

# Senior Services

**VISIT OUR WEBSITE AT [MDSCAA.ORG](http://MDSCAA.ORG)**

**MONTHLY NEWSLETTER  
JANUARY 2026 Vol. 13 No. 1**



**CHECK US OUT ON FACEBOOK**

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

## **ESCANABA (p. 2-5)**

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

## **GLADSTONE (p. 8-9)**

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

## **HERMANSVILLE (p. 12-13)**

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

## **MENOMINEE (p. 6-7)**

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

## **MID-COUNTY (p. 14-15)**

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

## **ROCK AREA (p. 10-11)**

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

**HARBORS**  
RETIREMENT COMMUNITY  
Excellence in Senior Living  
at Affordable Prices  
Apartments Available!  
[www.harborscommunity.com](http://www.harborscommunity.com)  
**906.863.3300**

**NORTHWOODS**  
REHABILITATION  
*The Choice is Yours.*  
2 Convenient Locations  
Escanaba 789-2404  
Gladstone 428-3085

**UML** [UPPERMICHIGANLAW.COM](http://UPPERMICHIGANLAW.COM)



FIGHT BACK WITH THE RIGHT PROTECTION  
**CALL (906) PROTECT**

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

## **Harbor Towers**

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

## **NORTHLAND LUTHERAN RETIREMENT COMMUNITY, INC**

### **LUTHER MANOR**

Assisted living offering three meals per day, personal care, medication management, activities, private rooms with private baths and spacious 2 room suites in a safe and secure environment. Our excellent **Staff Members** can offer you the care you need and the independence you desire.

**Bishop Noa Home**  
Sisters of St. Paul de Chartres  
2900 3rd Avenue South, Escanaba, MI  
tel: (906) 786-5810 • fax: (906) 786-5372  
[www.bishopnoahome.com](http://www.bishopnoahome.com)

**Crawford**  
FUNERAL HOMES  
Escanaba  
(906) 786-0074  
Bark River  
(906) 466-2211  
[www.crawfordfuneralhomes.net](http://www.crawfordfuneralhomes.net)

**MARINETTE, WI  
715-732-5800**

[www.northlandlutheranwi.com](http://www.northlandlutheranwi.com)

# 8 TIPS FOR FALL PREVENTION IN YOUR HOME

<div style="display: flex; align-items: center;"> <span style="font-size: 2em; font-weight: bold; margin-right: 10px;">1</span>  </div> <p><b>IMPROVE LIGHTING</b></p> <ul style="list-style-type: none"> <li>• Be sure entryways, hallways, and areas frequently navigated are well-lit.</li> <li>• Position accessible on/off switches.</li> <li>• Use nightlights, motion lights, clap lights, remote-controlled lights, &amp; timed lights.</li> </ul>	<div style="display: flex; align-items: center;"> <span style="font-size: 2em; font-weight: bold; margin-right: 10px;">5</span>  </div> <p><b>MINIMIZE CLUTTER</b></p> <ul style="list-style-type: none"> <li>• Arrange belongings and furniture in a way that is easy to navigate.</li> <li>• Clear out clutter and put unnecessary items into storage.</li> <li>• Be sure paths are wide and clear.</li> </ul>
<div style="display: flex; align-items: center;"> <span style="font-size: 2em; font-weight: bold; margin-right: 10px;">2</span>  </div> <p><b>RUGS &amp; FLOORING</b></p> <ul style="list-style-type: none"> <li>• Secure loose rugs to the floor, or remove all together.</li> <li>• Install ramps or grab bars.</li> <li>• Install non-skid strips or non-skid floor wax.</li> <li>• Wear proper shoes, slippers, or grip-socks.</li> </ul>	<div style="display: flex; align-items: center;"> <span style="font-size: 2em; font-weight: bold; margin-right: 10px;">6</span>  </div> <p><b>REGULAR CHECK-INS</b></p> <ul style="list-style-type: none"> <li>• Schedule a friend, family member, or caregiver to call, text or visit regularly.</li> <li>• Keep a regular schedule of visitors and caregiver check-ins to ensure safety.</li> </ul>
<div style="display: flex; align-items: center;"> <span style="font-size: 2em; font-weight: bold; margin-right: 10px;">3</span>  </div> <p><b>SMART TECHNOLOGY</b></p> <ul style="list-style-type: none"> <li>• Use sensors that can be worn and pressed to alert emergency contacts.</li> <li>• Use smart home (verbal audio) assistants.</li> <li>• Use fall-detectors that utilize technology to help seniors if they fall.</li> </ul>	<div style="display: flex; align-items: center;"> <span style="font-size: 2em; font-weight: bold; margin-right: 10px;">7</span>  </div> <p><b>PETS &amp; VISITORS</b></p> <ul style="list-style-type: none"> <li>• Secure pets in a designated area.</li> <li>• Put a bell on the pet's collar to help be aware of location when active.</li> <li>• Use a play pen or designated area for young grandchildren.</li> </ul>
<div style="display: flex; align-items: center;"> <span style="font-size: 2em; font-weight: bold; margin-right: 10px;">4</span>  </div> <p><b>BATHROOM</b></p> <ul style="list-style-type: none"> <li>• Add grab bars near the toilet and in the shower.</li> <li>• Use non-slip mats and rugs in and outside of the tub.</li> <li>• Zero-entry tubs can be installed to ease tub entry.</li> <li>• Shower seats can prevent falls.</li> <li>• A tall toilet seat increases stability.</li> </ul>	<div style="display: flex; align-items: center;"> <span style="font-size: 2em; font-weight: bold; margin-right: 10px;">8</span>  </div> <p><b>ACCESSIBILITY</b></p> <ul style="list-style-type: none"> <li>• Move items off high shelves &amp; into more accessible locations.</li> <li>• Arrange belongings into one central area.</li> <li>• Maintain clear walkways.</li> <li>• Consider rearranging items &amp; changing furniture layouts.</li> </ul>

Due to rising postage costs, we will no longer be mailing newsletters to you.

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

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

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

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

Contact Lydia or Donna

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

Contact Lisa or Ann

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

Contact Renelle or Kathy

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

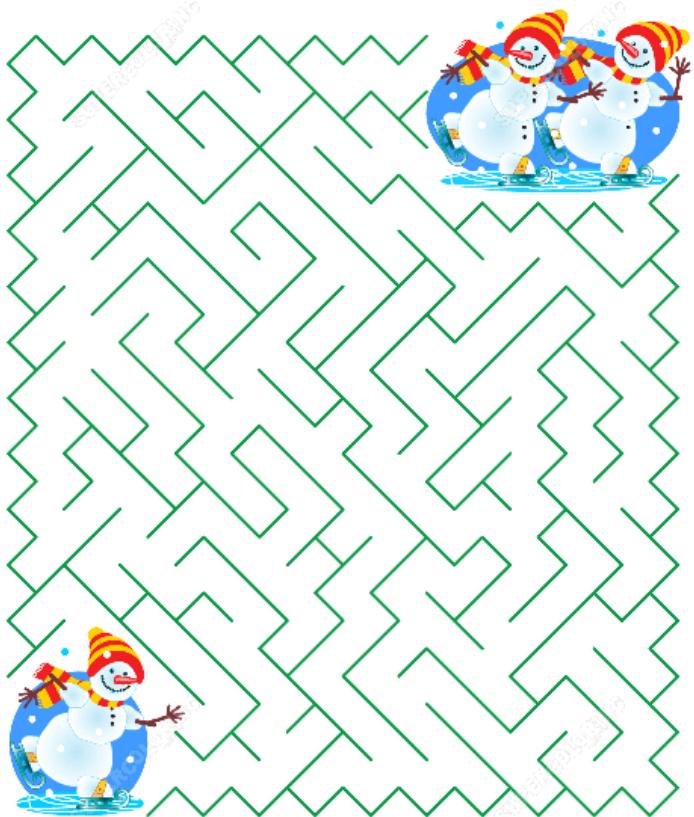
Contact Becky or Linda

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

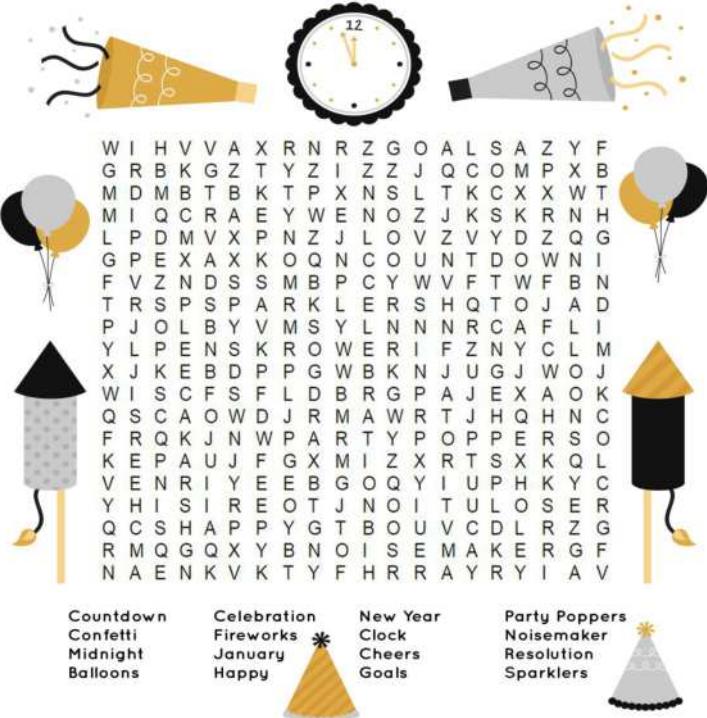
Contact Barb or Joan

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

Contact Becky



## HAPPY NEW YEAR!



# IF YOU HAVE MEDICARE & MEDICAID

... you may qualify  
for additional benefits.



**Healthcare  
Solutions Team®**  
A Plan for Everyone



**Call me, Margie**  
**The Insurance Gal at:**  
**906-553-8684**  
**mprestonlyon@myhst.com**

212 S 14th St • Escanaba, MI 49829

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

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

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

# Birthday Celebration

January 28 at 12 noon

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

French Onion Pork Chop, Mashed Potatoes w/Gravy, Diced Carrots, Apple Slices, Bread, Chocolate Cherry Dump Cake.

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

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

**Call the center to reserve a meal before January 26**

906-786-8850



## Toe Nail Clinic

The North Woods Home Health Nurses will be at the Escanaba Senior Center on January 8 & February 5 from 1:00–3:00 p.m.

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

## Medicare Assistance

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



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

## TEMPORARILY ON HOLD

### CSFP Food Commodities

CSFP commodities—for Seniors 60+ who prequalify by household income.



*This is an equal opportunity provider.*



Watch your mail for your 2025 and 2026 for Social Security information. You will need these papers for upcoming Homestead Property Tax Credits and Home Heating Credits.



## Tax Time Is Coming for 2025!



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

You need to have your 1099

Social Security Statement for 2025, interest and dividend income for 2025, retirement pension, annuity and IRA

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

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

Not all the above statements may pertain to you.

Call for drop off times. 906-786-8850



## Weekly Activities at the Center

**LINE DANCING — Monday & Thursday from 1-2:30 p.m.**  
**BINGO — Tuesday from 1—3 p.m.**  
**\$2.50 per card for 10 games.**  
**‘500’ CARDS — Wednesday from 12:30—3 p.m.**  
**CHAIR YOGA — Thursday at 2:30—3:00 p.m. \$5**  
**Join us for some activities!**



### TEFAP USDA Food Distribution

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



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

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

*This institution is an equal opportunity provider.*

Janice R. (below) won a special drawing for a floral arrangement.



## Congregate “November” Birthdays

Happy Birthday in November to Doug G., Sherman M. and Celeste S.



## Congratulations Birthday Party Winners!



Winners of the October birthday drawing for a gift card to Meijer were Nancy C. and Lillian P. (above-left to right) Congratulations!



Towel winners were Joanne S. and Lucy T. (not pictured) (left to right) Thank you Gayle S. for your handmade towel donations.

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





## Menominee Senior Center

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

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

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



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



**December Trivia Answer:**  
In what city does the Charles Dickens book "A Christmas Carol" take place?  
B.) London  
Bah! Humbug!

### JANUARY TRIVIA QUESTION:

January is 'National Soup Month'. What soup company's slogan was, "Make it \_\_\_\_\_ or make it yourself!"



- A. Campbell's
- B. Dinty Moore
- C. Progresso

### HOLIDAY CLOSURES AND MEALS:

We will be closed New Year's Eve, New Year's Day and January 2. So, if you do need food for the days we are closed, please let the center know in advance. You can call in and double-up on meals earlier in the month and freeze, or you can order frozen meals for those days that will be delivered the last day we are open before the New Year holiday closure.

With us still closed on Fridays in January, remember that you can double up on a meal earlier in the week, or ask for frozen meals to be delivered by Thursday.



### RECIPE CONTEST WINNER!

We hosted a contest in a previous newsletter asking for recipes that are your family favorites. Our winner is Donna Madsen! She submitted her Cran-Apple Salad. She says this is the one thing her family always asks her to make—especially for Thanksgiving. Perhaps you will enjoy this recipe for your next holiday gathering.

### Cran-Apple Salad

1 can 16oz whole berry cranberry sauce  
A medium unpeeled tart apple-diced (Such as a Gala or McIntosh)  
1 celery rib-thinly sliced  
1/2 cup chopped walnuts  
In a bowl, combine the cranberry sauce, apple and celery. Cover and refrigerate. Stir in walnuts just before serving. Makes 4-6 servings.  
-Donna Madsen

### January Trivia Answer Entry:

ANSWER:

---

Your Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Winner receives 2 free meal tickets!

One entry per person.

Return to Menominee Senior Center.



## Medicare Minutes

By Renelle Betters  
MMAP Counselor  
CAA/Menominee Sr. Center

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

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

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

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

### MEDICARE CHANGES AND MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD:

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

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

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

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

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

## January Birthday Party:

We will be celebrating January birthdays on January 28. If you have a birthday in the month of January and pick-up a meal or dine-in at the center, you have the option of having your picture taken, and will also receive a small gift from us. Please let us know if you have a birthday when you make your reservation.

Also, please let us know if you will be dining in or taking one out. See our menu for the birthday meal menu details. This month is a French Onion Pork Chop meal.

*Please register at least a day in advance or more for your meal.*

## Foot Clinic Update:

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

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



## CORPORATION CORNER

The Board of Directors of the Gladstone Senior Citizens Corporation would like to wish you a VERY HAPPY NEW YEAR to all our senior friends. What a busy past year it has been with remodeling of the Center while staying open to serve our community; and we thank everyone for their patience and support during that time. The project will be winding down as we enter the new year, when completed, we look forward to celebrating with a grand opening and reception for our community. Thank you for supporting us during 2025 and, as always, we encourage you to invite your family and friends to take part in the activities and services being offered at the Gladstone Senior Center during 2026

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

## TEFAP Food Distribution

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



## Foot Clinic Northwood Nursing

When: January 15 2026  
 Time: 1:00 - 3:00 p.m.  
 Cost: \$22.00  
 Bring your own towel  
 Call Center at 428-2201 for an appointment



## Movie Day

“White Fang”  
 Wednesday January 21  
 Popcorn and snacks will be provided  
 call 428-2201 to sign up.



## Craft Day

Tuesday, January 13  
 12:15- 2:00 p.m.

Call 428-2201 to reserve a spot

Find us on Facebook search  
 Gladstone Senior center.



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

## January

## Birthday Lunch

Wednesday January 28

French Onion Pork Chop  
 Mashed Potatoes w/gravy  
 Diced Carrots  
 Apple Slices  
 Bread, Milk  
 Chocolate Cherry Dump Cake

Call 906-428-2201  
 by Jan 26 to reserve a lunch.

Please call center by 1:00 p.m. on  
 January 26

## Closed

Wednesday New Years Eve December 31  
 Thursday New Years Day January 1

Will resume regular Center hours  
 Monday–Thursday 8:00 a.m. to 3:30 p.m.

The New Year is a blank page,  
 waiting for us to write our story.  
 With each day,  
 we have the chance to turn  
 the page toward a brighter,  
 bolder chapter.

# BINGO

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

It is open to all over 18 years old.

Ball tickets go on sale at 12:05 p.m.

and Early Birds start at 1 p.m.

All funds raised help purchase items for the center.

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

Hope to see you!

## November Lunches

### Thanksgiving

Cathy M



John P



Marlene H



Pam T



Robert M



Had to catch up on  
b-days gift cards we missed  
because of  
construction.

Barb P  
November



Nancy L  
October



Donna Fix



William B



Karen T  
50/50



### Birthday

Don A



Gerlinda P



Joan L



Judy F



Sharon A



John L  
50/50



Peggy S





Happy New Year! And a prosperous 2026 to you!!! Come along and join your friends at the Center for some fun! We have crafts, exercise, prize bingo and more! And the coffee is always on!

Come join us soon—Becky  
906-356-6420 is our number!

## JANUARY EVENTS

SUN 1/11	Corporation Dance!
THURS 1/15	Prize Bingo at 11:00
TUES 1/20	Crafts after lunch
WED 1/28	Birthday Party & Bookmobile!

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



### January Craft Day!

Tuesday,  
January 20th  
after lunch!  
Call & reserve a spot!!

Something New to try!

PRIZE BINGO!  
Thursday, January 15th at  
11:00 am and then after lunch.  
No charge! Fun Prizes to be won!  
Come try it out!!!



Corporation Dances are back in 2026!

Sunday, January 11th—1-4 pm  
This month: Country Express!



### BOOK MOBILE VISIT!!

 Wednesday  
January 28th  
at 1 pm!!  
  
You can get a library  
card right on the spot!

Our crafters have so much fun! Look at those smiles!  
Come along and join us!

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



Chair  
Yoga  
Mondays  
&  
Wednesdays  
9:30-10 am



Walking Inside Class  
(Leslie Sansone)

Every Tuesday &  
Thursday at  
9:30 am



So much to be thankful for at our annual Thanksgiving Meal!  
We are so thankful for you all!

Please make a resolution to come join us for coffee, an activity or a meal!!  
Come along & join us!

so thankful

Monday	Tuesday	Wednesday	Thursday	Friday
<b>January</b>		This menu is for all our senior centers. Call your senior center with questions/comments.  <i>Menu subject to change 2% Milk served each day.</i>	<b>1</b> CLOSED  	<b>2</b> CLOSED  Order an extra meal ahead of time. 
<b>5</b> Meatballs in Gravy over Mashed Potatoes Corn Tropical Fruit Bread	<b>6</b> Chicken Parmesan Spaghetti Noodles Brussel Sprouts Italian Vegetables Breadstick	<b>7</b> Turkey Meatloaf Boiled Red Potatoes Green Beans Diced Peaches; Bread	<b>8</b> Beef Chili Copper Penny Salad Side Salad w/Cheese & Tom Cornbread Fresh Fruit	<b>9</b> CLOSED   Order an extra meal ahead of time.
<b>12</b> Cheeseburger w/Bun Chef's Choice Vegetable Potato Wedges Apple Slices	<b>13</b> Turkey a la King Rotini Pasta Root Vegetable Blend Corn Biscuit	<b>14</b> Monterey Chicken Herb Mashed Potatoes Capri Vegetables Tropical Fruit Bread	<b>15</b> Beef Pasty Green Beans Coleslaw Warm Cinnamon Peaches	<b>16</b> CLOSED  Order an extra meal ahead of time. 
<b>19</b> Polish Sausage Sauerkraut Boiled Red Potatoes Diced Carrots Fruit Cup; Bread	<b>20</b> Salisbury Steak w/Gravy Mashed Potatoes w/Gravy Peas w/Onions Applesauce Bread	<b>21</b> Chicken Spaghetti Chef's Choice Vegetable Wax Beans Diced Peached Breadstick	<b>22</b> Beef Taco Bake Mexican Corn Oven Potatoes Fresh Fruit	<b>23</b> CLOSED  Order an extra meal ahead of time. 
<b>26</b> Pizza Pasta Casserole Brussel Sprouts 5-way Mixed Vegetables Chef's Choice Fruit Cup Bread	<b>27</b> Sweet & Tangy Chicken Brown Rice Broccoli; Capri Vegetables Pineapple/Orange Mix Cup	<b>28</b> Congregate Birthday Limit 1 per person French Onion Pork Chop Mashed Potatoes w/Gravy Diced Carrots Apple Slices; Bread Choco Cherry Dump Cake	<b>29</b> Swedish Meatballs Egg Noodles Chef's Choice Vegetable Green Beans; Fruit Cocktail Dinner Roll	<b>30</b> CLOSED  Order an extra meal ahead of time. 



The Center will be Closed Wednesday December 31st for New Years Eve & Thursday January 1st for New Years. Please order extra Meals on Mon. & Tues.



Our Birthday party this month is on Wednesday January 28th with French onion pork chop, mashed potatoes with gravy, diced carrots, apple slices WW bread & chocolate cherry dump cake!

Above is a picture of our Thanksgiving & Birthday party celebration.



WE WILL HAVE A CHRISTMAS & NEW YEARS HOLIDAY BINGO ON THURS. JANUARY 8TH WITH SEASONAL PRIZES! BINGO STARTS AT 12:30 UNTIL 2:00 AND IS 3 CARDS FOR A QUARTER



Please visit our loan and supply closet. We have many items to meet your needs.



MONDAY  
JANUARY 5TH  
PAINTING  
CLASS AT 10:00 am

For the first 10 participants to sign up. \$5 a class and supplies, canvas and lunch are provided. Class goes until about 1:30 pm. Any level of skill is welcome, you learn as you go and fun is had by all!



**FLY AWAY HOME**  
**Will be playing**  
**Monday**  
**January 19th @**  
**12:30**



This is instead of November because of technical difficulties, or shall we say operator confusion. Pizza will be served during the movie.



LAUREN, BRADY & MCKENZIE



NATALIE & SANDY



LUKE, NATALIE & CANDY

A big thank you to the North Central High School Student Council for once again organizing a food drive and collecting many can goods and food for the Hermansville food pantry! (above left) Also thank you to the Menominee County Democratic party club (above center & right) for coming and volunteering their help on our busy days at the pantry. We will never take for granted the monetary help from people like Phillip & Joyce, Lyn & Carole, Edward & Stephanie, Alice & Pedro, Sandi & Tom and Barb H. and anyone we might have forgot. SPECIAL thank you to the residents of Carney/Nadeau and The Shop for their venison stew feed to raise money and gather lots of items for the pantry, all we can say is WOW!! And lets not forget those who donated for the TV 6 Can-a-thon at Integra First FCU!



**BROGAN & YONKERS, P.C.**

**Life-Focused Estate Planning**

- Estate Planning
- Elder Law
- Nursing Home Planning
- Wills & Trusts
- Probate Administration

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Give us a call at 753-6986  
We are here to help you.  
Reasonable rates apply



As a reminder, the center is now closed on Friday's. The answering machine is available to leave a message on.



### January 2026 Activities

January 1- the center is closed, Happy New Year! We will re-open at 8 am on January 2nd.

January 5- Foot Clinic by appointment only.

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

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

*Craft class will also be held in January, but date and project have not yet been determined at press time. Please call the center for updates!*



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## WHAT IS MEDICAL IDENTITY THEFT?

MEDICAL IDENTITY THEFT IS WHEN SOMEONE FRAUDULENTLY GETS AND USES YOUR PERSONAL INFORMATION LIKE YOUR NAME, ADDRESS, MEDICARE NUMBER, SOCIAL SECURITY NUMBER & DRIVERS LICENSE NUMBER, TO THEN USE THIS INFORMATION TO GET MEDICAL TREATMENT, BUY MEDICAL EQUIPMENT, GET PRESCRIPTIONS, SUBMIT CLAIMS TO YOUR HEALTH INSURANCE FOR ITEMS YOU DONT NEED, REQUEST OR MAY HAVE NEVER RECEIVED.

## HOW TO PROTECT YOURSELF FROM MEDICAL IDENTITY THEFT

BE CAREFUL ABOUT WHO YOU GIVE YOUR PERSONAL INFORMATION TO. NEVER GIVE OUT YOUR MEDICARE NUMBER TO ANYONE WHO CONTACTS YOU THROUGH UNEXPECTED OR UNKNOWN CALLS, TEXTS OR EMAILS. REMEMBER THAT MEDICARE AND SOCIAL SECURITY WILL NEVER REACH OUT TO YOU TO ASK FOR PERSONAL INFORMATION.

KEEP DOCUMENTS THAT CONTAIN YOUR MEDICAL INFORMATION SOMEWHERE SAFE.

WHEN GETTING RID OF THESE DOCUMENTS, SHRED THEM OR WAIT FOR A LOCAL SHRED DAY.

LOOK OUT FOR COMMON FRAUD SCHEMES USED TO STEAL PERSONAL INFORMATION. THIS INCLUDES SCAMS OFFERING "FREE" COVID-19 TESTS, BACK OR KNEE BRACES YOU DIDNT ASK FOR, GENETIC TESTING, CANCER SCREENING KITS, "NEW" MEDICARE CARDS AND TELEHEALTH.

## IDENTIFY THE SIGNS OF MEDICAL IDENTITY THEFT

IF YOU BELIEVE SOMEONE HAS STOLEN YOUR MEDICAL INFORMATION, CONTACT YOUR LOCAL SENIOR MEDICARE PATROL. YOU WILL BE ENCOURAGED TO REVIEW YOUR MEDICARE STATEMENTS FOR ANY ADDITIONAL CONCERN; GET COPIES OF YOUR MEDICAL RECORDS FROM PROVIDERS THE SCAMMER MAY HAVE USED; REVIEW YOUR CREDIT REPORTS; REPORT ANY ERRORS ON MEDICAL RECORDS OR STATEMENTS TO YOUR PROVIDERS AND YOUR COMPROMISED NUMBER TO MEDICARE OR YOUR MEDICARE ADVANTAGE PLAN. IF YOU GAVE OUT YOUR SOCIAL SECURITY NUMBER, REPORT IT TO SOCIAL SECURITY.

## SPECIAL THANKS TO:

- **Harlan & Judy A., John & Jan T., Lynda K. and Barb H. for donating door prizes for the November birthday party**
  - **Judy F., Jim L. & Tim M. for helping to unload the CSFP truck**
- **Judy & Craig F. Jim L. & Jim B. for helping with the CSFP distribution**
- **Shelby J., John & Jan T. for decorating the senior center for Christmas!**



Transportation is up and running again at the center. Lisa DeMille and Dottie Ihander are sharing driving duties. Both are familiar faces at the center!

Lisa is our center aide and Dottie is our meal driver.

## Foot Clinic Date

Monday January 5

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

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



Happy January Birthday

Cliff B  
Gladys H

January 25  
January 27

Belated birthday wishes to Steve B who celebrated his birthday on November 17

If you are planning on filing a Homestead or Home Heating tax credit for 2025, these documents will begin arriving this month. Organizing them in a large manilla envelope will help keep all documents in one place when needed.

## January Exercise Dates

Wednesday January 7 at 11 am  
Wednesday January 14 at 11 am  
Wednesday January 21 at 11 am  
Monday January 26 at 10 am

All are welcome to participate in this low impact class.

Coffee and social time to follow.

**\*Dates subject to change \***





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# Senior Services

[www.mdscaa.org](http://www.mdscaa.org)

CAA is an equal opportunity provider and employer.

The Monthly Newsletter is published once a month at  
507 1st Ave N. Escanaba, Michigan 49829

**MONTHLY NEWSLETTER**  
**January, 2026 Vol. 13 No. 1**

MDS CAA offices, Home Delivered Meals and Senior Centers will be closed December 31 & January 1. We will return on January 5. Happy 2026 to you!

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

**LET'S GROW YOUR BUSINESS**  
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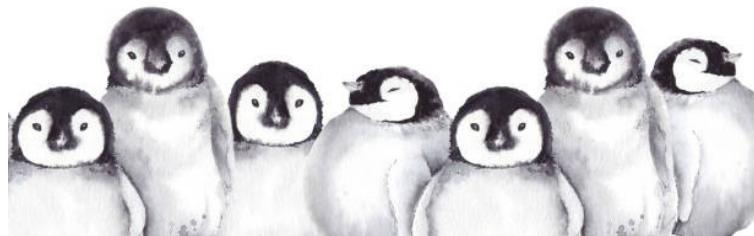


## REMEMBER

When it gets icy and cold:

**\* \* DO THE PENGUIN WALK \***

- Keep your knees relaxed
- Point your toes out
- Take short steps
- Walk slowly
- Extend arms out to keep balance



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