

MENOMINEE | DELTA | SCHOOLCRAFT COMMUNITY ACTION AGENCY

Senior Services

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CHECK US OUT ON FACEBOOK

**MONTHLY NEWSLETTER
OCTOBER 2022 | VOL. 9 NO. 10**



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

ESCANABA (P. 2-5)

225 N. 21st Street, P.O. Box 752
Escanaba, MI 49829
(906) 786-8850
Mon-Fri 8:00-3:00 pm

HERMANSVILLE (P. 12-13)

W5480 1st Street
Hermansville, MI 49847
(906) 498-7735
Mon-Thurs 9:00-3:00 pm | Fri until 2 pm

MID-COUNTY (P. 14-15)

202 S. US 41
Daggett, MI 49821
(906) 753-6986
Mon-Fri 8:00-3:00 pm

GLADSTONE (P. 8-9)

303 N. 8th Street
Gladstone, MI 49837
(906) 428-2201
Mon-Fri 8:30-3:30 pm

MENOMINEE (P. 6-7)

905 10th Street
Menominee, MI 49858
(906) 863-3256
Mon-Fri 8:00-3:00 pm

ROCK AREA (P. 10-11)

3892 W. Maple Ridge 37th Road
Rock, MI 49880
(906) 356-6420
MWTh 8:00-3:00pm | Tu 11:00-7:00pm

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Gladstone 428-3085

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Garceau
INSURANCE AGENCY
"Customer Service is Our Most Important Policy"
**MEDICARE
ANNUAL ELECTION PERIOD**
October 15 thru December 7
Call Margo
906-789-0900

**Harbor
Towers**
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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www.bishopnoahome.com

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MENOMINEE SENIOR CENTER



Renelle Betters is the Administrator at the Menominee Senior Center. Renelle lives with her husband in Menominee. In her free time she enjoys camping, crafting, and traveling-especially driving around in her convertible in the summertime. She started working with CAA in December of 2001 as the Center Assistant, and also delivered meals when needed. In 2009, Renelle was promoted to the Center Administrator. She states, "I was hesitant to become an Administrator at first, but my mentor Naomi (the Administrator before me), helped me see that with a little courage that this was possible, and that making a difference in a senior's life is what I was meant to do." When we asked Renelle what she likes about her job she had this to say, "What I love about my job is that I do make a difference in our community. Whether it is putting on a party and making people laugh, taking part in the Senior Nutrition Program, or helping someone with Medicare/Medicaid issues, I do my best to help anyone who needs assistance to improve the quality of their lives." She also notes, "In a hectic and uncertain world, I feel our seniors are being left behind at times. The human contact portion of service is dwindling due to the rise of technology. The senior center gives them a place to come to for information, education, and making social connections. In the future, I hope to continue programs that will enlighten, and encourage our seniors to look at their "golden years" as the best part of their life."



Thank you for all the amazing work you do Renelle!!

Kathy Adams is the Center Assistant at the Menominee Senior Center. She has been with CAA for 8 years, starting out as Center Aide and then Center Assistant. She also did an internship with CAA 40 years ago through Bay de Noc Community College for 1 year! Kathy lives in Marinette, Wisconsin with her husband of 32 years, her daughter and their pets. They live in a 100 year old Victorian home on Lake Michigan. She also has two sons and a daughter, one son is working on a bachelor degree for Electrical Engineering, and the other donates his time at the Menominee Senior Center giving out commodities.

Her daughter lives with her in Marinette. When asked about what she likes about her job Kathy had this to say, "This organization is wonderful for our senior population with all the services it provides. With COVID hitting us, the last 2 years has been hard but we hope we can be up and running at full capacity again soon. We approximately give 350 individual rides per month and serve approximately 570 congregate and HDM meals per week. We have a hard working team here that does a great job!" When not working, Kathy likes to garden, do carpentry and she also likes to travel. Kathy closes with, "It has been a pleasure to work with the staff and to have the opportunity to share and learn from our seniors in our location." **Thank you Kathy!!**

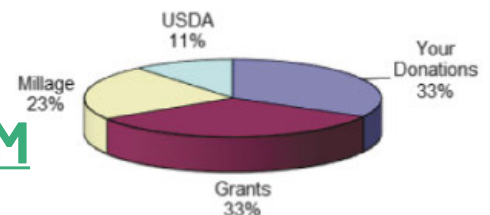
Below: Kathy's three children



Below: Kathy's home



NUTRITION PROGRAM



Please note: Donations make up a major portion of our funding and help support the Nutrition Program. As of **October 1, 2022** the SUGGESTED DONATION will be **\$4.00 per meal**. No one will ever be denied service due to inability to contribute. If you have any questions or concerns, please call your local senior center. Bridge Cards and EBT are accepted. Thank you for your continued support of the Nutrition Services Program.

Find 10 differences.



Historical events for the month of October

October 1, 1908 - Henry Ford's Model T, a "universal car" designed for the masses, went on sale for the first time.

October 12, 1492 - After a 33-day voyage, Christopher Columbus made his first landfall in the New World in the Bahamas. He named the first land sighted as El Salvador, claiming it in the name of the Spanish Crown.

October 19, 1960 - The U.S. embargo of Cuba began as the State Department prohibited shipment of all goods except medicine and food.

October 26, 1825 - The Erie Canal opened as the first major man-made waterway in America, linking Lake Erie with the Hudson River, bypassing the British-controlled lower St. Lawrence. The canal cost over \$7 million and took eight years to complete.

Why do ghosts go on diets? So they can keep their ghoulish figures!

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emailed to you at

www.mycommunityonline.com



Birthday Party

October 26 at 12 noon

Join us to celebrate the October birthdays with dining in or curbside with a lunch of BBQ pork ribs, baked potato, peas & carrots, fruit compote.

If you have a birthday in October 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 October and a meal coupon inside. Also for everyone who has a curbside meal reservation, they will be entered into a drawing for one of two \$10 gift cards from a local business.

Suggested donation is \$4 per meal and we will send you a donation summary at the beginning of the following month.

Call the center to reserve a meal before 2 p.m. the day before the party.

786-8850

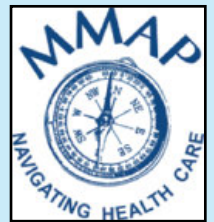
Help with Medicare

OPEN ENROLLMENT TIME: OCT 15 - DEC 7

- * Are you confused with Medicare?
- * Do you know someone turning 65 this year and doesn't understand Medicare?
- * Do you know someone in a different state who needs help? I can give them their states information.
- * 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.

Let us help you navigate Medicare

**Call for assistance
Escanaba Senior Center
906-786-8850**



Commodity Food Distributions

ESCANABA - at U.P. State Fairgrounds

This institution is an equal opportunity provider.

Monthly CSFP - for seniors 60+ who qualify by household income.

**The next distribution is Thursday,
October 20 at 10 - 11 a.m.**

*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 786-8850 to get on this delivery list.

Quarterly TEFAP - for 18+ who qualify by household income.

**The next distribution is Friday,
December 9 at 9 - 12 noon.**

Any changes will be announced in local media or social media.

Call the Escanaba Senior Center at 786-8850 to see if you qualify!



MEDICARE OPEN ENROLLMENT PERIOD



**Interested in reviewing or changing
your Part D or Part C Medicare?**

Now is the time!

**Call the Escanaba Senior Center
to talk with a MMAAP Counselor
about your options for
Medicare in 2023.**

Toe Nail Clinic

The first Monday of each month you can schedule an appointment to get your toe nails soaked and trimmed by Ann, a licensed LPN.

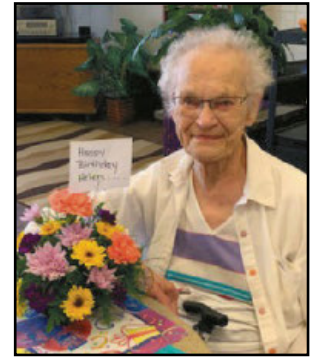
Cost is \$15 and bring your own towel.

Call **786-8850** to schedule the appointment.

October 3 and November 7 are the next scheduled days.

Congregate "August" Birthdays

Helen B. won the flower arrangement from Wickert Floral.



Congratulations Birthday Party Winners!

Winners of the August birthday drawing for a \$10 gift card from Dollar Tree were Sally F. (left) and Bill P. (right). Congratulations to you both!



Towel winners in August were Mary C. and not pictured Hideko B., but her towel is!



See Facebook for more pictures, videos and the most up to date information!

We are working on getting Sit N Fit classes back into the Senior Center.

Bridge Players / Card Players - we are not ready to have your back at the Center yet.

See the September menu on page 11



Halloween Lunch

Celebrate like ghouls and goblins with us on Monday, October 31 for Halloween!

We will be dining on:

Ghoulash

Children of the Corn

Slimy Goop Salad

Witches Broomsticks

Please reserve your meal before October 28. Your reserved meal will put you into a \$10 gift card drawing that day from a local store. The suggested donation is \$4 per meal and will be sent to you in a donation summary.

Wear a Halloween costume and join in the fun in our dining room!

Call **786-8850** to reserve your meal!

How do you open the door to a haunted house?
With a skeleton key?

Proudly serving you at the Escanaba Senior Center

Center Administrator - Lydia LaPalm, Center Assistant - Donna Caron, Maintenance - Charlie Schmidt, Home Delivered Meal Drivers - Marilyn, Greg, Jean, Bob, John, Tom, Katy, Doug, Patrick, and Eva.



CAA Menominee Senior Center

**Hello
Boo-tiful!**

905 10th Street, Menominee
 Phone: (906) 863-2158

Our Business Hours:
 Monday through Friday from
 8:00 a.m. until 3:00 p.m.

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

In October the center may have limited access during the Covid-19 pandemic.

Please call in advance in case an appointment or other business may be necessary.

September Trivia Answer

In September of 1960, this famous Hannah Barbera cartoon debuted showing dinosaurs as machines, and helpers in the household and at work. What cartoon was it?

ANSWER:

**B.) Flintstones
Yabba Dabba Do!**



October Trivia Question:



In the Addams Family TV series, which Addams Family character can light up a light bulb with his mouth?

Return trivia entry to Menominee Sr. Center

October Trivia Question Entry Form:

Answer: _____

Your Name: _____

Phone: _____

When are we opening?

I know that it has been a long time. Other centers are opening slowly. We are working on trying to open our center back up for activities and meals.

We have to do this safely, and thus will have protocols in place to ensure your visit is enjoyable and low-risk for illness. This means social distancing, limiting the amount of people, sanitizing, and more. We appreciate your patience as we continue our services the best we can while we reopen safely and welcome you all back.

Center Craft Day Pick Up



The center will sponsor a fall craft on October 12. All the supplies and directions to assemble the craft will be available for pick-up after 1 p.m. on this day. Please call and put your name on the list for the crafts so we can have enough kits made up.

We may be hosting an in-person craft class for this, but craft pick-ups are still going to be an option for those who wish to do theirs at home.

OCTOBER MONTHLY BIRTHDAYS:

We will celebrate October birthdays on October 26 from 11:30 a.m. - 12:30 p.m. If you have a birthday in the month of October, and pick-up a meal from 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. See our menu for the birthday meal details.



HALLOWEEN: Come dressed in a costume on Halloween (October 31) and receive a treat! You will also be put into a prize drawing for a gift certificate to Jack's Fresh Market!



**ONGOING SERVICES AT
MENOMINEE SENIOR CENTER**



Medicare Minutes

By Renelle Betters
MMAAP Counselor

CAA/Menominee Sr. Center

MMAAP 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.

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

Medicare Open Enrollment

The Medicare Open Enrollment Period is upon us. From October 15-December 7, Medicare beneficiaries can compare plans for the upcoming year and enroll into new ones that take effect on January 1, 2023. This period allows them make changes to drug plans, and Medicare Advantage plans, that will be the most beneficial for their needs for 2023. Your premiums, deductibles, and drug formularies may change for the better or worse, depending on your needs. If you do nothing, most plans will just continue and rollover into 2023, and you may not be happy with the changes. So, pay attention to your mail during this period. As MMAAP counselors, we can compare plans for you, and give you the tools to decide what your best fit for Medicare can be. Call for an appointment.

OCTOBER FOOT CLINIC

On October 17, we will have Ann Carter, LPN, here to resume our monthly foot clinics. She soaks your tootsies, and trims your nails. You must make an appointment in advance. Please bring your own towel. Cost is \$15 per person. Call the center to reserve your spot.



**Menominee TEFAP Food
Distribution**

Next quarterly TEFAP distribution at the Menominee Senior Center is scheduled for **8-11 a.m. on Friday, December 9. As it stands, we will attempt to do a drive-up distribution. If you picked up at the June distribution, you should already be pre-registered. If not, please call us to see if you are eligible, and to be added to the registration to receive your food.**

You automatically qualify for this commodity distribution if you are enrolled in the CSFP commodity program.

If you are interested in quarterly TEFAP commodities distribution, contact your local center to see if you qualify. Anyone over 18 who is a Michigan resident and falls within the income guidelines is eligible.

Note: Each center has its own dates/times for TEFAP distribution. Contact your local center for more TEFAP details or go to www.mdscaa.org

This institution is an equal opportunity provider.



Menominee CSFP Program Update
NEW PICK-UP LOCATION !!!

CSFP commodity distribution takes place monthly in Menominee County every third Tuesday. The next distribution for Menominee Senior Center is set for **11 a.m.-12 p.m. on Tuesday, October 18, at the Holy Spirit church parking lot off of 11th Avenue. PLEASE DO NOT ARRIVE BEFORE 11 a.m. or block traffic in or out of the parking lot. This is a new location for the distribution. You will receive your box directly from the truck.**

(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.

Corporation Corner

Gladstone Senior Citizens Non-Profit "A CALL TO EXERCISE"

This fall we are looking to revive the Monday and Wednesday morning exercise classes at the Gladstone Senior Center. As in the past these sessions are conducted by trained personnel who teach exercises to increase body strength and mobility for both beginners and for those looking to increase and meet their own personal goals. The classes are offered from the fall through the spring months, and also provide a fun social outlet for seniors. As we may be limited in the number that can participate, please call Bonnie at 906-420-8258 or Marilyn at 906-420-5041 to let us know your interest in signing up, and so that we can update you on the start-up dates.

Gladstone Senior Citizens NP Corp.,
P.O. Box 211, Gladstone 49837, or you can call Bonnie at 906-420-8258 or Marilyn at 906-420-5041 for further information

Medicare is a great program for seniors, but it doesn't run on auto pilot. Use the Medicare open enrollment period to make smart choices for the upcoming year.

Open Enrollment period is October 15th through December 7th. Coverage begins January 1st.

Medicare participants have the opportunity to adjust their plans and coverage in the Medicare open enrollment period. The Medicare open enrollment period is designed to permit participants to assess their health needs and what they may need for the upcoming year.

WHAT CAN YOU DO IN THE OPEN ENROLLMENT PERIOD?

- Transition from regular Medicare coverage to a Medicare Advantage Plan (or vice versa).
- Relinquish your Part D coverage.
- Change your coverage between one Part D plan to another.
- Join a prescription drug coverage plan, Part D.
- Drop one Medicare Advantage Plan for a different Medicare Advantage Plan.
- Change from a Medicare Advantage Plan back to Original Medicare.

Find us on Facebook search Gladstone Senior Center.



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

Birthday Lunch

Wednesday, October 26

Pick up 11:30 a.m. — 12:30 p.m.

Eat-in served at 11:30 a.m.



BBQ Pork Ribs
Baked Potato
Peas & Carrot
Fruit Cup
Cupcakes



NOTE: Limited eat in seating of 36 people.

Call in advance to reserve spot!

428-2201



Foot clinic is back!!
Northwoods nursing will be here the third Thursday of every month.

Thursday, October 20
From 1:00 p.m. to 3:00 p.m.
The cost will be \$22.00
Call the center at 428-2201 to reserve a spot!

MDSCAA Center News

Hi all, we hope this finds you safe and healthy!

We are happy to announce that we are going to be starting to add on health related activities. We will be having blood pressure screening offered by UP Health Systems and Bay College Nursing Program the second Thursday of every month. The foot clinic is back, service provided by Northwood nursing they will be here the third Thursday of every month!

We thank you for your continued support during these past few years and we are so happy that we are able to serve you in person again!

Please call the center at 428-2201 to order meals by 2:00 p.m.
and state whether you will be eating in or picking up!

August Birthday Lunch

Unfortunately we didn't get any pictures this month, hopefully next month we will be more on the ball!



August Birthday Winner

Sharon Beauvias
She won a \$15.00 Gift Card to
Delta Deli



50/50 Winner

Evelin Anderson



\$5.00 Scratch off tickets

Donna Buckland

Charles Buckland

Cheryl Wendrick

\$10.00 Gift card winners

Nancy Larson
Holiday Gas Station

Jack Noskey
Pat's IGA

Mona Shipman
Family Dollar



October Fun is here!! We are slowly opening up our activities and are ready for more visitors as the weather turns chilly! There'll be movies, parties and exercise classes to tempt you back to the center! Hope to see you soon!

Take care—Becky

Exercise Classes! Tuesdays at 9:30



OCTOBER CENTER EVENTS

THU 10/6 Cornell Meets
SUN 10/9 Corporation Dance
WED 10/19 Senior Commodities pick up
WED 10/26 Birthday Meal—BBQ Pork Ribs, Baked potatoes, goodies, cake, prizes and more!
MON 10/31 Halloween Meal and Party!

Please come join us for a dine in or drive thru any day! We are open Monday—Thursday!

Angels Among Us

Recognizing all the generous folks who recently donated to the Center:

Our sincere thanks to Joe P., Mark H., Linda M., Lucy L., Pete & Lois C., Jean & Joe C., John P., Jim & Jean, Howie & Sonja A., Brenda H.,



Donna K., Kathy & Mike L., Larry & Gladys F., Arlene H., Dave M., Gary & Liz L., Joe & Joan K., Becca A., Heidi P., Stella, Dorothy K., Jackie & Ted B., Shirley M., and Audrey S. for their donations of gifts, time and talents to the center. Thanks to all who helped with the rummage sale! Also to all who donated and shopped.

Thanks to Judy R. for the donation to the center. Thanks to everyone in the community who continues to look after their neighbors and friends this summer! Take care!!! Thank you!

OCTOBER BIRTHDAYS



Bev Beauchamp	1
Leonard White	2
Bob Koski	4
Eugene Hansen	5
Lorraine Salmi	5
Helen Sullivan	9
Tom Kossow	11
Bill Norden	14
David Guenette	19
Amy Broeders	21
Jean Beauchamp	24
Cheryl Berkey	24
Bill Laukknen	25
David Maki	26
Betty Hahn	26
Judy Charles	29
Sue Cody	29
John Verbrigghe	29
Ervan Dowd	30
Donald Broeders, Sr.	31

FOOD DISTRIBUTIONS

CSFP Senior Monthly Box

Wednesday, October 19 at 9 a.m. - 2 p.m.

This institution is an equal opportunity provider.



Lois Conine of the UP Steam and Gas Engine Association presents Lucy Lampinen with a donation from a spare change collection during the UP State Fair!

Judy's Area Report

Deaths:

Stephen Head, formerly of Perkins passed away Nov. 25, 2021

Geraldine Wery of Rock passed away Aug. 19.

We are sorry we do not have room for more information.



**RUMMAGE SALE
WORKERS!!**

**Dawn and Stella ready
the rummage sale for
the big day! Thanks to
all who came out and
supported the
corporation and center!**



**Gary Lauscher having some
fun with his prize of light
bulbs at the birthday party.
We think he's getting an
idea!!!!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Breaded Chicken Breast Roasted Sweet Potatoes Mixed Vegetables Sliced Peaches	4 Vegetable Noodle Soup Hard Salami Sandwich Broccoli Salad Fruit Cup	5 Porcupine Meatballs Red Potatoes Country Blend Vegetables Sunshine Cake	6 Ham Slice w/Scalloped Potatoes Peas & Pearl Onions Pumpkin Mousse	7 Fish Sandwich w/Bun Oven Potatoes Calico Beans Grape Dessert
10 Chicken over Pasta Brussel Sprouts Died Pears Garlic Bread	11 Bacon Pork Chops Twice Baked Potato Key West Vegetables Cherry Applesauce	12 Circle ONE meat Liver & Onions OR Beef Steak w/Onions Mashed Potatoes w/Gravy Green Beans Fruit Cocktail	13 Polish Sausage w/Sauerkraut Boiled Potatoes Creamed Corn Fresh Orange	14 Hearty Stuff Pepper Soup Cornbread Cantaloupe Cup
17 Hobo Dinner (Burger, Potatoes, Carrots, Gravy) Biscuit w/Butter Cherry Crisp	18 Salmon w/Dill Sauce Rice Pilaf Garden Salad Broccoli Fruited Pudding	19 Sweet n Sour Chicken over Rice Oriental Vegetables Oriental Coleslaw Mandarin Oranges	20 Rueben Casserole Sliced Carrots Fruit Cocktail Big Cookie	21 Sloppy Joes on Bun Mac & Cheese Mixed Vegetables Fresh Pear
24 Potato Crusted Pollock Coleslaw Buttered Peas Fruit Crisp	25 Beef Bourguignon over Red Potatoes Tropical Fruit Spiced Carrot Cake	26 BBQ Pork Ribs Baked Potato Peas 'n Carrots Fruit Compote	27 Cream of Broccoli Soup Pickle Bologna Sandwich Creamy Cucumber Salad Fruited Jell-O	28 Chicken Alfredo o/Pasta Italian Vegetables Garden Salad Warm Cinnamon Peaches
31 Ghoulash Children of the Corn Witches Broomsticks Slimy Goop Salad			<u>Menu subject to change without notice.</u> Call your senior center with questions and or comments.	



CSFP COMMODITIES
CURBSIDE

FRIDAY, OCTOBER 28
9 A.M. - 10 A.M.

HOPE TO SEE YOU THEN!

This institution is an equal opportunity provider.

Thank You

Your donations are always appreciated.
Pantry remains open with curbside pick up!
Please call ahead to ask about our services.

906-498-7735 906-498-7736

Food Pantry

Hours are: 9:00 a.m. to 3:00 p.m. C.S.T

9:00 a.m. to 2:00 p.m. on Friday

FOOD PANTRY NOW HAS
BUTTER & EGGS

**Call the Senior Center
information on "Sit & Fit"**

"TRANSPORTATION"

Please call the Center to see if we can
accommodate your needs!
Rides to Iron Mountain,
Escanaba, Powers/Carney and
once a month to Menominee.



Thank you for the fresh vegetables



LIL SCHULTZ,
ANN DUGREE, AND
DOREEN GUNDERSON

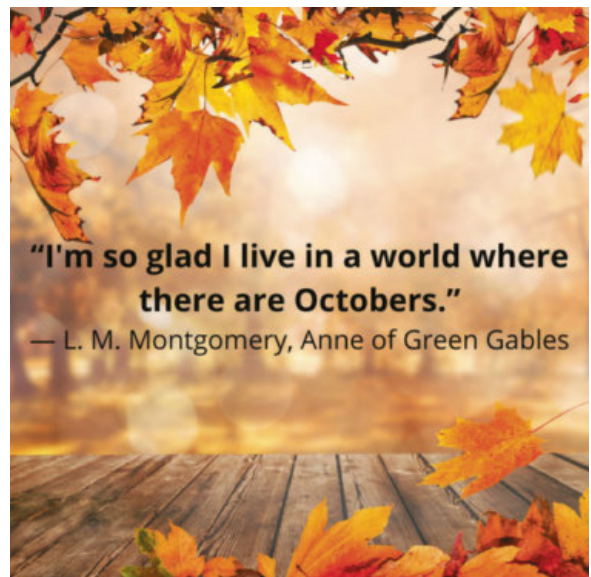
CONGREGATE MEALS DINE-IN
FROM
11 A.M. TO 1 P.M.

ALL CURBSIDE PICK-UPS ARE STILL IN
FORCE. AS CONDITIONS CONTINUE TO
IMPROVE AND WE GET STAFF BACK IN
PLACE, WE WILL INTRODUCE MORE
ACTIVITIES AS WE MOVE FORWARD TO
GETTING BACK TO NORMAL.

Monthly Birthday Party coming soon!

**PLEASE CALL TO MAKE RESERVATIONS
AHEAD AT 906-498-7735.**

THANK YOU!



**"I'm so glad I live in a world where
there are Octobers."**

— L. M. Montgomery, Anne of Green Gables

**Winner of the monthly drawing
is Pat Small!!**



FOOT CLINIC

3rd TUESDAY OF EACH MONTH

Next Clinic on October 18

Nurse Ann Carter will be here

8:00 a.m. to 11:30 a.m. cst

\$15.00 for a 15 minute appointment

Call 906-498-7735



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community in Escanaba.

enlivant.com

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schedule a personalized tour.

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tsweeney@lpicommunities.com
or (800) 477-4574 x6407



Transportation is available Monday through Friday from 8 a.m. to 3 p.m. Call the senior center at 753-6986 to schedule a ride. A 24 advance notice is required. Transportation is available locally, Marinette, Menominee, Escanaba & Iron Mountain. Reasonable rates apply. We are here to help! We have a lift van to accommodate those who are in a wheelchair.



October Birthdays

10	Sandy Hollo
14	Grace Hoida
	Petar Ristic
17	Myrna Pratt
27	Donna K. Thoun



FOOT CLINICS HAVE RESUMED

Ann Carter, LPN, will be back at the senior center conducting foot clinics on **October 10** beginning at 9 a.m. The cost is \$15 which includes foot soak & toenail trim.

Appointments are required & can be made by calling the center at 753-6986. Please bring a bath size towel to your appointment.



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MEDICARE MEMO

By Becky Thoune, MMAP Counselor
Medicare Open Enrollment

ARE YOU IN THE BEST PRESCRIPTION PLAN?

Each year Medicare beneficiaries have an opportunity to enroll in a prescription drug plan for the new calendar year. While individuals may stay with their current plan, the *Michigan Medicare Medicaid Assistance Program (MMAP)* recommends reviewing your options each year. Anyone who joined a Medicare prescription plan last year will soon receive an **Annual Notice of Change** from the company with which they have drug coverage. READ THIS CAREFULLY, as this notice will identify whether the plan is changing their premiums, co-pays, deductibles, and or the medications they will cover.

You will need to make sure that the medications you are currently taking will be covered by your plan in 2023.

Now is the time for Medicare beneficiaries to evaluate their current drug plan. If you are satisfied with your current plan, you do not have to do anything. However, you should take the time to look at other plans for coverage in the coming year. You will want to answer these three questions:

COST: will your premiums costs change significantly in 2023?

COVERAGE: do you need more coverage in 2023? Will the prescriptions you are taking be covered by your current plan in 2023?

CUSTOMER SERVICE: are you satisfied with your plan's service?

Anyone who is interested in enrolling in a new plan for 2023 should start comparing plans now as **open enrollment begins October 15th and ends December 7th.**

Coverage under the new plan will begin January 1, 2023. People who did not join a Medicare drug plan during their initial enrollment period may also now apply for a drug plan, if they choose. Beneficiaries may call me at 753-6986, or your local senior center, for personal assistance in comparing drug plans. MMAP counselors are trained in the Medicare drug program and provide assistance & counseling to Medicare beneficiaries and their families at no charge.

CSFP monthly commodity will be **Tuesday, October 18** from 9-10 a.m. only. Please bring last month's empty box back to return at this time AND arrive before 10 a.m. as the truck leaves promptly at that time. Program distribution is the third Tuesday of each month.

Do you have your new pink eligibility card? If not, call the center ASAP.

This institution is an equal opportunity provider.

Thank You. 

Thank you to Lynda Keller who donated door prizes to our August birthday dinner!

CUSTOMER APPRECIATION GIVE-AWAY DAYS

October 26 - Birthday Dinner

October 31 - Halloween Dinner; come dressed in costume and be entered into a drawing for a special prize! Sorry, Halloween shirts do not count.



August birthday's
Dan Hallfrisch, Lynda Keller, Betty Poradek
and Jan Salo

At press time, I am still working on setting up and resuming the "Sit and Get Fit" exercise class which was so popular before the pandemic hit. Watch my newspaper column in the Menominee County Journal for updates.

MMAP counselors do not sell or endorse any insurance plan.

MDS COMMUNITY ACTION AGENCY

Senior Services

507 1st Avenue North
Escanaba, MI 49829



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This month's
menu for all
Senior Centers is
on page 11.



OR CURRENT RESIDENT



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- ✓ YOU ARE NEW TO THE AREA
- ✓ YOU JUST GAINED OR LOST YOUR MEDICAID
- ✓ YOU NEED FINAL EXPENSE LIFE INSURANCE



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**Call between October 15th & December 7th to find out if you can save money
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For ad info. call 1-800-950-9952 • www.lpcommunities.com

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