

Senior Services

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**MONTHLY NEWSLETTER
FEBRUARY 2026 Vol. 13 No. 2**



**THIS MONTH'S MENU FOR ALL
SENIOR CENTER IS ON PAGE 11.**

ESCANABA (p. 2-5)

225 N. 21st St.
Escanaba, MI 49829
Phone: (906) 786-8850
Hours: M-Th 8-3pm

GLADSTONE (p. 8-9)

303 N. 8th St.
Gladstone, MI 49837
Phone: (906) 428-2201
Hours: M-Th 8:30-3:30pm

HERMANSVILLE (p. 12-13)

W5480 1st St.
Hermansville, MI 49847
Phone: (906) 498-7735
Hours: M-Th 9-3pm

MENOMINEE (p. 6-7)

905 10th St.
Menominee, MI 49858
Phone: (906) 863-3256
Hours: M-Th 8-3pm

MID-COUNTY (p. 14-15)

292 S. US 41
Daggett, MI 49821
Phone: (906) 753-6986
Hours: M-Th 8-3pm

ROCK AREA (p. 10-11)

3892 W Maple Ridge 37th Rd
Rock, MI 49880
Phone: (906) 356-6420
Hours: M-Th 8-3pm

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Customer Service is Our Most Important Policy
**MEDICARE
ANNUAL ELECTION PERIOD**
October 15 thru December 7
Call Margo
906-789-0900

Harbor Towers

Seniors (62 & Older) go to the top of the waiting list. Placement for Seniors should be very quick.
Safe and Secure building.
Call with questions.
906-786-6229

Bishop Noa Home
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www.northlandlutheranwi.com



10 Ways to Improve Your Heart Health

- 1 Balance calorie intake with physical activity. (Illustration of a person hula hooping.)
- 2 Add a variety of fruits and vegetables. (Illustration of a heart made of fruits and vegetables.)
- 3 Incorporate whole grains. (Illustration of various whole grains like bread, pasta, and rice.)
- 4 Focus on healthy protein sources, mostly from plants and seafood. (Illustration of protein sources like fish, nuts, and yogurt.)
- 5 Use non-tropical liquid plant oils. (Illustration of oils like canola and olive oil.)
- 6 Eat minimally processed foods. (Illustration showing processed bacon being replaced by fresh turkey.)
- 7 Minimize added sugars. (Illustration showing a bowl of cereal with added sugars being replaced by a bowl of cereal with natural sugars.)
- 8 Cut down on salt. (Illustration showing a can of soup with salt being replaced by a can of soup with reduced salt.)
- 9 Limit alcohol. (Illustration showing a glass of beer being replaced by a glass of water.)
- 10 Follow these recommendations whether eating at home or dining out. (Illustration of a person eating a meal.)

Need more food for thought? Go to heart.org/eatsmart.

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HEART MONTH

-February-

February is American Heart Month, a good time to think about the facts about heart disease.

BE IN THE KNOW



1 IN 3
U.S. adults is currently living with a type of heart disease.



HEART DISEASE
is the leading cause of death in the United States and a major cause of disability.



DENTAL HYGIENE
Taking care of your teeth can impact heart health by reducing your chances of having a heart attack or a stroke by 50%.



MORNING IS PEAK TIME FOR HEART ATTACKS
The majority of heart attacks happen during the hours of 8 and 9 in the morning.



STATISTICALLY MOST HEART ATTACKS OCCUR ON MONDAYS

Moonlight and Memories—A Senior Soiree Prom Night

**Save the date for the upcoming Senior Soiree Prom Night on
Thursday, March 19 at the Highland Golf Club
from 5:00 pm—8:00 pm eastern time.**



If you wish to receive the newsletter, please sign up to receive by email at <https://mycommunityonline.com/organization/community-action-agency-senior-centers> and subscribe to receive the newsletter.

Or you can pick up the newsletter at your nearest Senior Center or at the Administrative Office, or ask your meal driver to bring you one.

Administrative Office 507 1st Ave N, Escanaba, MI 906-786-7080

Escanaba Senior Center 225 N. 21st Street, Escanaba, MI 906-786-8850

Gladstone Senior Center 303 N. 8th Street, Gladstone, MI 906-428-2201

Menominee Senior Center 905 10th Street, Menominee, MI 906-863-3256

Mid-County Senior Center 292 S. US 41, Daggett, MI 906-753-6986

Hermansville Senior Center W5480 1st Street, Hermansville, MI 906-498-7735

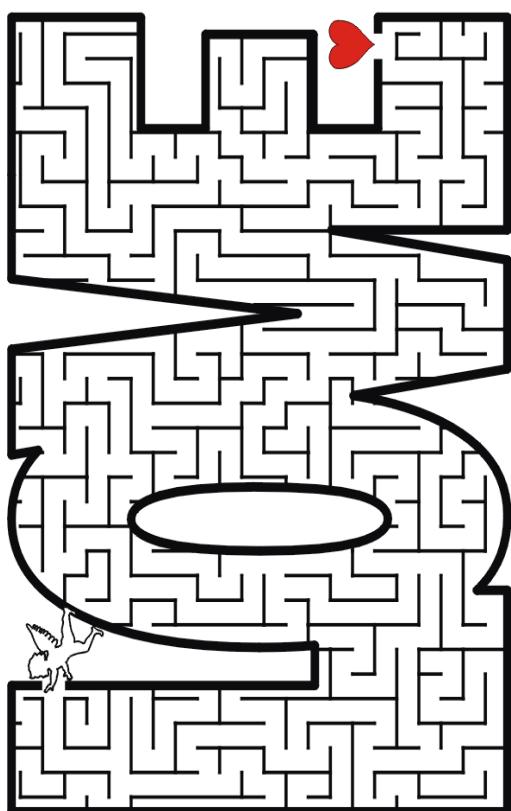
Rock Area Senior Center 3892 W. Maple Ridge 37th Road, Rock, MI 906-356-6420



Valentine Scramble

Unscramble the Valentine's Day vocabulary words and then use the first letter of each word to spell out a hidden message

1. MSITETN _____
 2. OWO _____
 3. ELOEPVEN _____
 4. SOER _____
 5. UETR EVLO _____
 6. NEHOY _____
 7. EMEARCB _____
 8. ODEAR _____
 9. RMCOENA _____
 10. ENRTED _____



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& MEDICAID

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for additional benefits.



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As an experienced **local** independent agent,
I work for you. Contact me if you'd like to
set up an appointment to learn more about
your specific Medicare health plan options.

Not connected with the Federal Medicare program. This is an advertisement for insurance. We do not offer every plan available in your area.

Any information provided is limited to those plans offered in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

Birthday Celebration

February 25 at 12 noon

Join us to celebrate the February birthdays by dining in or picking up a lunch of:

Swiss Chicken, Brown Rice, Capri Vegetables, Peas, Diced Peaches, and Chocolate Pudding Cake.

If you have a birthday in February and a congregate meal reservation, we will put you in a birthday flower arrangement drawing. A card is given to those with a birthday in February with a gift inside.

Everyone who has a congregate meal reservation will be entered into a drawing for one \$10 gift card from a local business. Suggested donation is \$4.50 for the meal. Limit 1 per person.

Call the center to reserve a meal before February 23

906-786-8850



Toe Nail Clinic

The North Woods Home Health Nurses will be at the Escanaba Senior Center on **February 5 & March 5** from **1:00—3:00 p.m.**

Schedule your appointment by calling 786-8850. Cost is \$22 and bring your own bath towel.



Groundhog Day is the most watched weather forecast of the year in America. It has been celebrated since February 2, 1886. If he doesn't see his shadow there will be an early spring.

Medicare Assistance

- ⇒ Are you confused with Medicare?
- ⇒ Do you know someone turning 65 this year?
- ⇒ Do you need help with your drug plan?
- ⇒ Do you know someone in a different state who needs help? I can give them their states info.
- ⇒ See if you qualify for "extra help" with your medications and Part B premiums.
- ⇒ Let us educate you on how Medicare works for you.
- ⇒ We can also help with Medicaid applications and redeterminations.



Call for an appointment
Escanaba Senior Center
906-786-8850

Weekly Activities at the Center

LINE DANCING — Monday & Thursday from 1-2:30 p.m.

BINGO — Tuesday from 1—3 p.m. \$2.50 per card for 10 games.

'500' CARDS — Wednesday from 12:30—3 p.m.

CHAIR YOGA — Thursday at 2:30—3:00 p.m. \$5
Join us for some activities!

TEFAP USDA Food Distribution



Every Tuesday from 1—3 p.m. at the Escanaba Senior Center.

You will be required to provide your name address, household size, and how you are eligible. Participants must fall at or under **300%** of the Federal Poverty Income guidelines. Current participants of SNAP, WIC, CSFP, FPDIR, and SSI automatically qualify.

All income is self declared and must be self declared at each distribution in writing or verbally. You can visit once per calendar month.

This institution is an equal opportunity provider.

The bi-monthly boxed CSFP food commodity is no longer available.

What did one rabbit say to the other rabbit?
Somebunny likes you.



What do farmers give for Valentine's Day?
Lots of hogs and kisses.



Tax Credit Time 2025!



Most seniors qualify for the 2 tax credits offered by the State of Michigan. The Homestead Property Tax Credit and/or the Home Heating Tax Credit.

You need to have your 1099 Social Security Statement for 2025, interest and dividend income for 2025, retirement pension, annuity and IRA

benefits for 2025. If you have SSI benefits you will need the statement for 2025. Also bring along summer and winter property tax statements or rental receipts. Also a printout from your fuel provider for fuel purchase between November 1, 2024 through October 31, 2025.

If you have supplemental health and Part D insurance policies bring along the premiums you paid in 2025. This may be written off your income.

Not all the above statements may pertain to you.

Call for drop off times. 906-786-8850



Valentine's Lunch

Come celebrate Valentine's Day on Wednesday, February 11 at 12 noon.

We are serving Diced Ham in Scalloped Potatoes, Key West Vegetables, WW Bread, Fruit Cup, and Strawberry Poke Cake.

There will be door prizes given away and many laughs.

Reserve your meal by calling 906-786-8850 by February 9.

Congregate "December" Birthdays

Barb B. (not pictured) won the flower arrangement from Wickert Floral for her birthday in December.

Also happy birthday in December to Margaret A., Sally F., Kay M. Richard S., Marc T., Virgel T., and Greg T.



Congratulations Birthday & Christmas Party Winners!



Winners of the December birthday drawing for a gift card to Walmart were Grace R. and Kate M. We also celebrated Christmas with Karen H. and Karen F. each winning a gift card to Sayklly's. (above-left to right) Congratulations!



Judy L. played Christmas Carols and we sang along.

There were several dish towel winners but not pictured. Congratulations!

Join us on Facebook for the up-to-date news, videos, and pictures. Search for Escanaba Senior Center.





Menominee Senior Center

905 10th St., Menominee
Phone: (906) 863-2158

*Find us on Facebook!
(search for Menominee Senior Center)*

CAA/Menominee Senior Center business hours:
Monday through Thursday 8:00 a.m. to 3:00 p.m.
*Please call at least a day in advance to schedule
your bus ride, or to reserve a meal.*

Senior Craft & Bingo Day:

February 12



The Menominee Recreation Department will be back to host a “Craft & Bingo Day” here at the center. They will supply all the crafts and prizes, you just supply the creativity. Please let us know if you plan to attend by calling the center in advance.



Tax Credit Season Starts in February

In January, you should have received your Social Security statements. You should have gotten one for this year's income to notice you of any increases etc., and also a 1099 from last year 2025 total income. These 1099 forms are crucial to helping you during tax season. You can also call and get your print out from your heating provider. For taxes, we need to know how much you were billed for heat from 11/1/2024 through 10/31/2025. Also, if you paid summer and winter taxes in 2025, and can file for that credit, gather those together too. So, start a folder, or a safe place to hold these items until tax season starts in February. We can help with Homestead and Home Heating Credits only-not full state or federal taxes. Please call after February 16 to make your appointment for tax credit assistance.



Attention Valentine's Card Creators!

Come create a Valentine card for a friend or loved one for free. We will have paper craft supplies set up at a table here for you to make a card or cards to take and distribute for free. This will be available all day on Tuesday, February 10 from 8am until 3pm.

Valentine's Day Party!

Come join us for our Valentine's Day party on February 11. Party starts after 11:30am. Dinner is served at noon. Dinner: Scalloped potatoes and diced ham. Key West veggies, fruit cup, and Strawberry Poke cake. We will also have an ice cream sundae bar here at the center following lunch. We will have some games to play, a few door prizes and a photo booth. Bring a friend and join us for friendship & fun!



JANUARY TRIVIA QUESTION:/ANSWER

January is ‘National Soup Month’.

What soup company’s slogan was,
“Make it _____ or make it yourself!”

The answer is: Progresso

February Trivia Question:

National Cherry Pie Day is February 20. What county in Wisconsin is the leading cherry producer in the state?

February Trivia Answer Entry:

ANSWER:

Your Name: _____

Phone: _____

Winner receives 2 free meal tickets!

One entry per person.

Return to Menominee Senior Center.



Medicare Minutes

By Renelle Betters
MMAP Counselor
CAA/Menominee Sr. Center

MMAP counselors can assist you with a variety of Medicare or Medicaid issues. Some examples are:

- *Explain insurance coverage in simple terms.
- *Assist with appeals when there are issues with billing or claims.
- *Help apply for assistance for Medicaid or low-income subsidy programs.
- *Help finding patient assistance programs.

MMAP Counselors are located at most of our Senior Centers in the U.P. and lower Michigan.

Note: MMAP counselors are available year round to help you with your Medicare/Medicaid issues.

MEDICARE CHANGES AND MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD:

There were a lot of changes that happened in the Medicare scene at the end of 2025. UPHP Dual Eligible plan ended for some of the counties in the U.P.— Menominee County being one of them. Also some other Medicare Advantage plans ended their coverage, and some drug plans changed names, or ended completely. We hope you aren't one of those who did not act upon the warnings about coverage changes and are now having troubles with your prescriptions at the pharmacy.

If you are, there may be something to do about it depending on the situation. You may be safe, and just not understand your coverage either.

If this is the case, you can make an appointment with a SHIP (State Health Insurance Provider) counselor and we can try to navigate the Medicare situation to see if there are ways to help.

For those in Medicare Advantage plans prior to January 1, 2026, this period is also the time to change your Medicare Advantage back to Original Medicare and a Drug plan. So, if you have remorse, you can still fix that too. This period expires on March 31, 2026. There are pitfalls to all the changes that Medicare has. It is hard to understand, so let someone help you.

Call your local senior center to see if they have a SHIP counselor to assist you. At the CAA/Menominee Senior Center it is Renelle Betters.



February Birthday Party:

We will be celebrating January birthdays on February 25. If you have a birthday in the month of February and pick-up a meal or dine-in at the center, you have the option of having your picture taken, and will also receive a small gift from us. Please let us know if you have a birthday when you make your reservation.

Also, please let us know if you will be dining in or taking one out. See our menu for the birthday meal menu details. This month's menu features a Swiss chicken breast and Chocolate pudding cake for dessert. *Please register at least a day in advance or more for your meal.*

Oh what fun it is!

Left Photo: We celebrated Christmas at the center with live music and a visit from the big man himself! Pictured is Aurora dancing with Santa on her birthday!

Right Photo: The cute snowman craft is from the December craft day.



Foot Clinic Update:

Please call the center to check appointment availability. We fill up fast. We apologize for the inconvenience.

You can also call and be put on a cancellation/call list.

CORPORATION CORNER

If the shorter winter days are finding you a little bit bored or maybe wanting to meet up with both new and old friends, consider joining all the happy faces posted each month in our Gladstone Senior Center Section of the newsletter. Every month we offer special theme birthday parties and giveaways, weekly bingo, craft projects, card playing, puzzles-in-progress, YMCA sit-and-be-fit classes, movies, food distributions, and more. Also, please join our Monday thru Thursday in-house lunches. We are here to provide our senior community with a safe settings for social and informational gatherings and welcome you to join us.

Call 906-428-2201 for more information

The Corporation Board is proud and thankful for the MDS Community Action staff at our Center for the wonderful special events and activities that they provide throughout the week and months for our seniors.

TEFAP Food Distribution

Every Tuesday from 1:00 p.m. – 3:00 p.m. at the Gladstone Senior Center
Income based for people 18+ years old.
300% below Federal Poverty Income
You can visit once per month.
This is an equal opportunity provider



Foot Clinic Northwood Nursing

When: February 19
Time: 1:00 - 3:00 p.m.
Cost: \$22.00
Bring your own towel
Call Center at 428-2201 for an appointment



Movie Day

“My Penguin Friend”
Wednesday February 18
Popcorn and snacks will be provided
call 428-2201 to sign up.



Craft Day

Tuesday, February 9
12:15- 2:00 p.m.

Call 428-2201 to reserve a spot



Find us on Facebook search
Gladstone Senior center.



Visit MDSCAA.ORG to find all the services
available through Community Action Agency



Birthday Lunch

Wednesday, February 25

Swiss Chicken
Brown Rice
Capri Vegetables
Peas
Diced Peaches & Chocolate Pudding Cake
Call 906-428-2201
by February 23 to reserve a lunch.
Please call center by 1:00 p.m. on February 23



BINGO

Public bingo is available Thursday afternoons at the Gladstone Senior Center to benefit center activities.

It is open to all over 18 years old.

Ball tickets go on sale at 12:05 p.m.
and Early Birds start at 1 p.m.

All funds raised help purchase items for the center.

Plan on coming and joining in some fun and you may even win some money for yourself!
Hope to see you!

December Christmas & Birthday Lunch

Bonnie A



Nancy L



Albert is the winner of the monthly Birthday gift card.



Lynn B



Diane H



Cindy H



Sharon A



Joanne L winner of 50/50



Maria L



Judy F



Cheryl W



Tanya T



Trudy B



Marlene S



Karen T





February is here, you Valentines!! We have spring around the corner and the end of winter is in sight!! Yeehaw! Come along and join your friends at the Center for some fun! We have crafts, exercise, prize bingo and more! And the coffee is always on! Come join us soon—Becky 906-356-6420 is our number!

FEBRUARY EVENTS

WED 2/11 Valentine's Meal & Bookmobile
 SUN 2/15 Corporation Dance!
 TUES 2/17 Crafts after lunch
 THU 2/19 Prize Bingo Day at 11AM
 WED 2/25 Birthday Party !!

Chair yoga on Mondays & Wednesdays!
 Exercise on Tuesdays & Thursdays! All at 9:30 am
 Free Black Jack after the Birthday party!
 Please come join us for a dine in or drive thru any day! We are open Monday—Thursday!
 Call 356-6420 to sign up for a meal or more information!



Free Black Jack Game after the Birthday Party!! Join in and Bob takes care of the rest!!



Chair Yoga
 Mondays & Wednesdays
 9:30-10 am



Something New to try!

PRIZE BINGO!
 Thursday, February 19th at 11:00 am and then after lunch.
 No charge! Fun Prizes to be won!
 Come try it out!!!



Corporation Dances are back in 2026!

Sunday, February 15 at 1-4 pm
 This month: Ghost Riders

BOOK MOBILE VISIT!!

Wednesday
 February
 11th
 at 1 pm!!
 You can get a library card right on the spot!



Walking Inside Class (Leslie Sansone)

Every Tuesday & Thursday at 9:30 am

February Craft Day!

Tuesday,
 February 17th
 after lunch!
 Call & reserve a spot!!

Signs of the Season!
 Beautiful Trees and Food!

thank you

Thanks so much to Pete and Lois for the beautiful tree they donated to the Center! Gorgeous!





Some Christmas season pictures

Look at all these fine folks in Rock!!

Come join us for coffee, an activity or a meal!!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| 2 Sweet & Sour Pork Brown Rice Stir-Fry Vegetables Corn Tropical Fruit | 3 Stuffed Shells w/Marinara Brussel Sprouts Warm Cinnamon Peaches Side Salad w/Cheese/Tom Breadstick | 4 Meatloaf w/Ketchup Glaze Mashed Potatoes w/Gravy Chef's Choice Vegetable Chef's Choice Fruit Cup Bread | 5 Chicken Rice Soup Chicken Salad Sandwich Side Salad w/Cheese/Tom Fresh Fruit | 6 CLOSED Order an extra meal ahead of time.  |
| 9 Hobo Dinner w/Potatoes Sliced Carrots Peas Warm Applesauce Bread | 10 Bourbon Chicken Brown Rice Chef's Choice Vegetable Corn Diced Peaches | 11 Valentine's Lunch Diced Ham w/ Scalloped Potatoes Key West Vegetables Chef's Fruit Cup Strawberry Poke Cake | 12 Chicken Fettuccini Alfredo Chef's Choice Vegetable Diced Carrots Diced Peaches Breadstick | 13 CLOSED Order an extra meal ahead of time.  |
| 16 Sloppy Joe w/Bun Potato Wedges Green Beans Apple Slices | 17 Chicken Pot Pie Root Vegetable Blend Warm Cinnamon Pears Bread | 18 Smothered Pork Chop Boiled Red Potatoes Corn Fruit Cocktail Bread | 19 Hamberger Gravy over Mashed Potatoes Diced Carrots Fresh Fruit Bread | 20 CLOSED Order an extra meal ahead of time.  |
| 23 Turkey Spaghetti Italian Vegetables Brussel Sprouts Tropical Fruit Breadstick | 24 Cranberry Glazed Meatballs Garlic Mashed Potatoes Succotash Vegetable Diced Pears Bread | 25 Congregate Birthday Limit 1 per person Swiss Chicken Brown Rice Capri Vegetables; Peas Diced Peaches Chocolate Pudding Cake | 26 Broccoli Cheddar Soup Meat/Cheese Sandwich Copper Penny Salad Fresh Fruit | 27 CLOSED Order an extra meal ahead of time.  |

FEBRUARY

Menu subject to change
2% Milk served each day.

This menu is for all our senior centers. Call your senior center with questions/comments.

Happy Valentine's Day

Our Valentine's Party will be on Wednesday February 11th this year at 11:30 CST. On the menu is: Diced Ham, Scalloped Potatoes, Key West Vegetables, Strawberry Poke Cake, fruit cup, bread and milk.



Birthday party is Wed. February 25th, 11:30 With Swiss Chicken & Brown Rice Capri veggies and Chocolate Pudding cake. Call the Center 906-498-7735



TEFAP Program is available for once a month participation on Tuesdays from 1-3 pm CST at the Hermansville Senior Center. If you qualified for CSFP, you will qualify for this food program. Must be 18 yrs. of age. Or visit Feeding America West Michigan ON-LINE For surrounding distribution sites.

We continue to be closed at the Center on Fridays, this includes transportation. Also, our transit will be unavailable February 9th—19th as our bus driver will be on vacation! Cards and dominos are being played on Tuesdays. Exercise is in full swing on Tuesday & Thursday and Bingo starts at 12:30 on Thursday afternoon.



January's painting for our paint class was a winter scene. Here are Sue, Ann, Megan and Joan with their creations.

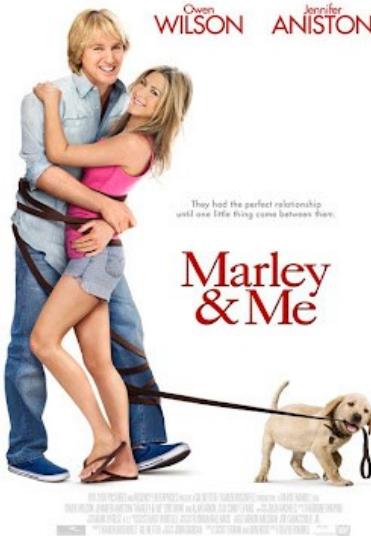
February's class is currently unscheduled As Our instructor is taking some time off.

Call the center during February in case a Class pops up! 906-498-7735

Hermansville Community Food Pantry is open on: Monday & Thursday From 9 am to 2:30 pm Weekly You may visit the pantry once a calendar Month if you live in Menominee County.
TEFAP PANTRY IS ON TUESDAYS 1–3 PM



FROM THE DIRECTOR OF "THE DEVIL WEARS PRADA"



**FEBRUARY MOVIE:
MARLEY & ME
PLAYING MONDAY
FEBRUARY
16TH AT 12:30**

The movie is 115 minutes long and we will Supply soda pop and snacks Have dinner with Us first if you like....

Mondays meal is Sloppy Joe on a Bun With Potato Wedges and Green Beans Apple Slices and Milk And a pickle tray to pass!



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SCAN ME



MDS Community Action Agency, Escanaba, MI

C 4C 01-1371

Transportation is available Monday through Thursday from 8am - 3pm with a 24 hour advance notice required.

Need a ride to the Doctor? Dentist?
Have a hair appointment? Need to go shopping?
Give us a call at 753-6986
We are here to help you.
Reasonable rates apply



The Pepin's were our special musical entertainment at the Christmas party. We love when they come to play! Thank you both so much for making our party extra special!



February 2026 Activities

February 4- Valentine's Day craft class at 1 pm. Please call the center and let us know if you would like to participate. Stay for lunch too, it's meatloaf day!!

February 11- Valentine's Day Party dinner with door prizes, 50/50 raffle, treats & bingo after lunch. Meal reservations must be made by 1 pm on February 10th.

February 25- Monthly Birthday Party dinner with door prizes, 50/50 raffle, cake, ice cream and bingo after lunch. Please notify the staff if you're celebrating your birthday this month when making your meal reservation, so we may honor you!



Holy Cross Headstones/Markers



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Escanaba, MI 49829
(906) 553-4309

> edwardjones.com

TAX TIME IS HERE!

Most seniors qualify for 2 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, annuity and IRA benefits for 2025
 - ◊ SSI benefits for 2025
- ◊ Summer & winter property tax statements for 2025 OR rental receipts
- ◊ A printout from your fuel provider showing how much you were billed for fuel from November 1, 2024 through October 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 of these documents will pertain to you. Call the center for an appointment in early February.

As a reminder, I do NOT prepare federal or state income tax returns.



Special thanks to the following people who donated prizes for the Christmas/Birthday party held on December 17

- **Harlan & Judy A.**
- **John & Jan T.**
 - **Lynda K.**
 - **Arlene E.**
 - **Harry K.**



Yvonne S. was all smiles as she was the lucky winner of this beautiful Christmas wreath donated by Christa R.

Foot Clinic Date's

Monday February 2 & 16

Both clinics are currently full, but you can call the office at 753-6986 to be placed on a waiting list if an opening becomes available.



Cost is \$27 which includes toenail trim by Christa Rivard, certified nail tech



Happy February Birthday

Harry K
Kristy B
Wally O

Feb. 07
Feb. 12
Feb. 20

Belated happy birthday wishes to Bill D who celebrated on Dec. 5 and Betty O who's birthday was on Dec. 23

Michigan Secretary of State Mobile unit will

be at the Mid County Senior Center on

Tuesday March 10 from 9-10:30 am CST

You can renew your vehicle registration, license or state ID; register to vote; change your address; join the organ donor registry and more!

Call the center at 753-6986 to schedule your appointment

February Exercise Dates

Wednesday February 4 at 11 am

Monday February 9 at 10 am

Wednesday February 18 at 11 am

Monday February 23 at 10 am



All are welcome to participate in this low impact class.

Coffee and social time to follow

***Dates subject to change ***





Menominee | Delta | Schoolcraft

Senior Services

www.mdscaa.org

CAA is an equal opportunity provider and employer.

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MONTHLY NEWSLETTER
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MDS CAA Senior Centers in Escanaba, Gladstone, Hermansville, Menominee, Mid County, and Rock are open Monday-Thursday.

Our Adult Day Services is accepting new participants. Call 906-789-2886.

LET'S GROW YOUR BUSINESS
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CONTACT ME Terry Sweeney

tsweeney@4LPi.com • (800) 477-4574 x6407



JAMIE SOLIS-BEAVER
Broker, ABR, PSA, RENE
928 N Lincoln Rd
Escanaba, MI 49829
KeyRealtyUP.com
Call or Text (906) 399-9033
Jamie@KeyRealtyUP.com



SENIOR SERVICES PROGRAMS

In-Home Services: include homemaker aide services (light housekeeping), respite care (provides companionship and supervision in relief of the primary caregiver), and home care assistance (assistance with daily living activities).

Nutrition Services: The congregate meal program is designed for the 60+ populations. It provides an opportunity for people to come together for lunch in a group setting at one of our senior centers or carry out the meal. The home delivered meal program assists homebound seniors with their dietary needs. Hot meals are available Monday–Thursday with frozen meals available for the other days.

Senior Centers: The centers serve as community focal points, providing a wide range of activities and services for 60+ population, including congregate meals, games, dancing, exercise, and Medicare counseling.

This month's menu for all senior centers is on PAGE 11.



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