

Heather Tyner, Activities Director

Happy September. This month brings us a few fun events and of course many activities. Our first big event coming up is our annual Open House Picnic on Thursday, Sept. 11. Our Open House Picnic will take place from 11 a.m. until 3 p.m., with lunch taking place between 11:30 a.m. to 12:30 p.m. For lunch our Community Action Agency ladies will be cooking us a beef dinner Frank, bun, oven potatoes, corn and fresh fruit. Lunch is done on a donation basis with the suggested donation being \$4.50 for 60 and up, and \$7 for under 60. We will also have entertainment throughout the day; Karaoke with Mary Larson & Crew, Tim Derwin & Friends and The Senior Swingers Band. There will also be a photo booth, which is being donated by Jennifer Lampin, and door prizes. If you would like to join us for lunch for our Open House Picnic, please call the kitchen by Sept. 9 at (906) 341-5085.

Our Center will also provide free Transit Bus for seniors attending our Open House. Please call them at (906) 341-2111 to arrange a ride. There will be no other activities at our Center on Thursday, Sept. 11.

Our second big event is our Puzzles & Punch Contest on Saturday, Sept. 27. Our Puzzles & Punch Contest takes place from 2-5 p.m. We supply the puzzles, punch and prizes. You could bring a snack to share if you would like. We will puzzle for an hour, take a 15-20 minute break and then puzzle for

another hour. To determine our 1st, 2nd and 3rd place winners, we will count the individu-

al puzzle pieces left. You do not have to RSVP, you can just show up with a smile.

Coming up next week we have Tai Chi on Monday from 5-5:30 p.m. Tai Chi is every Monday and is taught by Bushido Karate. All ages are welcome, and the cost is \$10 a month.

On Wednesdays we have Chair Yoga from 4:30-5 p.m. and is free for seniors. There are two Wednesdays that we will not have Chair Yoga this month, the 10th and the 17th.

Last Tuesday, Aug. 26, the golfers and I went out to JP Memorial Golf Course to enjoy a game of golf and to have a pizza dinner after-



ward. It was a wonderful day to be in Germfask, the sun was shining with just a slight breeze and the course was beautiful. The view, golfing, pizza and camaraderie were all fabulous. The ladies and I decided that we will be traveling out there next season for a round or two.

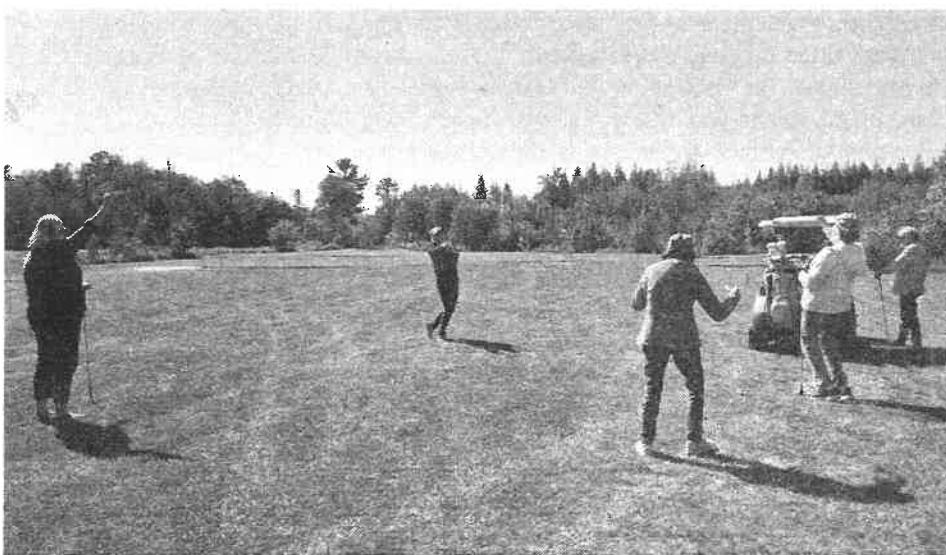
This coming Tuesday, Sept. 9, we have a 4 p.m. Tee Time at Stony Point Golf Course. It is \$25 per golfer for nine holes and the cart. They do have balls and tees for sale and golf clubs to borrow.

Tuesday, Sept. 30, will be our last golf outing. I would like to give a shout out to Stony Point. Not only did they give us a discounted price on golf this entire sum-

mer but had golf clubs for our ladies to use every week. Stony Point also allowed us to golf in as large of a group that was needed and allowed us to take our time to learn this great game. Thank you kindly, Stony Point Golf Course.

On Wednesday, Sept. 10, we have FootCare. FootCare appointments are available between 12:30 p.m. and 2:30 p.m. on the second and fourth Wednesdays of every month. FootCare does cost \$22. You can call our office for an appointment at (906) 341-5923

If you would like a full calendar of our activities and events, please stop by our office and sign up for our monthly Newsletter. It is \$10 for the year, which helps pay for postage. Our Center is open 8 a.m. until 4 p.m. Monday through Friday.



Courtesy photo

On Aug. 26, seniors went to JP Memorial Golf Course and Pizza in Germfask for a round of golf, camaraderie and pizza after. From left to right are, Martha Pfeiffer, Lisa Leech, Susan Studinger, Carol Garai and Pat Norman.

Mid-County Senior Citizens' August Birthdays

Honored for August birthdays at the Mid-County Senior Center August 27, were from left, Lynda Keller, Betty Poradek and Jan Salo.



Menominee County
Journal

9/4/25

Manistique Senior Center

Heather Tyner, Activities Director

September is National Suicide Prevention Month. It is a month dedicated to raising awareness, speaking out and supporting those affected by suicide. All ages are impacted by suicide, and our seniors can especially be at risk due to major life changes, losses, loneliness and the frustration felt of feeling unheard. According to the National Council on Aging our senior population makes up 16 percent but make up 22 percent of suicides. If you or a loved one need help, do not hesitate to reach out. There is help, and so many that care. Munising Memorial Hospital Senior Life Solutions can at (906) 387-0701. You can also dial or text 988, the Suicide & Crisis Lifeline. There is also a 24/7 Lifeline, a national support line ran by the Institute on Aging: Friendship Line for older adults and caregivers at (888) 670-1360. They also make outbound calls. You can go to their website: www.ioaging.org/friendship-line/ to fill out the form to receive an outbound call. You are not alone.

Schoolcraft County Health Fair is taking place this Saturday, Sept. 13, from 9 a.m. until 2 p.m. Schoolcraft Memorial Hospital and Southwest Texas Regional Advisory Council (STRAC) are putting on another Take Out The Fear of Falling: Fall Prevention Class from 9-10:30 a.m. that morning. The class is taking place in the Schoolcraft Memorial Hospital Cornerstone Building Conference Room 1 and 2. You will need to call (906) 341-3200 to register. I will be at the Health Fair representing our



Center, please find me and say, "Hello."

Our CBC Bake Sale & Craft Sale is coming up next month on Saturday, Oct. 4, from

9 a.m. until 2 p.m. All proceeds from the bake sale will benefit CBC and all other proceeds will benefit our Center. If you would like to rent a table to sell your crafts, please bring \$15 and sign up in our office. If you would like to donate baked goods they can be dropped off at our Center on Friday, Oct. 3, from 8 a.m. until 4 p.m. or between 8-9 a.m. on the morning of the bake sale. We kindly thank you for your support.

For those of you that will be leaving on Saturday, Oct. 4, for the bus trip to Savannah, Jekyll Island and Beaufort, SC, Tim Derwin has set a time and date for a trip meeting. The meeting is on Monday, Sept. 22, from 11:15 a.m. to 12:30 p.m. Tim will talk about the trip, what you should expect and what you should take to make your trip more comfortable.

Our Italy trip date has changed by one day. The Italy trip will now be leaving on March 3, instead of March 4, and will be heading back on March 11, instead of March 12. There is still time to sign up for the Italy trip. I have recently learned that if you wanted to go on the trip, but will be out of town in March, we can change the airport that you fly out of. I do apologize for not knowing this bit of knowledge sooner. I am learning as I go along. If you would like to learn about the trip or sign up for it, here's the link: <https://groups.gocollette.com/en-US/>

[link/1358987](https://groups.gocollette.com/en-US/). You can also call or email Brandi Minor, Blue Diamond Travel Agency, with any questions or if you need help to sign up for the trip at (906) 450-1501 or bluediamondtravelagency@gmail.com

Monday, Sept. 15, UP SAIL is taking us for a walk on the Manistique Boardwalk from 11:15 a.m. until 12:15 p.m. If you need a ride, please let me know. At noon that same day Hand, Knee & Foot card game is starting. After that Hand, Knee & Foot will be every first and third Monday of the month at noon. On Wednesday, Sept. 17, from 10-11 a.m. we have Stories & Crafts with Seniors & Tots. For this month we are highlighting the importance of moving and grooving. We will be reading stories about exercise and afterward I'll be leading a drum aerobics routine for the kids, and anyone else who would like to join. Wednesday's Mah Jongg time has changed to 11 a.m. for this week. We would also like to tell our Senior Swingers Band to break a leg. They are heading to The Felch Community Center to play.

Thursday, Sept. 18, is our Movie Day. Our movie starts at 1 p.m. and we will be watching a film, based on a true story, starring Dennis Quaid as a boat captain who helps a group of orphans win a fishing tournament. Popcorn is always free on Movie Day. After our movie we have our Craft Class starting at 2:30 p.m. and then we will be heading to Tap21 for our Dinner Out at 5 p.m. We always have a wonderful group for Dinner Out. You will be responsible for your own meal, but the conversation and laughter are free. We hope you join us.

Pioneer
Tribune

9/11/25

Senior Citizen News

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

Choosing between Original Medicare and Medicare Advantage

What are Medicare Advantage (MA) supplemental benefits? A Medicare Advantage supplemental benefit is an item or service not covered by Original Medicare. These items or services 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 MA 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 health, functioning, quality of life, and levels of risk. Examples of these benefits are meal delivery, transportation for dialysis, home care, and respite care.

mental 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 duct 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 supplemental benefits that you need.

What is the maximum out of pocket limit? All Medicare Advantage plans must set an annual limit on your out-of-pocket costs, known as the maximum, out of pocket (MOOP). This limit is high, but it may protect you from excessive costs if you need a lot of care or expensive treatments. After reaching your MOOP, you will not owe cost sharing for Part A or B covered services for the remainder of the year. Some plans may also apply the MOOP to supplemental benefits, such as vision, hearing or dental.

The out-of-pocket costs that help you reach your MOOP include all cost sharing (deductibles, coinsurance, and copayments) for Part A and Part B covered services that you receive from in-network providers. Part D cost sharing does not count towards your plan's MOOP.

In 2025, the MOOP for Medicare Advantage plans is \$9,350, but plans may set lower limits. If you are in a plan that covers services from out of network providers, such as a PPO, your plan will

or misleading marketing.

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 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.

Remember that an agent or broker should never pressure or mislead you into joining a plan. They should also never offer gifts to sign up or say they were sent by Medicare or Social Security. If you feel an agent has pressured or misled you, save all the information such as an agent's business card, messages, marketing handouts or other contact information. You should report this to your Senior Medicare Patrol or State Health Insurance Assistance Program (SHIP) and they can help you review the concern and report it to CMS as a potential marketing violation. Your local SHIP can also help you seek a Special Enrollment Period (SEP) to switch plans if you are misled into a plan that does not cover the services you need.

SENIOR CITIZEN ACTIVITIES

Sept. 16 - CSFP elderly food distribution from 9 - 10 a.m. only. Please arrive before 10 a.m. as the truck leaves promptly at this time. We do not have adequate storage space to house empty boxes. Please do not return them until the next distribution in November. Thank you.

Sept. 18 - Secretary of State mobile unit will be here con-

tinuing to be available to answer your questions about the new Medicare rules.

September exercise dates and times

Sept. 10 at 11 a.m.
Sept. 17 at 11 a.m.
Sept. 22 at 10 a.m.
Coffee and social time to follow.

Nutrition Menu

Sept. 15 - Grilled chicken breast w/Swiss cheese, whole wheat hamburger bun, boiled red potatoes, Prince Charles vegetables, diced peaches.

Sept. 16 - Smothered pork chop, au gratin potatoes, chef's choice vegetable, diced pears.

Sept. 17 - Meatloaf w/ketchup glaze, mashed potatoes/gravy, green beans, applesauce.

Sept. 18 - Chicken parmesan, spaghetti noodles, Italian vegetables, green peas, whole wheat breadstick, fresh fruit.

Sept. 19 - Cream of potato soup, egg salad spread w/lettuce, whole wheat sandwich bread, side salad w/cheese and tomato, 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 SEPT. 15

Monday - Grilled chicken breast w/Swiss, whole wheat hamburger bun, boiled red potatoes, Prince Charles vegetables, diced peaches.

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Supplemental Food Program available

The Commodity Supplemental Food Program (CSFP) with Menominee Delta Schoolcraft Community Action Agency has scheduled for distribution in Menominee and Delta Counties in September.

Food Program (CSFP) is for residents who are 60 years of age or older who

meet the income guidelines of 150 percent of Federal Poverty level. The gross monthly income guidelines for 2025 are as follows:

Household of 1 = \$1,957 or less per month, household of 2 = \$2,644 or less per month, household of 3 = \$3,332 or less per month. For each additional fam-

ily member add \$688 per month.

Participants must go to the location where registered.

Delta County distributions: Escanaba - Sept. 18 at U.P. State Fairgrounds from 10 - 11 a.m., 906-786-8850.

Menominee County distributions:

Menominee - Sept. 16 at

Senior Center from 11 a.m. - 12 noon, 906-863-2158.

Mid-County - Sept. 16 at Senior Center from 9 - 10 a.m., 906-753-6986.

Contact the MDS area CAA Senior Center for an application to pre-register or for more information.

This institution is an equal opportunity provider.

Menominee County
Journal

9/11/25

October food distributions in Menominee and Delta counties

ESCANABA — The Emergency Food Assistance Program with the Menominee Delta Schoolcraft Community Action Agency has scheduled distributions in October in Menominee and Delta counties.

The Emergency Food Assistance Program is for residents who are 18 years of age or older who meet the income guidelines of 300% of federal poverty level. The gross monthly income guidelines as of May 1, 2025, are:

— Household of one, \$3,913 or less per month; •— Household of two, \$5,288 or less per month; •— Household of three, \$6,663 or less per month; and •— Household of four, \$8,038 or less per month. • For each additional family member, add \$1,375 per month. Current recipients of SNAP, WIC, CSFP, FPDIR, SSI automatically qualify for TEFAP.

All information collected is self-declared at each distribution, either

in writing or verbally.

The distributions will be available at the Escanaba Senior Center, Gladstone Senior Center and Hermansville Senior Center only. Individuals can visit once per calendar month. Those taking part must go to the location nearest their address. • Delta County distributions for TEFAP will be —

— Escanaba: 1-3 p.m. Oct. 7, 14, 21, 28 at the Escanaba Senior Center, 225 N. 21st St., 906-786-

8850.

— Gladstone: 1-3 p.m. Oct. 7, 14, 21, 28 at the Gladstone Senior Center 303 N. Eighth St., 906-428-2201.

Menominee County distributions for TEFAP will be —

— Hermansville: 1-3 p.m. Central time Oct. 7, 14, 21, 28 at the Hermansville Senior Center, W5480 First St., 906-498-7735.

For more information, contact the participating MDS CAA senior center.

Daily Press

9/16/25

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 is Medicare's Open Enrollment? What changes can I make during this time?

Medicare's Open Enrollment, also known as the Annual Election Period or Fall Open Enrollment, runs from October 15 through December 7 each year. During this time, you can make certain changes to your health insurance coverage, including adding, dropping, or changing your Medicare Advantage and Part D coverage. Even if you are happy with your current health and drug coverage, Open Enrollment is a good time to review what you have, compare it with other options, and make sure that your current coverage still meets your needs for the coming year.

You can make as many changes as you need to your Medicare coverage during Open Enrollment. The changes you can make include:

Joining a new Medicare Advantage Plan.

Joining a new Part D prescription drug plan.

Switching from Original Medicare to a Medicare Advantage plan.

Switching from a Medicare Advantage plan to Original Medicare (with or without a Part D plan). Note that your ability to purchase a Medigap to supplement Original Medicare and/or your Medigap options may be limited.

Depending on where you live, you may be able to buy a Medigap policy, which helps pay Original Medicare costs. Limitations apply as to who can buy a Medigap policy and when.

The last change you make will take effect on January 1, 2026. It is usually best to call 1-800-MEDICARE.

ceive your Medicare coverage, you should consider:

Your access to health care providers you want to see.

Your access to preferred pharmacies.

Your access to benefits and services you need.

The total costs for insurance premiums, deductibles, and cost sharing amounts.

The quality of the customer service you receive.

If you have Original Medicare, visit Medicare.gov or read the 2026 Medicare & You handbook to learn about Medicare's benefits for the upcoming year. You should review any increases to Original Medicare premiums, deductibles, and coinsurance charges. The Medicare & You handbook is mailed to all Medicare households each September. If you haven't received your Medicare & You handbook, you can call Medicare and request a copy with information for your area to be sent to you. If you would like to receive your handbook electronically, you can log into (or create) your Medicare account to sign up for electronic handbooks. You can also download a general version of the handbook at Medicare.gov

If you have a Medicare Advantage plan or a stand-alone Part D plan, read your plan's Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC). Review these notices for any changes in the plan's costs; the plan's benefits and coverage rules, or the plan's formulary (the list of drugs your plan covers). Make sure that your drugs will still be covered next year and that your providers and pharmacies are still in the plan's network. If you are unhappy with any of your plan changes or your plan's performance, you can enroll in a new plan. If you want assistance reviewing your options, contact your local senior center for unbiased counseling.

Even if you are happy with your current Medicare coverage, consider other Medicare health and drug plan options in your area. For example, even if you do not plan to change your Medicare Advantage or Part

shopping among plans each year. There could be another Part D plan in your area that covers the drugs you take with fewer restrictions and/or lower prices.

What are some things I should consider when choosing a Part D prescription drug plan?

Ask yourself the following questions before choosing a Part D drug plan:

Does the plan cover all the medications I take?

Does the plan have restrictions on my drugs (i.e. prior authorization, step therapy, or quantity limits)?

Prior authorization means that you must get approval from your Part D plan before the plan will pay for the drug.

Step therapy means that your plan requires you to try a cheaper version of your drug before they will cover the more expensive one.

Quantity limits restrict the quantity of a drug you can get per prescription fill, such as 30 pills of Drug X per month.

How much will I pay for monthly premiums?

How much will I pay at the pharmacy before my plan starts paying a share (annual deductible) and how much is my contribution after that (copay/coinsurance) for each drug I take?

Is my pharmacy in the plan's preferred network? (You pay the least if you use preferred network pharmacies).

Can I fill my prescriptions by mail order?

What is the plan's star rating?

If I have retiree coverage, will the Medicare drug plan work with this coverage?

You may find it helpful to use Medicare's Plan Finder tool, which gives you a list of Medicare Advantage and Part D plans, the drugs they cover and their estimated costs for the year. You can access the plan finder by going online at www.medicare.gov/plan-compare or by calling 1-800-MEDICARE.

Remember that you have the option to sign up for a payment plan for your part D out-of-pocket costs. This program is called the Medicare Prescription Drug Plan

out-of-pocket costs, but it can help people with high drug costs concentrated in the early months of the year, manage their monthly expenses. To sign up for the payment plan, contact your Part D plan.

SENIOR CITIZEN ACTIVITIES

Sept. 22 - Monthly Foot Clinic. This clinic is currently full. You may call the center to have your name placed on the waiting list if an appointment becomes available. The cost is \$27 with fingernail trimming available for an additional \$5.

Sept. 24 - Monthly birthday party dinner with 50/50 raffle, door prizes, cake, ice cream and bingo. Celebrating your birthday? Please let us know when making your meal reservation so we may honor you. Menu today is Monterey chicken. Smashed red potato, green beans, whole wheat dinner roll, pineapple mandarin orange mix, dreamy orange cake.

September exercise dates and times

Sept. 22 at 10 a.m.
Coffee and social time to follow.

Nutrition Menu

Sept. 22 - Meatballs in gravy, brown rice, green peas w/pearl onions, capri vegetables, diced pears.

Sept. 23 - Meat lasagna, broccoli, side salad w/tomato and cheese, warm applesauce, whole wheat breadstick.

Sept. 24 - Monterey chicken, smashed red potatoes, green beans, whole wheat dinner roll, pineapple mandarin orange mix, dreamy orange cake (Birthday Party Dinner).

Sept. 25 - Turkey tetrazzini, broccoli, diced carrots, tropical fruit.

Sept. 26 - Swiss steak, mashed potatoes/gravy, chef's choice vegetable, 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.

w/pearl onions, capri vegetables, diced pears.

Tuesday - Meat lasagna, broccoli, side salad, cheese and tomatoes, whole wheat breadstick.

Wednesday - Monterey chicken, smashed red potatoes, green beans, whole wheat dinner roll, pineapple mandarin orange mix.

Menominee County Journal

9/18/23

Manistique Senior Ce

Heather Tyner, Activities I

Our Open House Picnic was such a fun success, and it was a beautiful day to be outside. Lunch made by our Community Action Ladies was delicious, as always. Then we had Karaoke by Mary Larson & Crew, our Senior Swingers played for us and Tim Derwin's Friends performed music as well. We also gave away prizes, many of which were donated to our Center, and thank you to those that did so. There was a wonderful sense of community and plenty of conversations could be heard with some laughter sprinkled in. Thank you to so many that helped make it possible: Roni Macklem, Brian Thompson, our Community Action Agency ladies, Mary Larson & Crew, our Senior Swingers, Tim Derwin's Friends, Toby Klarich, Jennifer Lampin, Pat Norman, Wanda Tuller, Nick Bosonic and the City of Manistique, and the Manistique High School Honor Students: Tanner Papple, Dominic Sears, Bella Lavigne and Kenya Smith.

Please remember for those of you that are heading out on the bus trip to Savanah in October there is a Bus Trip



Meeting coming up on Monday, Sept. 22, from 11:15 a.m. to 12:30 p.m. The meeting will be led by Tim Derwin, and he will let you know what to expect and what to take on the trip that will make it more comfortable.

On Wednesday, Sept. 24, we have our Monthly Meal with Don, Karen and me. I enjoy all of our activities at our Center, but this one is one of my favorites. Don, Karen and I are so busy that we rarely get to just sit and talk between the three of us, and to get others to join in on a time of relaxation, chit-chat and a wonderful meal is nice. Our Community Action Agency ladies will be serving us: Monterey chicken, smashed red potatoes, green beans pineapple and Mandarin oranges, with dinner roll, 2 percent milk and Dreamy Orange Cake for dessert. If you would like to join us for our Monthly Meal please call the kitchen by 8 a.m. that morning to let them know at (906)341-5085.

Wednesday, Sept. 24, is another busy day at our Center. Not only do we have our Monthly Meal planned, but

we also have FootCare from 12:30-2:30 p.m., Page Turners Book Club starting at 2 p.m. and Chair Yoga, 4:30-5 p.m. If you would like an appointment for FootCare, please call our office to make one at (906)341-5923.

Our Page Turners Book Club is one of our most successful activities. We have over 20 people that join us every month to discuss the book that was chosen to read by a random drawing selection. The selections are made by the participants. Our Center pays for the books. You only need to read, enjoy and talk about your thoughts. Chair Yoga is also enjoyed by many and is free. It's a relaxing good time.

On Thursday, Sept. 25, is Music with Gwen! Gwen will be playing her ukulele, telling stories and urging us to sing along with her Thursday evening from 4 until 5 p.m. I would like to thank Gwen for all of her time and talent that she volunteers at our Center. Gwen not only brings us Music with Gwen concerts but Ukulele Lessons with Gwen as well. There are many rumors that she is quite a knowledgeable teacher. She also donated a new ukulele to our Center for our seniors to learn on. Though the ukulele is not used for long by one learner. They end up enjoying ukule-

le lessons so much they buy their own.

Coffee Hour with Don & Karen is Friday, Sept. 26. Don and Karen will meet you at Cedar Street Cafe from 9 a.m. until 10 a.m. You will be responsible to purchase your own delicious coffee; the camaraderie and chuckles are free.

In October Putvins' is offering two Medicare 101 Seminars. They will take place on Wednesday, Oct. 1 and Oct. 8, from 10-11 a.m. If you have any questions about Medicare and Medicare D Drug plans, please stop down to our Center and listen to the Medicare

Specialists. Medicare Enrollment starts is free to the public will be serving lessons. If you have questions, you can call (906)341-5494

Many of you have seen our new sign for It has been a great entertainment both and on our Facebook page. Manistique Senior Center. It has amazingly helpful that are trying to Center. Come check out our new sign and all the offer. We are open through Friday, 4 p.m.



The Manistique Senior Citizens Center received a sign installed in front of the center at 101 Main Street.

Pioneer Tribune

9/18/25

Skip (Arthur G.) Dillon

Skip (Arthur G.) Dillon, 76, passed away peacefully at St. Mary's Hospital in Rochester, MN on Tuesday, September 16, 2025. Skip is finally at peace and free of pain after many years of health struggles. Jan, Bob and Brian were with him in his final days.

Skip was born on July 16, 1949 in Binghamton, New York to the late John and Helen Dillon. He is survived by his wife, Janet "Jan" Olinger Dillon to whom he was united in marriage on November 8, 1974. They were blessed to be able to celebrate their 50th wedding anniversary last year. Skip is also survived by his two sons, Brian Matthew Dillon (Jazmine), Robert John "Bob" Dillon (Tai) and his only grandson, Griffin Rhys Dillon; sisters, Sue (Mike) Guley and Betty (Bill) Reeves; brothers, John (Nadine) Dillon, Brian Dillon, Tim Dillon, Tom (Polly) Dillon; sisters-in-law, Becky (Dave) Magelky and Mary Beth (Jeff) Wojciechowski; brothers-in-law, Tom (Laura) Olinger and Greg (Lisa) Olinger; and their families and one albino squirrel.

Skip was drafted and served in the Army during 1971 and 1972. He was stationed in Frankfurt, Germany, where he and Jan met and fell in love. He also served six years in the Army Reserve in Syracuse, New York. He received a Bachelor of Science Degree from the SUNY College of Forestry in Syracuse and completed a Master's Degree in Paper Science Engineering.



The Dillon Family moved to Gladstone in 1986 when Skip was offered a job at Mead Paper. He worked at the mill for ten years then accepted a position at Albany International, the Appleton Wire Division, and continued there until his retirement in 2009. Skip was an Eagle Scout and was active in the local Cub Scout and Boy Scout programs for several years. He also volunteered for the U.P. Honor Flight, RSVP and the OSF Hospital Golf Outing. Skip was a kind, intelligent and generous person with a great sense of humor. Playing golf, cooking/grilling, gardening, fishing, carving wooden Santas and building using the Timber Frame method were hobbies he enjoyed. He especially loved golfing and spending time with his grandson, Griffin. Near the end, Skip said he had a wonderful life with a loving family and great friends. He was loved and will be missed by many. There will be a Celebration of Life in June of 2026.

Donations can be made in Skip's name to the U.P. Honor Flight.

Daily Press

9/23/25

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 are some things I should consider when choosing a Medicare Advantage Plan? Ask yourself the following questions before choosing a Medicare Advantage plan:

How much are the monthly premium, annual deductible, and coinsurance/copay amounts?

What is the annual maximum out of pocket cost for the plan? This amount may be high but can help protect you if you have expensive health care costs.

What service area does the plan cover?

Are my doctors and hospitals in the plans network?

What are the rules I have to follow to access health care services and my drugs?

Does the plan cover additional health care benefits that are not covered by Original Medicare?

What is the plan's star rating?

Will this plan affect any additional coverage I may have?

Medicare Advantage plans usually include prescription drug coverage. You should also make sure that the prescription drug coverage that the plans offer meets your

needs.

Finally, remember that those with Medicare Advantage plans cannot have a Medigap supplement. If you have Original Medicare and a Medigap and are considering switching to a Medicare Advantage plan, know that you will lose your medigap as well. If you choose to switch back to Original Medicare later, you may face limitations with Medigap enrollment depending on the state in which you live. However, regardless of the state in which you live, you may have access to 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.

What are star ratings? Star ratings are quality ratings that provide a measure of a plan's performance. Medicare scores Medicare Advantage plans and Part D plans in several categories, including quality of care and customer service. Ratings range from one to five stars, with five being the highest. Medicare assigns plans an overall star rating to summarize the plans performance. Plans also receive separate star ratings in each individual category reviewed. The overall rating provides a way to compare performance among several plans. To learn more about differences among plans,

look at the plans star ratings in each category. Plan ratings change from one year to the next. Medicare reviews plan performances each year and releases new star ratings each October.

Keep in mind that a plans star rating is only one factor to review when comparing plans in your area. Even though a plan has a high star rating, it may not be right for you. It is important to see whether the plan covers the health services and drugs you need and works with the pharmacies you use before considering its star rating. Also note that the star ratings in the Medicare and You handbook are not necessarily the most recent. For the most up to date, comprehensive star ratings, call 1-800-MEDICARE or use the online Plan Finder tool at www.medicare.gov/plan-compare

What is the Medicare Plan Finder? The Medicare Plan Finder is an online tool that helps you look up and compare plans in your area. To access the Medicare Plan Finder, visit www.medicare.gov/plan-compare Plan Finder gives you the option to search using your account or to continue a search without logging in.

The personalized search (on the left side of the screen) requires you to log in to your Medicare account or make an account if you do not have one. Once you are logged in, the Plan Finder will save your search results and you can access them later.

The basic search (on the right side of the screen) requires your zip code and the type of plans you want to compare. Your search results will not be saved or accessible once you close the

SENIOR CITIZEN ACTIVITIES

Sept. 24 - Monthly birthday party dinner with 50/50 raffle, door prizes, cake, ice cream and bingo. Celebrating your birthday? Please let us know when making your meal reservation so we may honor you. Menu today is Monterey chicken. Smashed red potato, green beans, whole wheat dinner roll, pineapple, Mandarin orange mix, dreamy orange cake.

September exercise dates and times

Sept. 22 at 10 a.m.
Coffee and social time to follow.

Nutrition Menu

Sept. 29 - Turkey ala king, mashed potatoes, biscuit, tropical fruit.

Sept. 30 - Tortellini in red sauce, country trio vegetables, side salad w/tomato and cheese, whole wheat breadstick, warm cinnamon peaches.

Oct. 1 - Ham meatloaf, root vegetable blend, diced carrots, pineapple tidbits.

Oct. 2 - Chicken stew, green beans, sweet potato tater tots, biscuit, diced pears.

Oct. 3 - Hobo dinner w/ sliced carrots and potatoes, chef's choice vegetable, whole wheat breadstick, 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 SEPT. 29

Monday - Turkey a la king, mashed potatoes, biscuit, tropical fruit.

Tuesday - Pork chops, mashed potatoes, biscuits, green beans, fruit.

Wednesday - Beef stroganoff, mashed potatoes, biscuits, green beans, fruit.

Thursday - Chicken fried steak, mashed potatoes, biscuits, green beans, fruit.

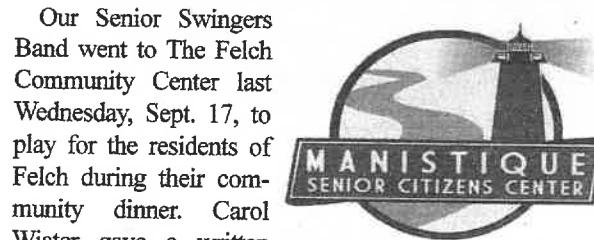
Friday - Hamburger, french fries, baked beans, green beans, fruit.

Menominee County Journal

9/25/25

Manistique Senior Center

Heather Tyner, Activities Director



Our Senior Swingers Band went to The Felch Community Center last Wednesday, Sept. 17, to play for the residents of Felch during their community dinner. Carol Wiater gave a written account of the concert that evening, "Tim (Derwin) gave a locker room style pep talk, 'Just go out there and have fun. It's okay to make mistakes.'" She went on to write that they serenaded a 92-year-old gentleman with the Happy Birthday song. Then they sang, played their instruments and hummed their kazoos for the six songs on their set list. They even added a few more songs that they had not played in the past. Carol felt like they were ambassadors of goodwill and that the Felch community treated the Senior Swingers as honored guests, with many saying, "Thank you" during the shared dinner. Gwen Foor wrote that, "We sounded good! Had, fun, were treated to a delicious meal and brought some smiles and toe tapping joy to many." It was close to a two-hour trip one-way to Felch and many of the Senior Swingers enjoyed bonding on the way, with Jan LeDuc remarking that there was "non-stop talking and laughing." We even had a guest Senior Swinger, Jean Alaspa from North Carolina. She's up visiting friends, Barb and Jim Weber. Jean loved playing in the band! The Senior Swingers next gig is a little closer to home, Medicare. They will be playing at their next birthday celebration on Wednesday, Oct. 15. If you would like to join our Senior Swingers, they practice the first and third Wednesdays of the month from 3-4 p.m. You only need to show up.

Coffee Hour with Don & Karen will be taking place at our Center on Friday, Sept. 26, from 9-10 a.m. Karen will be making the coffee and serving it with a smile.

On Monday, Sept. 29, UP SAIL is taking us for a Hike on the Haywire Trail. We will be meeting at 11:15 a.m. on the Haywire Trail Head across from Manistique Pump-

ing Station. If you need a ride from our Center, please let me know.

The following day, Tuesday, Sept. 30, we have our Tee Time at Stony Point Golf Course at 4 p.m. This will be our last tee time of the season. We will be heading out

to dinner afterwards to celebrate our golfing adventures. I am already looking forward to next year.

Our first of two Medicare 101 Presentations will be on Wednesday, Oct. 1, from 10-11 a.m. The presentation is being offered by Putvins. Their Medicare Specialists will talk about Medicare and Medicare D Drug Plans and answer questions. Medicare Open Enrollment starts Oct. 15. This presentation is open to the public and they will be serving light refreshments. Please call Putvins with any questions at (906)341-5494. The second presentation will take place Wednesday, Oct. 8, from 10-11 a.m.

Thursday, Oct. 2, brings us Mexican Train Dominoes starting at 1:30 p.m. This was a rather rowdy group at the beginning

of September, and I am looking forward to their raucous laughter again next month. Please stop by if you are in need of some mental stimulation and smiles.

Later that day the first Drum Aerobics - After Hours Class will take place from 4:15-4:55 p.m. There are five open spots, and the class is \$24 per month.

At 5 p.m. our monthly Grief Support Group meets. All ages are welcome to Grief Support. The meetings are ran by Alex Cmarik, LLMSW. October's meeting will focus on Finding Meaning: Finding Light in the Darkness: Discovering Meaning After Loss.

Please remember that our CBC Bake Sale & Craft Sale is coming up on Saturday, Oct. 4, from 9 a.m. until 2 p.m. All proceeds from the bake sale will benefit CBC and all other proceeds will benefit our Center. If you would like to rent a table to sell your crafts, please sign up in our office. The cost to rent a table is \$15. If you would like to donate baked goods they can be dropped off at our Center on Friday, Oct. 3, from 8 a.m. until 4 p.m. or between 8-9 a.m. on the morning of the bake sale. Thank you kindly for your support.



Courtesy Photo

On Sept. 17, the Senior Swingers traveled to Felch to play at the Felch Community Center. From left to right are, Gwen Foor, Lauris Barr, Carol Wiater, Tim Derwin, Jan LeDuc, Karen Meston, Sue Akers, Barb Weber, Jim Weber, Carol Blowers and Jean Alaspa, from North Carolina.

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Third charity chosen

MANISTIQUE — The annual CBC Fund Drive is in its 58th year. This year Menominee-Delta-Schoolcraft Community Action Agency/ Human Resources Authority, Inc (CAA/HRA) has been selected as the third rotating community charity, joining American Cancer Society and Bay Cliff Health Camp.

With the services it provides, the organization plays a very active role in Schoolcraft County. The agency was founded on July 6, 1965. At that time there were nine Schoolcraft County founding board members. Their original

office was located at 130 S. Cedar St. in Manistique which is now the location of Nicolet National Bank. They currently have a small office on the second floor of the Schoolcraft County courthouse to do client interviews as needed.

Schoolcraft County is home to several programs run by the agency, such as the kitchen at the Manistique Senior Center and the Head Start program on Chippewa Avenue across from Zellar Sanitation.

A total of six employees are employed by the Human Resources Authority, Inc. in Schoolcraft County. More-



Pioneer Tribune photo

The Community Action Agency has three food programs that are offered to residents who are 60 years and older from the kitchen operated at the Manistique Senior Citizen Center.

over, 17 additional people are employed through the Community Action Agency and the Head Start program.

As a result of the Foster Grandparent Program, Emerald Elementary benefits. Foster Grandparents provide one-on-one tutoring to

children with special and/or exceptional needs. A total of 17 students are currently being assisted through this

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program by four volunteers. In 2024, they served 3,122 hours.

The Retired and Senior Volunteer Program currently has nine volunteers that have provided 529 hours at the Seney Wildlife Refuge. RSVP is one of the largest volunteer networks in the nation for people 55 and over. You can use the skills and talents you've learned over the years, or develop new ones while serving in a variety of volunteer activities within the community.

Seven volunteers are serving Schoolcraft County through the Senior Companion Program. They serve at the Schoolcraft Medical Care Facility, Woodland Assisted Living & Continuing Care Community, and Hidden Estates Adult Foster Care Home. Additionally, they help two private in-home clients in Cooks and one in Manistique.

Senior Services Division offers three food programs to residents 60 years and older, including congregate food, carry-out meals, and home delivery meals. They offer the meals through the Manistique Senior Citizen Center where they operate a full kitchen.

HDM 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, and be able to complete a reassessment every six months.

The assessments are completed in your home and over the phone. They are a tool used to determine eligibility and continued eligibility and if you are eligible for other services offered by MDS CAA as well as outside organizations.

HDM are not only a great source of nutrition but also a wellness check to ensure you are safe. They also offer temporary services for seniors recently discharged from a health care facility.

The congregate and COM programs follow the same menu as HDM and eligibility requirements. If you would like to participate in either program, please call the Manistique Senior Center at (906) 341-5085 the day before to serve a meal.

The suggested donation is \$4 per meal. 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 cost of operating the programs. For more information about the Nutrition Programs, call the Senior Center.

In 2024, the program served 1,473 dine in meals. An additional 2,338 meals were carried out and 24,503 meals were home delivered for a total of 28,314 meals.

According to Executive Director Gary Willoughby, "We also offer a Commodity Supplemental Food Program (CSFP) bi-monthly on the first Thursday of the month at the VFW parking lot."

The Water Affordability Program is a temporary emergency program to help low-income households pay overdue water and wastewater bills. "We have roughly assisted 201 out of 1,193 total households in the city," commented Willoughby. "That's 17 percent of all households. Roughly 471 applications have been processed, this contains duplications which put us at spending around \$177,702.80 for the 23-24 fiscal year in the county. In the 3-county area, we helped with just over \$262,000 in water bills, with water bills in Manistique accounting for 68 percent of all the support, even though it represents four percent of the population.

Average assistance each time in Schoolcraft is \$377. Elsewhere, the average is \$228."

"We hope to bring back a Senior Meal site in Germfask to serve eastern Schoolcraft

Director Gary Willoughby, "County residents," Willoughby added. "We were last there in 2017, two days per week and have started to review if there is interest and if we have the funding to make it work. We would also try to bring commodities there, as well."

An additional program they will be instituting in Schoolcraft County will be a wheelchair ramp program.

"Our wheelchair ramp program is coming to Schoolcraft County, as well," said Willoughby. "For 20 years, we've had a small program in Delta and Menominee counties to help people remain independent in their homes, in partnership with the U.P. Construction Council and the MI Building and Trades Council.

We are looking to partner with the Delta/Schoolcraft ISD to help in Schoolcraft County and to identify other partners outside of Manistique to serve the rest of Schoolcraft County.

Throughout our 3-county service area, we are seeking to find new funding sources, with a goal to try and bring more help in the most under-

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The Schoolcraft County representatives include: Craig Reiter, chairman; John Stapolton, secretary; Robin Doucette and Jessica Baker from Schoolcraft Memorial Hospital; Fran Majestic and Michael Peitsch.

Daily Press Senior Expo set for Tuesday

By SOPHIE
VOGELMANN

Staff Writer

ESCANABA - The 15th-annual Daily Press Senior Expo will be 9:40 a.m. to 2:30 p.m. Tuesday at The Highland Golf Club, 3011 U.S. 2 in Escanaba.

This free event is an opportunity for seniors and their loved ones to learn about various resources and services that are available to them.

The event has filled, with more than 300 guests planning to attend.

The first presentation will be given by Melissa Broeders, PA-C, of UP Health System. Following will be Cindy Gendron, director of sales at Lake-House Escanaba assisted living; Dr. Amanda Bruemmer of St. Francis Hospital; Gary Wil-loughby, executive director of the Menominee-Delta-Schoolcraft Community Action Agency; Amy Fudala, mobility manager for Delta &



NOAH JOHNSON/Daily Press file photo

It was a packed room at the 2024 Senior Expo at the Highland Golf Club. All tickets for this year's event, set for Tuesday, have been claimed.

Schoolcraft County's Delta Area Transit Authority; Jacob D. Lynch, elder law attorney of Ryan & Lynch Law; to be determined; a four-person team and Pancake, the grief therapy dog at Skradski Family Funeral Homes; and

Gayle DeShambo, board president of Delta County Cancer Alliance.

Each speaker will have 20 minutes to present what their organization or company offers to seniors.

Lunch will be served at no cost from 12:35 to 1:25

p.m., with door prizes drawn throughout the day.

Each person must bring a canned goods donation to be admitted. All canned goods will be turned over to The Salvation Army of Escanaba this year.

Daily Press

9/26/25

5 SENIOR EXPO INTINERARY

INTRODUCING EVENT SPEAKERS:

Daily Press

9/30/25

10:55-11:15

COMMUNITY ACTION AGENCY

Senior Services, Weatherization, Senior Companion Program, Foster Grandparent Program, Retired Senior Volunteer Program, Client Services, and the Homeless Assistance Program.



Gary Willoughby

Escanaba Daily Press - Senior Expo 2025

Community Action Agency

Sophie Vogelmann
svogelmann@dailypress.net

ESCANABA - At this year's Senior Expo, Executive Director Gary Willoughby will discuss the extensive list of services and programs available at The Community Action Agency at 10:55 a.m. The agency, based in the Escanaba main office at 507 1st Avenue North., welcomed Willoughby in late spring of 2024 after he relocated to the U.P. from Florida.

Willoughby has an extensive history of leadership positions, as he was Executive Director of Gulf Coast Humane Society in Ft. Myers, Fla. and even President & CEO of SPCA Serving Erie County, NY - Lipsey Veterinary Clinic.

For the past 60 years, the Menominee Delta Schoolcraft Community Action Agency & Human Resources Authority, Inc. (MDSCAA) has been offering a large variety of programs to seniors throughout Menominee, Delta and Schoolcraft counties.

MDSCAA programs include a home delivery system for meals, in-home services like bathing assistance, exercise classes and lunches at their various senior centers, adult day care, and many more. There is even a Foster Grandparent Program where seniors can provide tutoring to children with special needs.

Willoughby will emphasize the meaning of healthy aging and how MDSCAA can assist seniors in all aspects of life.





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

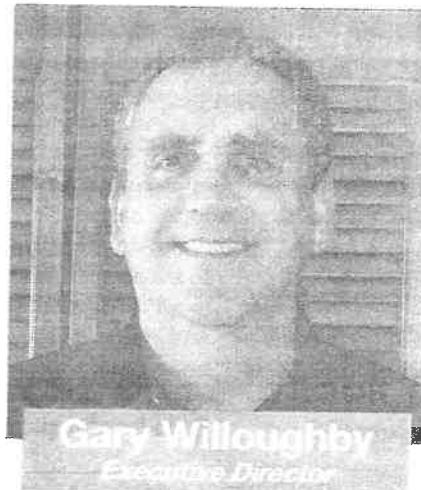
WE CARE!

HELPING EVERYONE
COMMUNITY ACCESS



OFFICE HOURS:
MONDAY - THURSDAY:
8:00 AM - 4:30 PM
FRIDAY: 7:30 AM - 4:00 PM

507 1st Ave., North
Escanaba, MI 49829
Phone: **906-786-7080**



For the past 60 years, the Community Action Agency has adapted to meet seemingly endless challenges in an effort to negate the causes and symptoms of poverty. Residents of Menominee, Delta and Schoolcraft County can be assured our agency will continue to evolve to respond to our communities' ever-changing needs.

Mary Kathleen Love

GLADSTONE — Mary Kathleen Love, age 80, of Gladstone passed away on Wednesday, September 24, 2025 at Lakeview Assisted Living in Gladstone.

Mary was born July 9, 1945 in Detroit, the daughter of Francis and Kathleen (Lasich) Bonifas. She was united in marriage to James Love on September 9, 1972 at St. Francis de Sales Catholic Church in Manistique. Mary was a Licensed Practical Nurse who worked at the Manistique Medical Center and also in Battle Creek, Michigan for several years. She also worked for Kmart and Goodwill, was a Board Member for the Gladstone Senior Citizens Center and a member of the Sisters of Steam, a ladies group with the U.P. Steam and Gas Association.

Mary was a kind and creative soul. Throughout the years she dabbled in count-

less different art forms including crochet, sewing, painting, oil pastels, card making, stamping, and scrapbooking. She enjoyed frequenting arts and crafts fairs, both as a vendor and as a patron. In her later years, she both attended and taught art classes at the senior center. She had a deep love for the beauty found in nature, and was never more delighted than when hummingbirds would visit her birdfeeders, or when the does would return to her backyard with their fawns each spring. Her legacy and love of art will live on through her students, her daughters, and her granddaughter, who is frequently known to muse, "You know, I was thinking... maybe we should do a project?"

Mary is survived by her husband, James; daughters, Dawn (Dru Kelly) Love of Green Bay and Jacqueline Love of Marquette; grandchildren, Andrew

Kelly Jr. and Tiana Kelly; brother, John Bonifas of Manistique; half-brother, Don Hart; sister -in-law, Jean King (Ken Rautiola) of Manistique, and nieces and nephews.

She was preceded in death by her parents, brother Francis Bonifas, and mother and father-in-law, Dorothy and Jim Love.

The family would like to express their gratitude to the staff of UP Home Health and Hospice, whose diligence and expertise assured as dignified a transition for Mary as possible. Additionally, the family will be forever indebted to the staff of Lakeview Assisted Living, who went above and beyond to make sure Mary was not only cared for and comfortable, but cherished.

In keeping with Mary's wishes, cremation will take place and no services will be held. The family is being assisted by the



Skradski Funeral Home in Gladstone. To leave a message of condolence, go to <http://www.skradskifuneralhome.com>. In lieu of flowers, the family encourages you to consider donating to the Gladstone Senior Center. If you are so compelled to honor Mary's memory, go spread a little kindness or make some art!

Daily Press

9/30/25