

R. R. BRANSTROM/Daily Press

Speaking to Senior Expo attendees at the Highland Golf Club on Tuesday, Rachel Davison of Lakestate Industries explains how the organization helps people with barriers to employment find opportunities.

Full house for 15th Senior Expo at Highland Golf Club

By R. R. BRANSTROM

Staff Writer

ESCANABA — Speakers from 10 different organizations presented to a full dining room at the Highland Golf Club on Tuesday for the area's 15th-annual Senior Expo.

The event, organized by the Daily Press, provides senior citizens with resources that may be relevant to their needs or interests, plus a luncheon. Tickets to the expo were distributed to the first 300 people to request them. Admittance cost only a canned food donation, which was later passed on to the Salvation Army.



The Highland Golf Club prepares a lunch of salads, soups, sandwiches, baked goods and beverages for the 15th-annual Senior Expo on Tuesday.

Featured guests this year were: Melissa Bruemmer from Broeders, physician assistant at UP Health System, discussing heart health; LakeHouse Senior Living Sales Director Cindy Gendron; Dr. Amanda Bruemmer from OSF St. Francis Hospital, talking about how people can advocate for their wishes in late-life care; Gary Willoughby, who

spoke about a number of programs offered through the Community Action Agency; Delta Area Transit Authority, or DATA, Mobility Manager Amy Fudala; elder law attorney Jacob Lynch, who works with Ryan & Lynch Law in Iron Mountain; Krista Mattson and Rachel Davison, Lakestate Industries of Escanaba; from Skradski Family Funeral Homes, Funeral Directors Jeff Waage, Scott Steichert and Jenna Leisner, plus Pre-Need Counselor George VanDreel and Pancake, grief comfort dog; and Gayle Deshambo, president of

See FULL, A3

FULL

Cont. from A1

the Delta County Cancer Alliance.

A special highlight was a performance by the Remnants Barbershop Chorus just before the lunch break. The buffet lunch was catered by the Highland Golf Club.

Prizes — gift cards to Elmer's County Market — were drawn between speakers. Attendees also had the opportunity to buy raffle tickets to benefit the Delta County Cancer Alliance during the event. Each person present also received a goodie bag containing various small tokens.

This year was the second time the Senior Expo took



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Remnants Barbershop Chorus sings between speakers at the Senior Expo on Tuesday.

place at Highland Golf and the Upper Peninsula R. R. Branstrom can be Club; previously it had been State Fairgrounds' Ruth reached at 906-786-2021 or at the Terrace Bay Hotel Butler Building. rbranstrom@daily-press.net.

Daily Press

10/11/22

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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

MEDICARE'S OPEN ENROLLMENT

What kind of benefits do Medicare Advantage Plans offer? A Medicare Advantage supplemental benefit is an item or service not covered by Original Medicare. These benefits do not need to be provided by Medicare providers or at Medicare certified facilities. To receive them, you just need to follow your plan's rules. There are different types of Medicare Advantage supplemental benefits you may receive like:

Commonly offered primarily health related benefits include dental care, vision care, hearing aids, and gym memberships. These Medicare Advantage supplemental benefits can be available with no additional premium. However, some Medicare Advantage supplemental benefits are optional and require paying an additional premium. This is often the case for dental and vision benefits.

Less commonly offered are non-primary health related Medicare Advantage supplemental benefits for beneficiaries who have chronic illnesses. These benefits address environmental factors that may affect your health, functioning, quality of life, and levels of risk. Examples of those benefits are meal delivery, transportation for non-medical needs and home air cleaners. You are considered chronically ill if you:

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

Have a high risk of hospitalization or other negative health outcomes, and requires intensive care coordination.

If you meet these criteria, a Medicare Advantage plan may offer you one of these

maintaining your health or function. Medicare Advantage plans can create sets of Medicare Advantage supplemental benefits to meet your needs. Your set of Medicare Advantage supplemental benefits may be different from another person in the same Medicare Advantage plan. For example, a plan might cover services like home air cleaning and carpet shampooing if you have severe asthma. While you may be able to get that service covered, a person whose asthma is mild would not.

In some cases, there may be no Medicare Advantage plan in your area that covers the Medicare Advantage benefits that you need.

These supplemental benefits mean that there may be more factors to consider when comparing Medicare Advantage plan options during Open Enrollment. Carefully review your Medicare Advantage plan's evidence of coverage and any other materials from your plan. If you are considering a new plan that offers its members additional supplemental benefits, make sure to find out about the costs and coverage restrictions associated with those benefits.

How can I protect myself from marketing violations and fraudulent activities? During Open Enrollment, there is a higher risk than usual for fraudulent activities. Medicare has rules about how plans can and cannot communicate with you during Open Enrollment to market their insurance products. Knowing how to protect yourself from, detect and report marketing violations and enrollment fraud will help save both you and Medicare money. Plans are allowed to send you emails and/or direct mail, but they are not allowed to call you or visit you in person to market their products without your permission. Plans that send emails must provide an opt-out option for people who no longer wish to receive them. Watch out for people who:

Pressure you to join their plan.
Tell you they represent Medicare or are calling on behalf of Medicare.

offer services or equipment. Offer free consultations only to people with Medicare and ask for your Medicare number.

Claim you are missing out on entitled plan benefits.

Inform you that you will lose your Medicare benefits unless you sign up for a certain plan.

Require you to provide contact information at an event for a plan (note that contact information provided for raffles or drawings may only be used for that purpose).

Before you enroll in a plan, make sure you understand what the plan covers, how it affects your Medicare benefits and other health benefits (like Medicaid or your retiree/union coverage), and whether it covers the drugs you need. Contact a plan directly to confirm if it will cover certain services for you, and make sure that you get everything in writing. An agent or broker should never pressure or mislead you into joining a plan. If you feel an insurance agent has violated Medicare's marketing rules, you should save all documents (such as an agent's business card or marketing materials) or other suspicious information, such as recorded messages, and contact the Senior Medicare Patrol at 844-677-6424. Your SMP can help you prevent, identify and report marketing violations, as well as other forms of Medicare fraud and abuse.

SENIOR CITIZEN ACTIVITIES

Oct. 13 - Foot clinic by appointment only. The clinic is currently full; these clinics fill up extremely fast. You can call to put your name on the waiting list in case a cancellation becomes available.

Oct. 20 - Craft class begins at 11 a.m.; please let the office know if you would like to participate so we have enough materials for everyone. If you would like to have lunch after class, please call the center to reserve a meal.

Oct. 22 - Monthly birthday party dinner with 50/50 raffle, door prizes, cake, ice cream and bingo. Are you celebrating your birthday?

we may honor you.

Oct. 31 - Halloween party with treats, door prizes and bingo after lunch. Prize for best dressed Halloween costume. Sorry, Halloween shirts don't count.

October exercise dates and times

Oct. 1 at 11 a.m.
Oct. 8 at 11 a.m.
Oct. 15 at 11 a.m.
Oct. 20 at 10 a.m.
Oct. 29 at 11 a.m.
Coffee and social time to follow.

Nutrition Menu

Oct. 6 - Roast turkey/gravy, mashed potatoes and gravy, Capri vegetables, diced peaches.

Oct. 7 - BBQ meatballs, brown rice, corn, five-way mixed vegetables, pineapple tidbits.

Oct. 8 - Penne chicken casserole, Italian vegetables, Brussels sprouts, fruit yogurt.

Oct. 9 - Beef chili, sweet potato wedges, cornbread, warm cinnamon apples.

Oct. 10 - Baked macaroni and cheese, stewed tomatoes, green beans, diced pears.

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 OCT. 6

Monday - Roast turkey w/gravy, mashed potato w/gravy, Capri vegetable, diced peaches, whole wheat bread.

Tuesday - BBQ meatballs, brown rice, corn, five-way mixed vegetable, pineapple tidbits.

Wednesday - Penne chicken casserole, Italian vegetable, Brussels sprouts, fruit yogurt, whole wheat bread.

Thursday - Beef chili, sweet potato wedges, cornbread, warm cinnamon apples.

Friday - Baked macaroni and cheese, stewed tomatoes, green beans, diced pears, whole wheat bread.

M. K. N. M.
C. C.
J. J.

10/21

Manistique Senior Center

Heather Tyner, Activities Director

October is here and it is bringing a rather busy month to our Center. This weekend starts off with our CBC Bake Sale & Craft Sale on Saturday, Oct. 4. The Bake & Craft Sale will take place from 9 a.m. until 2 p.m. There will be Turkey Dumpling Soup with a roll available for take-out for \$5. All of the bake sale proceeds will benefit CBC and the rest, such as the table rental for crafts, will benefit our Center. If you would like to donate baked goods, please drop them off on Friday, Oct. 3, from 8 a.m. to 3 p.m. or on the morning of the bake sale between 8-9 a.m. You can still rent a craft table for \$15. You only need to come to our office to sign up and pay the fee. Thank you kindly for your support.

This month we are also starting a new activity, Drum Aerobics with HBH. We will be working with Schoolcraft County's Hiawatha Behavioral Health (HBH), Sheila Marks. Sheila Marks, who is a Day Program Support Staff for HBH, helps to run the Options program. The Options program, community integration activity for persons with disabilities, allows Sheila to take her clients out into the community for different activities: crafts, exercise, volunteering opportunities and to the library. Sheila and her group will be visiting our Center every Tuesday, starting Oct. 7, from 10:30-11 a.m. to do a lower impact drum aero-



bics. We will be sitting in a chair and going at a slower pace. I am looking for seniors to volunteer to help and encourage our HBH par-

ticipants. I would also like to open this class up to any of our seniors that would like to try a lower impact drum aerobics class. If you are interested in Drum Aerobics with HBH you only need to show up. If you are interested in learning more about the Options program with HBH, please call our Schoolcraft County's Hiawatha Behavioral Health at (906) 341-2144.

On Wednesday, Oct. 8, from 10-11 a.m. we have our second Medicare 101 Seminar put on by Putvins' Medicare specialists. The Medicare specialists will talk about Medicare and Medicare D Drug Plan and answer your questions. This seminar is open to the public and light refreshments will be served. That same day, from 12:30-2:30 p.m., is our Foot-Care clinic. If you would like to make an appointment, please call our office at (906) 341-5923. On Thursday, Oct. 9, is Yahtzee! Yahtzee! takes place at 1:30 p.m.

We will be closed on Monday, Oct. 13, in observance of Columbus Day. On Wednesday of that week our Senior Swingers are playing at Medicare for their birthday celebration. Break a leg Swingers! For a spook-tacular good time join us for The Price is Fright Potluck

on Thursday, Oct. 16. Please bring a dish to share to our potluck, which will take place from 4-5 p.m., and at 5 p.m. come on down for The Price is Fright. Our game show will be played much like its namesake, with a possibility to win prizes as well. If you would like a ghost of chance to play The Price is Fright you must be in costume. We hope to scare you there!

On Saturday, Oct. 25, we have our Halloween Night at the Center! This is our second Saturday night dance. Our first was well attended and a very good time. There will be lights, music, dancing and costumes if you so choose. The music is what you request. There will be pop and chips for sale, and you can social district if you would like. This event is free. You only need to show up with your dancing shoes on and ready to have fun.

We are looking for people remotely interested in playing Pickleball. If you think you would like to play, whether you are just starting out or are thinking of hitting the pro circuit, we are looking to help start a Pickleball group. Please call our Center to let us know at (906) 341-5923.

Our Senior Center is thriving and it is because of the help and advertising from both of our local newspapers, The Advisor and The Pioneer Tribune. The Advisor has been running our weekly calendar for free the last few weeks, and the Pioneer Tribune allows a spot for my article. Thank you kindly to both The Advisor and the Pioneer Tribune.

Pioneer
Tribune

10/2/2

Community Action Agency Senior Nutrition Program

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

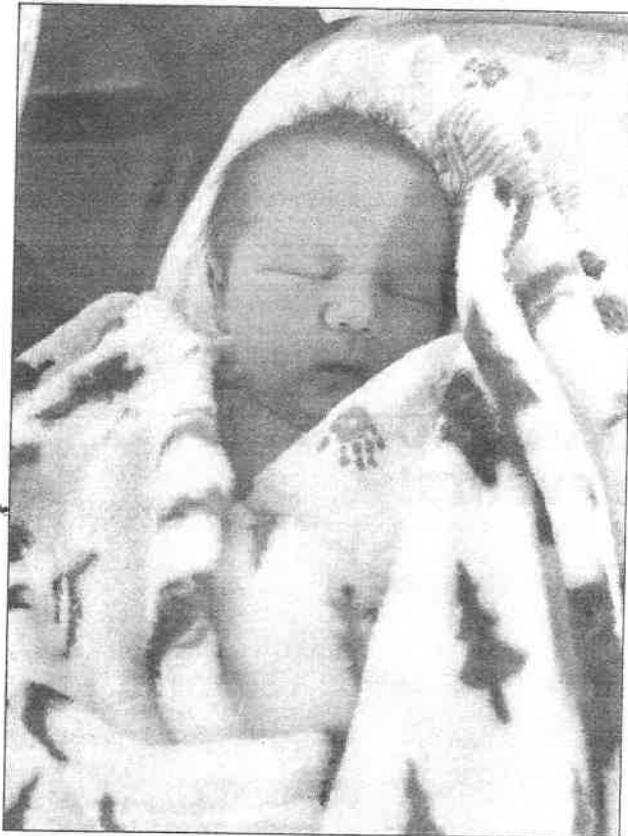
All meals also come with Bread, Milk, and Margarine. Lunch reservations must be called in the day before by calling from 8:00am-2:30pm at your area local number. Menu modifications may be necessary at times.

Suggested meal donation is \$4.00

		Wed, 10/1/25	Thu, 10/2/25	Fri, 10/3/25
		Yes [] No Ham Meatloaf Root Veg Blend Diced Carrots Pineapple Tidbits Bread, WW Milk, 2%	Yes [] No Chicken Stew Green Beans Sweet Pot Tater Tots Biscuit Diced Pears Milk, 2%	Yes [] No Hobo Dinner Carrots, Sliced Potatoes, Sliced Chef's Choice Veg Chefs Choice Fruit Cup Breadstick, WW Milk, 2%
Mon, 10/6/25	Tue, 10/7/25	Wed, 10/8/25	Thu, 10/9/25	Fri, 10/10/25
Yes [] No Roast Turkey w/ Gravy Mashed Pot w/ Gravy Capri Veg Diced Peaches Bread, WW Milk, 2%	Yes [] No BBQ Meatballs Brown Rice Corn 5-Way Mixed Veg Pineapple Tidbits Milk, 2	Yes [] No Penne Chicken Cass Italian Veg Brussel Sprouts Fruited Yogurt (FR) Bread, WW Milk, 2%	Yes [] No Beef Chili Sweet Pot Wedges Cornbread Warm Cin Apples (FR) Milk, 2%	Yes [] No Baked Mac & Cheese Stewed Tomatoes Green Beans Diced Pears Bread, WW Milk, 2%
Mon, 10/13/25	Tue, 10/14/25	Wed, 10/15/25	Thu, 10/16/25	Fri, 10/17/25
Yes [] No Sloppy Jbes Hamburger Bun, WW Tater Tots Corn Tropical Fruit Milk, 2%	Yes [] No Baked Ham Scalloped Potatoes Green Beans Pineapple Tidbits Bread, WW Milk, 2%	Yes [] No Baked Turkey Crunch Herb Mashed Pots Green Peas Fruit Cocktail Bread, WW Milk, 2%	Yes [] No Sweet Pot Tater Tots Biscuit Warm Applesauce Milk, 2	Yes [] No Chicken Fettuccini Alfredo Chefs Choice Veg Side Salad w/Chz & Tom Warm On Peaches (FR) Breadstick, WW Milk, 2
Mon, 10/20/25	Tue, 10/21/25	Wed, 10/22/25	Thu, 10/23/25	Fri, 10/24/25
Yes [] No Swiss Chicken Breast Brown Rice Corn Chef's Choice Veg Diced Pears Milk, 2%	Yes [] No Pork Fritter w/ Gravy Mashed Pot w/ Gravy Succotash Veg Apple Slices Bread, WW Milk, 2	Yes [] No Turkey Meatloaf 5-Way Mixed Veg Boiled Red Potatoes Chef's Choice Fruit Cup Bread WW Milk, 2%	Yes [] No Navy Bean & Ham Soup Side Salad w/Chz & Tom Pineapple/Man Orange Mix Breadstick, WW Milk, 2	Yes [] No Spaghetti w/Meat Sauce Diced Beets Brussel Sprouts Fruit Cocktail Bread, WW Milk, 2%
Mon, 10/27/25	Tue, 10/28/25	Wed, 10/29/25	Thu, 10/30/25	Fri, 10/31/25
Yes [] No Beef Steak w/ Gravy Au Gratin Potatoes Chefs Choice Veg Chef's Choice Fruit Cup Bread, WW Milk, 2%	Yes [] No Bourbon Chicken Brown Rice California Veg WaxBeans Diced Peaches Milk, 2%	Yes [] No LIMIT 1 Smothered Pork Chop Garlic Mashed Pot Corn Peach Dump Cake (FR) Dinner Roll, WW Milk, 2	Yes [] No Minestrone Soup Turkey & Swiss Sandwich Bread WW Cucumber & Tom Salad Tropical Fruit Milk, 2%	Yes [] No Beef Goulash Root Veg Blend Warm Applesauce Breadstick, WW Milk 2% Pumpkin Pie Pudding

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

BIRTH ANNOUNCEMENT



Drew Corey Wicklund

September 7, 2025

RAPID RIVER — Caitlyn (Leisner) and Austin Wicklund of Rapid River, a son, Drew Corey Wicklund, born Sept. 7, 2025, at OSF St. Francis Hospital in Escanaba. Weight was 8 pounds, 13.5 oz.; length was 21 inches at birth.

Grandparents are Rob and Pam Leisner of Gladstone, Faye and Gary

VanOrder of Gladstone and Corey and Melissa Wicklund of Rapid River. Great-grandparents are Harold and Cheryl Leisner of Escanaba, Jean and Gerald Miron of Cornell, Lowell and Diane Wicklund of Rapid River, Patsy Mathe of Escanaba, Jack and Cindy Bedard of Gladstone, and John Kleikamp of Powers.

Daily Press 10/7/25

New Parkinson group

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

Daily Press

10/8/25

Manistique Senior Center

Heather Tyner, Activities Director

Last Saturday, Oct. 4, was our CBC Bake Sale and Craft Sale. Thank you to everyone who came out to support our fundraiser. We raised over \$600 to donate to CBC. We would also like to thank those who volunteered their time and made this fundraiser possible: Kim Chartier, Bonnie Hokenson and Pam Aldrich. We would also like to thank our bakers who donated their delicious baked goods: Bernie Beaudre, JoAnn Milavec, Bonnie Hokenson, Terry Williams, Randy Akers, Karen Meston, Kim Chartier, Kristin Anderson, Pam Aldrich, Sally Staszak and many anonymous bakers as well.

This Friday, Oct. 10, at 11:30 a.m. UP SAIL will be meeting us at the Environmental Lab for a Spooky Scavenger Hunt. Please join us, in costume or come as you are, to look for the spookier side of nature. UP SAIL will provide a list, and you will need to use your imagination to find shapes, shadows, and objects that look like spooky things. Nothing is hidden - it's all about noticing creepy shapes in the world around you. It's a fun and creative way to enjoy the outdoors this Halloween season! If you would like a ride from our Center out to the Environmental Lab, please let me know.

On Monday, Oct. 13, our Center will be closed in observance of Columbus Day.



Bushido Karate will still be teaching their Tai Chi Class that day from 5-5:30 p.m. All ages are welcome to Tai Chi, and

the cost is \$10 per month. In the middle of the week, we have Stories & Crafts with Seniors & Tots: Move & Groove Story Time. It will take place on Wednesday, Oct. 15, from 10-11 a.m. This month our seniors will be reading children books about exercise, and then we will be beating on exercise balls, moving and having fun with Drum Aerobics. That same day our Senior Swingers will be playing at Medicare for their monthly birthday celebration. Break a leg Swingers!

Thursday, Oct. 16, many of our activities are cancelled that day. What we do have that day is our Movie Day at 1 p.m. and our The Price is Fright Potluck from 4-6 p.m. For Movie Day we are showing a beloved 1993 fantasy comedy film about three witches resurrected in modern-day Salem, and stars Bette Midler, Sarah Jessica Parker, and Kathy Najimy. There is always free popcorn on Movie Day. Our Potluck will take place from 4-5 p.m. Please bring a dish to share. Our game show, The Price is Fright, will be played much like its namesake, will start at 5 p.m. If you would like to be a contestant and have a chance to win prizes on The Price is Fright you will need to be in costume.

Coming up later this month we have another Paint & Social District Sip, bat with a Halloween theme. This one, like our last one, will be taught by Shannon Hider. Shannon does a fabulous job and she will supply everything needed. It will take place on Friday, Oct. 24, from 4-5:30 p.m. Age 21 years young and up are welcome, and the cost is \$30 per person. A portion of each spot sold will benefit our Center. There are two door hangers to choose from and each one 10 inches wide. One is three Ghosts in a !BOOMobile! and the other one is a witch's cauldron with bubbles, legs and "Hocus Pocus." There are pictures of the door hangers on our Facebook page, Manistique Senior Citizens Center, and in our office. You must RSVP and let us know which one you will be painting.

Our Writers' Group is back at our Center after taking advantage of the warmer weather and writing outside. From October until May they will be meeting the last Monday of the month, with two exceptions: Monday, Dec. 15, and Monday, May 18. The meeting time has changed from 11:30 a.m. to 11 a.m. Welcome back Writers' Group! This is their 32nd year. If you are interested in seeing what this group is doing so write, please join them. You can write monthly, work on your memoirs or any other writing projects that you may have. If you don't have anything written you can still join the group for excellent conversation.

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Tribune

10/4/23

Senior Citizen News

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

MEDICARE'S OPEN ENROLLMENT

If I switch to Original Medicare during Open Enrollment, can I purchase a Medigap policy to help with cost-sharing gaps?

Medicare supplemental insurance policies, commonly called Medigaps, are health insurance policies that offer standardized benefits to work with Original Medicare (not with Medicare Advantage). They are sold by private insurance companies. If you have a Medigap, it pays part or all of certain cost sharing "gaps" that remain after Original Medicare pays first. If you have a Medigap, it pays part or all of certain cost sharing "gaps" that remain after Original Medicare pays first. Depending on where you live and when you become eligible for Medicare, you have up to 10 different Medigap policies to choose from: A, B, C, F, G, K, L, M and N (policies in Wisconsin, Massachusetts, and Minnesota have different names). Each policy offers a different set of standardized benefits that range from basic to more comprehensive. Standardization means that policies with the same letter offer the same benefits. Limits apply as to who can buy a Medigap and when. Usually, you make your decision about whether to purchase a Medigap plan during your

Initial Enrollment Period, not Open Enrollment.

Depending on where you live, you may be able to purchase a Medigap policy during Open Enrollment, but certain limitations apply as to who can buy a Medigap and when. There are federal protections for people over 65 to purchase a Medigap in certain situations, and some states offer additional enrollment protections.

You may run into problems if you try to buy a Medigap outside of your protected Medigap Enrollment period. For instance, companies can refuse to sell you one or impose certain medical requirements. If a company does agree to sell you a policy, you may need to pay a higher monthly premium and be subject to a six-month waiting period before the Medigap will cover pre-existing conditions. Be sure to contact Medigap insurers in your state to learn if they will sell you a Medigap policy outside protected enrollment periods.

Also note that in some states, if you currently have Original Medicare and a Medigap, you may not be able to purchase a Medigap in the future if you drop Original Medicare to enroll in a Medicare Advantage plan. However, regardless of the state in which you live, you would have a Special Enrollment Period to re-enroll in a Medigap policy if you dropped your Medigap to enroll in a Medicare Advantage plan for the first time and switch back to Original Medicare and a Medigap within 12 months of enrolling in the Medicare Advantage Plan.

You might be an old timer if...

...you look at the clock to see if it's late enough to go to bed.

...you grew up in a home where your mom's wooden spoon served a dual purpose.

...no one asked if dinner was gluten free - you just sat down and hoped it wasn't liver.

Will I have opportunities to change my coverage in the coming year? You should make any necessary changes to your Medicare coverage by Dec. 7, 2025, for the changes to take effect Jan. 1, 2026. If you need to change your Medicare coverage in 2026, you may have the opportunity to make changes if:

You have a Medicare Advantage plan. You will be able to make one change to your coverage between Jan. 1 and March 31. This enrollment period is called the Medicare Advantage Open Enrollment Period. During this time, you can switch from one Medicare Advantage plan to Original Medicare, with or without a Part D drug plan. This enrollment period is only for people who are enrolled in a Medicare Advantage plan. If you are enrolled in Original Medicare, you will not be able to make changes during this time.

You have Extra Help. If you have Extra Help, this federal program that helps pay the out-of-pocket costs for drugs covered by Part D, you will have a Special Enrollment Period (SEP) to enroll in or switch Part D plans. This is a once per month SEP to elect a standalone Part D plan (not a Medicare Advantage Plan).

There are other circumstances when you may be eligible for a Special Enrollment Period to change your Medicare health or drug coverage. For example, if your Medicare Advantage leaves your service area, or if you want to change into a plan with a five-star rating in your service area, you may be able to access an SEP to make changes outside of normal enrollment periods.

SENIOR CITIZEN ACTIVITIES

Oct. 13 - Foot clinic by appointment only. The clinic is currently full; these clinics fill up extremely fast. You can call to put your name on the waiting list in case a cancellation becomes available.

Oct. 20 - Craft class begins at 11 a.m.; please let the office know if you would like to participate so we have enough materials for every-

cream and bingo. Are you celebrating your birthday in October? Please let us know when reserving your meal so we may honor you!

Oct. 31 - Halloween party with treats, door prizes and bingo after lunch. Prize for best dressed Halloween costume. Sorry, Halloween shirts don't count.

October exercise dates and times

Oct. 15 at 11 a.m.

Oct. 20 at 10 a.m.

Oct. 29 at 11 a.m.
Coffee and social time to follow

Nutrition Menu

Oct. 13 - Sloppy Joe/whole wheat bun, tater tots, corn, tropical fruit.

Oct. 14 - Baked ham, scalloped potatoes, green beans, pineapple tidbits.

Oct. 15 - Baked turkey crunch, herb mashed potatoes, green peas, fruit cocktail.

Oct. 16 - Hamburger stew, sweet potato tater tots, biscuit, warm applesauce.

Oct. 17 - Chicken fettuccini alfredo, chef's choice vegetable, side salad with tomato and cheese, whole wheat breadstick, warm cinnamon peaches.

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

HERMANVILLE SENIOR CITIZEN MENU

WEEK OF OCT. 13

Monday - Sloppy Joes, whole wheat hamburger bun, tater tots, corn, tropical fruit.

Tuesday - Baked ham, scalloped potatoes, green beans, pineapple tidbits, whole wheat bread.

Wednesday - Baked turkey crunch, herb mashed potatoes, green peas, fruit cocktail, whole wheat bread.

Thursday - Hamburger stew, sweet potato tater tots, biscuit, warm applesauce.

Friday - Chicken fettuccini alfredo, chef's choice vegetable, side salad with cheese

Menominee
County
Journal

10/9/

New Parkinson group

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

Daily Press 10/11/25

Infant safe sleep program to include cribette package drawing

ESCANABA — The Newborns Program of Menominee Delta Schoolcraft Community Action Agency will host a free Lunch & Learn on safe sleep practices for infants from noon to 1:30 p.m. Thursday, Oct. 23, at Escanaba Head Start Center, 1905 S. 21st St. RSVP deadline for the Escanaba event is Tuesday. The same program will take place from noon to 1:30 p.m. Tuesday, Oct. 28, at Menominee Head Start Center, N1329 U.S. 41, Menominee. RSVP deadline for the Menominee event is Friday, Oct. 24. RSVPs can be sent to Lannie Berg, 906-786-7080, ext. 143.

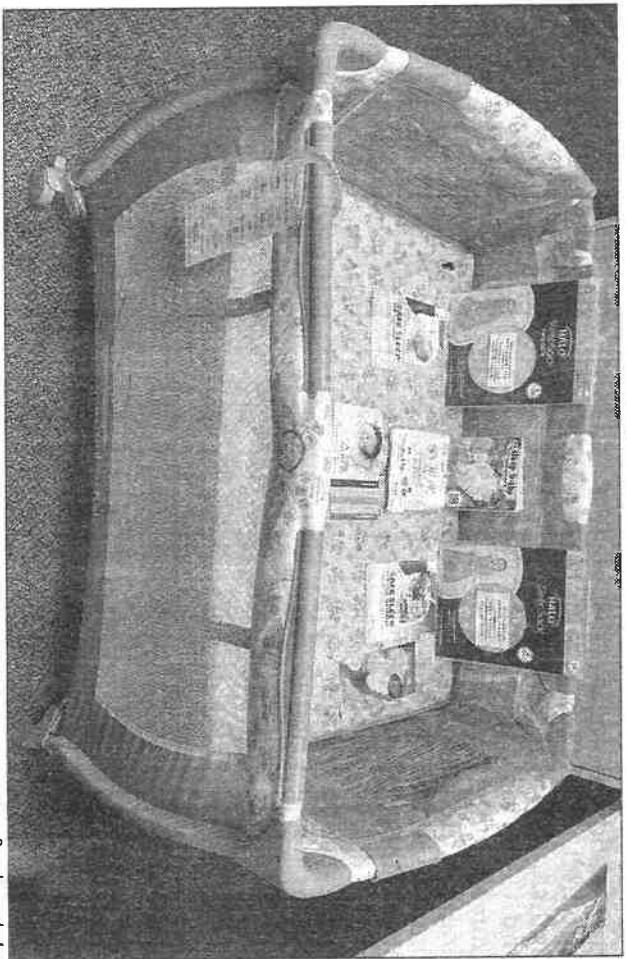
Packets of research-based information to avoid the risk of sudden infant death syndrome, or SIDS, will be provided. Childcare will not be available for either event.

Participants at the events will have the opportunity to be entered into a drawing for a free Cribs for Kids "Cribette" package valued at \$150 that will take place Thursday, Oct. 30.

To also enter the drawing, register online at <https://mdscaa.org/> includes: one Cribs for Kids "Cribette", two premium wearable HALO Sleep Sacks, one "Cribette" Crib Sheet with a "Safe Sleep" message, one smoothie pacifier, one Cribs for Kids "12 Step for Infant Safe Sleep" booklet, one "Safe Sleep for Baby" booklet, one "Safe Sleep for Grandbaby" booklet, one "Sleep Baby Safe & Snug" board book and one "Safe Sleep for Baby" door hanger.

Oct. 29.

Three Cribs for Kids "Cribettes" and three Baby Sleep Survival Kits will be given away to winners from each county — Menominee, Delta and Schoolcraft.



Courtesy photo
Three Cribs for Kids "Cribettes" and three Baby Sleep Survival Kits will be given away to winners from each county — Menominee, Delta and Schoolcraft — who participate in the Newborns Program of Menominee Delta Schoolcraft Community Action Agency free Lunch & Learn on safe sleep practices for infants program later this month.

State AG Nessel makes stop at MDSCAA in Escanaba

By SOPHIE
VOGELMANN

Staff Writer

ESCANABA
Michigan Attorney General Dana Nessel sat down Monday with Menominee-Delta-Schoolcraft Community Action Agency Executive Director Gary Willoughby, as well as board members and staff for the organization.

Nessel visited the center's main office, 507 First Ave. N., to learn more about the services and programs MDSCAA offers in its tri-county service area. Board members and staff also discussed challenges facing the Upper Peninsula and its citizens, such as elder abuse, consumer protection, MDSCAA funding, housing and employment opportunities.

One of the main topics of conversation was consumer protection in Michigan, specifically scams that can affect senior citizens.

"We want to be as



SOPHIE VOGELMANN/Daily Press photo

Menominee-Delta-Schoolcraft Community Action Agency Board member Susan Kleikamp discussed her experience working at a nursing home with MDSCAA Executive Director Gary Willoughby and Michigan Attorney General Dana Nessel during Nessel's visit to the agency Monday.

helpful as we can. Every year, it's well over 10,000 complaints that we respond to. It's just a good way to check on whether something is legit or not in a time when it's harder and harder to tell," Nessel said.

Marie Whitmire,

MDSCAA board member, described her experience with scams.

"There were two emails that I got that said I was going to get billed \$500 for some kind of thing that I didn't know anything about. I actually was able to

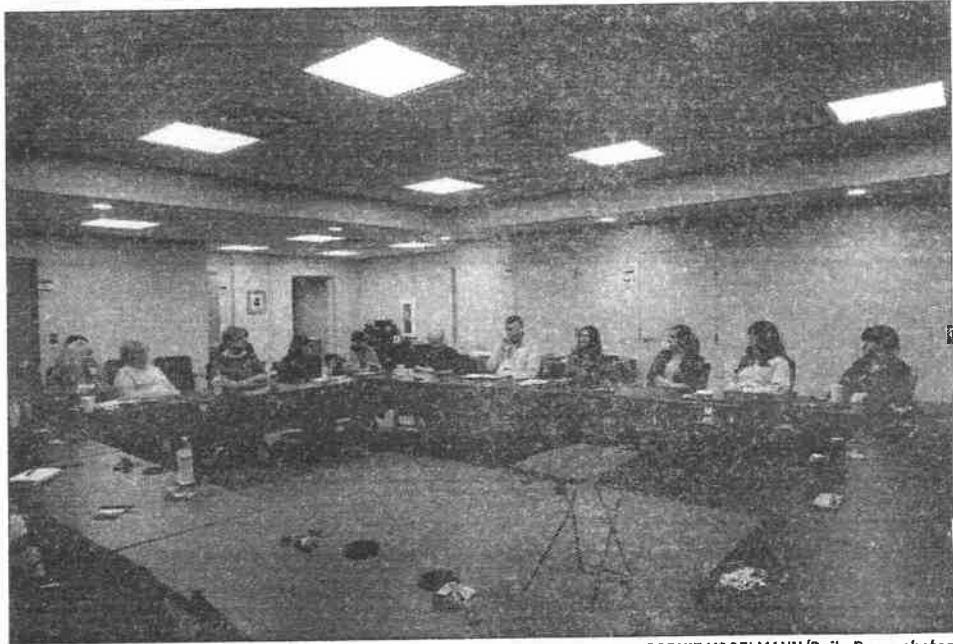
contact the real people of these companies, and I was able to ask them, 'Hey, is this you or this fake one?' I got it all straightened out, but it was very annoying to have people telling me that

See NESSEL, A3

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SOPHIE VOGELMANN/Daily Press photos

Michigan Attorney General Dana Nessel visited the Menominee-Delta-Schoolcraft Community Action Agency on Monday. From left are Kristie Stenlund, Lydia LaPalm, Myra Croasdell, Helen Corbett, Marie Whitmire, Susan Kleikamp, Executive Director Gary Willoughby, Attorney General Dana Nessel, Alicia Trudell, Angela Gardner and Nancy Kutzera.

STATE

Cont. from A1

I ordered this and I was getting that and I had to pay for it, and I had nothing to do with it."

Nessel directed those experiencing scams to file a complaint with her department and sign up for email notifications on the Michigan Department of Attorney General website, which was recently updated.

The group also discussed the different programs and services facing challenges at the center.

Myra Smeester, deputy director and leader of early childhood programming at the agency, noted the federal income guidelines the agency must follow could be a factor in the enrollment reduction in their Head Start program. The program assists families in early childhood education, health and nutrition services, and family support services.

"We're hitting that

enrollment but we're still struggling, and it's because a family of four with a single income at \$17 an hour is not eligible for our services based on the federal guidelines," Smeester said.

Nessel and Willoughby briefly discussed the federal funding freeze from January, the recent state government shutdown and the current federal government shutdown, all of which caused uncertainty at the center.

"Most of our Community Action Agencies — there's 27 in Michigan — most of us don't have large reserves to handle any kind of interruption of services," Willoughby said. "Should the government not come to a consensus soon, that will impact us."

Citizens have found their utility bills significantly rising, whether their town's water tower is under maintenance or there are not enough people in the town's population to spread the cost amongst.

"Last year, we paid one out of every five water bills of every resident in Manistique. The average bill was, like, \$377 that we paid. Almost \$200,000 just in water bills in a town of 4,000 people," Willoughby said.

Nessel also asked Willoughby if the center had any programs considered unsustainable due to funding issues. "I'd say our senior services programs in general," he answered. "Between what we get from our partner at UPCAP and even with millages, the food costs are going up faster, personnel costs, the costs of utilities, rent — that's our biggest hole to dig out of right now."

In a written statement, Willoughby said, "We are honored to host Attorney General Nessel in our offices. We have been a trusted partner with many state agencies since our founding in 1965 and we welcome the opportunity to share our story and find ways to work together to help even more people in the future."

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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 THOUUNE

MEDICARE'S OPEN ENROLLMENT

How can I protect myself from potential marketing violations? Medicare has rules about how Medicare Advantage and Part D plans can contact you and market their services. There are special rules for Medicare's Open Enrollment Period, which runs from October 15 through December 7 each year. Plans can begin marketing as early as October 1 each year. Knowing some of these rules can help you protect yourself from aggressive or misleading plan agents or brokers. Here are a few important rules to keep in mind during Open Enrollment:

Plans are allowed to send you postal mail. However, if you aren't currently enrolled in the company's plan, they are not allowed to call, email, visit your home, or approach you in public to market their plan without your permission. (If you are currently enrolled in a plan, the plan must provide you with the option to opt out of calls about Medicare products). Even if you filled out a business reply card (BRC) at an educational or marketing event, this does not give permission for a plan representative to come to your home.

In marketing materials and advertisements plans must follow certain rules. For example, plans are never allowed to suggest they represent or are endorsed by Medicare or any other government agency. They can-

not use the Medicare name or logo on their marketing materials.

Medicare Advantage and Part D plan representatives are only allowed to contact you in certain locations. They are not allowed to approach you in public areas such as a parking lot or mall. In health care settings, they are only allowed to provide sales information in common areas such as the cafeteria, conference rooms, or community rooms; plan specific information cannot be displayed or promoted in waiting rooms or treatment areas. If you schedule an appointment with an agent or broker, they can come to your home to talk to you. They cannot go door to door or go to your home without an appointment.

Medicare has rules for what insurance companies can do at educational events. For example, at an educational event, insurance companies cannot hand out marketing materials or enrollment applications, provide information about plan costs, attach plan representative contact information to education materials (unless you request it), schedule an appointment with you or complete a scope of appointment (SOA) form.

If you are interested in enrolling in a plan, an agent must give you a scope of appointment (SOA) form to agree on what kinds of products will be discussed during your appointment. This is supposed to protect you from being sold products you did not agree to or are not interested in. Your appointment with the agent must take place at least 48 hours after agreeing on the SOA unless you walk in for an appointment or you are

approaching the end of an enrollment period.

Before enrolling in a plan, the plan representative must explain the plan's effect on your current coverage. For example, if you have a Medigap and are enrolling in a Medicare Advantage plan, the representative must notify you that you will lose your Medigap upon enrolling in this new plan. This is part of a longer pre-enrollment checklist that the representative must review with you before enrolling you in a plan. Agents and brokers must also address certain topics and ask questions on these topics prior to enrollment. For example, they must ask about your providers to see if they are in network, your preference for costs and premiums, the specific benefits of the plan, and your current medications. This is to ensure that you are properly informed about your choices and the effects of your enrollment.

Insurance companies and plan representatives are not allowed to give you gifts for agreeing to sign up for their plan. However, they can give gifts that are worth \$15 or less in certain circumstances. These gifts cannot be in the form of cash and must be offered regardless of enrollment. For example, the gift must be given to everyone who attends the event, not just people who sign up for the plan.

Remember that an agent or broker should never pressure or mislead you into joining a plan. If you feel an insurance agent has potentially violated Medicare's marketing rules, you should save all documents (such as an agent's business card or marketing materials) or other suspicious information, such as recorded messages. You should report marketing violations to your local Senior Medicare Patrol or State Health Insurance Assistance Program. Your local SMP or SHIP can help you review the incident, report it to the correct authorities, and continue spotting marketing violations. To contact Senior Medicare Patrol call 844-677-6424.

day party dinner with 50/50 raffle, door prizes, cake, ice cream and bingo. Are you celebrating your birthday in October? Please let us know when reserving your meal so we may honor you.

Oct. 31 - Halloween party with treats, door prizes and bingo after lunch. Prize for best dressed Halloween costume. Sorry, Halloween shirts don't count.

October exercise dates and times

Oct. 20 at 10 a.m.

Oct. 29 at 11 a.m.

Coffee and social time to follow.

Nutrition Menu

Oct. 20 - Swiss chicken breast, brown rice, corn, chef's choice vegetable, diced pears.

Oct. 21 - Pork fritter w/gravy, mashed potatoes/gravy, succotash vegetables, apple slices.

Oct. 22 - Smothered pork chop, mashed garlic potatoes, corn, dinner roll, peach dump cake (Birthday Party Dinner).

Oct. 23 - Navy bean and ham soup, side salad w/cheese and tomato, whole wheat breadstick, pineapple/Mandarin orange mix.

Oct. 24 - Spaghetti w/meat sauce, diced beets, Brussels sprouts, fruit cocktail.

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 OCT. 20

Monday - Swiss chicken breast, brown rice, corn, chef's choice vegetable, chef's choice fruit cup, whole wheat bread.

Tuesday - Pork fritter with gravy, mashed potatoes with gravy, succotash vegetable, apple slices, whole wheat bread.

Wednesday - Turkey meatloaf, five way mixed vegetable, boiled red potatoes, chef's choice fruit cup, whole wheat bread.

Thursday - Navy bean and

Menominee County Journal

10/16/25

SENIOR CITIZEN

Manistique Senior Center

Heather Tyner, Activities Director

During the rest of October and all of November, Gwen will be giving Ukulele lessons every Tuesday from 10:30 a.m. to noon. We do have a ukulele that you can use. On Thursday, Oct. 23, Gwen is giving one of her highly entertaining concerts from 4-5 p.m. Gwen tells us stories, plays her ukulele and urges us to sing along with her.

Our Halloween Paint & Social District Sip is coming up on Friday, Oct. 24. It is \$30 per person, with 10 percent being given back to our Center. There are two door hangers to choose from, with both 10 inches in diameter. One is three ghosts in a "BooMobile" and the other is pointy shoes with striped tights sticking out of a witch's cauldron. There are pictures of the door hangers on our Facebook page, Manistique Senior Citizens Center, and in our office. Shannon Hidder will be teaching us, just as she did at our last one. She will bring everything that we need to paint and assemble our door hangers. You must RSVP and let us know which door hanger you would like to craft. Please stop in our office to do so.

Next Saturday, Oct. 25, is our Halloween Night at the Center, from 7-10 p.m. This will be our second Saturday Night at the Center dance, and it is a free event. There will be lights, music and dancing, with a Halloween theme. You can come in costume, or as you are, but have your dancing shoes on! We will have chips and pop for sale, and you can social district if you



would like.

One of our seniors is interested in bowling throughout the cooler months, so we are going to add bowling at Ten Pin Alley to

our schedule. Starting in November we will be bowling from 4:30 until 6 p.m. every Wednesday. Ten Pin Alley is giving us a deal on both bowling shoes and games, and you will be responsible for paying for both. Shoes will be \$2 and games will be \$4 each. You do not have to know how to bowl. You only need to want to have fun. We will see you Wednesday, Nov. 5, at 4:30 p.m. If you would first like to enjoy our Chair Yoga that takes place from 4:30-5 p.m. every Wednesday, please do so and head to the bowling alley after.

Another one of our seniors asked if we would add cross country skiing to our schedule once the snow flies, so we will be adding cross country skiing to our schedule as well. We already have a handful that are interested, and a couple of us have a few extra sets of skis that will be available to borrow. We will set a weekly day and time to cross country ski at different locations throughout Schoolcraft County. If you are interested in skiing with us, please give our office a call at (906) 341-5923

We have two beautiful hand sewn quilts up for open bid, to raise money for our Center. There are pictures of the quilts on our Facebook page, Manistique Senior Citizens Center or you can see the quilts in person in our office. The quilts were made and donated by

Deb Blandford and Pat Norman. One quilt measures 78 x 60 and the other measures 54 x 42. Open bids will be accepted until Wednesday, Dec. 10, at 4 p.m. The winner will be announced at our Christmas Dinner & a Play on Thursday, Dec. 11. You will 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.

Writing of our Christmas Dinner & a Play we need our cast! If you are interested in being in our Christmas play on Thursday, Dec. 11, and can commit to practices 2-4 times a week, please let us know. Our practices will start Monday, Oct. 27, and will take place every Monday and Wednesday from 1:30-3 p.m. There will be practices added closer to the play date. It does not matter if you have never acted before or if you think you will need help remembering your lines, we want you. There are characters from one to 50 lines. We will find the right character for you, call us at (906) 341-5923.

For Thanksgiving we have a group that will be using our Center to put on a Thanksgiving dinner. The dinner will take place on Thanksgiving, Thursday, Nov. 27, from 12-5 p.m. All ages are welcome. You can bring a dish to share if you would like but is not needed. You can come for a full meal, or just a slice of pie. Tim Rohac is heading the Thanksgiving dinner and there are several members of the community already volunteering and donating to the meal. If you have any questions or would also like to volunteer or donate to make someone's Thanksgiving brighter, please call Tim at (720) 296-1440.

Senior Citizen News

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

COMMUNITY ACTION AGENCY SERVICES

Have you ever wondered what we do at the senior center? Here are just some of the services we offer, check us out!

Nutrition Services - Our Senior Services division manages three food programs, Congregate, Carry Out Meals (COM) and Home Delivered Meals (HDM) to residents 60 years old and older throughout our three-county service area.

HDM

Home delivered meals are for homebound participants, who normally are unable to leave their home unassisted or prepare a nutritious meal. Eligible participants must be: Homebound.

Unable to prepare a nutritious meal.

Be able to complete an assessment within 14 days of starting.

Be able to complete a reassessment every six months.

These assessments are completed in your home and over the phone. They are a tool designed to determine eligibility and continued eligibility and if you are eligible for other services offered by MDSCAA as well as outside organizations. HDM is not only a great source of nutrition but also a wellness check to ensure you are

safe. We also offer temporary services for seniors recently discharged from a health care facility.

Congregate and COM

Our congregate and COM program follow the same menu as HDM. Eligible participants must be 60 years of age and older and complete a registration form annually. If you would like to participate in our congregate setting or COM program, please contact the senior center at 753-6986 the day before to reserve a meal.

The suggested donation is \$4.50 per meal for congregate, COM and HDM. No one is ever denied service due to their inability to donate. Donations are greatly appreciated since federal and state funding does not cover the entire cost of operating the programs. For more information about our nutrition programs, please call your local senior center.

In Home Services

In home services include homemaker aid (light housekeeping), respite care (providing companionship and supervision in relief of primary caregiver), and personal care (assistance with activities of daily living).

In home services improve the quality of life for people throughout Menominee and Delta counties. Personal care/respite aides are experienced or certified and receive ongoing training. They have the knowledge required to care for people who need assistance with performing their various activities of daily living.

There is no income requirement for in home Services

and most of these services are free of charge. Services are provided based on client need. There may be an age requirement depending on the funding source.

Client Services - The Client service program is available for Menominee, Delta and Schoolcraft counties to assist people who are struggling financially due to unexpected circumstances. Services include water bill assistance; heat and limited utility assistance when there is a shut-off notice or low fuel tank. Self-sufficiency services, including budgeting and energy optimization education. Information and referral to other sources.

Utility and Water Assistance

Water Affordability Program is a temporary emergency program to help low-income households pay overdue water and wastewater bills. Michigan receives emergency funding from Congress to administer this program. This program is available to low-income homeowners or renters. Funding is administered through MDHHS to Community Action Agencies statewide until September 30, 2029, unless depleted prior to that date.

Allowable services: restoring residential water and or wastewater service; paying down water bills currently in arrears, protecting participating residents from water and or wastewater shutoffs; the maximum payout amount or household cap is \$3000 per fiscal year household. Supporting reasonable water affordability plans that are based on an individual's ability to pay, including capped payments based on household income to prevent accumulating a balance on future water bills and funding to qualified providers to cover the remaining costs.

includes congregate meals, bingo, and exercise to name a few. Transportation is available in Menominee County as well.

SENIOR CITIZEN ACTIVITIES

Oct. 31 - Halloween party with treats, door prizes and bingo after lunch. Prize for best dressed Halloween costume. Sorry, Halloween shirts don't count.

October exercise dates and times

Oct. 29 at 11 a.m.
Coffee and social time to follow.

Nutrition Menu

Oct. 27 - Beef steak w/gravy, au gratin potatoes, chef's choice vegetable, chef's choice fruit cup.

Oct. 28 - Bourbon chicken, brown rice, California vegetables, wax beans, diced peaches.

Oct. 29 - Turkey meatloaf, five-way mixed vegetables, boiled red potatoes, fruit cocktail.

Oct. 30 - Minestrone soup, turkey and Swiss sandwich on whole wheat bread, cucumber and tomato salad, tropical fruit.

Oct. 31 - Beef goulash, root vegetable blend, whole wheat breadstick, warm applesauce, pumpkin pie pudding (Halloween Party).

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

HERMANSVILLE SENIOR CITIZEN MENU WEEK OF OCT. 2

Monday - Beef steak w/gravy, au gratin potatoes, chef's choice vegetable, chef's choice fruit, returning home with

Miss Nora Wells of Menominee yesterday. Charles Peterson was at town Monday. Wurzel of Daggett, were in Randdren and Herman in P.R. Johnson, William Stephenson residents. Numerous other fur bearing coons and skunks besides caught a number and

Menominee
County Journal

10/23/25

The Price is Fright Potluck was last Thursday, Oct. 16, and it was a spook-tacular ghoulish time! Thank you to everyone who came out to enjoy the evening, brought a dish to share and dressed in costume to be a contestant on The Price is Fright. The food was super mummy, and the costumes were a dreadful delight. For those that helped to make The Price is Fright fang-tastic with their un-boo-lievable generosity, we would like to send out a big thank you: Wheatty's, Ten Pin Alley, Cedar Street Cinema and Karen Meston, aka Bug-eyed Rod Roddy.

Our Halloween at the Center is this Saturday, Oct. 25! This is our second Saturday at the Center dance, with a Halloween twist, and it is a free event. It will take place from 7 - 10 p.m. There will be lights, music, dancing, and pop and chips for sale. You can social district if you would like. I will be in costume, bat that does not mean that you need to be. Just make sure to have your dancing shoes on.

Monday, Oct. 27, is a busy one with two additions to our normally full schedule; Writers' Group is from 11 a.m. to noon and UP SAIL will be making Monster Masks with us from 11:30 a.m. - 12:30 p.m. We also

have Bushido Karate's Tai Chi Class, which takes place every Monday evening, from 5-5:30 p.m. Tai Chi is open to all ages and cost \$10 per month. On Tuesday, Oct. 28, we have Drum Aerobics with HBH (Hiawatha Behavioral Health) from 10:30-11 a.m., Ukulele Lessons with Gwen from 10:30 a.m. to noon, Bingo starting at 12:30 p.m. and Drum Aerobics-After Hours starts at 4:15 p.m.

Drum Aerobics with HBH is open to any senior that would like to try a gentle drum aerobics that is done sitting in a chair. Drum Aerobics-After Hours is open to anyone 18 years and up. There are 2 spots available, and the cost is \$24 per month. A portion of the monthly fee from Drum Aerobics-After Hours is donated to our Center.

Our Monthly Meal with Don, Karen & Heather is coming up on Wednesday, Oct. 29, at noon. Our Community Action Agency ladies are cooking us up a smothered pork chop, garlic mashed potatoes, corn, a whole wheat dinner roll and peach dump cake for dessert, with a 2% milk. If you would like to join us for lunch, and we hope that you do, please call the kitchen by 8 a.m. that morning to let them know at (906)341-5085. Chair Yoga is also on Wednesday, as

every Monday evening, from 5-5:30 p.m. Tai Chi is open to all ages and cost \$10 per month. On Tuesday, Oct. 28, we have Drum Aerobics with HBH (Hiawatha Behavioral Health) from 10:30-11 a.m., Ukulele Lessons with Gwen from 10:30 a.m. to noon, Bingo starting at 12:30 p.m. and Drum Aerobics-After Hours starts at 4:15 p.m.

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The Secretary of State Mobile Office is coming to our Center on Thursday, Oct. 30. The SOS Mobile Office will be there from 10 a.m. to noon and can process driver's license and state ID applications, corrections and renewals; disability placard applications, renewals and replacements; and vehicle title and registration transactions, and more.

Please call our office for an appointment for the SOS Mobile Office at (906)341-5923.

Coffee Hour with Don & Karen is Friday, Oct. 31, at 9 a.m. Coffee Hour this month is taking place at our Center. Karen will be making the coffee and serving it with a smile, bat both of them will be serving up a fab-boo-tous time!

We are doing a Christmas Paint & Social District Sip on Monday, Dec. 1 at 5:30 p.m. It will be open to ages 21 and up. \$30 per person and a portion of the proceeds will be donated to our

Center. There is a group of us that will be heading out to dinner beforehand at 4 p.m. if you would like to join us.

There are three door hangers to choose from: Santa and a Christmas tree with "Merry Christmas", a cardinal with "Welcome" and a snowman with "Let it Snow". They are 10 inches in diameter.

Pictures of each one are on our Facebook page, Manistique Senior Citizen Center, and in our office. You will need to RSVP and pay in advance. We will also need to know which door hanger you would like to craft.

Shannon Hilder will be leading our Paint & Sip, and she will supply everything that we will need call (906)341-5923.

We are still looking for actors for our Christmas Play! If you are interested, please call or come into our office.



Courtesy photos



The Center held their Price is Fright Potluck last week with several coming in costume.

Manistique Senior Center

Heather Tyner, Activities Director

No experience is necessary. The play is around 25 minutes in length and there are characters with 1-50 lines in total. We will find the right character for you.

**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

10/27/25

Community Action Agency Senior Nutrition Program

October 2025 Home Delivered Meals Monthly Menu SENIOR CENTER DINING OR HOME DELIVERY PROGRAM

All meals also come with Bread, Milk, and Margarine. Lunch meals must be eaten in the Senior Center Dining Room or at 8:00am-2:30pm at your area local number. Menu modifications may be requested in advance.

Suggested meal donation is \$4.50

		Yes [] No Ham Meatloaf Root Veg Blend Diced Carrots Pineapple Tidbits Bread, WW Milk, 2%	Yes [] No Chicken Stew Sweet Potato Sweet Pot Tater Tots Biscuit Diced Peas Pineapple	Yes [] No Italian Dinner Root Veg Blend Cheese, Sliced Chef's Choice Veg Chef's Choice Fruit Breadstick, WW Milk, 2%
Mon, 10/01/25	Tue, 10/02/25	Yes [] No BBQ Meatballs Brown Rice Corn 5-Way Mixed Veg Pineapple Tidbits Milk, 2%	Yes [] No Penne Chicken Cass Italian Veg Brussel Sprouts Fruited Yogurt (FR) Bread, WW Milk, 2%	Yes [] No Beef Chili Sweet Pot Wedges Cornbread Warm Cn Apples (FR) Milk, 2%
Mon, 10/08/25	Tue, 10/09/25	Yes [] No Roast Turkey w/ Gravy Mashed Pot w/ Gravy Capri Veg Diced Peaches Bread, WW Milk, 2%	Yes [] No Baked Mac & Cheese Steamed Tomatoes Green Beans Diced Pears Bread, WW Milk, 2%	Yes [] No Baked Mac & Cheese Steamed Tomatoes Green Beans Diced Pears Bread, WW Milk, 2%
Mon, 10/15/25	Tue, 10/16/25	Yes [] No Sloppy Jbes Hamburger Bun, WW Tater Tots Corn Tropical Fruit Milk, 2%	Yes [] No Baked Ham Scalloped Potatoes Green Beans Pineapple Tidbits Bread, WW Milk, 2%	Yes [] No Sweet Pot Tater Tots Biscuit Warm Applesauce Milk, 2%
Mon, 10/22/25	Tue, 10/23/25	Yes [] No Swiss Chicken Breast Brown Rice Corn Chef's Choice Veg Diced Pears Milk, 2%	Yes [] No Pork Fritter w/ Gravy Mashed Pot w/ Gravy Succotash Veg Apple Slices Bread, WW Milk, 2%	Yes [] No Turkey Meatloaf 5-Way Mixed Veg Boiled Red Potas- toes Chef's Choice Fruit Cup Bread, WW Milk, 2%
Mon, 10/29/25	Tue, 10/30/25	Yes [] No Beef Steak w/ Gravy Au Gratin Potatoes Chefs Choice Veg Chef's Choice Fruit Cup Bread, WW Milk, 2%	Yes [] No Bourbon Chicken Brown Rice California Veg Wax Beans Diced Peaches Milk, 2%	Yes [] No Smothered Pork Chop Garlic Mashed Pot Corn Peach Dump Cake (FR) Dinner Roll, WW Milk, 2%
				Yes [] No Minestrone Soup Turkey & Swiss Sandwich Bread WW Cucumber & Tom Salad Tropical Fruit Milk, 2%
				Yes [] No Beef Goulash Root Veg Blend Warm Applesauce Breadstick, WW Milk, 2% Pumpkin Pie Pudding

Dail
Press

10/27/25

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

10/28/25

Federal food benefits, preschool aid to run dry starting Saturday if shutdown continues

WASHINGTON

(AP) — Federal funds could begin running dry Saturday that help tens of millions of Americans to buy food for their families and send their toddlers to preschool if Congress doesn't reach a deal by then to end the U.S. government shutdown.

Funding for another program that helps mothers care for their newborns could run out the following week.

Barring a resolution to the shutdown, the U.S. will have a gaping hole in its safety net, particularly for the Supplemental Nutrition Assistance Program, which helps about one in eight Americans buy groceries. Benefits under the program known as SNAP run dry starting Saturday.

Funding for a group of



DAMIAN DOVARGANES/AP

A sign indicates EBT cards are accepted at a market on Monday in Los Angeles.

Head Start preschool programs and Special Supplemental Nutrition Program for Women, Infants, and Children, known as WIC, also could run out soon.

Here's a look at what would happen to each program.

Most beneficiaries have incomes at or below the poverty level.

There's also uncertainty about whether benefits left on cards on Nov. 1 can be used. Arkansas officials suggest people who have balances on their cards should use the funds this month on shelf-stable foods. Missouri and Pennsylvania officials expect previous benefits will remain accessible and are telling beneficiaries to save for November if they can.

President Donald Trump's administration has rejected the idea of using some \$5 billion in contingency money to keep providing the federal cash for food, saying that reserve is limited to expenses such as help after disasters.

That decision contrasts with a report late last month by the U.S. Department of Agriculture that said a contingency fund could cover SNAP benefits if government funding lapsed.

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SNAP benefits could leave millions without money for food

Lower-income families who qualify for SNAP receive debit cards loaded each month by the federal government used only for buying groceries at participating stores and farmers markets. The debit cards are recharged in slightly different ways in each state. Not everyone receives their benefits on the first day of the month, though many beneficiaries get them early in the month.

The average monthly benefit is \$187 per person.

Daily Press

10/28/25

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, Nov. 6, 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

10/29/25

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

10/24/25

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

10/29/25

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, Nov. 6, 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 10/30/25

Senior Citizen News

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

What is Extra Help?

Extra Help is a Medicare program to help people with limited resources pay Medicare drug coverage (Part D) premiums, deductibles, coinsurance and other costs.

You also won't have to pay a Part D enrollment penalty while you get Extra Help. Some people qualify for Extra Help automatically, and other people must apply.

Who gets Extra Help automatically? You'll get extra help automatically if you get:

Full Medicaid coverage.

Help from your state paying your Part B 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 at 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 through the Social Security Administration website. You can apply for Extra Help and Medicare Savings Program (MSP) at the same time. These state programs

provide help with 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 increase every year.

Income and resource limits in 2025: See chart below.

If you qualify for Extra Help

You'll automatically be enrolled in a Part D prescription drug plan, if you don't already have one. This is done so you can get the cost savings you qualify for.

You will receive a notice telling you about your new plan. You can pick a different Medicare drug plan if you want. Also, that you will receive Extra Help for the rest of the calendar year. Even if your income changes in the middle of the year, you'll keep getting Extra Help through December 31.

If you meet the income and resource limits for next year, you'll keep getting Extra Help. You will receive a notice only if you no longer qualify for Extra Help or you are moved into a different plan for the next year.

If you don't get a notice from Medicare or Social Se-

curity, you'll keep getting extra Help and keep the same plan for next year.

What you'll pay for Extra Help in 2025

Zero plan premium and plan deductible.

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 zero for each covered drug.

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

These copays may rise slightly for 2026.

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

Do you think you're paying the incorrect amount for your prescriptions? If you qualify for Extra Help and think you're paying the incorrect amount, here's what you can do:

Contact your drug plan. Your plan may ask for proof that you get Extra Help so they can correct your costs. Tell your plan how many days of medication you have left. Your plan and Medicare will try to fix your issue before you run out of your medication.

Call 1-800-MEDICARE (800-633-4227). TTY users call 877-486-2048. They can tell you your level of Extra Help and help you get your costs fixed with the plan.

Medicare's Limited Income Newly Eligible Transition (LI NET) Program gives temporary Medicare Part D drug coverage to people who qualify for Extra Help but who are not enrolled in a Medicare drug plan yet. You may be able to get some money back if you paid for covered Part D drugs after you qualified for LI NET. Keep your receipts with your prescription drug prices and call LI NET at 800-

costs; check if the company that manufactures your drug offers help paying for it; find out if your state offers help with drug costs. Ask your doctor if you can take a generic drug, or a less expensive brand drug if one is available. Check costs for mail order pharmacies. Sometimes using a mail order pharmacy is cheaper. Learn if the Medicare Prescription Payment plan might be available to help you manage your costs.

SENIOR CITIZEN ACTIVITIES

Oct. 31 - Halloween party with treats, door prizes and bingo after lunch. Prize for best dressed Halloween costume. Sorry, Halloween shirts don't count.

October exercise dates and times

Oct. 29 at 11 a.m.
 Coffee and social time to follow.

Nutrition Menu

Nov. 3 - Chicken fried steak w/gravy, boiled red potatoes, chef's choice vegetable, diced pears.

Nov. 4 - Beef pastry, green beans, apple slices.

Nov. 5 - Meatloaf w/ketchup glaze, mashed potatoes/gravy, corn, apple slices.

Nov. 6 - White chicken chili, side salad w/tomato and cheese, cornbread, chef's choice fruit cup.

Nov. 7 - Turkey broccoli and rice casserole, root vegetable blend, chef's choice fruit cup.

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

HERMANSVILLE SENIOR CITIZEN MENU WEEK OF NOV. 3

Monday - Chicken fried steak w/gravy, boiled red potatoes, chef's choice vegetable, diced pears, whole wheat bread.

Tuesday - Beef pastry, green beans, apple slices.

Wednesday - Meatloaf w/ketchup glaze, mashed potatoes w/gravy, corn, apple slices, whole wheat bread.

Thursday - White chicken

Your situation	Income limits	Resource limit
Individual	\$23,475	\$17,600
Married couple	\$31,725	\$35,130

Menominee County
 Journal

10/30/25

Manistique Senior Center

Heather Tyner, Activities Director

Our Halloween Night at the Center was a ghoulish good time! Thank you kindly to all who came out and danced the night away with me. We had costumes, lights, music and a lot of smiles. Our next Saturday Night at the Center will take place on Saturday, Dec. 20, from 7-10 p.m. Get your ugly Christmas sweater ready for some holiday dancing fun.

Coffee Hour with Don & Karen is this Friday, Oct. 31, from 9-10 a.m. at our Center. Don and Karen will provide the coffee and spooktacular conversation. What a fangtastic way to start off your Halloween day.

Our first week of November has our normally full schedule, plus a few new additions. On Monday, Nov. 3, we have Craft & Stretch brought to us by UP SAIL. Craft & Stretch will take place from 11:30 a.m. to 12:30 p.m. We also have Play Practice that day from 1:30-3 p.m., and will take place every Monday and Wednesday at the same time. I am excited to write that we have a full cast for our Christmas Dinner & a Play! We will start taking reservations for our Christmas Dinner on Monday, Nov. 3, and the cost will be \$10 per person. There is limited seating, and you must RSVP. On Mondays we also have Painting Class, 2-3:30 p.m. and Tai Chi, 5-5:30 p.m.

Tuesday, Nov. 4, we have our Drum Aerobics with HBH at 10:30 a.m. and Ukulele Lessons with Gwen from 10:30 a.m. to noon. There will be no Bingo on



Tuesday, Nov. 4.

We have our first outing to Ten Pin Alley coming up on Wednesday, Nov. 5, from 4:30-6 p.m. If you would like to attend Chair Yoga first, from 4:30-5 p.m., then join us at the bowling alley, please do. You will need to pay for your own shoes and bowling. Thankfully, Ten Pin Alley is giving our seniors a deal: \$2 for shoes and \$4 per game.

Schoolcraft Memorial Hospital is putting on another Flu Shot Clinic at our Center again this year. A SCMH nurse will be at our Center on Thursday, Nov. 6, from 11:30 a.m. to 12:30 p.m. The flu shot, as well as covid shot, will be available. Your insurance will be billed. If you have not been seen at SCMH please bring your insurance card.

On Thursday, Nov. 6, we also have Line Dancing at 12:30 p.m., Euchre at 1 p.m., Mexican Train Dominoes at 1:30 p.m., Craft Class at 2 p.m. and Drum Aerobics-After Hours at 4:15 p.m. We also have our monthly Grief Support Meeting on Thursday, which takes place every first Thursday of the month, from 5-6:30 p.m. All ages are welcome to Grief Support. This month the Grief Support Group will be going over Memories & Remembrance: Cherishing the Past: Finding Comfort in

Memories. Grief Support is run by Schoolcraft Memorial Hospital Homecare & Hospice.

Fridays finds itself with a set schedule; Drum Aerobics at 10:30 a.m., SCMH Blood Pressure Clinic at 11:30 a.m., 500 at noon, a walk at 12:30 p.m., Bridge at 12:30 p.m. and Cribbage at 1 p.m. If you would like to learn any of the card games that we play here at our Center, please give us a call at (906) 341-5923. We will gladly find someone to teach you.

There are a few upcoming dates in November that should be mentioned, starting with Tuesday, Nov. 11. We will be closed that day in observance of Veterans Day. Everyone here at our Center would like to kindly thank our Veterans for their service and selflessness. On Saturday, Nov. 15, from 2-5 p.m. is our Puzzles & Punch jigsaw puzzle competition. We will supply the puzzles, punch and prizes. You can bring a snack to share. We will again be closed on Thursday, Nov. 27, and Friday, Nov. 28, in observance of Thanksgiving. On Thanksgiving, Nov. 27, there is a group of good Samaritans that will be using our Center to put on a Thanksgiving dinner! It will take place from noon to 5 p.m. All ages are welcome.

You can bring a dish to pass if you would like, but it is not necessary. You can come for a full dinner, or just for a slice of pie and a friendly smile. If you would like to volunteer or make a donation, please call Tim Rohac at (720) 296-1440.

Pioneer
Tribune

10/30/25