

**Menominee Senior Center to hold
planning meeting**

MENOMINEE — The Menominee Senior Center, 905 10th St., is hosting a "Center Program Planning Meeting" Wednesday at 11 a.m. All are welcome to attend to make suggestions of what people are looking for in events and programs for the new center. Lunch will be provided after the meeting.

Attendees are asked to RSVP by calling 906-863-2158.

Eagle Herald

6/1/26.

BRIEFS

PARKINSON FOUNDATION SUPPORT GROUP MEETING

ESCANABA — The Michigan Parkinson Foundation support group for Escanaba and the surrounding areas meets the second Tuesday of each month at 1:00 p.m. The next meeting is Tuesday, June 9 at 1 p.m. at the Community Action Agency, 507 1st Ave. North, Escanaba.

Everyone is welcome to attend — people with Parkinson's, their families and caregivers. For more information, call Debra Martin at 906-420-2871 or Dianna Lawson at 906-399-3706.

Daily Press

6/1/26

STANKOWICZ FAMILY DONATES TO MDS CAA ADULT DAY SERVICES MEMORY CARE CENTER



Stankowicz family donates to MDS CAA Adult Day Services Memory Care Center in memory of Merrie Bea Stankowicz.

Daily Press

6/1/26

BRIEFS

PARKINSON FOUNDATION SUPPORT GROUP MEETING

ESCANABA — The Michigan Parkinson Foundation support group for Escanaba and the surrounding areas meets the second Tuesday of each month at 1:00 p.m. The next meeting is Tuesday, June 9 at 1 p.m. at the Community Action Agency, 507 1st Ave. North, Escanaba.

Everyone is welcome to attend — people with Parkinson's, their families and caregivers. For more information, call Debra Martin at 906-420-2871 or Dianna Lawson at 906-399-3706.

Daily Press
6/2/26

BRIEFS

PARKINSON FOUNDATION SUPPORT GROUP MEETING

ESCANABA — The Michigan Parkinson Foundation support group for Escanaba and the surrounding areas meets the second Tuesday of each month at 1:00 p.m. The next meeting is Tuesday, June 9 at 1 p.m. at the Community Action Agency, 507 1st Ave. North, Escanaba.

Everyone is welcome to attend — people with Parkinson's, their families and caregivers. For more information, call Debra Martin at 906-420-2871 or Dianna Lawson at 906-399-3706.

Daily Press
6/3/26

Manistique Senior Center

Our former Assistant Director, Carol Ford, passed away Monday, May 25. I did not have the pleasure of knowing



Carol, but I know those of you that did, loved her. I also know that she loved working here and thoroughly enjoyed all that came to our Center during her time here. Carol worked at the Manistique Senior Center from 1997 until her retirement in 2024. Carol's funeral will be held here in town at the Fausett Family Funeral Home on Friday, June 5. The visitation will be from 2-4 p.m., with the funeral following at 4 p.m.

There were 13 of us that enjoyed our Spring Wildflower Walk on Saturday, May 23, and it was beautiful; from the temperature, sunshine and slight breeze that kept off the bugs to the stunning wildflowers. Deb LeBlanc is full of knowledge and knew exactly where to take us to show us each wildflower. Deb also told us

everything about each wildflower, why they grow where they do and what that tells about

its community. Deb showed us Cut-leaf Toothwort, Bloodroot, Dutchman's Breeches, Trout Lilies, Fiddle Heads, Squirrel Corn, Western Oregon Grape/wild Holly, Nodding Trillium, Green Trillium, which is a genetic mutation of the Giant White Trillium, the candy-striped hybrid Trillium and a few other hybrid trilliums. After our jaunt through the woods, we ate Mama Cows ice cream at Picture Rocks Trading Post and then went on to have dinner at Jack Pine Lodge. It was a bit of a tight squeeze into a corner booth, but we had fun and the food was delicious. Thank you kindly, Deb for an amazing afternoon. Our next hike with Deb is on Saturday, June 27, from 10 a.m. to noon at the Environmental Lab. No RSVP needed on our Monthly Hikes with

Deb.

June is here and with it we have the addition of two activities. One is Chair Qigong, which is done while sitting in a chair and will follow Qigong every Monday. Linda Chandanais is our instructor for both classes. Qigong, pronounced "chi gong," was developed in China over two thousand years ago with the goal of improving and maintaining health and well-being. Movements for Qigong are smooth and gentle and aim for balance, flexibility and relaxation, while the breaths are slow and deep. Qigong takes place from 3:30-4 p.m. and Chair Qigong will be 4-4:30 p.m. Both activities are free and no RSVP necessary.

Our second addition to our calendar starting in June is golfing. For our golfing season we will be heading to Stony Point Golf Course, Nahma Golf Club, Garden Golf Course and on a few occasions, JP Memorial Golf Course out in Germfask. We golf every Tuesday, from 4:30-6 p.m. If you would like to try golfing

Pioneer Tribune

6/4/26

1 of 2

Heather Tyner, Activities Director

with us, please do. We take any level of golfer, from beginners to those that know what they are doing. This is a very fun and relaxed group of people, with a lot of positivity and laughter. You will need to pay for your golfing. The golf courses have clubs to borrow and balls to buy. To know where we will be golfing on a given Tuesday, please look to our daily Facebook posts, our weekly calendar in the Advisor, my

Friday emails or our calendar in our monthly Newsletter.

On Wednesday, June 10, from 10:30 a.m. to noon Kim Moote, from 906 Health Solutions, is coming to our Center to give a Medicare 101 Presentation. The presentation is for anyone who is turning 65, has a loved one turning 65, or if you have questions about Medicare. Kim is a licensed Medicare agent and can be

reached at (906) 202-9106.

UP SAIL will be bringing their adaptive pedal bikes back to our Center on Thursday, June 11, from 11 a.m. to noon, along with some lawn games for us to play. Last year they had five different adaptive bike styles for us to try, and you can ride each one around our parking lot. Along with the lawn games and adaptive bikes, they will also supply a bike helmet to wear.



Courtesy photo

Our Spring Wildflower Walk, on Saturday, May 23, was our first Monthly Hike with Deb. Pictured from left to right are Doyle Walker, Mary Ellen Debelak, Nancy Sherman, Paula Walker, Wanda Tuller, Carol Garai, Nancy Kadau, Deb LeBlanc, Gwen Foor, Robin Derwin, Jan Wilson, Pat Norman and Heather Tyner

Pioneer Tribune

6/4/26

2 of 2

BRIEFS

PARKINSON FOUNDATION SUPPORT GROUP MEETING

ESCANABA — The Michigan Parkinson Foundation support group for Escanaba and the surrounding areas meets the second Tuesday of each month at 1:00 p.m. The next meeting is Tuesday, June 9 at 1 p.m. at the Community Action Agency, 507 1st Ave. North, Escanaba.

Everyone is welcome to attend — people with Parkinson's, their families and caregivers. For more information, call Debra Martin at 906-420-2871 or Dianna Lawson at 906-399-3706.

Daily Press

6/4/26

Senior Citizen News

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

ORIGINAL MEDICARE AND MEDICARE ADVANTAGE APPEALS

What are tips for making a strong appeal? Here are some tips that may help you through the appeal process:

Make sure you fully read and understand all notices sent by Medicare or by your Medicare Advantage plan.

Call 1-800-MEDICARE (if you have Original Medicare) or your Medicare Advantage plan to learn why your health service or item is being denied, if the information was not provided. Your appeal letter should address the reason(s) for denial stated by Medicare or your plan.

If you need help understanding coverage rules surrounding your appeal, you can call 1-800-MEDICARE.

Include a letter from your doctor in support of your appeal.

Make sure to meet appeal deadlines. If there is a reason you cannot submit your appeal within the timeframe, request a good cause extension.

Keep a copy of all documents sent and received during the process.

If possible, send your appeal certified mail or delivery confirmation.

Do not send the original copies of important documents.

Keep any notices you receive from Medicare and write down the names of any representatives you speak to, the date and time you spoke, and what you spoke about.

How should I request a good cause extension? When initially filing an appeal and for each subsequent level, you have a limited amount of time to file. That said, after the deadline has passed, if you can show good cause for not filing on time, your late appeal may be considered. You can request a good cause extension at any level of appeal, and

ered on a case-by-case basis, so there is no complete list of acceptable reasons for filing a late appeal, but some examples include:

The notice you are appealing was mailed to the wrong address.

A Medicare representative gave you incorrect information about the claim you are appealing.

Illness-either yours or a close family members, prevented you from handling business matters.

The person you are helping appeal a claim is illiterate, does not speak English, or could not otherwise read or understand the coverage notice.

If you think you have a good reason for not appealing on time, send in your appeal as you normally would and include a clear explanation of why your appeal is late. If the reason has to do with illness or other medical conditions, a letter or supporting documentation from your health care provider can be helpful.

Can I still appeal if I signed an Advance Beneficiary Notice? You can still appeal if you signed an Advance Beneficiary Notice (ABN). An ABN is a notice a provider should give you before you receive a service if, based on Medicare coverage rules, your provider has reason to believe Medicare will not pay for the service. You may receive an ABN if you have Original Medicare, but not if you have a Medicare Advantage plan. The ABN may look different, depending on the type of provider who gives it to you.

While the ABN serves as a warning that Medicare may not pay for the care your provider recommends, it is possible that Medicare will pay for the service. To get an official decision from Medicare, you must first sign the ABN, agreeing to pay if Medicare does not, and receive the care. Make sure you request that your provider bills Medicare for the service before billing you (the ABN may have a place on the form where you can elect this option). Otherwise, your provider is not

when you should receive an ABN and how it should look. If these rules are not followed, you may not be responsible for the cost of the care. However, you may have to file an appeal to prove this.

If your MSN you later receive shows that Medicare has denied payment for a service or item, you can choose to file an appeal. Remember, receiving an ABN does not prevent you from filing an appeal, if Medicare was billed. You may not be responsible for denied charges if the ABN:

Is difficult to read or hard to understand.

Is given by the provider (except a lab) to every patient with no specific reason as to why a claim may be denied.

Does not list the actual service provided, or is signed after the date the service was provided.

Is given to you during an emergency or is given to you just prior to receiving a service (for instance, immediately before an MRI).

You also may not be responsible for the charges denied if an ABN was not provided when it should have been. You may not need to pay for care if you meet all the following criteria:

1. You did not receive an ABN from your provider before you were given the service or item.
2. Your provider had reason to believe your service or item would not be covered by Medicare.
3. Your item or service is not specifically excluded from Medicare coverage.
4. Medicare has denied coverage for your item or service.

June exercise dates

June 10 at 11 a.m.
June 15 at 10 a.m.
June 22 at 10 a.m.

SENIOR CITIZEN ACTIVITIES

June 4 and 5 - Rummage sale fundraiser.
June 11 and 22 - Foot clinic by appointment only; call the center to schedule. These dates fill up immediately.
June 15 - Craft class at 1

50/50 raffle and bingo after lunch. All are welcome.

June 24 - Monthly birthday party dinner with door prizes, 50/50 raffle, cake, ice cream and bingo after lunch. Please notify the staff if you are celebrating your birthday in June so we may honor you.

A day trip is in the works for July 30 to attend the summer concert series in Iron Mountain. A fun day is planned; bring a lawn chair, enjoy the music and grab a bite to eat at the food trucks.

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

Nutrition Menu

June 8 - Sloppy Joes/whole wheat hamburger bun, root vegetable blend, corn, fruit cocktail.

June 9 - Diced pork w/gravy, brown rice, Oriental vegetables, Oriental coleslaw, warm fruit compote.

June 10 - Meatloaf w/ ketchup glaze, smashed red potatoes, chef's choice vegetables, diced pears.

June 11 - Albacore tuna salad, cucumber and tomato salad, cottage cheese w/peaches, zee zee wheat crackers, tomato juice.

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 8

Monday - Sloppy Joes, whole wheat hamburger bun, root vegetable blend, corn, fruit cocktail.

Tuesday - Diced pork with gravy, brown rice, Oriental vegetable, Oriental coleslaw, warm fruit compote.

Wednesday - Meatloaf with ketchup glaze, smashed red potatoes, chef's choice vegetable, diced pears, whole wheat bread.

Thursday - Albacore tuna salad, cucumber and tomato salad, cottage cheese with peaches, zee zee wheat crackers, whole wheat bread, tomato juice.

Menominee
County
Journal

6/4/26

May birthday celebration at Senior Center



Honored for their May birthdays at the Mid-County Senior Center last week were, front row from left, Judy Anderson, Donna

Beaudo and Barb Eckert. Back row from left, Ruth DeLaurelle, Barb Halbrook and Bill Salo.

Menominee County Journal

6/4/26

BRIEFS

PARKINSON FOUNDATION SUPPORT GROUP MEETING

ESCANABA — The Michigan Parkinson Foundation support group for Escanaba and the surrounding areas meets the second Tuesday of each month at 1:00 p.m. The next meeting is Tuesday at 1 p.m.

at the Community Action Agency, 507 1st Ave. North, Escanaba.

Everyone is welcome to attend — people with Parkinson's, their families and caregivers. For more information, call Debra Martin at 906-420-2871 or Dianna Lawson at 906-399-3706.

Daily Press

6/5/26

BRIEFS

PARKINSON FOUNDATION SUPPORT GROUP MEETING

ESCANABA — The Michigan Parkinson Foundation support group for Escanaba and the surrounding areas meets the second Tuesday of each month at 1:00 p.m. The

next meeting is Tuesday at 1 p.m. at the Community Action Agency, 507 1st Ave. North, Escanaba.

Everyone is welcome to attend — people with Parkinson's, their families and caregivers. For more information, call Debra Martin at 906-420-2871 or Dianna Lawson at 906-399-3706.

DANCE IN ROCK

ROCK — A dance will be held at the Rock Community/Senior Center, located at 3892 West Mapleridge Road, on June 14 from 1 p.m. to 4 p.m. Live music will be performed by the Ghost Riders. Lunch will be served. Proceeds benefit the senior corporation. For more information, call Lucy at 906-356-6459.

Daily Press

6/6/26

BRIEFS

PARKINSON FOUNDATION SUPPORT GROUP MEETING

ESCANABA — The Michigan Parkinson Foundation support group for Escanaba and the surrounding areas meets the second Tuesday of each month at 1:00 p.m. Today's meeting will take place at 1 p.m. at the Community Action Agency, 507 1st Ave. North, Escanaba.

Everyone is welcome to attend — people with Parkinson's, their families and caregivers. For more information, call Debra Martin at 906-420-2871 or Dianna Lawson at 906-399-3706.

DANCE IN ROCK

ROCK — A dance will be held at the Rock Community/Senior Center, located at 3892 West Mapleridge Road, on Sunday from 1 p.m. to 4 p.m. Live music will be performed by the Ghost Riders. Lunch will be served. Proceeds benefit the senior corporation. For more information, call Lucy at 906-356-6459.

Daily Press
6/9/26

BRIEFS

DANCE IN ROCK

ROCK — A dance will be held at the Rock Community/Senior Center, located at 3892 West Mapleridge Road, on Sunday from 1 p.m. to 4 p.m. Live music will be performed by the Ghost Riders. Lunch will be served. Proceeds benefit the senior corporation. For more information, call Lucy at 906-356-6459.

Daily Press

6/10/26

BRIEFS

DANCE IN ROCK

ROCK — A dance will be held at the Rock Community/Senior Center, located at 3892 West Mapleridge Road, on Sunday from 1 p.m. to 4 p.m. Live music will be performed by the Ghost Riders. Lunch will be served. Proceeds benefit the senior corporation. For more information, call Lucy at 906-356-6459.

Daily Press

6/11/26

Senior Citizen News

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

ORIGINAL MEDICARE AND MEDICARE ADVANTAGE APPEALS

When and how should I file a grievance? If you are dissatisfied with your Medicare Advantage or Part D prescription drug plan for any reason, you can choose to file a grievance. A grievance is a formal complaint that you file with your plan. It is not an appeal, which is a request for your plan to cover a service or item that is denied. Times when you may wish to file a grievance include whether your plan has poor customer service or you face administrative problems (such as the plan taking too long to file your appeal or failing to deliver a promised refund). In some cases, you may want to file both an appeal and a grievance.

To file a grievance, send a letter to your plans Grievance and Appeals department. Check your plans website or contact them by phone for the address. You can also file a grievance with your plan over the phone, but it is best to send your complaints in writing. Be sure to send your grievance to your plan within 60

days of the event that led to the grievance. You may also want to send a copy of the grievance to your regional Medicare office and to your representatives in Congress, if you feel they should know about the problem. Go to www.medicare.gov or call 1-800-MEDICARE (800-633-4227) to find out the address of your regional Medicare office. Keep a copy of any correspondence for your records.

Your plan must investigate the grievance and get back to you within 30 days. If your request is urgent, your plan must get back to you within 24 hours. If you have not heard back from your plan within this time, you can check the status of your grievance by calling your plan.

What are skin substitutes and how can I recognize skin substitute fraud? Skin substitutes are specialized treatment for wounds that are not healing. These wounds could be from infections, burns, injuries, bites, cysts or diabetes just to name a few causes. When these wounds persist long term and are not healing, they may need more advanced treatment. Skin substitutes act as a protective cover and support new tissue growth. They can be made from biological (like donated human or animal tissue) or synthetic materials. For more complicated wounds, there are surgical treatments like skin grafts,

when healthy skin from one part of the body is used to cover or repair damaged skin on another part of the body. Medicare costs for skin substitutes have skyrocketed, surpassing \$10 billion annually by the end of 2024. Data shows that they are vulnerable to fraud schemes.

Here are red flags signaling potential wound care fraud that you can look out for:

Someone other than your health care provider (like a sales representative) offers to order you wound care.

Someone comes to your home and applies wound care in ways that seem odd, like a skin substitute over healthy skin where there isn't a wound, several on a single wound, or very large substitutes on small wounds. This could signal an over ordering and overuse of skin substitutes.

Your loved one in hospice care is offered complicated wound care from a sales representative. Patients nearing the end of their lives can be vulnerable to wound care fraud.

You see claims on your Medicare statements for wound care that you did not receive, or for a different type or amount of wound care you received.

Skin substitutes may appear in your Medicare statements using the following billing codes:

Skin substitutes products: Q4100-Q4397.

Application of skin substitutes: 15271-15278.

If you suspect you may have experienced potential Medicare fraud, errors or abuse contact your local Senior Medicare Patrol at 844-677-6424.

Who should I contact for more help?

Medicare / your Medicare Advantage plan: contact 1-800-MEDICARE or your Medicare Advantage plan for more information regarding their denial.

Your health care provider: request a letter from your doctor in support of your appeal.

June exercise dates

June 15 at 10 a.m.

June 22 at 10 a.m.

June 15 - Craft class at 1 p.m. to construct Father's Day favors.

June 17 - Father's Day party dinner with door prizes, 50/50 raffle and bingo after lunch. All are welcome.

June 24 - Monthly birthday party dinner with door prizes, 50/50 raffle, cake, ice cream and bingo after lunch. Please notify the staff if you are celebrating your birthday in June so we may honor you.

A day trip is in the works for July 30 to attend the summer concert series in Iron Mountain. A fun day is planned; bring a lawn chair, enjoy the music and grab a bite to eat at the food trucks.

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

Nutrition Menu

June 15 - Polish sausage and sauerkraut, whole wheat hot dog bun, oven potatoes, 5-way mixed vegetables, applesauce.

June 16 - Hamburger stroganoff, chefs choice vegetable, peas, diced pears.

June 17 - Boneless BBQ ribs, garlic mashed potatoes, capri vegetables, dinner roll, peach cobbler (Father's Day Party).

June 18 - Mandarin orange chicken salad, pickled beet salad, muffin, fruited jell-o.

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 15

Monday - Polish sausage and sauerkraut, whole wheat bun, oven potatoes, five-way mixed vegetables, applesauce.

Tuesday - Hamburger stroganoff, chef's choice vegetable, peas, diced pears.

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

Thursday - Chicken salad spread with lettuce, marinated green bean salad, fruited

Menominee
County Journal

6/11/26

Manistique Senior Center

Our garden is growing! Literally and figuratively. Our fence is up, our gate has been built and installed, and our transplants are in. When I thought of starting a Garden Group here at our Center last year, I could not have imagined that our garden area would be so beautiful because of the kindness and generosity of so many throughout our community. Our Garden Group have so many to thank, but we must first start with Abbey Palmer of the MSU Extension Farm in Chatham. Abbey not only pointed me in the right direction to find a grant for my project, but she came to our first Garden Group meeting, gave us the tools to dig in the dirt, furthered our knowledge of planting in raised garden beds and gave us the transplants to get started.

Our second thank you goes out to Schoolcraft County Community Foundation for the grant to purchase the raised beds.

Our third, but maybe our biggest thank you belongs to John Osterhout, owner of J.O. Backhoe Service. Without John we would not have the gorgeous garden area that we do today. John not only donated his labor, time and idea, but also gave us the money to bring that



idea to life; our beautiful concrete slab. Thank you so much, John.

A thank you is also a must for Charlamaine. Charlamaine gave a generous donation of money to also help with the concrete slab and to purchase a storage bench, so that we can sit and enjoy the growing beauty.

Thank you kindly to both B&N Concrete for the donation of labor and to Zellar Sanitation for a load of sand donation.

Another large thank you to D&D Lumber for the fencing, otherwise the deer would enjoy our garden more than we would. Thank you to Randy Akers and Tim Derwin for installing that fence and another thank you to an anonymous donor and Tim Derwin for building and installing our red cedar gate.

A big thank you to Jason Desjarden, of Desjarden Excavating, for the load of beautiful topsoil.

I must also thank all of our Garden Group members: Tim Derwin, Judy Lucas,

Randy Akers, Gwen Foor, Michelle Guzzetta, Carol Wiater, Melissa White, Susan Studinger and Wanda Derwin. Without all of them, there would be no garden area to be proud of. Come check out our new garden. It's growing!

Our first golf outing of the season was on Tuesday, June 2, at Stony Point Golf Course. It was a wonderful day to be out on the golf course; the sun was out and the breeze was light. We all quite enjoyed ourselves, and we had a new golfer join us! If you would like to try golfing with us, please do. You do not need to RSVP. You will need to pay for your own golfing. Next week we are heading over to Garden Golf Course on Tuesday, June 16, for a 4:30 p.m. tee time. We hope to see you there.

On Wednesday, June 17, at noon is our Monthly Meal with Don, Karen & Heather. The Community Action Agency ladies are cooking us boneless BBQ ribs, garlic mashed potatoes, capri vegetables, peach cobbler and a whole wheat dinner roll, with a carton of 2% milk to drink. Lunch is done on a donation basis and \$4.50 is suggested donation for 60 and up, and \$7 for younger than 60. Please call the kitchen before 8 a.m. that

Pioneer Tribune 6/11/26
1 of 2

Heather Tyner, Activities Director

morning if you will be joining us for lunch, and we do hope that you will join us. Call us at (906) 341-5085.

Smiles on Wheels is visiting our Center again this year on Thursday, June 18, from 11 a.m. to 12:30 p.m. Smiles on Wheels is a free oral health assessment; each participant will receive an oral health assessment, which includes an oral cancer screening, and free oral health aids, such as a toothbrush, toothpaste, denture supplies and dry mouth products. By participating in this survey, the Senior Smile Survey, you will help the Delta Dental Foundation of

Michigan learn more about the oral health needs of its seniors. All of your information will be kept confidential. For more information, you can contact Smiles on Wheels at (906) 282-8741. No appointment necessary.

Also on Thursday, June 18, is Movie Day! Our movie this month follows Tova, a widowed aquarium cleaner, whose unlikely friendship with Marcellus, a witty giant Pacific octopus, and a drifting young man sparks a journey of mystery, healing, and renewed wonder. The movie stars Sally Field and is adapted from Shelby Van Pelt's bestselling nov-

el. Our Page Turners Book Club read this novel several months ago and it is still brought up on occasion because it was so well enjoyed. Movie Day starts at 1 p.m. and there is always free popcorn on Movie Day.

To end out our day on Thursday, June 18, we have our Senior Swingers Potluck. Our own Senior Swingers Band has made room for us in their rather busy schedule to play at our Center from 4-5 p.m. At 5 p.m. our potluck portion of the evening will begin. Please bring a dish to share and be ready to enjoy the music.



Courtesy photo

Our Senior Swingers played for a full house at the Gladstone Senior Center on May 27. Pictured from left to right are, Karen Meston, Tim Derwin, Lauris Barr, Pat Norman, Carolyn Blowers, Carol Wiater, Pattie Fialcowitz and Jim Weber. Hard to see is Sue Aker on piano between Tim and Lauris.

Pioneer Tribune 6/11/26

BRIEFS

DANCE IN ROCK

ROCK — A dance will be held at the Rock Community/Senior Center, located at 3892 West Mapleridge Road, on Sunday from 1 p.m. to 4 p.m. Live music will be performed by the Ghost Riders. Lunch will be served. Proceeds benefit the senior corporation. For more information, call Lucy at 906-356-6459.

Daily Press

6/12/26

BRIEFS

DANCE IN ROCK

ROCK — A dance will be held at the Rock Community/Senior Center, located at 3892 West Mapleridge Road, on Sunday from 1 p.m. to 4 p.m. Live music will be performed by the Ghost Riders. Lunch will be served. Proceeds

benefit the senior corporation. For more information, call Lucy at 906-356-6459.

Daily Press

6/13/26

Manistique Senior Center

Heather Tyner, Activities Director

Our Senior Swingers Band played in Curtis, at the Erickson Center's Music in the Park, on Wednesday, June 10. It was Erickson Center's first of the season's Music in the Park, and the Swingers opened for the Engadine High Jazz Band. It was a beautiful evening to sit out on the lawn listening to a few patriotic songs, a polka, Take Me Out to the Ballgame and more. The Senior Swingers will be playing at the Pioneer Days this weekend, Saturday, June 20, starting at 12:30 p.m. The Swingers last gig for this month will be on Monday, June 29, at Lake-House Escanaba. The band is looking for new members. If you are interested in joining, please give our office a call at (906) 341-5923.

Our Center will be closed Friday, June 19, in observance of the Juneteenth.

On top of our normally busy schedule, we have North Woods Home Care at our Center on Wednesday, June 24, from 12:30-2:30 p.m. with their FootCare Clinic. The cost is \$22 and



they ask that you bring a towel with you. To make a FootCare appointment, please call our office.

Also, during the afternoon of the 24th we have Fast Track, which recently started at our Center, and our Page Turners Book Club. Fast Track has become quite popular and has new members with each week played. Fast Track is a race game with cards and marbles and played on a square or hexagonal board. If you would like to learn how to play Fast Track, they would be happy to teach you. Fast Track is played the second and fourth Wednesdays of the month, starting at 12:30 p.m. Please come down and join the fun. Our Page Turners Book Club is led by Kathreen Francis from The Mill, the local bookstore. The

book club will be discussing 'Lightning Strike' written by William Kent Krueger at this month's meeting. No RSVP necessary to join our book club and our Center supplies the books.

On the night of Wednesday, June 24, we have our Night Out at the Movies. This month we will be watching Disclosure Day. Disclosure Day is a sci-fi thriller about the lead-up to a worldwide revelation that humanity is not alone. The film follows a TV meteorologist and a whistleblower whose actions could expose proof of extraterrestrial life, sparking global consequences. We will be meeting at Cedar Street Cinema for a 7 p.m. showing. You will be responsible for your movie ticket, \$8, and your own snacks.

Coffee Hour with Don & Karen this month will take place on Friday, June 26, from 9-10 a.m. Don and Karen will meet you at the City Pavillion, which is located by the Manistique Lakeshore Campground. They will bring the coffee, cups,

conversation and chuckles. A wonderful way to start your Friday morning.

Our Monthly Hike with Deb is coming up on Saturday, June 27, and will take place at the Environmental Lab. Deb LeBlanc will walk us through the Environmental Lab and describe the plant community types and which species of plants we will see in that particular plant community. Our Hike with Deb will take place from 10 a.m. to Noon. Our next Monthly Hike with Deb will be at Indian Lake State Park, off of the boat dock, on Sunday, July 19.

On the evening of Saturday, June 27, is our Night at the Center dance. We may not have the decorations or appetizers as we did at our Under the Sea Prom, but we have the music, lights and fun. This is a free dance, and no RSVP needed. You can social district if you would like. Saturday Night at the Center is 7-10 p.m. Come to dance or to enjoy socializing while listening to good music; it's a good time either way.



Courtesy photo

Senior Swingers are pictured taking their bow at Erickson Center's Music in the Park on June 10. From left to right are, Sue Aker, Tim Derwin, Judy LaLonde, Lauris Barr, Jan LeDuc, Pat Norman, the bandleader Karen Meston, Carolyn Blowers, Pattie Fialcowitz, Barb Weber and Jim Weber.

Pioneer Tribune 6/18/26

Senior Citizen News

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

ORIGINAL MEDICARE AND MEDICAID ADVANTAGE APPEALS

Medicare and Medicaid

If you qualify for both, you can have Medicare and Medicaid coverage. Learn how these two types of coverage work.

What is Medicaid? Medicaid is a federal and state program that provides health coverage for certain people with limited income and assets. Each state runs different Medicaid funded programs for different groups of people including: older adults, disabled people, children, and pregnant women.

All states have Medicaid

programs for people with limited incomes and assets who need nursing home care, long term care services and home health care services. Some states also have programs for people who don't fit any of these categories.

Who qualifies for Medicaid? Your income and assets must be below a certain amount to qualify. This amount varies from state to state and program to program. You are eligible for Medicaid if you fall into an eligible group and meet that group's financial eligibility requirements.

Some states offer a Medicaid spend down program. This is for people with incomes over the state's eligibility requirements. A spend down program allows you to deduct your medical expenses from your income so that you can qualify for Medicaid.

How does Medicare work with Medicaid? If you qualify for a Medicaid program, it may help pay for costs and services that Medicare does not cover. Here are a few examples of how Medicaid can work with Medicare:

Medicaid can provide secondary insurance. This means that Medicare would pay for your care first, and then Medicaid may cover any remaining costs like co-insurance and copays.

Medicaid can help pay your premiums. In most cases, if you have both Medicare and

Medicaid, you don't owe a premium for your Medicare.

Medicaid can help lower the costs of your prescriptions. People with both Medicaid and Medicare are enrolled in Extra Help automatically. This program helps with prescription costs.

How can I apply for Medicaid? Learn more about Medicaid in your state through your local Medicaid office. Your local office can tell you how to apply and what documentation and forms of identification you may need to apply. It can also give you information on the different programs in your state and the eligibility requirements for each.

Note that your local Medicaid office will be called the Department of Health and Human Services (DHHS).

Watch out for improper billing. If you have Medicaid, you may also be enrolled in a Medicare Savings Program. This program pays your Medicare premiums. One type of Medicare Savings Program is called Qualified Medicare Beneficiary (QMB).

If you have QMB, Medicare providers cannot bill you for any Medicare covered services. If a provider does try to bill you, this may be called improper billing. You cannot waive these protections and pay for out-of-pocket Medicare costs for covered services, and a provider cannot ask you to do this.

If you're being improperly billed, speak with your provider. Not all providers are familiar with QMB protections, so it may be an honest mistake.

Who to contact for more help:

Contact your local DHHS office to learn more about Medicaid programs and how to enroll.

Contact your State Health Insurance Program (SHIP) to learn how Medicare and Medicaid can work together.

Contact your Senior Medicare Patrol (SMP) if you have experienced improper billing or potential Medicare fraud, errors or abuse.

June exercise dates

June 22 at 10 a.m.

pointment only; call the center to schedule. These dates fill up immediately.

June 24 - Monthly birthday party dinner with door prizes, 50/50 raffle, cake, ice cream and bingo after lunch. Please notify the staff if you are celebrating your birthday in June so we may honor you.

A day trip is in the works for July 30 to attend the summer concert series in Iron Mountain. A fun day is planned: bring a lawn chair, enjoy the music and grab a bite to eat at the food trucks.

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

Nutrition Menu

June 22 - Red sauce turkey spaghetti, Scandinavian vegetables, corn, diced pears.

June 23 - Hobo dinner w/ sliced potatoes and carrots, peas, apple slices.

June 24 - Pork roast w/gravy, parmesan red potatoes, Key West vegetables, diced peaches, whole wheat dinner roll, creamy orange cake (Birthday Party Dinner).

June 25 - Chicken salad spread w/lettuce, marinated green bean salad, vegetable juice box, Zee Zee wheat crackers, fruited pudding.

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 22

Monday - Red sauce, turkey spaghetti, Scandinavian vegetables, corn, diced pears.

Tuesday - Hobo dinner, sliced potatoes, carrots, peas, apple slices, whole wheat bread.

Wednesday - Pork roast with gravy, parmesan red potatoes, Key West vegetables, diced peaches, whole wheat dinner roll, creamy orange cake.

Thursday - Chicken salad spread with lettuce, marinated green bean salad, fruited pudding, vegetable, juice box, zee zee wheat crack, whole wheat bread.

**Thank You
to all who made
the Mid-County
Senior Center
rummage sale a
success and the
public for their
support.**

Menominee
County
Journal

6/18/26

Manistique Senior Center

Heather Tyner, Activities Director



Coffee Hour with Don & Karen is taking place this Friday morning, June 26, at the City Pavillion, which is located by the Manistique Lakeshore Campground. They will meet you at the pavilion at 9 a.m. Don and Karen will bring the coffee and cups. They are certainly a fun way to start your day.

Our Monthly Hike with Deb is coming up on Saturday, June 27. Deb LeBlanc will lead a hike through the Environmental Lab and will be describing the plant community types and which species of plants we will see in that particular plant community. Deb is quite knowledgeable about both plant taxonomy, which focuses on classification, genetics and their morphology, and plant ecology, which understands the interactions of plants and their environments, and so does an amazing job leading our monthly hikes. For this hike, and for future Our Monthly Hikes with Deb, Pat Norman is donating a Wireless Tour Guide System to our Center. This will allow those on the tour to hear Deb clearly describe what we are seeing. Thank you kindly to both, Pat and Deb. We will meet you at the Environmental Lab at 10 a.m.

On the evening of Saturday, June 27, is our Night at the Center dance. We may not have the decorations or appetizers as we did at our Under the Sea Prom, but we have the music, lights and fun. This is a free dance, and no RSVP needed. You can social district if you

would like. Saturday Night at the Center is 7-10 p.m. Come to dance or to enjoy socializing while listening to good music; it's a good time either way.

Our Center will be closed on Friday, July 3, in observance of Independence Day.

On Saturday, July 4, our Senior Swingers will be in Manistique's Independence Day Parade. The parade starts at 12:30 p.m., and we hope that you come out to support the band. We will be handing out kazooos again this year, so you can hum along.

Marjorie Goosen will be teaching a Zentangle class at our Center on Monday, July 6, from 2-3:30 p.m. This will be our second Zentangle class with Marjorie and will be well attended, so a RSVP is a must. This is a free class. Marjorie will have supplies for you to use, or you can buy a kit for \$5. Please Call our office to RSVP at (906)341-5923.

Starting Wednesday, July 8, Limestone Financial Credit Union will be teaching a six-week presentation at our Center; SAFE: Seniors Awareness for Fraud Education. The presentation will take place on both Wednesdays and Thursdays of the week, and will end Thursday, Aug. 13. For both Wednesdays and Thurs-

days, the presentations will be from 11-11:45 a.m. and the information will be the same for both days during the week. In other words, if you miss Wednesday's presentation you can come to Thursday's presentation of that same week, or if you would like to hear the information again you can come both days of the same week to do so. The sessions will be taught by Kiarra Herson, Jennifer Watson, Jennifer Benedetto and Alyssa Swanson, all from Limestone Credit Union. They will be teaching about Cybersecurity Essentials, Digital Theft, Tech Support Essentials, and going over Technology Tips & Tricks, Protecting Your Loved Ones; Beneficiaries, Wills and Trusts, and Digital Legacy & Family Communication. By the end of the six-week presentation you will be more fraud aware and be able to protect personal information, spot and avoid scams, strengthen your on-line security and use devices with confidence. To start off the six-week presentation Limestone Financial Credit Union will pay for lunch on Wednesday, July 8, and on Thursday, July 9. You will need to let the kitchen know that you are having lunch both days by calling (906) 341-5085 by 8 a.m. each morning. You do not need to RSVP for SAFE: Seniors Awareness for Fraud Education. If you have any questions, please call Kiarra Herson, Limestone's Member Education Coordinator at (906) 341-3118, extension 1247.

Pioneer
Tribune
6/25/26

Betty DeSautel

BAY CITY, Mich.

Betty (Curran) DeSautel passed away on Saturday, June 20, 2026, at Bayfield Assisted Living in Bay City, Mich., where she has been a resident for the past seven years. Her heart and soul remained in Manistique, Mich., where she lived for the first 89 years of her life and raised her children with her beloved husband, Don. Betty was born in Manistique on July 23, 1929, to Ellsworth and Lillian (Anderson) Curran. She graduated from Manistique High School with the Class of 1947. She married Donald L. DeSautel on Sept. 17, 1949. Donald preceded her in death in 2003.

Family meant everything to Betty; she was a devoted daughter, wife, sister, mother, grandmother, great-grandmother and aunt. Betty's strong faith was evident; her church was central to her life. She was an active member of Zion Lutheran Church where she was baptized, confirmed, and married. Betty was a Sunday School teacher, Leader of Luther League, and member of the Ruth Circle and Lutheran Church Women. Her favorite group was the Zion Quilting Group which she contributed to for 16 years. She taught her family the importance of making newcomers, friends, and family feel welcome.



Betty
DeSautel

Betty believed in serving her community and helping others. She was a member of the Manistique Women's Club for over 50 years, the Schoolcraft Memorial Hospital Auxiliary for over 25 years, and volunteered at the Schoolcraft Medical Care Facility for over 30 years organizing monthly birthday parties to celebrate the lives of the residents. She led Brownie troops when her children were young and became a creative writing author through the Manistique Senior Center later in life, leaving behind many stories for her family to treasure.

Betty spent her summers at Island Lake where many generations of family have

gathered for over 60 years. She loved square dancing with Don, picking blueberries, doing puzzles, and reading. Betty was a strong woman who was proud of her Swedish and Irish heritage and traditions. She made the most of her nearly 97 years, leaving behind a legacy of cherished family and friends.

The family is especially grateful for the team at Bayfield Assisted Living for their wonderful and loving care in Betty's last seven years. She flourished and made many new friends in her time there.

Betty was preceded in death by her parents, Ellsworth and Lillian; husband, Donald; siblings, Leo, Dorothy, Donald; nephew, Chris Curran; and great-nephew Richard Curran.

She is survived by her children, Merry Jo (Gary) Brandimore, Julie (Dennis) Cyrus, Patti (Keith) Polkinghorne, and Michael (Kirsten) DeSautel; grandchildren, Jennifer, Erin (Grant), Holly (Todd), Melissa (Ryan), Christopher (Melissa), Katie, Kelli (Jim), Alex (Jamie), Elizabeth, Olivia (Satara), and Mia (Rylee); great-grandchildren, Curran, Logan, Gabriel, Fletcher, Alexandra, Carter, Cameron, Maggie, Reagan, Connor, Kennedy, Eddie, William, Bonnie, Chet, Linus, and Kitt; sister-in-law, Jean Curran; nieces and nephews, Richard (Mary) Hoholik, Molly Hoholik, Cindy (Gary) Kaiser and Jim Curran. She is further survived by family of deceased nephew Chris Curran, Mary, Jane, Julie and families; extended DeSautel family of husband Donald; Drew Brandimore and family.

Betty will be laid to rest in Lakeview Cemetery. A celebration of life is scheduled for July 3 at Zion Lutheran Church in Manistique with visitation at 11 a.m., followed by service at noon.

Memorial contributions can be directed to Zion Lutheran Church, Manistique Area Schools Foundation, CBC or a charity of your choice.

Pioneer Tribune

6/25/26

Senior Citizen News

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

BEAT THE HEAT AND SAVE

With warm weather here, it is smart to stay cool and save on energy bills.

Cooling Tips

When the temperature is moderate, turn off the air conditioner, open windows and use fans.

Close curtains and shades on windows during the day to keep the heat from the sun outside rather than inside.

Consider using a dehumidifier instead of an air conditioner.

Get rid of the hot air. Use an exhaust fan to blow hot air out of the kitchen while cooking.

Avoid activities that add heat or humidity to your home during the hottest parts of the day. Use your dishwasher during the cooler part of the day or simply let dishes air dry instead of using the dishwasher's heater.

Using Air Conditioning efficiently

If you use air conditioning, set the room thermostat to 78 degrees, a setting most consider comfortable.

When leaving a home or building for more than 5

hours, raise the thermostat 5-10 degrees, or use a programmable thermostat.

When possible, install a window air conditioner, or the compressor unit of the central air conditioner, on a side of the home or building that is shaded. Direct sunlight falling on an air conditioning unit increases its workload.

Keep the compressor unit of a central air conditioner free from leaves and other debris that can clog vents.

Keep the cooling system well-tuned with periodic maintenance by service professionals. Clean or replace the air filter once a month or as needed.

Shut the vents or close off unoccupied rooms. Doing so can save 5-10 percent on your cooling costs.

Other energy waste reduction measures

Use electric ovens, dishwashers, clothes washers and dryers, and other large appliances or office equipment in the early morning or late evening hours when possible. These appliances are big electricity users, and shifting the time of use will reduce the potential stress to Michigan's electric system at peak times.

If possible, replace older, inefficient appliances with updated models. When purchasing a new appliance or air conditioner, look for the "Energy Star" logo, which

indicates a high efficiency product.

Around your home or business

To block solar heat in the summer (and leave much of it in during the winter), plant leafy trees on the south and west sides of a home or building.

Shrubs and groundcover plants can shade the ground and pavement around a home or building, reducing the surrounding air temperature.

A hedge can be planted to shade a sidewalk or driveway and keep solar heat from being absorbed by the concrete.

Climbing vines on a lattice or trellis can also be used to shade areas around a home or building, while admitting cooling breezes to the shaded area.

Some additional tips for businesses include:

Set printers for sleep mode when not in use.

Network one printer for several users.

Make sure the power management feature is enabled on computers and set to the shortest acceptable time for your operation.

Turn off copiers and computers (or at least monitors) at night and during the weekends.

July exercise dates

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

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

July 15 at 11 a.m.

July 22 at 11 a.m.

July 27 at 10 a.m.

SENIOR CITIZEN ACTIVITIES

July 1 - Celebrate America 250 Independence Day party dinner with favors, door prizes, 50/50 raffle, ice cream sundae bar and contest for best dressed patriotic person.

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

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

July 23 - Menominee County picnic at Henes

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

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

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

Nutrition Menu

June 29 - Mushroom Swiss burger/whole wheat hamburger bun, root vegetable blend, chef's choice vegetables, chef's choice fruit cup.

June 30 - Enchilada Casse-rolé, corn and black beans, side salad w/tomato and cheese, warm cinnamon apples.

July 1 - BBQ Baked chicken, cream corn, boiled red potatoes, fruited pudding (Celebrate 250 party dinner).

July 2 - Beef dinner frank/whole wheat bun, oven potatoes, coleslaw, 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 29

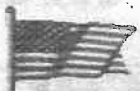
Monday - Mushroom and Swiss burger, whole wheat hamburger bun, root vegetable blend, chef's choice vegetable, chef's fruit cup.

Tuesday - Enchilada casse-rolé, corn and black beans, warm cinnamon apples, side salad with cheese and tomatoes.

Menominee
County Journal

6/25/26

OBITUARY



STANLEY E. NORDSKOG



Stanley E. Nordskog, 79, of Marinette passed away on Wednesday, June 24, 2026, at Aurora BayCare in Green Bay. He was born on November 23, 1946, to the late Grant and Katherine Amanda (Hegland) Nordskog in Thompson, IA.

He graduated from Foston High School in Minnesota in 1965. He proudly served his county in the Army during the Vietnam War.

Stanley worked for DC Equipment, LE Jones, and 33 years with KSU, retiring in 2010. On December 27, 2001, Stanley married Barbara Boivin-Kodric in Rockford, IL; she preceded him in death on January 19, 2019.

He enjoyed camping, fishing, gardening, making jerky for friends and family, quietly helping people, and delivering Meals on Wheels with his wife. He was a loving, sociable person who never wanted to miss a good Friday Night Fish Fry.

Stanley was a member of the American Legion, Moose Lodge, and a former member of the band, The Del-Rays with his brother, Darrell.

Stanley is survived by his daughter, Marnie (Schelli) Nordskog of Sherwood; step children: Tarie (Doug) Gennrich of Franklin, Tim (Deanna) Kodric of Peshtigo, Cheryl (Doug) Wöelz of Kimberly, and Tony (Becky) Kodric of Peshtigo; brother, Marvin (Patricia) Nordskog of Germantown, WI; sister in law, Mary Nordskog of Manitowoc; 11 grandchildren, 16 great grandchildren, and many nieces and nephews.

In addition to his parents and wife, Barbara, he was preceded in death by brothers, Donald and Darrell; sisters: Lavonne Weaver, Carol Stahl, and Phyllis Sterry.

Visitation will be held at **Thielen Funeral Home** on Wednesday July 1st from 11am until time of service. Services will be held at Noon with Pastor Keith Schroeder officiating. Entombment will be in Forest Home Mausoleum.

In lieu of flowers, donations may be directed to the family.

The family would like to thank friends, caregivers, VA, and Aurora staff for all of the encouragement and compassionate care.

Eagle
Herald

6/29/26