

Daily Press
3-3-25

Commodity Supplemental Food Program schedule

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

The Commodity Supplemental Food Program (CSFP) is for residents who are 60 years of age or older who meet the income guidelines of 150% of Federal Poverty level. The monthly income guidelines for 2024-2025 are as follows:

Household of 1 = \$1,883 or less per month

Household of 2 = \$2,555 or less per month

Household of 3 = \$3,228 or less per month

For each additional family member add \$673 per month

Must go to the location where you are registered.

Delta County distributions for CSFP will be:

- ESCANABA - March 20 at U.P. State Fairgrounds from 10:00 - 11:00 a.m. 906-786-8850

- GLADSTONE - March

5 at Senior Center from 9:00 - 9:30 a.m. 906-428-2201

- RAPID RIVER - March 5 at Senior Center from 10:00 - 10:30 a.m. 906-474-9039

- ROCK / PERKINS - March 5 at Senior Center from 11:00 - 11:15 a.m. 906-356-6420

Menominee County distributions for CSFP will be:

- MENOMINEE - March

18 at Senior Center from 11:00 - 12:00 noon 906-863-2158

- MID COUNTY - March 18 at Senior Center from 9:00 - 10:00 a.m. 906-753-6986

Please contact the MDS CAA Senior Center in your area for an application to pre-register or for more information.

This institution is an equal opportunity provider.

Daily Press
3-3-25

Emergency Food Assistance Program distribution set

ESCANABA - The Emergency Food Assistance Program (TEFAP) with Menominee Delta Schoolcraft Community Action Agency is scheduled for distribution in Menominee and Delta Counties in March, 2025.

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

NEW INCOME GUIDELINES

December 30, 2024.

Household of 1 = \$3,765 or less per month

Household of 2 = \$5,110 or less per month

Household of 3 = \$6,455 or less per month

month

Household of 4 = \$7,800 or less per month

For each additional family member add \$1,345 per month

Must go to the location nearest your address.

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

You can visit once per calendar month.

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

All information collected is self-declared at each distribution either in writing or verbally.

Delta County distributions for TEFAP

will be:

- ESCANABA - March 4, 11, 18, 25 at Escanaba Senior Center 225 N. 21st Street, from 1:00 - 3:00 p.m. 906-786-8850

- GLADSTONE - March 4, 11, 18, 25 at Gladstone Senior Center 303 N. 8th Street, from 1:00 - 3:00 p.m. 906-428-2201

Menominee County distributions for TEFAP will be:

- HERMANSVILLE - March 4, 11, 18, 25 at Hermansville Senior Center W5480 1st Street, from 1:00 - 3:00 CST 906-498-7735

Please contact the participating MDS CAA Senior Center for more information.

- - -

Menominee
County
Journal
3-6-25

The Menominee County Journal • Thursday, March 6, 2025

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

HOW SOCIAL SECURITY CAN HELP YOU WHEN A FAMILY MEMBER DIES

Social security is available to support you when you lose a family member. Contacting SSA when you lose a loved one is very important. This ensures that SSA is able to provide information regarding benefits you may be entitled to. You may be able to receive Social Security benefits if your loved one worked long enough in jobs insured under Social Security to qualify for benefits.

What to do

There are a few things you need to do:

You should give the deceaseds Social Security number to the funeral director because they will report the person's death to SSA.

Contact SSA as soon as possible to make sure your family gets all the benefits they're entitled to.

Who can get Social Security survivors' benefits?

SSA will pay a one-time lump sum death payment (LSDP) of \$255 to the surviving spouse under one of the following conditions:

If they were living with the deceased.

If they were living apart from the deceased and eligible for certain Social Security benefits on the deceased records.

If there's no surviving

spouse, a child who's eligible for benefits on the deceased record in the month of death can receive this payment.

Certain family members may be eligible to receive monthly benefits, including:

A surviving spouse who is age 60 or older (50 or older if they have a disability).

Any age and caring for the deceased child who is under age 16, or who has a disability and is receiving Social Security benefits.

An unmarried child of the deceased is either: younger than age 18 (or up to age 19 if they're a full-time student in an elementary or secondary school).

Age 18 or older with a disability that began before age 22.

A stepchild, grandchild, step-grandchild, or adopted child under certain circumstances.

Parents, age 62 or older, who were dependent on the deceased for at least ½ of their support.

A surviving divorced spouse, under certain circumstances.

More information - If the deceased was receiving Social Security benefits, you must return the benefits for the month of death and any later months. If the payment is received by direct deposit, contact the bank or other financial institution. Ask them to return any funds received for the month of death or later. Keep in mind that eligible family members may be able to receive survivors benefits for the month the beneficiary died.

Contacting SSA

There are several ways to do business with SSA including online, by mail, by

phone and in person. If you cannot use an online service, they can help you by phone when you call their toll-free number. If you don't have success on the internet, they offer many automated services by telephone, 24 hours a day, 7 days a week, so you may not need to speak with a representative. Call them directly at 800-772-1213 or at their TTY number, 800-325-0778, if you're deaf or hard of hearing. They provide free interpreter services upon request. For quicker access to a representative, try calling early in the day or later in the afternoon. They are less likely to be busy later in the week (Wednesday to Friday) and later in the month.

Michigan Secretary of State Mobile office will be visiting the Mid County Senior Center on Thursday March 13 beginning at 10 a.m. to provide service to seniors to complete Secretary of State transactions.

What can be done at a mobile visit? Apply for a first time Michigan ID, renew driver's license, registration or state ID, title transfers, apply for or renew a disability placard, register to vote, change your address or join the organ donor registry. For more information or to schedule your visit, contact the senior center at 753-6986.

Sit and Get Fit Exercise Dates

March 12 at 11 a.m.

March 19 at 11 a.m.

March 24 at 10 a.m.

SENIOR CITIZEN ACTIVITIES

March 12 - Craft class at 1 p.m. making the wooden trays that were scheduled for the January class, which was cancelled due to weather. Please call the senior center if you would like to participate so we have enough materials for all.

March 13 - Michigan Secretary of State Mobile Office will be here beginning at 10 a.m. Appointments are necessary.

March 18 - CSFP distribution from 9-10 a.m. only. Please arrive during this time as the truck leaves promptly at 10 a.m. Do you have your new green eligibility card? If not, you need to re-certify

March 26 - Monthly birthday party dinner with 50/50 raffle, door prizes, cake, ice cream and bingo. Is your birthday in March? Let the office know when reserving a meal and you will be honored with your picture in the Journal, card, sweet treat and a complimentary nutrition meal certificate.

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

March 10 - Grilled chicken w/gravy, mashed potatoes/gravy, Sicilian blend vegetables, whole wheat bread, fruit cocktail.

March 11 - Beef and macaroni casserole, Malibu vegetables, green peas, whole wheat bread, apple slices.

March 12 - BBQ pork chop over rice, Capri vegetables, corn, whole wheat bread, mixed fruit cup.

March 13 - Sloppy Joe on whole wheat hamburger bun, potato wedges, mixed vegetables, fruit cocktail.

March 14 - Fish sticks, root vegetable blend, green beans, whole wheat bread, diced pears.

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 MARCH 10

Monday - Grilled chicken w/gravy, mashed potatoes and gravy, Sicilian blend vegetable, fruit cocktail, whole wheat bread.

Tuesday - Beef and macaroni casserole, Malibu vegetable, green peas, apple slices, whole wheat bread.

Wednesday - BBQ pork chop over rice, Capri Vegetables, corn, mixed fruit cup, whole wheat bread.

Thursday - Sloppy Joe, whole wheat hamburger bun, mixed vegetables, potato wedges, fruit cocktail.

Friday - Fish sticks, root vegetable blend, green

You might be an old timer if...

...you remember taking frozen long Johns and jeans off the outdoor clothes line in winter and laughing when they could stand up.

...you remember learning to type in school on a manual typewriter and remember the sound of the clacking of keys.

...you remember vaping in our day meant using Vicks VapoRub when you had a cold.

...you remember plastic slip covers on your sofa or sectional

they're entitled to.

**Who can get
Social Security
survivors' benefits?**

SSA will pay a one-time lump sum death payment (LSDP) of \$255 to the surviving spouse under one of the following conditions:

If they were living with the deceased.

If they were living apart from the deceased and eligible for certain Social Security benefits on the deceased records.

If there's no surviving

must return the benefits for the month of death and any later months. If the payment is received by direct deposit, contact the bank or other financial institution. Ask them to return any funds received for the month of death or later. Keep in mind that eligible family members may be able to receive survivors benefits for the month the beneficiary died.

Contacting SSA

There are several ways to do business with SSA including online, by mail, by

to vote, change your address or join the organ donor registry. For more information or to schedule your visit, contact the senior center at 753-6986.

**Sit and Get Fit Exercise
Dates**

March 12 at 11 a.m.

March 19 at 11 a.m.

March 24 at 10 a.m.

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March 12 - Craft class at 1 p.m. making the wooden trays that were scheduled for the January class, which was cancelled due to weather. Please call the senior center if you would like to participate so we have enough materials for all.

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March 18 - CSFP distribution from 9-10 a.m. only. Please arrive during this time as the truck leaves promptly at 10 a.m. Do you have your new green eligibility card? If not, you need to re-certify with the office. Do not bring back empty boxes to the senior center, as we do not have adequate storage space to house them.

root vegetable blend, green beans, whole wheat bread, diced pears.

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
MARCH 10**

Monday - Grilled chicken w/gravy, mashed potatoes and gravy, Sicilian blend vegetable, fruit cocktail, whole wheat bread.

Tuesday - Beef and macaroni casserole, Malibu vegetable, green peas, apple slices, whole wheat bread.

Wednesday - BBQ pork chop over rice, Capri Vegetables, corn, mixed fruit cup, whole wheat bread.

Thursday - Sloppy Joe, whole wheat hamburger bun, mixed vegetables, potato wedges, fruit cocktail.

Friday - Fish sticks, root vegetable blend, green beans, diced pears, whole wheat bread.

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

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

...you remember taking frozen long Johns and jeans off the outdoor clothes line in winter and laughing when they could stand up.

...you remember learning to type in school on a manual typewriter and remember the sound of the clacking of keys.

...you remember vaping in our day meant using Vicks VapoRub when you had a cold.

...you remember plastic slip covers on your sofa or sectional.

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

Menominee
County
Journal

3-6-25

Manistique Senior Center

Heather Tyner, Activities Director



March is here and with it a few new activities and events at our Senior Center. One event is this Saturday, March 8, from 6-8 p.m., and is an open invitation to all. It is An Evening of Line Dancing Fun and is in celebration of all the hard work and dedication that our line dancers have put in. If you would like to join us, but do not know any line dances we will go over a few. There will also be free popcorn and drinks available.

Starting this month, we have Gwen Foor gracing us with her ukulele. If you joined us for our Potluck & Talent Show last month you know how entertaining and talented Gwen is. On Thursday, March 6, from 4-5 p.m. we have Music with Gwen. She will be telling us stories, playing her ukulele and urging us to sing along with her. On Tuesday, March 11, and Thursday, March 20, both from 11 a.m. to noon will be Ukulele Lessons with Gwen. We will have ukuleles here at our Center for you to learn on.

Monday, March 10, from 10:30 a.m. to noon is a Scam Awareness Presentation by UP SAIL. According to the Federal Trade Commission a record \$10 billion in scams was stolen in 2023, which may be a lower number than in actuality since

many scams go unreported. Around 42 percent of all people have had an experience with fraud. UP SAIL will help us to not be part of the statistics. They will teach us to identify scam tactics and how to respond to them, and how to report scam calls.

On the second and fourth Mondays of the month we have Dup Bridge and every Friday we have Bridge. If you would like to come play, please do.

If you would like to learn how to play, we have someone that will gladly teach you. Other card games going on at our Center: Hand & Foot on Wednesdays, Euchre on Thursdays, and 500 and Cribbage on Fridays. We will teach you those games as well. Continuing to learn as we get older strengthens connection within the brain and keeps us healthy.

This coming week we also have Virtual Trivia on Wednesday and the Manistique Garden Community Senior Group on Thursday. And Puzzles &

Punch is back, by request, for Saturday, March 22, from 2-5 p.m. Our Center supplies the puzzles, punch and prizes. You can bring a snack to share if you'd like. Our Dinner Out this Month is at Flatiron Brewing on Wednesday, March 19, at 5 p.m. You will need to pay for your own meal.

Movie Day is March 20 at 1 p.m. The movie this month is a 2024 documentary film about the life of American actor Christopher Reeve after a horse-riding accident that left him paralyzed, and his subsequent work as an activist for disability rights. Free popcorn available on movie day.

Tuesday, March 25 from 9:30 a.m. to 1 p.m. we have the Secretary of State Mobile Office visiting our Senior Center. Making an appointment through our Senior Center office for the SOS Mobile Office is appreciated and will be more convenient for you, but you can walk-in for their services. The mobile office services include processing driver's license and state ID applications, corrections and renewals; disability parking placard applications, renewals and replacements; and vehicle title and registration transactions. To make an appointment please call (906) 341-5923.

Menominee
County
Journal
3-13-25

The Menominee County Journal • Thursday, March 13, 2025

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

MICHIGAN LIFELINE PROGRAM VOICE ONLY

Do you currently have landline telephone service and want to lower the bill? If you are low income, you may be eligible for a discount on basic local telephone service. The Michigan Public Service Commission (MPSC) urges qualifying residents to apply for the Michigan Lifeline Program. This program makes basic telephone service more affordable for income eligible families throughout Michigan. If you qualify, you can receive a discount for monthly telephone service.

Michigan Lifeline benefits if income eligible:

Under age 65 receive a discount of \$8.25 to \$10.25 per month (discount varies depending on service provider).

Age 65 or older receive a minimum discount of \$12.35 per month.

How do I apply for Lifeline? Contact your local landline telephone company to apply. You may also contact MPSC, at 800-292-9555, for a list of wireline and wireless participating companies.

Companies require annual re-enrollment and verification of income eligibility.

Who is eligible? The following are the current eligibility criteria for Michigan.

To qualify for Lifeline, your household income must be at or below the 135 percent 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 (Section 8).

Tribal Eligibility Programs (and living on federally recognized Tribal lands), or

Veterans Pension or Survivors Pension Program.

135% of 2025 Poverty Guidelines

Number of Household Members	Annual Income (AGI)
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 6 months of emergency Lifeline support. After six months a survivor would have to apply for the standard Lifeline benefit. To qualify for the survivor benefit, your household income must be at or below the 200% of 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, Infant and Children (WIC).

Free and reduced-price school lunch, or

Breakfast program, 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 support without this document.

200% of 2025 Poverty Guidelines

Number of Household Members	Annual Income
1	\$30,300
2	\$42,300
3	\$53,300
4	\$64,300
5	\$75,300
6	\$86,300
7	\$97,300
8	\$108,300

Michigan Secretary of State Mobile office will be visiting the Mid County Senior Center on Thursday March 13 beginning at 10 a.m. to provide service to seniors to complete Secretary of State transactions.

What can be done at a mobile visit? Apply for a first time Michigan ID, renew driver's license, registration or state ID, title transfers, apply for or renew a disability placard, register to vote, change your address or join the organ donor registry. For more information or to schedule your visit, contact the senior center at 753-6986.

Sit and Get Fit Exercise Dates

March 19 at 11 a.m.
March 24 at 10 a.m.

SENIOR CITIZEN ACTIVITIES

March 13 - Michigan Secretary of State Mobile Office will be here beginning at 10 a.m. Appointments are necessary.

March 18 - CSFP distribution from 9-10 a.m. only.

house them.

March 26 - Monthly birthday party dinner with 50/50 raffle, door prizes, cake, ice cream and bingo. Is your birthday in March? Let the office know when reserving a meal and you will be honored with your picture in the Journal, card, sweet treat and a complimentary nutrition meal certificate.

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

March 17 - Corned beef and cabbage, carrots, potatoes, whole wheat bread, apples slices, pistachio dessert.

March 18 - Sweet and sour pork over rice, stir fry vegetables, Oriental salad, pineapple tidbits.

March 19 - Chicken stroganoff over egg noodles, mixed vegetables, peas, whole wheat bread, diced pears.

March 20 - Ham and bean soup, tossed salad, Mandarin oranges, cornbread.

March 21 - Battered pollock fish sandwich, root vegetable blend, cream corn, 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 MARCH 17

Monday - Corn beef, boiled cabbage, carrots and potatoes, apple slices, pistachio dessert, whole wheat bread.

Tuesday - Sweet and sour pork over rice, stir fry vegetables, Oriental salad, pineapple tidbits.

Wednesday - Chicken stroganoff w/egg noodles, mixed vegetables, peas, diced pears, whole wheat bread.

to enrollment and verification of income eligibility.

Who is eligible? The following are the current eligibility criteria for Michigan.

programs or one of the following assistance programs: Special Supplemental Nutrition Program for Women, Infant and Children (WIC).

or join the organ donor registry. For more information or to schedule your visit, contact the senior center at 753-6986.

tions may be necessary at times.

HERMANSVILLE SENIOR CITIZEN MENU WEEK OF MARCH 17

Monday - Corn beef, boiled cabbage, carrots and potatoes, apple slices, pistachio dessert, whole wheat bread.

Tuesday - Sweet and sour pork over rice, stir fry vegetables, Oriental salad, pineapple tidbits.

Wednesday - Chicken stroganoff w/egg noodles, mixed vegetables, peas, diced pears, whole wheat bread.

Thursday - Ham and bean soup, tossed salad, Mandarin oranges, cornbread.

Friday - Battered Pollock fish sandwich, root vegetable blend, creamed corn, fruit cocktail.

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

Sit and Get Fit Exercise Dates

March 19 at 11 a.m.

March 24 at 10 a.m.

SENIOR CITIZEN ACTIVITIES

March 13 - Michigan Secretary of State Mobile Office will be here beginning at 10 a.m. Appointments are necessary.

March 18 - CSFP distribution from 9-10 a.m. only. Please arrive during this time as the truck leaves promptly at 10 a.m. Do you have your new green eligibility card? If not, you need to re-certify with the office. Do not bring back empty boxes to the senior center, as we do not have adequate storage space to

Menominee
County
Journal

3-13-25

styles

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Thursday, March 13, 2025

Manistique Senior Center

Heather Tyner, Activities Director

Our Center had its first Music with Gwen on Thursday, March 6, and she was fabulous. Gwen told us stories, played her ukulele, and urged us all to sing along with her. Gwen is not only entertaining us, but she is also giving ukulele lessons at our Center.

The next Ukulele Lesson with Gwen is this Thursday, March 20, from 11 a.m. to noon. We will have ukuleles for you to learn on. Our next Music with Gwen is not until Thursday, April 3, from 4-5 p.m., but you must put it on your calendar and come join the fun.

This coming week is a busy one. We have Spring into Dance put on by UP SAIL on Monday. It'll be a fun, inclusive dance event open to all abilities. Then you can stay for Line Dancing and our Painting Class, which are also on Monday. Tuesday is Drum Aerobics and Bingo. Drum Aerobics is just as much laughter as it is movement and can be done by all abilities, sitting in a chair or standing. For Bingo you only have to be 18 years young to join us.

Wednesday is Stories & Crafts with Seniors & Tots. This month we are celebrating Dr. Suess' birthday and will be reading books written by the well-known author. There will be a fun craft to follow. Please consider joining us for Stories



& Crafts. A Generations United study showed that inter-generational relationships improve attitudes, behaviors, and quality of life of both children and older adults, both within a family unit and outside of one. And of course, there's always Dr. Suess, "You're never too old, too wacky, too wild, to pick up a book and read to a child."

On Wednesday we also have Chair Yoga and Dinner Out. Chair Yoga is quite a workout and also can be done by all abilities. Dinner Out will be at Flatiron Brewing. We will meet there at 5 p.m. and you are responsible for your own meal. If you need a ride, please call our Center and to let us know. This will be our third Dinner Out, and each month we have quite a crowd. There are always good discussions and plenty of smiles.

Thursday is another busy day for us. Not only do we have Ukulele Lessons with Gwen, but Needles 'n Natter, Euchre, Movie Day and Craft

Class. Please keep in mind that you need not be artistic to join us for our Painting and Craft Classes, and both classes are free. I have had many that have come to my classes and tell me that they have never tried what we were up to that day. As Dr. Suess would say, "If you never did, you should. These things are fun, and fun is good."

We now have Coffee Hour with Don and Karen! Gather around for excellent conversation and most likely many laughs. Our first one is this month, Wednesday, March 26, from 9-10 a.m. March's and April's Coffee Hour with Don and Karen will meet at Cedar Street. This activity will be held the last Wednesday of every month. You will be responsible for your own beverage.

Our Senior Center would like to thank so many for their generous donations: John and Joanne Kleis, Tom Wiater, David Renault, Phyllis Johnson, Heidi Olsen, Mary Hinkson, Charlemaine, Tom Carlson and Claire St. Jean. We would also like to sincerely thank Fit Gypsy for the donation of office chairs. They are quite comfortable. We certainly don't expect donations. When we do receive them, it makes me feel that we are doing something right.

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Community Action
Agency/Mid-County
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P.O. Box 102,
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BECKY THOUNE

COGNITIVE HEALTH AND OLDER ADULTS

Cognitive health is the ability to think, learn, and remember clearly. It is needed to carry out many everyday activities effectively. Cognitive health is just one aspect of overall brain health. Many factors contribute to cognitive health. Genetic, environmental, and lifestyle factors may contribute to a decline in thinking skills and the ability to perform everyday tasks, such as driving, paying bills, taking medicine, and cooking. Although genetic factors can't be controlled, many environmental and lifestyle factors can be changed or managed. Scientific research suggests that there are steps you can take to reduce your risk of cognitive health. These small changes can add up, making them a part of your routine can support your brain function now and in the future.

What is brain health? Brain health refers to how well a person's brain functions across several areas. Aspects of brain health include:

Cognitive health - how well you think, learn, and remember.

Motor function - how well

you make and control movements, including balance.

Emotional function - how well you interpret and respond to emotions (both pleasant and unpleasant).

Tactile function - how well you feel and respond to sensations of touch, including pressure, pain, and temperature.

Sensory function - how well you see, hear, taste and detect odors.

Brain health can be affected by age-related changes in the brain; injuries such as stroke or traumatic brain injury; mood disorders such as depression; substance use disorder, or addiction, and diseases such as Alzheimer's and related dementias.

Take care of your physical health - Taking care of your physical health may also help your cognitive health. You can:

Get recommended health screenings.

Manage chronic health problems, such as high blood pressure (more below), diabetes, depression, and high cholesterol.

Talk with your health care provider about the medicines you take and possible side effects on memory, sleep and brain function.

Treat age related sensory conditions such as hearing or vision loss.

Reduce the risk of falls and other accidents that could lead to brain injuries.

Limit alcohol use; note that some medications can be dangerous when mixed with alcohol.

Quit smoking if you cur-

rently smoke. Avoid other nicotine products such as chewing tobacco.

Be mindful of your diet. Choose foods that are nutritionally dense, low in animal fats, and high in vitamins and fiber.

Get enough sleep, generally seven to nine hours each night.

Manage high blood pressure - Preventing or controlling high blood pressure not only helps your heart but can also help your brain. Decades of observational studies have shown that having high blood pressure in midlife, from the 40s to the early 60s, increases the risk of cognitive decline later in life. Further, the large Sprint Mind study, researchers found that people aged 50 and older who lowered their systolic blood pressure to less than 120 mmHg reduced their risk of developing mild cognitive impairment, which is often a precursor to dementia, over five years of treatment.

High blood pressure often does not cause any signs of illness that you can see or feel. Annual screenings at your doctor's office can help determine if your blood pressure is elevated, even though you might feel fine. To control or lower high blood pressure, your doctor may suggest exercise, changes in your diet, and if needed, medication.

Growing evidence on heart/brain conditions - Research findings suggest that some factors related to heart disease may also be linked to cognitive health. For example, one study showed that higher levels of cardiovascular risk factors such as body mass index, blood sugar, and systolic blood pressure were associated with worse cognitive health later in life. Other data suggest that obesity, a known risk factor for heart disease, may also be associated with an increased risk for developing dementia. Taking better care of your overall cardiovascular health can help protect your brain and your heart.

day party dinner with 50/50 raffle, door prizes, cake, ice cream and bingo. Is your birthday in March? Let the office know when reserving a meal and you will be honored with your picture in the Journal, card, sweet treat and a complimentary nutrition meal certificate.

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

March 24 - Dinner frank on bun, Malibu blend vegetables, corn, mixed fruit cup.

March 25 - Swiss steak w/stewed tomatoes over rice, mixed vegetables, wax beans, fruit cocktail.

March 26 - Chicken bacon penne pasta, Italian blend vegetables, side salad, diced peaches, whole wheat breadstick, birthday cake.

March 27 - Beef stew, peas, sweet potato fries, biscuit, cinnamon applesauce.

March 28 - Veggie cheeseburger on bun, boiled red potatoes, sliced carrots, pineapple tidbits.

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 MARCH 24

Monday - Dinner Frank on bun, Malibu blend vegetable, corn, mixed fruit.

Tuesday - Swiss steak w/stewed tomatoes over rice, mixed vegetables, wax beans, fruit cocktail.

Wednesday - Chicken bacon penne pasta, Italian blend vegetables, side salad, diced peaches, whole wheat breadstick, birthday cake.

Thursday - Beef stew, peas, sweet potato fries, biscuit, cinnamon applesauce.

Motor function - how well Quit smoking if you cur-

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that some factors related to heart disease may also be linked to cognitive health. For example, one study showed that higher levels of cardiovascular risk factors such as body mass index, blood sugar, and systolic blood pressure were associated with worse cognitive health later in life. Other data suggest that obesity, a known risk factor for heart disease, may also be associated with an increased risk for developing dementia. Taking better care of your overall cardiovascular health can help protect your brain and your heart.

Sit and Get Fit Exercise

Dates

March 24 at 10 a.m.

SENIOR CITIZEN ACTIVITIES

March 26 - Monthly birth-

HERMANSVILLE SENIOR CITIZEN MENU WEEK OF MARCH 24

Monday - Dinner Frank on bun, Malibu blend vegetable, corn, mixed fruit.

Tuesday - Swiss steak w/ stewed tomatoes over rice, mixed vegetables, wax beans, fruit cocktail.

Wednesday - Chicken bacon penne pasta, Italian blend vegetables, side salad, diced peaches, whole wheat breadstick, birthday cake.

Thursday - Beef stew, peas, sweet potato fries, biscuit, cinnamon applesauce.

Friday - Veggie cheeseburger on a bun, boiled red potatoes, sliced carrots, pineapple tidbits.

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

Pioneer
Tribune
3-20-25

styles

Tribune

Thursday, March 20, 2025

Manistique Senior Center

Heather Tyner, Activities Director

Have you ever wondered what it was like to always be busy? To have something to do every day? To hit your pillow at night exhausted? We, here at our Senior Center, do. Our Center is open Monday through Friday, 8 a.m. until 4 p.m., and we always have activities and events going on. Let me tell you about a few that are coming up...

On Saturday, March 22, from 2-5 p.m. we have back by request Puzzles & Punch, a jigsaw puzzle competition. Our Center supplies the puzzles, punch and prizes. If you'd like to bring a snack to share you certainly can. We will puzzle for an hour, take a fifteen-minute break and then resume puzzling for another hour. At the end of the allotted time, we count how many single pieces are left and that is how we determine 1st, 2nd and 3rd place. You can puzzle alone or in groups of 2 to 5 people.

This coming Monday we have our Writers' Group. They have been around for 31 years! They are obviously doing something write. Come check out what that is.

On Tuesday we have the Secretary of State Mobile Office coming to our Senior Center from 9:30 a.m. to 1 p.m. We do appreciate an appointment, but you can just stop by.

And this Wednesday, March 26, our first Coffee Hour with Don & Karen



will be responsible for purchasing your own beverage. An excellent way to start the day.

Thursday, March 27, from 4-5 p.m. we have Bruce Koestner coming to our Center to entertain us with his piano playing skills! Bruce is an experienced pianist and vocalist living in Appleton, Wis. He entertains at the George's Steakhouse piano bar, in addition to serving as music director at Christus Church and teaching in his studio at Heid Music. I have been told that there is nothing that Bruce cannot play. This is another one of our free events. Just show up and enjoy!

Here are a few activities scheduled in the coming months...Spring Paint & Social District Sip on Thursday, April 10, from 4-6 p.m. This event is open to anyone age 21 years young and up, \$30 per person and there are 3 Spring door hangers, 10 inch in diameter, to choose from. You must RSVP and let us know which door hanger you'd like to craft. There are pictures on our Face-

portion of the proceeds go towards our Senior Center.

Wednesday, April 30, from 2-3 p.m. we have an Instant Pot Cooking Demo. Join us for a discussion and demo on how to use the Instant pot detailing what types of meals work best. Samples will be provided, and you will leave with many recipes, perfect to get started.

In May we will be busier than normal. Our Senior Prom is Saturday, May 17, from 6-10 p.m. We have Beats by Pete for our DJ, appetizers by Upper Crust and pictures will be taken. Admission is \$20 per person or \$28 with three drink tickets. Tickets on sale at our Center.

A basic Automotive Class with our Manistique High School automotive students is scheduled for Monday, May 19, from 11 a.m. to 12 p.m. That same day we also have a Self-Defense Class by Bushido Karate from 2-4 p.m. This class is \$10 per person.

That same weekend on Saturday, March 24 is Puzzles & Punch once again.

If you ever need a schedule of our activities and events we post them daily on our Facebook page, a weekly calendar both in the Advisor and in an email that I send out on Fridays, and there is a monthly calendar in our Manistique Senior Center Newsletter. If you'd like to receive my weekly emails or our monthly Newsletter please call the

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**SENIOR CENTER
DINING or
HOME DELIVERY
PROGRAM**

**Community Action Agency Senior
Nutrition Program**

Meals for March 24-28, 2025

Monday, 3/24

Dinner Frank on Bun
Malibu Blend Vegetable
Corn
Mixed Fruit Cup

Tuesday, 3/25

Swiss Steak w/ Stewed
Tomatoes over Rice
Mixed Vegetables
Wax Beans
Fruit Cocktail

Wednesday, 3/26

Congregate Birthday
Chicken Bacon Penne
Pasta, Italian Blend
Vegetables, Side Salad
Diced Peaches
WW Breadstick
Birthday Cake

Thursday, 3/27

Beef Stew
Peas
Sweet Potato Fries
Biscuit
Cinnamon Applesauce

Friday, 3/28

Veggie Cheeseburger
on a Bun
Boiled Red Potatoes
Sliced Carrots
Pineapple Tidbits

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



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Escanaba Area Call 786-8850 • Hermansville Area Call 498-7736 • Manistique Area Call 341-5085

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TAKE A RIDE TO HERMANSVILLE

 **Hermansville Happenings**

The IXL Historical Museum
is now open for the season!

Bring The Family & Step Back In Time!

Foot Clinic
Nurse Ann Carter
3rd Tuesday of each month
at the Hermansville Senior Center

STEWART
MANUFACTURING, LLC

N16415 Earl Dr., Hermansville, MI 49847
906-498-7600
1-800-511-9764 / Fax: 906-498-7597
stewart-mfg.com

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S Pioneer Tribune

Thursday, March 27, 2025

Manistique Senior Center

Heather Tyner, Activities Director

You might be telling yourself that you are not old enough to come to our Senior Center. Instead, you should be asking yourself if you are young enough to come to our Senior Center. Every senior that crosses our threshold is young, vibrant, with a smile

on their face and laughter ready to let loose. I have line danced with these seniors, done Drum Aerobics and Chair Yoga with them, and they are hard to keep up with. I have played cards, painted, crafted with them and they are funny. I have sat through music concerts with them and there is not much sitting. However, there is swaying to the music, singing out loud and more dancing going on. I have been told more than once that we have the liveliest Senior Center in the U.P. I believe it. You need to come experience it.

The first week of April is coming quickly and with it bringing Easter, so please remember that our Senior Center Fundraising Committee is selling Saykly's Easter Eggs. They are \$6 a piece or \$7 a piece with personalization, and we have chocolate fudge, chocolate walnut fudge and peanut butter fudge eggs to order. Your order needs to be prepaid and in by April 1. The eggs will be available shortly after for pickup. We also have beautiful, handcrafted items in our Gift Shoppe that would make wonderful Easter basket gifts to go along with your Saykly's eggs.

Puzzles & Punch was another success on Saturday, March 22. Even though we had a very nice turnout, we did not have enough people to play in groups, so our



Derwin took first place, Jan Wilson in second place and in third place Lauris Barr. Puzzles & Punch is every other month, on the third Saturday. Our next one will be Saturday, May 24 from 2-5 p.m.

We do have Piano with Bruce tonight,

Thursday, March 27 starting at 4 p.m.! I've been told there isn't anything Bruce cannot play. This is one of those events at our Center where no one will be sitting still in their seat. Another one of those events will be Music with Gwen on Thursday, April 3 from 4-5 p.m. Gwen will be telling us stories, playing her ukulele and urging us to sing along. The first Music with Gwen was well attended, this one will be even more so. All you need to do for either music event is come on down!

Starting this month Schoolcraft Memorial Hospital Homecare & Hospice Grief Support Group will be meeting on Thursday, April 3 from 5-6:30 p.m. at our Senior Center. Their grief support group offers a safe, welcoming space for all, no matter your age, background, or where you are in your healing process. Join the group to share, listen, and support one another with understanding and compassion. The grief support group will be exploring different topics at each month's meeting. They will be meeting the first Thursday of every month, and this month the topic will be "The Journey Through Grief: Understanding the Stages of Healing." The group will be led by Alex Cmarik, LLMSW. You can call her at (906) 341-3805 with any

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

COGNITIVE HEALTH AND OLDER ADULTS

Eat healthy foods - Many studies suggest that a healthy diet can help reduce the risk of many chronic diseases such as heart disease, or diabetes. In general, a healthy balanced diet consists of fruits and vegetables; whole grains; lean meats; fish and poultry and low-fat or nonfat dairy products. You should also limit solid fats, sugar and salt. Be sure to control portion sizes and drink enough water and other fluids.

There is also mixed evidence that certain diets can help keep your brain healthy, preserve cognitive function or reduce the risk of Alzheimer's. For example, some observational studies reported that people who eat a Mediterranean diet have a lower risk of developing dementia. Another diet, called MIND, is a combination of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets. The MIND diet has also been associated with a reduced risk of Alzheimer's and a slower rate of cognitive decline in some studies. Still, despite these promising findings, the results are not conclusive. For example, a recent clinical trial found

that participants who followed the MIND diet had only small improvements in cognition that were like those who followed a controlled diet with mild caloric restriction.

Currently, no vitamin or supplement is recommended for preventing Alzheimer's or other forms of cognitive decline. However, recent clinical trials have shown that taking a daily multivitamin may improve memory and cognition in older adults.

Being Physically Active

- Being physically active through regular exercise, household chores or other activities has many benefits. Physical activity can help you:

Maintain and improve your strength.

Have more energy.

Improve your balance.

Prevent or delay heart disease, diabetes, and other disorders.

Improve your mood and reduce depression.

Several studies have supported a connection between physical activity and brain health. For example, a study found that higher levels of a protein that boosts brain health were present in both mice and humans who were more physically active than in sedentary peers. An observational study with cognitively normal, late middle-aged participants found that more time doing moderate levels of physical activity was associated with a greater increase in brain glucose metabolism, how quickly the brain turns glucose into fuel, which may reduce the risk

for developing Alzheimer's. Federal guidelines recommend that older adults get at least 150 minutes of physical activity each week. Walking is a good start. You can also join programs that teach you to move more safely and help prevent falls. This is important because falling can lead to serious injuries to the brain. Check with your health care provider if you are not currently active but want to start a vigorous exercise program.

Keep your mind engaged

- Cognitive training, which is designed to improve specific cognitive skills, appears to have benefits for maintaining cognitive health in older adults. Beware of claims that playing certain computer and online games can improve your memory and thinking. Studies suggest that older adults who learned quilting or digital photography had more memory improvement than those who only socialized or did less cognitively demanding activities. Activities such as music, theater, dance and creative writing have shown promise for improving quality of life and well-being, from better memory and self esteem to reduced stress and increased social interaction.

Sit and Get Fit Exercise

Dates

April 2 at 11 a.m.
April 9 at 11 a.m.
April 14 at 10 a.m.
April 23 at 11 a.m.
April 28 at 10 a.m.

SENIOR CITIZEN ACTIVITIES

April 7 - Foot clinic with Christa Rivard, by appointment only. The cost is \$22, which includes toenail trim, lotion and foot massage. Call the senior center at 753-6986 if you would like to schedule an appointment. This service books very quickly.

April 10 - Lunch at the Swedish Pantry in Escanaba. The bus will leave the senior center at 10:30 a.m. and travel there for a Dutch treat lunch. The cost for the bus ride is \$4 per person.

April 14 - Craft class begins at 11 a.m. to make decoupage dried flower fairy lanterns. Call the center if you would like to participate.

meal reservation no later than 1 p.m. the previous day.

April 30 - Monthly birthday party dinner with party favors, 50/50 raffle, door prizes and fun bingo. If you are celebrating your birthday in April, please mention that when reserving your meal for the day. There are times when we are unaware it's your special day. We want to honor you, so please mention this to Becky or Linda. Thank you.

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

March 31 - Hamburger gravy over mashed potatoes, green beans, whole wheat bread, tropical fruit.

April 1 - Pork chop suey over rice, Oriental vegetables, Oriental coleslaw, pineapple tidbits.

April 2 - Chicken noodle casserole, mixed vegetables, corn, whole wheat bread, tropical fruit.

April 3 - Bratwurst/bun, oven potatoes, peas and pearl onions, diced pears.

April 4 - Vegetable lasagna, Brussel sprouts, side salad, whole wheat breadstick, warm cinnamon peaches.

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.

HERMANVILLE SENIOR CITIZEN MENU WEEK OF MARCH 31

Monday - Hamburger gravy over mashed potatoes, green beans, tropical fruit, whole wheat bread.

Tuesday - Pork chop suey over rice, Oriental vegetables, Oriental coleslaw, pineapple tidbits.

Wednesday - Chicken noodle casserole, mixed vegetables, corn, tropical fruit, whole wheat bread.

Thursday - Bratwurst on bun, oven potatoes, peas and pearl onion, diced pears.

Friday - Vegetable lasagna, Brussel sprouts, warm cinnamon peaches, side salad



Community Action Agency Senior Nutrition Program

SENIOR CENTER DINING or HOME DELIVERY PROGRAM

Meals for March 31 - April 4, 2025

Monday, 3/31

Hamburger Gravy
over Mashed Potatoes
Green Beans
Tropical Fruit
WW Bread

Tuesday, 4/1

Pork chop Suey
over Rice
Oriental Vegetable
Pineapple Tidbits

Wednesday, 4/2

Chicken Noodle
Casserole
Mixed Vegetables
Corn
Tropical Fruit
WW Bread

Thursday, 4/3

Bratwurst on Bun
Oven Potatoes
Peas & Pearl Onions
Diced Pears

Friday, 4/4

Vegetable Lasagna
Brussel Sprouts
Warm Cinn. Peaches
Side Salad
WW Breadstick

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

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Exploring Early Childhood event scheduled

MENOMINEE — The Great Start Collaborative of Menominee County will host the third annual Exploring Early Childhood event April 9 at the Menominee Early Learning Center (former Central Elementary) at 1800 18th Ave., Menominee, from 4 to 5:30 p.m.

This year the Collaborative is partnering with the Menominee County Intermediate School District

(ISD), Bay Area Pregnancy Services, Early On, Children Trust Michigan, Head Start, Menominee County Library, Menominee Area Public Schools, Great Start to Quality, Healthy Youth Coalition, Communities That Care, St. John Paul II Catholic Academy and local daycares to provide Menominee County families the opportunity to learn about the numerous programs and resources

available to them.

There will also be snacks, activities and raffle prizes for participants. Each child who attends will also receive a free book.

The Collaborative is housed at the Menominee County ISD and is charged with four state-directed outcomes: children are born healthy; children are healthy, thriving, and developmentally on track

from birth to third grade; children are developmentally ready to succeed in school at the time of entry and children are prepared to succeed in fourth grade and beyond by reading proficiently by the end of the third grade.

For more information about the event or the Great Start Collaborative, people can contact Sarah Hanson at 906-863-5665 ext. 1028.