

Pioneer Tribune  
2-6-25



# ifestyles

Pioneer Tribune

Thursday, February 6, 2025

## Manistique Senior Center

Heather Tyner, Activities Director

It was a beautiful day on Friday, Jan. 31 for our snowshoeing outing at the Environmental Lab with UP SAIL, and we are going again on Feb. 14. UP SAIL supplies the snowshoes, poles if needed and bottled water. We will meet out at the Lab, but if you need a ride, please call our Center. They also hit the right notes for Write a Love Song. It was done in mad lib style with handmade instruments. They are also coming to our Senior Center on Monday, Feb. 10 from 10:30 a.m. to noon for a Technology Help Session. You can drop in and they will be available to chat, help with technology set up, or answer questions about technology to the best of their ability.

Our February Newsletter went out without putting our Manistique Garden Community Senior Center Members meeting on our calendar for Thursday, Feb. 13 from 11:15 a.m. to noon. If you'd like to talk about sunshine, flowers and playing in the dirt come join in the conversation. The group will be recapping what worked well last summer in the Senior Center garden beds and what they think will make the beds even better this sea-



son. The Manistique Garden Group are welcoming both old and new members.

If you'd like to receive our Newsletter it is only \$10 a year. The money pays for the mailing fees, not for the accuracy of the calendar, obviously.

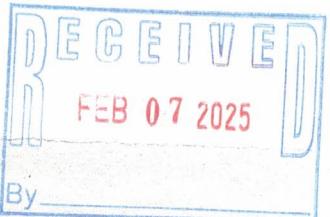
Other activities coming up this week are: FootCare and Virtual Trivia on Wednesday and Needles 'n Natter on Thursday. For FootCare you'll need to make an appointment and for Virtual Trivia you can play individually or in groups, either on your phone or we have a tablet you can use. For Needles 'n Natter you can bring a craft to work on and good conversation to share.

We have several other activities as well to join in, just check one of our several schedules, and of course we have Dominic Fortuna coming on Saturday, Feb. 22. Tickets are on sale now and you can purchase them at our Center.

We are working on updating our Senior Center; new tables, painting our walls and when the weather turns warmer putting in some time to beautify our landscape. We already have a group of volunteers to help take on the arduous task of painting the walls in our beautiful old building and it will be a slow process, but one that desperately needs to be done. When our Center isn't open to our Seniors, Monday through Friday, 8 a.m. to 4 p.m., we do rent out our building. It's a wonderful space for baby reveals, birthday parties, showers, business meetings and more.

One more reason to check out our Senior Center is our Manistique Senior Center Gift Shoppe. It's full of beautiful handmade items from our local seniors; baby blankets, bibs, roller-skate booties and sweaters, aprons, towels, scrubbies, purses, bags and so much more. We also carry The Keweenaw Kitchen's Jam, Sayklly's chocolate bars, taffies and peanut butter pixies. Your purchase from our Gift Shoppe not only shows that you have great taste but supports our local senior artisans and our Senior Center.

2-6-25



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## Senior Citizen News

The Menominee County Journal • Thursday, February 6, 2025

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

### TAX TIME IS NEAR

Most senior citizens qualify for two tax credits offered by the State of Michigan. They are the Homestead Property Tax Credit and the Home Heating Tax Credit. Certain documents are needed to file these credits. These include: 1099 Social Security Statement for 2024.

Interest and dividend income for 2024.

Retirement pension, annuity and IRA benefits for 2024. Summer and winter property tax statements for 2024 or rental receipts.

A printout from your fuel provider showing how much you were billed for fuel from Nov. 1, 2023, through Oct. 31, 2024.

If you have a supplemental health insurance policy besides Medicare, include proof showing how much you paid for that policy in 2024. Dental, vision and prescription drug premiums may also be claimed. (Not all of these documents will pertain to you). Call the center to schedule an appointment. I will begin scheduling appointments as soon as I receive the forms.

As a reminder, I do not prepare Federal or State taxes.

### Sit and Get Fit Exercise Dates

Feb. 12 at 11 a.m.  
Feb. 19 at 11 a.m.  
Feb. 24 at 10 a.m.

### SENIOR CITIZEN ACTIVITIES

Feb. 6 - Lunch on your own at the Hong Kong Buffet in Escanaba. The bus will leave the senior center at 10:30 a.m. The cost for the bus ride is \$4 per person.

Feb. 10 - Craft class begins at 11 a.m. Please call the center and let us know if you would like to participate so we have enough materials for all.

Feb. 14 - Valentine Party dinner with door prizes, 50/50 raffle, and bingo. Please make your meal reservation no later than 1 p.m. on Feb. 13.

Feb. 26 - Monthly birthday party dinner with door prizes, 50/50 raffle, cake, ice cream and bingo. Are you celebrating your birthday in February? Tell us when making your meal reservation and we will honor you. All birthday honorees receive a birthday card, sweet treat and complimentary meal certificate.

The Mid-County Senior Center is open for in-person

dining. Pickup is available for those who choose not to dine in person. Please state your preference when reserving a meal.

### Nutrition Menu

Feb. 10 - Hamburger gravy, mashed potatoes w/ brown gravy, mixed vegetables, whole wheat bread, fruit cocktail.

Feb. 11 - Pork chop suey, brown rice, vegetable stir fry, Oriental coleslaw, mixed fruit cup.

Feb. 12 - Roast turkey, sweet potato casserole, Capri vegetable blend, diced peaches, whole wheat bread.

Feb. 13 - Minestrone soup, egg salad on whole wheat bread, cucumber and carrot salad, mandarin oranges.

Feb. 14 - Monterey chicken, garlic mashed potatoes, Normandy blend vegetables, whole wheat bread, strawberry shortcake (Valentines Day Party).

All meals are served with bread, margarine and two percent milk. Bread will not be served with rice or noodles. Meal reservations

and cancellations must be made by 1 p.m. the previous day. Menu modifications may be necessary at times.

### HERMANSVILLE SENIOR CITIZEN MENU WEEK OF FEB. 10

Monday - Hamburger gravy, mashed potatoes w/ brown gravy, mixed vegetables, fruit cocktail, whole wheat bread.

Tuesday - Pork chop suey, brown rice, vegetable stir fry, Oriental coleslaw, mixed fruit cup.

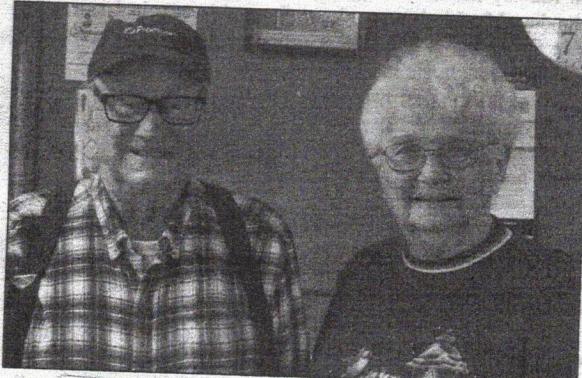
Wednesday - Roast turkey, sweet potato casserole, Capri vegetable blend, diced peaches, whole wheat bread.

Thursday - Minestrone soup, egg salad on whole wheat bread, cucumber and carrot salad, Mandarin oranges.

Friday - Monterey chicken, garlic mashed potatoes, Normandy blend vegetables, strawberry shortcake, whole wheat bread.

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

## Senior Center Birthdays



Honored for birthdays during the January birthday party at the Mid-County Senior Center Jan. 29 were Cliff Beaudo and Gladys Hornung. Cliff celebrated his 90th birthday the prior day.



## SENIOR CENTER DINING or HOME DELIVERY PROGRAM

# Community Action Agency Senior Nutrition Program

### Meals for February 10-14, 2025

#### Monday, 2/10

Hamburger Gravy  
Mashed Potatoes  
w/Brown Gravy and  
Mixed Vegetables  
Fruit Cocktail  
WW Bread

#### Tuesday, 2/11

Pork Chop Suey  
Roast Turkey  
Sweet Potato Casserole  
Capri Vegetable Blend  
Vegetable Stir Fry  
Oriental Coleslaw  
Mixed Fruit Cup

#### Wednesday, 2/12

Mинestrone Soup  
Minestrone Egg Salad on  
WW Bread  
Diced Peaches  
WW Bread

#### Thursday, 2/13

Valentine's Day Meal  
Monterey Chicken  
Garlic Mashed Potatoes  
Cucumber & Carrot  
Salad  
Mandarin Oranges

#### Friday, 2/14

Heart  
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



Daily Press 1-26



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Daily Press



Daily  
Press  
2-10-25

PenPal volunteers help with reading groups in schools



By R. R. Branstrom

[rtranstrom@dailyypress.net](mailto:rtranstrom@dailyypress.net)

**GLADSTONE** — At W.C. Cameron Elementary School, Wednesday mornings are for Reading Buddies — a program that pairs first-grade students with volunteers from the Retired and Senior Volunteer Program (RSVP). It gives children of various reading levels one-on-one time with elder figures for a different mode of education than they receive in a full classroom with one teacher — ideally, at least. However, a low number of volunteers means that some students end up doubling up, two kids to one adult reading buddy, which is less effective since the volunteer's attention is divided and not all children work at the same pace.

"You would be surprised at the progress I've made," said volunteer Ivy Gauthier. "I get teary-eyed from the end of the school year."

the beginning to the end of the program has evolved since it came to Cameron in 1996. Teachers ask for feedback from the volunteers and incorporate their notes when restructuring

the format of Reading Buddies. A critical time in childhood development, first grade is when kids practice reading comprehension and writing. On days when the volunteers come to visit for half-hour sessions at Cameron, the matched up buddies read a story from the kids' "big book"

At an elementary school in Gladstone, volunteer Rita Wickham talks with children Alexa Reed, left, and Elin Anderson, right, about a story they've just read. The intention of the Reading Buddies program is to match one senior with one student, but more volunteers are welcome.

Volunteers are needed.

At an elementary school in Gladstone, volunteer Rita Wickham talks with children Alexa Reed, left, and Elin Anderson, right, about a story they've just read. The intention of the Reading Buddies program is to match one senior with one student, but more volunteers are welcome.

600 READING Page 3A

# Reading: Volunteers help kids learn

Continued from page 1A

(McGraw Hill Reading Wonders Literature Anthology) and then fill out a worksheet to analyze the text.

Teacher Jennifer DesArmo referred to the activity posed to the children after reading as a "five-finger retell" — the kids are asked to identify (1) the setting, (2) the characters, and then the plot's (3) beginning, (4) middle and (5) end.

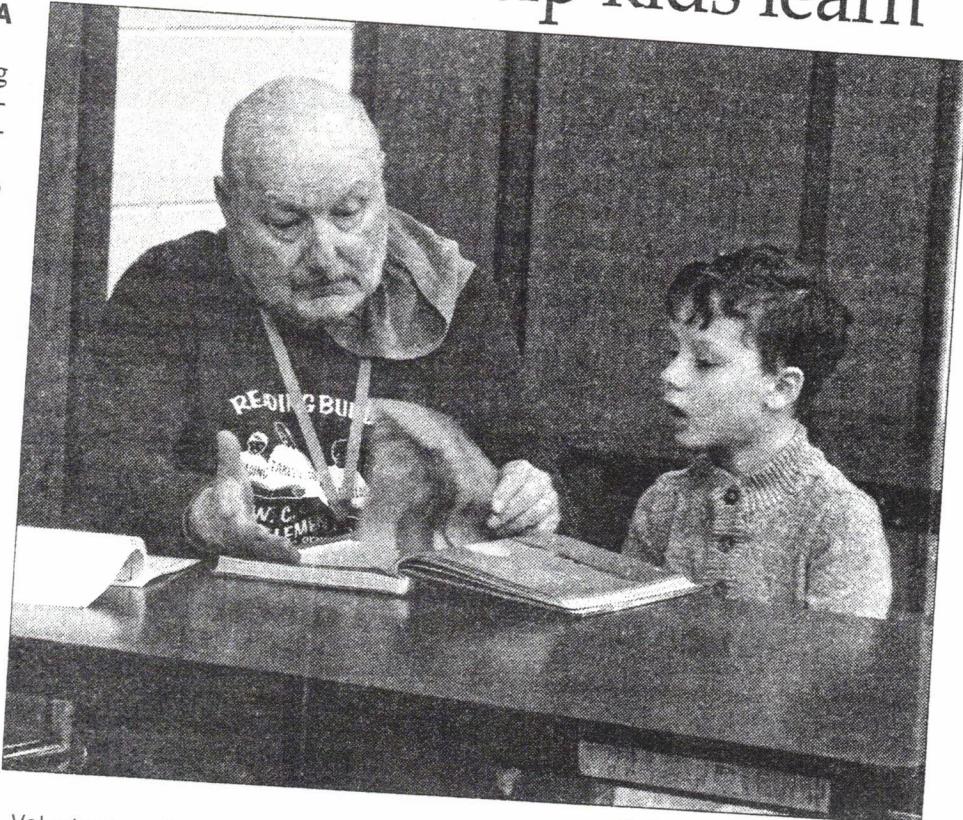
In the beginning of the year, the children were allowed to draw pictures in the "story map" spaces on the worksheet. But now, just past the halfway point of the school year, the kids are expected to put full sentences on paper.

"So instead of drawing pictures first, you are writing sentences and drawing pictures to support your writing," teacher Dominique Bougie told her students before leaving them to the buddies last Wednesday. She also reminded them that sentences begin with capital letters, have "finger spaces" between words, and end with punctuation.

The program benefits both lower- and higher-achieving kids, as each student can get support they need, tailored to their specific level, during one-on-one time.

"And they're getting it from a new, smiling face who's not on them seven hours a day," DesArmo pointed out.

When one student, Iris Ellison, suggested a simple, three-word sentence to describe what happened in the story last week, her buddy Joann Clark encouraged the girl to "zip it up a bit," and Iris ended up forming a compound sentence.



R. R. Branstrom | Daily Press  
Elementary student Gabe Roberts.

Because of a shortage of volunteers, the five first-grade classes at Cameron alternate, each group doing Reading Buddies every other week. The educators would love to have enough volunteers to be able to have every student meet with a buddy once a week — or even just enough to have one volunteer per student. Jim Knuth called attention to the fact that more men were needed; he was the only one in the room.

Of the 207 volunteers enrolled in the RSVP for the tri-county area, only 23 are active as reading buddies at Cameron Elementary.

There are 16 RSVPs operating in Michigan, said local RSVP Coordinator Lori Giuliani. The local program, sponsored by Menomi-

nee-Delta-Schoolcraft Community Action Agency, has 30 stations at which their volunteers can work after filling out the application and passing a background check. One requirement for the RSVP program is that participants must have reached the age of 55.

"It's a good intergenerational activity," Giuliani said of Reading Buddies. "A lot of these kids don't have grandparents at all, or in the area. And the same thing goes for our volunteers. Their grandchildren may live far away and they don't get to see them, so this gives them the opportunity to work with children their grandchildren's age. ... It's a win-win for everybody."

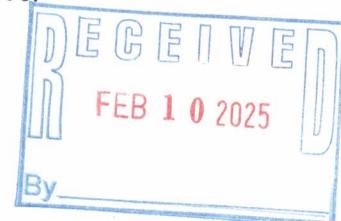
At other schools, Read-

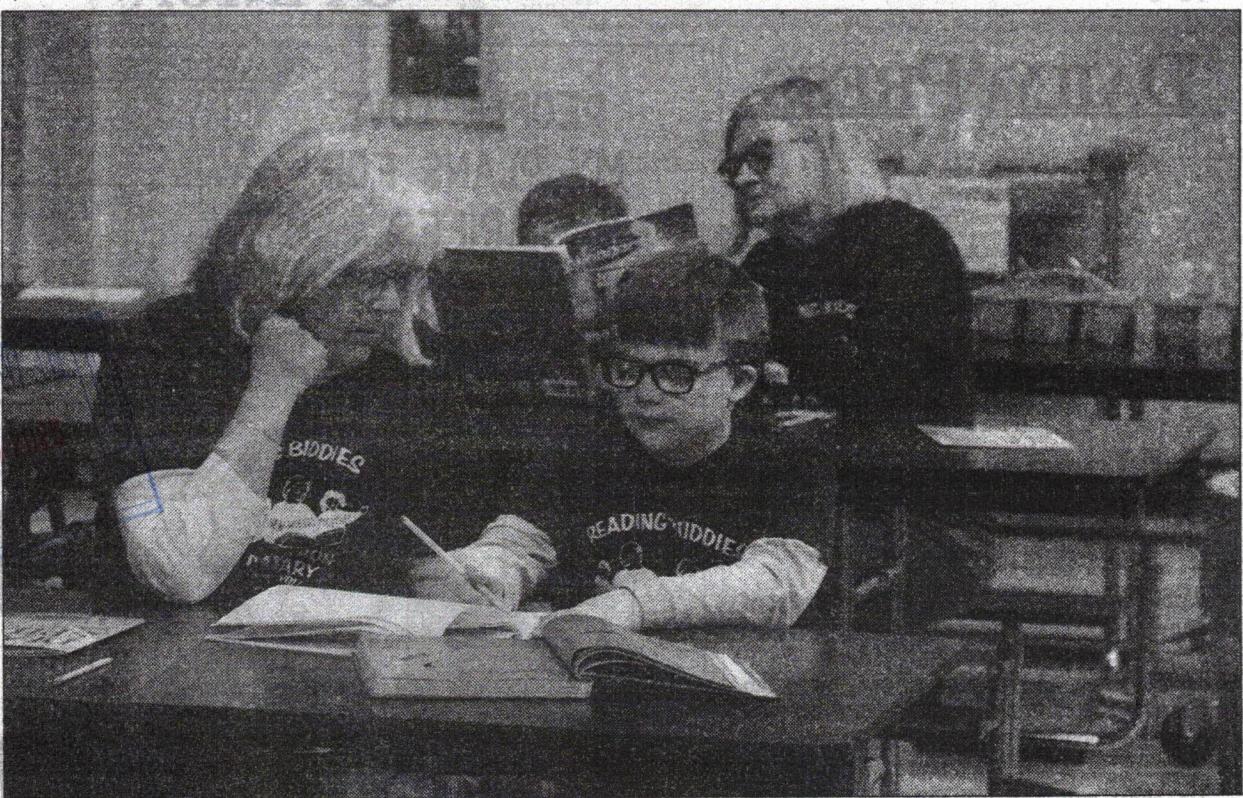
ing Buddies operates differently; in Rapid River, for example, the meetings on Thursdays are with second-graders in smaller classes for a longer period and with more activities, said volunteer Rita Wickham.

Teachers say their students look forward to Reading Buddies days, and the volunteers enjoy helping kids grow.

Ellie Alm, who has been volunteering as a reading buddy for over 20 years and said she's seen a lot of changes, said, "it's a nice program, a really good program."

To get involved, new participants may sign up through the Community Action Agency at 906-786-7080.





R. R. Branstrom | Daily Press

Henrik Boyce, a student in Dominique Bougie's first grade class at W.C. Cameron in Gladstone, works on a story map with the help of Cathy Young during Reading Buddies, part of the Retired and Senior Volunteer Program. In back, Joann Clark holds up a book for Colt Arts.

## Reading: Volunteers help kids learn

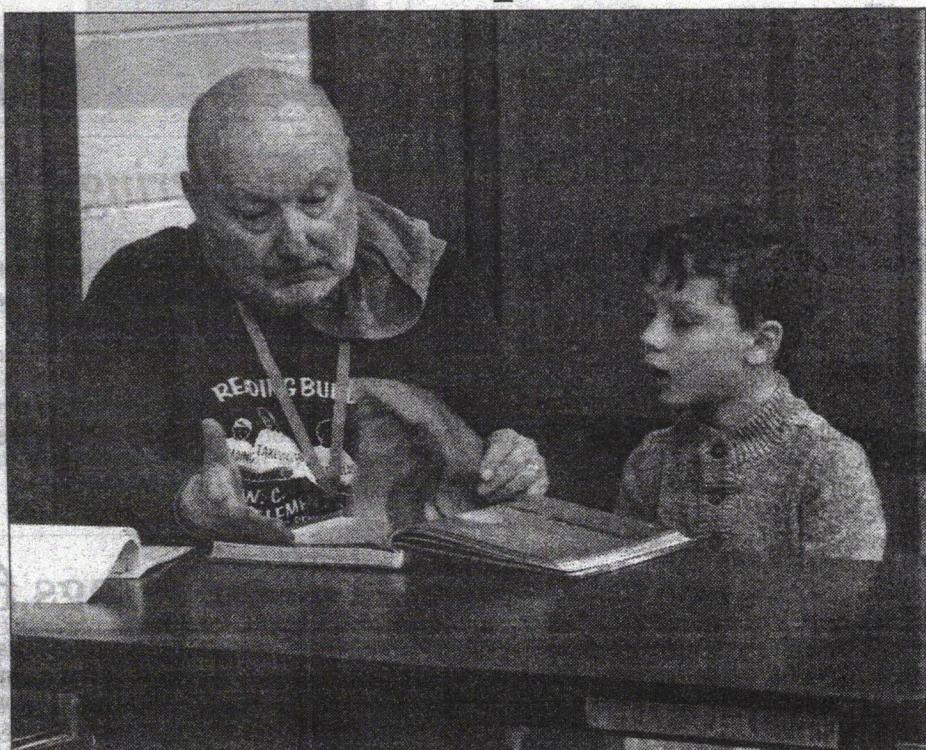
Continued from page 1A

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In the beginning of the year, the children were allowed to draw pictures in the "story map" spaces on the worksheet. But now, just past the halfway point of the school year, the kids are expected to put full sentences on paper.

"So instead of drawing pictures first, you are writing sentences and drawing





## Emergency Food Assistance Program dates set

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

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

### NEW INCOME GUIDE-

LINES December 30, 2024.

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

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

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

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

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

Must go to the location nearest your address.

Available at Escanaba Senior Center, Gladstone Senior Center and Hermansville Senior Cen-

ter only.

You can visit once per calendar month.

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

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

Delta County distributions for TEFAP will be:

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

906-786-8850

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

Menominee County distributions for TEFAP will be:

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

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

## Commodity Supplemental Food Program distribution set

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

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

guidelines for 2024-2025 are as follows:

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

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

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

For each additional family member add \$673 per month

Must go to the location where you are registered.

Delta County distributions for CSFP will be:

- ESCANABA - March 20

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

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

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

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

Menominee County distributions for CSFP will be:

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

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

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

This institution is an equal opportunity provider.

# Pioneer Tribune

2-13-25

## Deanna J. Swanson

### MANISTIQUE

Deanna Jean Swanson, 86, of Manistique, Mich., passed away at home surrounded by her loving family on Sunday, Feb. 9, 2025. Deanna was born on May 26, 1938, to her parents

Leo Kerridge and Eleanor Brawley Kerridge of Manistique. Deanna married Ray Swanson also of Manistique on June 22, 1996. They were married for 27 years before his passing in August of 2023.

Deanna retired from the senior center after 20 years of working as a cook. She loved reading and creating ceramics. Going out with her family and friends was a favorite pastime. She loved buying things for her grandkids and experienced much joy while shopping for them. Deanna had a heart of gold. She was a wonderful mother.

Deanna is survived by her son, John (Renee) Pelon of Cheboygan, Mich.; her



Deanna J.  
Swanson

daughters, Julie Pelon of Kewaunee, Wis.; Joan (Scott) Larsen of Manistique; Beth (Mike) Paradise of Gladstone, Mich.; and Dorothy (Ronald) Nelson of Nevada, Texas.

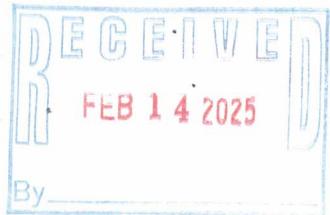
Deanna is also survived by her grandchildren, Joey, Dustin, Amanda, Trisha, Jace, Jenny, Brett, Allyssa, David, Desiree, Olivia, Michael, Kyle, Sadie, Rose, Justin, and Delaney; as well as 25 great-grandchildren.

Deanna was preceded in death by her husband Ray; son, Jay; her parents, Leo and Eleanor; her sister, Charlene; and brothers, Chucky and Gary.

If you wish to make a donation in Deanna's memory, please consider the Manistique Senior Center.

Deanna's funeral details will be announced by the family in the spring.

Fausett Family Funeral Homes is assisting the family with arrangements.



# ifestyles

Pioneer Tribune

RECEIVED  
FEB 14 2025  
By \_\_\_\_\_

Thursday, February 13, 2025

## Manistique Senior Center

Heather Tyner, Activities Director



Calling all Cribbage players! Our Senior Center has a time slot every Friday starting at 1:30 p.m. for Cribbage, and every Friday at 1:30 p.m. for the last month and a half I have had one person show up to play and it is a different person each time. Thankfully I love to play cribbage, but I am hoping that all you cribbage players decide to show up on the same Friday. It took Needles 'n Natter a few months to get going, so I'm going to give Cribbage a few more months to take root. I know there are several seniors that love to play the game.

We have a few of our Seniors looking for buttons for their crafts. If you have buttons just laying around, please bring them down to our Senior Center. I am also looking for adult scissors and glue guns for our craft classes.

Our Senior Center is trying to gauge the interest in Pickleball, for all levels of players: beginners, intermediate and advanced. We hope to have a couple of sessions during the day for beginners and intermediates and a couple more sessions in the evening for the advanced pickleball players. No matter your age, please call our Center if you have any interest.

Monday, Feb. 17, our Senior Center will be closed in obser-

vance of President's Day.

Starting on Tuesday, Feb. 18 our Bingo will begin at 1 p.m. Bingo Cards will still be sold at 12:30 p.m. You only have to be 18 years old to join us for Bingo. While Bingo is good for the mind, throughout the week we have Line Dancing, Drum Aerobics, Chair Yoga and outdoor walks which are good for the body.

On Thursday the 20th we have Movie Day and our Potluck & Talent Show, which are both good for the soul. Our movie this month is a 2023 American biographical sports drama film about baseball player overcoming a physical handicap in order to try out for a legendary major league scout. Popcorn will be available for free during Movie Day.

Our Senior Center trip to Savannah, Jekyll Island and Beaufort, SC is full! It is nine days and eight nights with four guided tours, an evening show at the Famous Savannah Theatre and includes 14 meals. The trip will

depart on Oct. 4 and will be returning on the 12th. For those of you that will be traveling with us full payment is due July 28 and we will have a meeting before the trip to go over the itinerary, give you a list of what you should bring for a more comfortable trip and answer any questions that you may have.

Our Dominic Fortuna tickets are selling just as quickly as our Savannah trip. \$10 for admission or \$18 for admission with three drink tickets. Dominic Fortuna will be crooning well known songs of the 50s, 60s and 70s. His show will be on Saturday, Feb. 22. Our doors will open at 7 p.m. and the show starts at 7:30 p.m. Dominic Fortuna started his career in northern Michigan, was voted Entertainer of the Year in Express Magazine and has toured both nationally and internationally. Get your tickets at our Senior Center.

The Senior Center Fundraising Committee is selling Sayklly's Easter Eggs: Chocolate Fudge, Chocolate Walnut Fudge and Peanut Butter Fudge. We are taking preorders only and each Easter egg is \$6 a piece. Unfortunately, we are unable to personalize the eggs. All proceeds will go to our Senior Center. Come down to our Center today to order your Sayklly's Easter Eggs.

Pioneer  
Tribune  
2-13-25

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

### ADDING ON TO MEDICARE

**What does it mean by "adding on" to Medicare?** Medicare covers a lot, hospital stays, home care, durable medical equipment, nearly all vaccines for free, and uncapped physical therapy, just to name a few. But Medicare doesn't cover all medical care. Just because something isn't covered by Medicare, doesn't mean that care isn't important and necessary. For example, Medicare doesn't cover most dental, vision and hearing care, including hearing aids. It also doesn't cover most non-emergency transportation or care outside of the United States. Even when Medicare does cover your care, there may be out of pocket costs left to you, like copays and coinsurances, that can really add up. There are other ways to get these services and costs covered, though. In other words, you can "add on" to Medicare with medigaps, Medicare Advantage Plan supplemental benefits, standalone private plans, Medicaid and low-cost facilities.

**What is a Medigap and how can I enroll in one?** Medigaps are health insurance policies that offer standardized benefits to work

with Original Medicare (not with Medicare Advantage). They are sold by private insurance companies. If you have a Medigap, it pays part or all certain remaining costs after original Medicare pays first. Medigaps may also cover health care costs that Medicare does not cover at all, like care received when travelling abroad. Remember, Medigaps only work with Original Medicare. If you have a Medicare Advantage plan, you cannot buy a Medigap. Medigaps help pay certain costs, including coinsurance, and copays. Medigaps do not help pay for Medicare premiums. All policies must offer the following basic benefits:

Hospital coinsurance coverage.

365 additional days of full hospital coverage.

Full or partial coverage for the 20 percent coinsurance for provider charges and other Part B services.

Full or partial coverage for the first three pints of blood you need each year.

Hospice coinsurance for drugs and respite care.

Beyond these basic benefits, each standardized Medigap covers a different amount of your Medicare cost-sharing. Depending on which Medigap policy you choose, you can get coverage for additional expenses, including:

Hospital deductible.

Skilled nursing facility coinsurance.

Part B deductible (Note: people eligible for Medicare

on or after Jan. 1, 2020, cannot purchase medigaps that pay for the Part B deductible).

Emergency care outside the U.S.

Preventative care outside the U.S.

Excess physician charges (some Medigaps will pay the limiting charge, which is the amount above the Medicare approved amount that non-participating doctors can charge).

If you wish to purchase a Medigap policy, you need to find out the best time to buy one in your state. In most states, insurance companies must only sell you a policy at certain times and if you meet certain requirements. If you miss your window of opportunity to buy a Medigap, your costs may go up, your options may be limited, or you may not be able to buy a medigap at all.

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

Are 65 and enrolled in Medicare.

And you buy your policy during a protected enrollment period.

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

Deny you Medigap coverage.

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

When you're ready to buy a Medigap, you should compare your options and decide which plan you want. You can compare Medigaps on [www.medicare.gov](http://www.medicare.gov). After choosing a Medigap, you should contact the insurance company directly to enroll.

### Sit and Get Fit Exercise Dates

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

### SENIOR CITIZEN ACTIVITIES

Feb. 14 - Valentine Party dinner with door prizes, 50/50 raffle, and bingo. Please make your meal reservation no later than 1 p.m. on Feb. 13.

Feb. 26 - Monthly birthday party dinner with door prizes 50/50 raffle cake ice

in February? Tell us when making your meal reservation and we will honor you. All birthday honorees receive a birthday card, sweet treat and complimentary meal certificate.

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

### Nutrition Menu

Feb. 17 - Cheese stuffed shells w/marinara and Parmesan, Italian blend vegetables, Brussel sprouts, whole wheat breadstick, tropical fruit.

Feb. 18 - Swiss chicken, Brown rice, vegetable blend, corn, diced pears.

Feb. 19 - Meatloaf, mashed potatoes/brown gravy, green beans, whole wheat bread, fruit cocktail.

Feb. 20 - Battered Pollock Fish filet, potato wedges, Prince William vegetables, whole wheat bread, mixed fruit cup.

Feb. 21 - Hearty beef chili, baked potato, cornbread, warm cinnamon apples.

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

### HERMANSVILLE SENIOR CITIZEN MENU WEEK OF

#### FEB. 17

Monday - Cheese stuffed shells w/marinara and Parmesan, Italian blend vegetable, Brussel sprouts, tropical fruit, whole wheat breadstick.

Tuesday - Swiss chicken brown rice, vegetable blend, corn, diced pears.

Wednesday - Meatloaf, mashed potatoes w/brown gravy, green beans, fruit cocktail, whole wheat bread.

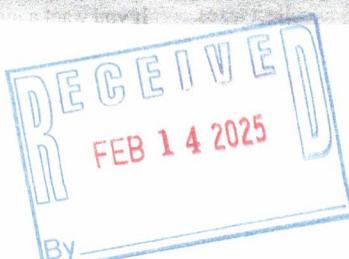
Thursday - Battered Pollock fish fillet, potato wedges, Prince William vegetable, mixed fruit cup, whole wheat bread.

Friday - Hearty beef chili, baked potato, cornbread, warm cinnamon apples.

The Hermansville Senior

Menominee  
County  
Journal

2-13-25



Daily  
Press  
2-14-25



## Community Action Agency Senior Nutrition Program

### SENIOR CENTER DINING or HOME DELIVERY PROGRAM

#### Meals for February 17-21, 2025

**Monday, 2/17**  
Cheese Stuffed Shells w/  
Marinara & Parmesan  
Italian Blend Veg  
Brussel Sprouts  
Tropical Fruit  
WW Breadstick

**Tuesday, 2/18**  
Swiss Chicken  
Brown Rice  
Vegetable Blend  
Corn  
Diced Pears

**Wednesday, 2/19**  
Meatloaf  
Mashed Potatoes  
w/ Brown Gravy  
Green Beans  
Fruit Cocktail  
WW Bread

**Thursday, 2/20**  
Battered Pollock Fish  
Fillet, Potato Wedges  
w/ Brown Gravy  
Mixed Fruit Cup

**Friday, 2/21**  
Hearty Beef Chili  
Baked Potato  
Cornbread  
Warm Cinnamon  
Apples

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**



Daily Press 2-14-25



## Manistique Senior Center

Heather Tyner, Activities Director

It is that time of the year when most of us start to get tired of the cold weather and snow. Thankfully it is beautiful. However, we could all use something to break up the monotony of our UP winter. Our Senior Center can do that for you! We have Dominic Fortuna this Saturday, Feb. 22 at 7:30 p.m. Price for admission is \$10 a piece or \$18 for admission with 3 drink tickets. Tickets on sale at our Center or buy them at the door. Dominic has quite a biography in entertaining and will be performing songs from the 50s, 60s and 70s.

Next week we also have our Writers' Group on Monday, our Monthly Meal with Don, Karen and me on Wednesday and on Thursday our Page Turners Senior Book Club.

Our Writers' Group has been around for 31 years. They are obviously getting something write. Come down and see what it is.

The Monthly Meal is at noon and cooked by our Community Action Agency. For this meal we will be enjoying baked ham and scalloped potatoes. If you'd like to join us, please call the kitchen by 8 a.m. that morning. (906) 341-5085. The



meals are done on a donation basis and is suggested \$4 for 60 and up, and \$7 for 60 and down. The meals are always delicious and conversation captivating.

This month our book club has been reading "The Book Thief," written by Markus Zusak. A thought-provoking book about Nazi Germany told by Death. Even if you haven't read the book, but would like to join our book club, please come to our meeting.

Our line dancers have been learning quite a few line dances. I thought to show off these skills we'd have an open invitation to all, otherwise people of any age, for An Evening of Line Dancing Fun on Saturday, March 8 from 6-8 p.m. There is no cost and there will be free pop and popcorn available. For those of you that are interested, but don't know any line dances I will go over a few so that you can dance with us. Our Line Dancing classes at our Senior Center are held every Monday and Thursday from 12:30-1:30 p.m. No matter your level of activity come join the fun. You can dance sitting in a chair or wheelchair, using a cane or just going at your own pace. We accommodate everyone, as long as you smile.

I would like to give a huge shout out and a sincere thank you to Nancy Kounelis and Marce Creeden for their hard work this Saturday. The ladies volunteered hours of their time to help paint one of our small rooms within our Senior Center. With fresh paint on the ceiling and walls, new stain and hinges on the cabinets and new outlet covers on we are giving our seniors a beautiful environment to feel welcome and at home. Our seniors deserve that. I do believe Nancy and Marce will be continuing to volunteer their time to paint our other rooms here at our Center as well. It will be a long process, but one that is needed and will make quite a difference. Come down to our Senior Center to check out the ladies' handy work, and while you are at it join one of our many activities.

RECEIVED  
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By

2-20-25

## Letters

4

The Menominee County Journal

### Thanks for supporting Foster Grandparents

On behalf of the Foster Grandparent Program, I want to express my deepest gratitude for your generous donations. Your support means so much to us and the countless lives that we touch through this program. With

your contribution it helps our program enrich the lives of the children who we mentor. Together, we are building stronger connections and brighter futures for both generations.

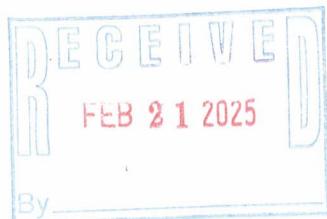
Thank you for believing in

our mission and for being such an integral part of our community. Your kindness and generosity truly makes a difference at North Central Elementary.

Foster Grandma  
Tammy Crook

Menominee  
County  
Journal

2-20-25



## 13 Emergency food assistance offered

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

The Emergency Food As-

sistance 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 monthly income guidelines for 2025 are as follows:

### New income Guidelines

Dec. 30, 2024.

Household of 1 = \$3,765 or less per month, household of 2 = \$5,110 or less per month, household of 3 = \$6,455 or less per month, household of 4 = \$7,800 or less per month, for each additional family member add \$1,345 per month.

"Must go to the location nearest your address. You can visit once per calendar month," said organizers.

Available at Escanaba Senior Center and 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 distribution for TEFAP will be:

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

Menominee County distributions for TEFAP will be:

Hermansville - March 4, 11, 18, 25 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.

The Menominee County Journal • Thursday, February 20, 2025

### KK Tax Service

**Karen T. Kayser**  
Professional  
Tax Preparation  
• Over 30 years  
experience  
• Reasonable rates  
• Pick up and drop off  
service available

**906-290-2708**

Daggett, MI

### Answers to Sudoku puzzle from page 10

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

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Menominee County Journal

2-20-25

# Senior Citizen News

The Menominee County Journal • Thursday, February 20, 2025

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

## ADDING ON TO MEDICARE

**What are Medicare Advantage supplemental benefits?** A supplemental benefit is an item or service covered by a Medicare Advantage Plan that is not covered by Original Medicare. These benefits do not need to be provided by Medicare providers or at Medicare certified facilities. Instead, to receive these items or services, you need to follow your plan's rules. Some commonly offered supplemental benefits are dental care, vision care, hearing aids and gym memberships.

Most supplemental benefits must be primarily health related. These benefits can either be:

Optional, meaning they are offered to everyone who is enrolled in a plan, and you can choose to purchase the benefits if you want to.

Mandatory, meaning that they are covered for everyone enrolled in a plan and you cannot decline the coverage (even if you do not need to use the service).

Medicare Advantage Plans can also cover supplemental benefits that are not primarily health-related for beneficiaries who have chronic illnesses. These benefits should address social determinants of health. A social determinant of health is part of your life that can affect your health in some way, such as not having access to transportation. Plans can offer

benefits that are not primarily health related like meal delivery, transportation for non-medical needs, and home air cleaners. To be eligible for these benefits, you must be chronically ill. To be considered ill for the purpose of accessing these benefits, your plan must determine that you meet all the following:

Have at least one medically complex condition that is life-threatening or significantly limits your health or function.

Have a high risk of hospitalization or other negative health outcomes.

Require extensive care coordination.

Since Medicare Advantage Plans can create sets of supplemental benefits for people with specific chronic illnesses, not every member of a Medicare Advantage Plan will have access to the same set of benefits. For example, a plan might cover services like home air cleaning and carpet shampooing for members with severe asthma. A member of that plan who has severe asthma will be able to get those services covered by, while a member who does not have asthma, or whose asthma is mild, will not.

It's very important to read a plan's coverage rules around its supplemental benefits. You may hear that a plan covers "dental care" and assume that means the plan will cover cleanings, x-rays, fillings, crowns, and dentures. But sometimes, plans' supplemental benefits are less comprehensive than you may initially assume. For example, a plan may only cover routine cleanings or have restrictions like how often you can use your dental benefits. If a Medicare Advantage Plan claims to cover many supple-

mental benefits, remember to ask questions, get answers in writing, and read coverage rules to know exactly what this means.

**How else can I get dental, vision and hearing covered?** Medicare usually does not cover routine dental, vision, and hearing care. This, of course, does not mean that this type of care is not important and often needed. You can pay out of pocket for this type of care, and many providers will work with you to create a payment plan to ease financial burden. This isn't always an option, though. Below are strategies and resources for accessing dental, vision and hearing care:

Stand alone plans: you can purchase stand alone dental, vision, or hearing plans through private insurance companies. Premiums for these plans are usually much less than your Medicare Part B premium, with dental, vision and hearing plans often ranging from \$5 to \$50 per month.

Medicare Advantage Plans: private Medicare plans often offer supplemental benefits. Common supplemental benefits are routine dental, vision and hearing care. Remember to learn a plan's specific coverage rules, though, since these supplemental benefits may come with coverage restrictions or less comprehensive coverage.

Medicaid: in some states, Medicaid covers some dental, vision or hearing services. You may qualify if you have low income and minimal assets.

Reduced cost or free dental clinics.

Community Health Centers (CHC): CHC's provide free or reduced cost health services, including dental care. CHC's are funded by the Health Resources and Services Administration (HRSA).

Local Hospitals: call the hospitals in your area to ask if they offer dental clinics, how you can become a patient there, which services they offer and at what cost and if payment plans are available.

Schools and training hospitals: schools and facilities that train dentists, optometrists and audiologists may offer low-cost care. Students work with patients under the

party dinner with door prizes, 50/50 raffle, cake, ice cream and bingo. Are you celebrating your birthday in February? Tell us when making your meal reservation and we will honor you. All birthday honorees receive a birthday card, sweet treat and complimentary meal certificate.

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

### Nutrition Menu

Feb. 24 - Bourbon chicken, brown rice, California blend vegetables, wax beans, pineapple tidbits.

Feb. 25 - Spaghetti w/meatballs and marinara sauce, Scandinavian blend vegetables, steamed zucchini, whole wheat breadstick, diced peaches.

Feb. 26 - Baked ham, scalloped potatoes, peas and carrots, whole wheat bread, diced pears, cake (Birthday Party Dinner).

Feb. 27 - Pork chop smothered in mushroom sauce, mashed potatoes/mushroom gravy, Riviera blend vegetables, whole wheat bread, apple slices.

Feb. 28 - Cheeseburger/bun, diced potatoes, mixed vegetables, 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.

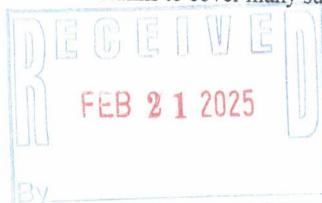
### HERMANSVILLE SENIOR CITIZEN MENU WEEK OF FEB. 24

Monday - Bourbon chicken, brown rice, California blend vegetable, wax beans, pineapple tidbits.

Tuesday - Spaghetti w/meatballs and marinara sauce, Scandinavian vegetable, steamed zucchini, diced peaches, whole wheat breadstick.

Wednesday - Baked ham, scalloped potatoes, peas and carrots, diced pears, whole wheat bread.

Thursday - Pork chop smothered in mushroom sauce, mashed potatoes w/



Menominee County Journal

2-20-25

not having access to transportation. Plans can offer

a Medicare Advantage Plan claims to cover many supple-

(CHC). CHC's provide free or reduced cost health services, including dental care. CHC's are funded by the Health Resources and Services Administration (HRSA).

Local Hospitals: call the hospitals in your area to ask if they offer dental clinics, how you can become a patient there, which services they offer and at what cost and if payment plans are available.

Schools and training hospitals: schools and facilities that train dentists, optometrists and audiologists may offer low-cost care. Students work with patients under the supervision of experienced, licensed providers.

#### **Sit and Get Fit Exercise**

##### **Dates**

Feb. 24 at 10 a.m.

#### **SENIOR CITIZEN ACTIVITIES**

Feb. 26 - Monthly birthday

#### **WEEK OF FEB. 24**

Monday - Bourbon chicken, brown rice, California blend vegetable, wax beans, pineapple tidbits.

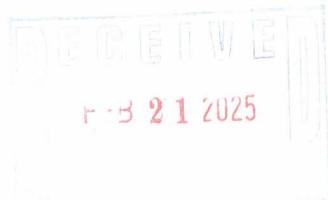
Tuesday - Spaghetti w/ meatballs and marinara sauce, Scandinavian vegetable, steamed zucchini, diced peaches, whole wheat breadstick.

Wednesday - Baked ham, scalloped potatoes, peas and carrots, diced pears, whole wheat bread.

Thursday - Pork chop smothered in mushroom sauce, mashed potatoes w/ mushroom gravy, Riviera blend vegetable, apple slices, whole wheat bread.

Friday - Cheeseburger, hamburger bun, diced potatoes, mixed vegetables, mixed fruit cup.

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





## Seniors/*from A1*

"This alley is super busy from Holiday (now called Circle K)," she said.

Willoughby said the Senior Center patrons, and the biggest complaint she hears about a cannabis store (Highwire Farms) coming in is about parking. Right now, there is a used car dealer at that location (A&B Auto), which doesn't get many customers at one time.

"Most (seniors) are against it because of the traffic," Willoughby said. "That is the main issue I've heard, but another is 'How many weed shops do we need in this town?'"

She said many seniors have seen the traffic congestion at times by Lume Cannabis Co. further north on 10th Street and they are worried that could happen at this location.

Willoughby said the type of business — in this case marijuana — isn't the entire issue. "For us, the concern would be the same even if it was a drive-through coffee shop or something like that — anything that adds a lot more cars," he said.

"The good news is, we're trying to move

motorized firestation about 100 years ago, is owned by the city. The center pays nominal rent.

"As a non-profit, we have limited financing so we just can't go out and buy," Willoughby said. "There are buildings available that we have our eyes on, but we just don't have the resources for that."

"The center has been at its current location for more than 30 years.

"We're very fortunate to have this space,"

Willoughby said, adding that the agency can't grow in its present location. "Not to mention the building has a lot of maintenance issues and it's somebody else's building."

He said plumbing is old, the roof needs repair and the staircase to the upstairs is unsafe. "We want room to grow with the community long term, so we're starting to look at what else could be available where we might partner the city, the county, another non-profit," Willoughby said, adding that a bigger, better location would allow for more programs and to increase and improve the transit program.

He said he realizes it's a challenge to find a new site.

mint condition, the parking is still a problem. You can't fix that."

Willoughby said the Senior Center has about 20 to 30 people who pick up take-out meals every week-day, along with a few who dine in at the center.

Willoughby said meals for the Head Start locations and home-delivered meal clients are prepared

at that location.

"We're very busy here preparing a lot of food," he said.

"In a year, we have about 43,000 meals that come out of here," said Kristie Stenlund, senior services director, adding that some of those meals go to the mid-county location in Daggett.

Willoughby said the center isn't able to offer as many programs as the center in Marinette because of issues with the building. "We don't have the floor space that we used to have," she said. "We used to have line dancing, we used to have exercise classes, we used to have all of that."

Stenlund said the

Menominee Senior Center isn't able to offer as many programs as the center in Marinette because of issues with the building. "We don't have the floor space that we used to have," she said.

For more information on the Community Action Agency, people can go to [www.mndscsca.org](http://www.mndsca.org).

Dan Kitzkowski can be reached by email at [dkitkowsk@eagleherald.com](mailto:dkitkowsk@eagleherald.com).

COVID-19 pandemic led to less people coming to the center and to the beginning of take-out meals.

For more information on the Community Action Agency, people can go to [www.mndscsca.org](http://www.mndscsca.org).

... of something like that — anything that adds a lot more cars," he said.

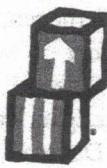
"The good news is, we're trying to move anyway," he continued. "That's just another pressure point."

The Senior Center building, which was built as the city's first

for more programs and to increase and improve the transit program.

He said he realizes it's a challenge to find a new site.

"Unfortunately, our wish list is long and our budget is short," Wiloughby said. "That's the conflict. ... Even if the building was in



## MDS CAA Early Childhood Program

"Serving Menominee, Delta & Schoolcraft Counties."

**Now is the time! Don't wait!**

Fall 2025 Registration is now open for the Head Start, Early Head Start & Great Start Readiness Programs!

### How to Apply

Stop by any of our following locations during Head Start Week to fill out an application for the 2025 program year.

(All applications for our Gladstone center will be taken at our Escanaba location.)

#### Head Start Week!

March 3rd-March 7th

All locations are open 8:00 AM- 4:00 PM.

No appointment needed! Just stop by!

A free backpack will be given to anyone who completes an application during Head Start Week!

Escanaba Early Childhood Center - 1905 South 21st Street, Escanaba

Manistique Early Childhood Center - 426 Chippewa Ave, Manistique

Menominee Early Childhood Center - N1329 US Hwy 41, Menominee

\*We encourage all families to apply regardless of income, as eligibility criteria has changed! Please bring the child's birth certificate & proof of household income\*

Transportation is available for those in need.



If you are unable to make it in person at the times/dates listed above, call 1-800-562-9131 or scan the QR code to access our online application to get the process started.



Scan the QR code  
below to see a video  
about what Head  
Start offers!



- Full-Day & Half-Day Classroom options for 3-5 years olds
- Home-Based option for 0-3 years olds (and expectant mothers!)
- Child Development Curriculum
- Kindergarten Readiness
- Monthly family activities
- Bussing with approved 5-point seats
- Potty training assistance (diapers/pull-ups provided!)
- Healthy meals and snacks
- Health Services

Eagle Herald 2-26-25

# Lifestyles

Pioneer Tribune

Thursday, February 27, 2025

## Manistique Senior Center

Heather Tyner, Activities Director

Dominic Fortuna was a fabulous time last Saturday. He delighted us with songs from the 50s, 60s and 70s. There were many that sang along, some dancing, a conga line, and not one body in their seats that weren't swaying to the beat. We would like to thank everyone who came out to see Dominic and made the evening such a success, especially to Doug Erickson and Chad Hakes for their hard work behind the concession stand.

We have had two people show up on the same Friday to play Cribbage! Normally it is only one person that comes to play cribbage and never the same person every week. Both of these cribbage players will be back to play this Friday. I have been asked if we could change the time to 1 p.m. If you enjoy playing cribbage, come on down to our Center this Friday at 1 p.m.

This Monday, March 3, from 11 a.m. to noon UP SAIL is bringing us March Mindfulness. UP SAIL will be teaching us skills on how to find peace, stay focused and how to take care of our minds. The next Monday, March 10, from 10:30 a.m. to noon UP SAIL will be hosting a Scam Awareness Presentation. They will be available to help identify scam tactics and how to report and respond to scam calls.

On Monday, March 3, we



Group from 1-2:30 p.m. The Grief Support Group is provided by Schoolcraft Memorial Hospital Homecare and Hospice and is overseen by Alex Cmarik, LLMSW, Social Worker. Starting in April the Grief Support Group is moving to the first Thursday of every month from 5-6 p.m., still here at our Senior Center. Any age is welcome to attend the Grief Support Groups. If you have any questions, please email Alex: acmarik@scmh.org.

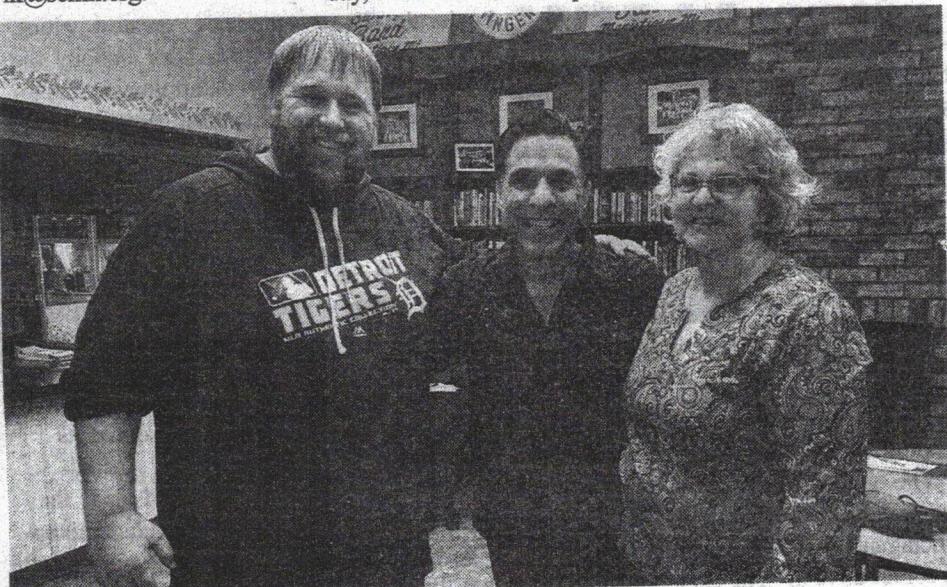
Normally the first Wednesday of the month we have Stories & Crafts with Seniors & Tots. This month it will be moved to March 19. We work closely with Monica Powell from Delta-Schoolcraft Great Start Family Coalition for this activity. She provides the books, crafts, snacks, and the tots as well. All you need to do is join us from 10-11 a.m. and enjoy the antics of little ones.

On Wednesday we had cornhole from 3-4 p.m. Three sets of cornhole boards were set up to play, indoors. Nothing like having summertime fun at a time of year when we need it the most.

We also have An Evening of Line Dancing Fun! Saturday, March 8 from 6-8 p.m.

This event is to celebrate all the hard work our line dancers have put in to learning new dances, with an open invitation to all ages. I will be going through a couple of line dances, so you can come join the fun even if you don't know any boot scootin' moves.

Besides all of the highlighted activities that I currently wrote about we regularly have several others that fill each day from Monday through Friday. If you ever find yourself in need of having a good time, socialization and some laughter come down to our Senior Center. We are full of all three. Please remember you only have to be 55 years young to enjoy our Center, and unless specified our activities are free.



Courtesy photo  
On Saturday, Dominic Fortuna delighted the crowd with music from the 50s, 60s and 70s. Pictured are Don Erickson, Dominic Fortuna and Karen Meston.

# Senior Citizen News

Menominee  
County  
Journal  
2-27-25

The Menominee County Journal • Thursday, February 27, 2025

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

## ADDING ON TO MEDICARE

**Does Medicare cover Long-Term Services and Supports (LTSS)?** Medicare usually does not cover Long-Term Services and Supports (LTSS). LTSS refers to a range of services and support that help you perform every-day activities. LTSS can be provided in a nursing home, assisted living facility, or other setting, and may include medical care, therapy, 24-hour care, personal care, and custodial care (home-maker services). If you need LTSS, there are other organizations and forms of insurance you can try:

Medicaid is a state and federal program that provides health coverage if you have limited income. Medicaid is the country's largest payer of LTSS and will pay for nursing home care. Medicaid benefits also coordinate with Medicare.

Area Agency on Aging (AAA) may be able to provide counseling and connect you with services in your area.

Local senior centers have programs such as home delivered meals, providing transportation, personal care and homemaker services.

Faith based organizations and charities may offer services, financial assistance and or referrals to other organizations in your area.

Geriatic care managers are

health and human services professionals who work privately with you and your family to create a plan of care that meets your needs.

You can dial 2-1-1 to ask for referrals to community services.

If you are unsure what kind of care you need, you should start by asking your provider.

**Does Medicaid cover services that Medicare does not?** Yes. If you are eligible for Medicare and Medicaid (dually eligible), you can enroll in both. Medicaid is a federal and state program that provides health coverage for certain people with limited income and assets. Medicaid can cover services that Medicare does not, like long-term care, and depending on your state, it may cover other Medicare excluded care, like routine dental care and vision. It can also pick up Medicare's out-of-pocket costs (deductibles, coinsurance and copayments). Each state runs different Medicaid funded programs for different groups of people, including:

Older adults.

People with disabilities.

Children.

Pregnant women/

Parents and or caretakers of children.

All states have Medicaid programs for people with limited income and assets who need nursing home care, long term care services and home health care services. Some states also have programs for individual adults who don't fit any of these categories.

Each state uses financial eligibility guidelines to determine whether you are eligible for Medicaid coverage. Generally, your income

and assets must be below a certain amount to qualify, but this amount varies from state to state and from program to program. You are eligible for Medicaid if you fall into an eligible group and meet that group's financial eligibility requirements. Some states offer a Medicaid spend down program or medically needy program for individuals with incomes over the state's eligibility requirements. A spend down program allows you to deduct your medical expenses from your income so that you can qualify for Medicaid.

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

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

## Sit and Get Fit Exercise Dates

March 5 at 11 a.m.

March 12 at 11 a.m.

March 19 at 11 a.m.

March 24 at 10 a.m.

## SENIOR CITIZEN ACTIVITIES

March 4 - Fat Tuesday dinner with Paczki's for all whom dine-in today. Meal reservations must be made by 1 p.m. on Feb. 28.

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

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

as we do not have adequate storage space to house them.

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

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

## Nutrition Menu

March 3 - Country fried steak w/gravy, mashed potatoes/gravy, green beans, whole wheat bread, applesauce.

March 4 - Chicken and sausage jambalaya, corn on the cob, stewed tomatoes, tropical fruit.

March 5 - Cheese tortellini w/marinara sauce, Capri vegetable blend, side salad, whole wheat breadstick, warm fruit compote.

March 6 - Sloppy Joe/whole wheat hamburger bun, mixed vegetables, potato wedges, fruit cocktail.

March 7 - Tuna noodle casserole, diced carrots, Brussel sprouts, whole wheat bread, 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 MARCH 3

Monday - Country fried steak w/gravy, mashed potatoes w/gravy, green beans, whole wheat bread, applesauce.

Tuesday - Chicken and sausage, jambalaya, corn on the cob, stewed tomatoes, tropical fruit.

Wednesday - Cheese tortellini with marinara sauce, Capri vegetable blend, side salad, warm fruit compote,

**WEEK OF MARCH 3**

Monday - Country fried steak w/gravy, mashed potatoes w/gravy, green beans, whole wheat bread, apple-sauce.

Tuesday - Chicken and sau-sage, jambalaya, corn on the cob, stewed tomatoes, tropi-cal fruit.

Wednesday - Cheese tortellini with marinara sauce, Capri vegetable blend, side salad, warm fruit compote, whole wheat breadstick.

Thursday - Turkey vegetable soup, BLT sandwich, ambrosia.

Friday - Tuna noodle casse-role, diced carrots, Brussel sprouts, mixed fruit cup.

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

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

March 13 - Michigan Se-cre-tary of State Mobile Of-fice will be here beginning at 10 a.m. Appointments are neces-sary.

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

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## MDS CAA Early Childhood Program

"Serving Menominee, Delta & Schoolcraft Counties."

**Now is the time! Don't wait!**

Fall 2025 Registration is now open for the  
Head Start, Early Head Start & Great Start Readiness Programs!

### How to Apply

Stop by any of our following locations during Head Start Week to fill out an application for the 2025 program year.

(All applications for Delta County families will be taken at our Escanaba location.)

#### Head Start Week!

March 3rd-March 7th

All locations are open 8:00 AM- 4:00 PM.

No appointment needed! Just stop by!

A free backpack will be given to anyone who completes an application during Head Start Week!

Escanaba Early Childhood Center - 1905 South 21st Street, Escanaba

Manistique Early Childhood Center - 426 Chippewa Ave, Manistique

Menominee Early Childhood Center - N1329 US Hwy 41, Menominee

\*We encourage all families to apply regardless of income, as eligibility criteria has changed! Please bring the child's birth certificate & proof of household income\*

Transportation is available for those in need.



If you are unable to make it in person at the times/dates listed above, call 1-800-562-9131 or scan the QR code to access our online application to get the process started.



Scan the QR code  
below to see a video  
about what Head  
Start offers!



- Full-Day & Half-Day Classroom options for 3-5 years olds
- Home-Based option for 0-3 years olds (and expectant mothers!)
- Child Development Curriculum
- Kindergarten Readiness
- Monthly family activities
- Bussing with approved 5-point seats
- Potty training assistance (diapers/pull-ups provided!)
- Healthy meals and snacks
- Health Services

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