

Manistique Senior Center

Heather Tyner, Activities Director

On Friday morning, Dec. 5, we have the St. Francis theatre students, third through eighth grades, visiting our Center to make our holiday brighter. They will be here to put on a 30-minute presentation

from 11-11:30 a.m. They are performing short adaptations of "A Christmas Carol" and "The Little Match Girl". In addition to these seasonal favorites, there will be original monologues, parables, historical speeches, and more. Please join us for St. Francis' students first presentation of Heaven's Greatest Present.

On Monday, Dec. 8, UP SAIL will be coming to our Center to throw us a Holiday Party! UP SAIL's Holiday Party on Monday will be from 11:30 a.m. to 12:30 p.m. Time for some fun!

On Wednesday, Dec. 10, North Woods Home Health nurses will be at our Center with their FootCare Clinic. Appointments are available from 12:30-2:30 p.m. and you can call our office to make one, at (906) 341-5923. Wednesday, Dec. 10, will be our only FootCare Clinic for the month of December. The cost is \$22 and please bring a towel. After you show those toes some love you can put them into a pair of bowling shoes and play a game or two with us at Ten Pin Alley. We will be bowling from 4:30-6 p.m. If you would like to go to Chair Yoga, 4:30-5 p.m., before bowling please do.

Our Christmas Dinner & a Play is Thursday, Dec. 11. All 72 seats have been sold out. All activities are cancelled for the day, and our doors will be locked from 1-3:30 p.m. as well. Our doors will reopen at 3:30 p.m. and we ask that you are in your seats by 4:20 p.m. Our Senior Players will be performing Christmas in an Elevator by Myron Carter, and their play will start at 4:30 p.m. Bonnie Hokkenson will once again be preparing our homemade Christmas meal for us; ham, roasted potatoes, green beans, stuffing, a



roll and one of her famous desserts. Dinner will be served around 5 p.m. Santa and Mrs. Claus will be there as well for pictures and Santa will be handing out a present to each attendee.

Our Stories & Crafts with Senior & Tots first Jingle Bell Ball is on Saturday, Dec. 13. The Jingle Bell Ball will take place from 2-4 p.m. There will be hot cocoa, cookies, lights, music, dancing and Santa! Pictures with Santa will be available, and thanks to the Delta County United Way Santa will be handing out a book to each child. Santa may even be up for a dance or two. All are welcome to our Senior & Tots Jingle Bell Ball, and it is a free event.

Our Senior Swingers are spreading holiday cheer throughout the month. They visited Woodland Assisted Living on Friday, Dec. 5, to sing a few Christmas songs, and will be visiting Medicare on Monday, Dec. 15, to do the same. The Senior Swingers will also be helping to put on a Christmas Concert at our Center, with Gwen and her ukulele group who will be starting us off. Our Christmas Concert & Potluck is on Thursday, Dec. 18, from 4-6 p.m. Please bring a dish to share.

Two weeks ago, we had our Dinner Out at Treats & Things. Treats & Things was fabulous: the shopping, the delicious Nathan's Hot Dogs and Dole Whip, and the amazingly friendly service. Thank you kindly, Treats & Things. We always have a wonderful turnout for our Dinners Out and this one was no exception. Our Dinners Out take place every other month, opposite of our Potlucks, and we will be switching them to the third Thursday of the month. Our next Dinner Out will be Thursday, Jan. 15, at China King. We will be meeting there at 5 p.m. You will be responsible for paying for your own meal.

Pioneer Tribune

12/4/25



A Thanksgiving feast full of gratitude and community spirit

Courtesy photos

The "County Your Blessings" event held on Thanksgiving Day at the Manistique Senior Center left attendees full of a delicious meal, full of great fellowship with guests and new friends made through volunteering, full of gratitude for the many, many folks that contributed to make the dinner a huge success. Acknowledged for their large food donation was Jack's Fresh Market, Team Chevrolet for providing delivery vehicles and drivers, Tim Rohac from Big Al's Food Truck for spearheading the event, Barr Team-Keller Williams and Manistique Senior Citizens Center for generously donating the venue. They served a total of 125 meals in-house, to go, and delivered. Above, volunteers prepare to go food containers. At right are, Tim Rohac and Julie Barr.



Pioneer Tribune

12/4/25

Senior Citizen News

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

PREPARING FOR FUTURE HEALTH CARE NEEDS

Why is it important to prepare for future health care needs? Many people assume that their family members would automatically be able to make decisions about medical treatments if they were to become incapacitated. However, rules vary greatly from state to state. In some cases, decisions are left up to the health care providers and institutions in charge of your care unless you have appointed someone as your legal representative. If the decision falls to your family, they may not all agree on the best course of action. It is therefore important to have a plan ahead of time to avoid disagreements around treatment issues and ensure your wishes are honored if you are incapacitated. Advance directives, living wills, health care proxies, and powers of attorney can help ensure that decisions made on your behalf meet your needs and preferences. Advance directives and living wills are legal documents that give instructions to your family members, health care providers, and others about the kind of care you would want to receive if you no longer communicate

your wishes because you are incapacitated by a temporary or permanent illness or injury. Other kinds of documents, like health care proxies and powers of attorney, appoint a trusted individual to make certain kinds of decisions on your behalf in designated situations.

What documents will I need for future health care needs?

Health care proxy: a document that names someone you trust as your proxy, or agent, to express your wishes and make health care decisions for you if you are unable to speak for yourself.

Living will: a written record of the type of medical care you would want in specified circumstances.

Advance directives: often refers to a combination including both a living will and health care proxy documents.

Power of attorney: a document that names someone you trust as your agent to make property, financial, and other legal decisions on your behalf.

You may choose to appoint the same person to oversee your medical and financial decisions by naming them your health care proxy and granting them power of attorney. However, doing so usually requires two separate documents.

If you have an advance directive, your doctors should make note of it in your medical record. Be sure to give these documents to the hospital each time you are ad-

mitted.

How should I create documents to prepare for future medical care? In most cases, you do not need a specific form to create an advance directive or living will, or to make someone your health care proxy or grant them power of attorney. However, your documents should:

Comply with any rules in your state.

Cover all the issues that are important to you.

Make sure to discuss the contents of any future care documents with family members, health care providers and anyone else you feel should know. You should give your providers a copy and may want to provide copies to others. You should also bring a copy of your documents to the hospital each time you are admitted, if possible.

For help creating these documents or information on how to comply with your state's rules, you can contact:

Your state's attorney general office or department of health: many state agencies post state-specific advance directive forms on their websites. If no form is posted, call and ask where to get one.

CaringInfo, a project of the National Hospice and Palliative Care Organization (NHPCO): this nonprofit focuses on end of life issues and provides state specific advance directive forms for all 50 states and Washington D.C. Visit <https://www.caringinfo.org/resources/> or call 800-658-8898 to learn more.

The American Bar Association Commission on Legal Problems of the Elderly.

Your state bar association.

Your local hospital.

Note: some organizations suggest that you compare the generally accepted advance directive form from your state against at least one or two forms from other sources. This is because you may find that one form provides instructions for a particular medical circumstance that another does not. Generally, though, if you find a form that works well for you, use it. You may also decide to combine information from several forms into one docu-

to create an advance directive, living will or health care proxy. However, you may want legal assistance if you have uncommon wishes, or if you anticipate or know of disagreements among family members.

If you want to create a power of attorney document that appoints a trusted individual to make decisions about your finances, you should usually consult a lawyer.

Note: Appointment of representative forms

You may also want to appoint a representative to help you when speaking to Medicare or Social Security, or to call them on your behalf.

December exercise dates and times

Dec. 10 at 11 a.m.

Dec. 15 at 10 a.m.

Dec. 22 at 10 a.m.

Dec. 29 at 10 a.m.

Coffee and social time to follow.

Nutrition Menu

Monday - BBQ pulled pork, whole wheat hamburger bun, corn, tater tots, diced peaches.

Tuesday - Mild orange chicken, brown rice, stir fry vegetable, chef's choice vegetable, pineapple/orange mix.

Wednesday - Meatloaf with ketchup glaze, mashed potatoes with gravy, green beans, chef's choice fruit cup, whole wheat bread.

Thursday - California medley soup, chicken salad sandwich, creamy pasta salad, diced pears.

HERMANSVILLE SENIOR CITIZEN MENU WEEK OF DEC. 8

Monday - BBQ pulled pork, whole wheat hamburger bun, corn, tater tots, diced peaches.

Tuesday - Mild orange chicken, brown rice, stir fry vegetable, chef's choice vegetable, pineapple/orange mix.

Wednesday - Meatloaf with ketchup glaze, mashed potatoes with gravy, green beans, chef's choice fruit cup, whole wheat bread.

Thursday - California medley soup, chicken salad sandwich, creamy pasta salad, diced pears.

The Hermansville Senior

Menominee
County
Journal

12/4/25

Local Parkinson support group

ESCANABA — The Michigan Parkinson Foundation support group for Escanaba and the surrounding areas meets at 1 p.m. on the second Tuesday of each month. The next meeting will be 1 p.m. Tuesday at the Community Action Agency, 507 First Ave. N. For more information, call Debra Martin at 906-420-2871 or email to hiawathawellness@gmail.com.

The Daily Press
12105125

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The Daily Press
12/06/12 B25

Community Action Agency Senior Nutrition Program

December 2025 Home Delivered Meals Monthly Menu SENIOR CENTER DINING or HOME DELIVERY PROGRAM

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 \$4.50

Mon, 12/1/25	Tue, 12/2/25	Wed, 12/3/25	Thu, 12/4/25	Fri, 12/5/25
Mushroom & Swiss Burger Tater Tots Chef's Choice Veg Fruit Cocktail Milk, 2%	Mild Orange Chicken Brown Rice Stir Fry Veg Corn Pineapple/Orange Mix Milk, 2%	Apple Glazed Pork Chop Garlic Mashed Pot Green Beans Diced Peaches Bread, WW Milk, 2%	Cream of Pot Soup Tuna Salad Spread Sandwich Bread, WW Carrot Raisin Salad Tropical Fruit Milk, 2%	Turkey Noodle Cass Brussel Sprouts Diced Carrots Diced Pears Bread, WW Milk, 2%
Mon, 12/8/25	Tue, 12/9/25	Wed, 12/10/25	Thu, 12/11/25	Fri, 12/12/25
Beef Pepper Steak Brown Rice Chef's Choice Veg Broccoli Diced Peaches Milk, 2%	French Toast Sausage Bake Oven Potatoes Warm Applesauce (FR) Fruit Juice Milk, 2%	Meatloaf w/Ketchup Glaze Mashed Pot w/Gravy Green Beans Chef's Choice Fruit Cup Bread, WW Milk, 2%	California Medley Soup Chicken Salad Sandwich Creamy Pasta Salad Diced Pears Milk, 2%	BBQ Pulled Pork Hamburger Bun, WW Cori Tater Tots Chef's Choice Fruit C Milk, 2%
Mon, 12/15/25	Tue, 12/16/25	Wed, 12/17/25	Thu, 12/18/25	Fri, 12/19/25
Turkey Gravy over Mashed Potatoes Chef's Choice Veg Tropical Fruit Bread, WW Milk, 2%	Fiesta Scrambled Eggs Stewed Tomatoes Warm Cin Peaches (FR) Bread, WW Milk, 2%	Baked Ham Mashed Sweet Pot California Veg Pineapple Tidbits Dinner Roll, WW Milk, 2%, Carrot (Holiday Meal/ Bday Party	Broccoli Cheese Soup Chef's Choice Sandwich Cucumber Tom Salad Chef's Choice Fruit Cup Milk, 2%	Hamburger Stroganoff Diced Beets Root Veg Blend Apple Slices Bread, WW Milk, 2%
Mon, 12/22/25	Tue, 12/23/25	Wed, 12/24/25	Thu, 12/25/25	Fri, 12/26/25
Brd Chicken Breast Hamburger Bun, WW Potato Wedges Peas & Carrots Chef's Choice Fruit Cup Milk, 2%	Meat Lasagna Brussel Sprouts Corn Breadstick, WW Diced Peaches Milk, 2%	MDS CAA CLOSED Order an extra meal ahead of time!	MDS CAA CLOSED Order an extra meal ahead of time!	Beefy Tater Tot Cass Chef's Choice Veg Warm Cin Peaches (F Bread, WW Milk, 2%
Mon, 12/29/25	Tue, 12/30/25	Wed, 12/31/25	Thu, 12/31/25	Fri, 12/31/25
Shepherd's Pie Winter Veg Blend Fruit Crisp (FR) Bread, WW Milk, 2%	Swedish Turkey Meatballs Diced Carrots Green Beans Pineapple/Orange Mix Bread, WW Milk, 2%	MDS CAA CLOSED Order an extra meal ahead of time!	MERRY CHRISTMAS HAPPY NEW YEAR	HAPPY NEW YEAR'S EVE

Daily
Press
12/8/25

Local Parkinson support group

ESCANABA — The Michigan Parkinson Foundation support group for Escanaba and the surrounding areas meets at 1 p.m. on the second Tuesday of each month. The next meeting will be 1 p.m. Tuesday at the Community Action Agency, 507 First Ave. N. For more information, call Debra Martin at 906-420-2871 or email to hiawathawellness@gmail.com.

Daily Press

12/8/25

Manistique Senior Center

Heather Tyner, Activities Director

Our Christmas Paint & Social District Sip on Monday, Dec. 1, had a wonderful turnout, both for dinner at Wheaty's and at our Center for the paint and sip. We even had a few join us for dinner that did not attend the paint and sip. There was chit-chat and laughter from 4 to 8 p.m. It was beautiful. Once again Shannon Hider did a fantastic job at hosting. Since we have had an excellent attendance for both the spring and the winter paint and sips, we have decided to continue to do one every spring and fall. Shannon is putting together a suncatcher for our spring event.

Our first Night at the Movies was also a big hit! We had 10 people join us for Wicked: For Good. Everyone had such a great time. We are definitely keeping this on the calendar as well. I have the list of movies for January, and it has been put out for discussion with our movie aficionados. I will let you know the movie, day and time as soon as I do.

We had a full house for St. Francis de Sales theatre students' Words on Wheels last Friday, Dec. 5. Third through eighth grade St. Francis students visited our Center to entertain us with adaptations of "A Christmas Carol" and "The Little Match Girl", as well as original monologues, parables, and even a historical speech from Winston Churchill. The students did an amazing job, and after their performance they mingled through the crowd to spread some holiday cheer.

Stories & Crafts with Senior & Tots presents their first Jingle Bell Ball this Saturday, Dec. 13. The Jingle Ball Bell takes place from 2-4 p.m. There will be hot cocoa, cookies, lights, music,



dancing and Santa. Pictures with Santa will be available and thanks to Delta County United Way Santa will be handing out a present to each child. There will also be crafts.

And so, we're offering this free event to kids from one to 99. Although it's been written many times, many ways, you are all invited. Bring your kid, your grandkid or just your senior kid-self, and join us for some holiday fun.

On Monday, Dec. 15, we have our Writers' Group at 11 a.m., Hand, Knee & Foot at noon, Line Dancing at 12:30 p.m., Painting Class at 2 p.m. and Tai Chi at 5 p.m. Bushido Karate teaches our Tai Chi and for the month of December they are offering Tai Chi free! Please come try it out and all ages are welcome. At 2:30 p.m. our Senior Swingers are heading over to Medicare to give the gift of music and put on a Christmas concert. Break a leg, Swingers!

Tuesday, Dec. 16, brings us Drum Aerobics with HBH (Hiawatha Behavioral Health) at 10:30 a.m., Ukulele Lessons with Gwen is also at 10:30 a.m., and Bingo starts at 12:30 p.m. Drum Aerobics with HBH is taught from a chair, at a gentler pace. Any senior that would like to join us, please do. Gwen does a wonderful job teaching ukulele, and we do have an extra ukulele at our Center for you to use.

Wednesday, Dec. 17, our activities for the day are Drum Aerobics at 9 a.m., Hand & Foot at noon, Mah Jongg at 1 p.m., Senior Swinger Practice at 3 p.m., Chair Yoga at 4:30 p.m., and Bowling at Ten Pin Alley at 4:30 p.m. It is not too late to join our Senior Swingers band, and we have an instrument for you. You will need to pay for your own shoes, \$2, and

games, \$4, for bowling.

On Thursday, Dec. 18, we have our Monthly Movie at 1 p.m. Our movie for December is a 1946 American Christmas classic starring James Stewart and is based on the short story and booklet "The Greatest Gift", self-published by Philip Van Doren Stern in 1943. There is always free popcorn on Movie Day. Also, at 1 p.m. is Euchre, and at 2:30 p.m. we have Craft Class. Euchre is always looking for new players. If you do not know how to play euchre, they will gladly teach you. Then from 4-6 p.m. is our Christmas Concert & Potluck. Gwen and her ukulele players will be starting off our Christmas concert at 4 p.m. and at 4:30 p.m. the Senior Swingers will be taking the stage. Our potluck will begin at 5 p.m. Please bring a dish to share.

Coffee Hour with Don & Karen is Friday, Dec. 19, from 9-10 a.m. This month they will be meeting you at Cedar Street Cafe. You will need to purchase your own beverage. Next, we have Drum Aerobics at 10:30 a.m., SCMH Blood Pressure Clinic at 11:30 a.m., Bridge and 500 are both at noon, and Cribbage is at 1 p.m.

Saturday Night at the Center dance is Saturday, Dec. 20, from 7-10 p.m. Wear your ugly Christmas sweater and your dancing shoes. This is a free event, and you can social district if you would like. Our Saturday Nights at the Center are well attended and dancing takes place all night long.

We are doing a survey of where our seniors would like to go next on our annual bus trip. You can go to the link and fill out the survey or call us with your answer Monday through Friday, 8 a.m. to 4 p.m. https://docs.google.com/forms/d/e/1FAIpQLScKOrOjHKV1JzTfRPFA1ZLsrHzgnoWw_yrDLX9p0oqG86ZG9Q/viewform?usp=dialog.

Pioneer Tribune 12/11/25

Senior Citizen News

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

MEDICAL IDENTITY THEFT

What is medical identity theft? Medical identity theft is when someone fraudulently gets and uses your personal information, like your: name, Medicare number, social security number, driver's license number, address.

To then use this information to: get medical treatment, buy medical equipment, get prescriptions, submit claims to your health insurance for items you don't need, request or may have never received.

How to protect yourself from medical identity theft

Be careful about who you give your personal information to; never give out your Medicare number to anyone who contacts you through unexpected or unknown calls, texts or emails. Remember that Medicare and Social Security will never reach out to you to ask for your personal information.

Keep documents that contain your medical information somewhere safe; when getting rid of these documents, shred them or wait for a local shred day.

Look out for common fraud schemes used to steal personal information; this includes scams offering "free" COVID-19 tests, back or knee braces you didn't ask for, genetic testing, cancer screening kits, "new" Medicare cards, and telehealth.

Identify the signs of medical identity theft

If someone steals and then uses your medical information, be on the lookout for: charges and providers on your Medicare statements that you don't recognize, shipments of knee or back braces, testing kits, or other medical supplies that you didn't ask for; contact from a debt collection company

your coverage or benefits because of a medical condition you do not have or says you already received a product or service when you did not.

Report medical identity theft

If you believe someone has stolen your medical information, contact your local Senior Medicare Patrol (SMP). Your SMP will encourage you to: review your Medicare statements for any additional concerns, get copies of your medical records from providers the scammer may have used, review your credit reports, report any errors on medical records or statements to your providers and your compromised number to Medicare, 1-800-MEDICARE (633-4227) or your MA plan.

If you gave out your Social Security number, report it to Social Security and make a recovery plan using the Federal Trade Commission tips at www.IdentityTheft.org

SENIOR CITIZEN ACTIVITIES

Dec. 17 - Christmas / Birthday party dinner with special holiday music by Larry and Cheryl Pepin beginning at 11 a.m. Please arrive early to be seated in time for the entertainment. Door prizes, favors, 50/50 raffle and dice white elephant bingo after lunch. Are you celebrating your birthday in December? If so, let us know when reserving a meal so we may honor you.

Dec. 24, 25 and 31- the senior center will be closed for Christmas and New Year's Eve. If you are a home delivered meal client, please order extra meals to cover for the days we are closed. We want to make sure you have enough food.

December exercise dates and times

Dec. 15 at 10 a.m.
Dec. 22 at 10 a.m.
Dec. 29 at 10 a.m.
Coffee and social time to follow.

Nutrition Menu

Dec. 15 - Turkey gravy over mashed potatoes, chef's choice vegetable, tropical fruit.

Dec. 16 - Fiesta scrambled eggs, stewed tomatoes, warm cinnamon peaches.

Dec. 17 - Baked ham, mashed sweet potatoes, California vegetables, pineapple tidbits, whole wheat dinner roll, carrot cake (Christmas and Birthday Party Dinner).

Dec. 18 - Broccoli cheese soup, chef's choice sandwich, cucumber tomato salad, chef's choice fruit cup.

The senior center is now closed on Friday's effective 11/7/25 and no meals will be available.

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 DEC. 15

Monday - Turkey gravy over mashed potatoes, chef's choice vegetable, tropical fruit, whole wheat bread.

Tuesday - Fiesta scrambled eggs, stewed tomatoes, warm cinnamon peaches, whole wheat bread.

Wednesday - Baked ham, mashed sweet potatoes, California vegetable, pineapple tidbits, whole wheat dinner roll, carrot cake.

Thursday - Broccoli cheese soup, chef's choice sandwich, cucumber tomato salad, chef's choice fruit cup.

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All meals are served with bread, margarine and two

Memorize

County
Journal

12/11/25

Manistique Senior Center

Heather Tyner, Activities Director

Our Christmas Dinner & a Play was on Thursday, Dec. 11. Our Center was full of conversations, smiles and an amazing amount of laughter. We had Santa and Mrs. Claus for pictures, and our actors entertained us, and had us laughing even more, with their rendition of Christmas in an Elevator by Myron Carter. We also had Manistique High School honor students that served us a delightfully delectable dinner and dessert. There are so many to thank for it being such a success: Jan LeDuc, Barb Weber, Sally Rubick, Mary Ellen Debelak, Susan Studinger, Pat Norman, Kim Jones, Jordan Turan, Tim and Robin Derwin, Karen Meston and Don Erickson. As well as the Manistique High School honor students: Kaylyn McDougle, Addie Irving, Cambria Dougherty, Malia Blixt and Madi Leckson, and a rather huge thank you to Bonnie Hokenson and Pam Aldrich for cooking an absolutely delicious meal for us. Thank you to all who came out to enjoy the evening with us. You all made it wonderful.

Coffee Hour with Don & Karen is this Friday, Dec. 19, from 9-10 a.m. They will meet you at Cedar Street Cafe. You will need to purchase your own caffeine. Don and Karen will bring the conversation and chuckles.

On Saturday, Dec. 20, is our third Saturday Night at the Center dance. The dance takes place from 7-10 p.m. and is a free event. There will be lights, music and I do not exaggerate when I write... dancing all night long. You can wear an ugly sweater and your best pair of dancing shoes. You can social district if you would like.

Our week of Christmas is a short one. We will be closed Wednesday,



Dec. 24, for Christmas Eve and Thursday, Dec. 25, for Christmas Day. Our Center will also be closed on Friday, Dec. 26. We will be open Monday, Dec. 22, and Tuesday, Dec. 23, with a full schedule on our calendar.

Our schedule for Monday, Dec. 22, is Drum Aerobics at 10:30 a.m., Dup Bridge at noon, Line Dancing at 12:30 p.m., Painting Class at 2 p.m. and Tai Chi at 5 p.m. Most of our activities and events at our Center are free of charge, except when noted. Our Tai Chi class is taught by Bushido Karate and is normally \$10 per month per person, however during the month of December Tai Chi is free. Tai Chi takes place every Monday and is open to all ages.

On Tuesday, Dec. 23, Drum Aerobics with HBH (Hiawatha Behavioral

Health) is at 10:30 a.m., Bingo Cards are sold at 12:30 p.m. with Bingo starting at 1 p.m. and we also have Euchre at 1 p.m. that day. Euchre is usually played every Thursday, starting at 1 p.m., but they will be playing on Tuesday of this week instead. If you would like to join euchre, or any of our card games, please do. If you need to learn or would like a refresher, we have people that will gladly help with both.

The New Year is right around the corner and with it we will have a new activity, Qigong. Qigong has roots in Chinese medicine, philosophy and martial arts. It is done with slow-flowing movements and deep breathing. It is done for exercise, relaxation, meditation, and it can help to reduce pain, stress and anxiety. Qigong will be taught by Linda Chandanais and will be the first and third Mondays of every month at 3:30 p.m.

From all of us here at our Center to all of you, happy holidays.



Photo Courtesy

Above are our senior actors for our Christmas Dinner and a Play on Thursday, Dec. 11. They performed Christmas in an Elevator by Myron Carter. Pictured from left to right is Jan LeDuc, Kim Jones, Barb Weber, Pat Norman, Santa, Susan Studinger, Mrs. Claus, Mary Ellen Debelak and Sally Rubick. Not pictured is Jordan Turan.

Pioneer Tribune 12/18/25

Senior Citizen News

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

MEDICARE AND SKILLED NURSING CARE

Skilled nursing care is often shortened to SNF. SNF care is post hospital care. SNFs can be their own facilities, or they can be part of nursing homes or hospitals. Medicare Part A may cover your SNF stay if:

You were admitted as an inpatient to a hospital for at least three days in a row.

You enter a Medicare certified SNF within 30 days of leaving the hospital.

You receive care for the same condition that you were treated for during your hospital stay.

And finally, you need skilled nursing care seven days a week. Or you need skilled therapy services at least five days a week.

If you meet the requirements, Part A should cover your SNF care to improve your condition, maintain your ability to function, or to prevent your health from

getting worse. Note that the day you become an inpatient counts toward your three-day inpatient stay to qualify for Medicare covered SNF care. However, the day you are discharged from the hospital does not count toward your qualifying days. Also remember that time spent receiving emergency room care or under observation status does not count toward the three-day hospital inpatient requirement for SNF coverage.

During a Medicare covered SNF stay, Part A covers:

A semiprivate room and meals (also called room and board).

Skilled nursing care by nursing staff.

Therapy, like physical therapy, speech therapy and occupational therapy.

Medical social services and dietary counseling.

Medications.

Medical equipment and supplies.

Ambulance transportation to the nearest provider of needed services, in some cases.

Each benefit period, Original Medicare Part A covers the full cost of your first 20 days in a SNF. For days 21 through 100, Part A covers part of the cost, and you pay a daily coinsurance. A bene-

fit period begins the day you are admitted to a hospital or SNF as an inpatient and ends the day you have been out for 60 days in a row. If you need more than 100 days of SNF care in a benefit period, you will need to pay out of pocket. Remember that you can again become eligible for Medicare coverage of your SNF care, once you've been out of the hospital or SNF for 60 days in a row. You will then be eligible for a new benefit period, including 100 new days of SNF care, after a three-day qualifying inpatient stay. If you have a Medicare Advantage plan, your costs might be different. Contact your plan to learn more.

Unfortunately, some facilities (even some associated with national chains) have taken to fraudulent billing. SNFs can use fraudulent billing practices to make more money than they've earned from Medicare or from the patients themselves. Look out for the following red flags:

You can see on your Medical Summary Notice (MSN) or Explanation of Benefits (EOB) charges for:

Services that were not deemed medically necessary by your doctor.

Therapy services or visits that were billed to Medicare but were not provided.

More expensive services than what you were provided with or more therapy than what was provided to you.

Skilled nursing services for dates after you were released from the SNF.

You are forced to remain in a SNF until your Part A benefits have expired even though your condition has improved and you wish to change to home health care services.

Take Action:

1. Speak to your doctor or hospital discharge planner if you need help finding a SNF that meets your needs. Ask for a Medicare certified SNF.

2. If you have a Medicare Advantage plan, contact the plan to learn which SNFs are in their network. Also ask about the plan's specific

Program (SHIP) for help understanding your SNF coverage. SHIPs can also help you appeal a SNF discharge or reduction in care.

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

SENIOR CITIZEN ACTIVITIES

Dec. 24, 25 and 31 - The senior center will be closed for Christmas and New Year's Eve. If you are a home delivered meal client, please order extra meals to cover for the days we are closed. We want to make sure you have enough food.

December exercise dates and times

Dec. 22 and 10 a.m.

Dec. 29 and 10 a.m.

Coffee and social time to follow.

Nutrition Menu

Dec. 22 - Breaded chicken breast, whole wheat hamburger bun, potato wedges, peas and carrots, chef's choice fruit cup.

Dec. 23 - Beefy tater tot casserole, chef's choice vegetable, warm cinnamon peaches.

Dec. 24 and 25 - No meal served, the center is closed for Christmas.

The senior center is now closed on Friday's effective 11/7/25 and no meals will be available.

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

DEC. 22

Monday - Breaded chicken breast, whole wheat hamburger bun, potato wedges, peas and carrots, chef's choice fruit cup.

Tuesday - Beefy tater tot casserole, chef's choice vegetable, warm cinnamon peaches, whole wheat bread.

Wednesday - Closed.

Miemunwee
County
Journal

12/18/25

CAA says thank you for four recent donations

This week's Bouquets go to —

From the Community Action Agency Adult Day Services Memory Care Center, Escanaba:

The Community Action Agency Adult Day Services Memory Care Center gives thanks as they received generous donations.

Thank you, First Pres-

byterian Church, Billy Electric, Delta County 100-Plus Women Who Care and the Gartland Foundation.

For information on the

Adult Day Services Memory Care Program and other services Community Action Agency has to offer, contact Annie Patten at 906-789-2886.



Billy Electric made a donation to the Community Action Agency Adult Day Services Memory Care Center. From left, in front are Kristie Stenlund, CAA Senior Services director; Annie Patten, ADS supervisor; Mitzi Dalgord, Billy Electric; and Cherish Mlostek, ADS supervisor. In back are Hunter Royer, Billy Electric; Adam May, Billy Electric; and Karen Castle, ADS aide.



Courtesy photo

First Presbyterian Church made a donation to the Community Action Agency Adult Day Services Memory Care Center. From left are Karen Castle, ADS aide; Annie Patten, ADS supervisor; Gary Willoughby, CAA executive director; Cherish Mlostek, ADS Supervisor; the Rev. Daniel Van Beek, First Presbyterian Church in Escanaba; and Kristie Stenlund, CAA Senior Services director.



The Gartland Foundation donated to the Community Action Agency Adult Day Services Memory Care Center. From right are Karen Castle, ADS aide; Sue Gartland, Gartland Foundation; Bev N., Gartland Foundation; Kristie Stenlund, CAA Senior Services director; Annie Patten, ADS supervisor; and Cherish Mlostek, ADS supervisor.



The Delta County 100-Plus Women Who Care donated to the Community Action Agency Adult Day Services Memory Care Center. From left, in front are Chris Tyran, 100-Plus Women Steering Committee; Cherish Mlostek, ADS supervisor; Kristie Stenlund, CAA Senior Services director; and Samantha Griebel, 100-Plus Women Steering Committee. In back are Sarah Barron, 100-Plus Women; Heidi Erickson, 100-Plus Women; Gary Willoughby, CAA executive director; Annie Patten, ADS supervisor; and Karen Castle, ADS aide.

Daily Press

12/20/25

**Dance in Rock on
Jan. 11**

ROCK — Rock Community/Senior Center, 3892 W. Maple Ridge Road, will host a dance from 1 to 4 p.m. Sunday, Jan. 11, with Country Express providing live music. All proceeds will benefit the center's senior corporation.

Daily Press

12/23/25

Senior Citizen News

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

WINTER SAFETY FOR OLDER ADULTS

Baby, it's cold outside! When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather, including hypothermia, frostbite, and falls in ice and snow. Like most things in life, it is better to be prepared. Here are a few precautions everyone should take, especially older adults, during the winter.

Hypothermia

Hypothermia occurs when your body temperature drops to a dangerous level. Your body temperature can drop when you are out in the cold for an extended time because it begins to lose heat quickly. Older adults are at an increased risk of hypothermia due to changes that happen to your body with

aging.

Warning signs: cold skin that is pale and ashy; feeling very tired, confused and sleepy; feeling weak; problems walking; slowed breathing or heart rate. Call 911 if you think you or someone else have hypothermia.

Shivering is not a reliable warning sign because older people tend to shiver less or not at all when their body temperature drops.

Precautions to take

Stay indoors (or don't stay outside for long); keep indoor temperature at 65 degrees or warmer; stay dry because wet clothing chills your body more quickly; dress smart - protect your lungs from cold air. Layer up! Wearing two or three thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. Think about getting your thermals! Essential winter wear: hats, gloves (or preferably mittens), winter coat, boots and a scarf to cover your mouth and nose.

Frostbite

Frostbite occurs when your body experiences damage

to the skin that can go all the way down to the bone. Not surprisingly, extreme cold can cause frostbite. It is most likely to occur on body parts farthest away from your heart. Common places include your nose, ears, cheeks, fingers and toes. In severe cases, frostbite can result in loss of limbs. People with heart disease and other circulation problems are at higher risk.

Cover up. All parts of your body should be covered when you go out in the cold. If your skin turns red or dark or starts hurting, go inside right away.

Know the warning signs of frostbite: skin that's white or ashy or grayish yellow; skin that feels hard or waxy; numbness. If you think you or someone else have frostbite, call for medical help immediately.

If frostbite occurs, run the affected area under warm (not hot) water.

Injury while shoveling snow

It's one of the evils of winter, snow shoveling. If you choose to shovel, take some precautions. Remember, when it's cold outside, your heart works double time to keep you warm. Strenuous activities like shoveling snow may put too much strain on your heart, especially if you have heart disease. Shoveling can also be dangerous if you have problems with balance or have "thin bones" (osteoporosis). Ask your healthcare provider whether shoveling or other work in the snow is safe for you.

Falls

It is easy to slip and fall in the winter, especially in icy and snowy conditions.

Precautions to take

Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavements that could be iced over.

Clear away snow and salt your walkways at home; or hire someone to do it.

Wear boots with non-skid soles, this will prevent you from slipping.

If you use a cane, replace the rubber tip before it's worn smooth.

Consider an ice pick-like attachment that fits onto the end of the cane for additional traction.

SENIOR CITIZEN ACTIVITIES

Dec. 24, 25 and 31 - The senior center will be closed for Christmas and New Year's Eve. If you are a home delivered meal client, please order extra meals to cover for the days we are closed. We want to make sure you have enough food.

December exercise dates and times

Dec. 29 at 10 a.m.
Coffee and social time to follow.

Nutrition Menu

Dec. 29 - Swedish turkey meatballs, diced carrots, green beans, pineapple/orange mix.

Dec. 30 - Shepherd's pie, winter blend vegetables, fruit crisp.

Dec 31 and Jan 1 - the center is closed, no meals will be served.

The senior center is now closed on Friday's effective 11/7/25 and no meals will be available.

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 DEC. 29

Monday - Swedish turkey meatballs, diced carrots, green beans, pineapple/orange mix, whole wheat bread.

Tuesday - Shepherd's pie, winter vegetable blend, fruit crisp, whole wheat bread.

Wednesday - Closed.

Thursday - Closed.

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

Menominee
County
Journal

12/25/25

Manistique Senior Center

Heather Tyner, Activities Director

Our Center is closed Friday, Dec. 26. Our Center will also be closed on New Year's Eve, Wednesday, Dec. 31, and on New Year's Day, Thursday, Jan. 1. Everyone here at our Center wish each and every one of you a very happy New Year!

For the days that we are open next week, Monday the 29th, Tuesday the 30th and Friday the 2nd, we only have two changes to our schedule; On Monday, Dec. 29, there will be no Tai Chi and on Tuesday, Dec. 30, Euchre will be playing at 1 p.m. If you are interested in joining euchre, please do. If you would like to learn, they will teach you, as with any of our card games that go on at our Center: Hand, Knee & Foot, Duplicate Bridge, Hand & Foot, Euchre, Bridge, 500 and Cribbage.

With the New Year just around the corner I would like to suggest a New Year's resolution; try out an activity or two at our Center. You only need to be 55 years young, and we have something for everyone. If you would like to check out our activities and events, and the days and times for each, please check out our daily calendar on our Facebook page, Manistique Senior Citizens Center, our weekly calendar in the Advisor and in my Friday email, and our monthly calendar in our monthly Newsletter. If you would like to receive either my Friday email or our Newsletter, please call our office.

On top of an already bursting calendar, we have added Qigong and a Cross-Country Ski Club to our January agenda. In March we will have the Center Garden Group starting, which is thanks



to the Schoolcraft County Community Foundation with the Fall 2025 Mini-Grant that they awarded us.

Qigong will be taught by Linda Chandanais and will be the first and third Mondays of every month at 3:30 p.m. Our first Qigong will be Monday, Jan. 5. This, like most of our other activities and events, is free.

Our Cross-Country Ski Club will meet every Thursday at 9 a.m. at a different cross-country ski trail every week. The first trail that we will traverse, which will be on Thursday, Jan. 8, will be at Indian Lake Golf Course. By our first outing we should have an itinerary drawn up for the rest of the month's meeting spots. If you would like to cross-country ski, but lack the equipment, please call our office. We may be able to find the equipment for you.

Our extra activities this month begins with UP SAIL coming on Thursday, Jan. 8, starting at 11 a.m. to give an Assistive Technology Presentation for an hour. Then they will be staying another hour to help with any technology questions that you may have. The Assistive Technology Presentation will cover what assistive technology is and how it can assist in overcoming barriers. Both the presentation and tech help are free.

Next extra activity is our

Night out at the Movies. This month's movie is on Wednesday, Jan. 14. We will be heading out to watch Song Sung Blue for a 7 p.m. showing at the Cedar Street Cinema. Song Sung Blue is an American biographical musical drama based on a Neil Diamond tribute band Lightning & Thunder. You will need to pay for your movie ticket, \$8, and your snacks.

Then on Thursday, Jan. 15, we have an Estate Planning Presentation by Harley LaCross, Attorney with the France Firm. This is a free Seminar. Mrs. LaCross will be going over Wills & Trusts, Probate Assets, Power of Attorney, Funeral Representative and Lady Bird Deeds. Free consultations can be scheduled with Mrs. LaCross after the seminar.

Later that evening on Thursday, Jan. 15, we have our Dinner Out. We will be meeting at Wheaty's at 5 p.m. You will be responsible for purchasing your own meal. The good time is free.

On Thursday, Jan. 29, we will be snowshoeing with UP SAIL out at the Environmental Lab from 11 a.m. to noon. UP SAIL kindly supplies all the equipment that we will need to snowshoe. You can meet us out there or if you need a ride, please call our office.

Also on Thursday, Jan. 29, from 4-5 p.m. we have Gwen giving one of her amazingly entertaining concerts. Music with Gwen consists of ukulele music, beautiful singing and amusing stories.

We hope to see you at our Center, Monday through Friday, 8 a.m. to 4 p.m. Call (906) 341-5923 if you have questions.

Pioneer Tribune 12/25/25

Mid-County Senior Center Birthdays



Honored for December birthdays at the Mid-County Senior Center Dec. 17, were front row from left, Betty Ostrom and Judy Francour. Back

row from left, Wayne Thill, Bill DeMille and Don Ihander.

Menominee County
Journal

12/25/25

**DANCE IN ROCK ON
JAN. 11**

ROCK — Rock Community/Senior Center, 3892 W. Maple Ridge Road, will host a dance from 1 to 4 p.m. Sunday, Jan. 11, with Country Express providing live music. All proceeds will benefit the center's senior corporation.

Daily Press

12/26/25

**DANCE IN ROCK ON
JAN. 11**

ROCK — Rock Community/Senior Center, 3892 W. Maple Ridge Road, will host a dance from 1 to 4 p.m. Sunday, Jan. 11, with Country Express providing live music. All proceeds will benefit the center's senior corporation.

Daily Press

12/27/25

**DANCE IN ROCK ON
JAN. 11**

ROCK — Rock Community/Senior Center, 3892 W. Maple Ridge Road, will host a dance from 1 to 4 p.m. Sunday, Jan. 11, with Country Express providing live music. All proceeds will benefit the center's senior corporation.

Daily Press

12/30/25

**DANCE IN ROCK ON
JAN. 11**

ROCK — Rock Community/Senior Center, 3892 W. Maple Ridge Road, will host a dance from 1 to 4 p.m. Sunday, Jan. 11, with Country Express providing live music. All proceeds will benefit the center's senior corporation.

Daily Press

12/31/25