

**MENOMINEE DELTA SCHOOLCRAFT
COMMUNITY ACTION AGENCY**

Senior Services

VISIT OUR WEBSITE AT MDSCAA.ORG

CHECK US OUT ON FACEBOOK

**MONTHLY NEWSLETTER
JUNE, 2025 Vol. 12 No. 6**



**THIS MONTH'S MENU FOR ALL
SENIOR CENTER IS ON PAGE 11.**

ESCANABA (p. 2-5)

225 N. 21st St.
Escanaba, MI 49829
Phone: (906) 786-8850
Hours: M-F 8-3

GLADSTONE (p. 8-9)

303 N. 8th St.
Gladstone, MI 49837
Phone: (906) 428-2201
Hours: M-F 8:30-3:30

HERMANSVILLE (p. 12-13)

W5480 1st St.
Hermansville, MI 49847
Phone: (906) 498-7735
Hours: M-F 9-3

MENOMINEE (p. 6-7)

905 10th St.
Menominee, MI 49858
Phone: (906) 863-3256
Hours: M-F 8-3

MID-COUNTY (p. 14-15)

202 S. US 41
Daggett, MI 49821
Phone: (906) 753-6986
Hours: M-F 8-3

ROCK AREA (p. 10-11)

3892 W Maple Ridge 37th Rd
Rock, MI 49880
Phone: (906) 356-6420
Hours: MWTh 8-3 Tu 11-7



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"Customer Service is Our Most Important Policy"

**MEDICARE
ANNUAL ELECTION PERIOD**
October 15 thru December 7
Call Margo
906-789-0900



Seniors (62 & Older) go to the top of
the waiting list. Placement for Seniors
should be very quick.
Safe and Secure building.
Call with questions.
906-786-6229



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CAREN L. CRAWFORD
DONALD J. CRAWFORD



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MDS Community Action Agency, Escanaba, MI

A 4C 01-1371



Happy Birthday MDS CAA



We are having a Birthday!

Are you a former client of any of the
Menominee Delta Schoolcraft Community Action Agency (MDS CAA/HRA) programs?

Have you had an experience with housing access, childcare, Senior Services, Weatherization, or other programs that have had a positive impact in your life through MDS CAA/HRA?
We want to hear your story.

Sharing your story can be a powerful way for you to help your community. In doing so, you can help other members of the community understand how MDS CAA/HRA can help. Your story can also help the community understand the importance of supporting our MDS CAA/HRA programs.

If you choose to share your contact information, a staff member may reach out to you after your submission to learn more.

Please complete the address section if you would like an invitation to our community Birthday celebration this summer!

Name:

Email:

Address:

What program did you receive services from:
Share your story:

Use this form to share your story. Here are some questions to help you write:

- When did this experience happen?
- What emotions did you feel during this time?
- Were there other people during this experience that you could lean on for support?
- Was there anything you learned from this experience?
- How are you doing now?

Return your stories/experiences to:

Community Action Agency
Myra Smeester
507 1st Ave North
Escanaba, MI 49829



60th Birthday form to share stories

<https://forms.office.com/r/Vbt7mo4Uq1>





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ULVESA	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
REVBA	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
PYHPA	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
ADDDY	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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EDIFRN	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
DRANAPG	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
NCRAGI	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Father's Day Facts

The necktie is consistently the most popular gift given on Father's Day. Father's Day is the 4th biggest day of sending greeting cards.

24.7% of Fathers want something homemade for Father's Day.

Father's Day is always the 3rd Sunday in June.

In the underwater world, the seahorse is the Dad that gets to carry the eggs and birth the babies.

The first Father's Day was celebrated in the state of Washington on June 19, 1910.

29 millions Fathers in the U.S. are Grandfathers.



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... you may qualify
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As an experienced **local** independent agent,
I work for you. Contact me if you'd like to
set up an appointment to learn more about
your specific Medicare health plan options.

Not connected with the Federal Medicare program. This is an advertisement for insurance. We do not offer every plan available in your area.
Any information provided is limited to those plans offered in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

Birthday Celebration

June 25 at 12 noon

Join us to celebrate the June birthdays by dining in or pick up a lunch of **Roast Turkey & Gravy, Garlic Mashed Potatoes, Diced Carrots, Dinner Roll, Mixed Fruit Dump Cake.**

If you have a birthday in June and a congregate meal reservation, we will put you in a birthday flower arrangement drawing. A card is given to those with a birthday in June with a gift inside.

Everyone who has a congregate meal reservation will be entered into a drawing for one of two \$10 gift cards from a local business. Suggested donation is \$4.50 for the meal. Limit 1 per person.

Call the center to reserve a meal before June 23.

906-786-8850

Medicare Assistance

- ⇒ Are you confused with Medicare?
- ⇒ Do you know someone turning 65 this year?
- ⇒ Do you need help with your drug plan?
- ⇒ Do you know someone in a different state who needs help? I can give them their states info.
- ⇒ See if you qualify for "extra help" with your medications and Part B premiums.
- ⇒ Let us educate you on how Medicare works for you.
- ⇒ We can also help with Medicaid applications and redeterminations.



Call for an appointment
Escanaba Senior Center
906-786-8850

Commodities Distribution Dates

CSFP commodities—for Seniors 60+ who prequalify by household income.

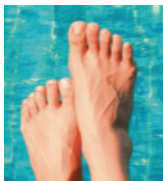
One set per household—every other month.

New Income guidelines. Call to see if you qualify! 906-786-8850

The next distribution is **July 17** at 10 – 11 a.m. at the U.P. State Fairgrounds

DATA Bus will deliver CSFP monthly commodity boxes for seniors. Cost \$1 per box, paid to driver at delivery.
Escanaba city limits only.

Call Senior Center at 786-8850 to get on this list.
This is an equal opportunity provider.



Toe Nail Clinic

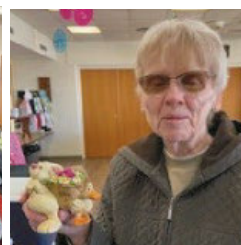
The North Woods Home Health Nurses will be at the Escanaba Senior Center on **June 5 & July 10** from 1:00–3:00 p.m.

Schedule your appointment by calling 786-8850. Cost is \$22 and bring your own bath towel.

Project Fresh

Project Fresh will be available again this year. Please call the office at 906-786-8850.

Income limits do apply for 60+ years and older. This programs has gone paperless. Applications will need to be submitted via a smart phone or online. You must have a working email address to apply.



Easter Winners

Saykly's gift cards to Vern and Evonne, Bunnies to Sally & Shirley. Towels to Darlene and Jan. Congratulations all!



Weekly Activities at the Center

BINGO — Tuesday's from 1–3 p.m.
25 cents per card / per game.

NEW **CHAIR YOGA** — Mondays at 1:00 p.m. \$10

LINE DANCING — Monday & Thursday
from 1-2:30 p.m.

'500' CARDS — Wednesday's
from 12:30–3 p.m.

Join us for some activities!



Father's Day Celebration

Come and celebrate Father's Day with us on
Wednesday, June 11 at 12 noon.

We will be dining on:
Boneless BBQ Ribs,
Garlic Mashed Potatoes,
Capri Vegetables, Dinner Roll,
and Peach Cobbler.

There will be door prizes and many laughs
given away. Suggested donation is \$4.50 per
meal and there is a limit of 1 meal per person.

Reserved your meal by calling
906-786-8850 before June 9.

Smiles on Wheels will be at the
Escanaba Senior Center on
June 25 at 11:00 a.m.
Hygienist's will be here to
provide preventative oral health
services. Stop on by!

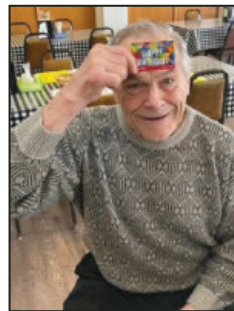


Congregate "April" Birthdays

Margaret D. won the flower arrangement from
Wickert Floral. Also happy birthday to Cookie G.
Jean F., George H., Karen H., Dan R., Sandy S.,
Cathy T., Judy W., and Michael V.



Congratulations Birthday Party Winners!



Winners of the April birthday drawing for a gift
card to Dollar Tree were Dan A. and Nancy C.
(above-left to right) *Congratulations!*



Towel winners were Deb S. and Barb C. (left to
right) Thank you Gayle S. for your
handmade towel donations.



Updated TEFAP income guidelines

300% of Federal Poverty Income is as follows:

- 1 in house with gross income under \$3,913. month
 - 2 in house with gross income under \$5,288. month
 - 3 in house with gross income under \$6,663. month
- are eligible for TEFAP Food Commodities.

TEFAP Food Distribution

Every Tuesday from 1–3 p.m. at the
Escanaba Senior Center.

You will be required to provide your name
address, household size, and how you are
eligible. Participants must fall at or under
300% of the Federal Poverty Income
guidelines. Current participants of SNAP, WIC,
CSFP, FPDIR, and SSI automatically qualify.

All income is self declared and must be
self declared at each distribution in
writing or verbally.

See to the right for new income guidelines.

You can visit once per calendar month.

This institution is an equal opportunity provider.



**June
2025**

**CAA Menominee
Senior Center**

905 10th St., Menominee

Phone: (906) 863-2158

*Find us on Facebook!
(search for Menominee
Senior Center)*



CAA/Menominee Senior Center business hours:

Monday through Friday 8:00 a.m. to 3:00 p.m.

*Please call at least a day in advance to schedule
your bus ride, or to reserve a meal.*

Menominee Craft & Bingo Day: June 19

The Menominee Recreation Department will be hosting a "Senior Craft & Bingo Day" here at the center on June 19 at 1pm. All are welcome to attend. They will supply all the crafts, and have prize bingo to follow. It is always a fun afternoon with these folks. We would appreciate you letting us know if you plan to attend so we may have enough supplies for all by calling the center before June 18.

This month we have 2 crafts. The first will be a painted paver block. You can make an owl, a kitty, or even a lady bug to adorn your garden or walkway.



*The second craft is the
patriotic clothespin
wreath.*

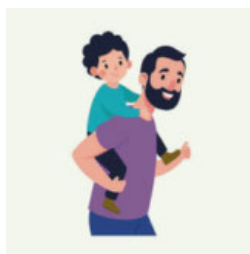
Happy Birthday CAA!!!

It's our birthday! Coming up in July, we are going to be celebrating the anniversary of Community Action Agency. We are turning 60 years old! So watch for fun events and community involvement. Did you know that we have had transportation in



Menominee County for 50 years? Lots of fun facts and stories will be shared about our role in the communities we serve. If you wish to add to our stories, contact us on how to submit your own experience with Community Action Agency.

Father's Day Party: June 11



Come and celebrate fathers with us at our Father's Day party on June 11th. Party starts at noon.

We have a backyard picnic theme going on. We have a boneless BBQ rib dinner

planned. There will be indoor yard games and prizes following the lunch. Come join us for some indoor fun. Seating is limited, so please register in advance.

JUNE TRIVIA QUESTION:

June is National Great Outdoors month.

Which camping company founded in 1900 is famous for creating the gas powered lantern, and camping stove?

- A. Kodak
- B. Winchester
- C. Coleman



June Trivia Answer Entry:

ANSWER: _____

Your Name: _____

Phone: _____

Winner receives 2 free meal tickets!

One entry per person.

Return to Menominee Senior Center.



Medicare Minutes

*By Renelle Betters
MMAP Counselor
CAA/Menominee Sr. Center*

MMAP counselors can assist you with a variety of Medicare or Medicaid issues. Some examples are:

- *Explain insurance coverage in simple terms.
- *Assist with appeals when there are issues with billing or claims.
- *Help apply for assistance for Medicaid or low-income subsidy programs.
- *Help finding patient assistance programs.

MMAP Counselors are located at most of our Senior Centers in the U.P. and lower Michigan.

Note: MMAP counselors are available year round to help you with your Medicare/Medicaid issues.



Senior Project Fresh: Senior Project Fresh will be starting up again. This year, the program has updated how it distributes the dollar amounts to use at the markets. Please contact the senior center to

be put on the list to contact once we have been trained on the new system.

Senior Project Fresh is a food program that awards credits that are to be used at participating farm markets for fresh produce. There is no cost for this program, but you must be signed up to participate, and vendors must be enrolled in the program to redeem the credits.



May Trivia Question/Answer:

What famous male American poet wrote the poem "May Day"?

Answer: Ralph Waldo Emerson

Upcoming Foot Clinic: June 16

The next foot clinic is on June 16. A licensed nail tech will be here for your foot health.

Visit includes: trimming of toenails, thinning of thickening toenails and debridement (if necessary), and finishes off with a mini foot massage.

Cost is \$22 and please bring your own bath towel.

Appointments are necessary, and will fill up fast.

Call the center to reserve your spot.



June Birthday Party:

We will be celebrating June birthdays on June 25. If you have a birthday in the month of June, and pick-up a meal or dine-in at the center, you have the option of having your picture taken, and will also receive a small gift from us. Please let us know if you have a birthday when you make your reservation. Also, please let us know if you will be dining in or taking one out. See our menu for the birthday meal menu details. *Please register at least a day in advance or more for your meal.*



Menominee CSFP Program

CSFP commodity distribution takes place bi-monthly in Menominee County every third Tuesday. The next distribution for Menominee Senior Center is set for **11:30am-12:30 pm on Tuesday, July 15.**

This will take place in the parking lot on 11th Avenue behind the Holy Spirit Church.

This is a drive-up distribution.

(If inclement weather happens, please call the center for updated distribution details)

(For CSFP, you must be age 60 and over and within income guidelines. You will need to certify with the center in advance to qualify.)

Note: Each center has its own dates/times for CSFP distribution. Contact your local center for more details about the CSFP program.

This institution is an equal opportunity provider.

CORPORATION CORNER

The Monday and Wednesday morning sit-and-be-fit exercise program will be paused for the summer months due to interior remodeling of the Center. When the exercise area is completed and available, we will put out the word and welcome you back. Please enjoy other events available at the Center during this project, and we look forward to having you see our "new look".

The Corporation Board is proud and thankful for the MDS Community Action staff at our Center for the wonderful special events and activities that they provide throughout the week and months for our seniors. With the warmer weather coming shortly, invite a friend to come out to attend an activity here with you, and to meet up with both old and new friends

NOTE: Membership is not required to obtain any service and or participate in any activities that are provided week day at the Center by the Menominee, Delta, Schoolcraft Community Action Agency.

TEFAP Food Distribution

Every Tuesday from 1:00 p.m. – 3:00 p.m. at the Gladstone Senior Center
Income based for people 18+ years old.
300% below Federal Poverty Income
You can visit once per month.
This is an equal opportunity provider

**Foot Clinic Northwood Nursing**

When: June 19
Time: 1:00 - 3:00 p.m.
Cost: \$22.00
Bring your own towel
Call Center at 428-2201 for an appointment

**Movie Day**

"The Straight Story"
Friday, June 21 @ 12:00 p.m.
Popcorn and snacks will be provided
call 428-2201 to sign up.

**Craft Day**

Tuesday, June 10
12:15- 2:00 p.m.

Call 428-2201 to reserve a spot

Find us on Facebook search
Gladstone Senior center.



Visit MDSCAA.ORG to find all the services
available through Community Action Agency

Birthday Lunch

Wednesday, June 25
Swedish Meatballs
Egg Noodles
Diced Carrots
Green beans
Sunshine Cake

Call 428-2201 by June 23

**Father's Day Lunch**
Wednesday June 11

Boneless BBQ Ribs
Garlic Mashed Pot
Capri Vegetables
Peach Cobbler
Dinner Roll

Call 428-2201 by June 9



Smiles on Wheels
ACCESS TO DENTAL HYGIENE CARE

Wednesday June 25
From 11:00-12:30

Free dental assessment for your dental health.
You will receive a dental Hygiene bag .

Public bingo is available Thursday afternoons at the Gladstone Senior Center to benefit center activities. It is open to all over 18 years old.

Ball tickets go on sale at 12:05 p.m.
and Early Birds start at 1 p.m.

All funds raised help purchase items for the center.
Plan on coming and joining in on some fun and you may even win some money for yourself!

Hope to see you!

BINGO



**MICHIGAN SECRETARY OF STATE
MOBILE OFFICE
IS COMING TO YOU**

The Secretary of State Mobile Office will be visiting
Gladstone Senior Center
to provide service to
Seniors of Gladstone Senior Center to
complete Secretary of State transactions

Date: June 3, 2025

Time: 10 A.M. TO 12:00P.M.

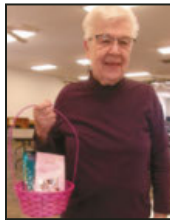
Location: 303 N 8th Street; Gladstone MI 49837

Easter Lunch

Carol S



Donna A

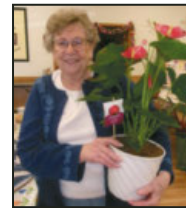


Nancy L
B-day month
Gift card

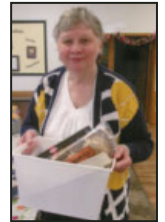


Birthday Lunch

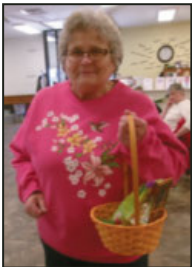
Arlene B



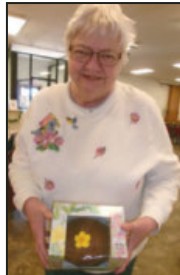
Judy F



Gerlinda P



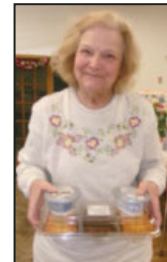
Kathy S



Peggy S B-day 50/50



Donna F



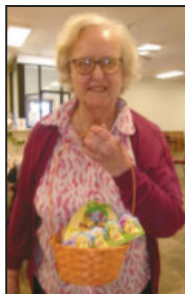
Karen T



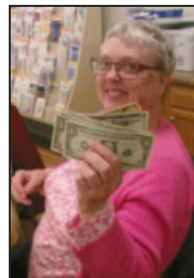
Maria L



Nancy F



Nancy L Easter 50/50



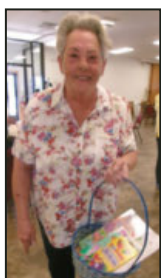
Chris J



Marlene L



Rose K



Sally P



Easter Bunny & Helpers



Sharon B



Beverly M





June is here! Time to get outside and have some fun! We are busy as usual at the center and would love to see you! Stop on by for a visit, a meal or one of our many activities! New this month is Chair Yoga! Mondays and Wednesdays at 9:30 for half an hour! We will do a video together and work on our flexibility and balance! Please come along for some fun—and never fear, the coffee is always on! Come join us soon— Becky 906-356-6420 is our number!

JUNE EVENTS

1st, 2nd & 4th TUES	Lunch & Learn (see right)
THURS 6/5	Movie Day after lunch!
	Cornell meets
SUN 6/8	Corporation Dance!
WED 6/11	Father's Day Celebration!
MON 6/16	Smiles on Wheels at 10:30
TUES 6/17	Crafts after lunch
WED 6/25	Birthday Party & Bookmobile!

Bingo on Mondays! Chair yoga on Mondays & Wednesdays! Exercise on Tuesdays & Thursdays! Poker, Cribbage & Black Jack too! Please come join us for a dine in or drive thru any day! We are open Monday—Thursday! Call 356-6420 to sign up for a meal or more information!

Exercise Class
every Tuesday &
Thursday at
9:30 a.m.

June Craft Day!

Tuesday, June 17th
after lunch!
Call & reserve a
spot!!

Smiles on Wheels!

Monday, June 16th
at 10:30AM

Come get an oral
health check and
win some prizes!



Chair
Yoga

Mondays
&
Wednesdays

9:30AM



Lunch & Learn!



Come have lunch and then stay for a half hour video lecture on all kinds of topics:

Most Tuesdays at 12:30pm

1st Tuesday—Our Night Sky

2nd Tuesday— A guide to Birding in
North America

3rd Tuesday—Craft day with Michelle!

4th Tuesday—The Botanist's Eye

These courses will carry on through the summer so feel free to jump in any time and learn something fun!

Movie Day!

Thursday, June 5th after lunch!
Choose from a new movie or a classic!
Popcorn & candy provided!



FATHER'S DAY CELEBRATION!



Wednesday, June 11th
Salad bar starts at 11:30!

Come join us! And...

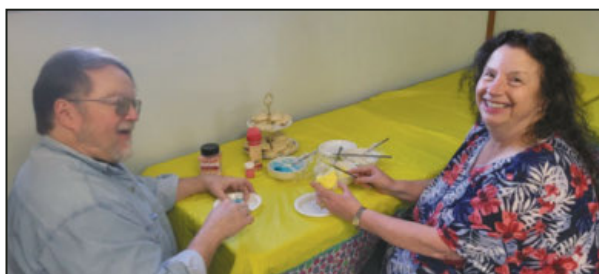
Our Birthday Party is
Wednesday, June 25th!

More fun party days in Rock!
Call now to sign up for both parties!

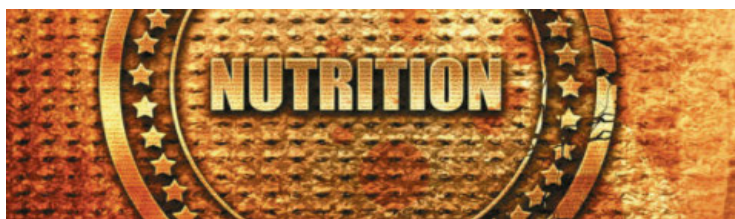


Alice was busy manning the Corporation Bake Sale at the Birthday Party. Next Dance is June 8th at the Center! Old Friends are playing! Come along for live music!

Party time!
Easter cookie decorating
with Jim & Monica!
Lucy leading up the line
for yummy food! Crafters
with their awesome
creations, Marie with her
beautiful birthday
flowers! And a crew
playing blackjack!



Monday	Tuesday	Wednesday	Thursday	Friday
2 Sloppy Joes w/WW Bun Tater Tots Green Beans Mixed Fruit Cup; Milk	3 Pork Fritter Mashed Potato w/Gravy Wax Beans Applesauce WW Bread; Milk	4 Beef Enchilada Casserole Spanish Rice Corn w/Pepper & Onions Fresh Fruit Milk	5 Chicken Alfredo over Fettuccine Noodles Mixed Vegetables Side Salad Warm Fruit Compote; Milk	6 Breaded Pollock Fish Fillet Boiled Red Potatoes Broccoli Pineapple & Orange Mix WW Bread; Milk
9 Meatballs & Gravy over Mashed Potatoes Green Beans; Sliced Apples WW Bread; Milk	10 Turkey Tetrizzini Italian Vegetables Brussel Sprouts; Trop. Fruit WW Bread; Milk	11 Father's Day Boneless BBQ Ribs Garlic Mashed Potatoes Capri Vegetables; Roll Peach Cobbler; Milk Limit 1	12 Grilled Chicken w/Swiss WW Hamburger Bun Diced Carrots; Potatoes Pineapple Tidbits; Milk	13 Mac & Cheese w/Ham Green Peas; Baked Potato Warm Applesauce Milk
16 Hobo Dinner Carrots; Potatoes Warm Cin Peaches Potato Salad; Breadstick Milk	17 Chicken Parmesan over Noodles Diced Beets Scandinavian Vegetables Fruit Cocktail; Milk	18 Turkey Loaf Mashed Potatoes w/Gravy Normandy Vegetables Diced Pears; WW Bread Milk	19 Swiss Steak Brown Rice Root Vegetable Blend Green Beans; Fresh Fruit Milk	20 Herb Baked Fish Baked Potato Mixed Vegetables Warm Fruit Crips WW Bread; Milk
23 Mushroom & Swiss Burger Oven Potatoes Warm Cin Apples Coleslaw Milk	24 Polish Sausage w/Bun Sauerkraut Boiled Red Potatoes Corn; Fruit Cocktail Milk	25 Birthday Meal Swedish Meatballs Egg Noodles Diced Carrots Green Beans Sunshine Cake; Milk Limit 1	26 Chef's Salad Ranch Pasta Salad WW Breadstick Diced Peaches; Milk	27 Chicken Stew; Biscuit Sweet Potato Cubes Mixed Vegetables Mixed Fruit Cup Milk
30 Hamburger Stroganoff Diced Beets Root Vegetable Blend Fruit Cocktail; Milk				<i>Menu subject to change</i> This menu is for all our senior centers. Call your senior center with questions/comments.



COMMODITY SUPPLEMENTAL FOOD PROGRAM

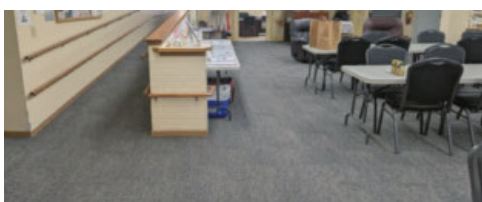
Monday June 23rd
From: 9 am to 10am
Pickup or call to save.
906-498-7735



**THE EMERGENCY FOOD
ASSISTANCE PROGRAM**
Once a calendar month
Tuesdays from: 1 pm-3 pm.
Call the last 2 Tuesdays to
see if we have
any left.



We now have our
new carpeting in
the Center
and we are very
pleased with it.
Judy M got
down on her
knees and
cleaned the
first spill.



**DON'T FORGET TO
FLY YOUR FLAG ON
JUNE 14TH**

**Flag
Day**



**SMILES ON WHEELS
MOBILE DENTIST EVALUATIONS
TUESDAY, JUNE 24TH
FREE SERVICE PROVIDED
FOR THOSE 60 AND OVER BY
DELTA DENTAL FOUNDATION
THEY WILL HAVE A
SHORT PRESENTATION
AT 11:00 a.m.
AND BINGO WITH
PRIZES TO FOLLOW.
ORDER LUNCH BY NOON
THE DAY BEFORE IF YOU
WOULD LIKE TO JOIN US FOR
DINNER. FREE ORAL ASSESSMENT &
CANCER SCREENING.
CALL THE CENTER AT 906-498-7735
FOR INFO**



Happy April Birthdays to
John G, Karen M, Sue Z,
Anne L and Ruth K.
June birthday meal is on
Wednesday June 25th
Swedish meatballs/egg
noodles, carrots, beans





Call the Senior Center for info about SENIOR PROJECT FRESH. A Debit card system for fruits and vegetables at your local FARMERS MARKET. Must be 60 years & qualify by income.

Our walking program will continue through the summer months. Come to the center anytime between 7 am and 3 pm and walk in the gym. Or park here and walk around town, stop in to see us for coffee, water or restrooms while you sign-in for the days activities.



FATHERS DAY LUNCH
WEDNESDAY JUNE 11th
 at 11:30 am
 BONELESS BBQ RIBS,
 GARLIC MASHED POTATO,
 CAPRI VEGETABLES,
 DINNER ROLL &
 PEACH COBBLER!



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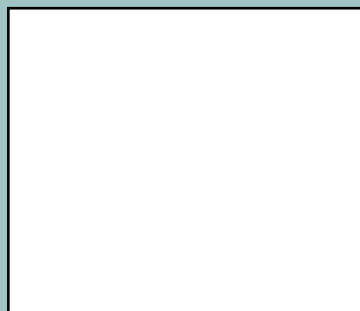
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The care team at Renaissance by Rennes Assisted Living in Marinette is honored to celebrate 25 years caring for local families. We invite you to stop by for a tour anytime. Enjoy an online tour by scanning the QR code below. Ask about our winter special today!

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- Medication Monitoring
- Transportation & Outings
- Weekly Housekeeping
- 24-Hour Care Team
- Engaging Daily Activities
- Beauty Salon/Barber Shop & Spa

SCAN ME

www.rennesgroup.com

Transportation is available Monday through Friday from 8am - 3pm with a 24 hour advance notice required.

Need a ride to the Doctor? Dentist?
Have a hair appointment? Need to go shopping?
Give us a call at 753-6986
We are here to help you.
Reasonable rates apply



Smiles on Wheels Mobile Dental Unit will be at the Mid County Senior Center on Wednesday August 27th beginning at 11 am for **FREE** oral evaluation. This is also our monthly birthday party dinner. Mark your calendars for this special event!



June 2025 Activities

June 5 & 6– Rummage sale benefiting the senior center. Do you have good, usable unwanted items to donate? If so, contact the center. No clothing or large items, please.

June 9– Craft class at 11:15a with craft to be determined.

June 11– Father's Day Party

June 25– Monthly Birthday Party with 50/50 raffle, door prizes, cake, ice cream & bingo. Please notify us if you are celebrating your birthday in June when reserving a meal. Heather Harris, Menominee County library director, will be here at 11:30a for Technology Talk. Bring your smartphone or tablet with for personal assistance. This will help eligible Senior Project Fresh participants for the upcoming season as this will be going paperless.

June 30– Foot clinic by appointment only.

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

Senior
Project FRESH
Market Fresh Food

Plans for Senior Project Fresh 2025 are still being finalized at press time. Check with the senior center for updates.

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SAVE THE DATE!

September 18



The Secretary of State mobile unit will be visiting the Mid County Senior Center conducting business this day.

Save the trip to town and utilize this service!

Appointments are necessary and can be made by calling the center

June Birthday Wishes

Elaine H June 13
Harlan A June 21



Did you know that the senior center has a Medical Loan Closet with a variety of home medical equipment available to area residents in need? Items include commodes, bath/shower chairs, walkers, wheelchairs, crutches and canes.

All items are used but in good condition. There is no charge for the use of the items. Please return the items you borrowed when you no longer need it. We do, at times, have male & female incontinence products too.

Call the center with any questions or equipment availability!



Thank you **Betty Poradek** for making and donating the scrumptious Easter eggs for our Easter Party. **Jim Svinicki** for donating Stephenson Lions Club pancake breakfast tickets. **Lynda Keller** for donating 3 gift bags full of goodies for door prizes for the April Birthday party.



Lowering Part D Costs

WHAT IS EXTRA HELP?

aka the Part D Low-Income Subsidy (LIS)

Extra Help is a federal program that helps pay for some of most of the out-of-pocket costs of Medicare prescription drug coverage.

The Extra Help program offers the following benefits:

Extra Help pays your Part D premium up to a certain amount set by your state. It also lowers the costs of your prescription drugs.

People with Extra Help have more flexibility to change their Part D plans through Special Enrollment Periods throughout the year.

If you delayed Part D enrollment and have a late enrollment penalty, Extra Help eliminates your Part D late enrollment penalty.

Who is eligible for Extra Help?

If you have Medicare only

(in 2025)	Annual Income	Assets
Individual	\$23,475	\$17,600
Couples	\$31,725	\$35,130

Your costs: Medicare only or Medicare and an MSP

Premium & Deductible	\$0
Generic copay	\$4.90
Brand-name copay	\$12.15

You are part of Medicaid, Supplemental Security Income (SSI), or a Medicare Savings Program (MSP)

You automatically qualify for Extra Help without needing to meet eligibility requirements. You will receive a purple notice from CMS stating that no application is necessary.

Your costs: If you have Medicare & Medicaid with or without a Medicare Savings Program (MSP)

Premium & deductible	Income above 100% FPL copay cost	Income below 100% FPL copay cost
\$0	\$4.90 generic \$12.15 brand-name	\$1.60 generic \$4.80 brand-name

How can I apply for Extra Help?

If you don't have Medicaid, SSI, or an MSP, you can apply for the Extra Help program through the Social Security Administration at ssa.gov or 1-800-772-1213

Depending on processes in your state, this application can also screen you for the Medicare Savings Program, which helps pay your Medicare costs.



SHIP
State Health Insurance
Assistance Program
shiphelp.org | 877.839.2675



Your SHIP can answer questions about Part D cost assistance programs, like Extra Help or State Pharmaceutical Assistance Programs.

June Exercise Dates

Wednesday June 4 @ 11am

Monday June 9 @ 10am

Wednesday June 18 @ 11am

Monday June 23 @ 10am

Coffee and social time to follow



We're having a Spring Rummage Sale!

Who? Mid County Senior Center

When? June 5 & 6 from 9am-2pm

Setup is June 2

If you would like to help or have items to donate, please contact Jan Thoun or Arlene Engel. Items need to be clean and in good condition.

Please no clothing or large items.

All leftover sale items will be donated to the Homemaker's Club

All proceeds benefit the Mid County Senior Center.





If you are receiving this newsletter and do not wish to anymore, please call 906-786-8850 and give us your address.

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MONTHLY NEWSLETTER
JUNE, 2025 Vol. 12 No. 6



OR CURRENT RESIDENT

This month's menu for all senior centers is on PAGE 11

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