

**The Home  
Weatherization Program**

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

Daily Press  
4/1/26

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## BRIEFS

### DANCE IN ROCK

ROCK — A dance will be held at the Rock Community/Senior Center, located at 3892 West Mapleridge Road, on April 12 from 1 p.m. to 4 p.m. Live music will be performed by Ron Jay and the Country Strangers. For more information, call Lucy at 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 p.m. The next meeting is scheduled for Tuesday, April 14 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

4/1/26

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

## WHAT IS MEDIGAP?

**Guaranteed issue right** - If you miss your open enrollment period, you can also buy a Medigap when you have a guaranteed issue right within 63 days of when you lose or end certain kinds of health coverage. When you have a guaranteed issue right, companies must sell you a Medigap policy at the best available rate, regardless of your health status, and cannot deny you coverage. The best available rate may depend on several factors, including your age, gender, whether you smoke, your marital status and where you live. A guaranteed issue right also prevents companies from imposing a waiting period for coverage of preexisting conditions.

You may have a guaranteed issue right if, for example, you, through no fault of your own, lost a group health plan (GHP) that covered your Medicare cost sharing (meaning it paid secondary to Medicare).

You joined a Medicare Advantage plan when you first became eligible for Medicare and disenrolled within 12 months.

Or your previous Medigap policy, Medicare Advantage plan, or PACE program ends its coverage or commits fraud.

Note: if you have a Medi-

care Advantage plan, Medicare SELECT policy or PACE program and you move out of the plans service area, you also have the right to buy a Medigap policy.

Be sure to keep a copy of any letters, notices, post-marked envelopes, and claim denials in case you need proof that you lost or ended health coverage. Medigap insurers may require documents before they sell you a policy.

**Can I purchase a medigap outside protected enrollment periods?** Yes, but you may run into problems, especially if you have pre-existing conditions. For instance, companies can refuse to sell you one or require a medical exam. Companies vary in the degree to which they deny applicants based on health conditions, so one company may agree to sell you a policy, you may need to pay a higher monthly premium and be subject to a six month waiting period before it covers preexisting conditions. Be sure to contact Medigap insurers in your state to learn if they will sell you a Medigap policy outside protected enrollment periods.

**Can I cancel a Medigap policy?** You have the right to review a new Medigap policy for the first 30 days. You can cancel it within that time for a full refund if it does not meet your needs. After the first 30 days, you can cancel your policy at any time. However, be careful when cancelling. Depending upon where you live, you may not be able to buy another policy, or companies may charge

you more because of your health.

You also have the right to a 30-day free trial period if you want to switch your Medigap policy. If you decide to apply for a second Medigap, you will have to pay for both Medigap premiums during this 30-day period. Your 30-day period begins on the day you enroll in your new Medigap policy. You should not cancel your first Medigap policy during this time because you may not be able to get it back.

**Do Medigaps cover pre-existing conditions?** Be aware that under federal law, Medigap policy insurers can refuse to cover your prior medical conditions for the first 6 months. A prior or preexisting condition is a condition or illness you were diagnosed with or were treated for before new health care coverage began.

The wait time for your Medigap coverage to start is called a preexisting condition waiting period. You can also avoid or shorten preexisting condition waiting period if you buy a policy during your open enrollment period. During this protected period, Medigap policies must shorten any preexisting condition waiting period by the number of months you had prior creditable coverage. Most forms of health coverage count as creditable. Here's how this works: your preexisting waiting period is reduced by one month for each month you were enrolled in creditable coverage. Medigap insurers must cover your prior medical conditions immediately. Keep in mind that you cannot use creditable coverage to reduce your preexisting waiting period if you had a break in coverage for more than 63 days.

Make sure to consider several Medigap policies, especially if you are concerned about facing a waiting period. Some policies do not impose preexisting condition waiting periods.

## SENIOR CITIZEN ACTIVITIES

April 9 - Lunch trip to the Holiday Kitchen in Iron

enough materials for everyone.

April 29 - Monthly birthday party dinner with door prizes, 50/50 raffle, cake, ice cream and bingo after lunch. Please notify the staff if you're celebrating your birthday this month when making your meal reservations, so we may honor you.

Join us at the senior center, it's a great place to be.

## April exercise dates and times

April 8 at 11 a.m.

April 15 at 11 a.m.

April 22 at 11 a.m.

April 27 at 10 a.m.

Coffee and social time to follow.

## Nutrition Menu

April 6 - Mushroom Swiss Burger/whole wheat hamburger bun, root vegetable blend, sliced carrots, fruit cocktail.

April 7 - Stuffed cabbage in red sauce, garlic mashed potatoes, chef's choice vegetable, diced peaches.

April 8 - Apple glazed pork chop, boiled red potatoes, peas, applesauce.

April 9 - Cheese ravioli Florentine, Italian vegetables, side salad w/ tomato and cheese, warm fruit compote, whole wheat breadstick.

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 APRIL 6

Monday - Mushroom and Swiss burger, whole wheat hamburger bun, root vegetable blend, sliced carrots, fruit cocktail.

Tuesday - Stuffed cabbage in red sauce, garlic mashed potatoes, chef's choice vegetable, diced peaches, whole wheat bread.

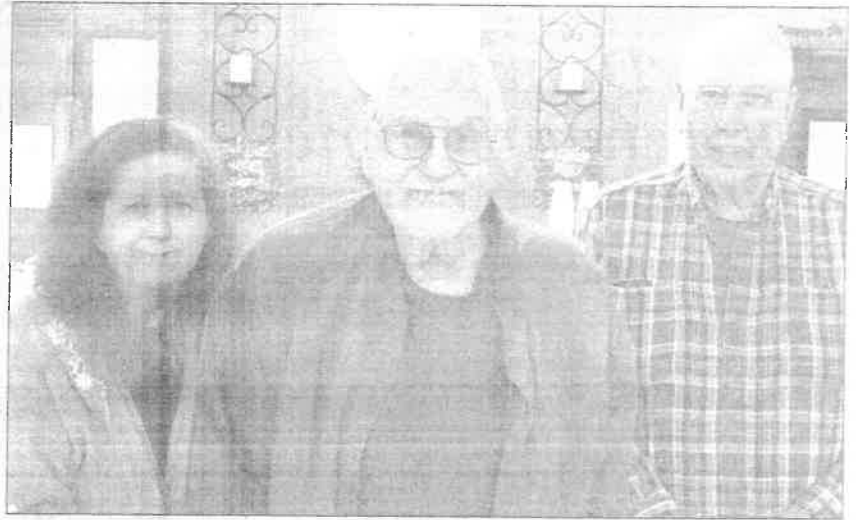
Wednesday - Apple glazed pork chop, boiled red potatoes, peas, applesauce, whole wheat bread.

Menominee County  
Journal

4/2/26

## Mid-County Senior Center Birthdays

Honored for February birthdays at the Mid-County Senior Center were, from left, Kristy Becker, Wally Ostrom and Harry Krass. Also honored but not available for the photo was Paulette Bruno.



Menominee County Journal

4/2/26

# Manistique Senior Center

Heather Tyner, Activities Director

We have another busy month coming up, with one exception; Friday, April 3, we are closed in observance of Good Friday. However, we are hopping to it Monday morning, April 6, with our Easter Egg Hunt starting as soon as we open at 8 a.m. I will be hiding 15 plastic eggs a day for the week throughout our Center, except in our Gift Shoppe items, our offices, the kitchen, the Loan Closet and the bathrooms. Each egg will contain a number, and the number is associated with a prize; either a donation from one of our generous local businesses, a Saykly's chocolate bar or some Easter candy. No egg-perience necessary. You do need to be 55 years young and up to play and will only be allowed to find one egg a day, four total for the week. A rather kind thank you to the following businesses for making our Easter Egg Hunt egg-stra fabulous: Clyde's Drive-In, Zephyr, Flowers by Jodi, Drift Alchemy, Cedar Street Cafe, The Mill, The Cutting Crew, Big Boy, Lake Effect Community Arts Center, Camp & Coastal Design Co., Emerald City Tacos, Ben Franklin, The Mustard Seed, Main Street Pizza, Bostique, Hardee's, Mindy Asp, The Apple Barrel, Wheaty's Pub, The Hive, The Grind Coffee House, Marley's Irish Pub, Corner Cutz Salon, Ace Hardware, TAP21, elle jay, Michigan Made, McDonalds and Cedar Street Cinema.

On Mondays throughout April, we have Drum Aerobics, Line Dancing, Painting Class, Qigong and Tai Chi. Tai Chi is \$10 a month. On the first and third Mondays Hand, Knee & Foot play, and on the second and fourth Mondays Duplicate Bridge plays. Our Tuesday schedule has Drum Aerobics with HBH, Ukulele Lessons with Gwen and Bingo. Wednesdays brings



us Drum Aerobics, Hand & Foot, Chair Yoga and Bowling at Ten Pin Alley. On our first and third Wednesdays we have Senior Swinger Practice, while on the second and fourth Wednesdays we have North Woods Home Health FootCare Clinic, with a cost of \$22. Page Turners Book Club is the fourth Wednesday of every month. On our calendar for Thursdays, we have our Garden Group, Line Dancing, Euchre and Craft Class. On our first Thursday of the month we have Mexican Train Dominoes, the second week brings us Yahtzee! and on the third Thursday is Mah Jongg. Our Fridays are filled with Drum Aerobics, Blood Pressure Clinic, Bridge, 500 and Cribbage. On our third Friday of the month, we send you over to the Manistique Public Library for Story Time and on the last Friday of the month is Coffee Hour with Don & Karen. On the fourth Saturdays of the month, we either have our Saturday Night at the Center dance or Puzzles & Punch. In April we have Saturday Night at the Center. If you would like to know the times for each activity, please check our daily schedule on our Facebook page, Manistique Senior Citizen Center, our weekly calendar in the Advisor or our monthly calendar in our monthly Newsletter. To receive our Newsletter, please stop in our office Monday through Friday, 8 a.m. to 4 p.m. and sign up. The cost for our

Newsletter is \$10 a month.

As with any month we do have a few extra activities. One such activity is our Easter Egg Hunt. Another one is Project Petunia. They will be using our Center to meet on Wednesday, April 8, 3-4 p.m. UP SAIL is taking us for a hike at the Environmental Lab on Thursday, April 9, from 11 a.m. to noon. On Monday, April 13, we have our Suncatcher & Social District Sip with Shannon Hider. There are six suncatchers to choose from, and they are pictured on our Facebook page and in our office. You will need to RSVP and pay before April 7, by 4 p.m. 21 years young and up are welcome. The cost is \$30 for one suncatcher or \$55 for two. We will be heading over to Wheaty's a little after 4 p.m. for dinner and then back to our Center to craft. You will be responsible for your dinner.

For our Potluck in April, we have an Open Mic & Talent Show. The entertainment will be from 4-5 p.m. and potluck will take place at 5 p.m., please share your talent with us and a dish.

Our Under the Sea Prom is coming up on Saturday, May 16, 6-10 p.m. and tickets for the prom go on sale the morning of April 27. It is \$20 for admission or \$28 with three drink tickets. Drinks include beer, wine or seltzer. We will have appetizers by Cedar Street Cafe, DJ Bears by Pete and photo booth prom pictures available. You can get gussied up or come in jeans, just make sure that your dancing shoes are on.

On Wednesday, April 27, we have our Monthly Meal with Don, Karen & Heather and that evening our Night Out at the Movies. This month we will be heading out to see Michael for a 7 p.m. showing at Cedar Street Cinema.

There's always something going on at our Center. You should hop in and check us out.

Pioneer Tribune 4/2/26

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Community Action  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
(906) 786-7030 Ext. 148

Daily Press

4/2/26

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## BRIEFS

### CHILD ABUSE PREVENTION

For Child Abuse Prevention and Awareness Month in April, Welcome Newborns -- a nonprofit program that services Menominee, Delta, and Schoolcraft counties -- invites everyone to wear the color blue on April 10.

In Menominee, Delta, and Schoolcraft counties, Head Start will be displaying pinwheels for prevention. These represent a commitment to supporting families and strengthening communities.

Welcome Newborns has a mission to promote the well being of children, improve parent and child relations and to prevent child abuse and neglect. Anyone looking to help or donate can contact the program coordinator at 906-786-7080 ext. 124.

The organization reminds people that everyone that every child has the right to grow up safe, loved, and nurtured.

### DANCE IN ROCK

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Daily Press  
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Escondido, MI 49829  
(907) 783-7500 Ext. 146

Daily Press

4/3/26

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**Call 507-700-146**  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
**(800) 786-7000 Ext. 146**

Daily Press  
4/4/26

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Daily Press

4/4/26

# Daniel Harold VanEnkevort

Daniel Harold VanEnkevort, 74, of Bark River, passed away Saturday afternoon, March 28, 2026 at OSF St. Francis Hospital.

Daniel was born on September 20, 1951 in Escanaba, son to Arthur A. and Nora J. (Lehto) VanEnkevort. He attended Bark River High School, graduating in 1969.

On July 31, 1977, Daniel married the former Catherine Marie Head at the Ford River Community Chapel. They were blessed with a son, Matt, and were able to share over 48 years together before his passing.

Starting his career at Bark River Concrete, Daniel delivered cement blocks. He then began working for the former Mead Paper Corporation operating heavy equipment for the Mead Woodlands Department. He finished his career as a weigh master, retiring in 2016.

Daniel loved to go hunting and fishing and enjoyed going to camp year around until his health declined. In his later years, he found joy spending time at the Bark River Senior Center on Wednesdays. There he would enjoy playing cards and having lunch with friends. His daily coffee clutching was something he always appreciated as well. His granddaughter, Everleigh was his pride and joy.

Among survivors include his wife, Cathy; son, Matt (Stacie Cousineau) VanEnkevort; granddaughter, Everleigh VanEnkevort; sisters, Maria (Ernest) Vallier and Shirley



(John Erickson) Wyatt; sister-in-law, Julaine VanEnkevort; and numerous nieces, nephews, and cousins.

Along with his parents, Daniel is preceded in death by his brother, Clifford VanEnkevort.

Visitation will take place on Friday, April 10, 2026 at the Crawford Funeral Chapel, 1236 Old US 2 & 41, Bark River, from 3:00 p.m. - 5:00 p.m. A funeral service will follow at 5:00 p.m. with Pastor Christine Bergquist officiating.

Those wishing to offer an expression of sympathy are asked to consider assisting the family with cremation expenses via the Tribute Fund at [www.crawfordfuneralhomes.net](http://www.crawfordfuneralhomes.net).

Messages of condolence can be directed to the family at [www.crawfordfuneralhomes.net](http://www.crawfordfuneralhomes.net). The Crawford Funeral Homes are assisting the family.

Daily Press

4/4/26

**Crawford**  
FUNERAL HOMES

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# BRIEFS

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Daily Press

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Call Mike Richards  
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Escanaba, MI 49829  
(906) 766-7080 Ext. 148

Daily Press

4/6/26

# Community Action Agency Senior Nutrition Program




## April 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**

		Wed, 04/1/26	Thu, 04/2/26
 <p>April Showers Bring May Flowers</p>		 <p>Ham w/Pineapple Mashed Sweet Potatoes Green Beans Pineapple/Orange Mix Dinner Roll, WW, Milk 2% Carrot Cake <b>Holiday Meal</b></p>	<p>Tuna Noodle Casserole Winter Veg Blend Diced Beets Chef's Choice Fruit Cup Bread, WW Milk, 2%</p>
Mon, 04/6/26	Tue, 04/7/26	Wed, 04/8/26	Thu, 04/9/26
<p>Mushroom &amp; Swiss Burger Hamburger Bun, WW Root Veg Blend Sliced Carrots Fruit Cocktail, Milk 2%</p>	<p>Stuffed Cabbage in Red Sce Garlic Mashed Potatoes Chef's Choice Veg Diced Peaches Bread, WW, Milk 2%</p>	<p>Apple Glazed Pork Chop Boiled Red Potatoes Peas Applesauce Bread, WW, Milk 2%</p>	<p>French Toast Sausage Bake Oven Potatoes Stewed Tomatoes Fruit &amp; Yogurt Parfait Milk, 2%</p>
Mon, 04/13/26	Tue, 04/14/26	Wed, 04/15/26	Thu, 04/16/26
<p>Chicken Teriyaki Brown Rice Oriental Veg Oriental Salad Warm Cin Peaches Milk, 2%</p>	<p>Spaghetti w/Meat Sauce Brussel Sprouts Chef's Choice Veg Breadstick, WW Chef's Choice Fruit Cup Milk, 2%</p>	<p>Homestyle Meatloaf Mashed Potatoes w/Gravy Green Beans Diced Pears Bread, WW Milk, 2%</p>	<p>French Toast Sausage Bake Oven Potatoes Stewed Tomatoes Fruit &amp; Yogurt Parfait Milk, 2%</p>
Mon, 04/20/26	Tue, 04/21/26	Wed, 04/22/26	Thu, 04/23/26
<p>BBQ Pulled Pork Hamburger Bun, WW Root Veg Blend 5-Way Mixed Veg Apple Slices Milk, 2%</p>	<p>Mild Orange Chicken Brown Rice Oriental Veg Diced Carrots Pineapple/Orange Mix Milk, 2%</p>	<p>Shepherd's Pie Corn Fruit Crisp (FR) Bread, WW Milk, 2%</p>	<p>Swedish Turkey Meatballs Egg Noodles Winter Veg Blend Diced Beets Chef's Choice Fruit Cup Bread, WW, Milk 2%</p>
Mon, 04/27/26	Tue, 04/28/26	Wed, 04/29/26	Thu, 04/30/26
<p>Brd Chicken Breast Biscuit Oven Potatoes Chef's Choice Veg Diced Pears Milk, 2%</p>	<p>Beef Steak w/Gravy Mashed Potatoes w/Gravy Corn Tropical Fruit Bread, WW Milk, 2%</p>	 <p>Meat Lasagna Capri Veg Peas Garlic Breadstick Peach Cake (FR) Milk, 2% <b>Congregate Birthday</b></p>	<p>Bratwurst Hot Dog Bun, WW Oven Potatoes Diced Carrots Chef's Choice Fruit Cup Milk, 2%</p>

Daily Press  
4/6/26

MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE

Gladstone and Rapid River Area Call 428-2201 • Rock Area Call 356-6420  
Escanaba Area Call 786-8850 • Hermansville Area Call 499-7726 • Menistigue Area Call 341-5095

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Daily Press

4/8/26

Our Puzzles & Punch jigsaw puzzle competition on Saturday, March 28, was a puzzling, good time. We had three teams competing, with the first-place team completing their puzzle for a solid win. First-Place winners:

Robin Derwin and Mary Ann Pawley, Second-Place winners: sisters Barb Frankovich and Mary Demars, Third-Place winners: Lauris Barr, Carol Wiater and me. Thank you kindly, ladies for the afternoon of fun. Our next Puzzles & Punch will be Saturday, July 25, from 2-5 p.m.

Friday, April 10, is your last day to come into our Center and hunt for an Easter Egg! You will want to hop to it.

Our Suncatcher & Social District Sip is next week on Monday, April 13. You did need to preregister for this activity. However, we are going to Wheaty's for an early dinner at 4 p.m. and whether or not you are signed up for our suncatcher class you can join us for dinner. Just before 5:30 p.m. we will head back over to our Center for our craft. You will be responsible for your own meal.

We are looking for talented seniors to join us for our

Potluck on Thursday, April 16. The show starts at 4 p.m. with acts entertaining us until 5 p.m. At 5 p.m. our potluck portion of the evening begins. Please bring a talent to showcase and a dish to share to this month's Open Mic & Talent Show Potluck. Story Time at the Public Library with Monica Powell is on Friday, April 17, from 10-11 a.m. If you enjoy reading to little ones, you can join Monica at the public library.

Fast Track is coming to our Center starting Wednesday, April 22. Fast Track is a North American race game with cards and marbles, played on a square or hexagonal board. We will be playing Fast Track on the second and fourth Wednesdays of the month in our dining room, starting at 12:30 p.m. If you are interested in playing, please join us. If you would like to learn, they would be happy to teach you.

Also, on Thursday, April

Club meets at 2 p.m. This month they will be discussing 'the Personal Librarian' written by Marie Benedict and Victoria Christopher Murray, both of whom wrote last month's Page Turner book. Our book club is one of our most popular activities. If you would like to join, please do. Our Center supplies the books. The books are selected by a monthly drawing with the selections chosen by our book club attendees.

Coffee Hour with Don & Karen this month is Friday, April 24. Don & Karen will meet you at Emerald City Tacos at 9 a.m. I can tell you they are an entertaining way to start your day. You will need to purchase your own caffeine.

Our Saturday Night at the Center dance is coming up this month! On Saturday, April 25, from 7-10 p.m. you will need your best dancing shoes on, and you must also be ready to dance all night long. The music is loud, the disco lights are flashing and there is always someone on the dance floor. This is a free event, and you can social district if you would like. We hope to see you there.

Our second annual prom is coming up on Saturday,



Courtesy photo  
Pictured above are the Puzzles & Punch jigsaw competition first-place winners Robin Derwin and Mary Ann Pawley. Below, second-place winners Barb Frankovich and Mary Demars



is Under the Sea and tickets three drink tickets. Drinks include beer, wine and self-zer. We will have appetizers 27, at 8 a.m. Admission is also have a photo booth for prom pictures. This will be a

# Senior Citizen News

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

## WHAT IS MEDIGAP?

**How should I go about choosing a Medigap?** One of your first steps is likely to choose between Medicare Advantage and Original Medicare with a Medigap. When choosing between these two options, consider the following information:

Original Medicare with a Medigap:

You can see any provider and use any facility that accepts Medicare.

You do not need referrals for specialists.

Your Medigap pays part or all certain remaining costs after Original Medicare pays first.

Your Medigap plan charges a monthly premium in addition to the Part B premium.

Your Medigap generally only covers Medicare cost sharing. However, it may also cover costs Medicare does not cover at all, like 365 additional life-time days or care received when traveling abroad.

In most states, insurance companies must only sell you a Medigap at certain times and if you meet certain requirements.

Medicare Advantage:

You can typically see only in network providers.

You typically need referrals

for specialists

Your cost sharing varies depending on the plan. You usually owe a copay for in-network care. Make sure to compare a particular plan's cost sharing to Original Medicare.

Your plan may charge a monthly premium in addition to the Part B premium.

Your plan may cover additional services, including vision, hearing and dental. Additional benefits may increase your premium or other out-of-pocket costs.

You may use the fall Open Enrollment Period (Oct. 15 - Dec. 7) to pick a new Medicare Advantage plan or switch between Original Medicare and Medicare Advantage.

Before you buy a Medigap policy, be sure to do your research. Some steps you may wish to take include the following:

1. Make sure you are eligible to purchase a Medigap. Remember that you can only have a Medigap if you have Original Medicare. If you are enrolled in a Medicare Advantage plan or Medicaid, Medigaps cannot be sold to you. There may be other Medigap eligibility requirements that apply to you, depending on the state in which you live.

2. Learn when you have the right to buy a Medigap without restriction. There are federal protections for people over 65 to buy a Medigap in certain situations. Some states have additional protection for individuals under 65 or during

other times.

3. Once you decide you need a Medigap and you are eligible to enroll, compare the different types of policies that exist. As mentioned above, there are 10 different standardized policies in most states, each covering a different range of Medicare cost sharing.

4. Learn how a Medigap covers prior medical conditions to know if any of your medical costs may be excluded from Medigap coverage. Depending on your circumstances, a Medigap can exclude coverage for prior medical conditions for a limited amount of time.

5. Find out how Medigap premiums are priced so you can make cost comparisons. It is important to understand the ways that insurers set premiums to find the best deal for you.

6. Have a list of questions to ask when shopping for a Medigap to remind you what you should consider. Buying a Medigap can be complicated but using a set of written questions and asking for help when needed can help you stay organized and simplify the process.

**What questions should I ask when choosing a Medigap?** When you are speaking to insurance representatives or reviewing marketing materials about Medigap policies, here are some questions to keep in mind:

Am I enrolling while I am in my open enrollment period? If not, do I have a guaranteed issue right?

What is the Medigap's policy monthly premium?

Is this premium based on my: health status, gender, smoking status, marital status or anything else?

Are the premiums:

**Community rated**, meaning everyone in my area pay the same premium regardless of their age?

**Issue age rated**, meaning the premium is based on how old I am when I bought the policy?

**Attain age rated**, meaning the premium increases based on my age?

Will the company refuse to sell me a Medigap based on my health status?

Does the policy impose a preexisting condition waiting period?

will be charged for purchasing one.

If you are under age 65, make sure the company you are considering sells to individuals under 65.

Remember to keep track of who you spoke with, when you spoke with them and the outcome of the call.

## SENIOR CITIZEN ACTIVITIES

April 29 - Monthly birthday party dinner with door prizes, 50/50 raffle, cake, ice cream and bingo after lunch. Please notify the staff if you're celebrating your birthday this month when making your meal reservations, so we may honor you.

Join us at the senior center, it's a great place to be.

## April exercise dates and times

April 15 at 11 a.m.

April 22 at 11 a.m.

April 27 at 10 a.m.

Coffee and social time to follow.

## Nutrition Menu

April 13 - Chicken teriyaki, brown rice, Oriental vegetables, Oriental salad, warm cinnamon peaches.

April 14 - Spaghetti w/meat sauce, Brussel sprouts, chef choice vegetable, whole wheat breadstick, chef's choice fruit cup.

April 15 - Homestyle meatloaf, mashed potatoes/gravy, green beans, diced pears.

April 16 - French toast sausage bake, oven potatoes, stewed tomatoes, fruit and yogurt parfait.

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 APRIL 13

Monday - Chicken teriyaki, brown rice, Oriental vegetable, Oriental salad, warm cinnamon peaches.

Tuesday - Spaghetti with meat sauce, Brussel sprouts, chef's choice vegetable, whole wheat breadstick, chef's choice fruit cup.

Menominee County

Journal

4/9/26

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## BRIEFS

### CHILD ABUSE PREVENTION

ESCANABA — For Child Abuse Prevention and Awareness Month in April, Welcome Newborns -- a nonprofit program that services Menominee, Delta, and Schoolcraft counties -- invites everyone to wear the color blue today.

Head Start will be displaying pinwheels for prevention, representing a commitment to supporting families and strengthening communities.

Welcome Newborns has a mission to promote the well-being of children, improve parent and child relations and to prevent child abuse and neglect. Anyone looking to help or donate can contact the program coordinator at 906-786-7080 ext. 124.

The organization reminds people that everyone that every child has the right to grow up safe, loved, and nurtured.

### DANCE IN ROCK

ROCK — A dance will be held at the Rock Community/Senior Center, located at 3892 West Mapleridge Road, on Sunday from 1 p.m. to 4 p.m. Live music will be performed by Ron Jay and the Country Strangers. For more information, call Lucy at 356-6459.

Daily Press

4/9/26

# Welcome Newborns invites the public to wear blue Friday

ESCANABA — In honor of Child Abuse Prevention and Awareness month, Welcome Newborns invites the public to wear blue for Blue Out Day on Friday.

Welcome Newborns is a non-profit program that services Menominee, Delta and Schoolcraft counties. Their mission is to promote the well-being of children, improve parent and child relations and to prevent child abuse and neglect.

Blue Out Day on Friday, April 10 serves as a reminder that every child has the right to grow up safe, loved and nurtured.

In Menominee, Delta, and Schoolcraft counties, Head Start will be displaying pinwheels for prevention. These represent a commitment to supporting families and strengthening communities.

Anyone looking to help or donate to Welcome Newborns to support Child Abuse Prevention and Awareness can contact the program coordinator, Stephine Deeren 906-786-7080 ext 124.

## Child Abuse Prevention Month

Wear BLUE to show support and raise awareness for the prevention of Child Abuse and Neglect



Photo courtesy of Welcome Newborns

Daily Press 4/9/26

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

Daily Press

4/10/26

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Call Kim Motus  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
(906) 786-7080 ext. 148

Daily Press

4/11/26

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## 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 p.m. The next meeting is scheduled for Tuesday 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.

### **DANCE IN ROCK**

ROCK — A dance will be held at the Rock Community/Senior Center, located at 3892 West Mapleridge Road, on Sunday from 1 p.m. to 4 p.m. Live music will be performed by Ron Jay and the Country Strangers. For more information, call Lucy at 356-6459.

Daily Press

4/11/26

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Daily Press

4/13/26

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**MDS CAA-HRA Weatherization Intake**  
507 1st Avenue, North  
Escanaba, MI 49829  
**(906) 756-7080 Ext. 146**

Daily Press  
4/13/26

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Call Elie Moberg  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
(906) 786-7000 Ext. 148

Daily Press

4/14/26

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Daily Press

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**Call Julie Moberg**  
MDS CAA-HRA Weatherization Intake  
507 1st Avenue, North  
Escanaba, MI 49829  
(906) 726-7060 Ext. 148

Daily Press

4/15/26

# Manistique Senior Center

Heather Tyner, Activities Director

Our Easter Egg Hunt, that took place between Monday, April 6, and Friday, April 10, brought huge smiles to those that were able to find eggs. I would like to once again thank our local businesses for several of the prizes associated with the egg hunt, which helped put those smiles on our seniors' faces. There may have been some that stated the eggs were hard to find. There are a few eggs still hidden around the inside of our Center that need to be found. Please hop in and take a look.

UP SAIL, Upper Peninsula's Superior Alliance for Independent Living, traveled down from Marquette to lead a Macrame Hanging Planter Craft on Thursday, April 9. Hiawatha Behavioral Health day camp participants also joined in the crafting fun. We celebrated spring and Earth month by creating our own macrame plant hanger and pot using recycled materials. UP SAIL visits our Center every other month and will be here again on Thursday, June 11, from 11 a.m. to noon. In June they will be bringing us different adaptive bikes to try and lawn games to play. No rsvp needed.

Next Wednesday, April 22, from 12:30-2:30 p.m. we are taking appointments for FootCare. Our FootCare



Clinic is done by our local North Woods Home Health staff and nurses. The cost is \$22, which includes a foot soak and toenails trimmed. They do ask that you bring a bath towel with you. Please call our office for an appointment at (906) 341-5923.

Also, on Wednesday, April 22, Fast Track will start playing at our Center, starting at 12:30 p.m. Fast Track is played with cards and marbles on a square or hexagonal board. They needed to come to our Center to play because they are growing out of their current location. We are thrilled to welcome them. If you would like to play, please join them. If you would like to learn, they would be happy to teach you.

Bowling at Ten Pin Alley will continue for the rest of April on the remaining Wednesdays, from 4:30-6 p.m. Then, starting in May we will be getting ready for our golf season. The first Wednesday in May, we will be meeting at The Hive at 5 p.m. We will be discussing

which local, and maybe not so local, golf courses that we will be visiting and on which Wednesday we are playing them. There are several of us that are beginner golfers and we love new additions to our group. Most of the golf courses have clubs to borrow and balls to buy. For inclement weather, we will be back bowling at Ten Pin Alley. You will need to pay for your golfing or bowling. Golfing will be every Wednesday, 5-7 p.m.

Saturday Night at the Center is next weekend. There will be dancing from 7-10 p.m., so please wear your best dancing shoes. This is a free event, and you can social district if you would like. No rsvp needed, but like all events we do ask for a smile.

Don, Karen and I will be joining you all for lunch on Wednesday, May 29, at noon for our Monthly Meal. This month the Community Action Agency ladies will be cooking us meat lasagna, capri vegetables, peas, a garlic breadstick, and a slice of peach cake, served with a carton of 2% milk. Lunch is done on a donation basis. The suggested donation is \$4.50 for 60 years young and up, and \$7 for under 60. Please call the kitchen by 8 a.m. that morning to let them know you are joining us for lunch at (906) 341-5085.

Pioneer Tribune 4/16/26

# Senior Citizen News

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

## **MEDICARE TELEHEALTH COVERAGE**

**What is telehealth?** Telehealth includes certain services that you receive from a health care provider outside of an in person office visit. A telehealth service is a full visit with a provider using telephone or video technology that allows for both audio and video communication.

Examples of Medicare covered telehealth benefits include:

Lab test or x-ray result of consultations.

Post-surgical follow up.

Prescription management.

Preventative health screenings.

Urgent care issues like colds, coughs and stomach aches.

Mental health treatment, including online therapy and counseling.

Treatment of recurring conditions, like migraines or urinary tract infections.

Treatment of skin conditions.

Ask your doctor about telehealth options whether it is suitable for you health care needs.

### **Virtual check-in vs. telehealth visit**

Virtual check-ins allows you to communicate with

your doctor through audio and video communication technology or by sending photo or video images for remote assessment. Your doctor can respond by phone, secure text messaging, email or use of a patient portal. Unlike a telehealth visit, a virtual check in is not a full appointment. Medicare covers both virtual check-ins and telehealth visits.

**Extended coverage** - in the past, Medicare's coverage of telehealth was very limited. During the COVID-19 Public Health Emergency, however, telehealth coverage was temporarily expanded to allow more people to get care from their homes. These flexibilities have been extended through Dec. 31, 2027. Until then, telehealth services are:

**Covered for all beneficiaries in any geographic area**, at home in addition to health care settings.

In the past, only Medicare beneficiaries in rural areas could access telehealth.

**Generally provided via an interactive, two way audio and video technology**

Limited services can be provided using audio only (like behavioral health care services, counseling and therapy from an opioid treatment program, or patient evaluation and management).

**Provided by any health care professional that is eligible to bill Medicare**

You can get covered telehealth from a broader range of providers.

Contact your Medicare Advantage plan if you have questions about its coverage and costs related to telehealth services.

**What is remote patient monitoring?** Remote patient monitoring (RPM) is the ability for health care providers to track aspects of person's health outside of traditional clinical settings, like a patient's home. RPM can reduce the need for in person visits, cut down on travel costs, and limit exposure to illness, which can be especially helpful for people with chronic conditions or mobility challenges. Providers may collect data like heart rate, blood glucose, blood pressure or breathing rate, and then use it to help manage conditions and guide treatment decisions between visits.

**Things to know: RPM appropriate use and potential fraud.** Although RPM can be a useful part of care, there are cases where services may be offered without clear medical need, explained incompletely, or billed in ways that do not reflect the level of care provided. In some situations, this may rise to the level of fraud; in others, it may involve overuse or misunderstandings about consent or billing.

Patients may be contacted by companies through phone calls, online ads or television promotions offering RPM services or devices. While some of these offers are legitimate, others may be misleading, especially if they emphasize "free" products, request personal, or Medicare information without involving the patient's regular provider. Look out for the following potential fraud or scam warning signs:

You see charges on your Medicare statements for remote (physiologic or therapeutic) monitoring you did not need, you did not get, you did not agree to, or that were from a provider you do not know.

You are offered a "free" device that tracks your daily steps, like a smartwatch, in exchange for your Medicare number or other personal information.

**Whom to contact for more information:**

Speak with your doctor or other health provider to learn about telehealth and remote patient monitoring services they offer and if they may be appropriate for your health care needs.

## **SENIOR CITIZEN ACTIVITIES**

April 29 - Monthly birthday party dinner with door prizes, 50/50 raffle, cake, ice cream and bingo after lunch. Please notify the staff if you're celebrating your birthday this month when making your meal reservations, so we may honor you.

Join us at the senior center; it's a great place to be.

### **April exercise dates and times**

April 22 at 11 a.m.

April 27 at 10 a.m.

Coffee and social time to follow

### **Nutrition Menu**

April 20 - BBQ pulled pork whole wheat hamburger bun, root vegetable blend, five way mixed vegetables, apple slices.

April 21 - Mild Orange chicken, brown rice, Oriental vegetables, diced carrots, pineapple orange mix.

April 22 - Shepherd's Pie, corn, fruit crisp.

April 23 - Swedish turkey meatballs, egg noodles, winter blend vegetable, diced beets, 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**

### **APRIL 20**

Monday - BBQ pulled pork, whole wheat hamburger bun, root vegetable blend, five-way mixed vegetables, apple sliced.

Tuesday - Mild orange chicken, brown rice, Oriental vegetables, diced carrots, pineapple orange mix.

Wednesday - Shepherd's pie, corn, fruit crisp, whole

Menominee County

Journal

4/16/26

# Community Action Agency Senior Nutrition Program

Daily Press  
4/20/26


April 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. 04/06/26		Tue. 04/07/26		Wed. 04/08/26		Thu. 04/09/26	
 <p>April Showers Bring May Flowers</p>				Ham w/Pineapple Mashed Sweet Potatoes Green Beans Pineapple/Orange Mix Dinner Roll, WW, Milk 2% Carrot Cake <b>Holiday Meal</b>		Tuna Noodle Casserole Winter Veg Blend Diced Beets Chef's Choice Fruit Cup Bread, WW Milk, 2%	
Mon. 04/13/26		Tue. 04/14/26		Wed. 04/15/26		Thu. 04/16/26	
Mushroom & Swiss Burger Hamburger Bun, WW Root Veg Blend Sliced Carrots Fruit Cocktail, Milk 2%		Stuffed Cabbage in Red Sce Garlic Mashed Potatoes Chef's Choice Veg Diced Peaches Bread, WW, Milk 2%		Apple Glazed Pork Chop Boiled Red Potatoes Peas Applesauce Bread, WW, Milk 2%		French Toast Sausage Bake Oven Potatoes Stewed Tomatoes Fruit & Yogurt Parfait Milk, 2%	
Mon. 04/20/26		Tue. 04/21/26		Wed. 04/22/26		Thu. 04/23/26	
Chicken Teriyaki Brown Rice Oriental Veg Oriental Salad Warm Cin Peaches Milk, 2%		Spaghetti w/Meat Sauce Brussel Sprouts Chef's Choice Veg Breadstick, WW Chef's Choice Fruit Cup Milk, 2%		Homestyle Meatloaf Mashed Potatoes w/Gravy Green Beans Diced Pears Bread, WW Milk, 2%		French Toast Sausage Bake Oven Potatoes Stewed Tomatoes Fruit & Yogurt Parfait Milk, 2%	
Mon. 04/27/26		Tue. 04/28/26		Wed. 04/29/26		Thu. 04/30/26	
BBQ Pulled Pork Hamburger Bun, WW Root Veg Blend 5-Way Mixed Veg Apple Slices Milk, 2%		Mild Orange Chicken Brown Rice Oriental Veg Diced Carrots Pineapple/Orange Mix Milk, 2%		Shepherd's Pie Corn Fruit Crisp (FR) Bread, WW Milk, 2%		Swedish Turkey Meatballs Egg Noodles Winter Veg Blend Diced Beets Chef's Choice Fruit Cup Bread, WW, Milk 2%	
Mon. 04/27/26		Tue. 04/28/26		Wed. 04/29/26		Thu. 04/30/26	
Brd Chicken Breast Biscuit Oven Potatoes Chef's Choice Veg Diced Pears Milk, 2%		Beef Steak w/Gravy Mashed Potatoes w/ Gravy Corn Tropical Fruit Bread, WW Milk, 2%		Meat Lasagna Capri Veg Peas Garlic Breadstick Peach Cake (FR) Milk, 2% <b>Congregate Birthday</b>		Bratwurst Hot Dog Bun, WW Oven Potatoes Diced Carrots Chef's Choice Fruit Cup Milk, 2%	

MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE

Gladstone and Rapid River Area Call 428-2201 • Rock Area Call 356-6420

Our Open Mic & Talent Show Potluck took place on Thursday evening, April 16. We had over 30 people that came to enjoy the talent that was showcased and the mouthwatering dishes that were shared. There were seven different musical talents that performed; our own ukulele group, Ron Lee, Gwen Foor, Tom Mercier, The Derwins, Wade Johnson and Tim and Robin Derwin. Each performance brought smiles, some laughter, hooting and hollering, and a whole lot of clapping. There were even a few songs that were sung along with everyone in attendance. I would like to thank everyone that came, those that helped out, those that entertained us, and those that fed us. With a special thank you to both Pat Norman and Tim Derwin. Our next potluck will be Thursday, June 18, from 4-6 p.m. We will have our Senior Swingers Band playing for us that evening.

Coffee Hour with Don is coming up on Friday, April 24. Don will meet you over at Emerald City Tacos at 9 a.m. Not only does Emerald City Tacos have brew, but they have breakfast burritos too. You can start your day off with some conversation, caffeine and chow. You will be responsible to pay for your own coffee and burrito.

This Saturday, April 25, is our Saturday Night at the Center dance. The disco lights are shimmering, while the music is thumping and there is always someone on the dance floor all evening long. If you like to dance, this event is for you. Our Saturday Nights at the Center is a free activity and you can social district if you would like.

Our Center is filled with musical opportunities, and this coming Thursday, April 30, is no different with Music with Gwen. Gwen's ukulele concert is intimate with



melodic music and captivating stories. Gwen can tell a tale as well as she can play her ukulele, and her voice is just as beautiful. No need to RSVP and this is also a free event. You only need to show up and

prepare to be entertained.

Next month is coming up quickly and we have some of my favorite activities in May. The first of my favorites is our Basic Car Care class with Mr. Calvin Thibault and his Manistique High School automotive students. This class is one of my favorites not only because of the smiles on absolutely everyone's faces, but the intergenerational socialization and watching the high school students teach and our seasoned souls learn. This is a hands-on class, and each student walks a senior through basic car care at their own car, giving the senior an opportunity to do for themselves. The automotive students also answer any questions that they might

have. This is one of those activities where everyone benefits; The high school students are deepening their own understanding by teaching, and our seniors are improving their memory and cognitive function by learning. Basic Car Care is on Wednesday, May 6, from 11 a.m. to 12 p.m.

Another one of my favorite activities is our Self-Defense Class taught by Bushido Karate. Bushido Karate does an amazing job teaching this class, answering any questions and walking through any scenarios presented. This is another class where there are smiles by both teachers and students, with some laughter thrown in as well. This is one of my favorite activities because I was able to watch our seniors kick butt at our last Self-Defense Class; they were throwing punches, kneeling and kicking, and doing it all with confidence. A self-defense class for seniors is about awareness, adaptability and confidence. This is a class that we have yearly, so that you can refresh and maintain the skills. If you would like to take our Self-De-

fense Class it will be on Wednesday, April 13, from 2-4 p.m. You do need to RSVP for this activity and the cost is \$10 per person. Please call our office to reserve your spot today at (906) 341-5923.

Our senior prom is yet another one of my favorite events at our Center. One of the reasons it is one of my favorites is because our Center gets a makeover that it deserves. It is decorated from floor to ceiling with prom themed decorations, twinkling lights throughout and vibrant beams of color sweeping across the dance floor. Another reason is due to Beats by Pete playing some excellent music and being able to dance the night away. Under the Sea Prom tickets go on sale Monday, April 27, at 8 a.m. Admission is \$20 per person, or \$23 with three drink tickets. Drinks include beer, wine and seltzer. We will have appetizers by Cedar Street Café and a photo booth for prom pictures generously donated by 906 Photo Booth Company. Under the Sea Prom is Saturday, May 16, from 6-10 p.m.

Pioneer Tribune

4/23/26

1 of 2



Courtesy photo  
Pictured is the opening act at the Manistique Center Center's Open Mic & Talent Show Potluck on April 16. The ukulele players have been practicing together for a year now and sound incredible. Ukulele Lessons with Gwen take place on Tuesdays from 10:30 a.m. to 12 p.m. They have a ukulele for you to borrow. Pictured from left to right are Pattie Fialcovitz, Tim Derwin, Carol Wiater, Scott Thomasma and Gwen Foor.

Pioneer Tribune

4/23/26

2 of 2

# Senior Citizen News

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

## SEPTIC TANK LOAN PROGRAM

**Information for homeowners** - The Septic Replacement Loan Program (SRLP), created in partnership with the Michigan Department of Environment, Great Lakes, and Energy (EGLE), provides low interest financing to Michigan homeowners for the replacement of failing or near failing septic systems and connections to municipal sewer. EGLE contracted Michigan Save to develop and manage the program.

A failing septic system can back up wastewater into your home or discharge wastewater onto the ground surface and drinking water supplies. This can expose children and pets to dangerous bacteria and viruses in your yard, which can then be tracked into your home. Replacing a failed septic system can be an unexpected financial burden, which is why the SRLP provides low interest loan options for Michigan homeowner's in need.

Homeowners can access two loan tiers by working with a Michigan Saves authorized septic installation contractor: income based financing (tier one) and market based loans (tier

two). Information collected in the loan application will determine the tier the applicant will be considered for: guidelines can be found on their website. For both tiers, actual rates, terms and loan amounts vary based on factors collected during the loan application.

### Program Eligibility:

Single family homes, owner occupied or rental property.

Sites with documented failing, near failing, nonexistent or similarly inadequate septic systems (as determined and documented by your local health department).

Eligible costs include evaluation of the system, design, pumping, and installation. Connections to municipal sewer are also eligible if the existing septic system has been determined to be failing and an existing sewer connection is available and accessible.

All systems funded through this program must meet SRLP minimum standards.

### TIER ONE-INCOME QUALIFIED LOANS

Tier one loans are available based on household income (proof of income required); however, other financial indicators from your credit report are also used to determine eligibility.

Loan amounts from \$1,000 to \$30,000 per project.

Interest rates no higher than one percent, terms up to 10 years.

Unsecured loan, no lien or collateral required.

Required credit report check includes review of financial history, such as debt levels, past bankruptcies, foreclosures and any outstanding collections.

Loans only available through TRUE Community Credit Union.

### TIER TWO-MARKET BASED LOANS

Tier two loans are available to all customers and use traditional credit checks to determine eligibility, including factors like your credit score and financial history.

Loan amounts starting at \$1,000 per project.

Interest rates vary by lender and are based on credit qualifications.

Unsecured loan, no lien or collateral required.

### HOW TO GET STARTED

1). Select your Michigan saves authorized septic installation contractor. Search for authorized contractors at [michigansaves.org/find-a-contractor](http://michigansaves.org/find-a-contractor).

2). Contact your local health department to establish the project scope and to obtain a construction permit. All systems permitted through the SRLP must be designed in accordance with the program standards. Find these standards at [michigansaves.org/programstandards](http://michigansaves.org/programstandards)

3). Apply for a Michigan Saves loan at [michigansaves.org/loancenter](http://michigansaves.org/loancenter) once you have obtained an LHD construction permit and bid from your authorized contractor.

Have a contractor that is not authorized through Michigan Saves? Getting authorized is easy. They can learn more at [michigansaves.org/septiccontractors](http://michigansaves.org/septiccontractors)

### TIER ONE ADDITIONAL DETAILS

#### 2026 income eligibility

See Chart below.

For more information or questions about the SRLP contact Anne Mitchell, Program Manager at 517-914-4254.

### SENIOR CITIZEN ACTIVITIES

April 29 - Monthly birthday party dinner with door prizes, 50/50 raffle, cake, ice cream and bingo after lunch. Please notify the staff if you're celebrating your birthday this month when making your meal reservations, so we may honor you.

Join us at the senior center; it's a great place to be.

#### April exercise dates and times

April 22 at 11 a.m.

April 27 at 10 a.m.

Coffee and social time to follow.

#### Nutrition Menu

April 27 - Breaded chicken breast, biscuit, oven potatoes, chef's choice vegetables, diced pears.

April 28 - Beef steak w/gravy, mashed potatoes, corn, tropical fruit.

April 29 - Meat lasagna, Capri mix vegetables, peas, garlic breadstick, peach cake (Birthday party dinner).

April 30 - Bratwurst/bun, oven 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.

### HERMANVILLE SENIOR CITIZEN MENU

#### WEEK OF

#### APRIL 27

Monday - Breaded chicken breast, biscuit, oven potatoes, chef's choice vegetables, diced pears.

Tuesday - Beef Steak with gravy, mashed potatoes with gravy, corn, tropical fruit, whole wheat bread.

Wednesday - Meat lasagna, Capri vegetable, peas, garlic breadstick, peach cake.

Thursday - Bratwurst, whole wheat hot dog bun, oven potatoes, diced carrots, chef's choice....

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

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### TIER ONE ADDITION DETAILS

#### 2026 income eligibility

Maximum Annual

# Manistique Senior Center

Heather Tyner, Activities Director

Under the Sea Prom tickets on sale now! Buy yours today. Admission is \$20 per person, or \$28 with three drink tickets. Under the Sea Prom is Saturday, May 16, 6-10 p.m.



For the month of May, Ukulele Lessons with Gwen will be every Tuesday, from 10:30 to noon. Our other musical group, the Senior Swingers Band, will be practicing the first and third Wednesdays of the month, from 3-4 p.m. Both groups always enjoy new members.

Basic Car Care with Mr. Calvin Thibault and his Manistique High School automotive students is coming up on Wednesday, May 6. Basic Car Care takes place from 11 a.m. to noon and is a hands-on experience. Please dress accordingly and come with questions. Not only will the students go over basic car care with you at your car, but they will also answer any questions that you have.

Later on, Wednesday, May 6, we have a golf meeting at The Hive at 5 p.m. We will be setting our calendar for our golf season. If you would like to join us for the golf season, or for only one or two outings, please do. I will have where we are playing for each Wednesday on our monthly calendar in our Newsletter, starting in June. Most of the golf courses that we visit have clubs to borrow and balls to buy. Golfing takes place on Wednesdays, 5-7 p.m. For Wednesdays that the weather is not cooperating we will be heading to Ten Pin Alley to bowl a game or two. You will need to pay for your golfing and bowling.

Our Garden Group will start meeting back up in May. We will be meeting Thursday, May 7, from 10-11 a.m., no meeting on Wednesday, May 14, and on Wednesday, May 21, we are heading out on a road trip. Our Garden Group will be leaving our Center at 10 a.m. to travel to the Michigan State University

Extension Farm in Chatham. Abbey Palmer, the Extension Farm's Community Food Systems Educator, will be giving us a tour of the farm. We will also be picking up our transplants for our new raised garden beds.

Just a few days later we will be heading out for our Spring Wildflower Walk on Saturday, May 23. Deb LeBlanc will be leading our walk. We will meet at Jack Pine Lodge at 2 p.m. and then carpool to Miners Castle Road. Deb has selected a number of stops along the road where we will get out of our cars and walk over to blooms of native flowers. We will also take a jaunt into the hardwood forest to see a few more wildflowers. Deb has a list of over 30 flowers that we should be able to behold. Deb has also planned for us to stop at the Pictured Rocks Trading Post for an ice cream. We will then head back to Jack Pine Lodge for dinner. You will be responsible to pay for your ice cream and dinner. You do not have to RSVP for the Spring Wildflower Walk.

UP SAIL, Upper Peninsula's Superior Alliance for Independent Living, is coming to our Center on Thursday, May 7, to offer you any technology help that you may need. Tech Help with UP SAIL will take place from 11 a.m. to 12:30 p.m. You do not have to RSVP.

Our Center is open Monday through Friday, 8 a.m. to 4 p.m. and offers many different programs to help you in and around your home: Medical Loan Closet, Long-Distance Medical Transportation, Homemaker Aide Services, Respite Services, FootCare Clinics, Free Blood Pressure Clinic, Telephone Reassurance, Help Filling out Homestead Property Tax, Rental & Home Heating Tax Credit Refund Forms, and Senior Seasonal Services. If you would like information on any of the services that we provide, or have questions, please call us at (906) 341-5293.

Pioneer  
Tribune

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# Senior Citizen News

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

**COMMUNITY ACTION AGENCY'S WEATHERIZATION PROGRAM**

The low-income Home Weatherization Program is a free service funded by the Federal Department of Energy (DOE). The Michigan Department of Health and Human Services (DHHS) contracts with MDSCAA to operate the program. Service areas include Menominee, Delta, Schoolcraft and Alger counties.

**WHAT TO KNOW**

The Weatherization Program provides free energy conservation services for eligible low-income households. The local agency determines applicant eligibility, 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 conservation services may include:**

- Gas appliance testing.
- Installing attic insulation/ventilation.
- Sidewall and floor insulation.
- Interior sealing of major cold air infiltration areas, utilizing blower door technology.
- Repair, seal or possible replacement of windows or doors

**REQUIRED**

**DOCUMENTATION**

For each household member: Name, DOB, Social Security number

For each Adult member: Proof of gross income

For Homeowner/Renter: Proof of Home Ownership or Rental Utility Information

**If the home has been weatherized in the last 15 years, you are not eligible for additional Weatherization Services, unfortunately.**

The above list of documents is required to complete the full application. Once they have been gathered, please call to set up an appointment: (906)786-7080 Ext. 148, with the Weatherization Intake Worker.

**Family Size**

**Monthly Gross Income**

1	\$2,608
2	\$3,525
3	\$4,441
4	\$5,358
5	\$6,275
6	\$7,191
7	\$8,108
8	\$9,025

**SENIOR CITIZEN ACTIVITIES**

May 6 - Mother's Day Party Dinner with special music provided by The Pepin's beginning at 11 a.m. Please arrive early to be seated before the music begins. 50/50 raffle, door prizes and bingo too. Please call in your meal reservations no later than 1 p.m. on May 4.

May 25 - The center is closed in observance of Memorial Day. We will reopen at 8 a.m. on May 26.

May 27 - Monthly Birthday Party Dinner with 50/50 raffle, door prizes, cake, ice cream and bingo after lunch. If you're celebrating your birthday in May, please notify the office staff when making your meal reservation so we may honor you.

Join us at the senior center; it's a great place to be.

**May exercise dates and times**

May 4 at 10 a.m.

May 13 at 11 a.m.

May 20 11 a.m.

Coffee and social time to follow.

**Nutrition Menu**

May 4 - Swedish meatballs over egg noodles, broccoli, sliced carrots, fruit cocktail.

May 5 - Beef taco bake with lettuce, tomato and olives, corn, Spanish rice, pineapple tidbits.

May 6 - Chicken cordon

bleu, loaded mashed potatoes, key west vegetables, whole wheat dinner roll, strawberry peach crisp (Mother's Day Party Dinner).

May 7 - Cheeseburger/whole wheat hamburger bun, oven potatoes, chef's choice vegetable, chef's choice fruit cup

Ail 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 MAY 4**

Monday - Swedish meatballs, egg noodles, broccoli, sliced carrots, fruit cocktail, whole wheat bread.

Tuesday - Beef taco bake, corn, Spanish rice, pineapple tidbits, lettuce, tomato and olives.

Wednesday - Chicken cordon bleu, loaded mashed potatoes, Key West vegetable, whole wheat dinner roll, strawberry peach crisp.

Thursday - Cheeseburger, whole wheat hamburger bun, oven potatoes, chef's choice vegetable, chef's choice fruit cup.

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

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