

Senior Citizen News

The Menominee County Journal • Thursday, April 3, 2025

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

COGNITIVE HEALTH AND OLDER ADULTS

Stay connected with social activities - staying connected with your family, friends and neighbors through social activities and community programs is a great way to ward off isolation and loneliness. But did you know that it may also help support your cognitive function? For example, early results from a clinical trial of almost 200 adults aged 75 and older showed that regular internet calls could help lower the risk of cognitive decline and social isolation. Data shows that folks aged 65 and older that had high social engagement; including visiting neighbors and doing volunteer work, were associated with better cognitive health in later life. If you would like to strengthen your social connections, consider volunteering or focusing on an activity you enjoy such as walking.

Address physical and mental health problems - many health conditions affect the brain and pose risks to cognitive function. These conditions include:

Stroke - can damage blood vessels in the brain and increase risk for vascular de-

mentia.

Depression - can lead to confusion or attention problems and has been linked to dementia.

Delirium - shows up as a sudden state of confusion, often during a hospital stay, and is frequently followed by cognitive decline or impairment.

If you have symptoms of any of these serious health problems, it is important to seek treatment. Effective management of health conditions like these may help prevent or delay cognitive decline or thinking problems.

Understand how medicines can affect the brain - some medicines and combinations of medicines can cause confusion, memory loss, hallucinations, and delusions in older adults. Medicines can also interact with food, dietary supplements, alcohol, and other substances. Some of these interactions can affect how your brain functions. Drugs can impair older adults' cognition include:

- Antihistamine for allergy relief.
- Sleep aids.
- Antipsychotics.
- Muscle relaxants.
- Drugs that treat urinary incontinence.

Medications for relief of cramps in the stomach, intestines and bladder.

Talk to your doctor if you have any concerns about your medications or possible side effects. Do not stop

taking any prescribed medications without consulting your health care provider first.

For more information about Cognitive Health -

NIA Alzheimer's and related Dementias education and referral (ADEAR) Center 800-438-4380. The ADEAR Center offers information and free print publications about Alzheimer's and related dementias for families, caregivers, and health professionals. ADEAR staff answer telephone, email, and written requests and make referrals to local and national resources.

Alzheimer's.gov Explore the Alzheimer's.gov website for information and resources on Alzheimer's and related dementias from across the federal government.

Alzheimer's Association
800-272-3900 or 866-403-3073 (TTY)
info@alz.org
www.alz.org
Alzheimer's Foundation of America
866-232-8484
info@alzfdn.org
www.alzfdn.org
McKnight Brain Research
407-237-4485
http://mcknightrbrain.org

Sit and Get Fit Exercise Dates

Apr. 9 at 11 a.m.
Apr. 14 at 10 a.m.
Apr. 23 at 11 a.m.
Apr. 28 at 10 a.m.

SENIOR CITIZEN ACTIVITIES

Apr. 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.

Apr. 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.

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

Apr. 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

Apr. 7 - Mushroom Swiss burger/bun, tater tots, corn, Mandarin oranges.

Apr. 8 - Aloha chicken over rice, zucchini, root vegetable blend, fruit pudding.

Apr. 9 - Turkey ala king over a biscuit, mashed potatoes/gravy, mixed vegetables, fresh fruit.

Apr. 10 - Pasty, sweet potato cubes, green beans, and applesauce.

Apr. 11 - Tuna Noodle casserole, diced carrots, side salad, mixed fruit cup.

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 APRIL 7
Monday - Mushroom Swiss burger, hamburger bun, tater tots, corn, Mandarin oranges.

Tuesday - Aloha chicken over rice, zucchini, root vegetable blend, fruit pudding.

Wednesday - Turkey ala king over a biscuit, mashed potatoes w/gravy, mixed vegetables, fresh fruit.

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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.

Apr. 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.

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

Apr. 16 - Easter Party dinner with party favors, 50/50 raffle, door prizes and fun bingo. Please call in your

HERMANVILLE SENIOR CITIZEN MENU

WEEK OF APRIL 7

Monday - Mushroom Swiss burger, hamburger bun, tater tots, corn, Mandarin oranges.

Tuesday - Aloha chicken over rice, zucchini, root vegetable blend, fruit pudding.

Wednesday - Turkey ala king over a biscuit, mashed potatoes w/gravy, mixed vegetables, fresh fruit.

Thursday - Pasty, sweet potato cubes, green beans, applesauce.

Friday - Tuna noodle casserole, diced carrots, side salad, mixed fruit cup.

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

5 GOOD BUYS
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Great Start Collaborative to host 10 Early Childhood event April 9

The Great Start Collaborative of Menominee County will host the third annual Exploring Early Childhood Event on April 9, at the Menominee Early Learning Center (former Central Elementary) at 1800 18th Ave., Menominee from 4-5:30 p.m. This year the Collaborative is partnering with the Menominee County 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, Pioneer Presbyterian Church, 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 that attends will also receive a free book.

The Collaborative is housed at the Menominee County Intermediate School District

and is charged with four state-directed outcomes: children are born healthy, children are healthy, thriving, and developmentally on track from birth to 3rd grade, children are developmentally ready to succeed in school at the time of entry and children are prepared to succeed in 4th grade and beyond by reading proficiently by the end of the 3rd grade.

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

The Menominee County Journal • Thu

Manistique Senior Center

Pioneer
Tribune
4-3-25

Heather Tyner, Activities Director

Easter is coming up later this month and it is known that all the activities and events, and fun that go with both, are for kids. That's a bunch of nonsense. Everyone knows that the real fun begins when you turn 55 and can start coming to our Senior Center, so we are going to have a little Easter fun of our own. We are having an Easter Egg Hunt. It will take place the full week before Easter. Starting Monday, April 14 through Friday, April 18, from the time we open at 8 a.m. until we close at 4 p.m. I will be hiding 15 Easter eggs a day throughout the inside of our Center. There are a few places that are off limits: our Loan Closet, the bathrooms, the kitchen, in our Gift Shoppe items and Don's office, aka the boss. No eggs-perience necessary to play. However, you must be 55 years or older. You can find and claim one Easter egg a day and no more than three Easter eggs for the entire week. Please be respectful of our activities and events that are taking place while you are hopping to find an egg.

Some of the prizes that go along with the Easter eggs that you will find have been donated by our very generous businesses within our community: Wheaty's, Top O' Lake, Auto Value, Bostique, Cutting Crew, Lily James Studio, Ben Franklin, Emerald City Tacos, Cedar Street Cafe, Paper Mill Books, Corner Cutz Salon, Tap 21, Clyde's Drive-in, Big Boy, Hardee's, D&D Home Center, Yooper Fitness, McDonald's, Treats & Things, Flowers by Jodi, Elle Jay Studio, Ace Hardware, Putvin Health Mart, Dairy Kream, Ten Pins Ally, Drift Alchemy and our Senior Center. We are donating one admission to our Self-Defense Class in May by Bushido Karate, two tickets to our Senior Prom, which is also in May, and Sayklly's candy bars for those Easter eggs that do not have



nations to collect from many other kindhearted shops. It's so eggs-citing!

It is well known that you only need to be 55 years old to enjoy our activities and events at our Senior Center. We would also like you to know

that no matter where you live you can come join our fun. If you are willing to travel to our Center, we welcome you. Our grant-funded programs, such as our Homemaker Aide Program, our Medical Transport Program, our Respite Program and our Senior Seasonal Services Program you do need be a resident of Schoolcraft County. If you would like more information on our programs that help out our seniors in and around their homes, please give us a call at (906) 341-5923.

Just a quick glance of what we have coming up this week and next... Tonight, Thursday, April 3, is Music with Gwen, 4-5 p.m. and Grief Support Group, 5-6:30 p.m.

On Tuesday, April 8, 11 a.m. to 12 p.m., Ukulele lessons with Gwen.

Wednesday, April 9, is FootCare, please call for an appointment. FootCare cost \$22 and you will need to bring a towel.

Wednesday is also Virtual Trivia from 2:30-4 p.m.

On Thursday, April 10, we have Manistique Garden Community Seniors Group, 11:15 a.m. to 12 p.m., and Spring Paint & Social District Sip from 4-6 p.m. Spring Paint & Social District Sip is \$30, 21 years young and up are welcome, and you do need to RSVP to pick which Spring door hanger you'd like to craft. You can take advantage of our Social District for your Sip. These activities are in addition to our several other events: numerous card games, painting class, walking, line dancing, drum aerobics, bingo, chair yoga, craft class, needles 'n natter and we also have a blood pressure

Daily Press
4-4-25



Community Action Agency Senior Nutrition Program

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 \$4.00



Meals for April 7 - April 11, 2025

Monday, 4/7	Tuesday, 4/8	Wednesday, 4/9	Thursday, 4/10	Friday, 4/11
Mushroom Swiss	Aloha Chicken over Rice, Zucchini, Root Vegetable Blend	Turkey a la King over a Biscuit	Pasty	Tuna Noodle
Burger	Root Vegetable Blend	Mashed Potatoes	Sweet Potato Cubes	Casserole,
Hamburger Bun	Fruit Pudding	w/Gravy,	Green Beans	Diced Carrots,
Tater Tots		Mixed Vegetables,	Applesauce	Side Salad,
Corn		Fresh Fruit		Mixed Fruit Cup
Mandarin Oranges				

Gladstone and Rapid River Area Call 428-2201 • Rock Area Call 356-6420
Escanaba Area Call 786-8850 • Hermansville Area Call 498-7736 • Manistique Area Call 341-5085

Daily Press 4-4-25

Daily Press 4-8-25

Krusin' Klassics helps Walk for Warmth



Krusin Klassics Car Club donated \$1,000 to the Walk For Warmth 2025. Pictured from left are Hannah Micheal (WWF), Janet Snowden and Mark Caswell (Krusin Klassics), and Gary Willoughby from Community Action Agency. Courtesy photo

Menominee
County
Journal
4-10-25

The Menominee County Journal • Thursday, April 10, 2025

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

Questions to ask about

Preventative Services

Visiting your doctor or provider? Make a list of questions to take with you. Habits like exercising and eating a balanced diet go a long way toward helping you stay healthy. It's also important to get preventative services. Medicare pays for many preventative services to keep you healthy. Preventative services can find health problems early, when treatment works best, and can keep you from getting certain diseases. Preventative services include exams, shots, lab tests, and screenings. They also include programs for health monitoring, and counseling and education to help you take care of your health.

Medicare covers these preventative services:

Abdominal aortic aneurysm screenings.

Alcohol misuse screenings and counseling.

Bone mass measurements.

Cardiovascular behavioral therapy.

Cardiovascular disease screenings.

Cervical and vaginal cancer screenings.

Colorectal cancer screenings.

Fecal occult blood tests (screening).

Flexible sigmoidoscopy screenings.

Screening colonoscopies.
Barium enemas (screening).

Multi target stool DNA tests.

Blood based biomarker screening tests for colorectal cancer.

Counseling to prevent tobacco use and tobacco caused disease.

COVID-19 vaccines.

Depression screenings.

Diabetes screenings.

Diabetes self-management training.

Flu shots.

Glaucoma screenings.

Hepatitis B shots.

Hepatitis B infection screenings.

Hepatitis C screenings.

HIV screenings.

Lung cancer screenings.

Mammograms.

Medical nutrition therapy services.

Medicare Diabetes Prevention Program.

Obesity behavioral therapy.

Pneumococcal shots.

Prostate cancer screenings.

Sexually transmitted infection screenings and counseling.

"Welcome to Medicare" preventative visit.

Yearly wellness visit.

Questions to ask your provider about preventative services:

About the test - Do I need the test? What's the test for? How's the test done? What are the benefits and risks of having the test? What do I need to do to prepare for the test? Do I need to get a referral? Do I need to make an appointment?

About the test results

-When will I get the results? What will they tell me? What's the next step after the test? How often do I need this test?

About the cost of the test

-Will Medicare/my other insurance, pay for/cover the test? How much will I have to pay?

Talk to your doctor

-Find out how often you need certain exams or tests to help you stay healthy. Your doctor or provider may suggest exams or tests that Medicare doesn't cover or recommend that you have tests more often than Medicare covers them.

Get test results - If you don't hear from your provider after you've had a test, call and ask for the results. Ask what the results mean for your care and use that information to talk with your provider and make decisions.

For more information about Medicare preventive services:

Visit Medicare.gov/coverage/preventative-screenings-services

Visit Medicare.gov/publications to download the booklet "Your guide to Medicare's Preventative Services".

Log into (or create) your secure Medicare account to get direct access to your preventative health care information.

Call 1-800-MEDICARE (800-633-4227). TTY users can call 1-877-486-2048.

SENIOR CITIZEN ACTIVITIES

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.

April 16 - Easter Party dinner with party favors, 50/50 raffle, door prizes and fun bingo. Please call in your meal reservation no later than 1 p.m. the previous day.

April 30 - Monthly birth-

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

April 14 - Breaded chicken breast/bun, oven potatoes, Riviera blend vegetables, whole wheat bread, diced pears.

April 15 - Smothered pork chop, au gratin potatoes, peas and onions, whole wheat bread, fruit cocktail.

April 16 - Baked ham, mashed sweet potatoes, California blend vegetables, dinner roll, pineapple delight cake (Easter Party).

April 17 - Beefy tater tot casserole, green beans, whole wheat bread, warm apples.

April 18 - Cream of Broccoli soup, tuna salad sandwich, cucumber and carrot salad, cottage cheese with 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.

HERMANSVILLE SENIOR CITIZEN MENU WEEK OF

APRIL 14

Monday - Breaded chicken breast on a bun, oven potatoes, Riviera blend vegetable, diced pears, whole wheat bread.

Tuesday - Smothered pork chop, au gratin potatoes, peas and onions, fruit cocktail, whole wheat bread.

Wednesday - Baked ham, mashed sweet potatoes, California vegetables, dinner roll, pineapple, delight cake.

Thursday - Beefy tater tot casserole, green beans, warm apples, whole wheat bread.

Friday - Cream of broccoli soup, tuna salad sandwich,

and counseling.
Bone mass measurements.
Cardiovascular behavioral therapy.
Cardiovascular disease screenings.
Cervical and vaginal cancer screenings.
Colorectal cancer screenings.
Fecal occult blood tests (screening).

Questions to ask your provider about preventative services:

About the test - Do I need the test? What's the test for? How's the test done? What are the benefits and risks of having the test? What do I need to do to prepare for the test? Do I need to get a referral? Do I need to make an appointment?

VICES

Log into (or create) your secure Medicare account to get direct access to your preventative health care information. Call 1-800-MEDICARE (800-633-4227). TTY users can call 1-877-486-2048.

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 APRIL 14

Monday - Breaded chicken breast on a bun, oven potatoes, Riviera blend vegetable, diced pears, whole wheat bread.

Tuesday - Smothered pork chop, au gratin potatoes, peas and onions, fruit cocktail, whole wheat bread.

Wednesday - Baked ham, mashed sweet potatoes, California vegetables, dinner roll, pineapple, delight cake.

Thursday - Beefy tater tot casserole, green beans, warm apples, whole wheat bread.

Friday - Cream of broccoli soup, tuna salad sandwich, cucumber and carrot salad, cottage cheese with peaches.

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

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4-10-25

Manistique Senior Center

Menominee
County
Journal
4-10-25

Heather Tyner, Activities Director

Next week will be hopping! We have our Easter Egg Hunt all week, Monday, April 14, through Thursday, April 17, from 8 a.m. until 4 p.m. We will be closed on Friday, April 18 for Good Friday.

I originally stated that I would be hiding 15 eggs a day, but since we are closed for Good Friday, I will be hiding 20 eggs a day within our Senior Center! You are allowed to find one egg a day, with a total of three eggs for the week. Within each Easter Egg will be a number. Bring your egg to our office to find out what egg-citing prize is associated with your number. Most of the prizes have been donated by our generous local businesses. We have had a few more donations since last week: Upper Crust Deli, Subway, Tractor Supply, Ryan from SCMH Rehab, Apple Barrel, Zephyr, Main Street Pizza, The "40" Bar & Grill, Indian Lake Golf Course and Mona & Company Restaurant. You must be 55 years or older to play. There are a few locations that are off limits: our Loan Closet, the bathrooms, kitchen, in our Gift Shoppe items and Don's office. Please be respectful of our activities that are going on. Thank you kindly to all the wonderful local shops that made this Easter Egg Hunt possible!

And there's even more... On Monday, April 14, from 11 a.m. to noon we have Grass Monster Craft from UP SAIL. UP SAIL is bringing us this craft to celebrate Spring! You will be creating your own monster planter out of recycled materials and topping it off with seeds. On Wednesday, April 16, we have Stories & Crafts with Seniors & Tots. The stories and crafts will be about Springtime and bunnies. Wednesday also brings us Senior Swingers, from 3-4 p.m. Tim Derwin is get-



tin' the band back together! If you have an instrument and want to have a musical good time, please come join the fun. If you don't have a musical instrument and would still like to come

have a musical good time, we will have kazoos and spoons for you to play. My hope is to have the Senior Swingers back in the 4th of July parade! Chair Yoga rounds off our Wednesday and is from 4:30-5 p.m.

Thursday is crammed with fun. We start our day with Needles 'n Natter. For this activity you can bring anything you've been working on, whether it is a craft or needle work, and for the natter, you just need some good conversation. This activity is growing and we do have fabulous seniors that attend. Then we have euchre at 1 p.m. If you would like to play euchre, but don't know how, we will teach you. That is the same with any of our card games. Also, at 1 p.m. is Movie Day. This month's movie was requested from our Page Turners Book Club. It was the book that they read last month and is about a young girl living in a small German town during the Nazi era. She was taught to read by her foster father and then begins stealing books. Free popcorn on Movie Day.

After our movie we will have Craft Class. On Movie Day we cut our Craft Class short by 30 minutes, so class will be from 2:30-3:30 p.m. After Craft Class we have Potluck & Spelling Bee from 4-6 p.m. Bee ready to spell for your supper and bring a dish to pass. There will be prizes for 1st, 2nd and 3rd places for the Spelling Bee. You can let us know that you'd like to bee in our spelling competition or just show up. We look forward to seeing you!



Community Action Agency Senior Nutrition Program

SENIOR CENTER DINING or HOME DELIVERY PROGRAM

Meals for April 14 - April 18, 2025

Monday, 4/14
Breaded Chicken
Breast, Oven Potatoes
Riviera Blend Veg
Diced Pears
WW Bread

Tuesday, 4/15
Smothered Pork Chop,
Au Gratin Potatoes,
Peas & Onions
Fruit Cocktail
WW Bread

Wednesday, 4/16
HAPPY EASTER
Baked Ham,
Mashed Sweet Potatoes
California Vegetables
Dinner Roll,
Pineapple Delight Cake

Thursday, 4/17
Beefy Tater Tot
Casserole
Green Beans
Warm Apples
WW Bread

Friday, 4/18
Cream of Broc Soup
Tuna Salad Sandwich
Cucumber & Carrot
Salad, Cottage Cheese
with Peaches

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

CAA
HRA

Gladstone and Rapid River Area Call 356-6420
Escanaba Area Call 786-8850 • Hermansville Area Call 498-7736 • Manistique Area Call 341-5085

Daily Press
04-11-25

Daily Press
4-14-25

Obituaries

Colleen Marie Burnard

1968 - 2025

ESCANABA — Colleen Marie Burnard, 57, of Escanaba, left her earthly body on April 11, 2025, to gain her wings to heaven. She is no longer limited but able to walk and dance and be free from all barriers.

Colleen was born to her loving parents, Wennifer and Donna (Picard) Tourangeau on January 16, 1968. Ignoring medical advice, they encouraged her to lead her life to the fullest by enrolling her at Bark River Harris High School where she graduated from in 1986. She then moved into the dorms and earned her associates of science degree from Bay College.

She worked for the casino and Community Action Agency until the birth of her children.

In 2000, she became a homeowner thanks to Habitat for Humanity and lived there for 18 years. She has been a resident of Christian Park Healthcare Center for the past five years. Dancing, bongo, bingo, and socializing were her favorite activities.

Colleen loved country music. You would often find her front row at concerts or dancing her heart out on the dance floor at the casino.

She is of Catholic faith and has been a member of St. Anne's Church for over 30 years.

Besides her parents, Donna and Wennifer, Colleen leaves behind a daughter, Stacy (James) Goff, of Mt. Pleasant, and a son, Logan Caron, of Green Bay; brothers, Kevin (Cheri) Tourangeau, of Bark River, and Steve (Carrie) Tourangeau, of Howell, MI; and sister, Wendi (Doug) Matthews of Escanaba. She too has several loved aunts, uncles, cousins, nieces, and nephews, along with many friends.

Colleen was preceded in death by her grandparents, Art and Eleanor Tourangeau and John Sr. and Marie Picard; uncles, Wallace Tourangeau, Gary, Jerry, John Jr., and Joseph Picard; aunt, Wilma Hosking; and father, Wennifer.

Her family extends gratitude to all the nurses, staff, and residents at Christian Park Care Center for the love and care they have provided to Colleen, who said they all felt like extended family to her.

Visitation will be held on Wednesday, April 16, at St. Anne's Church in Escanaba, from until 4 p.m. A Mass of Christian Burial will follow at 4 p.m. and will be officiated by Rev. Fran DeGroot.



Colleen Marie
Burnard

Pleasant, and a son, Logan Caron, of Green Bay; brothers, Kevin (Cheri) Tourangeau, of Bark River, and Steve (Carrie) Tourangeau, of Howell, MI; and sister, Wendi (Doug) Matthews of Escanaba. She too has several loved aunts, uncles, cousins, nieces, and nephews, along with many friends.

Colleen was preceded in death by her grandparents, Art and Eleanor Tourangeau and John Sr. and Marie Picard; uncles, Wallace Tourangeau, Gary, Jerry, John Jr., and Joseph Picard; aunt, Wilma Hosking; and father of her son, Tom Caron.

Her family extends gratitude to all the nurses, staff, and residents at Christian Park Care Center for the love and care they have provided to Colleen, who said they all felt like extended family to her.

Visitation will be held on Wednesday, April 16, at St. Anne's Church in Escanaba, from until 4 p.m. A Mass of Christian Burial will follow at 4 p.m. and will be officiated by Rev. Fran DeGroot.

At the conclusion of the Mass, a luncheon will be served in the church hall.

Burial will take place in Sacred Heart Cemetery at a later date.

In lieu of flowers, memorial donations may be made to the Menominee-Delta-Schoolcraft Community Action Agency, In Home Care Provider Services or to St. Vincent de Paul.

A message of condolence can be directed to the family at www.crawfordfuneralhomes.com. The Crawford Funeral Homes are assisting the Burnard family.



Community Action Agency Senior Nutrition Program

SENIOR CENTER DINING or HOME DELIVERY PROGRAM

Meals for April 21 - April 25, 2025

Monday, 4/21

BBQ Pulled Pork
WW Hamburger Bun
Baked Potato
Mixed Vegetables
Mixed Fruit Cup

Tuesday, 4/22

Beef Pepper Steak
over Rice
Stir Fry Vegetables
Corn
Mandarin Oranges

Wednesday, 4/23

Meatloaf
Mashed Potatoes
w/Gravy, Green Beans
Applesauce
WW Bread

Thursday, 4/24

Fish Sticks
Root Vegetable Blend
Green Beans
Fresh Fruit
WW Bread

Friday, 4/25

Hobo Dinner
with Hamburger
Potatoes, & Carrots
Fruit Crisp,
WW Bread
Mixed Fruit Cup

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.
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4-16-25

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Manistique Senior Center

Heather Tyner, Activities Director

Our Senior Center will be closed on April 18 for Good Friday. However, our Community Action Agency will be open and serving lunch, as well as delivering Meals on Wheels. Lunch down at our Center is a great way to get a delicious meal and wonderful conversation. The ladies that cook and serve the meals are fabulous cooks and quite friendly. Lunch is done on a donation basis. The suggested donation for 60 and up is \$4 and under 60 is \$7. If you'd like to have lunch with us, please call the kitchen by 8 a.m. that morning at (906) 341-5085. Our Community Action Agency's monthly menu can always be found in our Manistique Senior Center newsletter.

We have a group of seniors that are looking to learn how to tap dance! We need a tap dance instructor. If you would like to teach tap dancing, or know of anyone who could, please call, email, Facebook message or come in to let us know. When we have seniors that want to move and groove, we try to make it happen!

Throughout the week we have Dup Bridge, Bingo, Hand & Foot, Euchre, Bridge and Cribbage. If you are interested in playing any of these games, but do not know how, we will gladly teach you. Lifelong learning can help older adults stay mentally active and engaged. We are here to help you with that. In addition to our games, we always have Line Dancing, Painting Class, Drum Aerobics, Chair Yoga, Needles 'n Natter and Craft Class throughout the week. And hopefully Tap Dancing soon! On top of all those activities we have Page Turners Senior Book Club



meeting on Wednesday, April 23 and Card Making with Rosemary on Thursday, April 24. Please RSVP to Card Making with Rosemary. We can only take 10 people for this class.

The last few days of April we will be busy. On Monday, April 28, from 11 a.m. to noon we will be hiking at the Environmental Lab with UP SAIL. Meet us out there or let us know that you need a ride. Our Writers' Group will be meeting at 11:30 a.m. that same day.

Ukulele Lessons with Gwen will be on Tuesday from 11 a.m. to noon. We do have a ukulele that you can learn on. On Ukulele Lesson day our Center is filled with music, singing and laughter. It's quite a beautiful sound.

To end the month, we have Coffee Hour with Don & Karen on Wednesday, April 30 from 9-10 a.m. and they will be meeting at Cedar Street Cafe. You will need to purchase your own beverage, but the conversation and chuckling are free. Also, that day we have our Monthly Lunch with Don, Karen & Heather. Please call the kitchen by 8 a.m. that morning to let them know you are joining us. The meal that day will be Chicken Alfredo over Fettuccini with veggies, a breadstick and apple crumble cake. There's even more to end out the day... Instant Pot Cooking Demo from 3-4 p.m. For the Instant Pot Cooking Demo there will be a discussion and demo on how to use one and what types of meals work best. Samples will be provided, as well as recipes for you to take home. Please let us know if you will be joining us for this activity.

Pioneer Tribune

4-17-25

Senior Citizen News

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

Premium Related Appeals

What is a Part B enrollment penalty? For each 12-month period you delay enrollment in Medicare Part B, you will have to pay a 10 percent Part B premium penalty, unless you have insurance based on your or your spouse's current work (job-based insurance), are eligible for a Medicare Savings Program (MSP) or qualify for a Special Enrollment Period (SEP) because of exceptional circumstances. In most cases, you will have to pay that penalty every month for as long as you have Medicare. If you are enrolled in Medicare because of a disability and currently pay premium penalties, once you turn 65 you will no longer have to pay the premium penalty.

How do you calculate your Part B premium penalty? Let's say you delayed enrolling in Medicare Part B for seven years (and you did not have employer insurance, which allows you to delay enrollment). Your monthly premium would be 70 percent higher than for as long as you have Medicare (seven years x 10 percent). Since the base Part B premium in 2025 is \$185, your monthly premium would be

\$314.50 (\$185 x 1.7).

Note: although your Part B premium amount is based on your income, your penalty is calculated based on the base Part B premium. The penalty is then added to your actual premium amount.

How can I appeal a Part B LEP? Everyone has the right to appeal with the Social Security Administration (SSA) regarding their LEP determination. To appeal, follow the directions on the letter informing you about the penalty. If you do not have this letter, you can use SSA's request for consideration form. You can appeal to remove the penalty if you think you were continuously covered by Part B or job-based insurance. You can also appeal to lower the penalty amount if you think it was calculated incorrectly. Unfortunately, being unaware of the requirement to enroll in Part B is unlikely to be a successful argument for an appeal. However, the following are reasons to appeal that may result in the elimination or reduction of your monthly penalty:

You had job-based insurance during some or all the time period in question.

Call your former employer or plan to ask for a letter proving that you were enrolled in coverage. Make sure to attach this letter to your appeal form. Other forms of evidence include income tax returns that show health insurance premiums paid, W-2s reflecting pre-tax medical contributions,

pay stubs that reflect health insurance premium deductions, health insurance cards with policy effective date, explanation of benefits paid by health plan, and statements or receipts that reflect payment of health insurance information.

You were enrolled in Medicare Part B during some or all the period in question.

If the penalty is being assessed in error because you were actually enrolled in Part B, you can include proof of that coverage, including Medicare Summary Notices (MSNs) showing payment for care, statements showing premiums paid, or other records.

You have a new Initial Enrollment Period (IEP).

You are enrolled in an MSP.

The appeal deadline is 60 days from the date you received the letter informing you about the penalty. If you miss this deadline, you can write a letter explaining why you had a good cause, or a good reason, like serious illness, that prevented you from appealing on time. Attach this letter to your appeal. Be sure to pay the LEP while SSA reviews your appeal. If your appeal is successful, you will be refunded for LEP payments you made while your appeal was being reviewed.

What is Part D LEP? For each month you delay enrollment in Medicare Part D, you will have to pay a one percent Part D late enrollment penalty (LEP), unless you:

Have creditable drug coverage.

Qualify for the Extra Help program.

Prove that you received inadequate information about whether your drug coverage was credible.

In most cases, you will have to pay that penalty every month for as long as you have Medicare. If you are enrolled in Medicare because of a disability and currently pay a premium penalty, once you turn 65 you will no longer have to pay the penalty.

SENIOR CITIZEN ACTIVITIES

April 30 - Monthly birthday party dinner with party

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

April 21 - BBQ Pulled Pork on a whole wheat hamburger bun, baked potato, mixed vegetables, mixed fruit cup.

April 22 - Beef Pepper Steak over rice, stir fry vegetables, corn, Mandarin oranges.

April 23 - Meatloaf, mashed potatoes w/gravy, green beans, applesauce, whole wheat bread.

April 24 - Fish sticks, root vegetable blend, green beans, whole wheat bread, fresh fruit.

April 25 - Hobo Dinner with hamburger, potatoes and carrots, whole wheat bread, fruit crisp.

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

APRIL 21

Monday - BBQ pulled pork, whole wheat hamburger bun, baked potato, mixed vegetables, mixed fruit cup.

Tuesday - Beef pepper steak over rice, stir fry vegetables, corn, Mandarin oranges.

Wednesday - Meatloaf, mashed potatoes w/gravy, green beans, applesauce, whole wheat bread.

Thursday - Fish sticks, root vegetable blend, green beans, fresh fruit, whole wheat bread.

Friday - Hobo dinner with hamburger, potatoes and carrots, fruit crisp, whole wheat bread, mixed fruit cup.

The Hermansville Senior

Menominee County Journal
4-17-25

Daily Press

4-23-25

5A

Food assistance distribution planned

ESCANABA — The Emergency Food Assistance Program (TEFAP) with Menominee Delta Schoolcraft Community Action Agency is scheduled for distribution in Menominee and Delta Counties in May, 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 gross monthly income guidelines for 2025 are as follows:

NEW INCOME GUIDELINES as of May 1, 2025.

Household of 1 = \$3,913 or less per month

Household of 2 = \$5,288 or less per month

Household of 3 = \$6,663 or less per month

Household of 4 = \$8,038 or less per month

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

You 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 - May 6, 13, 20, 27 at Escanaba Senior Center 225 N. 21st Street,

from 1:00 - 3:00 p.m.
906-786-8850

GLADSTONE - May 6, 13, 20, 27 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 - May 6, 13, 20, 27 at Hermansville Senior Center W5480 1st Street, from 1:00 - 3:00 CST 906-498-7735

Contact the participating MDS CAA Senior Center for more information.

Senior Citizen News

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

Premium Related Appeals

How do you calculate the Part D LEP? Let's say you delayed enrollment in Part D for seven months. Your monthly premium would be seven percent higher for as long as you have Part D (seven months x one percent). The national base beneficiary premium in 2025 is \$36.78 per month. Your monthly premium penalty would therefore be \$2.57 per month, which you would pay in addition to your plan's premium.

Note: The Part D penalty is always calculated using the national base beneficiary premium. Your penalty will not decrease if you enroll in a Part D plan with a lower premium.

How can I appeal a Part D LEP? Everyone has the right to file an appeal with C2C Innovative Solutions regarding their LEP determination. C2C Solutions is the company contracted by Medicare to handle these appeals. In most cases, you have to pay the LEP if you are enrolled in the Medicare prescription drug benefit. There are some exceptions:

If you receive Extra Help, your penalty will be permanently erased.

If you are under 65 and have Medicare, your LEP will end when you turn 65.

If you qualify for a state pharmaceutical assistance program (SPAP), it may pay your penalty for you.

You can appeal the penalty (if you think you were continuously covered) or its amount (if you think it was calculated incorrectly). You should complete the appeal form you received from your plan, attach any evidence you have, and mail everything to C2C Innovative Solutions. If you don't have an appeal form from your plan, you can also use a Part D LEP Recon-

Call your former plan and ask for a letter proving that you were enrolled in creditable drug coverage. Make sure to attach this letter to your appeal form. Your employer or union may also be able to confirm the fact that you had credible drug coverage.

You had non-credible drug coverage, but you or your spouse's employer or insurer told you it was credible or didn't inform you that it was non-credible.

You were ineligible for a Medicare prescription drug plan (if you were living outside the U.S. or incarcerated).

You couldn't enroll into credible drug coverage because of a serious medical emergency.

The appeal deadline is 60 days from the date you received the letter informing you about the penalty. If you miss this deadline, you can write a letter explaining why you had a good cause, or a good reason, like serious illness that prevented you from appealing on time. Attach this letter to your appeal. Once your appeal is submitted, you can expect a determination from C2C Innovative Solutions within 90 days. In the meantime, pay the LEP to your plan along with your premium. If your appeal is successful, your plan has to pay you back for the LEP payments you made while your appeal was pending.

What is equitable relief? Equitable relief is a process that allows you to request the following from the Social Security Administration (SSA):
- Immediate or retroactive Medicare enrollment.
- Elimination of the Medicare Part B late enrollment penalty (LEP).

To request equitable relief, you must have failed to enroll in Medicare due to the error, misrepresentation, or inaction of a federal employee, such as a Social Security or 1-800-MEDICARE representative. Equitable relief does not apply if you were misinformed about your Medicare rights and options by non-federal employees, such as an employer. For ex-

you to delay enrollment. You can find the address of your local office by calling 800-772-1213 or visiting www.ssa.gov/locator.

Be as specific as possible in your letter and include the name of the representative you spoke to, date and time of the conversation, outcome of the conversation and any additional notes.

You should also indicate whether you want coverage going forward, retroactive coverage, and or elimination of your Part B LEP. Keep in mind that if you request retroactive coverage, you will have to pay premiums back to the time your coverage begins.

Social Security is not required to respond to equitable relief requests within any set timeframe. They also do not have to send you a formal decision letter in response to your request. Follow up with your local Social Security office around one month after submitting your request. You may also want to contact a legislative representative, such as a member of Congress, and ask them to follow up on the case. If you are denied equitable relief, there is no formal appeal process, but you can resubmit your request with more or different information as many times as you wish.

SENIOR CITIZEN ACTIVITIES

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.

May 5 - Craft day begins at 11:15 a.m. to construct a top hat spring floral centerpiece. Please call the office if you would like to participate.

May 7 - Mother's Day Party beginning at 11 a.m. with special music by Larry and Cheryl Pepin. Please call in your meal reservation no later than 1 p.m. the previous

through from 9-10 a.m. only. Please do not bring empty boxes back to the center before distribution day as we do not have adequate storage space to house them.

May 26 - The center is closed for Memorial Day. No meals served. We will reopen at 8 a.m. on May 27.

May 28 - Monthly birthday party with 50/50 raffle, door prizes, cake, ice cream and bingo. Are you celebrating your birthday in May? Please let us know when reserving your meal.

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

April 28 - Cheese tortellini w/red sauce, country trio vegetables, corn, tropical fruit.

April 29 - Boiled dinner w/ ham, carrots, potatoes and cabbage, whole wheat bread, fruit cocktail.

April 30 - Chicken Alfredo over fettuccine, peas, Sicilian vegetables, breadstick, apple crumble cake (Birthday Party Dinner).

May 1 - Western egg bake, oven potatoes, sausage links, whole wheat bread, fresh fruit.

May 2 - Salisbury steak, mashed potatoes/gravy, green beans, whole wheat bread, 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.

HERMANSVILLE SENIOR CITIZEN MENU WEEK OF APRIL 28

Monday - Cheese tortellini w/red sauce, country trio vegetable, corn, tropical fruit.

Tuesday - Boiled dinner w/ ham, carrots, potatoes and cabbage, fruit cocktail, whole wheat bread.

Wednesday - Chicken alfre-

Menominee
County
Journal
4-24-25

April 24, 2025
premium penalty would therefore be \$2.57 per month, which you would pay in addition to your plan's premium.

Note: The Part D penalty is always calculated using the national base beneficiary premium. Your penalty will not decrease if you enroll in a Part D plan with a lower premium.

How can I appeal a Part D LEP? Everyone has the right to file an appeal with C2C Innovative Solutions regarding their LEP determination. C2C Solutions is the company contracted by Medicare to handle these appeals. In most cases, you have to pay the LEP if you are enrolled in the Medicare prescription drug benefit. There are some exceptions:

If you receive Extra Help, your penalty will be permanently erased.

If you are under 65 and have Medicare, your LEP will end when you turn 65.

If you qualify for a state pharmaceutical assistance program (SPAP), it may pay your penalty for you.

You can appeal the penalty (if you think you were continuously covered) or its amount (if you think it was calculated incorrectly). You should complete the appeal form you received from your plan, attach any evidence you have, and mail everything to C2C Innovative Solutions. If you don't have an appeal form from your plan, you can also use a Part D LEP Reconsideration Request Form.

Unfortunately, being unaware of the requirement to have prescription drug coverage is unlikely to be a successful basis for your appeal. However, the following are good reasons to appeal and may result in the elimination or reduction of your penalty:

You have Extra Help.

You had creditable coverage during some or all the time period in question.

cause or a serious medical emergency.

The appeal deadline is 60 days from the date you received the letter informing you about the penalty. If you miss this deadline, you can write a letter explaining why you had a good cause, or a good reason, like serious illness that prevented you from appealing on time. Attach this letter to your appeal. Once your appeal is submitted, you can expect a determination from C2C Innovative Solutions within 90 days. In the meantime, pay the LEP to your plan along with your premium. If your appeal is successful, your plan has to pay you back for the LEP payments you made while your appeal was pending.

What is equitable relief?

Equitable relief is a process that allows you to request the following from the Social Security Administration (SSA):

Immediate or retroactive Medicare enrollment.

Elimination of the Medicare Part B late enrollment penalty (LEP).

To request equitable relief, you must have failed to enroll in Medicare due to the error, misrepresentation, or inaction of a federal employee, such as a Social Security or 1-800-MEDICARE representative. Equitable relief does not apply if you were misinformed about your Medicare rights and options by non-federal employees, such as an employer. For example, lets say you did not enroll in Part B because you did not need to sign up. Because you failed to enroll due to an error caused by information from a federal employee, you may have grounds for receiving equitable relief.

To request equitable relief, you or your representative should write a letter to your local Social Security office explaining that you received misinformation that caused

Social Security is not required to respond to equitable relief requests within any set timeframe. They also do not have to send you a formal decision letter in response to your request. Follow up with your local Social Security office around one month after submitting your request. You may also want to contact a legislative representative, such as a member of Congress, and ask them to follow up on the case. If you are denied equitable relief, there is no formal appeal process, but you can resubmit your request with more or different information as many times as you wish.

SENIOR CITIZEN ACTIVITIES

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.

May 5 - Craft day begins at 11:15 a.m. to construct a top hat spring floral centerpiece. Please call the office if you would like to participate.

May 7 - Mother's Day Party beginning at 11 a.m. with special music by Larry and Cheryl Pepin. Please call in your meal reservation no later than 1 p.m. the previous day.

May 15 - Lunch on your own at Hong Kong Buffet in Escanaba. The bus leaves at 10 a.m. Cost for the bus ride is \$4 per person.

May 19 - Foot clinic by appointment only. The cost is \$22. These clinics fill up extremely fast; please call the office to schedule an appointment if interested.

May 20 - CSFP Elderly food program distribution drive

dine in person. Please state your preference when reserving a meal.

Nutrition Menu

April 28 - Cheese tortellini w/red sauce, country trio vegetables, corn, tropical fruit.

April 29 - Boiled dinner w/ham, carrots, potatoes and cabbage, whole wheat bread, fruit cocktail.

April 30 - Chicken Alfredo over fettuccine, peas, Sicilian vegetables, breadstick, apple crumble cake (Birthday Party Dinner).

May 1 - Western egg bake, oven potatoes, sausage links, whole wheat bread, fresh fruit.

May 2 - Salisbury steak, mashed potatoes/gravy, green beans, whole wheat bread, 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.

HERMANSVILLE SENIOR CITIZEN MENU WEEK OF APRIL 28

Monday - Cheese tortellini w/red sauce, country trio vegetable, corn, tropical fruit.

Tuesday - Boiled dinner w/ham, carrots, potatoes and cabbage, fruit cocktail, whole wheat bread.

Wednesday - Chicken alfredo over fettuccini, peas, Sicilian vegetable, breadstick, apple crumble cake.

Thursday - Western egg bake, oven potatoes, sausage links, fresh fruit, whole wheat bread.

Friday - Salisbury steak, mashed potatoes w/gravy, green beans, whole wheat bread, peaches.

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

Menominee
County
Journal
4-24-25

13 Emergency food assistance offered

The Menominee County Journal • Thursday, April 24, 2025

The Emergency Food Assistance Program (TEFAP) with Menominee Delta Schoolcraft Community Action Agency is scheduled for distribution in Menominee and Delta Counties in May, 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 percent of Federal Poverty level. The gross monthly income guidelines for 2025 are as follows:

New income guidelines

May 1, 2025

Household of 1 = \$3,913 or less per month, household of 2 = \$5,288 or less per month, household of 3 = \$6,663 or less per month,

household of 4 = \$8,038 or less per month, for each additional family member add \$1,375 per month.

"Must go to the location nearest your address," said organizers.

Available at Escanaba Senior Center, Hermansville Senior Center.

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 - May 6, 13, 20, 27 at Escanaba Senior Center 225 N. 21st Street, from 1 - 3 p.m. 906-786-8850.

Menominee County distributions for TEFAP will be:

Hermansville - May 6, 13, 20, 27 at Hermansville Senior Center W5480 1st Street, from 1 - 3 p.m. CST. 906-498-7735.

Contact the participating MDS CAA Senior Center for more information.

This institution is an equal opportunity provider.

5	8	3	7	6	9	2	1	4
4	6	1	5	2	8	3	9	7
2	7	9	3	1	4	8	5	6
6	3	4	2	5	1	7	8	9
8	9	5	4	7	6	1	2	3
1	2	7	8	9	3	4	6	5
3	5	6	1	8	7	9	4	2
9	4	8	6	3	2	5	7	1
7	1	2	9	4	5	6	3	8

Answers to Sudoku puzzle from page 10



Phone in Journal
& MCJ Extra
Classified Ads
Call 906-753-2296

Pioneer
Tribune

4-24-25

Manistique Senior Center

Heather Tyner, Activities Director

The band is back together! Senior Swingers first practice was a fabulous success. Tim Derwin is leading our band, and he is wanting more band members. Starting in May Senior Swingers will be meeting the first and third Wednesdays of every month from 3-4 p.m. If you don't have your own instrument, we have one for you: kazoos, tambourines or spoons. I have a dream of having the Senior Swingers back in the Fourth of July parade! I think this dream will be coming true. However, we will need red vests for the parade and are looking for someone to kindly make them for us. If you would like to volunteer your time to make our Senior Swingers look dapper, please call our Center. We hope to see you at our next band practice on Wednesday, May 7 at 3 p.m.

We had four contestants compete in our Spelling Bee during our last potluck. The spelling bee was buzzing with tension as Mary Ellen Debelak spelled her way to 1st Place, Marlene Peterson coming in 2nd Place with her bee-utiful spelling and Arleen Turan with her buzz-worthy skills took 3rd Place. Nicely done ladies. Nicely done. Our next potluck will be Thursday, June 26, from 4-6 p.m., and we'll have our own Senior Swingers playing for us! The fun really doesn't stop here at our Senior Center.

Last Saturday I had my first trip out with our seniors with my newly acquired chauffeur's license. We left our Center in the mid-morning and headed



to Forest Roberts Theatre, in Marquette, to see Jesus Christ Superstar. Northern's theatre students did a wonderful job and the play was thoroughly enjoyed by most. We had a late lunch, and many laughs, at Red Lobster. I must write that Red Lobster went above and beyond with their service. We arrived back in Manistique around 6:30 p.m. I am so impressed with how well behaved our seniors were. They did not embarrass me out in public, and I did not have to pull over and stop the van once for any misbehavior. Now that I have my first trip under my belt there will be more..

Our last few days of April will be very busy. If you are looking for something to do, we have that some-

thing. Please check out our calendar in our Newsletter, on our website, manistiqueSeniorcenter.com, our Facebook page, Manistique Senior Citizens Center, in the Advisor, in my Friday emails and a huge monthly calendar on our wall at our Center when you walk in our front door.

For our Instant Pot Cooking Demo on Wednesday, April 30, we will be giving away a new Instant Pot! Sign-up today to join us for the demo.

Coming up next month is our Senior Prom on Saturday, May 17, from 6-10 p.m. Our DJ is Beats by Pete, appetizers by Upper Crust and we will have prom pictures. Our Center will be all gussied up and lights will be twinkling. I know a few that will be coming in jeans and others will be in prom attire. \$20 for admission or \$28 with three drink tickets. Drinks included for the tickets are beer, wine and seltzer. There will be pop available for purchase as well. Come purchase your admission today at our Center!

Pioneer
Tribune
4-24-25

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 May.

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 gross monthly income guidelines for 2025 are as follows:

Household of 1 = \$1,957 or less per month

Household of 2 = \$2,644 or less per month

Household of 3 = \$3,332 or less per month

For each additional family member add \$688 per month

Must go to the location where you are registered.

Delta County distributions

for CSFP will be:

ESCANABA - May 15 at U.P. State Fairgrounds from 10:00 - 11:00 a.m. 906-786-8850

GLADSTONE - May 7 at Senior Center from 9:00 - 9:30 a.m. 906-428-2201

RAPID RIVER - May 7 at Senior Center from 10:00 - 10:30 a.m. 906-474-9039

ROCK / PERKINS - May 7 at Senior Center from 11:00 - 11:15 a.m. 906-356-6420

Menominee County distributions for CSFP will be:

MENOMINEE - May 20 at Senior Center from 11:00 - 12:00 noon 906-863-2158

MID COUNTY - May 20 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.

Daily
Press

4-26-25

Community Action Agency Senior Nutrition Program

SENIOR CENTER DINING or HOME DELIVERY PROGRAM

Meals for April 28 - May 2, 2025

Monday, 4/28

Cheese Tortellini w/ Red Sauce
Country Trio Veg
Corn
Tropical Fruit

Tuesday, 4/29

Boiled Dinner w/ Ham
Carrots, Potatoes, & Cabbage
Fruit WW Bread

Wednesday, 4/30

Congregate Birthday
Chicken Alfredo over
Fettuccini, Peas,
Sicilian Vegetable
Breadstick
Apple Crumble Cake

Thursday, 5/1

Western Egg Bake
Oven Potatoes
Sausage Links
Fresh Fruit
WW Bread

Friday, 5/2

Mashed Potatoes w/

Gravy

Green Beans

WW Bread, Peaches

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.

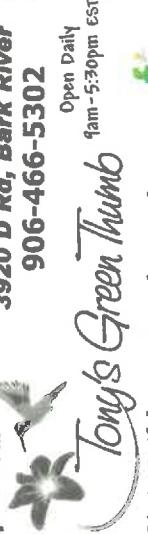
Suggested meal
donation is \$4.00

Gladstone and Rapid River Area Call 428-2201 • Rock Area Call 356-6420
Escanaba Area Call 786-8850 • Hermansville Area Call 498-7736 • Manistique Area Call 341-5085



Ad will be running for a month

OPENING April 26th
3920 D Rd, Bark River
906-466-5302



Big Beautiful Hanging Baskets & Planters



3 **HUGE GREENHOUSES & PARKING LOT!**

Get Mom Something Special!

Let Mom choose something that will
bloom all summer!

Mother's Day is Sunday, May 11th!

Gift Certificates Available Online!

www.tonysgreenthumb.com

**FEEDING
AMERICA**

Mobile Food Pantry

at Crossroads in Norway
130 O'Dill Drive

Thursday, May 1st 3pm

Rummage Sale

Friday 5/2 9-4:30 EST,
Saturday 5/3 9-1 EST

Bark River Bible Church Gym
1105 12th Rd, Bark River
All proceeds go to missions.

**Cedar Ridge
Apartments**



- 1 bedroom apartments
- Seniors 62 & over
- All utilities included in rent
- Rent based on income
- Taking applications

Call **906-826-5040**

or write:

Mid-County Non-Profit
Housing Corp.
E817 Genie Street
Stephenson, MI 49887

GUESS WHO IS



Happy Birthday
Johnny B on May 2nd

We Build Ads For You!
lufitads@aol.com 498-2265

**Weatherization
Assistance Program**

Providing free energy savings improvements
to income eligible households.

Services to qualified households could include:

- An energy audit
- Air sealing
- Insulation of walls, attics, or pipes
- Cleaning, tuning or repairing furnaces
- Installation of smoke and carbon monoxide alarms



Call for more information at:
(906) 786-7080 EXT. 148

Ronald Mueller DDS FAMILY DENTISTRY

Phone: 49-SMILE or 497-5844

Hours: Mon - Wed 8am - 5pm,

Thurs. 7am-4pm CST

Emergency Patients Welcome
 W3811 US 2 & 41, Powers

Participating with BCBS, Delta Dental and Healthy Kids!



TEFAP USDA FOODS

CLEANING UP? FREE PICK UP!

Washer/Dryers, Lawn Mowers,
Auto & Lawn Batteries, anything
METAL.. No Refrigerators or
Freezers Please

906-368-0421

527

VACANCIES
Age 18 and Over

Hermansville Housing Commission is
taking applications for the waiting list for
Hermansville Senior Center

Ad space sponsored by Lufit's Advertiser
Supporting our Community!

906-498-3170.

Hermansville Senior Center
 498-7735

**This institution
is an equal
opportunity provider.**

**Bingo 12:30
on Thursdays**

Wed, Apr 30-Chicken Alfredo Fettuccini, Peas,
Veggie, Breadstick, Apple Crumble Cake
Thurs, May 1-Western Egg Bake, Oven
Potatoes, Sausage, WW Bread, Fresh Fruit
Fri, May 2-Salsisbury Steak, Mashed/
Gravy, Green Beans, WW Bread, Peaches
Mon, May 5-Beef Fajita Bake, Mexican
Corn, Oven Potatoes, Roll, Tropical Fruit
Tue, May 6-Sweet/Sour Pork, Rice, Oriental
Veggie, Diced Carrots, Mandarin Oranges

say 'I Saw You In the LUFT'S'

FOUNDATIONS
 HEALTH AND PHYSICAL MEDICINE

Do you Have Achy Joints?

Achy Joints are NOT
Normal and often indicate
Tissue Damage.
Regen Med Can Help!



We Offer:

- ✓ PRP Injections
- ✓ Wharton's Jelly (Stem Cells)
- ✓ Physical Therapy

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Regenerative Medicine is a natural Non-drug,
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as Tendinitis, Rotator Cuff Injuries, Degenerative Joint
Disease and so much more.

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