

Senior Citizen News

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

MICHIGAN LIFELINE PROGRAM

Who is eligible for the Michigan Lifeline Program? The following are the current eligibility criteria for Michigan potential Lifeline customers after January 1, 2020. To qualify for Lifeline, your household income must be at or below the 135 percent poverty guidelines listed below, or you must participate in one of the following assistance programs: Medicaid, Supplemental Nutrition Assistance Program (SNAP), Supplemental Security Income (SSI), Federal Public Housing Assistance, Tribal Eligibility Programs (and living on federally recognized Tribal lands), or Veteran's and Survivors Pension Benefit.

135 percent of 2025 Poverty Guideline See Chart above

135% of 2025 Poverty Guideline	
Number of Household Members	Annual Income
1	\$21,127.50
2	\$28,552.50
3	\$35,977.50
4	\$43,402.50
5	\$50,827.50
6	\$58,252.50
7	\$65,677.50
8	\$73,102.50

Additional Eligibility - Survivors of domestic violence, human trafficking, and related crimes may qualify for up to six months of emergency Lifeline support. After six months a survivor would have to apply for the standard Lifeline benefit. To qualify for the survivor's benefit, your household income must be at or below the 200 percent poverty guidelines listed below or you must participate in one of the previously listed assistance programs or one of the following assistance programs: Special Supplemental Nutrition Program for Women, Infants and Children (WIC), Free and Reduced-Price School Lunch or Breakfast Pro-

gram, including enrollment at a Community Eligibility Provision (CEP) school or school district, Received a Federal Pell Grant in the current award year.

Survivors will need to provide a document from their service provider showing proof of an attempted line separation request. Survivors cannot successfully complete their application for emergency Lifeline without this document.

200 percent of 2025 Poverty Guideline See Chart Below

200% of 2025 Poverty Guideline	
Number of Household Members	Annual Income
1	\$31,300
2	\$42,300
3	\$53,300
4	\$64,300
5	\$75,300
6	\$86,300
7	\$97,300
8	\$108,300

SENIOR CITIZEN ACTIVITIES

Jan. 1 - The center is closed, Happy New Year. We will reopen at 8 a.m. on Jan. 5.

Jan. 5 - Foot clinic, by appointment only. Call the center to see if there is availability. Cost is \$27.

Jan. 12 - Craft class at 11 a.m. to make winter Gnomes. Please RSVP the senior center if you plan on attending so we have enough materials available. Please bring one pair of fuzzy socks.

Jan. 20 - Lunch on your own at Drifter's in Escanaba. The van will leave at 10:30 a.m. Cost is \$4 per person. Join us for a day out and "beat the winter blues."

Jan. 28 - Monthly birthday party dinner with 50/50 raffle, door prizes, cake, ice cream and bingo after lunch. If you are celebrating your birthday in January, please

mention that when reserving your meal. We want to honor you.

January exercise dates and times

Jan. 7 at 11 a.m.
Jan. 14 at 11 a.m.
Jan. 21 at 11 a.m.
Jan. 26 at 10 a.m.
Coffee and social time to follow.

Nutrition Menu

Jan. 5 - Meatballs in gravy over mashed potatoes, corn, tropical fruit.

Jan. 6 - Chicken Parmesan over spaghetti noodles, Brussel sprouts, Italian vegetables, whole wheat breadstick.

Jan. 7 - Turkey meatloaf, boiled red potatoes, green beans, diced peaches.

Jan. 8 - Beef chili, copper penny salad, side salad w/tomato and cheese, cornbread, fresh fruit.

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 JAN. 5

Monday - Meatballs in gravy over mashed potatoes, corn, tropical fruit, whole wheat bread.

Tuesday - Chicken parmesan, spaghetti noodles, Brussel sprouts, Italian vegetables, whole wheat breadstick.

Wednesday - Turkey meatloaf, boiled red potatoes, green beans, diced peaches, whole wheat bread.

Thursday - Beef chili, copper penny salad, side salad with cheese and tomatoes, cornbread, fresh fruit.

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

Menominee County
Journal

1/1/26

Manistique Senior Center

Heather Tyner, Activities Director

Happy New Year from everyone here at our Center to all of you!

Our Christmas Concert Potluck took place on Thursday, Dec. 18. Gwen Foor

and her ukulele students played beautifully and started off our evening with a few holiday songs that included Jingle Bells, Let it Snow! Let it Snow! Let it Snow! and others. Our Senior Swingers followed up with Frosty the Snowman, Santa Claus is Coming to Town, a very entertaining rendition of Rudolph the Red-Nosed Reindeer and a few more. At the end of the concert the ukuleles mixed in with the Senior Swingers and did a heartwarming acapella of Auld Land Syne. We even had a special guest, Sue Akers, join the Senior Swingers on the piano. It was an evening filled with music and singing, not only from our entertainment, but from the audience as well. It was also filled with laughter, conversation and delicious food. We normally do not have a potluck during December, since we have our Christmas Dinner & a Play, however Gwen wanted to do a Christmas Concert with her ukulele students. Our Christmas Concert Potluck will definitely stay on our calendar. Thank you kindly, Gwen for making the Christmas Concert part of our December schedule.

This month Gwen will be having her Ukulele Lessons every Tuesday, from 10:30 a.m. to noon. Gwen does a wonderful job teaching the ukulele and she is always welcoming to new students. We do have two extra ukuleles available at our Center for use.

Two of our new activities are starting next week: Qigong and our Cross-Country Ski Club. Qigong will be the first and third Mondays of the month, from 3:30-4 p.m., and our Cross-Country Ski Club will meet every week on Thursdays at 9 a.m. For our first Cross-Country Ski



Club outing we will be meeting at Indian Lake Golf Club. If you would like to cross-country ski, but lack the equipment, please call our office at (906) 341-5923. We may be able to find the equipment

for you.

On Thursday, Jan. 8, UP SAIL will be visiting our Center to give an Assistive Technology Presentation. The presentation will cover what assistive technology is and how it can assist in overcoming barriers. After the presentation UP SAIL will be staying another hour to assist with any technology questions that you may have. Both the Assistive Technology Presentation and Tech Help is free.

Not only do we provide activities and events to keep you active, but our Center provides many grant assisted programs: Medical Loan Closet, Long-Distance Medical Transportation, Homemaker Aide Services, Respite Services, SCMH Free Blood Pressure Clinic, Help Filling out Homestead Property Tax, Rental and Home Heating Tax Credit Refund Forms, and Senior Seasonal Services. Our Medical Loan Closet loans out medical equipment on a donation basis. Our Long-Distance Medical Transportation program transports Schoolcraft County residents to out of county appointments, also done on a donation basis. The transportation program relies on our volunteer drivers. We also have Homemaker Aide Services and Respite Services. Our homemaker aides go into your home twice a month to help keep it clean and our respite aide gives those that care for a senior 65 years or older and that cannot be left alone, two hours of respite every week. Our Senior Seasonal Services reimburses those 60 years and older for snow removal during the winter and lawn mowing in the summer. If you would like to learn more about any of our services, please call our office call (906) 341-5923.

Pioneer
Tribune
1/1/26

**LOCAL PARKINSON
SUPPORT GROUP**

ESCANABA.— The Michigan Parkinson Foundation support group for Escanaba and the surrounding areas meets on the second Tuesday of each month. The next meeting will be 1 p.m. Tuesday, Jan. 13, at the Community Action Agency, 507 First Ave. N., Escanaba. For more information, call Debra Martin at 906-420-2871 or email to hiawathawellness@gmail.com.

**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
1/2/26

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Daily Press

1/3/26

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Daily Press

1/5/26

Community Action Agency Senior Nutrition Program

January 2026 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

			Thu, 01/1/26 MDS CAA Closed order an extra meal ahead of time! <i>Happy New Year</i>
Mon, 01/5/26	Tue, 01/6/26	Wed, 01/7/26	Thu, 01/8/26
Meatballs in Gravy over Mashed Potatoes Corn Tropical Fruit Bread, WW Milk, 2%	Chicken Parmesan Spaghetti Noodles Brussel Sprouts, Italian Veg Breadstick, WW Milk, 2%	Turkey Meatloaf Boiled Red Potatoes Green Beans Diced Peaches Bread, WW Milk, 2%	Beef Chili Copper Penny Salad Side Salad w/Chz & Tom Cornbread Fresh Fruit Milk, 2%
Mon, 01/12/26	Tue, 01/13/26	Wed, 01/14/26	Thu, 01/15/26
Cheeseburger Hamburger Bun, WW Chef's Choice Veg Potato Wedges Apple Slices Milk, 2%	Turkey a la King Rotini Pasta Root Veg Blend Corn Biscuit Chef's Choice Fruit Cup Milk, 2%	Monterey Chicken Herb Mashed Pots Capri Veg Tropical Fruit Bread, WW Milk, 2%	Beef Pasty Green Beans Coleslaw Warm Cin Peaches (FR) Milk, 2%
Mon, 01/19/26	Tue, 01/20/26	Wed, 01/21/26	Thu, 01/22/26
Polish Sausage Sauerkraut Diced Carrots Boiled Red Potatoes Bread, WW Chef's Choice Fruit Cup Milk, 2%	Salisbury Steak w/Gravy Mashed Pot w/Gravy Peas w/Onions Applesauce Bread, WW Milk, 2%	Chicken Spaghetti Chef's Choice Veg Wax Beans Diced Peaches Breadstick, WW Milk, 2%	Beef Taco Bake Mexican Corn Oven Potatoes Fresh Fruit Milk, 2%
Mon, 01/26/26	Tue, 01/27/26	Wed, 01/28/26	Thu, 01/29/26
Pizza Pasta Cass Brussel Sprouts 5-Way Mixed Veg Chef's Choice Fruit Cup Bread, WW Milk, 2%	Sweet & Tangy Chicken Brown Rice Broccoli Capri Veg Pineapple/Orange Mix Milk, 2%	LIMIT 1 French Onion Pork Chop Mashed Pot w/Gravy Diced Carrots Apple Slices Bread, WW, Milk 2% Chocolate Cherry Dump Cake Congregate Bday Party	Swedish Meatballs Egg Noodles Chef's Choice Veg Green Beans Fruit Cocktail Dinner Roll, WW Milk, 2%

*MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE

Please circle the YES or NO for each day. If you want to double up, place a 2 in the brackets.

First & Last Name: _____ Phone Number: _____

Address: _____

Up to 7 meals may be ordered; if you need more food, please call your senior center. You must order a meal on 3 different days of the week.

Daily
Press
1/5/21

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**DANCE WITH LIVE
MUSIC IN ROCK**

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Daily Press

1/6/26

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Daily Press

1/7/26

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Daily Press

1/8/26

We have two FootCare Clinics this month. Our first one is on Wednesday, Jan. 14, and our second clinic is Wednesday, Jan. 28. Appointments are available between 12:30-2:30 p.m., and you only need to call our office to make one at (906) 341-5923. FootCare is done by North Woods Home Health nurses, and they ask that you bring a towel along with you. The cost is \$22.

Besides Drum Aerobics, Hand & Foot, FootCare, Chair Yoga and Bowling at Ten Pin Alley, on Wednesday, Jan. 14, we also have our monthly Night Out at the Movies. This month we will be watching Song Sung Blue. Song Sung Blue is a musical drama based on a 2008 documentary that followed the journey of a Neil Diamond tribute band, Lightning and Thunder. We will be meeting at Cedar Street Cinema for a 7 p.m. showing. You

will need to purchase your own ticket, \$8, and your own snacks.

On Thursday, Jan. 15, our Cross-Country Ski Club will be meeting out at Big Springs at 9 a.m., weather permitting. If the Big Springs cross-country ski trail does not cooperate, we will head over to Indian Lake Golf Course for a second week. An Estate Planning Presentation by Harley LaCross, an attorney with the France Firm, is later on that same day from 11 a.m. to noon. Mrs. LaCross will be going over Wills and Trusts, Probate Assets, Power of Attorney, Funeral Representative and Lady Bird Deeds. This is a free seminar, and a free consultation can be scheduled with Mrs. LaCross after the seminar.

Movie Day also takes place on Thursday, Jan. 15. Our movie for the month of January is a 2025 American crime comedy film, based on



the 2020 novel by Richard Osman. The film stars Helen Mirren, Pierce Brosnan, Ben Kingsley, and Celia Imrie. Its plot follows a group of elderly amateur sleuths who attempt to solve a murder. Movie Day starts at 1 p.m. and there is always free popcorn on Movie Day.

Dinner Out is later that same day on Thursday, Jan. 15, and we will be meeting at Wheaty's at 5 p.m. Our Dinners Out have a good attendance and are always enjoyable. You will need to purchase your own meal, but the conversation, laughter and smiles are com-

Manistique Senior Center

Heather Tyner, Activities Director

plimentary.

If you cannot make Dinner Out, try making it to our Monthly Meal with Don, Karen & Heather. The Monthly Meal takes place at our Center and is on Wednesday, Jan. 28, at noon. Our Community Action Agency ladies will be cooking us a French onion pork chop, mashed potatoes with gravy, diced carrots, apple slices and a chocolate cherry dump cake, and lunch will be served with a slice of whole wheat bread and a 2% milk. Lunches with the Community Action Agency is done on a donation basis. The suggested donation is \$4.50 for 60 and up, with \$7 for under 60. Please call the kitchen

by 8 a.m. that morning to let the ladies know that you will be joining us for lunch at (906) 341-5085

We do have our Puzzles & Punch jigsaw puzzle competition this month! It is on the fourth Saturday of the month, Jan. 24, from 2-5 p.m. We had quite a few show up to our last Puzzles & Punch and had three very competitive groups. I'm hoping to have a few more this month. We supply the puzzles, punch and prizes. You can bring a snack to share if you would like. We puzzle for an hour, take a 20-minute break and puzzle for another hour. We count the individual pieces and award 1st, 2nd and 3rd place prizes accordingly.

Pioneer Tribune

1/8/26

Senior Citizen News

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Agency/Mid-County
Senior Center
P.O. Box 102,
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906-753-6986
BECKY THOUNE

FIVE THINGS EVERY WOMAN SHOULD KNOW ABOUT SOCIAL SECURITY

1. Nothing keeps you from getting your own So- cial Security benefit.

If you've worked and paid taxes into the Social Security system for at least ten years and have earned a minimum of 40 work credits, you can collect your own benefits as early as age 62.

Social security benefits are based on your lifetime earnings. They adjust or index your actual earnings to account for changes in average wages since the year the earnings were received. Then, Social Security calculates your average indexed monthly earnings during the 35 years in which you earned the most. They apply a formula to these earnings and arrive at your basic benefit, or primary insurance amount.

If you become disabled before your full retirement age, you might qualify for Social Security disability benefits. You must have worked and paid Social Security taxes in

five of the last ten years.

If you also get a pension from a job where you didn't pay Social Security taxes (civil service or teachers' pension), your Social Security benefit might be reduced.

2. There is no marriage penalty or limit to benefits paid to a married couple.

If you are married and you and your spouses have worked and earned enough credits individually, you will each receive your own Social Security benefit.

For example, if you are due a Social Security benefit of \$1,200 per month and your spouse is due a Social Security benefit of \$1,400 per month, the two of you will receive \$2,600 per month in retirement benefits.

3. If you're due two ben- efits, you're generally paid the higher rate, not both.

As a spouse, if you are eligible for benefits on both your own work record and your spouse's work record, you may be required to file for both benefits. This requirement is called "deemed filing", because when you apply for one benefit, you are required or deemed to file for the other.

If you are required to file for both, you generally receive the higher benefit amount.

A wife with no work record or low benefit entitlement on her own work record is eligible for between one-third

and one half of her spouses Social Security benefit.

Most working women who reach retirement age receive their own Social Security benefit amount because its more than one third of their spouse's rate.

If your spouse dies before you, you can apply for the higher widow's rate.

4. If you're divorced and were married at least ten years, you may be eligible on your ex's Social Secu- rity record.

Divorced women who were married at least ten years may be eligible for Social Security based on their ex's record. This applies if they are unmarried and not entitled to a higher benefit on their record when they become eligible for Social Security.

Some women sign divorce decrees relinquishing their rights to Social Security on their ex's record. Those clauses in divorce decrees are rarely enforced.

Any benefits paid to a divorced spouse DO NOT reduce payments made to the ex or any payments due to the ex's current spouse.

Generally, the same payment rules apply to divorced wife's and widows as to current wives and widows. That means most divorced women collect their own Social Security while the ex is alive, but they can apply for higher widow's rates when the ex dies.

5. When your spouse (or ex) dies, you may be due a widow's benefit.

A widow is eligible for between 71 percent (at age 60) and 100 percent (at full retirement age) of what the spouse was getting before they died.

Social Security must pay your own retirement benefit first, then supplement it with whatever extra benefits you are due as a widow. This will bring your Social Security benefit amount up to the widow's rate.

You will also receive a \$255 lump sum death payment if you were living with your spouse when they died.

If you made more than your spouse, (or ex-spouse)

on attending so we have enough materials available. Please bring one pair of fuzzy socks.

Jan. 20 - Lunch on your own at Drifter's in Escanaba. The van will leave at 10:30 a.m. Cost is \$4 per person. Join us for a day out and "Beat the winter blues!"

Jan. 28 - Monthly birthday party dinner with 50/50 raffle, door prizes, cake, ice cream and bingo after lunch. If you are celebrating your birthday in January, please mention that when reserving your meal. We want to honor you.

January exercise dates and times

Jan. 14 at 11 a.m.

Jan. 21 at 11 a.m.

Jan. 26 at 10 a.m.

Coffee and social time to follow

Nutrition Menu

Jan. 12 - Cheeseburger/ whole wheat bun, chef's choice vegetable, potato wedges, apple slices.

Jan. 13 - Turkey a la King over rotini pasta, root vegetable blend, corn, biscuit, chef's choice fruit cup.

Jan. 14 - Monterey chicken, herb mashed potatoes, capri vegetables, tropical fruit.

Jan. 15 - Beef patty, green beans, coleslaw, warm cinnamon peaches.

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 JAN. 12

Monday - Cheeseburger, whole wheat hamburger bun, chef's choice vegetables, potato wedges, apple slices.

Tuesday - Turkey a la King, rotini pasta, root vegetable blend, corn, biscuit

Menominee
County
Journal

1/8/26

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Daily Press

1/9/26

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Daily Press


1/10/26

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Suggested meal donation is \$4.50

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Meatballs in Gravy over Mashed Potatoes Corn Tropical Fruit Bread, WW Milk, 2%	Chicken Parmesan Spaghetti Noodles Brussel Sprouts Italian Veg Breadstick, WW Milk, 2%	Turkey Meatloaf Boiled Red Potatoes Green Beans Diced Peaches Bread, WW Milk, 2%	Beef Chili Copper Penny Salad Side Salad w/Chz & Tom Cornbread Fresh Fruit Milk, 2%
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Cheeseburger Hamburger Bun, WW Chef's Choice Veg Potato Wedges Apple Slices Milk, 2%	Turkey a la King Rotini Pasta Root Veg Blend Corn Biscuit Chef's Choice Fruit Cup Milk, 2%	Monterey Chicken Herb Mashed Pots Capri Veg Tropical Fruit Bread, WW Milk, 2%	Beef Pasty Green Beans Coleslaw Warm Cin Peaches (FR) Milk, 2%
Mon. 01/19/26	Tue. 01/20/26	Wed. 01/21/26	Thu. 01/22/26
Polish Sausage Sauerkraut Diced Carrots Boiled Red Potatoes Bread, WW Chef's Choice Fruit Cup Milk, 2%	Salisbury Steak w/Gravy Mashed Pot w/Gravy Peas w/Onions Applesauce Bread, WW Milk, 2%	Chicken Spaghetti Chef's Choice Veg Wax Beans Diced Peaches Breadstick, WW Milk, 2%	Beef Taco Bake Mexican Corn Oven Potatoes Fresh Fruit Milk, 2%
Mon. 01/26/26	Tue. 01/27/26	Wed. 01/28/26	Thu. 01/29/26
Pizza Pasta Cass Brussel Sprouts 5-Way Mixed Veg Chef's Choice Fruit Cup Bread, WW Milk, 2%	Sweet & Tangy Chicken Brown Rice Broccoli Capri Veg Pineapple/Orange Mix Milk, 2%	LIMIT 1 French Onion Pork Chop Mashed Pot w/Gravy Diced Carrots Apple Slices Bread, WW, Milk 2% Chocolate Cherry Dump Cake Congregate Bday Party	Swedish Meatballs Egg Noodles Chef's Choice Veg Green Beans Fruit Cocktail Dinner Roll, WW Milk, 2%

*MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE

Please circle the YES or NO for each day. If you want to double up, place a 2 in the brackets.

First & Last Name: _____

Phone Number: _____

Address: _____

Up to 7 meals may be ordered; if you need more food, please call your senior center. You must order a meal on 3 different days of the week.

Gladstone and Rapid River Area Call 428-2201 • Rock Area Call 356-6420

Essex Area Call 788-8850 • Hill Area Call 428-2201

Williston Area Call 428-2201 • York Area Call 428-2201

Dak.

Pres

1/12/

Sackerson Foundation awards \$347,570 to area organizations

FOR THE DAILY PRESS

ESCANABA — At a recent meeting, the Board of Trustees of the Edward J. Sackerson Charitable Foundation elected to award \$347,570.50 among these organizations:

Holy Name Catholic School; St. Joseph/St. Patrick Church; Elks Major Projects; Wells Lions Club—Sight & Blind Fund; Bark River Lions—Sight & Blind Fund; St. Vincent de Paul; Salvation Army; St. Vincent de Paul Gladstone; Community Action Agency Walk for Warmth; Community Action Agency — Foster Grandparents; Community Action Agency — RSVP — Reading Buddies; Delta County Department of Health and Human Services — Gifts for needy kids and the elderly; Youth Empowering Services; OSF St. Francis Hospital and Medical Group — Liferides; Bay Cliff Health Camp; Bonifas Fine Art Center; Escanaba High School boys tennis; Bark River High School wrestling; Escanaba youth wrestling; EHS wrestling; Delta County Cancer Alliance; City of

Escanaba Band — Music Outreach Program; Youth Assistance Program; Toys for Tots; Special Olympics Delta County; Delta Animal Shelter; Friends of Escanaba Public Library; Friends of Gladstone Public Library; Lakestate Industries; Welcome Newborns; Pregnancy Services Delta County; Tri-County Safe Harbor; WNMU TV PBS; Upper Peninsula Honor Flight; Delta County RICC — RespectAbility Program; Daniel J. Kobasic Fdn — police vests/uniforms; Ember Trak K9; Escanaba Area Junior Hockey Association — In the Sticks Jamboree; Eskymo Hockey Blue Line Club — TC Showcase; and Escanaba Township Fire Department — Jaws of Life.

Edward and Helen Sackerson were lifetime residents of Escanaba. The foundation is set up for the benefit of residents of Delta County.

Any qualified organization interested in requesting a donation to support a project can mail a letter to: First Bank, attn: Sackerson Foundation, P.O. Box 1245, Escanaba, MI 49829.

Daily Press
1/12/26

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Daily Press

1/12/26

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Daily Press

1/13/26

Manistique Senior Center

Heather Tyner, Activities Director



Our first Qigong class was not only well attended, but also very much enjoyed. Our instructor, Linda Chandanis, has decided to put Qigong on our schedule for

every Monday. If you would like to try a class, please do. It's free, with no rsvp necessary. Qigong takes place every Monday from 3:30-4 p.m.

Our last bowling outing was a ball! We had our biggest group yet. We have bowlers that are brand-new to the sport, those that bowled 3-4 times a week for years and ones that are in-between. We meet at Ten Pin Alley every Wednesday, from 4:30-6 p.m. We do have seniors that attend Chair Yoga that day from 4:30-5 p.m. then join us. You will need to pay for your own games, \$4 each, and shoes, \$2 a pair.

For those of you interested in our Cross-Country Ski Club, please call our office at (906) 341-5923. The Club has started a text group to keep the members informed of where we will be meeting for our Thursday morning outing, or even if we are able to meet. Cross-country skiing is not only weather dependent, but whether or not the trail was groomed as well. If you would like to try cross-country skiing and do not have the equipment, again please call our office. We may be able to find equipment for you to use. Our Cross-Country Ski Club meets every Thursday at a designated location from 9-10 a.m.

Our Center is closed Monday, Jan. 19, in observance of Martin Luther King, Jr.

Puzzles & Punch jigsaw puzzle competition is coming up next Saturday, Jan. 24, from 2-5 p.m. We had our largest number of competitors at our last Puzzles & Punch, and we should have a few more join us for this one coming up. We

supply the puzzles, punch and prizes. You can bring a snack to share if you would like. We puzzle for an hour, take a 20-minute break and puzzle for an

other hour. We count the individual pieces and award 1st, 2nd and 3rd place prizes accordingly.

During our last week of January our extra activities include the Monthly Meal with Don, Karen and me on Wednesday, Jan. 28, at noon. You will need to call the kitchen by 8 a.m. that morning to let them know that you are joining us at (906) 341-5085. Later that day, from 12:30-2:30 p.m., is our FootCare Clinic. You will need to call our office to make an appointment at (906) 341-5923.

On Thursday, Jan. 29, from 11 a.m. to noon. UP SAIL will be meeting us out at the Environmental Lab to take us snowshoeing. UP SAIL kindly supplies all the equipment for us to use. Also on Thursday is Music with Gwen, from 4-5 p.m. Music with Gwen comes highly recommended. Gwen is a talented singer, musician and storyteller. On Friday, Jan. 30, we have Coffee Hour with Don & Karen, and they will be meeting you at Cedar Street Café, from 9-10 a.m. You will need to purchase your own caffeine. The chuckles and conversation are included.

Our Center's Gift Shoppe is full of beautiful and unique items for sale, and all handmade by senior crafters. If you are looking for something unique, we can put you in touch with one of our crafters and they may be able to make it to your specifications. When our senior crafters sell their wares in our Gift Shoppe, our Center benefits 15% from each sale. From our Gift Shoppe sales in 2025 we made \$260.15! Thank you kindly, crafters.

Pioneer
Tribune

1/15/26

Senior Citizen News

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

TAX TIME IS NEAR

Most seniors qualify for two tax credits offered by the state of Michigan. They are the Homestead Property Tax Credit and the Home Heating Tax Credit. Certain documents are needed to file these credits. These include:

1099 Social Security statement for 2025.

Interest and dividend income for 2025.

Retirement pension, an-

nnuity and IRA benefits for 2025.

SSI benefits for 2025

Summer and winter property tax statements for 2025 OR rental receipts.

A printout from your fuel provider showing how much you were billed for fuel from Nov. 1, 2024, through Oct. 31, 2025. If you have a supplemental health insurance policy besides Medicare, include proof showing how much you paid for that policy in 2025. Dental, vision and prescription drug premiums may also be claimed. Not all these documents will pertain to you. Call the senior center for an appointment in early February.

As a reminder, I do not prepare state or federal in-

come tax returns.

SENIOR CITIZEN ACTIVITIES

Jan. 20 - Lunch on your own at Drifter's in Escanaba. The van will leave at 10:30 a.m. Cost is \$4 per person. Join us for a day out and "Beat the winter blues!"

Jan. 28 - Monthly birthday party dinner with 50/50 raffle, door prizes, cake, ice cream and bingo after lunch. If you are celebrating your birthday in January, please mention that when reserving your meal. We want to honor you.

January exercise dates and times

Jan. 21 at 11 a.m.

Jan. 26 at 10 a.m.

Coffee and social time to follow.

Nutrition Menu

Jan. 19 - Polish sausage/sauerkraut, diced carrots, boiled red potatoes, chef's choice fruit cup.

Jan. 20 - Salisbury steak w/gravy, mashed potatoes w/gravy, peas w/onions, applesauce.

Jan. 21 - Chicken spaghetti, chef's choice vegetable, wax beans, diced peaches.

Jan. 22 - Beef taco bake, Mexican corn, oven potatoes, fresh fruit.

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 JAN. 19

Monday - Polish sausage/sauerkraut, diced carrots, boiled red potatoes, whole wheat bread, chef's choice fruit cup.

Tuesday - Salisbury steak with gravy, mashed potatoes with gravy, peas with onions, applesauce, whole wheat bread.

Wednesday - Chicken spaghetti, chef's choice vegetable, wax beans, diced peaches, whole wheat breads.

Thursday - Beef taco bake, Mexican corn, oven potatoes, fresh fruit.

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

Menominee
County
Journal

1/15/26

**The Home
Weatherization Program**

is a service funded by the Federal Department of Energy (DOE) to low-income households. The program provides energy conservation services for eligible

low-income households. If eligible, our agency performs the necessary inspections and contracts with qualified, licensed and insured private contractors to complete the work. These services reduce energy use and lower utility bills, thus creating more self-sufficient households.



Call today for more info
MDS CAA-HRA Weatherization Intake
507 1st Avenue, North
Escanaba, MI 49829
(906) 786-7080 Ext. 148

Daily Press

1/21/26

Manistique Senior Center

Heather Tyner, Activities Director

Once again, our Night Out at the Movies was well attended. We met to watch Song Sung Blue at Cedar Street Cinema. The movie received rave reviews from our attendees. There was



also quite a bit of conversation before and after the movie, and a bit of singing during the movie as well. Next month we will be watching Solo Mio on Wednesday, Feb. 11, for a 7 p.m. showing. Solo Mio is a film about a man who ends up taking his honeymoon across Italy alone, immersing himself in the country's vibrant culture, food, and beauty. This may be perfect for our seniors that are heading to Italy in March!

Our Puzzles & Punch jigsaw puzzle competition is this weekend! We will be competing on Saturday, Jan. 24, starting at 2 p.m. The Center supplies the puzzles, punch and prizes. We do take a 20-minute break from the grueling competition, so you could bring a snack to share.

On top of our already full schedule next week, we also have our Italy Trip Meeting on Wednesday, Jan. 28, from 10-11:30 a.m. If you are heading to Italy with Collette in early March, you will want to attend the meeting. Jerard Welch, from Collette, has trip packets that he will be going over and there are a few forms to fill out. Brandi Minor, from Blue Diamond Travel Agency, will be here as well and answering any last-minute questions.

At noon on Wednesday, Jan. 28, is our Monthly Meal with Don, Karen and me. If you would like to join us for a delicious meal and riveting conversation, please call the Community Action Agency ladies by 8 a.m. that morning to let them know at (906) 341-5923. We also have North Woods Home Health's FootCare Clinic that day. Appointments can be made between 12:30 and 2:30 p.m. Please call our office to make an appointment. at (906) 341-5923 Then we have our Page Turners Book Club at 2 p.m.

This activity has our highest number of attendees. If you would like to check out why, please do. You only need to show up.

On Thursday, Jan. 29, from 11 a.m. to noon. UP SAIL will be

meeting us out at the Environmental Lab to take us snowshoeing. UP SAIL not only brings all the equipment that we will need, but water and snacks as well. Later on Thursday, we have Music with Gwen. For an hour you will be entertained with beautiful music and amusing stories. On Friday, Jan. 30, we have Coffee Hour with Don & Karen, and they will be meeting you at Cedar Street Café at 9 a.m. You will be responsible for your own beverage.

In February we will have a Carnival Potluck! There will be carnival games, cotton candy, popcorn and facepainting by Charlotte Erickson. The tickets won from the carnival games can be turned in for prizes. The Carnival Potluck will take place Thursday, Feb. 19, from 4-6 p.m. The Carnival will start

at 4 p.m., with the potluck at 5 p.m. Please bring a dish to share.

Currently Stories & Crafts with Seniors & Tots is not on our calendar. However, Monica Powell is doing a Story Time at the Manistique Public Library for young ones on the third Friday of the month, from 10-11 a.m. If you would like to join Monica and read to a child, please do. The next Story Time will be Friday, Feb. 20, from 10-11 a.m.

Our new Garden Group will start in March on Thursday, the 19th. I have a time slot for us to meet weekly on Thursdays, from 10-11 a.m. For our first meeting I am hoping to have Abbey Palmer, the Michigan State University Extension Community Foods System Educator, come speak with us. She also kindly suggested the Schoolcraft County Community Foundation (SCCF) Grant, which we were awarded \$640 to purchase raised garden beds for our Center. We will need to decide where best to place our beds, what we would like to grow in each and how best to allocate the duties associated with keeping a garden.



Courtesy Photo

From left to right is Robbie Boyd, Gwen Foor, Carol Dixon, Mary Ellen Debelak and Pat Norman enjoying some popcorn and conversation before our Night Out at the Movies on Jan. 15, for Song Sung Blue at Cedar Street Cinema.

Pioneer Tribune

1/22/26

PUBLIC NOTICE
MDS Community Action Agency
PROPOSED STATE AND FEDERAL APPLICATION FOR OPERATING
AND/OR CAPITAL ASSISTANCE

All citizens are advised that MDS Community Action Agency has prepared an application for State of Michigan financial assistance for fiscal year 2027 as required under Act 51 of the Public Acts of 1951, as amended, and for federal assistance as required under the federal transit laws, as amended.

MDS Community Action Agency is requesting a total of \$574,046.00 through the following program(s):

PROGRAM	DESCRIPTION	TOTAL AMOUNT
SPECIALIZED SERVICES	CONTINUATION OF THE OPERATION OF STATE SPECIALIZED SERVICES TRANSPORTATION FOR MENOMINEE COUNTY	\$76,046.00
SECTION 5310	TWO (2) LIGHT DUTY CUTAWAY VEHICLE PURCHASES. 80% Federal and 20% State	\$314,000.00
SECTION 5310	ONE MINIVAN. 80% Federal and 20% State	\$88,000.00
SECTION 5310	ONE STANDARD VAN. 80% Federal and 20% State	\$96,000.00

MDS Community Action Agency ensures that the level and quality of transportation service is provided without regard to race, color, or national origin in accordance with Title VI of the Civil Rights Act of 1964. For more information regarding our Title VI obligations or to file a complaint, please contact us at the address given below.

The proposed application is on file at MDS Community Action Agency, 507 1st Avenue North, Escanaba MI 49829 and may be reviewed during a 30-day period January 10, 2026 to February 10, 2026 between the hours of 8:00 a.m. to 4:00 p.m. EST. Written comments regarding the application and/or written requests for a public hearing to review the application must be received by February 10, 2026. If a hearing is requested, notice of the scheduled date, time, and location will be provided at least 10 days in advance.

Submittals should be sent to MDS Community Action Agency, 507 1st Avenue North, Escanaba, MI 49829 or via e-mail to kstenlund@mdscaa.org.

Menominee County Journal

1/22/26

Senior Citizen News

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

MEDICARE AND SKILLED NURSING FACILITY CARE

"Skilled nursing facility" is often shortened to SNF, pronounced like "sniff". SNF care is post hospital inpatient care. SNFs can be their own facilities, or they can be part of nursing homes or hospitals.

Who is eligible? Medicare Part A may cover your SNF stay if all apply to you:

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.

You need skilled nursing care seven days per week, or you need skilled therapy services at least five days per week.

What SNF care does Medicare cover?

A semi-private room and meals.

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.

What will SNF care cost me? each benefit period:

Days 1-20: Medicare Part A covers the full cost.

Days 21-100: Medicare Part A covers part of the cost, and you pay daily co-insurance.

Past day 100: you pay out of pocket.

What's a benefit period?

A benefit period begins the day you are admitted to a hospital or SNF as a patient. It ends the day you have been out for 60 days in a row. 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 stay.

Where can I receive more help?

Speak to your doctor or hospital discharge planner if you need help finding a Medicare certified SNF.

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

rules for inpatient care.

Contact your local State Health Insurance Assistance Program (SHIP) for help understanding your SNF coverage; they can be reached by calling 800-803-7174.

Compare SNF facility quality ratings at the Medicare.gov website: <https://www.medicare.gov/care-compare/?providerType=NursingHome>

SKILLED NURSING FACILITY FRAUD

SNFs are an important part of many patients' recovery after a hospital stay. 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 patient themselves.

Look out for the following red flags:

You see on your Medicare 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 or more therapy than what was provided to you.

More expensive services than what was provided.

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.

Who to contact for more information:

Speak to your doctor or hospital discharge planner if you need help finding a Medicare certified SNF.

raffle, door prizes, cake, ice cream and bingo after lunch. If you are celebrating your birthday in January, please mention that when reserving your meal. We want to honor you.

January exercise dates and times

Jan. 26 at 10 a.m.

Coffee and social time to follow.

Nutrition Menu

Jan. 26 - Pizza pasta casserole, Brussel sprouts, five way mixed vegetables, chef's choice fruit cup.

Jan. 27 - Sweet and tangy chicken, brown rice, broccoli, Capri mix vegetables, pineapple/orange mix.

Jan. 28 - French onion pork chop, mashed potatoes/gravy, diced carrots, apple slices, chocolate cherry dump cake (Birthday Party Dinner).

Jan. 29 - Swedish meatballs, egg noodles, chef's choice vegetable, green beans, whole wheat dinner roll, fruit cocktail.

The senior center is now closed on Fridays 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 JAN. 26

Monday - Pizza pasta casserole, Brussel sprouts, five-way mixed vegetable, chef's choice fruit cup, whole wheat bread.

Tuesday - Sweet and tangy chicken, brown rice, broccoli, Capri vegetable, pineapple/orange mix.

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Menominee
County
Journal

1/22/26

Extension
County
Homemakers have sched-
uled a project lesson
entitled, Cooking for Two,
at the Bank of Stephenson,
Jan. 20.
Stephenson - Mr. and Mrs.
Welden Chatelle and daughter,
Arlene and Caroline
returned to their home in St.
Ignace Monday, after spending the weekend here with Mr.

Senior Citizen News

**Community Action
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BECKY THOUNE**

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More expensive services than what was provided.

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

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Who to contact for more information:

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If you have a Medicare Advantage plan, contact the plan to learn which SNFs are in their network.

Contact your local State Health Insurance Assistance Program (SHIP) for help understanding your SNF coverage.

Contact your local Senior Medicare Patrol (SMP) if

raffle, door prizes, cake, ice cream and bingo after lunch. If you are celebrating your birthday in January, please mention that when reserving your meal. We want to honor you.

January exercise dates and times

Jan. 26 at 10 a.m.

Coffee and social time to follow.

Nutrition Menu

Jan. 26 - Pizza, pasta, casserole, Brussel sprouts, five way mixed vegetables, chef's choice fruit cup.

Jan. 27 - Sweet and tangy chicken, brown rice, broccoli, Capri mix vegetables, pineapple/orange mix.

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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 JAN. 26

Monday - Pizza, pasta, casserole, Brussel sprouts, five-way mixed vegetable, chef's choice fruit cup, whole wheat bread.

Tuesday - Sweet and tangy chicken, brown rice, broccoli, Capri vegetable, pineapple/orange mix.

Wednesday - French onion pork chop, mashed potato with gravy, diced carrots, apple slices, whole wheat bread, chocolate cherry dump cake.

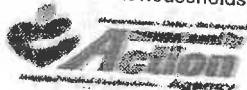
Thursday - Swedish meatballs, egg noodles, chef's choice vegetable, green beans, fruit cocktail, whole

Menominee
County
Journal

1/22/26

Free Home Weatherization Program

is a service funded by the Federal Department of Energy (DOE) to low-income households. The program provides energy conservation services for eligible low-income households. If eligible, our agency performs the necessary inspections and contracts with qualified, licensed and insured private contractors to complete the work. These services reduce energy use and lower utility bills, thus creating more self-sufficient households.



Call Eric at 700-7000
MDS CAA-HRA Weatherization Intake
507 1st Avenue, North
Escanaba, MI 49829
(507) 700-7000 TDD: 1-800-700-7000

Daily Press

1/22/26

**The Home
Weatherization Program**

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If eligible, our agency performs the necessary inspections and contracts with qualified, licensed and insured private contractors to complete the work. These services reduce energy use and lower utility bills, thus creating more self-sufficient households.



Call Elise Moberg
MDS CAA-HRA Weatherization Intake
507 1st Avenue, North
Escanaba, MI 49829
(800) 746-7066 Ext. 146

Daily Press

1/24/26

Community Action Agency Senior Nutrition Program

January 2026

Home Delivered Meals Monthly Menu

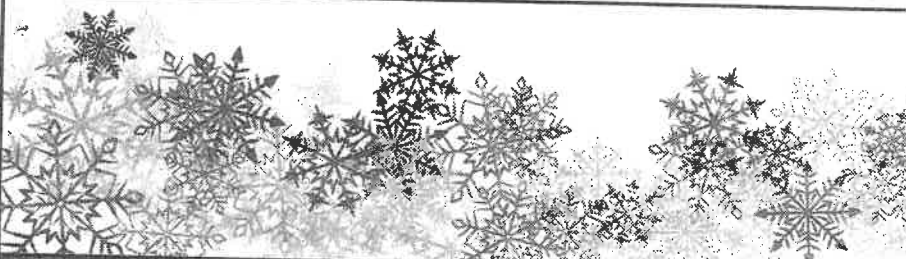
SENIOR CENTER DINING

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

			Thu, 01/1/26 MDS CAA Closed order an extra meal ahead of time! <i>Happy New Year</i>
Mon, 01/5/26	Tue, 01/6/26	Wed, 01/7/26	Thu, 01/8/26
Meatballs in Gravy over Mashed Potatoes Corn Tropical Fruit Bread, WW Milk, 2%	Chicken Parmesan Spaghetti Noodles Brussel Sprouts Italian Veg Breadstick, WW Milk, 2%	Turkey Meatloaf Boiled Red Potatoes Green Beans Diced Peaches Bread, WW Milk, 2%	Beef Chili Copper Penny Salad Side Salad w/Chz & Tom Cornbread Fresh Fruit Milk, 2%
Mon, 01/12/26	Tue, 01/13/26	Wed, 01/14/26	Thu, 01/15/26
Cheeseburger Hamburger Bun, WW Chef's Choice Veg Potato Wedges Apple Slices Milk, 2%	Turkey a la King Rotini Pasta Root Veg Blend Corn Biscuit Chef's Choice Fruit Cup Milk, 2%	Monterey Chicken Herb Mashed Pots Capri Veg Tropical Fruit Bread, WW Milk, 2%	Beef Pasty Green Beans Coleslaw Warm Cin Peaches (FR) Milk, 2%
Mon, 01/19/26	Tue, 01/20/26	Wed, 01/21/26	Thu, 01/22/26
Polish Sausage Sauerkraut Diced Carrots Boiled Red Potatoes Bread, WW Chef's Choice Fruit Cup Milk, 2%	Salisbury Steak w/Gravy Mashed Pot w/Gravy Peas w/Onions Applesauce Bread, WW Milk, 2%	Chicken Spaghetti Chef's Choice Veg Wax Beans Diced Peaches Breadstick, WW Milk, 2%	Beef Taco Bake Mexican Corn Oven Potatoes Fresh Fruit Milk, 2%
Mon, 01/26/26	Tue, 01/27/26	Wed, 01/28/26	Thu, 01/29/26
Pizza Pasta Cass Brussel Sprouts 5-Way Mixed Veg Chef's Choice Fruit Cup Bread, WW Milk, 2%	Sweet & Tangy Chicken Brown Rice Broccoli Capri Veg Pineapple/Orange Mix Milk, 2%	LIMIT 1 French Onion Pork Chop Mashed Pot w/Gravy Diced Carrots Apple Slices Bread, WW, Milk 2% Chocolate Cherry Dump Cake Congregate Bday Party	Swedish Meatballs Egg Noodles Chef's Choice Veg Green Beans Fruit Cocktail Dinner Roll, WW Milk, 2%

***MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE**

Please circle the YES or NO for each day. If you want to double up, place a 2 in the brackets.

First & Last Name: _____

Phone Number: _____

Address: _____

Up to 7 meals may be ordered; if you need more food, please call your senior center. You must order a meal on 3 different days of the week.

Gladstone and Rapid River Area Call 428-2201 • Book Area Call 355-0400

Daily
Press
1/26/26

**The Home
Weatherization Program**

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Federal Department of
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Call Bill Moberg
MDS CAA-HRA Weatherization Intake
507 1st Avenue, North
Escanaba, MI 49829
(906) 786-7000 Ext. 148

Daily Press

1/26/26

Moonlight and Memories

A 55+ SENIOR PROM NIGHT

March 19, 2026 • Highland Golf Club

5-8 pm EST • Doors open at 4:30 pm

**A Prom Night just for Senior Citizens.
Filled with fun and memories waiting to be made!**

Dancing - snacks - drinks - photos - and more!

GET YOUR TICKETS TODAY!

**Tickets include a ride to and from the event by DATA bus.
Pickup/drop off at Gladstone and Escanaba Senior Centers.**

Tickets are only \$20 each! LIMITED AVAILABILITY

Fill out and return this form to The Daily Press by March 6th.

YES! I WANT MY PROM TICKETS!

Name: _____
Address: _____
City _____ State _____ Zip _____
Phone number: _____
I would like _____ # of tickets @ \$20 each for a total of \$ _____
My check is included ☐ Run my credit or debit card
Card # _____
Expiration _____ CVC _____

Mail or drop this form off to The Daily Press 600 Ludington Street
Escanaba, MI 49829. If you mail the form in, we will call you to find out
how you would like to receive your tickets.

Pick me up at the ☐ Escanaba Senior Center ☐ Gladstone Senior Center
I do NOT need to be picked up: ☐

Call 906-786-2021 Ext. 101 if you have any questions.

DAILY PRESS
Your Local News Leader

DATA
DELTA AREA TRANSIT AUTHORITY

community Action
Marquette • Delta • Schoolcraft
Helping People. Changing Lives. Agency

FAMILY CARE
LIVING

Daily Press

1/26/26

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Weatherization Program**

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MDS CAA-HRA Weatherization Intake
507 1st Avenue, North
Escanaba, MI 49829
(906) 786-7080 Ext. 146

Daily Press
1/27/26

Eileen E. Males

CLINTONVILLE, Wis. - Eileen E. Males died at the age of 95 on January 25, 2026. She was born on April 29, 1930 in Clintonville, Wisconsin. Her parents were Theodore and Mary (Brei) Harbath. She graduated from the Clintonville High School in 1947.

She married J. Holger Ostlund in 1949 in Escanaba, Michigan. Together they had five children: John, Michael, James, Peter and Kathleen.

On April 16, 1966 she married William J. Males of Manistique, Michigan. William (Bill) had three children to add to their marriage: William, Robert and Maria. William passed away on May 4, 1999.

Eileen was very successful in her working career. She was hired as the Director of the Manistique Area Senior Citizens Center in 1970. After applying for and receiving a grant and also raising local funds, the current building for the Center was constructed. In 1981, she became the first Director of the Schoolcraft County Housing Commission. Under her leadership, grants were obtained to build the two County Housing Projects: Park View Estates and the Heritage House.

On October 23, 1999, Eileen married a long time family friend, Oren K. Berto. Oren passed away on July 31, 2000.

On February 19, 2005, Eileen married Bernard St. Onge of Escanaba, MI in Sedona, AZ.

Summer months were spent in Escanaba and at the cottage at Camp Seven Lake.

Winter months were spent in Sedona, Arizona. Bernard passed away on November 17, 2011.

Eileen moved back to Manistique in 2012 to be near family and friends.



Ostlund, Gladstone, MI; James Ostlund, Cooks, MI; Peter Ostlund, Grand Ledge, MI; Kathleen (Don) Schuetter, Manistique, MI; step-children; William Males, Holland, MI; Bob Males, Manistique, MI; Mia Broullire, Manistique, MI; William Berto, Iron Mountain, MI; Roy Berto, Daggett, MI; Barbara Berto, Iron Mountain, MI.

She is also survived by grandchildren: Jennifer (Dennis) Harding, Ashlee (Tony) LaPlante, Joseph (Katie) Ostlund, Christine (David) Columb, Greg (Kate) Schuetter, Steve (Michelle) Schuetter, Julie Males, Lisa Bosman, BJ Males, Mandy (Rich) Cole, Chris (Debbie) Males, Shelby (Jon) Ruhlig, Jon (Samantha) Males, Anders Broullire and Kenner (Sabrina) Broullire.

She is also survived by 19 great-grandchildren and several nieces and nephews.

She was preceded in death by her parents, her husbands, infant son Michael, sister Lila Mitchell, brother Clair, brother Edward, sister-in-laws Dorothy and Connie, daughter-in-law Tina and niece Susan.

Visitation will be at the First Baptist Church, Manistique, MI from 10am - 12pm on Friday, January 30, 2026. The Funeral Service will begin

Daily Press

1/28/26

**The Home
Weatherization Program**

is a service funded by the Federal Department of Energy (DOE) to low-income households. The program provides energy conservation services for eligible low-income households.

If eligible, our agency performs the necessary inspections and contracts with qualified, licensed and insured private contractors to complete the work. These services reduce energy use and lower utility bills, thus creating more self-sufficient households.



Call Ellie Moberg
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Daily Press
1/29/26

PUBLIC NOTICE
MDS Community Action Agency
PROPOSED STATE AND FEDERAL APPLICATION FOR OPERATING
AND/OR CAPITAL ASSISTANCE

All citizens are advised that MDS Community Action Agency has prepared an application for State of Michigan financial assistance for fiscal year 2027 as required under Act 51 of the Public Acts of 1951, as amended, and for federal assistance as required under the federal transit laws, as amended.

MDS Community Action Agency is requesting a total of \$574,046.00 through the following program(s):

PROGRAM	DESCRIPTION	TOTAL AMOUNT
SPECIALIZED SERVICES	CONTINUATION OF THE OPERATION OF STATE SPECIALIZED SERVICES TRANSPORTATION FOR MENOMINEE COUNTY	\$76,046.00
SECTION 5310	TWO (2) LIGHT DUTY CUTAWAY VEHICLE PURCHASES. 80% Federal and 20% State	\$314,000.00
SECTION 5310	ONE MINIVAN. 80% Federal and 20% State	\$88,000.00
SECTION 5310	ONE STANDARD VAN. 80% Federal and 20% State	\$96,000.00

MDS Community Action Agency ensures that the level and quality of transportation service is provided without regard to race, color, or national origin in accordance with Title VI of the Civil Rights Act of 1964. For more information regarding our Title VI obligations or to file a complaint, please contact us at the address given below.

The proposed application is on file at MDS Community Action Agency, 507 1st Avenue North, Escanaba MI 49829 and may be reviewed during a 30-day period January 10, 2026 to February 10, 2026 between the hours of 8:00 a.m. to 4:00 p.m. EST. Written comments regarding the application and/or written requests for a public hearing to review the application must be received by February 10, 2026. If a hearing is requested, notice of the scheduled date, time, and location will be provided at least 10 days in advance.

Submittals should be sent to MDS Community Action Agency, 507 1st Avenue North, Escanaba, MI 49829 or via e-mail to kstenlund@mdscaa.org.

Menominee County Journal

1/29/26

Senior Citizen News

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

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 on 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.

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 & 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.

Note: 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 weather wear; hats, gloves (or preferably

mittens), winter coats, 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 furthest away from your heart. Common places include your nose, ears, cheeks, chin, fingers and toes. In severe cases, frostbite can result in loss of limbs. People with heart disease and other circulation problems are at a 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 snow shoveling 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 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.

Fire and carbon monoxide poisoning

During the winter months, it is common to use the fireplace or other heating sources, such as natural gas, kerosene and other fuels. Unless fireplaces, wood or gas stoves and gas appliances are properly vented, cleaned and used, they can leak dangerous amounts of carbon monoxide, a deadly gas that you cannot see or smell. These and other appliances, such as space heaters, can also be fire hazards.

Warning Signs:

Headache, weakness, nausea and vomiting, dizziness, confusion, blurred vision, loss of consciousness.

If you think you may have carbon monoxide poisoning, get into fresh air and get medical care immediately.

Precautions to take:

Call an inspector to have your chimneys and flues inspected-preferably annually.

Open a window (when using a kerosene stove) just a crack will do.

Place smoke detectors and battery-operated carbon monoxide detectors in strategic places-especially in areas where you use fireplaces, wood stoves or kerosene heaters.

Make sure space heaters are at least three feet away from anything that might catch fire, such as curtains, bedding and furniture.

Never try to heat your home using a gas stove, charcoal grill or other stoves not made for home heating.

If there is a fire, don't try to put it out, call 911.

SENIOR CITIZEN ACTIVITIES

Feb. 4 - Valentine's Day Craft class at 1 p.m. Please call the center and let us know if you would like to

Feb. 17 - It's Fat Tuesday and that means free Paczki's when you dine in this day. The lunch is Chicken Pot Pie, root vegetable blend & cinnamon pears. Please call in your meal reservation no later than Feb. 16 by 1 p.m.

Feb. 25 - Monthly birthday party dinner with door prizes, 50/50 raffle, cake, ice cream and bingo after lunch. Please notify the staff if you are celebrating your birthday in February so we may honor you.

February exercise dates and times

Feb. 4 at 11 a.m.

Feb. 9 at 10 a.m.

Feb. 18 at 11 a.m.

Feb. 23 at 10 a.m.

Coffee and social time to follow.

Nutrition Menu

Feb. 2 - Sweet and sour pork over brown rice, stir fry vegetables, corn, tropical fruit.

Feb. 3 - Stuffed shells with marinara, Brussel sprouts, side salad w/cheese and tomato, breadstick, warm cinnamon peaches.

Feb. 4 - Meatloaf w/ketchup glaze, mashed potatoes/gravy, chef's choice vegetable, chef's choice fruit cup.

Feb. 5 - Chicken rice soup, chicken salad sandwich, side salad w/tomato cheese, fresh fruit.

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 FEB. 2

Monday - Sweet and sour pork, brown rice, stir fry vegetable, corn, tropical fruit.

Tuesday - Stuffed shells with marinara, Brussel sprouts, warm cinnamon peaches, side salad with cheese and tomatoes, whole wheat breadstick.

Wednesday - Meatloaf with ketchup glaze, mashed pota-

**Hermansville Housing Commission:
Waitlist Open**

The Hermansville Housing Commission at

Menominee
County
Journal
1/24/2

Manistique Senior Center

Heather Tyner, Activities Director

Coffee Hour with Don & Karen is this Friday, Jan. 30. Don and Karen will meet you at Cedar Street Cafe between 9-10 a.m. You will need to purchase your own

beverage. Coffee Hour with Don & Karen is a deliciously wonderful and warm way to start a chilly Friday morning.

Due to extremely cold weather Puzzles & Punch was cancelled for Saturday, Jan. 24. It is rescheduled for this Saturday, Jan. 31, from 2-5 p.m. I do hope that you join us for some puzzling fun. We supply the puzzles, punch and prizes. You can bring a snack to share if you would like. You do not need to RSVP, just show up. You can bring yourself or come with friends.

Hand, Knee & Foot meets every first and third Mondays at our Center, starting at noon. Beginning next week, they will be meeting every second and fourth Mondays at the Towers, also starting at noon. If you would like to join our Hand, Knee & Foot players, please do. They will gladly teach you how to play or give you a refresher.

Please remember that we also have both our Qigong and Tai Chi Classes on Mondays. Both Qigong and Tai Chi incorporate mindfulness and slow and deliberate movements that improve flexibility, balance and coordination. They also have health benefits such as improving circulation and immune function. The major differences between the two is that Qigong consists of simpler, repetitive movements, focusing on health, healing and energy cultivation. Tai Chi involves flowing movements with an emphasis on self-defense, coordination and balance. Our Qigong Class, taught by Linda Chandanais, is a free activity and takes place from 3:30-4 p.m. Tai Chi, taught by Bushido Karate, is only \$10 a month. All ages are welcome and takes place from 5-5:30 p.m.



Gwen Foor will be teaching her Ukulele Lessons with Gwen every Tuesday during February, except for Tuesday, Feb. 17. Ukulele Lessons with Gwen take place 10:30 a.m.

to noon. Gwen is very welcoming to new students, and we have two ukuleles for newcomers to use.

On Thursday, Feb. 5, we have Kena Nicholson, RN, coming to our Center to give a Nutrition & Healthy Eating Presentation. Kena will go over why healthy eating matters and how it can impact your energy, mood and long-term health. The Nutrition & Healthy Eating Presentation will be from 11:30 a.m. to noon.

On Saturday, Feb. 28, we have our Saturday Night at the Center Dance once again. Saturday Night at the Center takes place from 7-10 p.m. There will be disco lights, music thumping and dancing all night long. You can social district. This is a free event and no RSVP necessary. You only need to be 55 years young to party with us, and a good pair of dancing shoes.

We are selling Manistique Senior Center Calendars. We have one on display in our office, and it is full of smiling faces. They are \$20 apiece and will contain a full year when received. If you are interested, please come in or call our Center to let us know at (906)341-5923. The last day we are taking orders is Monday, Feb. 9. I have already ordered mine.

It has come time to renew your subscription to our monthly Newsletter. Our Newsletter is only \$10 for the year, which helps us to pay for the postage. The Newsletter contains our monthly calendar, the Community Action Agency's monthly menu, our upcoming activities and events, monthly birthdays, a riddle or two, and the latest winners of many of our card games. Our Newsletter is a great way to keep up with everything going on at our Center. That is no small feat.

Pioneer Tribune
1/24/26

Senior Prom Night to foster dancing and nostalgia this March

By SOPHIE
VOGELMANN

Staff Writer

ESCANABA

Seniors eager to relive the magic of prom - or experience it for the very first time - are invited to the Daily Press' 'Moonlight and Memories' Senior Prom.

The event will be held March 19 at the Highland Golf Club and is open to all adults aged 55 and older. Enjoy an evening of music, snacks, drinks, dancing and nostalgia!

Doors to the event will open at 4:30 p.m., and the event will run from 5 p.m. to 8 p.m.

Sarah Greenlund, publisher of the Daily Press, spearheaded the event in hopes to bring awareness to different programs and services available to seniors at the

Menominee Delta Schoolcraft Community Action Agency (MDSCAA). The event's sponsors include the MDSCAA, Delta Area Transit Authority (DATA) and Family Crest Living.

"I came up with this idea to help draw awareness to the programs of the Community Action Agency," said Greenlund. "They help so many of our community members, and I felt this would be a fun way to pay it forward to them."

Gary Willoughby, executive director of the MDSCAA, noted the organization's appreciation to the community's seniors.

"We are honored to be a part of the upcoming Senior Prom at Highland

Golf Club," said Willoughby. "Our seniors provide us with wisdom, experience and a connection to the unique histories of all the communities we serve. They've done so much to make this a better place to live and an event like this is a modest way to thank them for their important role in our three counties."

Willoughby also emphasized their excitement for a night full of joy, stating "Hosting a fun event for them to feel like kids again is something our staff is very excited about and hopefully we'll have a packed house!"

Tickets include round-trip transportation provided by DATA. Seniors will be picked up at the Gladstone and Escanaba Senior Centers at 4 p.m. and dropped off to their residences after the event.

Amy Fudala, mobility manager at Delta Area Transit and Schoolcraft County Transit authorities, spoke on the role DATA will play at the event.

"Delta Area Transit Authority is proud to support our community's seniors by providing safe, reliable transportation to the Moonlight & Memories

55+ Senior Prom Night," said Fudala.

"We believe every resident deserves the opportunity to enjoy social events that bring joy, connection, and lasting memories. Our team is honored to help make this special evening accessible to all who wish to attend."

Family Crest Living, a professional assisted adult living home in Escanaba, is also proud to support an evening dedicated to seniors.

"An active lifestyle keeps the heart young," said Kristy Dumas, nursing administrator at Family Crest Living. "The Senior Prom brings people together, and events like these allow our seniors to reminisce, reconnect and create beautiful memories. Family Crest Living is grateful to sponsor this special event that celebrates our seniors."

Tickets to dance the night away are \$20 each with limited availability. To purchase, stop in to the Daily Press or call the Daily Press at (906) 786-2021.

Sophie Vogelmann can be reached at 906-786-2021 or svogelmann@daily-press.net.

Daily Press
1/30/26

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