

Daily Press  
5-1-25

The Daily Press, Escanaba  
Thursday, May 1, 2025

## Hope Emily Hansen

1943 - 2025

ESCANABA — Hope Emily Hansen, 81, of Escanaba, passed away on Easter Monday, April 21, 2025, with her children by her side.

Born August 14, 1943, in Standish, Michigan, Hope was the daughter of Marvin and Medley (Ensign) Hansen. She was a spirited woman known for her deep love for the Lord, devotion to her faith, her family, and her community.

Affectionately called "Gramma," Hope was the heart of her family and cherished the special bond she shared with each of her grandchildren. She loved cooking, sharing chocolate treats, sipping coffee in the sun, and ending every visit with a hug, a kiss, and a heartfelt "I love you." Later in life, she found her calling as a Foster Grandparent at Holy Name Catholic School — a role she deeply loved.

Hope is survived by her children, Timothy (Debbie) Hansen, Tracy Hamilton, Heidi (Bob Stasewich) Hamilton, and Joseph (Joanie Nault) Hamilton; grandchildren, Neva, David, Stephen, Asia, Elizabeth, Mikaela and Ericka; great-grandchildren, Tavi, Edyn, Cylis, Avalon and Indigo. She also leaves behind many cherished nieces, nephews, and countless others whose lives she touched with her open heart. Hope was able to maintain her independence in great thanks to her loving longtime caregiver, Becky Deneau, and her most loyal companion, her beloved cat, Flo.

She was preceded in death by her parents and her brother, Frederick Hansen.

A memorial service will be held at a later date. Arrangements are being handled by the Skradski Family Funeral Home in Escanaba.

To leave a message of condolence, please visit [www.skradskifuneralhomes.com](http://www.skradskifuneralhomes.com) (<http://www.skradskifuneralhomes.com>).



Hope Emily Hansen

# Manistique Senior Center

Pioneer  
Tribune  
5-1-25

Heather Tyner, Activities Director

Music with Gwen is this Thursday, May 1, from 4-5 p.m.! Come and enjoy listening to Gwen tell us stories, play her ukulele and sing along with her. All you need to do is show up and be ready to have a musical good time. Gwen will also be giving three Ukulele Lessons this month; May 6, 13, and 27. All Ukulele Lessons with Gwen are from 11 a.m. to noon. The lessons always fill our Center with laughter, singing and the sweet sound of ukuleles. Gwen is an excellent teacher, and we do have a ukulele at our Center that you can learn on.

Coming up this Wednesday, May 7, from 10-11 a.m. is Tech Support by Max. Max Slater is graciously donating his time the first Wednesday of every month, from 10-11 a.m., to help you with any technology questions that you may have. Later in the month, Wednesday, May 21, from 11 a.m. to 12:30 p.m. we also have Giovanni, from UP SAIL, visiting our Senior Center for any technology help that you may need. It is appreciated if you RSVP to either Tech Support event.

On Wednesday, May 7, at noon is our Monthly Meal with Don, Karen and me. It's Community Action Agency's Mother's Day Meal and the ladies will be cooking Chicken Cordon Bleu, loaded mashed potatoes, Capri veggies, a roll and our dessert will be a cranberry crumble cake. I hope that you consider joining us for a delicious meal and entertaining conversations. Please call the kitchen, (906) 341-5085, before 8 a.m. that morning to let them know you will be dining with us. Meals are donation based. The suggested donation for lunch is \$4 for aged 60 and up, and \$7 for under 60.

Cornhole is also on Wednesday, May 7. It will take place from 3-4 p.m. Once June hits, with its sunshine and beautiful weather, we will have Cornhole every Wednesday from 3-4 p.m. outside. We have had a few people tell us that they are interested in getting a Senior Center



Cornhole league started. If you would like to be on a Cornhole league, please give our Center a call (906)341-5923. Also, from 3-4 p.m., that day is our Senior Swingers. You need no musical talent to come join the fun. You only need to know how to hum into a kazoo, slap some spoons together or shake a tambourine. We have all three instruments available for you. Jan LeDuc will be sewing our red vests for the band! Jan you are wonderful.

Our Senior Prom is coming up quickly. Are you ready to listen to music, dance the night away, or have an enchanting evening with friends? Then Saturday, May 17, from 6-10 p.m. is your night. We have Beats by Pete as our DJ, appetizers from Upper Crust and there will be Prom pictures taken as well. Admission is \$20 or \$28 with three drink tickets. Drinks for the tickets include beer, wine or seltzer. There will be pop available for purchase as well. Our Senior Center will be all gussied up, but you don't have to be. You can dance in jeans, just as well as a beautiful gown. Come down to our Center to buy your admission.

Later in the month we have a Basic Automotive Class that will be taught by the Manistique High School automotive students. It will be hands-on and take place in our Senior Center parking lot, so please dress appropriately. The Basic Automotive Class is on Monday, May 19, from 11 a.m. to noon. This is a free class, and you only need to show up. Bring questions. I'm sure these kids have the answers. Later on, that same day, Monday, May 19, we have a Self-Defense Class taught by Bushido Karate. It is a two-hour class, 2-4 p.m. and cost \$10 per person. Bushido Karate encourages questions and what if scenarios. Please call our Center to RSVP to the Self-Defense Class.

Our Senior Center is open Monday through Friday, 8 a.m. until 4 p.m. You can reach us at (906)341-5923. Come join in the fun.

# Senior Citizen News

Menominee  
County  
Journal  
5-1-25

The Menominee County Journal • Thursday, May 1, 2025

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

## Premium Related Appeals

### How can I use the Medicare Savings Program to eliminate my Part B LEP?

Medicare Savings Program (MSPs) help pay your Medicare costs if you have limited income and savings. Additional benefits of enrolling in an MSP include:

Allowing you to enroll in Medicare Part B outside of the usual enrollment periods.

Eliminating your Part B late enrollment penalty, if you have one.

MSPs have income and asset limits, which vary by state. Contact your local DHHS office for more information about MSPs. If you enroll in the MSP, your Part B LEP will be eliminated. You will not have a LEP even if you later lose MSP eligibility.

**What exceptional circumstances may help me qualify for a Part B Special Enrollment Period?** It is usually best to enroll in Medicare when you are first eligible or after losing insurance based on current work. If you miss a first-time enrollment period, there are certain times when you might qualify for an exceptional circumstances Special Enrollment Period. An exceptional circumstance is a situation that is unusual or not typical. The following are different times when you may qualify for an SEP to enroll in Medicare Part B (and premium Part A) without penalty:

You were impacted by an emergency or disaster.

You got certain types of misinformation from your employer.

You were released from incarceration.

Your Medicaid coverage is ending.

You experience other exceptional circumstances.

These SEPs apply to anyone who missed initial enrollment after January 1, 2023. To use these SEPs submit

How can I use Extra Help to eliminate my Part D LEP? Extra Help is a federal program that helps pay for some to most of the out-of-pocket costs of Medicare prescription drug coverage. It is also known as Part D Low-Income Subsidy (LIS). The Extra Help Program offers the following benefits:

Pays for your Part D premium up to a state specific benchmark amount.

Lowers the cost of your prescription drugs.

Gives you a Special Enrollment Period (SEP) once per month to enroll in a stand-alone Part D plan or to switch between stand-alone Part D plans.

Eliminates any late enrollment penalty you might have.

You will not have a Part D LEP even if you later lose Extra Help eligibility.

If your monthly income and assets are within specified limits, you may be eligible for Extra Help. Even if your income or assets are above the eligibility limits, you could still qualify for Extra Help because certain types of income and assets may not be counted. To apply for Extra Help, call the Social Security Administration at 800-772-1213 or visit [www.ssa.gov](http://www.ssa.gov)

If you are enrolled in Medicaid, Supplemental Security Income (SSI), or a Medicare Savings Program, you automatically qualify for Extra Help regardless of whether you meet Extra Help's eligibility requirements. You should receive a purple-colored notice from the Centers for Medicare and Medicaid Services (CMS) informing you that you do not need to apply for Extra Help.

**What should I do if I experience a billing error with my doctor?** Health care providers and their billing departments sometimes make billing errors. These billing errors can be honest mistakes. If you think your doctor or their billing department made an error or mistake, contact them directly first to resolve the issue.

You can spot these errors by keeping a calendar of your medical appointments and services, or by calling your local Senior Medicare

You can then compare your appointments, services, and notes to your Medicare statements. If you have Original Medicare, you should receive Medicare Summary Notices (MSNs). If something does not seem right, remember to first call your provider. For example, you may see on your statement that your provider billed Medicare for an office visit on a day when you did not see them. Or you may see that your provider billed you for a service that was different than what you received. If your doctor or billing department made a billing error, they should correct it.

A pattern or errors made by a doctor or other health care provider, if not corrected, should be considered a red flag for potential fraud or abuse. If you cannot resolve the issue with your provider, contact your local Senior Medicare Patrol (SMP). They can assist you in trying to resolve the error. The role of the SMP also is to help you to identify Medicare fraud, errors or abuse and help you report potential fraud and abuse to CMS and the correct authorities.

## SENIOR CITIZEN ACTIVITIES

May 5 - Craft day begins at 11:15 a.m. to construct a top hat spring floral centerpiece. Please call the office if you would like to participate.

May 7 - Mother's Day Party beginning at 11 a.m. with special music by Larry and Cheryl Pepin. Please call in your meal reservation no later than 1 p.m. the previous day.

May 15 - Lunch on your own at Hong Kong Buffet in Escanaba. The bus leaves at 10 a.m. Cost for the bus ride is \$4 per person.

May 19 - Foot clinic by appointment only. The cost is \$22. These clinics fill up extremely fast; please call the office to schedule an appointment if interested.

May 20 - CSFP Elderly food program distribution drive through from 9-10 a.m. only. Please do not bring empty boxes back to the center before distribution day as we do not have adequate storage space to house them.

May 26 - The center is

reopen at 8 a.m. on May 27.

May 28 - Monthly birthday party with 50/50 raffle, door prizes, cake, ice cream and bingo. Are you celebrating your birthday in May? Please let us know when reserving your meal.

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

May 5 - Beef taco bake, Mexican corn, oven potatoes, sweet yeast dinner roll, tropical fruit.

May 6 - Sweet and sour pork over rice, oriental vegetable blend, diced carrots, mandarin oranges.

May 7 - Chicken cordon bleu, loaded mashed potatoes, Capri vegetable blend, dinner roll, cranberry crumble cake (Mother's Day Party).

May 8 - Polish sausage w/ kraut, boiled red potatoes, peas, whole wheat bread, fruit cocktail.

May 9 - Spaghetti w/meat sauce, mixed vegetables, side salad, breadstick, 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 MAY 5**  
Monday - Beef taco bake, Mexican corn, oven potatoes, sweet yeast dinner roll, tropical fruit.

Tuesday - Sweet and sour pork over rice, Oriental vegetable blend, diced carrots, Mandarin oranges.

Wednesday - Chicken cordon bleu, loaded mashed potatoes, Capri vegetable blend, cranberry crumble cake, dinner roll.

Thursday - Polish sausage, sauerkraut, boiled red potatoes, peas, fruit cocktail, whole wheat bread.

Friday - Spaghetti with meat sauce, mixed vegetables, side salad, mixed fruit cup, breadstick.

The Hermansville Senior



## Community Action Agency Senior Nutrition Program

### SENIOR CENTER DINING or HOME DELIVERY PROGRAM

#### Meals for May 5 - May 9, 2025

**Monday, 5/5**  
Cinco de Mayo  
Beef Taco Bake  
Mexican Corn  
Oven Potatoes  
Sweet Yeast  
Dinner Roll  
Tropical Fruit

**Tuesday, 5/6**  
Sweet & Sour Pork  
over Rice  
Oriental Veg Blend  
Diced Carrots  
Mandarin Oranges

**Wednesday, 5/7**  
Mother's Day Meal  
Chicken Cordon Bleu  
Loaded Mashed  
Potatoes  
Mandarin Oranges

**Thursday, 5/8**  
Polish Sausage  
Sauerkraut  
Boiled Red Potatoes  
Peas  
Capri Vegetable Blend  
Cranberry Crumble Cake  
Dinner Roll

**Friday, 5/9**  
Spaghetti w/  
Meat Sauce  
Mixed Vegetables  
Side Salad  
Mixed Fruit Cup  
WW Bread

All meals also come with  
Bread, Milk, and Margarine.  
Lunch reservations must be  
called in the day before by  
calling from 8:00am-2:30pm  
at your area local number.  
Menu modifications may be  
necessary at times.  
Suggested meal  
donation is \$4.00

Gladstone and Rapid River Area Call 428-2201 • Rock Area Call 356-6420  
Escanaba Area Call 786-8850 • Hermansville Area Call 498-7736 • Manistique Area Call 341-5085



Daily Press

5-2-25

Daily  
Press  
5-2-25

Menominee City Journal 5-8-25

## May food distribution schedule for Menominee and Delta County

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

The Commodity Supplemental 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.

"Must go to the location where you are registered," said organizers.

Delta County distributions for CSFP will be:

Escanaba - May 15, at U.P. State Fairgrounds from 10 - 11 a.m. 906-786-8850.

Menominee County distributions for CSFP will be:

Menominee - May 20, at Senior Center from 11 a.m. - 12 noon. 906-863-2158.

Mid-County - May 20 at Senior Center from 9 - 10 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," said planners.

This institution is an equal opportunity provider.

**mcjournal@  
sbglobal.net**

## Mid-County Senior birthdays celebrated

6

Honored for April birthdays at the Mid-County Senior Center birthday party April 30 were, from left to right, Jan Thoune, Darrell Sundquist and Arlene Engel.



Menominee  
Cty  
Journal  
5-8-25

**Menominee County Journal • Thursday, May 8, 2025**

**Senior Center**  
P.O. Box 102,  
Daggett, MI 49821  
906-753-6986  
**BECKY THOUNE**

## **PART B VS. PART D DRUGS**

**How does Medicare cover prescription drugs?** While Medicare Part D covers your prescription drugs in most situations, there are circumstances where your drugs are covered under either Part A or Part B.

**Part A** covers the drugs you need during a Medicare covered stay in the hospital or skilled nursing facility (SNF).

**Note:** if you are getting SNF care and the stay is not covered by Part A, your drugs may be covered by Part B or Part D.

**Part B** covers most drugs administered by your provider or at a dialysis facility, when the provider or facility buys and administers the drugs. Part B also covers some outpatient prescription drugs, mainly certain oral cancer drugs (chemotherapy). Part D cannot pay for any drugs that are covered by Part B.

**Part D** covers most outpatient prescription drugs (drugs you get at a pharmacy with a prescription). Check your plans formulary (its list of covered drugs) to find out whether it covers the drugs you need.

**How does Medicare cover injectable drugs?** Part B covers an injectable drug if it generally cannot be self-administered, and your doctor provides and administers the drug to you. Original Medicare covers these outpatient drugs at 80 percent of the Medicare approved amount, meaning that if you see a provider who accepts Medicare assignment, you will be responsible for a 20 percent coinsurance charge. If you need more information about whether your medication is covered by Original Medicare, call 1-800-MEDICARE. If you have a Medicare Advantage plan, call your plan to learn more about its costs and coverage requirements for injectable drugs.

Part D covers an injectable drug if you buy it at the pharmacy, and it is either admin-

istered by you or your doctor to learn more about its costs and coverage rules for injectable drugs that you need.

Are vaccines covered by Part B or Part D? Medicare Part D covers most vaccines and immunizations. The only exceptions, which are covered under Part B, are the flu, COVID, pneumonia, and hepatitis B vaccines, and certain vaccines that you receive after being exposed to a dangerous virus or disease. Part D plans must include most commercially available vaccines on their formularies, including the vaccine for shingles.

As of January 2023, all Medicare covered vaccines recommended by the Advisory Committee on Vaccine Practices (ACIP) should be free to you. This means you should not owe any cost sharing such as a copayment, coinsurance, or deductible for your covered vaccines. To avoid billing issues, it is usually best to make sure that your health provider or pharmacy administering the vaccine will bill your Part D plan. When you get a vaccine at your doctor's office, ask the provider to call your Part D plan first to find out if your provider can bill your Part D plan directly.

Part B covers vaccines for the flu, pneumonia, and hepatitis B in the following situations:

**Influenza (flu) shots:** Medicare Part B covers one flu shot every flu season. The flu season usually runs from November through April. Depending on when you choose to get your flu shot, Medicare may cover a flu shot twice in one calendar year. For example, if you get a shot in January 2025 for the 2024/25 flu season, you could get another shot in October 2025 for the 2025/26 flu season.

**Pneumococcal (pneumonia) shots:** Medicare Part B covers pneumonia vaccines. Speak with your doctor to learn which pneumonia vaccines you need based on your age and any vaccines you already received.

**Hepatitis B shots:** Medicare Part B covers the hepatitis B vaccine if you are at medium or high risk for hepatitis B. Medicare considers you at medium or high risk if you:

Are a client of or staff member at an institution for the developmentally disabled.

Live in the same household as a hepatitis B carrier.

Have unprotected sex with multiple partners or with someone who has hepatitis B.

Use certain injection drugs. Are a health care professional in frequent contact with blood or other body fluids during routine work.

**Note:** if you are at low risk for hepatitis B, the shot will be covered under Part D.

**COVID-19 vaccine:** Medicare Part B covers COVID-19 vaccines.

If you qualify for these vaccines, original Medicare covers them at 100% of the Medicare approved amount when you receive the service from a participating provider. This means you pay nothing (no deductible or coinsurance). Medicare Advantage plans are required to cover these vaccines without applying deductibles, copayments, or coinsurance when you see an in-network provider and meet Medicare's eligibility requirements for the service.

Part B also covers vaccines used as treatment, not prevention, after you have been exposed to a dangerous virus or disease. For example, Part B will cover a tetanus shot if you step on a rusty nail, or a rabies shot if you are bitten by a dog. Regular cost sharing rules apply to vaccines used as treatment.

### **SENIOR CITIZEN ACTIVITIES**

**May 15 -** Lunch on your own at Hong Kong Buffet in Escanaba. The bus leaves at 10 a.m. Cost for the bus ride is \$4 per person.

**May 19 -** Foot clinic by appointment only. The cost is \$22. These clinics fill up extremely fast; please call the office to schedule an appointment if interested.

**May 20 -** CSFP Elderly food program distribution drive through from 9-10a only. Please do not bring empty boxes back to the center before distribution day, as we do not have adequate storage space to house them.

**May 26 -** The center is closed for Memorial Day. No meals served. We will re-

door prizes, cake, ice cream and bingo. Are you celebrating your birthday in May? Please let us know when reserving your meal.

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**

**May 12 -** Chicken tenders, root vegetables, green beans, whole wheat bread, diced peaches.

**May 13 -** Pepper steak over rice with bell peppers, oriental vegetable blend, oriental coleslaw, warm fruit compote.

**May 14 -** Baked ham, mashed sweet potatoes, corn, pineapple tidbits, whole wheat bread.

**May 15 -** Beef taco salad, corn and black beans, tortillas, sour cream and salsa on the side, fresh fruit.

**May 16 -** Cream of potato soup, egg salad spread with lettuce on sandwich bread, cucumber carrot salad, 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 MAY 12**

**Monday -** Chicken tenders, root vegetables, green beans, diced peaches, whole wheat bread.

**Tuesday -** Pepper steak over rice with bell peppers, Oriental vegetable blend, Oriental Coleslaw, warm fruit compote.

**Wednesday -** Baked ham, mashed sweet potatoes, corn, pineapple tidbits, whole wheat bread.

**Thursday -** Beef taco salad, corn and black beans, tortillas, fresh fruit, sour cream and salsa on the side.

**Friday -** Cream of potato soup, egg salad spread with lettuce, sandwich bread, cucumber carrot salad, mixed fruit cup.

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

(drugs you get at a pharmacy with a prescription). Check your plans formulary (its list of covered drugs) to find out whether it covers the drugs you need.

**How does Medicare cover injectable drugs?** Part B covers an injectable drug if it generally cannot be self-administered, and your doctor provides and administers the drug to you. Original Medicare covers these outpatient drugs at 80 percent of the Medicare approved amount, meaning that if you see a provider who accepts Medicare assignment, you will be responsible for a 20 percent coinsurance charge. If you need more information about whether your medication is covered by Original Medicare, call 1-800-MEDICARE. If you have a Medicare Advantage plan, call your plan to learn more about its costs and coverage requirements for injectable drugs.

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Part D plan directly.

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Friday - Cream of potato soup, egg salad spread with lettuce, sandwich bread, cucumber carrot salad, mixed fruit cup.

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

**Thank You For Reading The Menominee County Journal**

# Manistique Senior Center

Heather Tyner, Activities Director

Pioneer  
Tribune  
5-8-25

May is Stroke Awareness Month. It is that time of year when awareness is raised about stroke prevention, the importance of recognizing the warning signs of a stroke and the treatment of a stroke. Heart Disease and Stroke Statics state that close to 800,000 people in the United States, every year, have a stroke. According to heart.org 80 percent of these cases may be preventable with a healthy lifestyle and screening for the risk factors. Monday, May 12, and Wednesday, May 14, Elizabeth Ross, BSN, EMT-P, Education Manager, Schoolcraft County MCA Coordinator, and Training Center Coordinator for Schoolcraft Memorial Hospital will be giving us a Stroke Education Presentation at our Senior Center. Both presentations will be from 10-11 a.m. and all you need to do is show up.

Also on Monday, May 12, from 11 a.m. to noon is Birding at the Environmental Lab with UP SAIL. If you need a ride out to the Environmental Lab, please call our Center.

Ukulele Lessons with Gwen is on Tuesday, May 13, from 11 a.m. to noon.

On Wednesday, May 14, we have FootCare. FootCare is done by North Woods Home Health and they take appointments from 12:30-2:30 p.m. We do have FootCare twice a month on the second and fourth Wednesdays of the month. You only need to call our Center (906) 341-5923 for an appointment.

Thursday, May 15, is Movie Day! This month's movie is one of my favorites. The movie is about a countryside town bordering a magical land. A young man makes a promise to his beloved that he'll retrieve a fallen star by venturing into the magical realm. Movie Day starts at 1 p.m. and there is always free popcorn on Movie Day.



Senior Prom! Senior Prom is Saturday, May 17, from 6-10 p.m. Our DJ will be Shaun Peterson, aka Beats by Pete! He is kindly giving us a fabulous price on our night of music, and he will be playing music that we can boogie to. What kind you ask? He is a DJ, so whatever music you request. It will be a night of fun and frivolities. Admission is \$20 or \$28 with three drink tickets. Drinks for the tickets include beer, wine or seltzer. There will be pop available for purchase. Come down to our Center to purchase your admission today.

Starting in June not only will we have Cornhole every week, but we are adding golfing too. Cornhole will be every Wednesday from 3-4 p.m. here at our Center. Golfing will take place at Stony Point on Highway 2 every Monday morning. We will meet out at Stony Point Golf Course at 8:45 a.m. for a 9 a.m. tee time. You will have to pay for your golfing and cart. The golf course does have clubs that you can use for free. Chris Harleroad will be teaching us how to golf. Thank you, kind sir.

With May being Stroke Awareness Month, and a healthy lifestyle being a prevention tool against one, you need to come visit our Senior Center. We have Walks three times a week, Line Dancing and Drum Aerobics twice a week each, Chair Yoga every Wednesday, and beginning in June golfing and cornhole both once a week. We have what you need to get and keep moving. Our Center also has activities for your mental health. We have several different card games, and we will teach you if you would like to learn. For your spirit we have Senior Swingers, Ukulele Lessons with Gwen, Painting and Craft Classes, and Needles 'n Natter. Unless stated otherwise our activities are free, and we would love for you to walk through our door to try any one of

## Obituaries

### Francis P. 'Fran' Bjorkquist

1950 - 2025

ESCANABA — Francis P. "Fran" Bjorkquist, 74, of Escanaba, passed away unexpectedly on Wednesday, May 7, 2025 at his home of natural causes.

He was born on November 15, 1950 in Escanaba, son to Francis W. and Ann Marie (Hebert) Bjorkquist. Fran graduated from Escanaba High School, class of 1969 and then attended Bay College. He had a 41-year career at Mead Paper as a pipefitter/maintenance, retiring in 2012.

Fran married Marsha Jo Satterwhite on January 30, 1978 in Escanaba. She preceded him in death on November 10, 2014.

He was a founding and lifetime member of the Kruisin Klassics and also an avid member of Great Lakes Sports and Recreation Club. It was at the Rec Club that he met his wife, Michelle E. "Mickey" Mattson. They were married on March 27, 2017 in Escanaba.

Fran was a talented woodworker who made eagles, bird houses, among other pieces. He loved working in his garage and tinkering on cars. Fran loved going to the races, having his Monday nights with friends, and treasured time with his grandchildren.

He is survived by his wife, Mickey of Escanaba; children, Paulette (Wayne) Pepin of Escanaba, Sherri (Dale) Palequin of Las Vegas, Dawn (David) Harris of Lexington, N.C., and Wendy Wagner of North Caroline; stepchildren, Jeff (Audrey) Solomon, Melissa (Steve) Varhola, Aaron (Misty) Kozar, and Karen (Rich) Hubert; 22 grandchildren and eight great-grandchildren; brother, Vern (Maggie) Bjorkquist; and five nieces and nephews.

In addition to his parents and wife, Marsha, he was preceded in death by his brother, Thomas.

Visitation will be on Monday, May 12 from 3 to 5 p.m. at the Crawford Funeral Home, 302 S. 13th St. Escanaba, and will conclude with a closing prayer.

In lieu of flowers, expressions of sympathy may be directed to the family and a memorial will be established at a later date.

A message of condolence may be directed to the family by visiting [www.crawfordfuneralhomes.net](http://www.crawfordfuneralhomes.net). The family entrusted the Crawford Funeral Homes with handling the arrangements.



**Francis P. "Fran"  
Bjorkquist**

Daily  
Press  
5-9-25



## Community Action Agency Senior Nutrition Program

### SENIOR CENTER DINING or HOME DELIVERY PROGRAM

#### Meals for May 12 - May 16, 2025

##### Monday, 5/12

Chicken Tenders  
Root Vegetables  
Green Beans  
Diced Peaches  
WW Bread

##### Tuesday, 5/13

Pepper Steak over Rice with Bell Peppers Oriental Veg Blend Oriental Coleslaw Warm Fruit Compote

##### Wednesday, 5/14

Baked Ham  
Mashed Sweet Potatoes  
Corn  
Pineapple Tidbits  
WW Bread

##### Thursday, 5/15

Beef Taco Salad  
Corn & Black Beans  
Tortillas, Fresh Fruit  
Sour Cream & Salsa  
on the side

##### Friday, 5/16

Cream of Potato Soup  
Egg Salad Spread  
with Lettuce,  
Sandwich Bread  
Cucumber  
Carrot Salad  
Mixed Fruit Cup

All meals also come with  
Bread, Milk, and Margarine.  
Lunch reservations must be  
called in the day before by  
calling from 8:00am-2:30pm  
at your area local number.  
Menu modifications may be  
necessary at times.  
Suggested meal  
donation is \$4.00

Gladstone and Rapid River Area Call 428-2201 • Rock Area Call 356-6420  
Escanaba Area Call 786-8850 • Hermansville Area Call 498-7736 • Manistique Area Call 341-5085



Daily Press 5-9-25

# Senior Citizen News

Menominee  
Cty  
Journal  
5/15/25

The Menominee County Journal • Thursday, May 15, 2025

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

## PART B VS. PART D DRUGS

**How is insulin covered by Medicare?** The way Medicare covers your insulin depends on how you take insulin. Part D may cover insulin and related medical supplies used to inject insulin (syringes, gauze and alcohol swabs) if you have a prescription from your doctor. Your drug plan should cover medications and supplies you need to treat your diabetes at home if they are on the plan's formulary. Part D covered insulin copays are capped at \$35 per month, with no deductible. You should contact your Part D plan for information about its exact costs and coverage rules for insulin.

Medical supplies used to inject insulin (syringes, fillable pens, non-durable patch pumps like the Omnipod, gauzes, and alcohol swabs) can be covered by Part D with a prescription, if they are on the plan's formulary. This equipment is not subject to the \$35 per month cap and a deductible may apply. The \$35 cap applies to the insulin you put into these supplies.

If you use an insulin pump, the insulin and the pump may be covered under Part B as durable medical equipment (DME). Part B covers DME at 80% of the Medicare approved amount, but as of July 2023, co-pays for Part B covered insulin

products are capped at \$35 per month, with no deductible. If you have questions about Part B's coverage of insulin and if your insulin pump is covered by Medicare's DME benefit, call 1-800-MEDICARE.

**How are immunosuppressants covered by Medicare?** After you get a kidney transplant, you will need to take immunosuppressant drugs for the rest of your life to prevent your body from rejecting the donor organ. Medicare covers these drugs differently depending on your circumstances.

### Time limited Part B coverage

If you receive a kidney transplant in a Medicare approved facility, Medicare Part B will cover your immunosuppressant drugs for 36 months after your hospital departure if:

You had Part A at the time of your transplant.

You have Medicare Part B when getting your prescription filled.

And you are only eligible for ESRD Medicare.

If your kidney transplant was successful, your Medicare coverage will end 36 months after the month of your transplant.

**Note:** if you did not have Medicare when you had a transplant, you can enroll retroactively in Part A within a year of your transplant.

### Part B coverage for the rest of your life

If you receive a kidney transplant in a Medicare-approved facility, Part B will cover your immunosuppressants for the rest of your life if:

You had Part A at the time

of your transplant.

You have Medicare Part B when getting your prescription filled.

And you qualify for Medicare based on age or disability.

### Part B-ID coverage

If your ESRD Medicare benefits end 36 months after your transplant, you may qualify for Part B-ID coverage of your immunosuppressants if you:

Qualify for Part B coverage of immunosuppressants prior to losing ESRD Medicare.

Do not have Medicaid or other public or private health insurance that covers immunosuppressants.

Part B-ID coverage may not be the best choice if any other insurance is available to you. Part B-ID only covers immunosuppressant drugs and does not include coverage for any other Part B benefits or services. It also does not allow you access to Part A.

### Part D coverage

If you do not have Part A when you receive a transplant, your immunosuppressant will be covered by Part D after your transplant.

Part D coverage for this of drug typically means higher costs and additional restrictions, such as having to go to specific in network pharmacies for your drugs. All Part D formularies must include immunosuppressant drugs. Step therapy is not allowed once you are stabilized on your immunosuppressant drug. However, prior authorization can apply. This might mean your plan will verify that Part B will not cover your drugs before providing coverage. You can look for plans that have the fewest coverage restrictions and where the pharmacy you wish to use is in-network and has preferred cost sharing available to minimize costs and disruptions.

## SENIOR CITIZEN ACTIVITIES

May 15 - Lunch on your own at Hong Kong Buffet in Escanaba. The bus leaves at 10 a.m. Cost for the bus ride is \$4 per person.

May 19 - Foot clinic by appointment only. The cost

the center before distribution day, as we do not have adequate storage space to house them.

May 26 - The center is closed for Memorial Day. No meals served. We will reopen at 8 a.m. on May 27.

May 28 - Monthly birthday party with 50/50 raffle, door prizes, cake, ice cream and bingo. Are you celebrating your birthday in May? Please let us know when reserving your meal.

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

May 19 - Cheeseburger/bun, tater tots, green beans, apple slices.

May 20 - Swiss chicken breast, brown rice, capri vegetables, peas, pineapple tidbits.

May 21 - Meatloaf w/ ketchup glaze, mashed potatoes/gravy, mixed vegetables, whole wheat bread, fruit cocktail.

May 22 - Cobb salad w/ turkey, cheese, egg and bacon, pasta salad, fruited Jello, breadstick.

May 23 - Meat lasagna, Brussel sprouts, side salad, warm cinnamon peaches, breadstick.

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 MAY 19

Monday - Cheeseburger, hamburger bun, tater tots, green beans, apple slices.

Tuesday - Swiss chicken breast brown rice, Capri vegetables, peas, pineapple tidbits.

Wednesday - Meatloaf with ketchup glaze, mashed potatoes with gravy, mixed vegetables, fruit cocktail, whole wheat bread.

Thursday - Cobb salad w/

swabs) can be covered by Part D with a prescription, if they are on the plan's formulary. This equipment is not subject to the \$35 per month cap and a deductible may apply. The \$35 cap applies to the insulin you put into these supplies.

If you use an insulin pump, the insulin and the pump may be covered under Part B as durable medical equipment (DME). Part B covers DME at 80% of the Medicare approved amount, but as of July 2023, co-pays for Part B covered insulin

care coverage will end 36 months after the month of your transplant.

Note: if you did not have Medicare when you had a transplant, you can enroll retroactively in Part A within a year of your transplant.

#### Part B coverage for the rest of your life

If you receive a kidney transplant in a Medicare-approved facility, Part B will cover your immunosuppressants for the rest of your life if:

You had Part A at the time

drug typically means higher costs and additional restrictions, such as having to go to specific in network pharmacies for your drugs. All Part D formularies must include immunosuppressant drugs. Step therapy is not allowed once you are stabilized on your immunosuppressant drug. However, prior authorization can apply. This might mean your plan will verify that Part B will not cover your drugs before providing coverage. You can look for plans that have the fewest coverage restrictions and where the pharmacy you wish to use is in-network and has preferred cost sharing available to minimize costs and disruptions.

#### SENIOR CITIZEN ACTIVITIES

May 15 - Lunch on your own at Hong Kong Buffet in Escanaba. The bus leaves at 10 a.m. Cost for the bus ride is \$4 per person.

May 19 - Foot clinic by appointment only. The cost is \$22. These clinics fill up extremely fast; please call the office to schedule an appointment if interested.

May 20 - CSFP Elderly food program distribution drive through from 9-10 a.m. only. Please do not bring empty boxes back to

Jello, breadstick. May 23 - Meat lasagna, Brussel sprouts, side salad, warm cinnamon peaches, breadstick.

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 MAY 19

Monday - Cheeseburger, hamburger bun, tater tots, green beans, apple slices.

Tuesday - Swiss chicken breast brown rice, Capri vegetables, peas, pineapple tidbits.

Wednesday - Meatloaf with ketchup glaze, mashed potatoes with gravy, mixed vegetables, fruit cocktail, whole wheat bread.

Thursday - Cobb salad w/ turkey, cheese, egg, bacon, pasta salad, fruit jello, breadstick.

Friday - Meat lasagna, Brussel sprouts, side salad, warm cinnamon, peaches, breadstick.

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

Pioneer  
Tribune  
5/15/25

## Heather Tyner, Activities Director

This weekend is our Senior Prom! It takes place this Saturday, May 17 from 6-10 p.m. Whether you come spiffed up or not is up to you, but our Senior Center certainly will be.

It will have everything a Prom needs: a DJ, drinks, appetizers, decorations, lights and prom photos. It's only missing you. You can buy your admission at our Center or at the door. \$20 per person or \$28 for admission with three drink tickets. Drink tickets include beer, wine and seltzer. Pop will be available for purchase as well.

On Monday, May 19, we are busy. Starting our day off is our Basic Automotive Class by the Manistique High School automotive students from 11 a.m. to noon. This is a free class. It will be hands-on and will take place outside. All you have to do is show up. Next is our Writers' Group at 11:30 a.m. Our Writers' Group usually meets every month on the last Monday from 11:30 a.m. to 12:30 p.m. This month is an exception, with meeting on the 19th. Then we have Line Dancing, from 12:30-1:30 p.m. We learn a new dance every other week and on the weeks we are not learning a new line dance we are going over our previous dances. You can dance from a chair, with a cane or just slow and steady. To end out our Monday, May 19, is our Self-Defense Class taught by Bushido Karate. This class is \$10 per person and takes place from 2-4 p.m. Bushido Karate will welcome questions and what-if scenarios.

Later in the week, with Delta-Schoolcraft Great Start, we have Stories & Crafts with Seniors & Tots. This activity will take place on Wednesday, May 21, from



10-11 a.m. This month's story time will be all about gardening, and for the craft we will be painting flowerpots and planting seeds to learn how a plant grows! Monica Powell, our Great Start collaborator, brings a snack and free books for you to take home. Stories & Crafts with Seniors & Tots always takes place the third Wednesday of every month. Then, from 11 a.m. to 12:30 p.m., that same day, we have Technology Help Session by UP SAIL. Bring in your phone or computer and UP SAIL will help answer your technology questions. Also, on Wednesday we have our Senior Swingers. Practice will be from 3-4 p.m. and you need no musical talent to join in the fun. You can bring your own instrument, or we have kazoos, spoons and tambourines for you to play. We will be walking in the Independence Day Parade this year! If you'd like to walk with us, to hand out kazoos to seniors, please let me know by June 5. As always, on our Wednesdays, we have Chair Yoga from 4:30-5 p.m. We even supply the chair for you.

Our golfing tee time has changed. Our tee time will be every Tuesday at 4 p.m. at Stony Point. Stony Point does have golf clubs that you can borrow, golf balls that you can buy and a golf instructor, Chris Harkleroad, to teach you how to use both. Golfing is \$25 per person per week. This includes nine holes and the cart. Stony Point is a beautiful course and very relaxed. I will be there to golf every week and am not the best golfer, but I sure do love to hit a ball and drive around in a cart. You may enjoy it as well, come try it out. Again, all you have to do is show up.



## Community Action Agency Senior Nutrition Program

### SENIOR CENTER DINING or HOME DELIVERY PROGRAM

#### Meals for May 19 - May 23, 2025

##### Monday, 5/19

Cheeseburger  
Hamburger Bun  
Tater Tots  
Green Beans  
Apple Slices

##### Tuesday, 5/20

Swiss Chicken Breast  
Brown Rice Peppers  
Capri Vegetables  
Peas Warm  
Pineapple Tidbits

##### Wednesday, 5/21

Meatloaf with  
Ketchup Glaze  
Mashed Potatoes  
with Gravy  
Mixed Vegetables

##### Thursday, 5/22

Cobb Salad w/ Turkey  
Cheese, Egg, Bacon  
Pasta Salad  
Fruited Jello  
Fruit Cocktail

##### Friday, 5/23

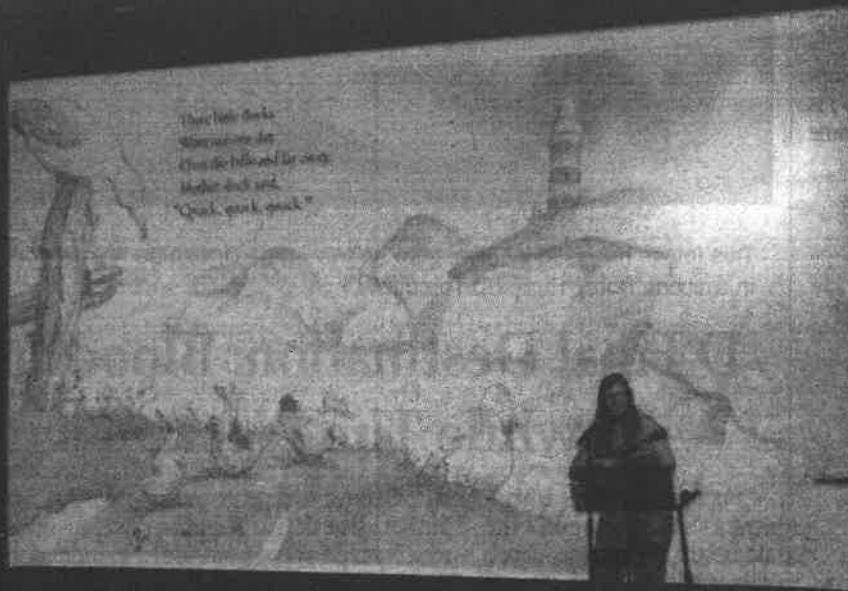
Meat Lasagna  
Brussel Sprouts  
Side Salad  
Warm Cinn. Peaches  
Breadstick

All meals also come with  
Bread, Milk, and Margarine.  
Lunch reservations must be  
called in the day before by  
calling from 8:00am-2:30pm  
at your area local number.  
Menu modifications may be  
necessary at times.  
Suggested meal  
donation is \$4.00

Gladstone and Rapid River Area Call 428-2201 • Rock Area Call 356-6420  
Escanaba Area Call 786-8850 • Hermansville Area Call 498-7736 • Manistique Area Call 341-5085



Daily Press  
5/16/25



Noah Johnson Dahl

Bay College Librarian Mariel Carter sings a story about ducks to students from Bark River-Harris Elementary celebrating the completion of the Reading Buddies program.

## Reading Buddies gather to celebrate program

**By Noah Johnson**

njohnson@dailypress.net

ESCANABA - Bay College hosted 120 first and second-grade students on Monday to celebrate this year's completion of the Reading Buddies program.

The program is a longstanding event for Bark River-Harris Elementary School, and Bays' third year hosting the event.

"The goal is to encourage children to read, and they pair adult volunteers with children in the classroom, and the kids get an opportunity to practice reading to a trusted adult."

(It's) somebody who's in their corner, somebody who's cheering them on, somebody who's

helping them get through some of those tough struggle words," said Bay College Librarian Mariel Carter.

Carter hosts the celebration for the completion of the program, but she says the teachers and volunteers are the real stars of the program.

"They are the ones who are starting the kids off with that trajectory up towards success and then continuing with that day-to-day encouragements," she said.

**“My job is just to come at the end and help them to celebrate and set the tone for celebration.”**

Monday concluded the program for the students, who celebrated by visiting Bay College and spending the morning listening to stories and songs while also dancing. The music was

performed live by Carter, who brought a ukulele for the occasion.

The students also got a quick tour of the library before heading to a park for pizza activities.

Carter said the program is an opportunity for children to not only advance their reading skills, but also to learn to love reading.

"Nobody likes to do things that they good at, and if you're not good at reading chore. But when you have somebody w your corner, who is trying to provide enc  
ment and direction, it makes a huge differ  
that success ratio," she said.

See PROGRAM pg

Daily Press  
5-20-25



Noah Johnson Daily Press

Bay College Librarian Mariel Carter shares a story with students from Bark River-Harris Elementary celebrating the completion of the Reading Buddies program.

## Program: Reading Buddies celebrate

**Continued from page 1A**

When students feel confident in their reading abilities, they're more willing to challenge themselves and grow in their skills.

"That's the success of programs like Reading Buddies because it gives kids that encouragement and opportunity to grow," Carter said.

She said she advocates for reading, not just in school, but throughout life.

"I hope that my joy and sharing stories with kids will help inspire them to be readers for life. I think that lifetime learning is super important," Carter said.

Lifetime reading is something Carter practices in her own home by reading to

her children every night.

She said programs like Reading Buddies are vital to youth, as it's important for them to see and hear adults rooting for them.

Carter added that reading is not a skill everyone has, and the students should be proud of their abilities and willingness to grow.

"I think kids feel so small in this big world, and finding ways to help them see their strengths, finding ways for them to see that they are making a difference in their own lives, and what does that mean for them personally is important," Carter explained.

The Reading Buddies program is made possible by grants sourced by the Com-

munity Action Agency.

Carter specifically mentioned Lori Giuliani of Community Action, saying she spearheads the funding effort for the program.

"She works really, really hard to make the program happen. And so securing the funding for this through grants so that the kids can have the bus ride, so that they can have the t-shirts, so that they can have all these other things," Carter shared.

Bay and Bark River-Harris plan to continue their partnership of a lifetime reading in the years to come.

"I'm a huge proponent of reading, and so anything that I can do to help encourage kids to read is a pleasure to me," Carter said.

Daily Press

5-20-25

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

## PART B VS. PART D DRUGS

### Group health plan coverage (GHP)

If you have a group health plan (GHP: job based, retiree, or COBRA coverage), your plan should cover your immunosuppressants during the 30-month period coordination period. Medicare is secondary during this period. After 30 months, Medicare will become your primary insurance, and Part D should cover your immunosuppressants.

### Vitamins for dialysis patients

If you get dialysis, you typically need to take various vitamins after each session to replenish the vitamins in your blood. Medicare usually does not cover vitamin supplements, but some Part D plans may offer enhanced coverage that includes vitamins. Enhanced Part D plans are typically more expensive. Check the plans formulary before joining to see if your vitamins are covered.

### How is PreEP covered by Medicare?

As of September 30, 2024, Medicare Part B covers FDA-approved Pre-exposure Prophylaxis (PrEP) using antiretroviral drugs to prevent HIV in individuals at increased risk. Note that Part D will still cover PreEP for individuals who have HIV and take PreEP to treat their HIV.

Part B also covers the fol-

lowing HIV-related preventative care:

Administration of injectable PreEP.

Supplying or dispensing PreEP drugs (oral and injectable).

Individual counseling (up to eight visits every 12 months), which may include HIV risk assessment, HIV risk reduction and medication adherence.

HIV screenings (up to eight times every 12 months)

Medicare will cover HIV prevention services if you have an increased risk of HIV infection. Your health care provider can assess your individual history to determine whether you are at an increased risk for HIV. If eligible, these services are covered by Part B at no additional cost to you. You should not owe any deductibles, copayments or coinsurance.

### What are drugs that can be covered by Part B or Part D, depending on the circumstances?

There are several other drugs that may be covered by Part B or Part D, depending on what they are used for and how they are administered:

**Antigens** administered by your doctor or self-administered are covered under Part B, but not under Part D.

**Erythropoietin (Epoetin Alpha or Epogen)** - If you have End-Stage Renal Disease (ESRD), are receiving dialysis, and need this drug to treat anemia, it will be covered under Part B. It may be administered by your doctor, ESRD facility, or you may administer it if you are selected for a home therapy program. It will be covered

under Part D if you have conditions other than ESRD and you purchase it at the pharmacy.

**Hemophilia Clotting Factors** - You must have hemophilia to be covered under Part B and only if self-administered. It will not be covered under Part D.

**Infusion Drugs** - Drugs administered by an implantable infusion pump or drugs administered by an external infusion pump that you use at home and your local DME contractor covers them under Part B. Drugs administered by an external infusion pump outside the home (skilled nursing facility or hospital) and your stay is not being covered by Part A or you do not have Part A will be covered under Part D. Drugs administered by an external infusion pump that you use in the home, but your DME contractor does not cover them under Part B for use in the home are also covered under Part D as well as infusion drugs administered at home without an infusion pump at home. One example of this is an IV push.

**Inhalation drugs** - Drugs used with a nebulizer in the home are covered by Part B. If the drugs are used with a nebulizer in a skilled nursing facility or as an inpatient in the hospital and your stay is not covered by Part A or you do not have Part A they will be covered under Part D. Drugs administered without a nebulizer are as well. For example: metered dose inhalers, dry powder inhalers, nasal spray inhalers. In some cases, the inhaler itself may also be covered by your Part D plan.

**Injectable Osteoporosis Drugs for women who meet certain conditions** - You receive Medicare home health benefits, and you have a bone fracture related to post-menopausal osteoporosis will be covered under Part B. You also must not be able to administer the drug yourself and the Medicare home health agency provides you with the drug. You do not receive Medicare home health benefits, or you meet the requirements of Part B coverage, but you purchase the prescription directly from the pharmacy will be covered by

home will be covered under Part D.

### SENIOR CITIZEN ACTIVITIES

May 26 - The center is closed for Memorial Day. No meals served. We will reopen at 8 a.m. on May 27.

May 28 - Monthly birthday party with 50/50 raffle, door prizes, cake, ice cream and bingo. Are you celebrating your birthday in May? Please let us know when reserving your meal.

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

May 26 - The center is closed in observance of Memorial Day; no meals on wheels or congregate meals served. We will reopen at 8 a.m. on May 27.

May 27 - Dinner frank/bun, red boiled potatoes, corn, tropical fruit, orange sherbet cup.

May 28 - Roast turkey/gravy, garlic mashed potatoes, diced carrots, dinner roll, mixed fruit dump cake (Birthday Party Dinner).

May 29 - Pasty, sweet potato cubes, green beans, fruit cocktail.

May 30 - California medley soup, chicken salad spread w/lettuce, sandwich bread, creamy cucumber salad, mixed fruit.

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 MAY 26

Monday - Closed.

Tuesday - Dinner frank, hot dog bun, red boiled potatoes, corn, tropical fruit, orange sherbet cup.

Wednesday - Roast turkey and gravy, garlic mashed potatoes, diced carrots, mixed fruit dump cake, dinner roll.

Thursday - Pasty, sweet potato cubes, green beans, fruit

Menominee County  
Journal

5-22-25

**HERMANSVILLE  
SENIOR CITIZEN MENU**

**WEEK OF  
MAY 26**

Monday - Closed.

Tuesday - Dinner frank, hot dog bun; red boiled potatoes, corn, tropical fruit, orange sherbet cup.

Wednesday - Roast turkey and gravy, garlic mashed potatoes, diced carrots, mixed fruit dump cake, dinner roll.

Thursday - Pasty, sweet potato cubes, green beans, fruit cocktail.

Friday - California medley soup, chicken salad spread w/ lettuce, sandwich bread, creamy cucumber salad, mixed fruit.

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

ceive Medicare home health benefits, and you have a bone fracture related to post-menopausal osteoporosis will be covered under Part B. You also must not be able to administer the drug yourself and the Medicare home health agency provides you with the drug. You do not receive Medicare home health benefits, or you meet the requirements of Part B coverage, but you purchase the prescription directly from the pharmacy will be covered by Part D.

**Intravenous Immunoglobulin** - If you use it to treat immune deficiency disease and it is used in the home is covered under Part B. If you use it to treat conditions other than immune deficiency disease and it is used in the



## Community Action Agency Senior Nutrition Program

### SENIOR CENTER DINING or HOME DELIVERY PROGRAM

#### Meals for May 26 - May 30, 2025

##### Monday, 5/26

MDS CAA Closed  
Memorial Day

Dinner Frank  
Hot Dog Bun  
Red Boiled Potatoes  
Corn  
Tropical Fruit  
Orange Sherbet Cup  
Dinner Roll

##### Wednesday, 5/28

Congregate Birthday  
Roast Turkey & Gravy  
Garlic Mashed Potatoes  
Diced Carrots  
Mixed Fruit Dump  
Cake

##### Thursday, 5/29

Pasty  
Sweet Potato Cubes  
Green Beans  
Fruit Cocktail

##### Friday, 5/30

California Medley  
Soup,  
Chicken Salad Spread  
w/ Lettuce, Sandwich  
Bread, Creamy  
Cucumber Salad,  
Mixed Fruit

All meals also come with  
Bread, Milk, and Margarine.  
Lunch reservations must be  
called in the day before by  
calling from 8:00am-2:30pm  
at your area local number.  
Menu modifications may be  
necessary at times.  
Suggested meal  
donation is \$4.00

Gladstone and Rapid River Area Call 428-2201 • Rock Area Call 356-6420  
Escanaba Area Call 786-8850 • Hermansville Area Call 498-7736 • Manistique Area Call 341-5085



Daily  
Press  
5-23-25

Menominee  
County  
Journal  
5-29-25

The Menominee County Journal • Thursday, May 29, 2025

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

## PART B VS. PART D DRUGS

**Oral anti-cancer drugs** - it is an oral anti-cancer drug that was once available only in injectable form that was covered by Medicare. You or your doctor can administer the drug. It must be used to treat cancer to be covered by Medicare Part B. To be covered under Medicare Part D the drug must be used for a condition other than cancer.

**Oral anti-nausea drugs (anti-emetics)** to be paid under Medicare Part B, it must be related to cancer, used as a full replacement for\* intravenous treatment, and administered within 48 hours of cancer treatment. It can be administered by yourself or by a doctor. To be paid under Medicare Part D, the drug is used for conditions other than cancer AND it is used more than 48 hours after cancer treatment or is not a full replacement for intravenous treatment.

**PARENTERAL NUTRITION (administered by infusion)** if you cannot absorb nutrition through your intestines, it will be covered under Medicare Part B. If used for reasons other than a digestive tract that does not work, Part D will cover.

**What is pharmacy fraud?** Pharmacy fraud can happen in many different forms, but most often pharmacy fraud is seen when the pharmacy bills Medicare for medication you didn't receive, or the pharmacy gives a different or less medication than what your

doctor prescribed.

It is important to read your Medicare statements to check for errors or suspicious charges. This includes checking your statements to make sure that the medications you picked up at the pharmacy are the type and amount you were prescribed. If you notice any concerns about your Medicare statements or about your medications, contact the Michigan Senior Medicare Patrol at 877-808-2468. Your SMP can help and report the potential fraud and abuse to the correct authorities.

Some other red flags related to pharmacy fraud are when:

A pharmacy purposely provides you with expired drugs.

A pharmacy gives and bills you for a costly compounded medication, such as a pain cream, when a lower cost prescription was ordered by your doctor.

A pharmacy offers you "free" or "discount" prescription drugs without an order from your doctor and then bills Medicare.

A pharmacy refills a prescription you no longer need without you knowing it. You do not pick it up, but the pharmacy still bills Medicare.

A pharmacy offered you gift cards or other payment, to switch your prescription drugs over to their pharmacy.

**What should I do if I'm having trouble accessing my medication?** If you are experiencing issues accessing your medication, take these steps:

Become familiar with how your medication is covered: use the information above or call 800-MEDICARE (633-4227) to learn about which part of Medicare should cover your medication. If it is a Part D drug, check that it is on your plan's formulary and see if there are any coverage

restrictions imposed by your plan.

**Ask your pharmacist or provider to submit claims to the correct part of Medicare:** if your pharmacist is having trouble billing to Medicare/Part D plan, or if you are being denied coverage for a drug, it is possible that the medication is being billed incorrectly. If your provider is unsure of how to submit these claims, tell them they can reach out to your plan or to Medicare for assistance.

If this is a Part D covered drug, they should call your Part D plan.

If it is a Part B covered drug and you have a Medicare Advantage plan, they should call your Medicare Advantage plan.

If it is a Part B covered drug and you have Original Medicare, they should reach out to the Medicare Administrative Contractor for your region.

**If the coverage of the drug depends on the circumstances in which you use it, make sure your provider or pharmacist has the documentation they need.** For example, if your insulin should be covered by Part B because you use an infusion pump to take it, Medicare may need you to provide proof that you have an insulin pump (especially if you purchased the pump before you were eligible for Medicare).

**If payment is denied, appeal the denial.** You have the right to appeal to Medicare's or your plan's denial. Ask your doctor to help you prove that the medication is medically necessary for you and that you meet the coverage criteria. If you need help appealing a denial of coverage of your medication to Medicare or Part D plan, contact your State Health Insurance Assistance Program (SHIP) at 800-803-7174.

Be on the lookout for pharmacy fraud. If you notice any suspicious behavior or charges from your pharmacy, contact the Senior Medicare Patrol.

## 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.

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 smart phone 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 2 and 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 2 - Sloppy Joe/whole wheat hamburger bun, tater tots, green beans, mixed fruit cup.

June 3 - Pork fritter, mashed potatoes/gravy, wax beans, applesauce.

June 4 - Beef enchilada casserole, Spanish rice, corn with peppers and onions, fresh fruit.

June 5 - Chicken alfredo w/ fettuccine noodles, mixed vegetables, side salad w/cheese and tomato, warm fruit compote.

June 6 - Breaded pollock fish filet, boiled red potatoes, broccoli, 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.

## HERMANSVILLE SENIOR CITIZEN MENU WEEK OF JUNE 2

Monday - Sloppy Joes, hamburger bun, whole wheat tater tots, green beans, mixed fruit cup.

Tuesday - Pork fritter, mashed pot w/gravy, wax beans, applesauce, whole wheat bread.

Wednesday - Beef enchilada casserole, Spanish rice, corn w/peppers and onions, fresh fruit.

Thursday - Chicken alfredo, fettuccine noodles, mixed vegetable, side salad w/ cheese

what does not work, Part D will cover.

**What is pharmacy fraud?**  
Pharmacy fraud can happen in many different forms, but most often pharmacy fraud is seen when the pharmacy bills Medicare for medication you didn't receive, or the pharmacy gives a different or less medication than what your

medication, take these steps:  
Become familiar with how your medication is covered: use the information above or call 800-MEDICARE (633-4227) to learn about which part of Medicare should cover your medication. If it is a Part D drug, check that it is on your plan's formulary and see if there are any coverage

**peal the denial.** You have the right to appeal to Medicare's or your plan's denial. Ask your doctor to help you prove that the medication is medically necessary for you and that you meet the coverage criteria. If you need help appealing a denial of coverage of your medication to Medicare or Part D plan, contact your State Health Insurance Assistance Program (SHIP) at 800-803-7174.

Be on the lookout for pharmacy fraud. If you notice any suspicious behavior or charges from your pharmacy, contact the Senior Medicare Patrol.

#### 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

June 6 - Breaded pollock fish filet, boiled red potatoes, broccoli, 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.

#### HERMANSVILLE SENIOR CITIZEN MENU WEEK OF JUNE 2

Monday - Sloppy Joes, hamburger bun, whole wheat tater tots, green beans, mixed fruit cup.

Tuesday - Pork fritter, mashed pot w/gravy, wax beans, applesauce, whole wheat bread.

Wednesday - Beef enchilada casserole, Spanish rice, corn w/peppers and onions, fresh fruit.

Thursday - Chicken alfredo, fettuccine noodles, mixed vegetable, side salad w/ cheese and tomato, warm fruit compote.

Friday - Breaded pollock fish fillet, boiled red potatoes, broccoli, pineapple and orange mix, whole wheat bread.

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

## Manistique Senior Center

Heather Tyner, Activities Director

June is right around the corner and is it not just bringing warmer weather and beautiful sunshine, but it is also bringing even more activities to our Center. Starting in June we have tap dancing! Our Tap Dancing Class will be taught by Nicole Nelson every first and third Mondays of the month, from 1:45-2:45 p.m. There is \$5 cost for each class that you attend, to help pay for the instructor. Nicole can teach several different classes: Move & Groove, Loosen Up, Barre, Belly Dancing, and Ballroom/Partner dancing. We will see what you all are interested in and hopefully add that class to the first and third Mondays of every month to our 3-4 p.m. time slot.

Also starting in June is Golfing every Tuesday at Stony Point, with a 4 p.m. tee time. Golfing is \$25 per person per week. This includes 9 holes and your cart. We do have a golf instructor, Chris Harkleroad, if you are in need of one. Stony Point has clubs to borrow and golf balls for sale. I will be golfing with you every Tuesday. I highly enjoy golfing. Am I a decent golfer? Not really, but I do promise fun. Then we have Cornhole every Wednesday from 3-4 p.m., weather permitting. I have had several people interested in playing cornhole at our Center, and some younger than 55. I think it only right that we allow the young ones to come play with us, someone needs to teach 'em how to have fun. We do have a rowdy group of seniors.

Also, every Wednesday from 3-4 p.m. is Senior Swingers practice. We have quite a band going, and they sound amazing. You can still come join the musical fun. You need no musical talent or your own instrument. We have kazoo's, spoons and



tambourines for you to play.

On Wednesday, June 4, we have Tech-Support by Max, from 10-11 a.m. If you have a phone or computer question, bring it into Max. He may be able to help you.

At 10:30 a.m. that same day we have Stories & Crafts with Seniors & Tots. Mary Ellen Debelak, one of our seniors that quite enjoys our Stories & Crafts, recently took a trip to our Northern neighbor and found a book about Canada that she'd like to read to the little ones. Monica Powell, our Great Start liaison, will be centering the craft around the book and we will be making ribbon wands. To end out our day on Wednesday, as always, is Chair Yoga, from 4:30-5 p.m. Music with Gwen is Thursday, June 5, starting at 4 p.m. You will want to come listen to Gwen tell us stories, play her ukulele and sing. She does urge us to sing with her, and its beautiful listening to everyone join in.

Our Senior Center Art Gala is coming up quickly. The Art Gala is on Saturday, June 14, from 6-8 p.m. The art that will be on display is from Steve Haarman's private collection, that he has been collecting throughout the years. There are several different painting genres and artists that will be on show. \$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. Pop will be available for purchase. We hope that you come for an evening of thought-provoking and fascinating art, excellent conversation and help our Center raise a little bit of money. Buy your admission today at our Center. We are open Monday through Friday, 8 a.m. to 4 p.m.

Pioneer Tribune  
5-29-29

# Emergency Food Assistance available

The Emergency Food Assistance Program (TEFAP) with Menominee Delta Schoolcraft Community Action Agency has scheduled distribution in Menominee and Delta Counties in June.

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: 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 food must 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.

Delta County distributions for TEFAP will be: Escanaba - June 3, 10, 17, 24 at Escanaba Senior Center 225 N. 21st Street, from 1 - 3 p.m. 906-786-8850.

Menominee County distributions for TEFAP will be: Hermansville - June 3, 10, 17, 24 at Hermansville Senior Center W5480 1st Street, from 1 - 3, CDT 906-498-7735,

Contact the participating MDS CAA Senior Center for more information.

This institution is an equal opportunity provider.

Menominee  
County  
journal

5-29-25

**CSFP Food  
Distribution  
June 23**

*Menominee  
County  
journal*

*5-29-25*

The Menominee Delta Schoolcraft Community Action Agency has scheduled the distribution for the Commodity Supplemental Food Program (CSFP) on June 23, for the Hermansville area.

The 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 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.

Menominee County distributions for CSFP will be in Hermansville - June 23 at the Senior Center from 9-10 a.m. 906-498-7735.

Bring a valid ID to the location where registered. If need to register, contact MDS area CAA for an application to pre-register or for more information.

This institution is an equal opportunity provider.