

Head Start faces closure due to federal shutdown

By **SOPHIE
VOGELMANN**

Staff Writer

ESCANABA — The Menominee Delta Schoolcraft Community Action Agency Head Start and Early Head Start programs are at risk of being forced to stop services in exactly two weeks due to the federal government shutdown.

The local agency's Head Start and Early Head Start programs provide early education services to 226 families. They also supply free diapers to 80% of enrolled families, and 125 children receive three meals a day, with another 59 being fed twice a day.

MDSCAA, 507 First Ave. N., employs more than 100 staff members at four locations who are at risk of being laid off — Escanaba Early Childhood Center, 1905 S. 21st Ave.; Gladstone Early Childhood Center, 207 S. 12th St.; Manistique Early Childhood Center, 426 Chippewa Ave.; and Menominee Early Childhood Center, N1329

U.S. 41.

The agency was due to receive about \$4 million in federal money for the programs today. Because a federal budget has not been passed in Washington, D.C., Friday was the final day of funding.

Myra Smeester, DSCAA deputy director and Early Childhood Program director, said their agency is unsure if they will be reimbursed if they continue without funding.

"If we can't (get reimbursed) — because there is question of that now — if we can't, then the agency would cover it without any guarantee of being able to pay that back, and that could potentially affect the whole agency," Smeester said.

Gary Willoughby, executive director of MDSCAA, said the agency is currently assessing their budgets for other programs to analyze if other funds can be put toward keeping services in the Head Start and Early Head Start programs

See **SHUTDOWN, A3**

Daily Press

11/11/25

1 of 2

SHUTDOWN

Cont. from A1

running during the shutdown.

"We're not a wealthy agency, so we don't have big reserves or anything like that at all. We don't have a big piggy bank full of 'Just in case this happens - if \$4 million goes away.' We don't have the ability to make that up. So, that's why we're planning for, if nothing else changes, kind of self-funding it for two weeks. We can stick our necks out that far," Willoughby said. "It gives the parents a little bit more time to make plans and to give the federal government more time to negotiate with themselves."

Willoughby also noted that 56% of children in their programs also use SNAP benefits, which are either being delayed or not dispersed at all due to the shutdown.

"Some of these folks may be a single-parent

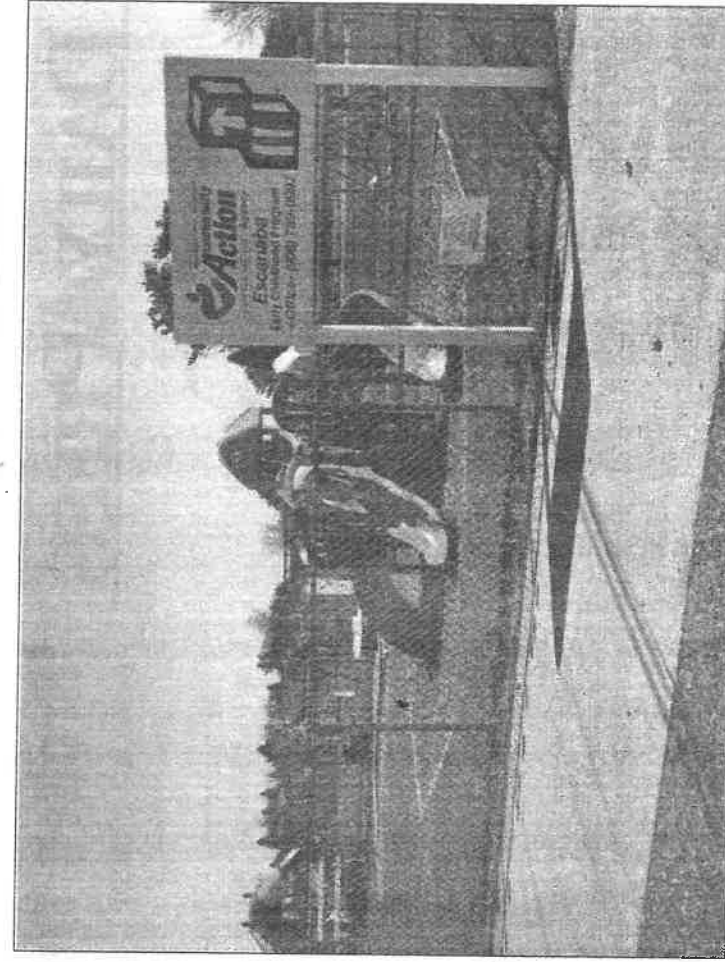
household. They may have to drop out of college or quit their jobs in order to take care of their kids, so they lose their income or education because they don't all have lots of other resources," Willoughby said.

The Head Start and Early Head Start programs also focus on families as a unit and their successes.

"We work with the families on family goals - that could be preparing to go to school, buying a house, buying a car, getting a job, starting college, anything like that. We're a very comprehensive program," Willoughby said.

The other agency's other programs - such as Senior Companion Program, Foster Grandparent Program and Homeless Assistance Program - are also at risk of being affected if an agreement on the federal budget is not reached soon.

"Even some of our state funding starts off at the



Courtesy photo

The Menominee Delta Schoolcraft Community Action Agency's Head Start and Early Head Start programs may have to stop services if a federal budget agreement is not reached in the near future. The programs annually provide early education services to 226 families. They also employ more than 100 staff members across four locations, who are at risk of being laid off.

staying optimistic.

"We're certainly have for a long time," and social media.

hopeful that they will Enrolled families will

resolve this pretty soon, continue to be updated because we absolutely rely through the agency's on these partnerships and communication systems

Sophie Vogelmann can be reached at 906-786-2021 or svogelmann@daily-press.net.

Daily Press 2 of 2
11/1/25

Program on homeless awareness

ESCANABA — The Menominee-Delta-Schoolcraft Community Action Agency will host a Lunch & Learn as well as a donation drive to spread awareness about the homeless from noon to 1:30 p.m. Thursday at the Escanaba Civic Center, 225 N. 21st St. November is National Homelessness Awareness Month.

- * MDSCAA suggests a donation of \$8. The event will "share information about our services and how you can help a person in need," according to the MDSCAA flyer for the event.

Daily Press
11/1/25

Local Parkinson support group

ESCANABA — The Michigan Parkinson Foundation support group for Escanaba and the surrounding areas meets at 1 p.m. on the second Tuesday of each month. The next meeting will be 1 p.m. Tuesday, Nov. 11, at the Community Action Agency, 507 First Ave. N. For more information call Debra Martin at 906-420-2871 or email to hiawathawellness@gmail.com.

Daily Press

11/1/25

Dance in Rock on Nov. 9

ROCK—Rock Community/Senior Center, 3892 W. Mapleridge Road, will host a dance from 1 to 4 p.m. Sunday, Nov. 9, with The Ghost Riders providing live music.

Cost to enter is \$7. A free will donation lunch will be available. For

more information, call Lucy at 906-356-6459.

All proceeds will benefit the center's senior corporation.

Daily Press

11/1/25

Community Action Agency Senior Nutrition Program

November 2025 Home Delivered Meals Monthly Menu SENIOR CENTER DINING or HOME DELIVERY PROGRAM

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

Suggested meal, donation is \$4.50

Mon, 11/3/25	Tue, 11/4/25	Wed, 11/5/25	Thu, 11/6/25	Fri, 11/7/25
Chicken Fried Steak w/Gravy Boiled Red Potatoes Chef's Choice Veg Diced Pears Bread, WW Milk, 2%	Beef Pastry Green Beans Apple Slices Milk, 2	Meatloaf w/Ketchup Glaze Mashed Pot w/Gravy Corn Apple Slices Bread, WW Milk, 2%	White Chicken Chili Side Salad w/Chz & TOM Cornbread Chef's Choice Fruit Cup Milk, 2%	Turkey, Brocc, & Rice Cass Root Veg Blend Chef's Choice Fruit Cup Milk, 2%
Mon, 11/10/25	Tue, 11/11/25	Wed, 11/12/25	Thu, 11/13/25	Fri, 11/14/25
Smothered Chicken Chz Hashbrowns Diced Carrots Pineapple/Man Orange Mix Bread, WW Milk, 2%	Pork Chop Suey Brown Rice Oriental Veg Oriental Coleslaw Pineapple/Man Orange Mix Milk, 2%	LIMIT 1 Roast Turkey w/Gravy Mashed Pot w/Gravy Green Bean Cass Herb Stuffing Cranberry Sauce Dinner Roll, WW Pumpkin Pie Pudding Milk, 2%	Stuffed Shells w/ Marinara Brussel Sprouts Diced Carrots Tropical Fruit Milk, 2	Polish Sausage Cass Green Beans Warm Applesauce Bread, WW Milk, 2%
Mon, 11/17/25	Tue, 11/18/25	Wed, 11/19/25	Thu, 11/20/25	Fri, 11/21/25
Sweet & Sour Meatballs Brown Rice Diced Carrots Chef's Choice Veg Tropical Fruit Milk, 2%	Chicken Stroganoff Diced Beets Peas w/Onions Pineapple Tidbits Bread, WW Milk, 2%	LIMIT 1 Pork Roast Loaded Mashed Potatoes Green Beans Dinner Roll, WW Autumn Fruit Crumble (FR) Milk, 2%	Cream of Carrot Soup Chicken Salad Sandwich Side Salad w/Chz & TOM Mixed Fruit Cup Milk, 2%	Swiss Steak Garlic Mashed Pot Corn Chef's Choice Fruit Cup Bread, WW Milk, 2%
Mon, 11/24/25	Tue, 11/25/25	Wed, 11/26/25	Thu, 11/27/25	Fri, 11/28/25
Tortellini Alfredo w/ Peas & Mushr Diced Carrots Chef's Choice Fruit Cup Breadstick, WW Milk, 2%	Western Egg Bake Oven Potatoes Warm Fruit Crisp (FR) Fruit Juice Bread, WW Milk, 2%	Hamburger Gravy Mashed Potatoes Corn Chef's Choice Fruit Cup Bread, WW Milk, 2%	MDSCAA Closed Order an extra meal ahead of time!	MDSCAA Closed Order an extra meal ahead of time!

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Press

11/3/25

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BRIEFS

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Daily Press

11/4/25

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Daily Press

11/5/25

Head Start preschool in the UP closes due to federal shutdown

By LAUREN GIBBONS

Bridge Michigan

(This story was originally published by Bridge Michigan, a nonprofit and nonpartisan news organization. Visit the newsroom online: bridgemi.com.)

After the federal government failed to renew a \$1.5 million federal grant by Saturday, officials at the Gogebic-Ontonagon Community Action Agency say they had little choice: They closed a free preschool program that has served two counties in the Upper Peninsula since 1965.

The program was among nine Head Starts in Michigan that missed expected weekend payments because of the ongoing federal government shutdown. Unlike others, the U.P. program could not secure alternative resources in time to continue operations.

That means 85 students — along with 30 other families with children in Early Head Start — won't be getting the education, meals and other services they rely on until funding is restored. And employees are currently out of work, program director Renee Pertile told Bridge Michigan.



ANNIE BARKER/Bridge Michigan

Nine Michigan Head Start programs missed expected federal payments Saturday. One run by the Gogebic-Ontonagon Community Action Agency immediately closed.

"We're kind of one big family, and now it seems like a piece is missing," she said. "It's awfully quiet here today."

Funded primarily by the federal government to serve low-income preschoolers and their families, Head Start programs in Michigan and

around the country are among the latest to feel direct impacts from the government shutdown that's dragged on for more than a month.

Coupled with the recent pause in federal food assistance impacting 1.4

See HEAD, A3

Daily Press

11/5/25

1 of 2

HEAD

Cont. from A1

million Michigan residents, advocates warn the ongoing turmoil surrounding federal funding is putting vulnerable kids at risk.

While local schools and community groups can in some cases step in to help keep Head Start programs going, those resources are "not going to be universal, and it's not going to be a one-to-one replacement," said Bob McCann, executive director of the K-12 Alliance of Michigan.

"The longer this goes on, the more damage it's going to do," McCann continued. "This is a crisis of choice by (politicians), and it's kids that are paying the price for it."

As of Tuesday, the Gogebic-Ontonagon program was the only confirmed closure in Michigan since Saturday, according to the



National Head Start Association, which has so far reported 25 closures nationwide.

Education advocates warned other programs around the state that have missed grant payments are at imminent risk of running out of money, too.

Statewide, Michigan has 48 Head Start and Early Head Start programs that serve nearly 30,000 children, bringing in \$423 million in federal funds annually, said Robin J. Bozek, executive director of the Michigan Head Start Association.

Nine of those programs serving 2,944 children, many of them in the Upper Peninsula and northern lower Michigan, saw their funding grants expire Saturday, Bozek said.

Though some of those

programs have been able to piece together enough funds from local schools or community groups to temporarily keep them afloat, the lack of new federal funding means money is tight and the future is uncertain, Bozek said.

"Anytime there's a pause or a stop ... it totally disrupts the system for this type of grant," she said.

For the Gogebic-Ontonagon Community Action Agency, there was no money to fall back on. When the grant didn't come through, the Head Start program had to wind down.

"We started looking at this in mid-October, thinking, we'd better prepare just in case this was going to happen," Pertile said. "As it got closer to the deadline, we knew that it was highly unlikely we would get our grant."

In the short term, program employees are able to collect unem-

ployment, and a local daycare offered to open up temporary slots to help care for kids who'd previously been attending the Head Start program, Pertile said.

The agency is also looking at the possibility of setting up a mobile food drive for local families, in need, and Pertile is planning to provide weekly updates to staff and parents as they learn more.

Even if the shutdown ends tomorrow, it will still take some time to get operations back up and running, she added, noting that many Head Start participants in their rural community don't have other options readily available for early learning programs, health checks and meals.

"The longer this goes on, the more concerned we get," Pertile said. "Because we're such a rural program, there are limited resources...they might be able to do it for a couple weeks, but then they

might have to look for something more permanent."

Looking ahead to next month, grants for another four Michigan Head Start programs will come up for renewal Dec. 1, Bozek said, meaning the financial pressures felt by Gogebic-Ontonagon and eight other programs could soon extend to others across Michigan.

Losing Head Start options would be "a huge hardship" to families whose parents need a safe place for their young children while at work, Bozek said.

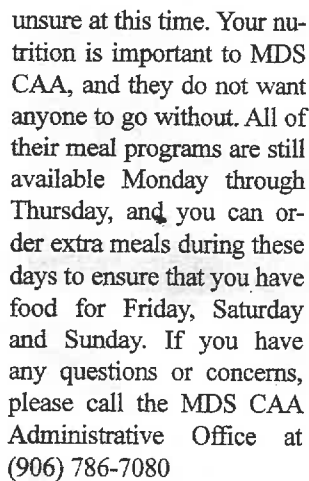
But beyond that, she said, it would put early educators out of work and cut needy families off from a connector for additional resources, including food assistance, health care, and even warm coats for kids as the cold weather creeps in.

"When a Head Start program closes, it impacts the entire community," Bozek said.

Daily Press
11/5/25
2 of 2

Heather Tyner, Activities C

I regret to inform you that Menominee, Delta and Schoolcraft Community Action Agencies are no longer doing Congregate, Carry Out Meals or Home Delivered Meals on Fridays, starting Nov. 7. Their Senior Centers in Menominee and Delta Counties are also closed on Friday. This is sadly due to financial constraints. They are hoping that this is a temporary situation, but they are



Our Monthly Meal with Don & Heather will be Wednesday, Nov. 12, at noon. We will be missing Karen, as she is out playing on vacation. Our Community Action Ladies will be cooking us up roast turkey with gravy, mashed potatoes with gravy, green bean casserole, herb stuffing, cranberry sauce, a whole wheat dinner roll and pumpkin pie pudding for dessert, with 2% milk. Please call the kitchen by 8 a.m. that morning to let the ladies know that you are joining us for lunch. at (906)

On Thursday, Nov. 13, from 11 a.m. to noon we have Get Your Car Ready for Winter! This hands-on automotive class is done by Manistique High School Automotive Students. They did our last Basic Car Care Class, and the students did an amazing job. They did one-on-one with our seniors at their cars, answering questions and physically teaching our seniors what they should know about their cars. Everyone had huge grins at the end of the session. I am so excited to have them back at our Center. If you would like to learn

We had a fabulous group of ladies that went out for a

movie night at Cinema. Many of dies, if not all, at Center. There was and laughter before the show. It was . It made me think need a Night at the one night a month schedule. I will get the rule of the upcoming movies and take a quick which movie has interest. I will then the movie, the day, only a Wednesday and a time on our page, in my Tribune in our calendar in sor and in my Friday. It may or may not be in our Monthly News. You will need to your own movie and snacks.



A group of ladies from the center recently enjoyed a movie night out at Cedar Cinema, visiting at the center before and after the movie. Those who part included, Marce Creeden, Gwen Foor, Mary Ellen Debelak, Kathe Nedeau, Boyd, Donna Mott, Pat Norman, Ann Sangraw, Carol Dixson and Karen Dr

Pioneer Tribune
11/6/25

Senior Citizen News

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

HOW SOCIAL SECURITY CAN HELP YOU WHEN A FAMILY MEMBER DIES

Social Security is there to support you when you lose a family member. Contacting them when you lose a loved one is very important. This ensures that they can provide you with information about benefits you may be entitled to.

You may be eligible to receive Social Security benefits if your loved one worked long enough in jobs protected by provisions in the Social Security Act for benefits eligibility.

What to do

There are a few things you need to do:

Give the deceased's Social Security number to the funeral director because they will report the person's death to Social Security.

Who can get Social Security survivors' benefits

You will be given a one-time lump sum death payment (LSDP) of \$255 to the surviving spouse if they were living with the deceased.

They were living apart from the deceased and eligible for certain Social Security benefits on the deceased record.

If there's no surviving spouse, a child who's eligible for benefits on the de-

ceased's record in the month of death can receive this payment.

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

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

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

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

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

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

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

A surviving divorced spouse, under certain circumstances.

More information

If the deceased was receiving Social Security benefits, you must return the benefits received for the month of death and any later months. If the payment is received by direct deposit, contact the bank or other financial institution. Ask them to return any funds received for the month of death or later. If the benefit is paid by check, please do not send them cash. Instead, return the check to Social Security as soon as possible. Keep in mind that eligible family

members may be able to receive survivors benefits for the month the beneficiary died. Visit the survivor's benefits webpage at www.ssa.gov/survivor for more information.

There are several ways to contact Social Security including online, by mail, by phone and in-person (by appointment). If you cannot use online services, they can assist you by phone or make an appointment to come into an office when you call the toll free 800 number.

If you do not have access to internet, Social Security offers automated service by telephone seven days a week, so you may not need to speak to a representative. Call them toll free at 800-772-1213 or TTY 800-325-0778, if you're deaf or hard of hearing. They provide free interpreter services upon request. For quicker access to a representative, try calling early in the day (between 8 a.m. and 10 a.m. local time) or later in the day. They are less busy later in the week (Wednesday to Friday) and later in the month.

SENIOR CITIZEN ACTIVITIES

Nov. 3 and 24 - Foot clinics, unfortunately, both these clinics are full. Please call the center to be placed on the waiting list in case an appointment becomes available.

Nov. 10 - Craft class at 11 a.m. Call the center if you'd like to participate. Please join us.

Nov. 11 - In honor of Veterans Day, the senior center will be providing a nutrition meal for veterans at no charge. Please call the center at 753-6986 to reserve a meal. The meal will be pork chop suey with brown rice.

Nov. 12 - Thanksgiving Party Dinner with turkey and all the trimmings, 50/50 raffle, door prizes and bingo. Meal reservations must be made by 1 p.m. the previous day.

Nov. 18 - CSFP distribution from 9 - 10 a.m. only. Please do NOT bring your empty boxes back to the center un-

your meal reservation so we may honor you this day.

Nov. 27 and 28 - The center is closed in observance of Thanksgiving. No home delivered or congregate meals served on these days. We will reopen at 8 a.m. on Monday Dec. 1.

November

exercise dates and times

Nov. 5 at 11 a.m.

Nov. 10 at 10 a.m.

Nov. 17 at 10 a.m.

Nov. 24 at 10 a.m.

Coffee and social time to follow.

Nutrition Menu

Nov. 10 - Smothered chicken, cheese hashbrowns, diced carrots, pineapple Mandarin orange mix.

Nov. 11 - Pork chop suey, brown rice, Oriental coleslaw, oriental vegetables, pineapple orange mix.

Nov. 12 - Roast turkey/gravy, mashed potatoes/gravy, green bean casserole, herb stuffing, cranberry sauce, whole wheat dinner roll, pumpkin pie pudding (Thanksgiving party dinner).

Nov. 13 - Stuffed shells w/ marinara, Brussel sprouts, diced carrots, tropical fruit.

Nov. 14 - Polish sausage casserole, green beans, warm applesauce.

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 NOV. 10

Monday - Smothered chicken, cheese hash browns, diced carrots, pineapple/Mandarin orange mix, whole wheat bread.

Tuesday - Pork chop suey, brown rice, Oriental vegetable, Oriental coleslaw, pineapple/Mandarin orange mix.

Wednesday - Roast turkey w/gravy, mashed potatoes w/gravy, green bean casserole, herb stuffing, cranberry sauce, whole wheat dinner roll. numkin pie pudding

Menominee
County
Journal

11/6/25

Marinette Senior Center offers programs, classes

MARINETTE — The Marinette Senior Center will offer plenty of programs and activities this month. For more information on any events, people can visit the center at 1603 Ludington St. or call at 715-732-1280.

MONTHLY CRAFT ACTIVITIES

The craft this month will be a "Gobble till you Wobble" pen craft. Holly will lead the workshop and show you how to make this seasonal pen.

The class will take place at 10 a.m. Monday, Nov. 10. Cost is \$3 for members; \$5 for non-members. Space is limited to 12 participants.

Diamond Painting is offered from 10 a.m. to 11:30 a.m. on Thursdays.

MONTHLY FITNESS ACTIVITIES

Line Dancing is set for Tuesdays from 9:30 to 11 a.m. Cost is \$2 per class, paid to instructor.

Yoga Pilates takes place at 4 p.m. Tuesday, chair yoga at 8 a.m. Wednesday and beginner yoga at 4 p.m. Thursday. These are taught by Ruth

McGuire. A new session began Oct. 28. Advance registration/payment is required.

Women & Strength Program runs from 8 to 9 a.m. on Tuesdays and Thursdays. It is sponsored by Advanced Wellness and Physical Therapy. Sessions run for 24 classes. Cost is \$35 for 24 classes. The current session began Oct. 7.

The walking group meets from 10:30 to 11:30 a.m. on Thursdays. It will meet at the Community REC Center, 2501 Pierce Ave. It is self-led most days.

FOOT AND BLOOD PRESSURE CLINIC

The monthly foot clinic with Registered Nurse Diane will take place from 9 a.m. to 2 p.m. on Nov. 13 and Nov. 20. Cost is \$15 per person paid directly to the nurse. Clients will need to soak their feet 20 minutes prior to their appointment. Advance registration required.

More **SENIORS** | A24

Seniors/ from A17

COMPASSUS GRIEF SUPPORT GROUP

Compassus Hospice offers a drop-in grief support group. It meets from 1:30 to 2:30 p.m. the fourth Thursday of every month. The next meeting is Nov. 20. No

pre-registration required. For more information, people can contact Compassus at 920-321-2004.

MONTHLY CARDS

Games include: Mondays, Pokeno from 10:30 to 11:30 a.m., followed by Far-kle from 11:30 a.m. to 1 p.m. and

Smear from 11 a.m. to 2:15 p.m.; Tuesdays, Thursdays and Fridays, Pinochle from 11:30 a.m. to 2:15 p.m.; Wednesdays, Bingo from 10:30 a.m. to noon and Hand & Foot from 11 a.m. to 2 p.m.; Majong from 12:30 to 2:15 p.m. on Thursdays and from 10 a.m. to 1 p.m. on Fridays; Fridays, Cribbage, 10 to 11:30 a.m.

Eagle Herald

11/7/2025

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Smothered Chicken Chz Hashbrowns Diced Carrots Pineapple/Man Orange Mix Bread, WW Milk, 2%	Pork Chop Suey Brown Rice Oriental Veg Oriental Coleslaw Pineapple/Man Orange Mix Milk, 2%	LIMIT 1 Roast Turkey w/Gravy Mashed Pot w/Gravy Green Bean Cass Herb Stuffing Cranberry Sauce Dinner Roll, WW Pumpkin Pie Pudding Milk, 2% Holiday Meal	Polish Sausage Cass Green Beans Warm Applesauce (FR) Bread, WW Milk, 2
Mon. 11/17/25	Tue. 11/18/25	Wed. 11/19/25	Thu. 11/20/25
Sweet & Sour Meatballs Brown Rice Diced Carrots Chef's Choice Veg Tropical Fruit Milk, 2%	Chicken Stroganoff Diced Beets Peas w/Onions Pineapple Tidbits Bread, WW Milk, 2%	LIMIT 1 Pork Roast Loaded Mashed Potatoes Green Beans Dinner Roll, WW Autumn Fruit Crumble (FR) Milk, 2% Congregate Bday	Cream of Carrot Soup Chicken Salad Sandwich Side Salad w/Chz & TOM Mixed Fruit Cup Milk, 2%
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Tortellini Alfredo w/Peas & Mushr Diced Carrots Chef's Choice Fruit Cup Breadstick, WW Milk, 2%	Western Egg Bake Oven Potatoes Warm Fruit Crisp (FR) Fruit Juice Bread, WW Milk, 2%	Swiss Steak Garlic Mashed Pot Corn Chef's Choice Fruit Cup Bread, WW Milk, 2%	MDSCAA Closed Order an extra meal ahead of time!

Dark
Press
11/10/25

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Manistique Senior Center

Heather Tyner, Activities Director

In the beginning of July, I thought that it would be nice to have a gardening group here at our Center. I then thought that it would be best

done with raised garden beds. I was put in touch with Abbey Palmer, the Michigan State University Extension Community Food Systems Educator at MSU Upper Peninsula Research and Extension Center in Chatham. Abbey coordinates educational activities for people of all ages who are curious about where food comes from and want to learn more about how it is produced. She kindly sent me information on different grants that she thought we could benefit from. One of those grants was through the Schoolcraft County Community Foundation (SCCF). I am proud to announce that our Center was selected on being one of their recipients of a Fall 2025 Mini-Grant Award! We were awarded \$640 to buy eight raised beds to place in our yard at our Center. I am beyond thrilled. Abbey has also generously agreed to come to one of our first garden meetings to help us decide what we would like to grow and how we go about doing so. Our first garden group meeting will be in March, with continued meetings weekly for an hour or two. Please consider joining our garden group.

Another new activity for our Center is Night Out at the



Street Cinema to watch Wicked: For Good. Wicked starts at 7 p.m. and we will be meeting at Cedar Street Cinema. You will need to pay for your own movie ticket, \$8, and your snacks.

We also have Qigong coming to our Center. Qigong, which is pronounced "chee-gong," is a holistic practice that has been developed over thousands of years in China. It integrates physical postures, breathing techniques, and focused intention to enhance health and well-being. Qigong will start in January and will take place the first and third Mondays of the month, from 3:30-4 p.m. Our instructor will be Linda Chandanais. Thank you kindly, Linda. Qigong will be a free activity.

Puzzles & Punch is taking place this weekend! I hope you join us for some puzzling fun. You can bring a snack to share, and we will supply the puzzles, punch and 1st, 2nd and 3rd place prizes. Puzzles & Punch will be 2-5 p.m. this Saturday, Nov. 15.

Stories & Crafts with Seniors and Tots is coming up on Wednesday, Nov. 19, from 10-11 a.m. Monica Powell will be bringing us stories to read about the changing of seasons

Movies. Our first Night Out at the Movies is taking place Wednesday, Dec. 3. We are heading off to Cedar

and creating fun acorn crafts. There will be a snack and drink provided as well. In December our Senior & Tots will be dancing instead of reading with our first Jingle Bell Ball! It will be held on Saturday, Dec. 13, from 2-4 p.m. We will have hot cocoa, cookies, lights, music, dancing and Santa! Thanks to the United Way, Santa will be handing out presents to the children. Thank you kindly, United Way.

Dinner Out this month is taking place on Wednesday, Nov. 19, at Treats and Things. We will be meeting at Treats and Things at 5 p.m. and dining on Nathan's Hot Dogs, Dole Whip for dessert and enjoying entertaining conversation. You will be responsible for paying for your own meal.

Thursday, Nov. 20, is our monthly Movie Day. The movie will begin at 1 p.m. and we will be showing an American musical film, that was released in 1964 and was adapted from the long-running Broadway musical of the same name. The movie, which starred Rex Harrison and Audrey Hepburn, won eight Academy Awards, including that for best picture. There is always free popcorn on movie day.

Coffee Hour with Don & Karen will be Friday, Nov. 21, from 9-10 a.m. They will be meeting you at Cedar Street Cafe this month and next for Coffee Hour. You will be responsible to purchase your own beverage; however, Don & Karen will bring the chit-chat and chuckles for free.

Pioneer
Tribune

11/13/25

Senior Citizen News

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

HELP WITH DRUG COSTS

WHAT'S EXTRA HELP?

"Extra Help" is a Medicare program to help people with limited income and resources pay Medicare drug coverage (Part D) premiums, deductibles, coinsurance and other costs. You also won't have to pay a Part D late enrollment penalty while you receive Extra Help.

Some people qualify for Extra Help automatically, while other people must apply.

Who receives Extra Help automatically? You'll receive Extra Help automatically if you get:

Full Medicaid coverage.

Help from your state paying your Part B Medicare premiums (Medicare Savings Program).

Supplemental Security Income (SSI) payments from Social Security.

You'll get a notice in the mail about your Extra Help. It tells you things like how much you'll pay, and your new Medicare drug plan, if

you don't have one already.

If you don't get Extra Help automatically, you can apply for it at ssa.gov or check with your local senior center for assistance in applying.

You can apply for Extra Help and Medicare Savings Program (MSPs) at the same time. These state programs provide help with other Medicare costs. Social Security will send information to your state to initiate an MSP application unless you tell them not to on the Extra help application.

Who should apply for Extra Help? In most cases, to qualify for Extra Help, you must have income and resources below a certain limit. These limits may go up each year.

Income and resource limits in 2025: See chart below.

If you qualify for Extra Help

You will automatically be enrolled in a Medicare drug plan (Part D), if you don't have one already. This is done so you can receive the cost savings you qualify for.

You will receive a notice telling you:

About your new plan. You can choose a different Medicare drug plan if you want.

That you get Extra Help for the rest of the calendar year.

Even if your income changes in the middle of the year, you'll keep receiving Extra Help through December 31.

If you meet the income and resources for the next year, you'll keep receiving Extra Help. You will only be mailed a notice if:

You no longer qualify for Extra Help.

You get moved to a different plan for next year.

If you don't receive a notice from Medicare or Social Security, you'll keep getting Extra Help and keep the same plan for next year.

What you'll pay under Extra Help in 2025

Plan premium \$0.

Plan deductible \$0.

Prescriptions you fill at one of your plans participating pharmacies:

Up to \$4.90 for each generic drug.

Up to \$12.15 for each brand name drug.

Once your total drug costs (including certain payments made on your behalf, like through the Extra Help Program) reach \$2,000, you'll pay \$0 for each covered drug.

If you receive full Medicaid coverage and are in the Qualified Medicare Beneficiary (QMB) program, you'll pay no more than \$4.80 for each covered drug.

Even if you don't qualify for Extra Help now, you can apply for Extra Help at any time if your income and resources change.

SENIOR CITIZEN ACTIVITIES

Nov. 19 - Monthly Birthday party dinner with 50/50 raffle, door prizes and bingo.

Are you celebrating your birthday in November? Notify the staff when making your meal reservation so we may honor you this day.

Nov. 27 and 28 - The center is closed in observance of Thanksgiving. No home delivered or congregate meals served on these days. We will reopen at 8 a.m. on Dec. 1.

November exercise dates and times

Nov. 17 at 10 a.m.

Nov. 24 at 10 a.m.

Coffee and social time to follow.

Nutrition Menu

Nov. 17 - Sweet and sour meatballs, brown rice, diced carrots, chef's choice vegetables, tropical fruit.

Nov. 18 - Chicken Stroganoff, diced beets, peas w/onions, pineapple tidbits.

Nov. 19 - Pork roast, loaded mashed potatoes, green beans, whole wheat dinner roll, autumn fruit crumble (Birthday Party Dinner).

Nov. 20 - Cream of carrot soup, chicken salad sandwich, side salad with tomato and cheese, mixed fruit cup.

The senior center is now closed on Friday's effective 11/7/25 and no meals will be available.

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 NOV. 17

Monday - Sweet and sour meatballs, brown rice, diced carrots, chef's choice vegetable, tropical fruit.

Tuesday - Chicken stroganoff, diced beets, peas w/onions, pineapple tidbits, whole wheat bread.

Wednesday - Pork roast, loaded mashed potatoes, green beans, whole wheat dinner roll, autumn fruit crumble.

Thursday - Cream of carrot soup, chicken salad sandwich, side salad with cheese and tomatoes, mixed fruit cup.

Friday - Swiss steak, garlic mashed potatoes, corn, chef's choice fruit cup, whole wheat bread.

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

Menominee
County
Journal

11/13/25

Your situation	Income limits	Resource limit
Individual	\$23,475	\$17,600



SOPHIE VOGELMANN/Daily Press

Gary Willoughby, the executive director of the Menominee Delta Schoolcraft Community Action Agency, spoke at the agency's recent Lunch & Learn event to spread awareness about homelessness.

Lunch event focuses on homelessness awareness

By **SOPHIE VOGELMANN**
Staff Writer

ESCANABA — Homelessness isn't a distant issue.

"I get the phone calls constantly, all the time,

from 'I don't know where to go' to 'Me and my children are sleeping in our car,'" said Teresa Boscarino, executive director of the Abundant Life Mission shelter in Menominee. "... People are in crisis, they're not thinking properly, they

need help and guidance; they need food and shelter and what we have is not enough."

For National Homeless Awareness Month, the Menominee Delta Schoolcraft Community Action Agency recently

hosted a Lunch & Learn event at the Escanaba Civic Center to highlight what can lead to homelessness, what's available to address the problem in the region and what more can be

See LUNCH, A3

Daily Press
11/15/2025

LUNCH

Cont. from A1

done.

Speakers included MDSCAA Executive Director Gary Willoughby, MDSCAA Director of Homeless Services Matalyn Thibeault, MDSCAA Homeless Street Outreach Worker Kim Strom, author Dana Longpre and Boscarino.

Menominee, Delta and Schoolcraft counties had 263 individuals and families in the past year who experienced homelessness, Thibeault said. "Homelessness is largely an economic issue — 28% of Michigan renters have extremely low income, and most of them are spending half of their income on rent and have to make tough decisions on necessities," Thibeault said.

The Homeless Assistance Program can help in several ways, she said. They can aid in securing vital documents, such as birth certificates and state IDs, which are important for acquiring housing. The agency also opened a new Master Leasing Program in which they can provide Temporary Assistance for Needy Families-eligible households — families with children — with temporary shelter in two units they lease.

Strom, MDSCAA homeless street outreach worker, discussed their clients' personal experiences in homelessness by reading some anonymous emails addressed to the agency.



SOPHIE VOGELMANN/Daily Press

"I've been homeless on and off for most of my life, so my mentality is stuck in homelessness. I carry everything with me just in case. Even though I found housing, I have a range of emotions from joy to sadness to disbelief. I even asked my new landlord to pinch me so I would know it was real," one wrote.

Guest speaker Longpre spoke about her experiences with homelessness and her book, "In a Van Down by the River: and Other Adventures of a Born Again Aspie."

Longpre said she dealt with homelessness when her family began to unravel after a move to Alaska. She now talks about what happened to her to emphasize learning the reasons behind what leads to homelessness, to better address the issue.

"When you see people on the side of the road, remember their story matters," Longpre said. "They have a back story, and I would say, in my

opinion — and I always talk to these people, because I was one of them — I always say, 'Tell me your story.' That's what I want you to remember from my story today."

MDSCAA offers other resources as well, such as the Rapid Rehousing program, which has short- to medium-term rental assistance to those who are category one, or "literally homeless." Their Emergency Shelter Program provides individuals and families brief motel stays to those requiring emergency shelter. Spaces for these programs are limited and are prioritized based on need determined through assessment.

The agency also can refer people needing help to sites like the Abundant Life Mission, a 24-hour emergency homeless shelter in Menominee that has the capacity to host 88 individuals in their separate men's dorm, women's dorm and family rooms.

Boscarino noted they are always looking for volunteers and donations, which can be dropped off as well at the MDSCAA center's main office, 507 First Ave. N. in Escanaba, where they will transfer them to the Menominee shelter.

Faith Sandahl, who works as a case manager in Lutheran Social Services for Schoolcraft, Delta and Menominee counties, spoke on the Superior Futures for Youth program. It serves those ages 12 to 24 who are either homeless or are at risk for homelessness. Sandahl works closely with schools so they can refer children and their families.

A key factor in dealing with those experiencing homelessness is listening to them with empathy, Willoughby said.

"No story is exactly the same story. You could have a great upbringing and still struggle," Willoughby said. "Some folks, a lot of us grew up pretty

modestly, ourselves, and have been that close (to homelessness), myself included. One more crisis and I would've been there. I've had family members on my couch before as well, that needed that for a couple of months, and you have to be able to be empathic and try and offer that support and just know, we are not guaranteed our jobs, our future, our health, any of those things. Lots of things can sneak into our lives and knock us down a peg or two, and we've got to be there for each other and support them."

MDSCAA is in the middle of its Homeless Awareness Month Donation Drive. Items needed include all-purpose cleaner, bleach, garbage bags (13, 45, 55 gallons), gloves (adult and children), hand warmers, neck warmers, sleeping bags, hygiene kits (travel-sized toiletries), socks and backpacks.

Donations can be dropped off at the agency, 507 First Ave. N. in Escanaba, through Nov. 30.

Manistique Senior Center

Heather Tyner, Activities Director

on. This is a fundraiser for our Center. There are pictures of the quilts on our Facebook page, Manistique Senior Citizen Center, or you can come into our office to see them. The open bids will continue until Wednesday, Dec. 10, at 4 p.m.

Karen will announce the winners at our Christmas Dinner & a Play on Thursday, Dec. 11. You do not need to be present to win. You will need to be able to pick up your quilt at our Center. Thank you kindly for your support.



Courtesy Photo

Puzzle & Punch jigsaw puzzle competition first place winners: Lori Gilbertson, Scott Gilbertson and Mary Ann Pawley.



Courtesy Photo

Get Your Car Ready for Winter was taught by Mr. Calvin Thibault and his automotive students. Pictured from left are, Britt Frain, Doug Thomas, Mr. Thibault, Carol Wiater and Ashton Vincent in front of Carol's car after a one-on-one and hands-on tutorial.

The Manistique Pioneer Tribune
11/20/25

On Thursday, Nov. 13, we had our Get Your Car Ready for Winter class. The class was taught by Mr. Calvin Thibault and three of his automotive students from the Manistique High School, Britt Frain, Doug Thomas and Ashton Vincent. Two of the students also taught our seniors during our Basic Car Care class that was held in May of this year. Our first automotive class was so appreciated by our seniors and enjoyed by the students that Mr. Thibault wanted to do a second class in the fall, Get Your Car Ready for Winter. The students and Mr. Thibault did a one-on-one and hands-on with each senior at their car. Not only did the students go through a winter car care checklist but answered all the questions that were asked. Everyone was all smiles at the end of the class, so we are happy to announce that we will be offering automotive classes with Mr. Thibault and his students twice a year, in the spring and fall. Thank you kindly, Mr. Thibault, Britt Frain, Doug Thomas and Ashton Vincent.

We had three teams for our Puzzles & Punch on Saturday, Nov. 15. It was a grueling competition with fingers moving fast and pieces flying. It took close to two hours for our first-place winners to claim their prize: Lori Gilbertson, Scott Gilbertson and Mary Ann Pawley. Our second-place winners were: Sherryl Faltum, her granddaughter and Dave Faltum. While our third-place winners were: Carol Garai, Lauris Barr and me. Thank you to everyone who came out to enjoy the day. It was a puzzling, good



time.

Coffee Hour with Don, Karen & Henry is this Friday, Nov. 21, from 9-10 a.m. That's right! There will be a special guest appearance by Don's adorable son, Henry. Coffee Hour will take place at Cedar Street Cafe this month and next. You will need to purchase your own beverage. Henry will supply the smiles.

Our Center will be closed on Thursday, Nov. 27, and Friday, Nov. 28. We will be closed on Thursday in observance of Thanksgiving; however, we do have a group of good Samaritans using our building to put on a Community Thanksgiving Meal. There is no charge, and all ages are welcome. You can come for a full meal or just for a slice of pie. The Community Thanksgiving Meal is from noon to 5 p.m. There are rides, take out and home delivery available. Volunteers are needed. Please call Tim with any questions, to set up a ride or home delivery, or if you would like to volunteer at (720)296-1440. This is a community to be thankful for.

On Thursday, Dec. 4, Munising Memorial Hospital: Senior Life Solutions will be at our Center for a Free Depression Screening. The Free Depression Screening will take place from 11 a.m. to noon

As the days grow shorter and colder, many of us experience a shift in mood. This is often called the winter blues or Seasonal Affective Disorder (SAD). If you have noticed changes in your mood, energy or sleep as the seasons change, you are not alone. Take a step toward feeling better and come to our confidential, free depression screening. For more information, please call (906) 387-0701.

Rosemary McCormick will be doing another Card Class with us on Thursday, Dec. 4, from 2-3:30 p.m. She is putting together two fun fold cards for us to create, both of them are in the holiday spirit. Rosemary is also working on a Santa Slider card for us to make as well. This is a free class; however, seating is limited and you will need to RSVP.

On Friday, Dec. 5, from 11-11:30 a.m. we have the St. Francis student theatre troupe coming to our Center! Students from third through eighth grades from St. Francis Catholic School will perform for us Heaven's Greatest Present. It is a 30-minute presentation that will feature short adaptations of "A Christmas Carol" and "The Little Match Girl". Please join us for the four one act plays and support the St. Francis theatre students.

Our Christmas Dinner & a Play is sold out. We sold 72 seats in two weeks. Wow. We can put you on a cancellation list. Our actors are hard at work, and we have been busy planning. Please remember that we have two gorgeous handmade quilts that were donated that we are currently taking open bids

The Manistique Pioneer Tribune
11/20/25

Senior Citizen News

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

BECKY THOUNE

HOW THE AGING BRAIN AFFECTS THINKING

The brain controls many aspects of thinking, remembering, planning and organizing, making decisions and much more. These cognitive abilities affect how well we do everyday tasks and whether we can live independently.

Some changes in thinking are common as people get older. For example, older adults may:

- Be slower to find words and recall names.

- Having problems with multitasking.

- Experience mild decreases in the ability to pay attention.

- Aging may also bring positive cognitive changes. For example, many studies have shown that older adults have larger vocabularies and

greater knowledge of the depth of meaning of words than younger adults. Older adults may also have learned from their many years of accumulated knowledge and experiences. Whether and how older adults apply this knowledge, and how the brain changes as a result, is an area that researchers are actively exploring.

Despite the changes in cognition that may come with age, older adults can still do many of the things they have enjoyed their whole lives. Research shows that older adults can still:

- Learn new skills.

- Form new memories.

- Improve vocabulary and language skills.

How the brain changes as people age

- As a person gets older, changes occur in all parts of the body, including the brain.

- Certain parts of the brain shrink, including those important to learning and other complex mental activities.

- In certain brain regions, communication between neurons may be less effective.

tive.

Blood flow may decrease.

Inflammation, which occurs when the body responds to an injury or disease, may increase.

These changes in the brain can affect mental function, even in older adults. For example, some older adults may find that they don't do as well as younger individuals on complex memory or learning tests. However, if given enough time to learn a new task, they usually perform just as well. Needing that extra time is normal as people age. There is growing evidence that the brain maintains the ability to change and adapt so that people can manage new challenges and tasks as they age. Talk with your doctor if you're concerned about changes in your memory and thinking. They can help you determine whether those changes are normal or whether it could be something else.

The brain body connection

There is growing scientific evidence of brain-body connection. Not only can changes in our brain affect our thinking but also changes in our physical health may affect our brains.

For example, an NIA funded study of almost 3,000 older adults showed that healthy lifestyle factors, physical activity, not smoking, not drinking heavily, following the Mediterranean style diet, and engaging in mentally stimulating activities, can have important benefits. People who engaged in four or five of these behaviors had a 60 percent lower risk of developing Alzheimer's compared to those who only followed one or none. People who followed two or three of the activities had a 37% lower risk.

In another study, older adults with higher levels of physical activity showed slower rates of cognitive decline than peers who were less active. Another example of how physical health can affect brain health has to do with the heart. Observational studies have found that high blood pressure in

middle age, along with other cerebrovascular risk factors, such as diabetes and smoking, increase the risk of developing dementia.

SENIOR CITIZEN ACTIVITIES

Nov. 27 and 28 - The center is closed in observance of Thanksgiving. No home delivered or congregate meals served on these days. We will reopen at 8 a.m. on Dec. 1.

November exercise dates and times

Nov. 24 at 10 a.m.

Coffee and social time to follow.

Nutrition Menu

Nov. 24 - Tortellini Alfredo w/peas and mushrooms, diced carrots, whole wheat breadstick, chef's choice fruit cup.

Nov. 25 - Western egg bake, oven potatoes, fruit juice, warm fruit crisp.

Nov. 26 - Swiss steak, garlic mashed potatoes, corn, chef's choice fruit cup.

Nov. 27 - Closed for Thanksgiving.

The senior center is now closed on Friday's effective 11/7/25 and no meals will be available.

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 NOV. 24

Monday - Tortellini Alfredo w/peas and mushroom, diced carrots, chef's choice fruit cup, whole wheat breadstick.

Tuesday - Western egg bake, oven potatoes, warm fruit crisp, fruit juice, whole wheat bread.

Wednesday - Hamburger gravy, mashed potatoes, corn, chef's choice fruit cup, whole wheat bread.

Thursday - Closed.

Friday - Closed.

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

Menominee
County Journal

11/20/25

Thanksgiving dinners set in Escanaba and Gladstone

By SOPHIE
VOGELMANN

Staff Writer

ESCANABA – Local residents will have the opportunity to enjoy Thanksgiving meals at no cost in both Escanaba and Gladstone next week.

This year's Delta County Community Thanksgiving dinner will be 11:30 a.m. to 1:30 p.m. Thursday at the Escanaba High School, 500 S. Lincoln Road.

To-go meals will be offered. Both to-go meals and sit-down meals should be reserved no later than Tuesday by calling the Escanaba Senior Center at 906-786-8850.

Free DATA Bus rides

See DINNERS, A3

DINNERS

Cont. from A1

are available for anyone needing transportation and can be reserved by calling the Escanaba Senior Center.

"This has been an annual event for over 40 years on Thanksgiving. Every year our numbers increase," Lydia LaPalm, Escanaba Senior Center administrator, said in a written statement.

LaPalm estimates 750 people will come for this year's Thanksgiving dinner. In 2024, roughly 75 volunteers served more than 658 meals to Delta County residents.

"Donations of money and food are solicited for this meal in the Delta County area. We, in return, find out the need of the

Escanaba Jr/Sr High School kitchen and give back to them each year," LaPalm said.

Delta County Community Thanksgiving dinner organizers are still seeking volunteers, particularly six volunteer turkey carvers who can come in for 8 a.m. to noon Wednesday. To volunteer, go to <https://www.communitythanksgivingdinner.org/volunteer>.

Grace Church, 528 28th St. in Gladstone, will host its annual community Thanksgiving dinner from 11 a.m. to 2 p.m. Thursday. The meal may also be delivered to those who are unable to attend in person.

Those who want to reserve a meal — in person or delivered — should contact Grace Church no later than Tuesday by either calling 906-428-1331, emailing Info@grace906.com or

going to the event link, grace906.com/events.

While walk-ins will be served, meal reservations are preferred.

"It is a traditional Thanksgiving dinner, so we have turkey and dressing, mashed potatoes and gravy, cranberries, sweet potatoes baked with marshmallows on them, and we do a green bean casserole. Then we have pumpkin, pecan and apple pies," said Christa Klarich, who coordinates the dinner along with her husband, Tony.

The church has hosted Thanksgiving dinner for more than 15 years. About 130 to 150 people typically turn out for the event.

The dinner was previously coordinated by Todd Belongie, a member of Grace Church, but the Klarichs took over after Belongie's passing a couple of years ago.



Daily Press file photo

Both Escanaba and Gladstone will have Thanksgiving dinners prepared at no cost for the community next week. Here, volunteers worked to prepare meals for the Community Thanksgiving Dinner at the Escanaba High School in 2024.

The Daily Press
11/21/25

TAKE A RIDE TO HERMANSVILLE



Hermansville Happenings

The IXL Historical Museum
is now open for the season!

Bring The Family & Step Back In Time!

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

STEWART
MANUFACTURING, LLC

N16415 Earl Dr., Hermansville, MI 49847

906-498-7600

1-800-511-9764 / Fax: 906-498-7597

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11/21/25

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Senior Citizen News

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

ENERGY ASSISTANCE PROGRAMS

STATE EMERGENCY RELIEF - State Emergency Relief (SER) is a crisis intervention program administered by MDHHS that aids with energy related expenses such as heating fuel and electricity. To qualify, a customer must have an income below 150 percent of the poverty level and be past due on their utility bills, facing imminent shutoff, or have had their services shut off. Customers interested in receiving SER can apply through MI Bridges or through a paper application that is returned to the local MDHHS office.

WEATHERIZATION SERVICES - Customers at or below 200 percent of the Federal Poverty Level may qualify for assistance with home improvement projects that will improve the energy efficiency of their home which in turn lowers their energy bills. Contact Community Action Agency in Escanaba at 906-786-7080 for more information.

HOME HEATING CREDIT - the home heating credit is a tax credit available to customers at or below 110 percent of the Federal Poverty Level. Customers apply for the credit on their annual tax forms through the Michigan Department of Treasury. Customers may apply for the credit even if they are not required to file a Michigan income tax return. The application for the credit must be filed between Jan. 1 and Sept.

30 each year.

ASSURANCE 16 SELF-SUFFICIENCY SERVICES - Assurance 16 self-sufficiency services provides households with the tools to reduce their home energy needs and thereby the need for energy assistance. These services include needs assessments, counseling, and assistance with energy vendors. To qualify, customers must be at, or below, 150 percent of the Federal Poverty Level. Customers interested in receiving Assurance 16 services should call 2-1-1.

MI ENERGY ASSISTANCE PROGRAM - The Michigan Energy Assistance Program (MEAP) works with households to provide supplemental bill payment assistance, including enrollment in a longer term (24 month) affordable payment plan for customers of participating utilities, and self-sufficiency services to low-income residents statewide. Importantly, this assistance program can be used for electricity, natural gas, or deliverable fuels like propane, fuel oil or wood. To qualify, customers must be at or below 150 percent of the federal poverty level and have received State Emergency Relief Assistance.

SHUT OFF PROTECTIONS

Medical Emergency Shut-off Protection - Households where a member is experiencing a medical emergency that would be made worse by lack of utility services are eligible for up to 3, 21 day shut off holds in any 12-month period. Customers needing a Medical Emergency shut off hold need to submit the Commission approved medical certification form to their utility provider. Customers should direct any questions or requests for the form to their utility provider.

Critical Care Customer Shut-off Protection - The Critical Care Customer Protection requires that utilities refrain from disconnecting service where a disconnection would be immediately life threatening. The customer must submit the Commission approved medical certification form to their utility provider and must renew the form annually if the critical

ity must be informed of any planned service interruptions.

Winter Protection Plan - The Winter Protection Plan prevents shut off of utility services for senior customers who are age 65 and older during the heating season (November 1-March 31). Qualifying customers must notify their utility. Any unpaid balances accrued during the heating season must be paid in monthly installments outside of the heating season.

Military Protection Plan - The Military Protection Plan (WPP) prevents the shut off of eligible military customers for up to 90 days with a potential 90-day extension under certain circumstances. Any balance due to the protection periods will be split into monthly installments and must be repaid.

Winter Protection Plan - The Winter Protection Plan (WPP) prevents utility shut off of qualifying customers during the heating season (November 1 - March 31) for reasons of nonpayment. Qualifying customers are those at or below 150 percent of the Federal Poverty Level and are enrolled in, and making payments under, a monthly payment plan for the duration of the shut-off protection period.

Shut Off Protection - The Shut-off Protection Plan is available for qualified customers of Consumers Energy and DTE Energy. The protections afforded are like those under the Winter Protection Plan except that customers up to 200 percent of the Federal Poverty Level may qualify.

SENIOR CITIZEN ACTIVITIES

Nov 27 and 28 - The center is closed in observance of Thanksgiving. No home delivered or congregate meals served on these days. We will reopen at 8 a.m. on Dec. 1.

Dec. 10 - Craft day begins at 1 p.m. Please call the center if you would like to participate. The group will be making Christmas trees out of Christmas ornaments.

Dec. 17 - Christmas / Birthday party dinner with special holiday music by Larry and Cheryl Pepin beginning at 11 a.m. Please arrive early

your birthday in December? If so, let us know when reserving a meal so we may honor you.

Dec. 24, 25 and 31 - The senior center will be closed for Christmas and New Year's Eve. If you are a home delivered meal client, please order extra meals to cover for the days we are closed. We want to make sure you have enough food.

December exercise dates and times

Dec. 5 at 11 a.m.
Dec. 10 at 11 a.m.
Dec. 15 at 10 a.m.
Dec. 22 at 10 a.m.
Dec. 29 at 10 a.m.

Coffee and social time to follow.

Nutrition Menu

Dec. 1 - Mushroom and Swiss burger, tater tots, chef's choice vegetables, fruit cocktail.

Dec. 2 - French toast sausage bake, oven potatoes, warm applesauce, fruit juice.

Dec. 3 - Apple glazed pork chops, mashed garlic potatoes, green beans, diced peaches.

Dec. 4 - Cream of potato soup, tuna salad spread w/ whole wheat bread, carrot raisin salad, tropical fruit.

The senior center is now closed on Friday's effective 11-7-25 and no meals will be available.

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

HERMANVILLE SENIOR CITIZEN MENU WEEK OF DEC. 1

Monday - Mushroom and Swiss burger, tater tots, chef's choice vegetable, fruit cocktail.

Tuesday - French toast sausage bake oven potatoes, warm applesauce, fruit juice.

Wednesday - Apple glazed pork chop, garlic mashed potatoes, green beans, diced peaches, whole wheat bread.

Thursday - Cream of potato soup, tuna salad spread, whole wheat sandwich

Menominee
County Journal
11/27/25

Manistique Senior Center

Heather Tyner, Activities Director



December is right around the corner, and it will be one of our busiest months yet. Not only do we have our normally full schedule of activities, but we have added several events to our calendar as well. One of the added events is our Christmas Paint & Social District Sip on Monday, Dec. 1, starting at 5:30 p.m. We still have a few spots left and the cost is \$30. I will be heading to Wheaty's for dinner before the paint & sip. If anyone would like to join me for dinner, whether you have signed up for the paint & sip or not, I will be at Wheaty's a little after 4 p.m. After dinner I will head back to our Center for the Christmas Paint & Social District Sip. If you decide to join me at Wheaty's you will need to pay for your own meal.

On Wednesday, Dec. 3, we have Bowling at Ten Pin Alley and our first Night Out at the Movies. Bowling at Ten Pin Alley is 4:30-6 p.m. For our Night Out at the Movies we will be meeting at Cedar Street Cinema for the 7 p.m. movie. We will be watching *Wicked: For Good* that evening. Bowling, shoes, the movie and your snacks you will need to purchase.

Munising Memorial Hospital: Senior Life Solutions is kindly visiting our Center on Thursday, Dec. 4. It is for a Free Depression Screening, and it will take place from 11 a.m. to noon. It is that time of year when some of us have a change in mood, energy or sleep while the season changes. Some call this the winter blues; it is also known as Seasonal Affective Disorder (SAD). There is help. Please come to Senior Life

Solutions free and confidential depression screening. If you have any questions, please call (906) 387-0701.

On Thursday, Dec. 4, we also have Mexican Train Dominoes at 1:30 p.m., Holiday Card Making with Rosemary at 2 p.m. and Grief Support Group at 5 p.m. If you would like to join us for our Card Making Class, please RSVP. Seating is limited. For Grief Support all ages are welcome and they will be going over *Grieving Through the Holidays*.

There will be no Drum Aerobics Class on Friday, Dec. 5. Instead, we have students from St. Francis de Sales School coming to put on one act plays for us! There will be third through eighth grade theatre students performing short adaptations of "A Christmas Carol" and "The Little Match Girl". In addition to these seasonal favorites, there will be original monologues, parables, historical speeches, and more! Please join us and support the students in their first presentation of *Heaven's Greatest Present*.

Besides the St. Francis theatre troupe on Dec. 5, we have a few other big events happening at our Center in December. We have our Christmas Dinner & a Play on Dec. 11, from 4-6 p.m, which is sold out. On Saturday, Dec. 13, our Seniors & Tots is hosting their

first Jingle Bell Ball from 4-6 p.m.! Bring your young ones and enjoy hot cocoa, holiday cookies, lights, music, dancing and Santa! And thanks to the United Way of Delta County Santa will be handing out presents to the young ones.

Another event in December that deserves mention is our Christmas Concert Potluck on Thursday, Dec. 18. The Christmas Concert will begin at 4 p.m. with Gwen and her ukulele group. At 4:30 p.m. our Senior Swinger Band will also grace us with a few holiday songs. At 5 p.m. we will enjoy our potluck. Please bring a dish to share. Our last big event of the Christmas season will be our third Saturday Night at the Center Dance on Saturday, Dec. 20. Wear your ugly sweater and your best pair of dancing shoes and join us for lights, music and boogying from 7-10 p.m. You can social district if you like. Unless mentioned our activities and events are free.

Not only do we have a full schedule of events and activities at our Center, but we also have our Manistique Senior Center Gift Shoppe. Every item in our Gift Shoppe is handmade by one of our seniors. We have aprons, dishtowels, hand towels, scrubbies, bowl koozies, casserole carriers, baby bibs, blankets, sweaters, booties, bees, turtles, children's books, soaps, purses, bags, doilies, wall art and so much more. Give a gift made with love this holiday, and support our seniors and our Center, by visiting our Gift Shoppe. Our Center is open Monday through Friday, 8 a.m. to 4 p.m. We hope to see you soon.

Pioneer
Tribune

11/27/25