

## Manistique Senior Center

Heather Tyner, Activities Director

Pioneer  
Tribune  
6-5-25

Art is important in many ways. It can tell a story, whether it is the artist's own or one that it draws forth from our own memories. It can evoke emotions and be healing. It can bring together people and create conversation. It can inspire. It just so happens that we are having a Senior Center Art Gala next Saturday evening, June 14, from 6-8 p.m. The pieces are from Steve Haarman's private collection and there will be several different artistic styles on display. The Art Gala is a fundraiser for our Center. It is \$10 admission per person or \$18 admission with three drink tickets. Drinks available will be beer, wine and seltzer. There will also be complimentary appetizers by Upper Crust and pop will be available for purchase. Come for an evening of captivating art and you just may leave feeling enchanted. Buy your admission at our Senior Center today.

Our Tap Dancing Class was tap-tastic! There were tap dancing shoes that were over 30 years old for a few of our dancers, but the way they moved on their owners' feet you would never know it. Nicole Nelson, our tap dancing instructor, had the dancers movin' and grovin'. Not one person left without a smile on their face. It was wonderful. If you'd like to try our Tap Dancing Class they are the first and third Mondays of the month from 1:45-2:45 p.m. There is a \$5 cost per class that you attend. This is only to help pay for the instructor. We hope to see you and your tap dancing shoes tap-stepping



into our Center.

On Thursday, June 5, from 4-5 p.m., we have Music with Gwen one more time! This is a must attend event; there is music, laughter and swaying to the music. Then on Tuesday, June 10, we have the Secretary of State Mobile Office visiting our Center from 10 a.m. to 1 p.m. Please call our Center to make an appointment at (906) 341-5923. Cooking For One starts on Wednesday, June 11, from 10-11:30 a.m. Cooking For One is a six-week cooking class that will be taught to us by Brianna Beaulieu, the Community Nutrition Instructor from the Michigan State University Extension. The Cooking For One dates: June 11 and 25, July 9 and 23, and Aug. 13 and 27. You will be learning and cooking in each class, and you will be given an instructional book to use during the classes. At the end of the six-week course you will be able to take your instructional book home with you.

Also, on June 11 is our Monthly Meal with Don, Karen and Heather at noon. On the Community Action Agency's menu for Wednesday is boneless BBQ ribs, garlic mashed potatoes, Ca-

pri veggies, a roll and peach cobbler for dessert. If you would like to join us for lunch, please call the kitchen by 8 a.m. that morning at (906)341-5085.

Coming up on Thursday, June 12, from 10-10:30 a.m. is Senior Life Soulutions presentation brought to us by Munising Memorial Hospital. Senior Life Solutions is an outpatient hospital program designed to support the mental health of older adults, 65 plus, experiencing depression, anxiety or other mental challenges that can be associated with aging. They will be here to teach us about their program, answer any questions and to play mental health jeopardy with us.

After having our Senior Prom 2025 I have heard several requests for more dances, and with all the dancing that went on at the Prom I cannot say no. Starting in August, on Saturday the 23rd, from 7-10 p.m., we will be Dancin' the Night Away. This will be a free event and will take place every other month, opposite of our Puzzles & Punch, on the fourth Saturday of every month. There will be lights, music and for alcoholic drinks you can social district. We will have pop for sale, as well as popcorn and chips.

I hope that you have all noticed how beautiful our entrance is with our newly planted flowers, along with the perennials that are coming back, and their beautiful pops of color. We owe this welcoming sight to Robin Derwin and Jan Wilson. Thank you so much, ladies.

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

**Commodity Supplemental Food Program (CSFP)**

Healthy, nutritious food for those who meet specific age and income guidelines.

**What is CSFP?** The Commodity Supplemental Food Program (CSFP) works to improve the health of income eligible persons at least 60 years of age by supplementing their diets with nutritious USDA foods. CSFP is administered at the federal level of FNS, an agency of the U.S. Department of Agriculture (USDA). It is then distributed by state and local agencies.

**CSFP Food Items**

The CSFP package includes fruits and juice, vegetables, cheese, milk, meat, poultry and fish, plant-based proteins, cereals and pasta, and rice. Nutrition education is also provided to participants to help educate participants on the value of a nutritious diet to improve health.

**CSFP Eligibility**

Eligibility is based on age and income. Participants

must be at least 60 years of age and meet the current income guidelines.

Michigan uses 150 percent of the federal poverty guidelines for income eligibility. (see column below).

Michigan also allows automatic eligibility for current participation in the Food Distribution Program or Indian Reservations (FDPIR), Supplemental Food Assistance Program (SNAP), Supplemental Security Income (SSI), The Low-Income Subsidy Program, Medicare Savings Program. If needed, assign a proxy.

**Proxy**

If you cannot pick up the food, you may designate someone as your proxy. A proxy, with a signed note, may pick up and deliver the food to the recipient.

**How to Get CSFP**

A Michigan CSFP application must be filled out and approved prior to receiving CSFP with the center that serves your county. Proof of age and residency are required. Income is self-declared. You will need to provide the following information:

A photo ID, first and last name, physical address, number of people living in the household, means of income eligibility, income

Household Size	Annual Income	Monthly Income	Weekly Income
1	\$23,475	\$1,957	\$452
2	\$31,725	\$2,644	\$611
3	\$39,975	\$3,332	\$769
4	\$48,225	\$4,019	\$928

source, amount, and frequency, if you are not a current participant of SNAP, FDPIR, SSI, Low-Income Subsidy Program, Medicare Savings Plan.

The recertification is every 12 months, and you must re-apply every 3 years.

For more information, or to apply, please contact your local senior center.

**SENIOR CITIZEN ACTIVITIES**

June 5 and 6 - Rummage sale at Mid-County Senior Center from 9 a.m. - 2 p.m., both days, benefiting the senior center. Do you have good, usable unwanted items to donate? If so, contact the senior center. No clothing or large items, please.

June 9 - Craft class begins at 11:15 a.m. to construct Father's Day favors.

June 11 - Father's Day party dinner.

June 25 - Monthly birthday party with 50/50 raffle, door prizes, cake, ice cream and bingo. Please notify the staff if you are celebrating your birthday in June, when you are reserving a meal. Heather Harris, Menominee County library director, will be here at 11:30 a.m. for Technology Talk. Bring your smartphone or tablet with for personal assistance. This will help eligible Senior Project Fresh participants for the upcoming season as this will be going paperless.

June 30 - Foot clinic, by appointment only.

**June exercise dates and times**

June 9 at 10 a.m.

June 18 at 11 a.m.

June 23 at 10 a.m.

The Mid-County Senior Center is open for in-person dining. Pickups are available for those who choose not to dine in person. Please state your preference when

reserving a meal.

**Nutrition Menu**

June 9 - Meatballs in gravy over mashed potatoes, green beans, whole wheat bread, sliced apples.

June 10 - Turkey Tetrazzini, Italian vegetables, Brussels sprouts, tropical fruit.

June 11 - Boneless BBQ ribs, mashed garlic potatoes, Capri vegetables, whole wheat dinner roll, peach cobbler (Father's Day Party).

June 12 - Grilled chicken with Swiss cheese, whole wheat hamburger bun, diced carrots, oven potatoes, pineapple tidbits.

June 13 - Macaroni and cheese with ham, green peas, baked potato, warm applesauce.

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 JUNE 9**

Monday - Meatballs in gravy over mashed potatoes, green beans, sliced apples, whole wheat bread.

Tuesday - Turkey tetrazzini, Italian vegetable, Brussels sprouts, tropical fruit.

Wednesday - Boneless BBQ ribs, garlic mashed potatoes, Capri vegetable, peach cobbler, whole wheat dinner roll.

Thursday - Grilled chicken with Swiss cheese, whole wheat hamburger bun, diced carrots, oven potatoes, pineapple tidbits.

Friday - Macaroni and cheese with ham, green peas, baked potato, warm applesauce.

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

Menominee  
County  
Journal

6-5-25

# Manistique Senior Center

Heather Tyner, Activities Director

The Manistique Senior Center is going to Italy! And you can join us. We will be going March 4-12, 2026 to Tuscany, Italy. For more information, and to sign up, you can visit the following link: <https://gateway.gocollette.com/link/1358987>. Brandi Minor, from Blue Diamond Travel Agency, will be helping us to answer any questions and will be visiting our Center to help anyone that needs help signing up. I will post on our Facebook page, Manistique Senior Citizens Center, and in my Friday emails when Brandi will be at our Center. Traveling to another country or two could be on our agenda every year or every other. We will see how this one goes and how much we enjoy it.

Before you head off to Italy in March you can first come down to our Center for our Senior Center Art Gala this Saturday, June 14. The Gala, which is a fundraiser for our Center, will have several different genres on display and will take place from 6-8 p.m. You can buy your admission at our Center or at the door. Cost is \$10 per person or \$18 with three drink tickets. There will also be appetizers from Cedar Street Café and pop for sale.

Drum Aerobics have rioted and to calm them we are adding another day of class to our already busy schedule. Starting the week of June 16, Drum Aerobics will be Monday, Wednesday and Friday. For Mondays and Fridays the classes will be held from 10:30-11 a.m. and for the Wednesday classes 9-9:30 a.m. To check out Drum Aerobics all you need to do is show up for class and be ready to have some fun.

Also on Monday, June 16, from 11 a.m. to noon we will be taking a hike out at the Environmental Lab with UP SAIL.



On Tuesday is our 4 p.m. tee time at Stony Point Golf Course, \$25 per person. Golfing last Tuesday was an excellent time and Chris Harkleroad did an absolute phenomenal job teaching our ladies how to golf. Thank you so much

Chris. If you would like to join us for golf, you only need to show up for our 4 p.m. tee time. On Wednesday, June 18, not only do we have our first 9-9:30 a.m. Drum Aerobics Class, but Smiles on Wheels will be visiting our Center as well. Smiles on Wheels is a nonprofit organization in Michigan that provides free oral health assessments to our seniors. They will be handing out free dental supplies too. Smiles on Wheels will be 10 a.m. to noon.

Thursday, June 19, our Center will be closed in observance of Juneteenth.

Tap Dancing Classes are the first and third Mondays of every month from 1:45-2:45 p.m., and we will add an extra Tap Dancing Class for the months that have a fifth Monday. June just so happens to have a fifth Monday, so we will see you on Monday, June 16, and on Monday, June 30, for tap dancing. There is a cost of \$5 per class that you attend, which is to help with the cost of our tap dancing instructor.

Starting in July we are adding Mexican Train Dominoes and Yahtzee to our Center calendar. Mexican Train Dominoes will be on the first Thursday of every month starting at 1 p.m. and Yahtzee will be played on the second Thursday of every month, also starting at 1 p.m. If you would like to have our Newsletter, with its overflowing calendar, delivered to your home, please stop by our office and let us know. It's only \$10 for the year and that is to pay for its postage. Our Center is open Monday through Friday, 8 a.m. to 4 p.m.

The Manistique  
Pioneer Tribune  
06/12/25

# Senior Citizen News

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

## Social Security Fairness Act Gives Benefits to Workers

The Windfall Elimination Provision (WEP) and Government Pension Offset (GPO) were provisions in Social Security (SS) law that reduced benefits for over 2.8 million people with a pension based on work that was not covered. SS called these a noncovered pension. Certain types of workers that may have had a noncovered pension include, teachers, some federal employees, police officers, and a few other types of public service workers.

### Impact on Medicare recipients

Previously, people affected by WEP/GPO may have paid their monthly Medicare Part B premiums either through automated payments to the Centers for Medicare & Medicaid Services (CMS) or via their retirement annuity. Once the SSA notifies these people that they will automatically be deducted monthly from their social security payment. That means

they may experience double billing for their Part B premium or use online bill payment: you will need to take action to ensure that you arrange to stop payments using Automated Clearing House (ACH) also known as Medicare Easy Pay, or your online bill payment through your bank.

For those waiting to receive your benefit, SSA will send a notice notifying you that your SS record is updated. It is important that Medicare recipients continue to follow the instructions on their Medicare premium bill and pay the bill to ensure their Medicare coverage does not stop. Once a person begins receiving an SS benefit, the Medicare premium will be deducted from the monthly payment. SSA's notice will include all the needed information.

A beneficiary may receive two mailed notices:

When WEP or GPO is removed from their record.

When their monthly benefit amount is adjusted, they may receive their retroactive payment before receiving the notice in the mail.

### Next Steps

The Act applies to benefits on someone's record (retirement and disability benefits) and includes spouse's or surviving spouses' benefits. What action people need to

take depends on the situation and what type of benefits they are eligible for. Individuals need to make sure that:

SSA has the correct information on record, such as current address and direct deposit. You can log in to your account at [ssa.gov/myaccount](http://ssa.gov/myaccount) or call 800-772-1213.

If someone's address has changed, they may not have received a notice from SSA that they qualify for retroactive benefits.

If you are not sure if you EVER applied for your spouses or surviving spouses' benefits, you need to file an application because it may affect the date your benefits begin.

If you are not sure if you applied due to WEP or the spouses benefits because of GPO, you may need to file the application. But each case is very different, and all SS laws and policies apply.

The most convenient way to apply is online, but applications can be taken by telephone for people who previously did not apply for retirement benefits because of WEP or the spouse's benefits because of GPO. If you meet these conditions, call 800-772-1213 Monday through Friday from 9 a.m. to 6 p.m. ET.

**Important note:** the Survivors Spouse benefit application is not available online. Individuals will need to set up an appointment with SSA using the phone number above.

### SENIOR CITIZEN ACTIVITIES

June 11 - Father's Day party dinner.

June 25 - Monthly birthday party with 50/50 raffle, door prizes, cake, ice cream and bingo. Please notify the staff if you are celebrating your birthday in June, when you are reserving a meal. Heather Harris, Menominee County library director, will be here at 11:30 a.m. for Technology Talk. Bring your smartphone or tablet with for personal assistance. This will help eligible Senior Project Fresh participants for the upcoming season, as this will be going paperless.

pointment only.

### June exercise dates and times

June 18 at 11 a.m.  
June 23 at 10 a.m.

The Mid-County Senior Center is open for in-person dining. Pickups are available for those who choose not to dine in person. Please state your preference when reserving a meal.

### Nutrition Menu

June 16 - Hobo dinner w/ carrots and potatoes, potato salad, whole wheat breadstick, warm cinnamon peaches.

June 17 - Chicken parmesan with spaghetti noodles, diced beets, Scandinavian vegetables, fruit cocktail.

June 18 - Turkey loaf, mashed potatoes/gravy, Normandy vegetables, diced pears.

June 19 - Swiss steak, brown rice, root vegetable blend, green beans, fresh fruit.

June 20 - Herb baked fish, baked potato, mixed vegetables, warm fruit crisp.

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 JUNE 16

Monday - Hobo dinner carrots, potatoes, warm cinnamon peaches, potato salad, whole wheat breadstick

Tuesday - Chicken parmesan, spaghetti noodles, diced beets, Scandinavian vegetables, fruit cocktail.

Wednesday - Turkey loaf, mashed potatoes w/gravy, Normandy vegetables, dice pears, whole wheat bread.

Thursday - Swiss steak, brown rice, root vegetable blend, green beans, fresh fruit.

Friday - Herb baked fish, baked potato, mixed vegetables, warm fruit crisp, whole wheat bread.

The Hermansville Senior Center can be reached at 906-753-6771.

The Menominee County Journal

06/12/25

**THE COMMUNITY ACTION AGENCY SENIOR SERVICE PROGRAM** is looking for a part-time meal runner at the Mid-County Senior Center in Daggett. The position is 2 days/ wk. (Tuesday and Friday); approximately 11 hrs/wk. Starting wage is \$12.48. Must have a high school diploma or equivalent, valid driver's license with a clean driving record; experience working with the public preferred. An agency vehicle is provided. For more information, contact Becky Thoun, Center Administrator, at 906-753-6986. Applications can be picked up at the senior center. Deadline is June 20, 2025. (1tU16jxc)

TAKE A RIDE TO HERMANSVILLE



## Hermansville Happenings

The IXL Historical Museum  
is now open for the season!

*Bring The Family & Step Back In Time!*

Foot Clinic  
Nurse Ann Carter  
3rd Tuesday of each month  
at the Hermansville Senior Center

**STEWART**  
MANUFACTURING, LLC

N16415 Earl Dr., Hermansville, MI 49847

906-498-7600  
1-800-511-9764 / Fax: 906-498-7597  
[stewart-mfg.com](http://stewart-mfg.com)

The Daily Press  
06/13/25

### **Dance in Rock**

ROCK — A dance will be held at the Rock Community/Senior Center, located at 3892 West Mapleridge Road, on Sunday, July 13 from 1 to 4 p.m. Live music will be performed by Country Express. There is a door cost and free will donation lunch will be available. For more information, call Lucy at 356-6459.

All proceeds benefit the senior corporation.

The Daily Press  
06/14/25

### **Dance in Rock**

ROCK — A dance will be held at the Rock Community/Senior Center, located at 3892 West Mapleridge Road, on Sunday, July 13 from 1 to 4 p.m. Live music will be performed by Country Express. There is a door cost and free will donation lunch will be available. For more information, call Lucy at 356-6459.

All proceeds benefit the senior corporation.

The Daily Press  
06/16/25

# Emergency Food Assistance Program schedule

ESCANABA — The Emergency Food Assistance Program (TEFAP) with Menominee Delta Schoolcraft Community Action Agency is scheduled for distribution in Menominee and Delta Counties in July, 2025.

The Emergency Food Assistance Program (TEFAP) is for residents who are 18 years of age or older who meet the income guidelines of 300% of Federal Poverty level. The gross monthly income guidelines for 2025 are as follows:

New income guidelines as of May 1, 2025.

Household of 1 = \$3,913 or less per month household of 2 = \$5,288 or less per month Household of 3 = \$6,663 or less per month Household of 4 = \$8,038 or less per month For each additional family member add \$1,375 per month

You must go to the location nearest your address. Available at Escanaba Senior Center,

Gladstone Senior Center and Hermansville Senior Center only. You can visit once per calendar month. Current participants of SNAP, WIC, CSFP, FPDIR, SSI automatically qualify for TEFAP. All information collected is self-declared at each distribution either in writing or verbally.

Delta County distributions for TEFAP will be:

ESCANABA - July 1, 8, 15, 22, 29 at Escanaba Senior Center 225 N. 21st Street, from 1 - 3 p.m. 906-786-8850

GLADSTONE - July 1, 8, 15, 22, 29 at Gladstone Senior Center 303 N. 8th Street, from 1 - 3 p.m. 906-428-2201

Menominee County distributions for TEFAP will be:

HERMANSVILLE - July 1, 8, 15, 22, 29 at Hermansville Senior Center W5480 1st Street, from 1 - 3 CST 906-498-7735

Contact the participating MDS CAA Senior Center for more information.

## Dance in Rock

ROCK — A dance will be held at the Rock Community/Senior Center, located at 3892 West Mapleridge Road, on Sunday, July 13 from 1 to 4 p.m. Live music will be performed by Country Express. There is a door cost and free will donation lunch will be available. For more information, call Lucy at 356-6459.

All proceeds benefit the senior corporation.

The Daily Press  
06/18/25

## Emergency Food Distributions for July

The Emergency Food Assistance Program (TEFAP) with Menominee Delta Schoolcraft Community Action Agency is scheduled for distribution in Menominee and Delta Counties in July, 2025.

TEFAP is for residents who are 18 years of age or older who meet the income guidelines of 300 percent of Federal Poverty level. The gross monthly income guidelines for 2025 are as follows:

New income guidelines as of May 1, 2025: Household of 1 = \$3,913 or less per month, household of 2 = \$5,288 or less per month, household of 3 = \$6,663 or less per month, household of 4 = \$8,038 or less per month, for each additional family member add \$1,375 per month.

Those seeking assistance need to go to the location nearest their address. Available at Escanaba Senior Center, Gladstone Senior Center and Hermansville Senior Center only.

Participants can visit once per calendar month.

Current participants of SNAP, WIC, CSFP, FPDIR, SSI automatically qualify for TEFAP.

All information collected is self-declared at each distribution either in writing or verbally.

Menominee County distributions for TEFAP will be:

Hermansville - July 1, 8, 15, 22, 29 at Hermansville Senior Center W5480 1st Street, from 1 - 3 p.m. CST 906-498-7735.

Contact the participating MDS CAA Senior Center for more information.

This institution is an equal opportunity provider.

**THE COMMUNITY ACTION AGENCY SENIOR SERVICE PROGRAM** is looking for a part-time meal runner at the Mid-County Senior Center in Daggett. The position is 2 days/wk. (Tuesday and Friday); approximately 11 hrs/wk. Starting wage is \$12.48. Must have a high school diploma or equivalent, valid driver's license with a clean driving record; experience working with the public preferred. An agency vehicle is provided. For more information, contact Becky Thorne, Center Administrator, at 906-753-6986. Applications can be picked up at the senior center. Deadline is June 20, 2025. (1tU16jxc)

The Menominee County Journal  
06/19/25

# Senior Citizen News

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

## Robocalls, what they are and how to avoid them

**What is a robocall?** Robocalls are unsolicited pre-recorded telemarketing calls to landline home telephones, and all autodialed or prerecorded calls or text messages to wireless numbers, emergency numbers, and patient rooms at health care facilities. In many cases, these calls are unwanted and illegal.

### Background

The Federal Communications Commission (FCC) Telephone Consumer Protection Act of 1991 (TCPA) placed restrictions on automatic dialers, fax machines and unsolicited automated calls to protect the privacy and public safety interests of telephone subscribers.

### What are the rules for robocalls?

FCC rules require a business to obtain your written consent on paper or through electronic means, including website forms, a telephone keypress or a recording of your oral consent before it may make a prerecorded telemarketing call to your residential phone number or make an autodialed or prerecorded telemarketing call or text to your wireless number.

### Do all prerecorded autodialed calls to my landline violate FCC rules?

No. Informational messages

such as school closings, doctor appointment reminders, political campaign calls or flight information are permissible to your landline phone without prior consent.

### What other calls are permitted under FCC rules?

Market research, polling calls or calls made on behalf of tax-exempt nonprofit groups to residential wireline companies are not restricted by FCC rules. The rules require all pre-recorded calls, including market research or polling calls, to identify the caller at the beginning of the message and include a contact phone number.

**Can I opt out of prerecorded calls?** FCC rules require telemarketers to allow you to opt out of receiving additional telemarketing robocalls immediately during a prerecorded telemarketing call through an automated menu. The opt out mechanism must be announced at the onset of the message and must be available throughout the duration of the call.

### Know your rights

Telemarketing calls can be stopped by consumers through the Federal Trade Commission's (FTC) Do Not Call Registry (<http://www.donotcall.gov>) which protects both wireless and landline phones. You can also file complaints regarding robocalls at this website.

All autodialed or prerecorded non-emergency calls to wireless phones are prohibited without prior consent, regardless of the call's content.

Consumers can take back their permission to be called or texted in any reasonable way. A calling company can-

not require someone to fill out a form and mail it as the only way to revoke consent.

An existing commercial relationship does not constitute permission to be robo-called or texted.

Callers are allowed to call a wrong number once before updating their list. This most commonly comes up when one person consented to being called or texted, but they gave up that number and it was assigned to someone else.

### Robocalls Dos

DO take advantage of call blocking and labeling services provided by your service provider.

DO register with the FTC's Do-Not-Call list and file complaints.

DO reach out to your state's public service commission or consumer protection office to see if your state has a do not call list and how to register your number or numbers.

DO contact your bank or utility using the phone number on their website if you receive a robocall asking for confidential information.

DO check out the FCC's website that provides robocall blocking resources.

DO educate yourself about common scams.

### Robocall Don'ts

DON'T answer calls from an unfamiliar number or are labeled as spam.

DON'T call back a number left on a voicemail unless it is the same number found on their website.

DON'T push any buttons especially if the caller instructs you to do so.

DON'T engage with the robocaller making the call.

DON'T ever pay for anything over the phone with things like gift cards.

### Tools to Stop Robocalls

Register with the National Do Not Call Registry: [www.donotcall.gov](http://www.donotcall.gov)/

USTelecom's Sampling of Tools to Block Robocalls: [www.telecom.org/wp-content/uploads/2019/01/2018-USTelecom-Robocall-Tips-and-Tools-online-version.pdf](http://www.telecom.org/wp-content/uploads/2019/01/2018-USTelecom-Robocall-Tips-and-Tools-online-version.pdf)

CTIA-the Wireless Association: [www.ctia.org/consumer-resources/how-to-stop-robocalls](http://www.ctia.org/consumer-resources/how-to-stop-robocalls)

FCC Call Blocking Resources: [www.fcc.gov/consumers/guides/stop](http://www.fcc.gov/consumers/guides/stop)

File a complaint with the FTC: [www.fraud.fcc.gov/#/](http://www.fraud.fcc.gov/#/)

prizes, cake, ice cream and bingo. Please notify the staff if you are celebrating your birthday in June, when you are reserving a meal. Heather Harris, Menominee County library director, will be here at 11:30 a.m. for Technology Talk. Bring your smartphone or tablet with for personal assistance. This will help eligible Senior Project Fresh participants for the upcoming season as this will be going paperless.

June 30 - Foot clinic, by appointment only.

**June exercise dates and times**  
June 23 at 10 a.m.

The Mid-County Senior Center is open for in-person dining. Pickups are available for those who choose not to dine in person. Please state your preference when reserving a meal.

### Nutrition Menu

June 23 - Mushroom Swiss burger, oven potatoes, coleslaw, warm cinnamon apples.

June 24 - Polish sausage and sauerkraut, whole wheat bun, boiled red potatoes, corn, fruit cocktail.

June 25 - Swedish meatballs, egg noodles, diced carrots, green beans, sunshine cake (Birthday Party).

June 26 - Chef salad, ranch pasta salad, whole wheat breadstick, diced peaches.

June 27 - Chicken stew, mixed vegetables, sweet potato cubes, biscuit, mixed 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 JUNE 23

Monday - Mushroom and Swiss burger, oven potatoes, warm cinnamon apples, coleslaw.

Tuesday - Polish sausage, hot dog bun, whole wheat sauerkraut, boiled red potatoes, corn, fruit cocktail.

Wednesday - Swedish meatballs, egg noodles, diced carrots, green beans, sunshine cake (Birthday Party).

Thursday - Chef's salad,

The Menominee County Journal  
06/19/25

# Manistique Senior Center

Heather Tyner, Activities Director

Our Art Gala was a success. I want to thank Christine Wolter, who made this event possible and who put in eight hours of hard work to make our Center gorgeous. I would also like to thank Steve Haarman, who allowed so many of his stunning pieces to go on display. Also, thank you, Karen Meston, my wonderful coworker, who helped make this event the success that it was. And thank you to all who came to our Center to appreciate the artwork, savor the appetizers by Cedar Street Cafe and enjoy the evening of wonderful conversation.

I know we are only half-way through June, but we have so many new activities, and a few events, coming up in July that they must be written about.

Nicole Nelson, who is our Tap Dancing Class instructor, is offering two new classes starting in July. All of Nicole's classes will be on the first, third and, if there happens to be, 5th Mondays of the month. Tap Dancing is from 1:45-2:45 p.m., and her new class Move & Groove will be from 3-4 p.m. Nicole says that Move & Groove will get your heart pumpin' and your booty bumpin'. You will follow easy dance moves to great tunes from numerous decades. Plus, you'll work your core with some fluid "belly dancing" type moves to stretch and strengthen for a full body work out. Move & Groove, like our Tap Dancing Class, will be \$5 per class attended. The second new class that Nicole is offering is Ballroom Dancing. Ballroom Dancing will be from 4-5 p.m. and will cost \$10 per

couple and is open to all ages. A few of the ballroom dances that Nicole will teach are Swing, Jive, the Waltz, the Fox Trot, Salsa and the Cha Cha.

Also starting in July is our Tai Chi Class. Bushido Karate, the same instructors who taught us our Self-Defense Class, will be teaching us Tai Chi every Monday from 5-5:30 p.m., here at our Center. Tai Chi will be \$10 a month. Greatseniorliving.com states that Tai Chi is a low impact exercise that can improve strength, balance, increase core muscles, flexibility and range of motion. It has also been shown to decrease the effects of common degenerative diseases, reduce pain and back problems. It



can also improve your mental health. Tai Chi has also been endorsed by the CDC and the Arthritis Foundation for fall prevention.

Kinda makes you want to try it out. All ages are welcome to our Tai Chi Class.

We are heading to the Parkinson Foundation Hope in Every Step: Community Forum in Marquette. The Forum will take place on Friday, July 25, from 10 a.m. to 2:30 p.m. We will be leaving our Center at 8 a.m. and should be returning around 4:30 p.m. Lunch is provided at the Forum and is free. This free event is designed for people with Parkinson's, care partners, family members and healthcare professionals. If you would like to attend, please call our Center to get

signed up at (906) 341-5923. This trip is made possible by Pat Norman. Thank you, Pat.

Since we will have the transportation for the Parkinson's Forum, the following day we will be taking a trip to the Kewadin Casino in Sault Ste. Marie. We will be leaving our Center Saturday morning, July 26, at 9 a.m. It is a 2-hour drive, and we will spend four hours at the Casino. If you would like you can eat lunch at the casino. You will be responsible to purchase your own meal. We will leave the casino at 3 p.m. and arrive back to our Center around 5 p.m. You can start signing up for our Casino Trip on July 1. The cost is \$35 each and to secure your spot payment must be made. Puzzles & Punch will be canceled that day. This trip and the trip to Marquette for the Parkinson's Forum will be driven by Tim Derwin and me. Thank you, Tim.



Courtesy photo

Manistique Senior Center held their first Art Gala on Saturday featuring many pieces from Steve Haarman's private collection.

Pioneer Tribune 6/19/25

### **Dance in Rock**

ROCK — A dance will be held at the Rock Community/Senior Center, located at 3892 West Mapleridge Road, on Sunday, July 13 from 1 to 4 p.m. Live music will be performed by Country Express. There is a door cost and free will donation lunch will be available. For more information, call Lucy at 356-6459.

All proceeds benefit the senior corporation.

The Daily Press  
06/20/25

# Food program sets distribution

ESCANABA — The Commodity Supplemental Food Program (CSFP) with Menominee Delta Schoolcraft Community Action Agency is scheduled for distribution in Menominee and Delta Counties in July.

The Commodity Supplemental Food Program (CSFP) is for residents who are 60 years of age or older who meet the income guidelines of 150% of Federal Poverty level. The gross monthly income guidelines for 2025 are as follows:

Household of 1 = \$1,957 or less per month

Household of 2 = \$2,644 or less per month

Household of 3 = \$3,332 or less per month

For each additional family member add \$688 per month

Must go to the location where you are registered.

**Delta County distributions for CSFP will be:**

ESCANABA — July 17 at U.P. State Fair-grounds from 10:00 - 11:00 a.m. 906-786-8850

GLADSTONE — July 8 at Senior Center from 9:00 - 9:30 a.m. 906-428-2201

RAPID RIVER — July 8 at Senior Center from 10:00 - 10:30 a.m. 906-786-8850

ROCK / PERKINS — July 8 at Senior Center from 11:00 - 11:15 a.m. 906-356-6420

**Menominee County distributions for CSFP will be:**

MENOMINEE — July 15 at Senior Center from 11:00 - 12:00 noon 906-863-2158

MID COUNTY — July 15 at Senior Center from 9:00 - 10:00 a.m. 906-753-6986

Please contact the MDS CAA Senior Center in your area for an application to pre-register or for more information.

The Daily Press  
6/23/25

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6/23/25

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The Daily Press

06/24/25

## Sharon Lee Reisner

ESCANABA -- Sharon Lee Reisner, 79, of Escanaba passed away peacefully at home on Sunday, June 22, 2025.

Sharon was born April 3, 1946 in Port Washington, Wisconsin, the daughter of Hugo and Edith (Luebke) Henke. She graduated from the Mellen High School in Mellen, Wisconsin in 1964. She has been working with the Head Start Program since 1985, serving as the secretary for many years. She is a member of Our Savior Lutheran Church in Escanaba and spent many years traveling with her son, Hue to Alaska, chasing the Northern Lights and reading.

Sharon is survived by her estranged son, James Reisner and sons, Heath (Yelisa) Reisner of West Bend, Wisconsin and Hue Reisner of Escanaba; grandchildren, Jessica (Jason) Hardt, Malachite Alice Rose, Jason James Mosier Reisner and Dalton Reisner; great grandchildren, Oliver Hardt and Catherine, Owen and Ridley Reisner; sister, Donna Woerpel of Escanaba, numerous nieces and nephews and former daughter-in-law, Janet

(John) Dolan of Milwaukee, Wis.

She was preceded in death by her parents, sister June (Donald) Rismeyer, mother and father-in-law, Susan and Alden Reisner and brother-in-law, Lorne Woerpel.

The family will receive friends on Friday, June 27 from 1 to 2 p.m. at Our Savior Lutheran Church in Escanaba. Funeral services will be held at 2 p.m. with a luncheon to follow in the fellowship hall.

The Reisner family is being assisted by the Skradski Funeral Home in Escanaba. To leave a message of condolence, go to [www.skradskifuneralhomes.com](http://www.skradskifuneralhomes.com).



SkradskiFuneralHomes.com

The Daily Press

06/24/25

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Daily Press  
6/25/25

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Daily Press  
6/25/25

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The Daily Press  
6/26/25

## Supplemental Food Distributions

The Commodity Supplemental Food Program (CSFP) with Menominee-Delta Schoolcraft Community Action Agency has scheduled for distribution in Menominee and Delta Counties in July.

Food Program (CSFP) is for residents who are 60 years of age or older who meet the income guidelines of 150 percent of Federal Poverty level. The gross monthly income guidelines for 2025 are as follows: Household of 1 = \$1,957 or less per month, household of 2 = \$2,644 or less per month, household of 3 = \$3,332 or less per month, for each additional family member add \$688 per month.

Participants must go to the

location where you are registered.

Menominee County distributions for CSFP will be: Menominee - July 15 at Senior Center from 11 a.m. - 12 noon 906-863-2158, Mid-County - July 15 at Se-

nior Center from 9 - 10 a.m. 906-753-6986.

Contact the MDS area CAA Senior Center in for an application to pre-register or for more information.

This institution is an equal opportunity provider.

The Menominee County Journal

6/26/25

**Community Action Agency/Mid-County Senior Center**  
P.O. Box 182,  
Daggett, MI 49821  
906-753-6986  
**BECKY THOUANE**

## WARM WEATHER SAFETY

During the warm summer months, the desire to be outside consumes much of the public. This yearning for the sun results in numerous positive physical benefits if certain safety precautions are followed. Although the sun provides the body with essential nutrients like Vitamin D, it can be very dangerous if the body is overexposed. This is true, especially in older adults. When the temperature hits the low 90s, the heat can be a serious risk for everyone, especially those people who are over the age of 65.

### Take Precautions

Health issues resulting from the sun can be avoided if several simple, but important safety measures are taken:

Stay indoors as much as possible during the late morning and afternoon hours.

If you exercise outdoors make sure to do so during the cooler hours of the day, early morning and evening.

Also, make sure to consult your physician before starting an exercise routine.

It is extremely important to stay hydrated so drink a lot of water and other fluids throughout the day even if you are not thirsty.

Stay away from alcoholic beverages or those that contain caffeine, as they can increase the risk of dehydration. Sports drinks are good because they can help restore important salts and nutrients into your body and fight dehydration.

Try to stay in the air conditioning if possible. If you do not have air conditioning, consider going places that do like the mall, library, grocery store or movie theater.

If you go outside, wear a hat that can help shield your face from the sun. Also, wear sunglasses and sunscreen with SPF 15 or higher.

Do not wear heavy or dark clothing.

Do not do any heavy lifting or other laborious tasks during the hotter parts of the day.

If you cannot stay in the air conditioning during the hotter parts of the day, try taking cool baths and showers to keep your body temperature at a normal level.

Do not eat large meals. Try eating smaller meals in shorter time intervals.

Make sure to consult your physician to see how much time you should spend in the sun each day.

As we get older our bodies become much more susceptible to dehydration and heat related illnesses. This is due, in large part, to several characteristics brought about by aging. One such characteristic is that thirst sensations diminish over the years, inhibiting the ability of people to recognize when they are near dehydration and allowing for a serious loss of water from the body. Also, the aging body loses the ability to cool at a rapid pace like it could when it was younger. This fact is especially dangerous because sometimes older adults do not feel drastic rises or drops in heat levels, which means they could feel fine even when the weather is too hot. This could result in dehydration, heat cramps, heat exhaustion or even heat stroke because of the body's inability to effectively cool itself at an efficient rate. Another characteristic includes the thinning of the skin in older adults. As the skin gets thinner, it provides less protection against the harshness of the sun's rays.

able for an additional \$5.

July 30 - Birthday party dinner also celebrating 60 years of Community Action Agency. 50/50 raffle, door prizes, cake and ice cream too.

The Mid-County Senior Center is open for in-person dining. Pickups are available for those who choose not to dine in person. Please state your preference when reserving a meal.

### Nutrition Menu

June 30 - Hamburger Stroganoff, diced beets, root vegetable blend, fruit cocktail.

July 1 - Salisbury steak w/gravy, mashed potatoes/gravy, mixed vegetables, mixed fruit cup.

July 2 - BBQ baked chicken, boiled red potatoes, capri vegetables, dinner roll, fruit shortcake (Fourth of July party).

July 3 - Beef dinner frank/whole wheat bun, oven potatoes, corn, fresh fruit.

July 4 - Closed for the Fourth of July, no meals served.

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.

## SENIOR CITIZEN ACTIVITIES

June 30 - Foot clinic, by appointment only.

July 2 - Independence Day Party with 50/50 raffle, door prizes and bingo.

July 4 - The senior center is closed for Independence Day, no meals on wheels or congregate meals served. We will reopen at 8 a.m. on July 7.

July 8 - Menominee county picnic at Henes Park in Menominee beginning at 11 a.m. Pre-registration is necessary. Please call the senior center to reserve a meal.

July 14 - Craft class begins at 11 a.m. to make sassy sister flowerpots. Please RSVP the senior center if you would like to participate.

July 21 - Foot clinic, by appointment only. The cost is \$22 which includes toenail trim by Christa Rivard, certified nail technician. Fingernail trim is also avail-

## HERMANSVILLE SENIOR CITIZEN MENU WEEK OF

### JUNE 30

Monday - Hamburger stroganoff, diced beets, root vegetable blend, fruit cocktail.

Tuesday - Salisbury steak w/gravy, mashed potatoes w/gravy, mixed vegetables, mixed fruit cup, whole wheat bread.

Wednesday - BBQ baked chicken, boiled red potatoes, Capri vegetable, fruit shortcake, dinner roll, whole wheat bread.

Thursday - Beef dinner frank, hot dog bun, whole wheat oven potatoes, corn, fresh fruit.

Friday - Closed.

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

The Menominee County Journal

6/26/25

# Manistique Senior Center

Heather Tyner, Activities Director

Thursday, June 26 is Movie Day at our Center. This month we are watching a 1973 American coming of age movie about a group of teenagers that spend their final night together, after their high school graduation, cruising the streets before they all go their separate ways. Movie Day starts at 1 p.m. and popcorn is free. After our movie we have our Potluck with the Senior Swingers! Our potluck is from 4-6 p.m. You can bring a dish to share, and you must be ready to kazoo, spoon or tambourine along with our band. The Senior Swingers have been practicing hard for both our potluck and the Independence Day Parade. Please show us support as our float passes by during the parade. We're back baby!

On Friday, June 27, is Coffee Hour with Don & Karen, from 9-10 a.m. Coffee Hour for the summer will be the last Friday of the month and will take place at the City Pavillion by the Manistique Lakeshore Campground. You can bring your favorite mug and Don and Karen will fill it full of coffee for you, or if you don't have a mug, they'll provide the cup as well. Free coffee, conversation and most likely some chuckles, all to start your Friday morning.

July is coming quickly and so are our new classes: Move & Groove, which is jazzercise with a little bit of belly dancing, Ballroom Dancing, for all ages, and Tai Chi, also for all ages. These classes are all on Mondays. Tap Dancing, which started in June, Move & Groove and Ballroom Dancing are the first, third and fifth Mondays of the Month. They start at 1:45 p.m., 3 p.m. and 4 p.m. respectively, and are \$5 per person per class. Tai Chi is every Monday from



5-5:30 p.m. and is \$10 for the month. There will be no Tai Chi on July 21.

If you haven't heard our Center is heading to Italy March 4-12, 2026 through Collette. Brandi Minor, from Blue Diamond Travel Agency, will be helping us to sign up online and with any questions that you may have. Brandi will be at our Center Tuesday, July 1, from 10-11 a.m. We will also have a Zoom meeting with Je- rard Welch, from Collette, on Monday, Aug. 4, at 10 a.m. to talk about the trip and answer questions. Down payment for the trip is due by Sept. 5. If you would like to read about the trip and sign up, here is the link:

<https://gateway.gocollette.com/link/1358987>

The Michigan Center for Rural Health (MCRH), affiliated with Michigan State University and one of only three non-profit State Offices of Rural Health in the country, did an article on our Stories & Crafts with Seniors & Tots. The article talks about the importance of intergenerational bonding. Psychology Today states that intergenerational bonding is important because it can improve attitudes, behaviors, and the quality of life for everyone involved. The importance of this article to us, which is published on Michigan State University's website, is letting us that we are doing something wonderful right here at our Center. Our Stories & Crafts with Seniors & Tots will start back up in August and is the third Wednesday of every month, from 10-11 a.m. Here is the link to the article: <https://mcrh.msu.edu/news/sor-jun-2025>



Courtesy photo

From left, Pat Norman, Linda Chandanais and Mary Ellen Debelak are pictured with several tots at a recent Stories & Crafts with Seniors & Tots.

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The Daily Press

6/27/25

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The Daily Press

6/28/25

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The Daily Press

6/30/25