

### **Dance in Rock**

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

All proceeds benefit the senior corporation.

The Daily Press

7/11/25

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7/2/25

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The Daily Press

7/3/25

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

## **Durable Medical Equipment Fraud Tips for Protecting Yourself and Medicare**

Medicare spends billions of dollars each year on durable medical equipment. Of the billions spent, at least \$700 million is estimated to be wasted. Some of that waste is due to fraud. Medicare fraud results in higher costs for everyone, including you. The good news: YOU can help reduce durable medical equipment fraud. Reducing fraud cuts costs and increases the quality of care for those who need it.

**What is Durable Medical Equipment?** Durable medical equipment, or "DME," is medical equipment prescribed by your doctor that is reusable. It includes hospital beds, walkers, home oxygen equipment, wheelchairs, and scooters.

Medicare only covers DME if you get it from a supplier enrolled in the Medicare program. Medicare only covers 80 percent of their approved amount for an item.

**What are examples of DME Fraud?**

Suppliers who offer "free"

equipment but bill Medicare.

Suppliers who want you to use their doctors (not yours) who then prescribe unnecessary medical equipment.

Suppliers or doctors who provide medical equipment or supplies you never requested.

Suppliers or doctors who charge for items you never received.

Suppliers who bill for people who have passed away.

Suppliers who request your Medicare number at a presentation, during a sales pitch, or in an unsolicited phone call.

Beneficiaries who willingly allow their Medicare number to be used in exchange for money, gifts, or unnecessary equipment and supplies.

Suppliers who deliver an off-the-shelf product but bill Medicare for a more costly product.

**What can you do to stop DME fraud?**

Be sure your doctor has seen you in person and orders equipment or supplies.

Never sign a blank form from your health care provider or equipment supplier.

If you rent and return medical equipment, always get a dated receipt.

Always read your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) look for charges for equipment you do not need or did not receive.

Protect your Medicare, Medicaid, and Social Security

cards like credit cards.

Refuse and report anything offered for "free", like equipment or supplies, in exchange for your Medicare number.

Do not accept services from strangers who call or knock on your door.

Report your concerns about billing mistakes or possible fraud and abuse, to your local Senior Medicare Patrol.

**How your Senior Medicare Patrol (SMP) can help**

Your local SMP is ready to provide you with the information you need to PROTECT yourself from Medicare error, fraud and abuse; DETECT potential error, fraud and abuse; and REPORT your concerns. SMPs and their trained volunteers help educate and empower Medicare beneficiaries in their fight against health care fraud. Your SMP can help you with your questions, concerns or complaints about potential fraud and abuse issues. SMP telephone number is 800-803-7174.

## **SENIOR CITIZEN ACTIVITIES**

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

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

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

July 21 - Foot clinic, by appointment only. The cost is \$22 which includes toenail trim by Christa Rivard, certified nail technician. Fingernail trim is also available for an additional \$5.

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

## **July exercise dates and times**

July 9 at 11 a.m.  
July 16 at 11 a.m.  
July 23 at 11 a.m.

July 28 at 10 a.m.

Coffee and social time to follow.

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

## **Nutrition Menu**

July 7 - Swiss steak, brown rice, green peas, chef's choice vegetables, mixed fruit cup.

July 8 - Cheeseburger/whole wheat hamburger bun, cheesy hash browns, green beans, mixed fruit cup.

July 9 - Baked ham, scalloped potatoes, Scandinavian vegetables, tropical fruit.

July 10 - Cobb salad w/ turkey, pasta salad, whole wheat breadstick, fruited Jell-O.

July 11 - Breaded Pollock fish fillet w/cheese on a whole wheat hamburger bun, root vegetable blend, broccoli, fresh fruit.

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

## **HERMANSVILLE SENIOR CITIZEN MENU**

### **WEEK OF JULY 7**

Monday - Swiss steak, brown rice, green peas, chef's choice vegetable, mixed fruit cup.

Tuesday - Cheeseburger, whole wheat hamburger bun, cheesy hash browns, green beans, mixed fruit cup.

Wednesday - Baked ham, scalloped potatoes, Scandinavian vegetable, tropical fruit, whole wheat bread.

Thursday - Cobb salad w/ turkey, pasta salad, fruited Jell-O, whole wheat bread stick.

Friday - Breaded Pollock fish fillet w/ cheese, whole wheat hamburger bun, root vegetable blend, broccoli, fresh fruit.

The Hermansville Senior Center can be reached at 906 408 3725

## **You might be an old timer if...**

...you remember rinsing dirty cloth diapers in the toilet, squeezing out the water and putting them in the diaper pail to be washed.

...you remember when one of your children was the remote to change your TV channel.

... you remember using a floppy disk to save or transfer files on your computer.

... you got together with family and friends for a card game of pinochle.

*Remember something from years past?  
Share with Journal readers by emailing  
mcjournal@sbcglobal.net or call 753-2296.*

The  
Menominee  
County  
Journal  
7/3/25

# Manistique Senior Center

Heather Tyner, Activities Director

Our Potluck with the Senior Swingers last Thursday was absolutely amazing. The band is definitely ready for our Independence Day Parade this Saturday! Watch for our float and show some 4th of July spirit, because they will be playing loud and proud.

Our Center will be closed on Friday, July 4 in observance of Independence Day, but we will see you all on the 5th!

On Monday, July 7, we will be so very busy. Monday starts our three new classes: Move & Groove at 3 p.m., Ballroom Dancing, which all ages are welcome, takes place from 4-5 p.m. and Tai Chi, also open to all ages, will take place from 5-5:30 p.m. Monday there will also be our Tap Dancing Class from 1:45-2:45 p.m. Tap Dancing, Move & Groove and Ballroom Dancing are all \$5 per person per class attended. This does not pay the full amount for the teacher, but it does help. Tai Chi is \$10 a month. There will be no Tai Chi classes on Mondays, July 14 and the 21.

This coming Wednesday, July 9, we have another full day. I think by now we can just say that every day at our Center is going to be full. Our Wednesday starts out with Drum Aerobics from 9-9:30 a.m., Cooking For One, 10-11:30 a.m., Hand & Foot at noon, FootCare from 12:30-2:30 p.m., Cornhole 3-4 p.m. and Chair Yoga from 4:30-5 p.m.

Cooking For One is a six-week course, with two weeks already completed. You can still join the class; however, we will need you to call us and let us know beforehand.

FootCare does have open appointments, please call us to schedule one. FootCare is \$22 per appointment and please bring a towel. Cornhole is open to all ages and takes place every Wednesday during the summer, weather permitting.

We have two informative presentations coming up on July 10 and July 14. Our first one is a Fall Prevention Class,



Take Out the Fear of Falling, that will be put on by Schoolcraft Memorial Hospital and STRAC, Southwest Texas Regional Advisory Council. This presentation will take place on Thursday, July 10, from 10-11 a.m., and

will cover slip, trip and fall hazards, learn how to avoid injury, review medications that increase fall-risk and understand the importance of regular eye exams.

The second is the Schoolcraft Medical Care Facility presentation. The presentation will be presented by Alecia Goudreau and Kendra Lander. They will be going over services offered at SCMCF, Medicare, Medicare Advantage Plus, Medicaid, eligibility requirements, admission process, activities and hospice services. The Schoolcraft Medical Care Facility presentation will take place on Monday, July 14, from 10-11 a.m. If you'd like to come to either presentation, or both, please just show up.

For our Craft Class on Thursday, July 24, from 2-3:30 p.m. we will have Mar-

jorie Goosen teaching us Zentangle. We had three of our ladies take Marjorie's Zentangle Class at Lake Effect Community Arts Center and they loved it. Zentangle is an easy to learn and relaxing method of drawing repetitive patterns, and you end with beautiful pieces of art. You will need to purchase your own supplies from Marjorie for \$7 at the beginning of the class. You will keep the supplies that you purchase. You must RSVP for this craft class.

Our Center is heading to Marquette on Friday, July 25, for a Michigan Parkinson Foundation, Hope in Every Step: Community Forum. This forum is free of charge and is designed for people with Parkinson's, care partners, family members, and healthcare professionals. Lunch is included in the forum, free of charge, as well. We will be leaving our Center at 8 a.m. on Friday, July 25, the forum is 10 a.m. to 2:30 p.m., and we will be returning to our Center around 4:30 p.m. You must RSVP for this trip.

Our Center is open Monday through Friday, 8 a.m. to 4 p.m. You can reach us at (906)341-5923.



Courtesy photo

The Manistique Senior Swingers Band is making a comeback. They will be performing in the Fourth of July parade after a long absence. Pictured from left to right is, Lauris Barr, Pattie Fialcowitz, Judy LaLonde, Carol Wiater, Tim Derwin, Robin Derwin, Sue Ackers, Karen Meston, Barb Weber, Pat Norman, Carolyn Blowers, Jan LeDuc and Jim Weber

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7/5/25

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The Daily Press

7/7/25

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The Daily Press

7/8/25



# Dorothy Sullivan

ROCK—Surrounded by the love of her family, Dorothy Sullivan passed away at the age of 101.

She was born on September 12, 1923 in Milwaukee, Wisconsin, the third child of Francis and Elizabeth (Sheehan) Zwi-gart. Dorothy spent her early years in Milwaukee and graduated from St. Francis Academy, an all-girls school operated by the Sisters of St. Francis. After graduation, she worked as an administrative assistant at Northwestern Mutual Insurance in Milwaukee. She later utilized these skills at the Rock Community Federal Credit Union, where she worked until her retirement.

On January 13, 1945, she married the love of her life, Morrell (Morrie) Sullivan, whom she met on a blind date. Together, they created a home for their family in Milwaukee, Wis., Lake Linden, Mich., Marquette, Mich., and finally in Rock, Mich. Dorothy was a devoted follower of God and cherished her family and friends. She loved spending time with her family and always looked forward to visits from them, whether in person or on social media. Her warm smile was often what drew people to her.

Dorothy was an active member of her Catholic parish and served as a catechist, Eucharistic Minister, church committees, and in the women's group. She was also a dedicated member of the Rock Senior Center, serving on the board and volunteering in various capacities. Additionally, she volunteered for many years at the St. Vincent de Paul Store in Gladstone.

Dorothy is survived by eight daughters and one son: Sharon (Martin) Holmes, Helen Sullivan,



Kathy (Alan) Gyles, Paul (Marina) Sullivan, Marge (Mike) Hannon, Michele Bell, LeAnn Barnett, Norine (George) Gill, and Sr. Laurie Sullivan. She is also survived by 23 grandchildren, numerous great-grandchildren, and great-great-grandchildren, all of whom she loved dearly.

Dorothy was preceded in death by her parents, her husband Morrell (Morrie), her siblings Edward, Dolores and Bernice, and two sons David and Patrick, as well as son-in-laws Brian Barnett and Ken Bell.

Family will receive friends on Wednesday, July 9 from 5 until 7 p.m. at the Skradski Funeral Home in Gladstone. A mass of Christian burial is scheduled for Thursday, July 10 at 11 a.m. at St. Joseph's Catholic Church in Perkins with Rev. Fr. William Ssozi officiating. A luncheon will follow in the parish hall. Dorothy will be laid to rest in the Holy Cross Cemetery in Escanaba, Mich. The Skradski Family Funeral Homes of Delta County are assisting the Sullivan family. To offer an online message of sympathy please visit [www.skradskifuneralhomes.com](http://www.skradskifuneralhomes.com).



*Skradski*  
SkradskiFuneralHomes.com

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The Daily Press

07/10/25

# Senior Citizen News

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

**What is a Medigap?** Medigaps are health insurance policies that offer standardized benefits to work with Original Medicare (not with Medicare Advantage). They are sold by private companies. You may also hear Medigaps referred to as Medicare Insurance Supplements. If you have a medigap, it pays part or all certain remaining costs after Original Medicare pays first. Medigaps are designed to cover deductibles, coinsurance, and copayments. People often refer to these charges as the "gaps" in Original Medicare's coverage, hence the term "medigap". Medigaps may also cover health care costs that Medicare does not cover at all, like care received when traveling abroad. Remember, Medigaps only work with Original Medicare. If you have a Medicare Advantage plan, you cannot buy a Medigap.

Depending on where you live and when you became eligible for Medicare, you have up to 10 different Medigap policies to choose from: A, B, C, D, F, G, K, L, M and N. Each policy offers a different set of standardized benefits, meaning that policies with the same letter name offer the same benefits. However, premiums can vary from company to company.

**What costs do Medigaps cover?** Some costs are covered by all Medigaps. These include:

**Part A hospital insurance.** All medigap policies pay for the Part A hospital daily coinsurance charge for all of your covered days in a benefit period. This includes the daily coinsurance charge for days 61-90 (in 2025 the coinsurance for days 61-90 is \$419 per day) that you spend as a hospital inpatient during a benefit period, as well as the daily coinsurance charge for up to 60 inpatient hospital lifetime reserve days (in 2025 the coinsurance for lifetime reserve days is \$838 per day). All Medigap policies also cover the full cost of 365 additional hospital days during your lifetime.

A **benefit period** is the way that Original Medicare measures your use of inpatient hospital and skilled nursing facility (SNF) services. Your benefit period begins the day you are admitted to the hospital as an inpatient or SNF for more than 60 consecutive days.

**Part B coinsurance.** All Medigaps pay toward the 20 percent coinsurance for Medicare covered outpatient medical services, like x-rays, durable medical equipment, and doctor's visits. All Medigaps cover at least part of the Part B coinsurance, and they will cover the full Part B coinsurance for certain preventative services.

**First 3 pints of blood.** All medigaps pay for part or all of the cost of your first three pints of blood. If you are hospitalized and the hospital needs blood for a medical procedure or blood transfusion, then your Medigap will pay for the first three pints. If you do not have a Medigap, you will be responsible for

this cost.

**Part A hospice care coinsurance or copay.** All Medigaps cover the full cost of hospice coinsurance charges and copays for hospice related drugs and respite care, as long as the Medigap was purchased on or after June 1, 2010. Respite care is care you receive as a hospice inpatient while your usual caregiver rests.

Some Medigaps cover all or part of the following costs:

**Part A skilled nursing facility (SNF) coinsurance.** Some Medigaps pay for your SNF coinsurance charge for all your covered days in a benefit period (the coinsurance for days 21-100 is \$209.50 per day in 2025).

**Part A deductible.** Some medigaps pay for your Part A deductible, which is the amount you owe out of pocket at the beginning of a hospital inpatient stay (the Part A deductible in 2025 is \$1,676 per benefit period).

**Part B deductible.** The Part B deductible is the amount you owe out of pocket before Part B begins to cover the cost of your outpatient care (the annual Part B deductible in 2025 is \$257). Note: newly eligible for Medicare on or after January 1, 2020, cannot purchase Medigaps that pay for the Part B deductible. This includes Plan C and Plan F. If you become Medicare eligible before this date, you will still be able to purchase plan C or Plan F.

**Part B excess charges.**

Excess charges may only be charged by non-participating Medicare providers. These providers do not take assignments in all cases, which means they do not agree to accept the Medicare approved amount for services as payment in full. Non-participating providers can charge up to 15 percent more than the Medicare approved costs for services (this limit only applies to certain Medicare covered services and doesn't apply to some supplies and durable medical equipment). If you have a Medigap that covers excess charges, you will not have to pay the extra 15 percent that a non-participating provider may charge.

**Foreign travel.** Medicare

## SENIOR CITIZEN ACTIVITIES

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

July 21 - Foot clinic, by appointment only. The cost is \$22 which includes toenail trim by Christa Rivard, certified nail technician. Fingernail trim is also available for an additional \$5.

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

### July exercise dates and times

July 16 at 11 a.m.

July 23 at 11 a.m.

July 28 at 10 a.m.

Coffee and social time to follow.

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

### Nutrition Menu

July 14 - Turkey gravy over mashed potatoes, diced beets, diced peaches.

July 15 - Smothered pork chop, au gratin potatoes, mixed vegetables, sliced apples.

July 16 - Monterey chicken, mashed garlic potatoes, green beans, diced pears.

July 17 - Cold plate trio, muffin, fresh fruit.

July 18 - Pizza pasta casserole, Italian vegetables, corn, breadstick, fruit cocktail.

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

## HERMANSVILLE SENIOR CITIZEN MENU WEEK OF JULY 14

Monday - Turkey gravy over mashed potatoes, diced beets, diced peaches, whole wheat bread.

Tuesday - Smothered pork chop, au gratin potatoes, mixed vegetables, sliced apples, whole wheat bread.

Wednesday - Monterey chicken, garlic mashed potatoes, green beans, diced

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County Journal

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# Manistique Senior Center

Heather Tyner, Activities Director

Congratulations Senior Swingers on your Most Humorous win in the Manistique Independence Day Parade! Thank you, kindly, to the following: Lake Effect Community Arts Center for the use of their garage, which was absolutely awesome and so handy, Corky Kelly for the use of his trailer, it was wonderful that all of our musicians, and their instruments, fit so perfectly on it, and Jim Maxwell for pulling our Senior Swingers float, and on it our amazing Senior Swingers, through the Independence Day Parade. I would also like to thank Lisa Leech and Charlotte Erickson for helping me hand out kazooos during the parade. The Senior Swingers next gig is kicking off our Folkfest on Friday, July 11. Folkfest starts at 5:30 p.m. The Senior Swingers will be playing right after our National Anthem and the opening ceremony.

On Monday, July 14, we will not have Drum Aerobics. Instead, we will have a Schoolcraft Medical Care Facility (SCMCF) Presentation from 10-11 a.m. The presentation will be given by Alecia Goudreau and Kendra Lander. The ladies will be going over the services offered at SCMCF, Medicare, Medicare Advantage Plus, Medicaid, eligibility requirements, the admission process, activities, and Hospice services. You only need to show up if you are interested in attending the SCMCF Presentation. At 11 a.m. UP SAIL is taking us Fishing at the Quarry. You can meet us at the Quarry and UP SAIL will bring all the equipment that we will need for a successful fishing excursion.

Ukulele Lessons with Gwen start back up on Tuesday, July 15, at 11 a.m. Even if Gwen is off gallivanting and is not able to be here on Tuesdays to teach the ukulele, we do have Tim

Derwin. Tim has been teaching the ukulele in Gwen's absence. If you would like to try out the ukulele we have one for you to borrow.

Coming up on Wednesday, July 16, there will be an Estate Planning Presentation by Harley LaCross, Attorney with the France Firm. The free presentation will start at 12:45 p.m. and will go over Wills & Trusts, Probate Assets, Power of Attorney, Funeral Representative and Lady Bird Deeds. Protect your assets and plan for the future. Free consultations can be scheduled after the seminar. Later that day we have Cornhole from 3-4 p.m., weather permitting, and Dinner Out. For Dinner Out we will be meeting at 5pm at The 40 Bar & Grill. You will need to pay for your own meal, but the riveting conversation and many chuckles are free.

Starting our Thursday morning, July 17, is our Needles 'n Natter. Needles 'n Natter is from 11 a.m. to noon.

We have some wonderful seniors that attend this activity, and you are welcome to join them. All you need to do is bring a craft that you are working on and some natter, aka leisurely conversation. Thursday is also our Movie Day for the month. Our movie this month is a romantic comedy which stars Jim Carrey, who plays a 1950s Hollywood screenwriter. Jim Carrey's character suffers amnesia and is mistaken for a war hero in a small town. Movie Day always starts at 1 p.m. and there is always free popcorn on Movie Day.

There has been a change in venue for our Saturday, July 26, Trip to the Casino. I had no one interested in a trip over to the Sault. After asking around I found that more people would be interested in a trip to the Island Resort and Casino in Harris. Our trip on Saturday, July 26, will be to the Island Casino. We will leave our Center at 9 a.m. and will return around 4:30 p.m. The cost is still \$35. Come in to reserve your spot today.



Courtesy photo

The Senior Swingers Band appeared in the parade this year after a long absence. From left to right is, Charlotte Erickson, Lisa Leech, Tim Derwin, Lauris Barr, Carol Wiater, Robin Derwin, Pat Norman, Sue Akers, Jan LeDuc, Barb Weber, Jim Weber and Karen Meston.



# 2025 Folk Hero Linda Levin

Courtesy photo

Linda Levin has been named the 2025 Folk Hero. Two of Levin's many passions have been Girl Scout Summer Camps and a Fifth Grade Science Camp. Levin is pictured leading a tie-dye exercise.

MANISTIQUE – The Folk Hero for this year isn't known for being out in the spotlight. Actively involved, Linda Levin is the quiet one in the back. Levin was nominated by the Church Council at Zion Lutheran Church. "Linda has dedicated her life to helping the children and families in Manistique and Schoolcraft County. She deserves to be recognized for her dedicated service to our area," stated Bonnie Groh. "Her work and efforts are quiet, efficient and

unassuming. Because of this, many of the things she does go unnoticed. We have become so accustomed to her generosity that we sometimes take her for granted. It is time for her to be recognized for the many contributions she has made to the children and families in Manistique and Schoolcraft County."

Levin is a life-long resident of Manistique and a 1976 graduate of Manistique High School. She has a Bachelor's degree from Carthage College

in elementary education/special education and a Master's degree in the Art of Teaching from Marygrove College.

From 1980-2015 she taught special education for the Manistique Area Schools, primarily at Fairview School, where she also served as a lead teacher.

As a special education

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teacher for 35 years, she helped and assisted hundreds of children and families in our area. She has had a lasting and positive impact on the people she worked with.

Since 1980, Levin has been extensively involved with Girl Scouts at both the local and regional level. Over the years she has served as staff, assistant director and director at many summer camps. Currently, she is involved with three troops in the Manistique area.

Her exceptional contributions to Girls Scouts have earned her the Gold Award, as well as the Thanks Badge and Thanks Badge II. Over the years, many girls have been able to benefit from her dedicated efforts in Girls Scouts.

For many years, Levin has been involved with Habitat for Humanity - HiawathaLand, serving as a board

member since 1996 and volunteering in the Re-store. She has enjoyed her service to Habitat as they empower families in our local area to help themselves.

Since 1985, Levin has helped the Manistique Chamber Music Concert Committee bring chamber music performances to the Manistique area each summer. She currently co-chairs the committee.

From 1981-1988 she served as a member of the Carthage College Board of Trustees.

She is a member of the CAS-Foster Grandparent Foundation Board of Trustees, and the Manistique Area Schools Foundation, where she serves as secretary.

As a retired educator, Levin maintains a relationship with Emerald Elementary School, serving as a tutor, volunteer, substitute teacher and Book Fair Chairperson.

A lifelong member of Zion Lutheran Church in Manistique, Levin has gone above and beyond to help the congregation with its mission. She has served as an organist and pianist since 1997. She has been a member of the Church Council, serving as president and secretary. She has also coordinated Vacation Bible School and serves on the Northern Great Lakes Synod Candidacy Committee.

In 2018, Levin and other Zion volunteers were involved in the "Back Pack Buddies" program, providing food to disadvantaged families in the Manistique area. Their efforts have resulted in monthly food distributions to 100 families, greatly benefiting many children and their families.

This program has been phenomenally successful, and many area children and their families have benefited greatly.

Another accomplishment Levin is proud of is Fifth Grade Science Camp. She wrote the initial grant in 1989 that started the program, which takes place at Clear Lake each year. Levin has continued her contribution as the camp cook.

Commenting on her selection, Levin said, "It is a great honor. It is kind of neat that my dad was a Folk Hero in 2004."

The Folk Fest opening ceremony which includes recognition of Levin as Folk Hero is set for 10 a.m. on Saturday at the stage on Walnut Street. The public is welcome to attend.

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

**How does a medigap work with Original Medicare?** Medigaps pay after Original Medicare for some or all the costs that Original Medicare does not pay. If you have Original Medicare and a Medigap, and you receive a Medicare-covered service, Medicare pays first and the Medigap pays second.

Let's say you have Original Medicare and a Medigap and you go to a nearby outpatient clinic to get a medically necessary chest x-ray. First, original Medicare pays 80 percent of the Medicare approved amount for your chest x ray. Then the Medigap covers part or all the remaining 20 percent coinsurance. If you did not have a Medigap you would have to pay the coinsurance out of pocket.

A medigap is not like other types of secondary insurance. When you have secondary insurance, such as retiree coverage, the retiree plan makes decisions about whether it will pay for a service after Medicare pays. Even though Medigaps are offered through private insurance companies, they do not make their own coverage decisions. Using the x-ray example previously, this means that because Medicare covered the chest x-ray, the Medigap cannot deny payment for part of all the remaining 20 percent coinsurance.

**What is the difference between having a Medicare Advantage plan and**

**having Original Medicare with a Medigap?** Having original Medicare and a Medigap allows you to see any provider and use any facility that accepts Medicare; while having a Medicare Advantage plan typically means you can only see in-network providers. Therefore, if you have Original Medicare and a Medigap, you can receive covered care anywhere in the country (if the care is from a provider or facility that accepts Medicare). In contrast, if you have a Medicare Advantage plan you will likely be out of your plans service area while in other parts of the country. In addition, if you have Original Medicare, and a Medigap, you do not need a referral from a primary care physician to see a specialist. You will generally have greater provider access if you have Original Medicare and a Medigap. You will also likely have far fewer out of pocket costs than you would with a Medicare Advantage plan, as medigaps are designed to cover deductibles, coinsurance, and copayments. While you do have to pay an additional monthly premium for your Medigap, your out-of-pocket costs for the care you receive are greatly limited. This means Original Medicare and a Medigap may be a more affordable option for you if you have more health needs and receive more costly medical care throughout the year.

On the other hand, if you have a Medicare Advantage plan, you will owe out of pocket costs like co-pays, which may be more affordable if you do not have many health needs and do not receive much medical care throughout the year.

While Medicare Advantage plans may charge a monthly premium in addition to your Part B premium, this additional monthly premium is likely less expensive than the monthly premium for many Medigaps. Additionally, Medicare Advantage plans may cover extra services that are not covered by Original Medicare and not covered by most Medigaps, such as vision, hearing, and dental care. Medicare Advantage plans are a way to receive Part A, B, and D benefits in one plan, whereas those with Original Medicare and a Medigap likely must enroll in a stand-alone Part D plan to receive Medicare prescription drug coverage.

**What happened to Medigap Plans E, H, I and J?** Plans E, H, I and J stopped being sold June 1, 2010. If you bought a Medigap between July 31, 1992, and June 1, 2010, you could keep it even if it's not being sold anymore.

**How much do Medigaps cost?** When you are choosing a Medigap policy, it is best to look at policies from a range of insurance companies, especially if you've already decided on a particular standardized policy. Policies with the same letter name offer the same benefits, but premiums vary from company to company. For example, Policy A bought from company one has the same benefits as Policy A bought from company two, but company one and company two can charge different rates.

When choosing a Medigap, ask what factors the Medigap insurance company uses to set your premium. The following factors may affect the cost of your Medigap:

- Where you live.
- Your age.
- Your health status.
- Your gender.
- If you smoke.
- If you are married.

It is smart to buy your Medigap policy during your open enrollment period or when you have the guaranteed issue right because your premium cannot increase based on your health status at those times.

Fingernail trim is also available for an additional \$5.

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

#### **July exercise dates and times**

July 23 at 11 a.m.

July 28 at 10 a.m.

Coffee and social time to follow.

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

#### **Nutrition Menu**

July 21 - Sweet and sour meatballs, brown rice, green peas, chef's choice vegetable, diced pears.

July 22 - Stuffed shells w/ marinara, Brussel sprouts, diced carrots, tropical fruit.

July 23 - Meatloaf w/ ketchup glaze, mashed potato/gravy, mixed vegetables, applesauce.

July 24 - Chef salad, ranch pasta salad, whole wheat breadstick, pineapple/Mandarin orange mix.

July 25 - Chicken fried steak w/gravy, boiled red potatoes, green beans, fruit cocktail.

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

#### **HERMANSVILLE SENIOR CITIZEN MENU WEEK OF JULY 21**

Monday - Sweet and sour meatballs, brown rice, green peas, chef's choice vegetable, diced pears.

Tuesday - Stuffed shells w/ marinara, Brussel sprouts, diced carrots, tropical fruit.

Wednesday - Meatloaf w/ ketchup glaze, mashed potatoes w/gravy, mixed vegetable, applesauce, whole wheat bread.

Thursday - Chef's salad, ranch pasta salad, pineapple/Mandarin orange mix, whole wheat breadstick.

Friday - Chicken fried steak w/gravy, boiled red

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## Heather Tyner, Activities Director

Dinner Out last Wednesday, July 16, at The 40 Bar & Grill was not only an evening filled with good company and entertaining conversation, but excellent service and delicious food as well. Thank you to everyone that made Dinner Out so enjoyable. We started our Dinner Out activity back in November of last year, this was our fifth one. Dinner Out is opposite months of our Potlucks. We choose a different local restaurant to meet at. Each senior is responsible for their own meal, but the friendships that form are free. "Where Friends Meet" doesn't just take place at our Center. Our next Dinner Out will be Wednesday, Sept. 17 at TAP21. We will see you there at 5 p.m.

Before we head to our next Dinner Out we have Coffee Hour with Don & Karen this Friday Morning, July 25, from 9-10 a.m. I hope you will join them at the City Pavillion by the Manistique Lakeshore Campground. They will bring the coffee, chit chat and chuckles. It is an excellent way to start your day.

Next week we have a Hike at the Environmental Lab with UP SAIL on Monday, July 28, from 11 a.m. to noon. We will meet there, or you can call us to let us know you need a ride.

We also have Ukulele Lessons with Gwen on Tuesday, July 29 starting at 11 a.m. and at 4 p.m. we have a Tee Time at Stony Point Golf Course.

On Wednesday, July 30, at noon we are having our Monthly Meal with Don, Karen & Heather. Our Community Action Agency ladies are cooking Swedish

meatballs with egg noodles, diced carrots, green beans, 2 percent milk and a sunshine cake for dessert. Please call the kitchen by 8 a.m. that morning to let them know you are joining us at (906)341-5085. There is a suggested donation of \$4.50 for 60 and up, or \$7 for younger than 60.

Our first full week of August is bringing a Zoom meeting for our Italy trip coming up in March of 2026. The Zoom meeting will be presented by Jerard Welch of Collette on Monday, Aug. 4, from 10-11 a.m.



Jerard will be talking about the trip and answering questions. Brandi Minor, from Blue Diamond Travel Agency, will be there as well to also answer any questions and to help us to sign up for the trip online. If you would like any information on our Italy Trip, or to sign up, here's the link: <https://gateway.gocollette.com/link/1358987>

August also brings our potluck and our first Saturday Night at the Center dance. For our next month's potluck, we will be grilling out. It will take place on Thursday, Aug. 21, from 4-6 p.m. We will be grill-

ing hamburgers and making S'mores over the fire. There will be a variety of fixings for both the hamburgers and the S'mores. We hope you plan to join us and please bring a side dish to share. Be ready to have some fun with a few outdoor games as well.

Saturday Night at the Center will be Saturday, Aug. 23, from 7-10 p.m. There will be music, lights, dancing and if you would like you can use our social district for alcoholic beverages. We will have pop and chips to purchase. Our Saturday Night at the Center will take place opposite months of our Puzzles & Punch Contests. Both our Grilling Out Potluck and our Saturday Night at the Center are free activities.



Dinner Out was held at The 40 Bar & Grill on July 16. Pictured from center front, going left around the table is Shirley Lee, Marlene Miske, Crystal Snyder, Theresa Neville, Jim White, Cheryl Robere, Bonnie Lencioni, Audrey Savoie, Cathy Wise, Jim Maxwell and Don Erickson.

Courtesy photo



# Senior Citizen News

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

Be aware of how Medigap companies use age when setting premiums. In some states, companies are only allowed to set premiums in certain ways. Depending on your state, premiums may be:

**No age rated (Community Rated):** premiums are the same for everyone living in a specific area, regardless of age. These are generally the least expensive over your lifetime.

**Issue age rated:** premiums are based on the age you were when you first bought the policy. The younger you are when you purchase a Medigap, the cheaper your premium. (Note: premiums will still increase over time due to inflation, but not due to age).

**Attained age rated:** premiums are initially based on your age when you purchase a policy, and they increase as you get older (Meaning you pay a different price at age 65 than you do at age 70). These premiums may be the lowest when you first purchase them, but they are generally the most expensive over your lifetime.

When can I purchase a Medigap? If you wish to purchase a Medigap policy, you need to find out the best time to purchase one in your

state. In most states, insurance companies must sell you a policy only at certain times and if you meet certain requirements. If you miss your window of opportunity to purchase a Medigap, your costs may go up, your options may be limited, or you may not be able to buy a Medigap at all depending on your health status.

Under federal law, you have the right to buy a Medigap policy if you:

Are 65 and enrolled in Medicare.

And you buy your policy during a protected enrollment period.

At times when you have the right to buy a Medigap policy, an insurance policy cannot:

Deny you Medigap coverage.

Or, charge you more for a policy because of past or present health problems.

Before you buy a Medigap, check to see if your state offers additional protections. For instance, some states allow people to enroll in Medigaps outside federally protected periods. Residents of New York and Connecticut, for instance, can buy a policy throughout the year, not just at select times. These two states also require insurers to sell to people with Medicare who are under age 65. Even if you do not have the right to buy a Medigap in your state, you may still be able to purchase a policy if a company agrees to sell you one. However, know that companies can charge

you a higher price because of your health status or other reasons.

When are the protected times to buy a Medigap? It is important to know about protected times to buy a Medigap so you can time your enrollment wisely. Here we talk about federally protected times to purchase a medigap. Be aware that this information only pertains to protections that apply nationwide. Some states have other protections that give their residents additional opportunities to enroll in a Medigap.

**Open enrollment period**

Generally, the best time to enroll in a Medigap policy is during your open enrollment period. Under federal law, you have a six month open enrollment period that begins the month you are 65 or older and enrolled in Medicare Part B. During your open enrollment period, Medigap companies must sell you a policy at the best available rate regardless of your health status, and they cannot deny you coverage. The best available rate may depend on several factors, including your age, gender, your marital status, and where you live. If you purchase a Medigap during your open enrollment period, policies are limited in their ability to exclude coverage for pre-existing conditions, meaning conditions you had before you enrolled.

**Guaranteed Issue right**

If you miss your open enrollment period, you can also purchase a medigap when you have a guaranteed issue right. If you are age 65 or older, you have a guaranteed issue right within 63 days of when you lose or end certain kinds of health coverage. When you have a guaranteed issue right, companies must sell you a Medigap policy at the best available rate, regardless of your health status and cannot deny you coverage. The best available rate may depend on several factors, including your age, gender, whether you smoke, your marital status, and where you live. A guaranteed issue right also prevents compa-

secondary to Medicare).

You joined a Medicare Advantage plan when first became eligible for Medicare and disenrolled within 12 months.

Or your previous Medigap policy, Medicare Advantage plan, or PACE program ends its coverage or commit fraud.

Note: if you have a Medicare Advantage plan, Medicare SELECT policy, or PACE program and you move out of the plans service area, you also have the right to buy a Medigap policy. Be sure to keep any letters, notices, postmarked envelopes and claim denials in case you need proof that you lost or ended health coverage. Medigap insurers may require these documents before they sell you a policy.

## SENIOR CITIZEN ACTIVITIES

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

July exercise dates and times: July 28 at 10 a.m.

Coffee and social time to follow.

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

## Nutrition Menu

July 28 - Bratwurst/whole wheat hot dog bun, corn, coleslaw, escalloped apples.

July 29 - Stuffed pepper Casserole, sweet potato cubes, green peas, diced pears.

July 30 - Herb roasted chicken, loaded mashed potatoes, diced carrots, whole wheat dinner roll, peach dump cake (Birthday Party Dinner).

July 31 - Turkey, ham and Swiss croissant, potato salad, side salad w/tomato and cheese, fresh fruit.

Aug. 1 - Spaghetti w/meat sauce, Brussel sprouts, Italian vegetables, whole wheat breadstick, chef's choice fruit cup.

## HERMANSVILLE SENIOR CITIZEN MENU WEEK OF JULY 28

Monday - Bratwurst, whole wheat bun, corn, escalloped apples, coleslaw.

Tuesday - Stuffed pepper casserole, sweet potato cubes, green peas, diced pears.

Wednesday - Herb roasted chicken, loaded mashed potatoes, diced carrots, peach dump cake, whole wheat dinner roll.

ner roll.

Thursday - Turkey, ham and Swiss croissant, potato salad, side salad w/cheese and tomato, fresh fruit.

Friday - Spaghetti w/meat sauce, Brussel sprouts, Italian vegetable, whole wheat breadstick, chef's choice fruit cup.

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

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# Menominee County Journal

07/31/25

## Emergency Food Assistance available

The Emergency Food Assistance Program (TEFAP) with Menominee Delta Schoolcraft Community Action Agency has scheduled distribution in Menominee and Delta Counties in August 2025.

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

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

For each additional family member add \$1,375 per month.

Those seeking food, go to the location nearest your address.

Available at Escanaba Senior Center, Gladstone Senior Center and Hermansville Senior Center only.

Participants can visit once per calendar month.

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

All information collected is

self-declared at each distribution either in writing or verbally.

Menominee County distributions: Hermansville – Aug. 5, 12, 19, 26 at Hermansville Senior Center W5480 1st

Street, from 1 – 3 p.m. CST, 906-498-7735.

Contact the participating MDS CAA Senior Center for more information.

This institution is an equal opportunity provider.

# Senior Citizen News

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

**Can I purchase a Medigap outside protected enrollment periods?** Yes, but you may run into problems, especially if you have pre-existing conditions. For instance, companies can refuse to sell you one or require a medical exam. Companies vary in the degree to which they deny applicants based on health conditions, so one company may agree to sell a Medigap to the same individual denied by other companies. If a company does agree to sell you a policy, you may need to pay a higher monthly premium and be subject to a six-month waiting period if it covers preexisting conditions. Be sure to contact Medigap insurers in your state to learn if they will sell you a Medigap policy outside protected enrollment periods.

**Can I cancel a Medigap policy?** You have the right to review a new Medigap policy for the first 30 days. You can cancel it within that time for a full refund if it does not meet your needs. After the first 30 days, you can cancel your policy at any time. However, be careful when cancelling. Depending on where you live, you may not be able to purchase another policy, or companies may charge you more because of your health.

You also have the right to a 30-day free look period if you

want to switch your Medigap policy. If you decide to apply for a second Medigap, you will have to pay for both Medigap premiums during this 30-day period. Your 30-day period begins on the day you enroll in your new Medigap policy. You should not cancel your first Medigap policy during this time because you may not be able to get it back.

**Do Medigaps cover pre-existing conditions?** Be aware that under federal law, Medigap policy insurers can refuse to cover your prior medical conditions for the first 6 months. A prior or preexisting condition is a condition or illness you were diagnosed with or were treated for before new health care coverage began.

The waiting time for your medigap coverage to start is called a pre-existing condition waiting period. You can avoid such waiting periods if you buy your policy when you have a guaranteed issue right.

You can also avoid or shorten a pre-existing condition waiting period if you buy a policy during your open enrollment period. During this protected period, Medigap policies must shorten any pre-existing condition waiting period by the number of months you had prior credible coverage. Most forms of health coverage count as credible.

Here's how this works: your preexisting waiting period is reduced by one month for each month you were enrolled in creditable coverage prior to purchasing a Medigap. If you had credible coverage for two months before you purchased a Medigap, your policy could

only impose a four-month waiting period, instead of six months. If you had six or more months of prior credible coverage, Medigap insurers must cover your prior medical conditions immediately. Keep in mind that you cannot use credible coverage to reduce your preexisting waiting period if you have a break in coverage of more than 63 days.

Make sure to consider several Medigap policies, especially if you are concerned about facing a waiting period. Some policies do not impose preexisting condition waiting periods.

**How should I go about choosing a Medigap?** One of your first steps is likely to choose between Medicare Advantage, and Original Medicare with a Medigap. When choosing between these two options, consider the following information:

Original Medicare with a Medigap:

You can see any provider and use any facility that accepts Medicare.

You do not need referrals for specialists.

Your Medigap pays part of all certain remaining costs after Original Medicare pays first.

Your Medigap plan charges a monthly premium in addition to the Part B premium.

Your Medigap generally only covers Medicare cost sharing. However, it may also cover costs Medicare does not cover at all, like 365 additional lifetime hospital days or care received when traveling abroad.

In most states, insurance companies must only sell you a Medigap at certain times and if you meet certain requirements.

Medicare Advantage:

You can typically see only in network providers.

You typically need referrals for specialists.

Your cost sharing varies depending on the plan. You usually owe a copay for in-network care. Make sure to compare particular plans cost sharing to Original Medicare.

Your plan may charge a monthly premium in addition to your Part B premium.

## SENIOR CITIZEN ACTIVITIES

Aug. 11 - Foot clinic by appointment only. The clinic is currently full.

Aug. 13 - Spend the day at the U.P. State Fair! Community Action will have a Wellness fair under the grandstands from 11 a.m. -2 p.m. EST. Visit vendors and have a chance to win door prizes. CAA will be serving a box lunch consisting of a turkey/ham sandwich, cold salads, chips, birthday cake and milk for a suggested donation of \$4.50 for those 60 plus. Call 786-8850 to reserve a meal before August 5.

Aug. 20 - Retirement party for Tim Johnson from 1-3 p.m. Join us for coffee and cake to celebrate Tim.

Aug. 27 - Birthday party dinner with 50/50 raffle, door prizes and bingo. Is your birthday in August? Please notify the staff when making your meal reservation so we may honor you.

## August exercise dates and times

Aug. 6 at 11 a.m.

Aug. 13 at 11 a.m.

Aug. 20 at 11 a.m.

Aug. 25 at 10 a.m.

Coffee and social time to follow.

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

## Nutrition Menu

Aug. 4 - Fiesta scrambled eggs with hash browns, stewed tomatoes, whole wheat bread, warm fruit compote.

Aug. 5 - Beef taco bake, Mexican corn, oven potatoes, sweet yeast roll, pineapple/Mandarin orange mix.

Aug. 6 - Apple glazed pork chop, mashed potatoes/gravy, chef's choice vegetable, mixed fruit cup, whole wheat bread.

Aug. 7 - Cobb salad w/turkey, vegetable pasta salad, muffin, fresh fruit.

Aug. 8 - Mushroom Swiss

## HERMANSVILLE SENIOR CITIZEN MENU WEEK OF AUG. 4

Monday - Fiesta scrambled eggs with hash browns, stewed tomatoes, warm fruit compote, whole wheat bread.

Tuesday - Beef taco bake, Mexican corn, oven potatoes, sweet yeast roll, pineapple/Mandarin orange mix.

Wednesday - Apple glazed pork chop, mashed potatoes

with gravy, chef's choice vegetable, mixed fruit cup, whole wheat bread.

Thursday - Cobb salad w/turkey, vegetable pasta salad, muffin, fresh fruit.

Friday - Mushroom and Swiss burger, whole wheat hamburger bun, root vegetable blend, green beans, tropical fruit.

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

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## Heather Tyner, Activities Director



Last Friday, July 25, I drove a minivan full of seniors to the Michigan Parkinson Foundation HOPE In Every Step: Community Forum in Marquette. The minivan ride alone, there

and back, was full of shared information between the passengers. Then there was the Forum. The Forum had three different presenters, a video, and an abundance of literature, all on Parkinson's Disease. Pat Norman, our Facilitator for Schoolcraft County Parkinson Support Group made the trip possible. Pat runs our area's Parkinson's Support Group. The meetings are the second Monday of the month at 1 p.m. and take place in the Schoolcraft Memorial Hospital Administration Building.

Pat would like us all to know that Parkinson's is a chronic disease that is much more than just a tremor. 10-30 percent of people with Parkinson's Disease do not present with a tremor. Parkinson's has both motor and non-motor symptoms, and Parkinson's is different for each individual that is affected by the disease. According to [verywellhealth.com](http://verywellhealth.com) early signs of the disease can be loss of smell, a small voice and small handwriting. The Michigan Parkinson Foundation states that 35,000 people in Michigan are affected with Parkinson's, 1.5 million within the United States and more than 10 million people worldwide. I took away a lot of information from the Forum, but what they really stressed is that if you are affected with Parkinson's, you need a care team behind you; doctors, occupational therapist, physical therapist, speech therapist, nutritionists and a good support group, and exercise. Exercise was touted throughout the Forum. If you are looking for any information on Parkinson's Disease the Michigan Parkinson Foundation is a good place to start: [parkinsonsmi.org](http://parkinsonsmi.org). On Monday, Aug. 4, we do have

our Italy Trip Zoom meeting, starting at 10 a.m. If you'd like to hear about our trip, or ask any questions, this would be an excellent chance to do so. The rest of our Monday, since it is

the first Monday of the month, is a busy one; Line Dancing, Tap Dancing, Painting Class, Move & Groove, Ballroom Dancing and Tai Chi. Ukulele Lessons with Gwen is on Tuesday, from 11 a.m. to noon and our 4 p.m. Tee Time at Stony Point. On Wednesday, Aug. 6, we have Drum Aerobics from 9-9:30 a.m., our Cooking For One Class, taught by Brianna Beaulieu, the Community Nutrition Instructor from Michigan State University Extension, will be 10-11:30 a.m. and we also have our Senior Swingers practice from 3-4 p.m.

Senior Swingers will be practicing the first and third Wednesdays of the month from 3-4 p.m. If you would like to join the band, please do. You need no musical talent, and we have instruments for you to play.

Coming up later in the month we are going to go golfing out at JP Memorial Golf Course in Germfask for one of our golfing Tuesdays. We will be meeting there for our 4 p.m. tee time on Tuesday, Aug. 19. If you would like to join us, but need a ride, please let me know. We will be having dinner at the golf course as well. You will need to pay for your golfing, \$18 for nine holes and the cart, and your meal. That Wednesday, Aug. 20, from 10-11 a.m. we have our Stories & Crafts with Seniors & Tots. We will have a sweet story time all about ice cream, and we will be learning how to make ice cream in a bag! We will then be eating our delicious creations. Monica Powell from Great Start supplies us with the stories, crafts and tots! I hope you come check out the fun that Michigan State University: Michigan Center for Rural Health wrote all about.

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