Robert Pattinson,

Lupita Nyong'o, Zendaya and Charlize Theron to name a few. The Odyssey, which is a realistic adaptation of Homer's classic, follows the Greek hero Odysseus on a perilous journey home after the Trojan War. He encounters gods, monsters, and treacherous seas while his family faces turmoil in Ithaca. The movie is close to three-hours long. You will need to pay for your movie ticket, \$8, and your snacks.

On Thursday, July 23, from 10-11 a.m. Michelle Guzzetta will be at our Center for a Schoolcraft Conservation District's Past, Present & Future Programs presentation. Michelle will be speaking about what programs they have offered in the past, what programs they are currently part of, and what they hope to bring to our area in the future. According to Schoolcraft Conservation District's website, www.schoolcraftcd.org, the Conservation District has been granted over \$200,000 that it has used within our county, sold over 60,000 trees and shrubs, given close to \$15,000 in scholarships and education, and has generated over \$24,000 in tourism, all over the past five years. To learn more about the Conservation District that serves our county, please attend Michelle's presentation. No RSVP needed.

Harley LaCross, Attorney with The France Firm, will be at our Center, once again, on Tuesday, July 28, from 10:30 a.m. to noon. This is Harley's fourth Estate Planning Presentation that she has presented for us. Each seminar is free, no RSVP necessary and goes over information on Wills & Trusts, Probate Assets, Power of Attorney, Funeral Representative, and Lady Bird Trusts. Free consultations with Harley can be scheduled after the seminar.



Courtesy photo

Senior Swingers in their blue and white frosted float for the Manistique 4th of July Parade. Pictured from left to right are Pattie Fialcowitz, Pat Norman, Sue Akers, Carolyn Blowers, Jan LeDuc, Judy Lalonde, Lauris Barr, Carol Wiater, Tim Derwin, Barb Weber, Band Leader Karen Meston and Jim Weber.

Pioneer Tribune

7/16/26

Manistique Senior Center

Heather Tyner, Activities Director



Dinner Out at The Hive On Cedar last Thursday, July 16, was a wonderful time; the service was friendly, the pizzas were delicious and the company was delightful. A couple of our ladies that joined us had not met one another. However, that certainly did not stop the chatter and laughter between us all. Our Dinners Out take place every other month, on the third Thursday, with the next one being on Thursday, Sept. 18, at 5 p.m. During the months that we do not go out to eat, we enjoy our Potlucks. Our Potlucks are also on the third Thursdays of every month, and each potluck has its own theme. We have the Manistiquelele Potluck taking place on Thursday, Aug. 20, 4-6 p.m. The Manistiquelele, which is our ukulele group, will be strumming for us for an hour, starting at 4 p.m. Then, our potluck portion of the evening will begin. We hope that you will join us for the beautiful music and always enjoyable food.

Our Monthly Hike with Deb at the Indian Lake State Park for Sunday, July 19, was cancelled due to poor air quality. I am unsure as to whether or not we will reschedule the Indian Lake State Park Hike. Our next scheduled Monthly Hike with Deb is to Grand Island National Recreation Area on Saturday, Aug. 15. You will want to arrive by 9:30 a.m. for the 10 a.m. ferry over to the island. Our Center will be paying for the round-trip ferry ride. During our hike on Grand Island Deb will have us

visiting the oldest cemetery in Alger County, possibly the U.P., archaeological digs, the Stone Quarry cabin, we will see rare plants, caves formed over 10,000 years ago, Ferrell Cottage, homes built by William G. Mather and Abraham Williams and we will end our hike with an agate search along Agate Beach. We will have three sources for water along our hike. You can bring a sack lunch, and we can picnic at Stone Quarry Cabin. You will want to bring insect repellent and a head net. Out houses are available at Murray Bay site and at Williams Landing. We will most likely head back on the 3 p.m. ferry. If you would like to carpool over to the Grand Island ferry, please meet at 437/Stueben & M94 Intersection, which is close to three miles past Jack Pine Lodge on the right-hand side at 8:45 a.m.

A free Estate Planning presentation will be held at our Center on Tuesday, July 28, from 10:30 a.m. to noon. This is Harley LaCross's, Attorney with The France Firm, fourth free seminar that she has kindly presented at our Center. Harley will go over information on Wills & Trusts, Probate Assets, Power of Attorney, Funeral Representative,

and Lady Bird Trusts. Free consultations with Harley can be scheduled after the seminar. No RSVP necessary.

Please join us for our Monthly Meal with Don, Karen & Heather on Wednesday, July 29 at noon. The Community Action Agency will be cooking us parmesan crusted chicken, garlic mashed potatoes, candied carrots, and a slice of chef's choice cake. The meal will also include diced peaches, a whole wheat dinner roll and a cartoon of 2% milk. Lunch is done on a donation basis, with the suggested donation for 60 and up \$4.50 and under 60 \$7. There is always a nice crowd for our Monthly Meals.

We are bringing a Brunch Potluck to our schedule, which will be held on the last Friday of every month, from 11:30 a.m. to 12:30 p.m. Once again, our ukulele group, the Manistiquelele, will be playing for us. So, please bring a dish to share and start your day with wonderful food, fabulous company and harmonious music. Drum Aerobics does take place on Friday mornings, from 10:30-11 a.m. I am asking that when you come for our Brunch Potluck, please do not show up more than 15 minutes early. Brunch Potluck will be Friday, July 31, from 11:30 a.m. to 12:30 p.m.

For those of you going on the Diamond Tours bus trip in October to New York City & The Statue of Liberty, the trip is to be paid in full on, or by, Friday, July 31.

Pioneer Tribune

7/23/26

Senior Citizen News

**Community Action
Agency/Mid-County
Senior Center
P.O. Box 102,
Daggett, MI 49821
906-753-6986
BECKY THOUNE**

MEDICARE AND CHANGES IN RESIDENCE

When you move, it can affect your Medicare coverage. Let's look at the different kinds of moves, from in state to abroad, and what they mean for your Medicare.

Moving within state

If you have Original Medicare, notify the Social Security Administration (SSA) of your move to update your address.

If you have a Medicare Advantage plan or Part D plan, notify the plan of your change of address and see if you will still be in your plans area of coverage.

If not, you will have a Special Enrollment Period (SEP) to change plans. You can call State Health Insurance Program (SHIP) to use your SEP and change plans.

If you have a Medigap, call the plan to ask if the cost of your premium will change.

Moving out of State

All the above applies plus:

If you have a Medigap, learn about your new state's rules about Medigaps. You can call your SHIP to learn more about Medigaps in your state in case you want changes in the future.

If you have a Medicare Savings Program (MSP), learn

about the eligibility rules in the state to which you are moving. For help with a new MSP application, contact that states SHIP.

If you were automatically enrolled in Extra Help because of your state's Medicaid or MSP, you may need to actively enroll after you move to another state. You can call Social Security (800-772-1213) to learn more about the status of your Extra Help.

Moving abroad

If you have a Medicare Advantage plan or Part D plan, contact your plan to disenroll. You will no longer be eligible for these plans while living abroad. If you move back to the U.S., you will have an SEP to enroll in plans again.

If you have premium free Part A, you should keep it. If you become eligible for premium free while abroad, you should enroll. To enroll while abroad, request forms from the U.S. Embassy or Consulate of the country you live in.

If you plan to move back to the U.S. or travel back frequently, you may want to enroll in or keep Part B to have medical coverage during your stays and avoid coverage gaps or late enrollment penalties.

If you plan to move abroad permanently and not visit the U.S., you might consider dropping Part B. Be aware of the consequences you could face if you enroll later, coverage gaps and late enrollment penalties.

Medicare enrollment decisions if you are incarcerated

If you had Medicare before your arrest, you would remain eligible for the program while you are incarcerated, if you continue to pay your Medicare premiums. Your correctional facility will provide and pay for your care during that time, and Medicare will not.

Once you are released, Medicare will resume coverage if you remain enrolled.

If you are released after January 1, 2023, and you missed an enrollment period during your incarceration, you are eligible for an SEP to enroll in premium Part A and B when you are released.

Take care when sharing personal information

You may need to share your personal information when you move, like when you update your address, enroll in a new plan, or start seeing new providers.

Only share personal information with trusted sources and be on the lookout for medical identity theft.

Medical identity theft happens when someone steals your personal information and uses it to get medical treatment or equipment and bills your insurance for it.

Medical identity theft can affect your medical and health insurance records, and your ability to receive services or equipment in the future when it is medically needed.

Contact your Senior Medicare Patrol if:

You give out your Medicare and or health ID number over the phone or internet to someone offering "free" services such as genetic testing, a "new" Medicare card, or knee/back braces.

You can see on your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) charges for medical services or equipment that you did not receive, such as urinary catheters.

You are contacted by a debt collection company for a provider bill you do not owe.

You received boxes of braces, testing kits, or other medical supplies in the mail that you did not request.

Medicare and or a Medicare Advantage plan denies or limits your coverage or benefits.

door prizes, cake, ice cream and bingo after lunch. Celebrating your birthday this month? Notify the staff when making your meal reservation so we may honor you. Rayne Grondine, from Nicolet Bank, will be our featured guest speaker at 11 a.m. She will be speaking on scams. Please arrive early to be seated for her presentation.

July 30 - Spend the day with us in Iron Mountain for concert in the park from 11:45 a.m. - 1:15 p.m. Safe Sax will be the entertainment featured along with the Curious Pig BBQ food truck and 906 Pop Culture featuring assorted drinks to purchase. Bring your lawn chairs too. Cost of the ride is \$5 per person.

Join us at the senior center; it's a great place to be.

Nutrition Menu

July 27 - Tortellini Alfredo with peas and mushrooms, chef's choice vegetable, green beans, whole wheat breadstick, chefs' choice fruit cup.

July 28 - Sweet-n-sour meatballs, brown rice, oriental vegetables, corn, tropical fruit.

July 29 - Parmesan crusted chicken, garlic mashed potatoes, candied carrots, whole wheat dinner roll, diced peaches, chefs' choice cake (Birthday Party Dinner).

July 30 - California cobb salad, sweet potato soup, zee zee wheat crackers, fruit ambrosia.

All meals are served with bread; margarine and two percent milk. Bread will not be served with rice or noodles. Meal reservations and cancellations must be made by 1 p.m. the previous day. Menu modifications may be necessary at times.

HERMANSVILLE SENIOR CITIZEN MENU WEEK OF JULY 27

Monday - Tortellini alfredo peas and mushrooms, chef's choice vegetable, green beans, chef's choice fruit cup, whole wheat breadstick.

Tuesday - Sweet-n-sour, meatballs, brown rice, Oriental vegetables, corn, tropical fruit.

Wednesday - Parmesan crusted chicken, garlic mashed potatoes, candied car-

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County
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7/23/26

BRIEFS

MICHIGAN PARKINSON FOUNDATION MEETINGS

ESCANABA — The Michigan Parkinson Foundation support group for Escanaba and the surrounding areas meets the second Tuesday of each month at 1 p.m. The next meeting is Tuesday August 11, at 1 p.m. at the Community Action Agency, 507 1st Ave. North, Escanaba. Everyone is welcome to attend, people with Parkinson's, their families, and caregivers. For more information call Dianna Lawson at 906-399-3706 or Debra Martin at 906-420-2871.

Daily Press
7/28/26

Senior Citizen News

Community Action
Agency/Mid-County
Senior Center
P.O. Box 102,
Daggett, MI 49821
906-753-6986
BECKY THOUNE

WHO IS ELIGIBLE FOR THE MICHIGAN LIFELINE PROGRAM

The Michigan Lifeline program is a state and federal initiative that provides discounts on telecommunications and broadband services to eligible low-income individuals. The following are the current eligibility criteria for Michigan potential Lifeline customers. To qualify for Lifeline, your household income must be at or below the 135 percent poverty guidelines listed below, or you must participate in one of the following assistance programs:

Medicaid.

Supplemental Nutrition Assistance Program (SNAP).

Supplemental Security Income (SSI).

Federal Public Housing Assistance.

Tribal Eligibility Programs (and living on federally rec-

ognized Tribal lands), or Veterans and Survivors Pension Benefit.

135% of 2026 Poverty Guideline

Number of Household Members	Annual Income (AGI)
1	\$21,546
2	\$29,214
3	\$36,882
4	\$44,550
5	\$52,218
6	\$59,886
7	\$67,554
8	\$75,222

Additional eligibility:

Survivors of domestic violence, human trafficking, and related crimes may qualify for up to 6 months of emergency Lifeline support. After 6 months a survivor would have to apply for the standard Lifeline benefit. To qualify for the survivor benefit, your household income must be at or below the 200 percent poverty guidelines listed below or you must participate in one of the previously listed assistance programs or one of the following assistance programs:

Special Supplemental Nutrition Program for Women, Infants and Children (WIC).

Free and reduced-price school lunch or breakfast program, including enrollment in a Community Eligibility Provision (CEP) school or school district.

Received a Federal Pell grant in the current award year.

Survivors will need to provide a document from their service provider showing proof of an attempted line separation request. Survivors cannot successfully complete their application for emergency Lifeline support without this document.

August exercise dates

Aug. 5 at 11 a.m.

Aug. 11 at 8:45 a.m.

Aug. 13 at 8:45 a.m.

Aug. 19 at 11 a.m.

Aug. 24 at 10 a.m.

SENIOR CITIZEN ACTIVITIES

July 30 - Spend the day with us in Iron Mountain for concert in the park from 11:45 a.m. - 1:15 p.m. Safe Sax will be the entertainment featured along with the Curious Pig BBQ food truck and 906 Pop Culture featuring assorted drinks to purchase. Bring your lawn chairs too. Cost of the ride is \$5 per person.

Aug. 3 and 24 - Foot clinic, by appointment only. The clinics fill up fast, call the center for more information or to be placed on a cancellation list if an appointment becomes available.

Aug. 11 - The mobile Secretary of State unit will be at the senior center on this day from 9 - 10 a.m. for all your SOS needs. Appointments are encouraged, call the senior center to schedule. Anything that can be done in person at the office can be done at the mobile unit. Save a trip to Menominee and sign up today.

Aug. 12 - Craft class begins at 10 a.m.; call the center if you would like to participate. We will also be serving Strawberry Shortcakes with the noon meal for those who dine in. Beat the heat with

a sweet treat! Please call in your meal reservation by 1 p.m. the previous day.

Aug. 19 - Senior Day at the U.P. State fair in Escanaba. Wellness fair, box lunch and more for a fun filled day.

Aug. 26 - Monthly birthday party dinner with 50/50 raffle, door prizes, cake, ice cream and bingo after lunch. Are you celebrating your birthday this month? We want to honor you. Please mention its your birthday month when calling in your meal reservation.

*Join us at the
senior center; it's a
great place to be.*

Nutrition Menu

Aug. 3 - Turkey a la king, egg noodles, California vegetables, candied carrots, pears/orange mix.

Aug. 4 - Shepherd's pie, corn, warm applesauce.

Aug. 5 - French toast sausage bake, syrup, oven potatoes, stewed tomatoes, fresh fruit.

Aug. 6 - Chef salad, cream of potato soup, Zee Zee wheat crackers, chef's choice fruit cup.

All meals are served with bread; margarine and two percent milk. Bread will not be served with rice or noodles. Meal reservations and cancellations must be made by 1 p.m. the previous day. Menu modifications may be necessary at times.

HERMANSVILLE SENIOR CITIZEN MENU

WEEK OF AUG. 3

Monday - Turkey a la king, egg noodles, California vegetables, candied carrots, pears/orange mix.

Tuesday - Shepherd's pie, corn, warm applesauce, whole wheat bread.

Wednesday - French toast sausage bake, syrup, oven potatoes, stewed tomatoes, fresh fruit.

Thursday - Chef salad, cream of potato soup, zee zee wheat crackers, chef's choice fruit cup.

The Hermansville Senior Center can be reached at 906-498-7735.

Menominee County
Journal
7/30/26

Manistique Senior Center

Heather Tyner, Activities Director



Our Monthly Hike with Deb that was to take place on Sunday, July 19, at Indian Lake State Park was cancelled due to poor air quality. The hike has been rescheduled for Saturday, Sept. 12, from 1-2:30 p.m. For the makeup hike, Deb LeBlanc will be taking us along the Manistique Boardwalk. It should be a good bloom time for the Gentiana and other shoreline wildflowers and shrubs. We will meet at 1 p.m. at the middle parking lot across from Big Boy. No RSVP necessary. The originally scheduled September Monthly Hike with Deb will be on Sunday, Sept. 20, from Noon - 2 p.m. at Fayette Historic State Park. Before the Monthly Hikes in Sept., we do have the Grand Island hike coming up on Saturday, Aug. 15. We will meet at the Grand Island Ferry at 9:30 a.m. for the 10 a.m. boat ride and we will most likely head back at 3 p.m. If you would like to carpool to the Grand Island ferry, please meet at 437/Stueben & M94 Intersection at 8:45 a.m., which is close to 3 miles past Jack Pine Lodge on the right-hand side. Our Center will pay for the round-trip ferry ride. You may want to take a water bottle, sack lunch, bug repellent and a head-net. No RSVPs needed for Our Monthly Hikes with Deb.

August also brings us two more weeks of Limestone Financial Credit Union's SAFE Presentation. With the last two weeks remaining, Limestone will be presenting: Protecting Your Loved Ones: Beneficiaries, Wills and Trusts, and Digital Legacy & Family Communication. There will be no SAFE Presentation on Wednesday, Aug. 5. On Thursday, Aug. 6, Wednesday, Aug. 12, and Thursday, Aug. 13, the presentations will be from 11-11:45

a.m. You do not need to RSVP. If you have any questions, please call Kiarra Herson, Limestone's Member Education Coordinator, at (906) 341-3118, extension 1247.

Another August event is our Italy Trip & 2027 & 2028 Trips Presentation on Monday, Aug. 17. The ladies that went to Italy, in March, with Collette and Blue Diamond Travel Agency will be talking about their experience. Afterwards, Jerard Welch, from Collette, and Brandi Minor, from Blue Diamond Travel Agency, will present the upcoming trips for 2027 and 2028; the Painted Canyons of the West and the Shades of Ireland tour. Both of these trips are a few of Collette's best sellers.

Our Center's Movie Day for August is Thursday the 20th at 1 p.m. For August's movie we are watching a time-traveling pilot who crash-lands in 2022 and teams up with his 12-year-old self for a mission that could save the future. Combining sci-fi action with heartfelt moments, it delivers witty banter, dynamic performances, and nostalgic 80s adventure vibes. There is always free popcorn on Movie Day. Our Manistiquelele Potluck starts at 4 p.m. that same day. Bring a dish to share and enjoy the beautiful strumming of our ukulele group.

On Saturday, Aug. 22, our Garden Group cordially invites you to our Garden Party, which will take place from 6-8 p.m. that eve-

ning. We would like you to help us celebrate our new garden area and those that made it possible. The Tuesday Night Jam Band will be playing and there will be appetizers and lemonade available. No RSVP necessary, but we do ask that you bring a lawn chair and you can social district if you would like. The Garden Party will be rain or shine.

Our Monthly Meal with Don, Karen & Heather for next month will be on Wednesday, Aug. 26 at noon. Community Action Agency will be cooking us chicken Fettuccini Alfredo, with Prince Charles vegetables, candied carrots, a slice of sunshine cake and served with a whole wheat breadstick and a carton of 2% milk. Please Call the Kitchen by 8 a.m. that morning to let them know you are joining us, at (906) 341-5085. Lunch is done on a donation basis, with the suggested donation for 60 and Up \$4.50 and Under 60 \$7. We always have a wonderful turnout for our Monthly Meals. We hope that you join us as well.

The second of our Brunch Potlucks will take place from 11:30 a.m. to 12:30 p.m. on Friday, Aug. 28. Our Manistiquelele players will be strumming their ukuleles and singing for us while we enjoy delicious food. Please bring a dish to share and we will supply the coffee.

Night Out at the Movies for the month of August will be announced during the first week of August. For our July Night Out at the Movies, which was the showing of The Odyssey, saw an amazing turnout. There was chit-chat before the movie in the lobby and after we discussed the movie. The consensus being the movie was quite enjoyable and company fabulous.

BRIEFS

MICHIGAN PARKINSON FOUNDATION MEETINGS

ESCANABA — The Michigan Parkinson Foundation support group for Escanaba and the surrounding areas meets the second Tuesday of each month at 1 p.m. The next meeting is Tuesday, Aug. 11 at 1 p.m. at the Community Action Agency, 507 1st Ave. North, Escanaba. Everyone is welcome to attend -- people with Parkinson's, their families, and caregivers. For more information call Dianna Lawson at 906-399-3706 or Debra Martin at 906-420-2871.

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7/30/26

BRIEFS

MICHIGAN PARKINSON FOUNDATION MEETINGS

ESCANABA — The Michigan Parkinson Foundation support group for Escanaba and the surrounding areas meets the second Tuesday of each month at 1 p.m. The next meeting is Tuesday, Aug. 11 at 1 p.m. at the Community Action Agency, 507 1st Ave. North, Escanaba. Everyone is welcome to attend -- people with Parkinson's, their families, and caregivers. For more information call Dianna Lawson at 906-399-3706 or Debra Martin at 906-420-2871.

Daily Press

7/31/26

Watch for our Years in Service sponsors

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of the Daily Press
and help us
celebrate their milestones!

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Daily Press

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