

# Community Action Agency Senior Nutrition Program

## February 2026 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, 02/2/26	Tue, 02/3/26	Wed, 02/4/26	Thu, 02/5/26
Sweet & Sour Pork Brown Rice Stir Fry Veg Corn Tropical Fruit Milk, 2%	Stuffed Shells w/ Marinara Brussel Sprouts Warm Cin Peaches (FR) Side Salad w/Chz & TOM Breadstick, WW Milk, 2%	Meatloaf w/Ketchup Glaze Mashed Pot w/Gravy Chef's Choice Veg Chef's Choice Fruit Cup Bread, WW Milk, 2%	Chicken Rice Soup Chicken Salad Sandwich Side Salad w/Chz & TOM Fresh Fruit Milk, 2%
Mon, 02/9/26	Tue, 02/10/26	Wed, 02/11/26	Thu, 02/12/26
Hobo Dinner Potatoes, Sliced Carrots, Sliced Peas Warm Applesauce (FR) Bread, WW Milk, 2%	Bourbon Chicken Brown Rice Chef's Choice Veg Corn Diced Peaches Milk, 2%	Diced Ham Scalloped Potatoes Key West Veg Bread, WW Milk, 2% Chef's Choice Fruit Cup Strawberry Poke Cake Valentine's Day Party	Chicken Fettuccini Alfredo Chef's Choice Veg Diced Carrots Breadstick, WW Milk, 2%
Mon, 10/6/25	Mon, 10/6/25	Mon, 10/6/25	Mon, 10/6/25
Sloppy Joe Hamburger Bun, WW Potato Wedges Green Beans Apple Slices Milk, 2%	Chicken Pot Pie Root Veg Blend Warm Cinn Pears (FR) Bread, WW Milk, 2%	Smothered Pork Chop Boiled Red Potatoes Corn Fruit Cocktail Bread, WW Milk, 2%	Hamburger Gravy over Mashed Potatoes Diced Carrots Fresh Fruit Bread, WW Milk, 2%
Mon, 10/6/25	Mon, 10/6/25	Mon, 10/6/25	Mon, 10/6/25
Turkey Spaghetti Italian Veg Brussel Sprouts Tropical Fruit Apple Slices Breadstick, WW Milk, 2%	Cranberry Glazed Meatballs Garlic Mashed Pot Succotash Veg Diced Pears Bread, WW Milk, 2%	Swiss Chicken Brown Rice Capri Veg Peas Diced Peaches Milk, 2% Chocolate Pudding Cake Birthday Party	Broccoli Cheddar Soup Meat & Chz Sandwich Copper Penny Salad Fresh Fruit Milk, 2%

Daily  
Press  
2/2/26

**The Home  
Weatherization Program**

is a service funded by the  
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If eligible, our agency performs  
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bills, thus creating more  
self-sufficient households.



**Carl Elin Michener**  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
**(906) 786-7080 Ext. 148**

Daily Press  
2/2/26

**PARKINSON  
SUPPORT GROUP  
TO MEET**

ESCANABA - The Michigan Parkinson Foundation support group for Escanaba and the surrounding areas meets the second Tuesday of each month at 1:00 p.m. The next meeting is Tuesday, Feb. 10 at 1 p.m. at the Community Action Agency, 507 1st Ave. North in Escanaba.

Everyone is welcome to attend - people with Parkinson's, their families and caregivers.

For more information call Debra Martin at 906-420-2871 or Dianna Lawson at 906-399-3706.

Daily Press

2/3/26



**MDS CAA Early Childhood Program**  
*"Serving Menominee, Delta & Schoolcraft Counties."*

**Now is the time! Don't wait!**  
 Fall 2026 Registration is now open for the Head Start, Early Head Start & Great Start Readiness Programs!

**How to Apply:** Stop by any of our following locations during Head Start Week to fill out an application for the 2026 program year.  
**Head Start Week!** March 2nd-March 6th  
 All locations are open 8:00 AM- 4:00 PM.  
 No appointment needed! Just stop by!  
*A free backpack will be given to anyone who completes an application during Head Start Week!*

**\*We encourage all families to apply regardless of income, as eligibility criteria has changed! Please bring the child's birth certificate & proof of household income\***  
 Transportation is available for those in need.



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

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

Daily Press  
 2/4/26

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Call Mike Moberg  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
(906) 766-7000 Ext. 148

Daily Press  
2/4/26

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Call **Ellie Moberg**  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
**(800) 788-7000 Ext. 148**

Daily Press  
2/5/26

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Daily Press  
2/5/26

**PUBLIC NOTICE**  
**MDS Community Action Agency**  
**PROPOSED STATE AND FEDERAL APPLICATION FOR OPERATING**  
**AND/OR CAPITAL ASSISTANCE**

All citizens are advised that MDS Community Action Agency has prepared an application for State of Michigan financial assistance for fiscal year 2027 as required under Act 51 of the Public Acts of 1951, as amended, and for federal assistance as required under the federal transit laws, as amended.

MDS Community Action Agency is requesting a total of \$574,046.00 through the following program(s):

PROGRAM	DESCRIPTION	TOTAL AMOUNT
SPECIALIZED SERVICES	CONTINUATION OF THE OPERATION OF STATE SPECIALIZED SERVICES TRANSPORTATION FOR MENOMINEE COUNTY	\$76,046.00
SECTION 5310	TWO (2) LIGHT DUTY CUTAWAY VEHICLE PURCHASES. 80% Federal and 20% State	\$314,000.00
SECTION 5310	ONE MINIVAN. 80% Federal and 20% State	\$88,000.00
SECTION 5310	ONE STANDARD VAN. 80% Federal and 20% State	\$96,000.00

MDS Community Action Agency ensures that the level and quality of transportation service is provided without regard to race, color, or national origin in accordance with Title VI of the Civil Rights Act of 1964. For more information regarding our Title VI obligations or to file a complaint, please contact us at the address given below.

The proposed application is on file at MDS Community Action Agency, 507 1st Avenue North, Escanaba MI 49829 and may be reviewed during a 30-day period January 10, 2026 to February 10, 2026 between the hours of 8:00 a.m. to 4:00 p.m. EST. Written comments regarding the application and/or written requests for a public hearing to review the application must be received by February 10, 2026. If a hearing is requested, notice of the scheduled date, time, and location will be provided at least 10 days in advance.

Submittals should be sent to MDS Community Action Agency, 507 1st Avenue North, Escanaba, MI 49829 or via e-mail to [kstenlund@mdscaa.org](mailto:kstenlund@mdscaa.org).

*Menominee County Journal*

*2/5/26*

**Birthdays  
at Mid-County  
Senior Center**

Honored for January birthdays at the Mid-County Senior Center Jan. 28, were from left, Yvonne Sivula, Cliff Beaudou and Gladys Horning.



Menominee County Journal

2/5/26

## **Accepting Applications**

The Community Action Agency Senior Services Program is currently accepting applications for the following positions at the Mid-County Senior Center in Daggett:

**Part-Time Transportation Driver**. Hours would vary Wednesday and Thursday between 8 a.m. and 3 p.m.

AND

**Part-Time Meal Delivery Driver** for approximately 6 hours on Tuesdays.

Agency vehicle provided for both positions. We are looking for applicants who have a great rapport with senior citizens, possess organizational skills and have a good driving record with the ability to obtain a chauffeur's license (transit position).

Applications may be picked up at the Mid-County Senior Center. Application deadline is February 12, 2026.

Questions may be directed to Becky Thoune, Center Administrator, at 906-753-6986.

Menominee County Journal

2/5/26



Courtesy photo

The CBC Committee recently presented Menominee-Delta -Schoolcraft Community Action Agency with a check in the amount of \$27,000. The amount represents their third of the funds raised in 2025. Picture from left to right is, Heather LaLonde, second chair; Kristine Eccelsine, co-treasurer; Gary Willoughby, MDSCAA Executive Director; Jessica Baker, committee member; and Samantha Baker, third chair.

Pioneer  
Tribune

2/5/26

## MDSCAA to use \$27,000 donation to expand program

**MANISTIQUE** – The CBC Fund Drive of Schoolcraft County has chosen the Menominee-Delta-Schoolcraft Community Action Agency (MDSCAA) as its community charity recipient for the 2025 fundraising year. MDSCAA is the third organization in a rotating selection of community charities, alongside the American Cancer Society and Bay Cliff Health Camp.

The Committee is delighted to donate \$27,000 to MDSCAA to support its ramp construction program. These funds will enable the agency to expand this vital initiative into Schoolcraft County, helping wheelchair-bound

physical barriers that limit mobility and community engagement. MDSCAA has a strong history of supporting residents with physical, financial, or accessibility challenges. By constructing and installing handicap-accessible ramps, the agency ensures that individuals with mobility limitations can navigate their homes with increased ease and remain connected to their communities.

When MDSCAA was selected in September 2025, Executive Director Gary Willoughby shared, “Our wheelchair ramp program is coming to Schoolcraft County. For 20 years, we’ve operated a small program

U.P. Construction Council and the MI Building and Trades Council. We are now seeking to partner with the Delta/Schoolcraft ISD and identify additional partners beyond Manistique to extend services throughout Schoolcraft County.”

The committee expresses deep appreciation for the Community Action Agency’s ongoing efforts to improve lives in Schoolcraft County. Supporting this project aligns with the shared goal of enhancing accessibility, safety, and quality of life for wheelchair users in the area. This initiative not only addresses immediate needs but also

# Senior Citizen News

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

## 2026 Medicare Low Income Subsidy

**What is Medicare Low Income Subsidy?** Low Income Subsidy, also known as Extra Help, is a federal program that helps people with Medicare pay for their prescription drugs.

### Who qualifies for Extra Help?

Enrolled in or eligible for a Medicare Part D prescription drug plan. Extra Help only covers costs associated with Medicare prescription drug coverage.

Reside in one of the 50 states or the District of Columbia.

Have limited annual income that is below 150 percent of the Federal Poverty Level.

Below \$23,475 if single.

Below \$31,725 if married and living with a spouse.

Have limited total resources (assets).

Below \$17,600 if single.

Below \$35,130 if married and living with a spouse.

These resources include

real estate (excluding primary residence), bank accounts, stocks, bonds, mutual funds, Individual Retirement Accounts (IRAs) and cash.

The specified annual income and total resources limits apply to the year 2025.

Patients automatically qualify for Extra Help if they are enrolled in Medicare and meet one of the following:

Have Medicaid (dual eligibility).

Receiving Supplemental Security Income (SSI).

Participating in an eligible Medicare Savings Program.

People who qualify automatically do not need to apply for Extra Help.

### What benefits may be available to qualifying individuals?

Starting in 2026, people in the Extra Help Program will pay no more than \$12.65 for certain drugs, depending on specific eligibility requirements.

For people who are dual eligible and are institutionalized or are receiving home or community-based services is a zero premium, deductible and copayment.

For other Extra Help people (depending on income, resource level and other factors) is zero premium deductible, \$5.10 for each generic drug and \$12.65 for

each brand name drug.

**How do I apply for Extra Help?** You should apply to the Social Security Administration (SSA). Applying is free and can be done at any time in any of the following ways:

Online: At [ssa.gov/extra-help](http://ssa.gov/extra-help). You can also download and print an application, and mail the completed application to your local SSA office.

At your local SSA office: paper applications can be obtained at a local SSA office. Submit completed forms in person or via email to the nearest SSA office.

By phone: call 800-772-1213 to apply, request a paper application or set up an appointment at your local SSA office.

If you're unsure if you're eligible for Extra Help you can still apply. The SSA will review your application and assess how much assistance, if any, you are eligible for. The application is free of charge.

**What happens after applying?** SSA will review the application and determine if a person qualifies and much, if any, assistance is offered. SSA will send a response in the mail, typically within 3-6 weeks.

If an Extra Help application is denied, you can appeal if you disagree with the decision. SSA will provide instructions on the appeal process.

Extra Help eligibility may be reviewed periodically. Annual eligibility reviews are conducted, usually at the end of August, and people selected for review will receive notifications from SSA. Any necessary adjustments to Extra Help will be effective on January 1 of the next calendar year.

**Do you need assistance in applying for the Low-Income Subsidy?** Call Becky Thounne at 753-6986.

## SENIOR CITIZEN ACTIVITIES

Feb. 11 - Valentine's Day Party Dinner with door prizes, 50/50 raffle, treats and bingo after lunch. Meal reservations must be made by 1 p.m. the previous day.

Feb. 17 - It's Fat Tuesday and that means free Paczki's

call in your meal reservation no later than Feb. 16 by 1 p.m.

Feb. 25 - Monthly birthday party dinner with door prizes, 50/50 raffle, cake, ice cream and bingo after lunch. Please notify the staff if you are celebrating your birthday in February so we may honor you.

## February exercise dates and times.

Feb. 9 at 10 a.m.

Feb. 18 at 11 a.m.

Feb. 23 at 10 a.m.

Coffee and social time to follow.

## Nutrition Menu

Feb. 9 - Hobo dinner with sliced potatoes, sliced carrots, peas, warm applesauce.

Feb. 10 - Bourbon chicken, brown rice, chef's choice vegetable, corn, diced peaches.

Feb. 11 - Diced Ham, scalloped potatoes, key west vegetables, chef's choice fruit cup, strawberry poke cake.

Feb. 12 - Chicken Fettuccine alfredo, chef's choice vegetable, diced carrots, diced peaches, whole wheat breadstick.

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 FEB. 9

Monday - Hobo dinner, potatoes, sliced carrots, peas, warm applesauce, whole wheat bread.

Tuesday - Bourbon chicken, brown rice, chef's choice vegetable, corn, diced peaches.

Wednesday - Diced ham, scalloped potatoes, Key West vegetable, whole wheat bread, chef's choice fruit cup, strawberry poke cake.

Thursday - Chicken fettuccini alfredo, chef's choice vegetable, diced carrots, diced peaches, whole wheat

Mendocino  
County  
Journal  
2/5/26

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Call Bill Motora  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
**(906) 786-7080 Ext. 148**

Daily Press  
2/6/26

# BRIEFS

## **PARKINSON SUPPORT GROUP TO MEET**

**ESCANABA -** The Michigan Parkinson Foundation support group for Escanaba and the surrounding areas meets the

second Tuesday of each month at 1:00 p.m. The next meeting is Tuesday at 1 p.m. at the Community Action Agency, 507 1st Ave. North in Escanaba.

Everyone is welcome to attend - people with Parkinson's, their families and caregivers.

For more information call Debra Martin at 906-420-2871 or Dianna Lawson at 906-399-3706.

## **ROCK SENIOR DANCE**

**ROCK -** The Rock Senior Center, 3892 W. Maple Ridge 37 Road, will host a Senior Dance on Sunday, Feb. 15 from 1 p.m. to 4 p.m. The center will serve lunch around 2:30 p.m.

The Ghost Riders will be playing throughout the event. Attendees can enjoy dancing and lunch. The center is changing February's Senior Dance to the third Sunday of the month for only this month.

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

Daily Press

2/7/26

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Call Ernie Atuberg  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
**(906) 786-7090 Ext. 148**

2/7/26

Daily Press

# Moonlight and Memories

## A 55+ SENIOR PROM NIGHT

March 19, 2026 • Highland Golf Club

5-8 pm EST • Doors open at 4:30 pm

A Prom Night just for Senior Citizens.  
Filled with fun and memories waiting to be made!

Dancing - snacks - drinks - photos - and more!

### GET YOUR TICKETS TODAY!

Tickets include a ride to and from the event by DATA bus.  
Pickup/drop off at Gladstone and Escanaba Senior Centers.

Tickets are only \$20 each! LIMITED AVAILABILITY

Fill out and return this form to The Daily Press by March 6th.

**YES I WANT MY PROM TICKETS**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone number: \_\_\_\_\_  
I would like \_\_\_\_\_ # of tickets @ \$20 each for a total of \$ \_\_\_\_\_  
My check is included  Run my credit or debit card  
Card # \_\_\_\_\_  
Expiration \_\_\_\_\_ CVC \_\_\_\_\_

Mail or drop this form off to The Daily Press 600 Ludington Street  
Escanaba, MI 49829. If you mail the form in, we will call you to find out  
how you would like to receive your tickets.

Pick me up at the  Escanaba Senior Center  Gladstone Senior Center  
I do NOT need to be picked up:

Call 906-786-2021 Ext. 101 if you have any questions.

**DAILY PRESS**  
Your Local News Source

**DATA**  
Senior Services Agency

**Action**  
Senior Services Agency



Daily Press

2/7/26

*Moonlight and Memories*

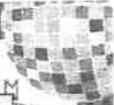
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**DAILY PRESS**

**DNIA**



Daily Press

2/19/26

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Daily Press

2/9/26

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Daily Press

2/9/26

# *Moonlight and Memories*

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**Dancing - snacks - drinks - photos - and more!**

**GET YOUR TICKETS TODAY!**

**Tickets include a ride to and from the event by DATA bus.**

**Pick up at 4pm and Drop off after the event at**

**Gladstone and Escanaba Senior Centers..**

**Tickets are only \$20 each! LIMITED AVAILABILITY**

Daily Press 2/10/26

1 of 2

Fill out and return this form to The Daily Press by March 6th.

### YES! I WANT MY PROM TICKETS!

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

Address: \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

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

I would like \_\_\_\_\_ # of tickets @ \$20 each for a total of \$ \_\_\_\_\_

My check is included  Run my credit or debit card

Card # \_\_\_\_\_

Expiration \_\_\_\_\_

CVC \_\_\_\_\_

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I do NOT need to be picked up:

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# DAILY PRESS

Your Local News Leader

# DMTA

DELTA AREA TRANSIT AUTHORITY

Memoribus - Delta - Schoolcraft  
**community**  
**Action**  
Helping People. Changing Lives. Agency



Daily  
Press  
2/16/26  
2 of 2

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

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Expiration \_\_\_\_\_ CVC \_\_\_\_\_

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Pick me up at the  Escanaba Senior Center  Gladstone Senior Center

I do NOT need to be picked up:

Call 906-786-2021 Ext. 101 if you have any questions.

**DAILY PRESS**  
Your Local News Leader

**DATA**  
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**community Action**  
Michigan Program, Changing Lives Agency

**FAMILY CARE**  
LIVING

Daily Press

2/10/26

**The Home Weatherization Program**

is a service funded by the Federal Department of Energy (DOE) to low-income households. The program provides energy conservation services for eligible low-income households. If eligible, our agency performs the necessary inspections and contracts with qualified, licensed and insured private contractors to complete the work. These services reduce energy use and lower utility bills, thus creating more self-sufficient households.



Call Ellen Malburg  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
**(800) 786-7000 Ext. 148**

Daily Press

2/11/26

**ROCK SENIOR  
DANCE**

ROCK - The Rock Senior Center, 3892 W. Maple Ridge 37 Road, will host a Senior Dance on Sunday from 1 p.m. to 4 p.m. The center will serve lunch around 2:30 p.m.

The Ghost Riders will be playing throughout the event. Attendees can enjoy dancing and lunch. The center is changing February's Senior Dance to the third Sunday of the month for only this month.

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

Daily Press

2/11/26

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Daily Press

2/12/26

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507 1st Avenue, North  
Escanaba, MI 49829  
(906) 756-7080 Ext. 148

Daily Press  
2/12/26

# Manistique Senior Center

Heather Tyner, Activities Director

Our Puzzles & Punch finally took place on Saturday, Jan. 31, after being cancelled and rescheduled due to cold weather. We had 4 teams

puzzling. After a very grueling competition Lauris Barr and I took 1st Place, sisters Sally Rubick and Kathay Wood fought tooth and nail for 2nd Place, and Roni and Deb puzzled their way into 3rd Place. Thank you to all the competitors that came to Puzzles & Punch. Our next Puzzles & Punch jigsaw competition will take place Saturday, March 28, from 2-5 p.m.

We are closed on Monday, Feb. 16, in observance of Presidents' Day. Bushido Karate will still be teaching Tai Chi that day at our Center, at their usual time, 5-5:30 p.m. Tai Chi welcomes all ages and is only \$10 per month.

On Tuesdays we have Bingo. You only need to be 18 years young to enjoy Bingo and \$8-10 will allow you to play from 1-4 p.m. Unless you are a high roller, then it will cost you more. Bingo cards are sold from 12:30-1 p.m. Bingo starts at 1 p.m.

Wednesday, Feb. 18, we have Drum Aerobics in the morning, 9-9:30 a.m., Hand & Foot, which starts at noon, and Chair Yoga is back on our schedule for 4:30-5 p.m. Chair Yoga is a safe and effective way to build strength, flexibility and balance, while supporting mental health. Ilana Minor teaches Chair Yoga, and it is a free class for our seniors. We also have bowling at Ten Pin Alley. Bowling starts at 4:30 p.m. You will be responsible to pay for your games and shoes. If you would like to attend Chair Yoga and then come bowling with us,



please do. We have a few of our seniors that enjoy both activities.

Thursday, Feb. 19, we have our Movie Day. Movie Day starts at 1 p.m. Our movie

this month is a true story based on the life of Joe Scaravella, the owner of a Staten Island restaurant, Enoteca Maria. Joe risks everything to honor his recently deceased, beloved mother by opening an Italian restaurant with actual grandmothers as chefs. There is always free popcorn on Movie Day.

Our Carnival Potluck is also on Thursday, Feb. 19. The Carnival will start at 4 p.m., with the potluck taking place at 5 p.m. For the Carnival there will be games, cotton candy, popcorn, facepainting by Charlotte Erickson and we will have a professional clown! Our professional clown is one of our own, Susan Krumrey, and she will be entertaining us with balloon animals and magic tricks. The tickets won from the carnival games can be turned in for prizes. Please bring a dish to share for the potluck.

On Friday, Feb. 20, is Story Time at the Manistique Public Library. If you enjoy reading to little ones, please join Monica Powell for Story Time. Story Time takes place every third Friday of the month, from 10-11 a.m.

Saturday Night at the Center is coming up Saturday, Feb. 28, from 7-10 p.m. Saturday Night at the Center is a dance all night, socializing, having fun kind of evening. There will be disco lights, music and you can social district if you would like. This is a free event and no rsvp necessary. You only need to show up with your dancing shoes on.

Pioneer  
Tribune

2/12/26

# Senior Citizen News

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

## ENERGY ASSISTANCE AND SHUT OFF PROTECTION FOR RESIDENTIAL CUSTOMERS

Electric, natural gas and propane bills can have a major impact on household budgets. For people having trouble paying their energy bills, it is extremely important to know that help is available. There are several energy assistance programs for eligible senior citizens and low-income customers.

Contact your utility company or propane supplier as soon as you know you will be unable to pay your bill on time. Do not wait for a shut off notice or put yourself in a situation where you might run out of fuel. As a utility customer, you are responsible for the energy you use, and it is important to make every effort to pay your utility bill on time. If you can't pay the bill in full, making a partial payment is better than not paying anything at all.

### Winter Protection Plan

The Winter Protection Plan (WPP) protects both seniors and low-income customers

of MPSC regulated natural gas service shut off and high utility payments between Nov. 1 - March 31.

People qualify for the plan if they meet any of the following criteria:

Are age 65 or older.

Receive Michigan Department of Health and Human Services (MDHHS) cash or food assistance, or Medicaid.

Or have a household income at or below 150 percent of the federal poverty level guidelines.

Eligible senior citizens participating in WPP are not required to make specific monthly payments during the heating season.

The WPP allows eligible low-income customers to make monthly payments equal to 7 percent of their estimated annual bill, November through March, and avoid shut off during that time even if their bills are higher.

At the end of the protection period, both low income and senior citizens taking part in the plan must pay off any money owed in installments between April and November.

To apply for this or other shut-off protection plans, contact your utility provider.

### Get Help by calling 2-1-1

211 is a one stop, around the clock, free phone service that links people with information or agencies that can

help with utility assistance, rent payments, child and elder care, emergency shelters, job training, counseling and other services.

Dial 2-1-1 or go online at Mi211.org to get connected to information about available services.

### Home Heating Credit

Qualified people may receive credit to help pay winter heating bills. Apply for a Home Heating Credit if you are low income, receive public assistance, or unemployment compensation.

Eligible customers must meet guidelines based on household income, exemptions and heating costs. You must apply by September 30 each year.

The application form (MI-1040CR-7) can be requested from the Michigan Department of Treasury at 517-636-4486 or visit the website at Michigan.Gov/Treasury for more information.

You can also contact organizations that help with tax preparation to assist you in filing for the credit: American Association of Retired Persons (AARP) and the Accounting Aid Society are two such organizations.

### State Emergency Relief

SER may help low-income households pay part of their heating or electric bills, assist in keeping utilities in service, or have service restored. The program is available all year long. Call your local Department of Health and Human Services office for information or apply at MiBridges website.

### Programs to Reduce Energy Waste

Using less energy in the home will lower utility bills. Local Community Action Agencies may help with weatherization if specific low-income guidelines are met. Call 786-7080 for more information.

The MPSC offers the brochure "Energy Saver Tips on Saving Money and Energy in your Home". For a free copy of this brochure, call the MPSC at 800-292-9555. This brochure and others on important utility issues are also available on the MPSC website at Michigan.Gov/

## SENIOR CITIZEN ACTIVITIES

Feb. 17 - It's Fat Tuesday and that means free Paczki's when you dine in this day. The lunch is Chicken Pot Pie, root vegetable blend and cinnamon pears. Please call in your meal reservation no later than Feb. 16 by 1 p.m.

Feb. 25 - Monthly birthday party dinner with door prizes, 50/50 raffle, cake, ice cream and bingo after lunch. Please notify the staff if you are celebrating your birthday in February so we may honor you.

### February exercise dates and times

Feb. 18 at 11 a.m.

Feb. 23 at 10 a.m.

Coffee and social time to follow.

### Nutrition Menu

Feb. 16 - Sloppy Joe/whole wheat bun, potato wedges, green beans, apple slices.

Feb. 17 - Chicken pot pie, root vegetable blend, warm cinnamon pears (Fat Tuesday).

Feb. 18 - Smothered Pork chop, boiled red potatoes, corn, fruit cocktail.

Feb. 19 - Hamburger gravy over mashed potatoes, diced carrots, fresh 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 FEB. 16

Monday - Sloppy Joe, whole wheat hamburger bun, potato wedges, green beans, apple slices.

Tuesday - Chicken pot pie, root vegetable blend, warm cinnamon pears, whole wheat bread.

Wednesday - Smothered pork chop, boiled red potatoes, corn, fruit cocktail, whole wheat bread.

Thursday - Hamburger gravy over mashed potatoes,

Menominee  
County  
Journal  
2/12/26

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

Daily Press  
2/13/24

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**Call Edie Neberg**  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Esanaba, MI 49829  
**(906) 786-7080 Ext. 148**

Daily Press  
2/13/24

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**Call: Elite, Michberg**  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
~~(907) 786-7200 Ext. 1000~~

Daily Press  
2/14/26

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Call **Ellie Rosenberg**  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
**(900) 799-7000 Ext. 143**

Daily Press

2/17/26

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Daily Press  
2/18/26

# Manistique Senior Center

Heather Tyner, Activities Director

Our Cross-Country Ski Club was finally able to go skiing on Thursday, Feb. 5, after our rather long cold snap in January. We traversed the cross-country ski trail at the Indian Lake Golf Course, which was a little over two miles long. It is a beautiful trail, and the snow was lightly falling that morning. If you would like to join us, please call our office at (906) 341-5923 or email me, heather.tyner@manistique-seniorcenter.com. I will put you on our text group to let you know whether or not we are going out and to which trail we are heading to. Our Cross-Country Ski Club meets Thursday mornings, from 9-10 a.m.

Our last week of February is like every other week, busy. Along with all of our normal scheduled activities throughout the week we also have on Wednesday, Feb. 25, our FootCare and our Page Turners Book Club. FootCare appointments take place between 12:30-2:30 p.m., cost is \$22 and please bring a towel with you. You will need to call our office to make an appointment. Our Page Turners Book Club will be discussing "Find me in Havana" written by Serena Burdick. If you would like to join our book club, please



do. Page Turners meets the fourth Wednesday of every month, from 2-3 p.m. Our Center supplies the books.

In addition to our regularly scheduled program on Thursday, Feb. 26, we also have Mah Jongg at 1:30 p.m. and Music with Gwen, from 4-5 p.m. The ladies started to teach themselves how to play Mah Jongg in August of last year. This is one of our groups that friendships formed and they also meet outside of our Center to play weekly. If you would like to learn Mah Jongg, please come to our Center the first and third Wednesdays of the month at 1 p.m. and the fourth Thursday of the month at 1:30 p.m. Our Music with Gwen is a must attend. Gwen is a talented musician and beautiful singer, with highly amusing stories.

On the last Friday of the month, Feb. 27, we have Coffee Hour with Don & Karen, from 9-10 a.m. Don and Karen will meet you at The Grind. You will need to purchase your own caf-

feine, Don and Karen will supply the confab and chor-tles.

Saturday, Feb. 28, is our bimonthly Saturday Night at the Center dance. This is a free event with music, lights, dancing and a whole lot of fun going on. You will need to bring your dancing shoes and if you would like, a social district drink. Saturday Night at the Center takes place from 7-10 p.m.

Every week I feel that more people are trying out our activities and events and thoroughly enjoying each one that they try. We had quite a group that joined us for our last Wednesday night of bowling and we took up three lanes. The alley was loud from all the hooting and hollering, laughter and conversation. Our Center is truly where friends meet, whether we are meeting for activities at our Center or outside of it. We have many different activities and events going on throughout the week, and you only need to be 55 years young to come have fun with us. Most of our activities and events are free, unless otherwise stated, and you do not need to rsvp, unless otherwise stated. I hope you come check us out, Monday through Friday, 8 a.m. to 4 p.m.

Pioneer Tribune

2/19/26

# Senior Citizen News

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

## **MEDICAL IDENTITY THEFT**

**What is medical identity theft?** Medical identity theft is when someone fraudulently gets and uses your personal information, like your: Name, medicare number, social security number, driver's license number, address.

To then use this information to: Get medical treatment, buy medical equipment, get prescriptions, submit claims to your health insurance for items you don't need, request, or may have never received.

**How to protect yourself from medical identity theft**

Be careful about who you give your personal information to.

Never give out your Medicare number to anyone who contacts you through unexpected or unknown calls, texts or emails. Remember that Medicare and social security will never reach out to you to ask for your personal information.

Keep documents that contain your medical information somewhere safe.

When getting rid of these documents, shred them or wait for a local shred day.

Look out for common fraud schemes used to steal personal information.

This includes scams offering "free" COVID-19 tests, back or knee braces you didn't ask for, genetic testing, cancer screening kits, "new" Medicare cards, and telehealth.

**Identify the signs of  
medical identity theft**

If someone steals and then uses your medical information, be on the lookout for:

Charges and providers on your Medicare statements that you don't recognize.

Shipments of back or knee braces, testing kits, or other medical supplies that you didn't ask for.

Contact from a debt collection company for a provider bill that you don't owe.

Medicare and or your Medicare Advantage (MA) plan denies or limits your coverage or benefits because of a medical condition you do not have or says you already received a product or service you did not.

### **Report medical identity theft**

If you believe someone has stolen your medical information, contact your local Senior Medicare Patrol. Your SMP will encourage you to:

Review your Medicare statements for any additional concerns.

Get copies of your medical records from providers the scammer may have used.

Review of your credit reports.

Report any errors on medical records or statements to your providers and your compromised number to Medicare, 1-800-MEDICARE or your MA plan.

If you gave out your Social Security number, report it to Social Security and make a recovery plan using the Federal Trade Commission's tips at [www.Identity-Theft.org](http://www.Identity-Theft.org)

### **Who to contact for more information:**

**Senior Medicare Patrol (SMP):** contact your local SMP if you believe your medical information has been compromised (844-677-6424).

### **State Health Insurance**

**Program (SHIP):** contact your local SHIP if you have other questions about your Medicare health coverage (800-803-7174).

## **SENIOR CITIZEN ACTIVITIES**

Feb. 25 - Monthly birthday party dinner with door prizes, 50/50 raffle, cake, ice cream and bingo after lunch. Please notify the staff if you are celebrating your birthday in February so we may honor you.

### **February exercise dates and times**

Feb. 23 at 10 a.m.

Coffee and social time to follow.

### **Nutrition Menu**

Feb. 23 - Turkey spaghetti, Italian vegetables, Brussel sprouts, tropical fruit, whole wheat breadstick.

Feb. 24 - Cranberry glazed meatballs, garlic mashed potatoes, succotash vegetables, diced pears.

Feb. 25 - Swiss chicken, brown rice, Capri vegetables, peas, diced peaches.

Feb. 26 - Broccoli cheese soup, meat and cheese sandwich, copper penny salad, fresh 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 FEB. 23**

Monday - Turkey spaghetti, Italian vegetables, Brussel sprouts, tropical fruit, whole wheat breadstick.

Tuesday - Cranberry glazed meatballs, garlic mashed potatoes, succotash vegetables, diced pears, whole wheat bread.

Wednesday - Swiss chicken, brown rice, Capri vegetable, peas, diced peaches, chocolate pudding cake.

Thursday - Broccoli cheddar soup, meat and cheese

Menominee  
County  
Journal

2/19/26



Courtesy photo

The first outing for the Manistique Senior Citizen Center Cross-Country Ski Club finally took place on the morning of Feb. 5, out at the Indian Lake Golf Course. Pictured skiing left to right is Melissa White, Mary Ellen Debelak and Nancy Sherman.

Pioneer Tribune

2/19/26

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Call Ellen Moberg  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
(509) 786-7000 Ext. 146

Daily Press  
2/19/26

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**Action**  
Agency

Call: 734-780-2100  
 MDS CAA-HRA Weatherization Intake  
 507 1st Avenue, North  
 Escanaba, MI 49829  
 (800) 735-7800 Ext. 142

Daily Press  
 2/20/26

**PARKINSON  
SUPPORT GROUP  
TO MEET**

ESCANABA - The Michigan Parkinson Foundation support group for Escanaba and the surrounding areas meets the second Tuesday of each month at 1:00 p.m. The group will meet Tuesday, March 10 at the Community Action Agency, 507 1st Ave. North in Escanaba.

Everyone is welcome to attend - people with Parkinson's, their families and caregivers.

For more information call Debra Martin at 906-420-2871 or Dianna Lawson at 906-399-3706.

Daily Press

2/20/26

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Call Ellis Moore  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
(800) 766-7088 Ext. 148

Daily Press  
2/21/26

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Daily Press  
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507 1st Avenue, North  
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Daily Press

2/23/26

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For more information call Debra Martin at 906-420-2871 or Dianna Lawson at 906-399-3706.

Daily Press  
2/23/26

# Community Action Agency Senior Nutrition Program

## February 2026 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, 02/2/26	Tue, 02/3/26	Wed, 02/4/26	Thu, 02/5/26
Sweet & Sour Pork Brown Rice Stir Fry Veg Corn Tropical Fruit Milk, 2%	Stuffed Shells w/ Marinara Brussel Sprouts Warm Cin Peaches (FR) Side Salad w/Chz & TQM Breadstick, WW Milk, 2%	Meatloaf w/Ketchup Glaze Mashed Pot w/Gravy Chef's Choice Veg Chef's Choice Fruit Cup Bread, WW Milk, 2%	Chicken Rice Soup Chicken Salad Sandwich Side Salad w/Chz & TOM Fresh Fruit Milk, 2%
Mon, 02/9/26	Tue, 02/10/26	Wed, 02/11/26	Thu, 02/12/26
Hobo Dinner Potatoes, Sliced Carrots, Sliced Peas Warm Applesauce (FR) Bread, WW Milk, 2%	Bourbon Chicken Brown Rice Chef's Choice Veg Corn Diced Peaches Milk, 2%	Diced Ham Scalloped Potatoes Key West Veg Bread, WW Milk, 2% Chef's Choice Fruit Cup Strawberry Poke Cake Valentine's Day Party	Chicken Fettuccini Alfredo Chef's Choice Veg Diced Carrots Breadstick, WW Milk, 2%
Mon, 10/6/25	Mon, 10/6/25	Mon, 10/6/25	Mon, 10/6/25
Sloppy Joe Hamburger Bun, WW Potato Wedges Green Beans Apple Slices Milk, 2%	Chicken Pot Pie Root Veg Blend Warm Cinn Pears (FR) Bread, WW Milk, 2%	Smothered Pork Chop Boiled Red Potatoes Corn Fruit Cocktail Bread, WW Milk, 2%	Hamburger Gravy over Mashed Potatoes Diced Carrots Fresh Fruit Bread, WW Milk, 2%
Mon, 10/6/25	Mon, 10/6/25	Mon, 10/6/25	Mon, 10/6/25
Turkey Spaghetti Italian Veg Brussel Sprouts Tropical Fruit Apple Slices Breadstick, WW Milk, 2%	Cranberry Glazed Meatballs Garlic Mashed Pot Succotash Veg Diced Pears Bread, WW Milk, 2%	Swiss Chicken Brown Rice Capri Veg Peas Diced Peaches Milk, 2% Chocolate Pudding Cake Birthday Party	Broccoli Cheddar Soup Meat & Chz Sandwich Copper Penny Salad Fresh Fruit Milk, 2%

Daily  
Press  
2/23/

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Call Elle Moberg  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
**(906) 766-7080 Ext. 146**

Daily Press

2/24/26

### **DANCE IN ROCK**

**ROCK** — A dance will be held at the Rock Community/Senior Center, located at 3892 W. Mapleridge Road, on Sunday, March 8 from 1 to 4 p.m. Live music will be performed by Red River Band.

There is a cost at the door and a free-will donation lunch will be available.

All proceeds benefit the senior corporation. For more information, call Lucy at 906-356-6459.

### **PARKINSON SUPPORT GROUP TO MEET**

**ESCANABA** — The Michigan Parkinson Foundation support group for Escanaba and the surrounding areas meets the second Tuesday of each month at 1:00 p.m. The group will meet Tuesday, March 10 at the Community Action Agency, 507 1st Ave. North in Escanaba.

Everyone is welcome to attend — people with Parkinson's, their families and caregivers.

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Daily Press  
2/24/26

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*Call Eric Rantberg*  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
**(906) 735-7000 Ext. 143**

Daily Press  
2/25/26

# Daily Press' 'Moonlight and Memories' Senior Prom canceled

ESCANABA - Due to unforeseen circumstances, the Daily Press' 'Moonlight and Memories' Senior Prom has been canceled. If you purchased tickets and have yet to receive a refund, please stop in to the Daily Press, 600 Ludington St, or call the Daily Press at (906) 786-2021.

Daily Press

2/25/26

# Senior Citizen News

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

## **NUTRITION FOR OLDER ADULTS WHY EATING WELL MATTERS AS YOU AGE**

**Why diet matters for older adults** - Maintaining a healthy diet is important for your health no matter your age. A healthy diet that focuses on lean protein, plenty of fruits and vegetables, and limiting added sugar is good advice all around.

But as you get older, particularly after the age of 65 or so, eating healthy can become more challenging. Medical conditions that tend to afflict adults later in life can cause dramatic (and unhealthy) weight loss. That includes issues like malnutrition, osteoporosis, and iron and vitamin deficiencies. Age related changes to your metabolism or digestion can lead to unintentional weight fluctuations, too. And as you age, your circumstances and lifestyle can lead to neglecting healthy eating habits. For example, the unfortunate death of a spouse can lead to loneliness and depression, which can result in a lack of interest in taking care of ourselves. Not to mention the added challenge of adjusting cooking habits for only one person instead of two.

Additionally, any loss of independence can also make it harder to shop for healthy food and cook them properly. This can leave older adults more reliant on packaged and prepared foods or meals that aren't nutritionally complete. Even though nutrition may be harder to maintain as you age, it may be even more important than when you were younger. As you age, your body can have a harder time with certain functions, like maintaining your heart health, kidney function, bone

regeneration and more. But getting proper nutrition, such as getting enough protein, and the proper amount of vitamins and other nutrients, is an important part of helping to keep those systems and others strong and functioning at their best.

A healthy diet can play a big role in your overall health, including your:

Brain and memory function.

Heart health.

Bone strength.

Muscle tone.

Immunity.

Gastrointestinal functioning.

Mental health and well-being.

So how can you be sure you're getting the proper nutrition and prioritizing a healthy diet?

**Maintain a regular eating schedule** - Some older adults may need to make a focused effort to eat regularly. But having a specific mealtime to look forward to enjoying every day can be good for both your physical and mental well-being. Don't skip meals. If you need a reminder, add mealtimes and snacks to your calendar or set an alarm to your watch, computer or phone app to remind you to eat.

**Eat with others** - Mealtimes can be a great time to gather with friends and loved ones. Friends, family and socializing with our community make mealtime more enjoyable and is just as important for our mental health as what we eat is for our bodies. Invite others to join you, share stories and connect while you eat. A shared meal can be especially uplifting if you're experiencing depression, loneliness or lack of interest in other activities. The senior center is a great place to dine, socialize and make new friends!

Practice food safety habits- people over 65 can be more at risk for foodborne illnesses, like Listeria and Salmonella. In part, that can be because your immune system

can weaken as you age. And aging can decrease how well your kidney and liver filter and rid toxins from your body.

Pay close attention to expiration dates and other signs your food has "turned".

Take special care to wash your hands and surfaces often.

Cook food like meat and eggs thoroughly.

Refrigerate eggs promptly.

Limit or avoid soft cheeses, raw or undercooked meat and seafood and unpasteurized milk products.

**What should an older adult's diet look like?** Older adults can make sure they're eating for their maximum health benefit by focusing on a few key diet needs like:

**Getting your fiber:** Add fiber to meals and food like whole grains, and raw fruits and vegetables.

**Eating healthy fats:** Reduce your cholesterol and fat intake and make smarter choices by enjoying or preparing food with healthy fats, which include olive oil, avocados, salmon and nuts.

**Reducing your salt consumption:** Season dishes with garlic, herbs and other spices. Choose foods that are low in sodium or have no added salt.

**Limiting "white foods":** That includes things like white bread, rice and potatoes, which don't provide much in terms of long-term nutritional value.

**Staying hydrated:** Aging can put you at risk for dehydration. Drink six eight-ounce glasses of water or other beverages daily (if you're not on a fluid restricted diet). Limit drinks that contain caffeine and alcohol.

**Maximizing your vitamin D intake:** Increase your exposure to sunlight (always wearing sunscreen, of course) and eat foods high in vitamin D-such as fatty fish, canned tuna, egg yolks, fortified milk and cereal supplements (per approval from your healthcare provider).

## **SENIOR CITIZEN ACTIVITIES**

March 10 - Secretary of State mobile visit from 9 - 10:30 a.m. You can renew your vehicle registration if

forehand, please call the center to reserve a meal. Please RSVP too. Craft to be determined.

March 17 - St. Patrick's Day Party Dinner with green punch, 50/50 raffle, door prizes and bingo after lunch. Menu will be corned beef casserole, cabbage, carrot, boiled potatoes, diced peaches and pistachio dessert. Please call in your meal reservation no later than noon on March 16.

March 25 - Monthly birthday party dinner with 50/50 raffle, door prizes, cake, ice cream and bingo. Is it your birthday in March? Please inform us when making a meal reservation so we can honor you.

## **March exercise dates and times**

March 4 at 11 a.m.

March 11 at 11 a.m.

March 18 at 11 a.m.

March 23 at 10 a.m.

Coffee and social time to follow.

## **Nutrition Menu**

March 2 - Sweet and our meatballs over brown rice, Prince Charles vegetables, peas, pineapple orange mix.

March 3 - Chicken stroganoff, Scandinavian vegetables, Brussel sprouts, diced pears.

March 4 - Beefy tater tot casserole, corn, warm cinnamon peaches.

March 5 - Salmon croquette, garlic mashed potatoes, diced carrots, 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 MARCH 2**

Monday - Sweet and sour meatballs, brown rice, Prince Charles vegetables, peas, pineapple orange mix.

Tuesday - Chicken stroganoff, Scandinavian vegetables, Brussel sprouts, diced pears, whole wheat bread.

Wednesday - Beefy tater tot casserole, corn, warm cinnamon

Menominee  
County  
Journal  
2/26/2

# NEED HELP PAYING YOUR UTILITY BILLS?

Michigan Energy Assistance Program funding has changed. Utility assistance may be available, even if you've been denied support in the past. **Dial 211** to connect with free, confidential local support. **Call 211 today!**

**SPONSORED BY**



Pioneer Tribune

2/26/26

# Manistique Senior Center

Heather Tyner, Activities Director

Our Carnival Potluck revelers stepped-right-up, stepped-right-up to enjoy the thrill of the games and mouthwatering popcorn, cotton candy and homemade elephant ears and funnel cakes.

The carnival games brought prizes to many, though the ring toss threw some for a loop. Besides our games, prizes and carnival foods, we also had face painting by Charlotte Erickson, hotdogs in memory of Dan Barber, Wes Turan and Perry Wise, and several delectable homecooked dishes shared during our potluck portion of the evening. It was suggested that we make our Carnival Potluck an annual event, and so we will have our Carnival Potluck every February. Thank you kindly to Pat Nonman and Charlotte Erickson for their help and to everyone who came out and made this event fun.

On Friday, Febr. 27, Coffee Hour with Don & Karen will take place at The Grind and they will meet you there at 9 a.m. You will be responsible for paying for your own beverage. Don and Karen will supply the banter for free.

Saturday Night at the Center is this weekend, on Saturday, Feb. 28. Saturday Night at the Center is a free event, which includes music, disco lights and an evening of dancing. You can social district if you would like. Saturday Night at the Center takes place from 7-10 p.m. Please wear your best dancing shoes.

We have a few of our seniors that will be leaving for their trip to Italy soon. For those that are heading to Rome first, they will be leaving on Feb. 28, and our other seniors will be joining them in Tuscany soon after departing on March 3. Our Center wishes you all a safe and wonderful trip.

On Thursday, March 12, Schoolcraft Memorial Hospital and South-



west Texas Regional Advisory Council are presenting Steps That Support You. It is a fall prevention class that will help you prevent falls, stay active and stay independent. The objectives of the class are to spot slip,

trip and fall hazards, learn how to avoid injury and stay moving, review medications that increase fall risk and to understand the importance of regular eye exams. This is a free event, but you must register by calling (906) 341-3758. Steps That Support You takes place Thursday, March 12, from 10:30 a.m. to noon.

We have our Center's fall bus trip all set! It will be nine days and eight nights to New York City and the Statue of Liberty. The trip will take place Wednesday, Oct. 7, through Thursday, Oct. 15. For a double occupancy the cost is \$1,229. The price includes motorcoach transportation, eight nights lodging which includes four consecutive nights in the NYC area, 14 meals and two guided tours of New York City. You will also be visiting Central Park, Rockefeller Center, Times Square, Wall Street, the 9/11 Memorial, Ellis Island, Liberty Island and much more! You can start reserving your spot for the bus trip Wednesday, March 18. Down payment to reserve your spot is \$75. Checks must be written out to Diamond Tours.

Our Manistique Senior Center Gift Shoppe has many beautiful handmade items for sale: blankets, baby sweaters, booties, hats, bags, doilies, aprons, kitchen towels, scrubbies and bowl koozies just to name a few. We also carry Saykly's dark and milk chocolate bars and taffy, homemade soaps, maple syrup, crocheted stuffed animals and books that are written and illustrated by local seniors. Come check out our Gift Shoppe. We are open Monday through Friday, 8 a.m. until 4 p.m.

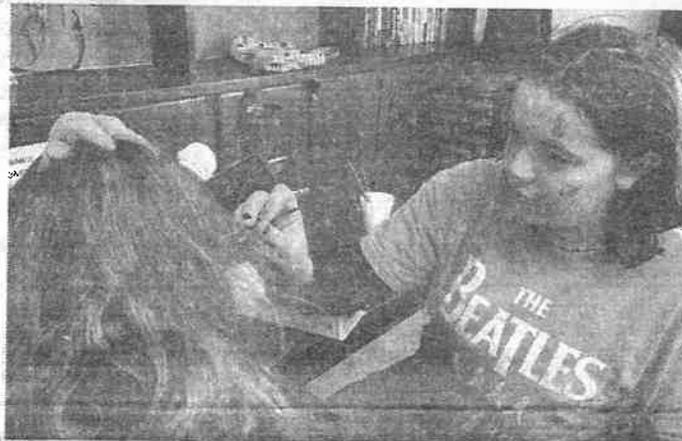
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2/26/26



Courtesy Photos

Above, carni Pat Norman takes popcorn and cotton candy to the carnival goers. Below, Sue with her face painted, and Randy Akers with their carnival contribution of homemade elephant ears and funnel cakes. At the bottom is Charlotte Erickson artfully face painting Phyllis Nedeau.



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**The Home Weatherization Program**  
is a service funded by the Federal Department of Energy (DOE) to low-income households. The program provides energy conservation services for eligible low-income households. If eligible, our agency performs the necessary inspections and contracts with qualified, licensed and insured private contractors to complete the work. These services reduce energy use and lower utility bills, thus creating more self-sufficient households.



**Energy Action**  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Esconaba, MI 49829  
(505) 785-7600

Daily Press  
2/26/26

**DANCE IN ROCK**

**ROCK** — A dance will be held at the Rock Community/Senior Center, located at 3892 W. Mapleridge Road, on Sunday, March 8 from 1 to 4 p.m. Live music will be performed by Red River Band.

There is a cost at the door and a free-will donation lunch will be available.

All proceeds benefit the senior corporation. For more information, call Lucy at 906-356-6459.

**PARKINSON  
SUPPORT GROUP  
TO MEET**

**ESCANABA** — The Michigan Parkinson Foundation support group for Escanaba and the surrounding areas meets the second Tuesday of each month at 1:00 p.m. The group will meet Tuesday, March 10 at the Community Action Agency, 507 1st Ave. North in Escanaba.

Everyone is welcome to attend — people with Parkinson's, their families and caregivers.

For more information call Debra Martin at 906-420-2871 or Dianna Lawson at 906-399-3706.

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2/27/26

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Call Ellis Moberg  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
(906) 785-7068 Ext. 148

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2/27/26



# MDS CAA Early Childhood Program

*"Serving Menominee, Delta & Schoolcraft Counties."*

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

Fall 2026 Registration is now open for the  
Head Start, Early Head Start & Great Start Readiness Programs!

## How to Apply

Stop by any of our following locations during Head Start Week to fill out an application for the 2026 program year.

### Head Start Week!

March 2nd-March 6th

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

No appointment needed! Just stop by!

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

Escanaba Early Childhood Center - 1905 South 21st Street, Escanaba  
Gladstone Early Childhood Center - 207 South 12<sup>th</sup> Street, Gladstone  
Manistique Early Childhood Center - 426 Chippewa Ave, Manistique  
Menominee Early Childhood Center - N1329 US Hwy 41, Menominee

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

*Transportation is available for those in need.*



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



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



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

Eagle Herald

2/27/26

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Daily Press  
2/27/26

Daily Press  
2/28/26

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