

# Menominee-Delta-Schoolcraft



## Senior Services

**MONTHLY NEWSLETTER**  
**APRIL 2022**  
**Vol. 9 No. 4**

This month's menu  
for all senior  
centers **PAGE 11**

Visit Community Action Agency website at [mdscaa.org](http://mdscaa.org)

### ESCANABA (p. 2-5)

225 N. 21st St., P.O. Box 752  
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

### HERMANVILLE (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



Excellence in Senior Living  
at Affordable Prices

Apartments Available!  
[www.harborscommunity.com](http://www.harborscommunity.com)  
**906.863.3300**

Take a virtual tour to see our  
amazing services & amenities

### North Woods Place

Senior Living  
501 South Lincoln Road  
Escanaba, MI 49829

**906-789-2268**  
[enlivant.com](http://enlivant.com)

**uml** [UPPERMICHIGANLAW.COM](http://UPPERMICHIGANLAW.COM)



FIGHT BACK WITH THE RIGHT PROTECTION  
**CALL (906) PROTECT**



FOR ALL YOUR INSURANCE NEEDS  
[www.garceauins.com](http://www.garceauins.com)

823 Ludington St. ~ Escanaba, MI  
**906.789.0900**  
N 15916 US Hwy 41 ~ Powers, MI  
**906.497.4290**

### 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**



**Augustana**  
Rehabilitation Center

831 Pine Beach Road • Marinette, WI 54143  
Ph.: 715-732-0155 • Fax: 715-732-5833  
[www.northlandlutheran.org](http://www.northlandlutheran.org)

We are a non-profit organization specializing in meeting  
our residents physical, mental, emotional and spiritual needs.

**Private Rooms with Private Bath Available!**

Call now for a tour and more information!

**715-732-0155**  
[www.northlandlutheran.org](http://www.northlandlutheran.org)



### Bishop Noa Home

Sisters of St. Paul de Chartres

2900 3rd Avenue South, Escanaba, MI

tel: (906) 786-5810 • fax: (906) 786-5372

[www.bishopnoahome.com](http://www.bishopnoahome.com)



Escanaba  
(906) 786-0074

Bark River  
(906) 466-2211

[www.crawfordfuneralhomes.net](http://www.crawfordfuneralhomes.net)

DIRECTORS  
JAMES D. CRAWFORD  
CAREN L. CRAWFORD  
DONALD J. CRAWFORD



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

MDS Community Action Agency, Escanaba, MI

A 4C 01-1371

## **We Still Want to Hear from You!**

We are still surveying our meal participants. Thank you to those who have responded so far. We value your feedback! If you haven't received a survey yet, be on the look-out. More surveys will be sent out soon.

We are also surveying our personal care and homemaker services clients. Thank you to all who have responded so far!

We look forward to sharing these results once the surveys are complete.



## **Meet our Staff!**

Meet the newest member of our Senior Center Administrator team! Barb joined the Hermansville Senior Center in December of 2021. She previously worked with us as a Personal Care and Homemaker Aide in Escanaba and Menominee counties. Barb states, "I truly enjoyed my clients and couldn't wait to spend time with them." When she heard about the Senior Center Administrator opening in Hermansville she thought it would be a good fit because she was born and raised in Hermansville.

Before joining Community Action, Barb worked as an Avon Representative for over 20 years as well as working at Pinecrest MCF for many years as a dietary aide/cooks helper. She has been married to her husband Brian for 27 years and they have one son, Mathew. Barb states, "all three of us have been active with our community and this is yet another chance for me to give back."

When asked about working for Community Action Barb said, "one of my favorite parts of working with Community Action is all the different people I get to meet." She also states that, "the MDSCAA team has been wonderful to work with and they have taught me so much. The senior services they provide are brought to you by a group of loyal team players and I am honored to be part of that team!" Barb closes with, "Thank you for welcoming me in to this wonderful organization."



### **Welcome to the team Barb!**

#### **Left:**

Barb, pictured for her position as a Personal Care Aide.

#### **Right:**

Barb, pictured in her office at the Hermansville Senior Center in her new Administrator role.





## Historical events for the month of April

**April 2, 1513** - Spanish explorer Ponce De Leon sighted Florida and claimed it for the Spanish Crown after landing at the site of present day St. Augustine, now the oldest city in the continental U.S.

**April 8, 1974** - Hank Aaron of the Atlanta Braves hits his 715th career home run, breaking Babe Ruth's legendary record of 714 homers.

**April 14, 1865** - President Abraham Lincoln was shot and mortally wounded while watching a performance of Our American Cousin at Ford's Theater in Washington. He was taken to a nearby house and died the following morning.

**April 18, 1906** - The San Francisco Earthquake struck at 5:13 a.m., followed by a massive fire from overturned wood stoves and broken gas pipes. The fire raged uncontrollably for three days resulting in the destruction of over 10,000 acres of property and 4,000 lives lost.

**April 22, 1864** - "In God We Trust" was included on all newly minted U.S. coins by an Act of Congress.

## Spring Word Search

C	H	I	C	K	E	J	U	N	E	G	R	W	O	W
H	P	U	D	D	L	E	M	A	P	R	I	L	H	S
I	B	L	O	H	B	U	N	N	Y	E	B	O	M	E
B	A	S	E	B	A	L	L	T	T	E	U	M	A	E
S	U	M	A	M	A	T	C	H	A	N	T	F	R	D
H	O	T	S	P	R	I	C	I	N	G	T	L	C	S
N	E	S	T	T	A	P	I	H	E	A	F	O	H	O
E	G	S	G	E	T	R	A	I	N	B	O	W	L	R
E	G	S	S	Y	R	E	W	S	O	L	Y	E	E	A
A	S	E	H	B	U	F	N	N	S	O	L	R	S	I
E	G	R	O	W	O	F	L	L	Y	O	Y	S	S	N
A	N	U	W	E	F	M	A	Y	Y	M	V	R	O	C
S	A	N	E	R	A	N	B	O	W	S	H	E	S	O
U	M	B	R	E	L	L	A	E	A	S	T	E	R	A
T	H	A	S	P	R	I	N	G	P	U	D	D	E	T



APRIL  
BASEBALL  
BLOOM  
BUNNY  
BUTTERFLY  
CHICK  
EASTER  
EGGS

FLOWERS  
GREEN  
GROW  
HATCH  
JUNE  
MARCH  
MAY  
NEST

PASSOVER  
PUDDLE  
RAINBOW  
RAINCOAT  
SEEDS  
SHOWERS  
SPRING  
UMBRELLA



## WE'RE HIRING

### AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel

Contact us at: [careers@4lpi.com](mailto:careers@4lpi.com) | [www.4lpi.com/careers](http://www.4lpi.com/careers)

PROFESSIONAL AND FRIENDLY SERVICES  
FAIR AND AFFORDABLE PRICING | FAMILY OWNED



### Diagnostics and Hearing Aid Sales

- Comprehensive hearing test
- Service most brands of hearing aids
- Counseling and dispensing of new state of the art hearing aids
- Custom hearing protection, musician plugs and swim plugs

### DR. MEGAN HAAS - AUDIOLOGIST

Phone: 906-553-4090 | Fax: 906-553-4837  
423 Ludington St. • Escanaba, MI 49829  
[haashearing.com](http://haashearing.com)

## NEVER MISS A NEWSLETTER!

Sign up to have our newsletter  
emailed to you at

[www.mycommunityonline.com](http://www.mycommunityonline.com)



## **EASTER CELEBRATION**

Celebrate Easter on Wednesday, April 13  
curbside from 11:30—1:00 p.m.

We are serving ham, sweet potatoes, Key  
Largo vegetables, dinner roll and sunshine cake.

Limit one meal per person. Please  
reserve your meal by April 11.

Your meal reserved will put you into a  
\$10 gift card drawing that day.

The suggested donation is \$3 per meal and will  
be sent to you in an April donation summary.

**The Easter Bunny will be here also!**

## **Birthday Party** **April 27 at 12 noon**

Join us to celebrate "curbside" with a lunch  
of sweet 'n sour pork over rice, Oriental  
vegetables, Oriental coleslaw, Mandarin  
oranges, and chocolate mousse.

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

Suggested donation is \$3 for the meal and  
we will send you a donation summary at the  
beginning of the following month.

Call the center to reserve a meal  
before 2:00 p.m. the day before the party.

# **786-8850**

## **Medicare Information**

- ⇒ 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 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.



**Let us help you navigate Medicare**

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

## **Commodities Distribution Dates**

### Next CSFP

Monthly Distribution:  
**April 21 \***  
10-11 a.m.



### **DISTRIBUTIONS AT FAIRGROUNDS**

**CHANGES WILL BE  
ANNOUNCED IN  
LOCAL MEDIA**



### Next TEFAP

Quarterly Distribution:  
**June 10**  
9 a.m.-noon



\* DATA Bus will deliver CSFP monthly commodity  
boxes for seniors. Cost \$1 per box, paid to driver,  
within Escanaba city limits. Call office 786-8850.  
See CSFP date above.

**If you haven't already  
renewed your card,  
please call 786-8850 to  
recertify.**



## **2021 Home Heating Credit and Homestead Property Tax Credit**

Do you need help filing your heat and or property tax credits? Please call 786-8850 to schedule a drop off time.

Once completed we will call you to pick up your credit paperwork and instructions for mailing.

Things to bring to the appointment are: 2021 heating statement, 2021 income statement (social security), pension, interest, etc, 2021 Medigap monthly insurance payments. If applying for property tax credit you will also need your 2021 property tax statements. If you rent (unsubsidized) a formula is used and no tax statement is necessary. People renting from Harbor Tower,

West Highland, Willow Creek, Meadowbrook, Les Chenaux Apartments or any subsidized apartment, are not able to file for property tax credit since the apartment owners do not pay taxes on the property. You can file a home heating credit. CALL US!



## Valentine's Day Winners



Pictured upper left and clockwise are the Valentine Day winners: John L, Kirk S., Jean F. and Helen B.

Our Groundhog Day  
blanket winner was  
Carol A. →



**See the April  
menu on page 11**



# PARKING LOT



On Wednesday, April 27 at 1:30 p.m.

## Congregate **“February”** Birthdays

Carole K. (left) won the flower arrangement from Wickert Floral. Also happy birthday this month to Ardith R. (right) and Corrie K.



## Congratulations Birthday Party Winners!

Winners of the February birthday drawing for a \$10 gift card were Mildred C. below right and Lynn L. (not pictured) *Congratulations to you both!*



Towel winners in February were Jean F. and Kay S.

Wipe your hands in style!

See Facebook for more pictures and videos! Also find the most up to date information on our Facebook page. Search for Escanaba Senior Center, or visit Community Action Agency website at [mdscaa.org](http://mdscaa.org)



Proudly serving you at the Escanaba Senior Center —  
Center Administrator — Lydia LaPalm, Center Assistant — Donna Caron, Maintenance — Charlie Schmidt,  
Home Delivered Meal Drivers — Jo, Marilyn, Greg, Jean, Doug, Bob, John, Katy, Patrick, and Eva.

## Menominee Senior Center Mon-Fri, 8 a.m. - 3 p.m.



### CAA Menominee Senior Center

905 10th St., 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 April 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.

#### April Special Events at CAA/Menominee Sr. Center:

##### April 14: Craft Day Pick-up

The center puts together these craft kits that include directions and supplies for you to complete at home. If you wish to pick-up one of our craft packages, please call and let us know so we can have enough kits made up. (P.S.: Crafts sponsored by the Menominee Recreation Department will return in May!)

##### April 27: Monthly Birthday Party

To celebrate birthdays, our monthly birthday event will begin at  
11:30 a.m. on April 27.

Anyone picking up their meal at the center who has a birthday this month will have the option of having his/her photo taken for a birthday card (to be mailed later). Also, you will receive a meal certificate good towards a future lunch at our center.

Please remember to call at least a day in advance for your meal registration. Please let us know if it is your birthday this month when you call.



### Easter Crockpot Candy

A colorful, sweet and savory treat for spring.



#### Ingredients:

34.5 oz honey roasted dry peanuts  
48 oz vanilla-flavored candy coating, almond bark, or Candiquik.  
11.4 oz M&M's Milk Chocolate Plain (pastel colors)  
Optional sprinkles

#### Directions:

Layer peanuts and candy-coating in the crockpot that is at least 5 quarts big.  
Cook for one hour on low without removing the lid.  
After one hour, stir the mixture and continue to cook stirring every 15-20 minutes for another hour.  
Line cookie sheets or countertop with parchment paper. Turn off the crockpot, and fold in the M&M's. Reserve 1/2 cup for decorating. Using a 1 tablespoon scooper or 2 spoons to drop the mixture onto the parchment paper. Make sure candy is not touching one another. Once the entire sheet is scooped, top with the remaining M&M's and sprinkles while the mixture is still warm. Cool completely and store in an airtight container.

**Spring Fling Drawing Entry! A free drawing to win a spring basket of goodies! Drawing done 4-15-22. Return entry to the CAA/Menominee Sr. Center**



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

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



## Menominee Senior Center Mon-Fri, 8 a.m. - 3 p.m.

### ONGOING SERVICES AT MENOMINEE SR. 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.*



**Transportation Services:**  
Our center bus runs from approximately 8 a.m. until 2:30 p.m. Monday-Friday. Please call at least a day in advance or more to schedule your ride. We are wheelchair accessible.

#### Homestead & Home Heating Credits

We are still helping folks with Michigan Homestead and Home Heating Credits. The April 15th tax deadline does not include these credits. You have until September 30th to file a Home Heating claim, and even longer for a Homestead Credit. This is not a required tax form to file, but is a credit to you if you qualify. For more information, call us.

#### Congregate & Home Delivered Meals

Congregate meals are served Monday through Friday from 11:30 a.m.-12:30 p.m. and are meals prepared for take-out.. We ask that you reserve your meal at least a day in advance so we have enough meals prepared.

Home Delivered Meals are for seniors age 60 & over who are assessed to determine their eligibility for the senior nutrition meal program. Call for details if you are interested in this vital service.

### **Menominee TEFAP Food Distribution**

Next quarterly TEFAP distribution at the Menominee Senior Center is scheduled for 8-11 a.m. on Friday, June 10. As it stands, we will attempt to do a drive-up distribution.

If you picked up at the March 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](http://www.mdscaa.org)*



### **Menominee CSFP Program Update** **PICK-UP @ Senior Center**

CSFP commodity distribution takes place monthly in Menominee County every third Tuesday. The next distribution for Menominee Senior Center is set for 1 p.m.-2 p.m. on Tuesday, April 19. **NOTE CHANGE OF LOCATION: DISTRIBUTION IS AT THE MENOMINEE SENIOR CENTER.** Same method as the TEFAP distribution (drive-up). PLEASE DO NOT ARRIVE BEFORE 1 p.m. We can not have people blocking traffic. Call for optional delivery or pick-up.

*(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.*

## Gladstone Senior Center Mon-Fri, 8:30 a.m. - 3:30 p.m.

Why are people so tired on  
April 1st? Because they just  
finished a 31-day March.



### CORPORATION CORNER

Gladstone Senior Citizens Non-Profit

Now that the long “March” is behind us, we can look forward to April showers and May Flowers—and with hopes of joining the many friends that we have not been able to meet with at the Center. We wish this for all of us along with the blessing of the Holy Easter season that we are celebrating this month.

We appreciate the response we received from those who renewed their membership this year in support of the mission of the Gladstone Senior Citizens Non-Profit Corp. Contact info — Bonnie: 420-8258 or Marilyn: 420-5041

### EASTER LUNCH

Wednesday, April 13  
Curbside Pick up  
11:30 a.m.—12:30 p.m.

Ham  
Sweet Potatoes  
Key Largo Vegetables  
Sunshine Cake  
Dinner Roll

Anyone registered to pick up lunch will  
be put in a drawing for small gifts!

### Lunch

Tuesday, April 26  
Curbside Pick up  
11:30 a.m.— 12:30 p.m.

Monterey Chicken Breast  
Mashed Potato  
Green Beans  
Fresh Fruit

Anyone registered to pick up lunch will  
be put into a drawing for small gift!



Today is April 1, April Fools’ Day,  
a day that people try to fool their  
friends and relatives. Don’t confuse  
that with April 15, when people try  
to fool the IRS.

Jay Leno



### MEDICARE HEALTH INSURANCE

The center is doing one-on-one  
appointments for:

#### Medicare-

- \*New to Medicare
- \*Getting low income subsidy

#### Tax Credits-

- \*Home Heating
- \*Homestead Property tax

**\*\*Not certified to do Federal taxes.\*\***

Call 428-2201 for information and appointment's!

Find us on Facebook search  
Gladstone Senior center.



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



**MDSCAA Center News**  
**Happy Easter!!!**

Hi all, I hope this finds you safe and healthy! We are looking forward to Spring and the warmer weather that it brings. We are still not open to the public but we are hopeful that will change soon! We miss you all! To order meals from our Center please call 428-2201 at least one day in advance!

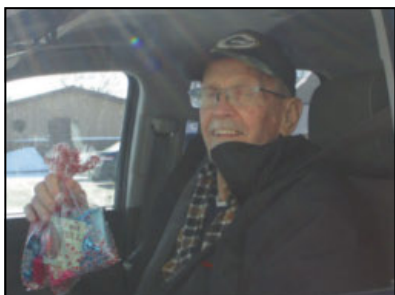
Below is our winner of the Valentine Cupid Contest Bob & Bev Miller! They won \$50.00 Gift Card to the Stone House! Congratulation Bob & Bev!  
We also handed our Valentines & treats bags to all our curbside pick ups !

**Valentine Lunch**

Don Anderson and Annie our  
Center Aide!



Warren Harris



Ray Brandt



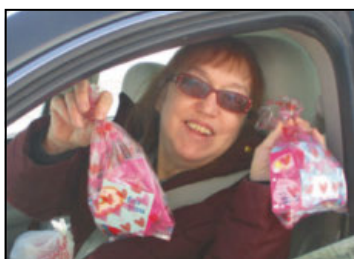
Bob & Bev Miller Cupid Contest winners  
\$50.00 Gift Card to the Stone House!



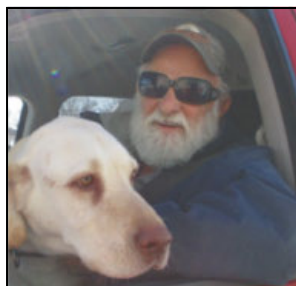
Nancy Larson



Nancy Levesque



Don Nelson



Lorraine Moreau  
(son Jeff Pictured)

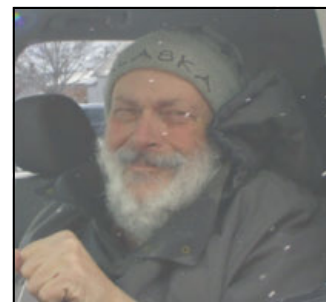


**Birthday Lunch**

Marlene Severinsen &  
Richard Crabb

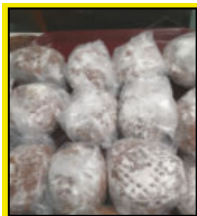


Bob DeGrand



John Lustick





Well, things look a little different this month. A smaller newsletter means a smaller section for us. If you are missing something you think needs to be brought back, let me know. I'll fit in what I can. Fat Tuesday was celebrated here of course. Fun times!! Stay safe and bear with us. Take care—Becky

## ***Angels Among Us***

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



Our sincere thanks to: Jean & Joe C, John P, Linda M, Lucy L, Arlene H, Bonnie L, Sam E and Jim & Jean for their donations of gifts, time and talents to the center. It has been a rough few years and we appreciate those who keep stopping by and supporting the center!!

Thanks to everyone in the community who continues to look after their neighbors and friends through another tough year.

Take care!!! *Thank you!*

Congratulations to John P. for correctly guessing that the Rams would win the Super Bowl! A cheesecake is on its way to you!!

## **From Lucy's Kitchen... Smoke Trout Hash**

2 potatoes—peeled and diced  
1 small onion—finely diced  
Salt  
6 oz. smoked trout (whitefish will also work)  
2 TB heavy cream  
1/4 cup chopped chives  
2 TB butter  
Pepper  
2 poached eggs

Cook the potatoes and onions in water for 15 minutes until soft. Drain and put in large bowl. Add smoked trout and heavy cream to bowl. Gently mix the ingredients together. Melt butter in frying pan over medium heat. Fry, turning occasionally until crisp. Season with salt and pepper. Divide hash between two plates and serve with a poached egg.

Enjoy!!

## **Food distributions this month!**

CSFP Senior Monthly Box:  
Wednesday, April 20 from 9 a.m. until 2 p.m.

## **April Birthdays**

Judy Anderson .....	4
Mary Sellers.....	4
Wayne Liukkonen .....	5
Dennis Nelson .....	6
Gladys Fullmer .....	7
Mary Trombley.....	7
Jack Hoult.....	8
Mark Depuydt.....	11
Donna Kossow .....	11
Ginny Macey .....	11
Marita Hansen .....	12
Toni Rentola .....	13
Shirley White .....	13
Henry Lampi .....	14
Rosalyn Hill.....	15
Al LaCosse .....	15
Virginia Broeders.....	17
Judy Wight .....	17
Barb Nummilien .....	18
Marlene Clausen.....	18
Ginny Kirshner .....	21
Helen Lehtikangas.....	23
Alfred Thompson.....	24
Mike Kanerva .....	25
Gerry Vallier.....	25
Mary Westlund .....	29
Paulette Iocca-Townsend .....	30
Marlene Koski .....	30

Valentine's  
Day  
Treats!





# Rock Senior Center Mon/Wed/Thur, 8 - 3 p.m. Tues 11-7 p.m.

## APRIL EVENTS AT THE CENTER!!

THU 4/7 Cornell Meets  
SUN 4/10 Corporation Dance  
1-4 p.m. - Just the 2 of Us  
WED 4/13 Easter Meal— Ham, sweet potatoes, goodies and more  
WED 4/20 Senior Commodities pick up  
WED 4/27 Birthday Meal—Sweet n sour pork over rice, chocolate mousse, goodies and prizes!

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



## Judy's Area Update



### Students of the Month:

Claire Van Damme, 8th grader, daughter of Casey & Jill Van Damme  
Brandon Taft, a senior, son of Sherry & Randy Taft  
Olivia Nummilien, a sophomore, daughter of Marie & Cori Nummilien  
Jacob Devas, a freshman, son of Travis & Jennifer Devas  
Alexa Hering, a junior, daughter of Lori Patrick & Todd Hering

### Deaths:

William Reynolds, 67, of Cornell, passed away. He is survived by his wife, Joann, 5 children, 1 brother, 1 sister, several nieces, nephews, and friends.

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Menu subject to change</i>	This menu is for all our senior centers. Call your senior center with questions/comments.			<b>1</b> Baked Fish Potato Broccoli Garden Salad Fruited Pudding
<b>4</b> Pork Cutlet Au Gratin Potatoes Peas Pineapple Tidbits	<b>5</b> Chili Copper Penny Salad Corn Bread Fruited Jell-O	<b>6</b> BBQ Hamballs Baked Potato Country Trio Vegetables Diced Peaches	<b>7</b> Turkey Broccoli Casserole Baby Carrots Biscuit Warm Fruit	<b>8</b> Tuna Noodle Casserole California Blend Vegetable Biscuit Fruit Cocktail
<b>11</b> Salisbury Steak Mashed Potatoes Brussel Sprouts Mandarin Oranges	<b>12</b> Spaghetti w/Meat Sauce Italian Blend Vegetables Caesar Salad French Bread Tropical Fruit Cup	<b>13 Easter Celebration</b> <b>Limit 1 meal per person</b> Ham; Sweet Potatoes Key Largo Vegetables Dinner Roll Sunshine Cake 	<b>14</b> Pasty Stewed Tomatoes Fruit Whip	<b>15</b> Salmon w/Dill Sauce Wild Rice CA Blend Vegetables Fresh Fruit
<b>18</b> Breaded Chicken Breast Sr Cream & Chive Potatoes Peas & Carrots Diced Pears	<b>19</b> Beef Tips over Noodles Cauliflower Diced Beets Mixed Fruit Cup	<b>20</b> Goulash Corn Coleslaw Pineapple Upside Down Cake	<b>21</b> Ham & Potato Soup Meat Sandwich Pea & Cheese Salad Cherry Applesauce	<b>22</b> Cabbage Casserole Capri Mix Vegetables French Bread Diced Peaches
<b>25</b> Bourbon Steak Coconut Rice Cook Choice Vegetable Baby Carrots Mixed Fruit Cup	<b>26</b> Monterey Chicken Breast Mashed Potatoes w/Gravy Green Beans Fruit	<b>27</b> Sweet n Sour Pork o/Rice Oriental Vegetables Oriental Coleslaw Mandarin Oranges Chocolate Mousse	<b>28</b> Cheeseburger w/Bun Oven Potatoes Baked Beans Fruit Cup	<b>29</b> Turkey Cranberry Wrap Coleslaw Fresh Veggies & Dip Tropical Fruit



**HERMANSVILLE SENIOR CENTER**

BARB PETERS, MARK SCHOEN,  
SUSAN FRAMARIN

906-498-7735

**TEFAP COMMODITIES**  
**CURBSIDE**

FRIDAY, MARCH 11  
9 A.M. TO 2 P.M. CST

**HOPE TO SEE YOU THEN!**

**APRIL'S SOFT OPENING**

**"TEMPORARILY SUSPENDED" FOR**  
**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.**

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

**Thank You**

To all the local organizations  
Jane Triest and The First United Methodist Church  
Hermansville

Sandi & Tom Gauthier

Carol Arnold

Laurie Reidy

& The Anonymous Donors  
that faithfully contribute to our food pantry.

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 remains open on Tuesdays & Fridays

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

**RECERTIFICATION FOR CSFP**

You will need your most recent benefits letter from  
Social Security to determine if eligible. Please call  
the Center to sign up & receive your new card.

**WELCOME:**

**NEW CENTER ADMINISTRATOR**  
**BARB PETERS AND HER NEW ASSISTANT**  
**SUSAN FRAMARIN**

**"TRANSPORTATION"**

**Transportation is currently on hold until our new**  
**bus driver is trained, please call the center for an**  
**update.**

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.

Call 906-498-7735





**Hermansville Senior Center Mon-Thurs., 9 a.m. to 3 p.m. Fri. till 2**

Winner of the Monthly  
Drawing is:  
Sandy Arduin!!



**Happy Easter! April 17**



*By Your Side*  
The Law Firm of Brogan & Yonkers

We want to be your lawyers for life. Estate Planning & Elder Law

Offices throughout the U.P. (906) 228-6212  
[www.upelderlaw.com](http://www.upelderlaw.com)

*Selling, Buying, Not Sure?  
I Can Help!*



Serving Menominee and Delta Counties

**Christy DeGrand**

Cell: **906.420.2222**

[christy@statewiderealestate.net](mailto:christy@statewiderealestate.net)

2015 1st Ave. N.

[www.thelistinglady.net](http://www.thelistinglady.net)



**FREE AD DESIGN**

**WITH PURCHASE OF THIS SPACE**

**CALL 800.950.9952**

**GROW YOUR BUSINESS  
BY PLACING AN AD HERE!**

**CONTACT US!**

Contact Duane Budelier to place  
an ad today! [dbudelier@4LPi.com](mailto:dbudelier@4LPi.com)  
or (800) 950-9952 x2525



For ad info. call 1-800-950-9952 • [www.lpcommunities.com](http://www.lpcommunities.com)

MDS Community Action Agency, Escanaba, MI

C 4C 01-1371

## Mid County Senior Center Mon - Fri, 8 a.m. - 3 p.m.

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.

Check out our BRAND NEW transportation vehicles!



### April Birthdays

02 Arlene Engel  
07 Mary Ann Rivard  
11 John Sandahl  
12 Joyce Tirpak  
18 Janet Hannon  
21 Evelyn Smith  
25 Jan Thouné  
26 Ann Messar  
Darrell Sundquist  
Buck Winkler  
30 Ron Ritchie



The Choice Is Yours.  
**2 Convenient Locations**  
Escanaba 789-2404  
Gladstone 428-3085

**GROW YOUR BUSINESS  
BY PLACING AN AD HERE!**

**CONTACT US!**

Contact Duane Budelier to place  
an ad today! [dbudelier@4LPi.com](mailto:dbudelier@4LPi.com)  
or (800) 950-9952 x2525



**Specializing in Short-term  
Rehabilitation and  
Long-term Care**

- Skilled Nursing & Rehabilitation Center
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Activities & Outings

*When you choose our facilities for your healthcare needs, you  
are more than a "customer" to us...  
you are a member of our close knit "family"!*



**906-786-6907  
906-786-0408**



We accept Medicare, Medicaid and most private insurances. Long term or short term

### ADT-Monitored Home Security

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



**SafeStreets**

**1-855-225-4251**

**FREE AD DESIGN**

**WITH PURCHASE OF THIS SPACE**



**CALL 800.950.9952**



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

MDS Community Action Agency, Escanaba, MI

D 4C 01-1371



## Mid County Senior Center Mon - Fri, 8 a.m. - 3 p.m.

### Easter WORD SEARCH



BASKET  
BOUQUET  
BUNNY  
CHICK  
CHOCOLATE

DECORATE  
EASTER  
EGGS  
FLOWERS  
HIDE

JELLYBEANS  
RABBIT  
SPRING  
SUNDAY  
TRADITION



#### Customer Appreciation Give-away days

- April 13 (Easter)
- April 27 (honoring April Birthday's)  
*Mark your calendars!*

CSFP monthly commodities will be Tuesday, April 19 from 9-10 a.m. only. Please bring last months 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.



#### MEDICARE MEMO

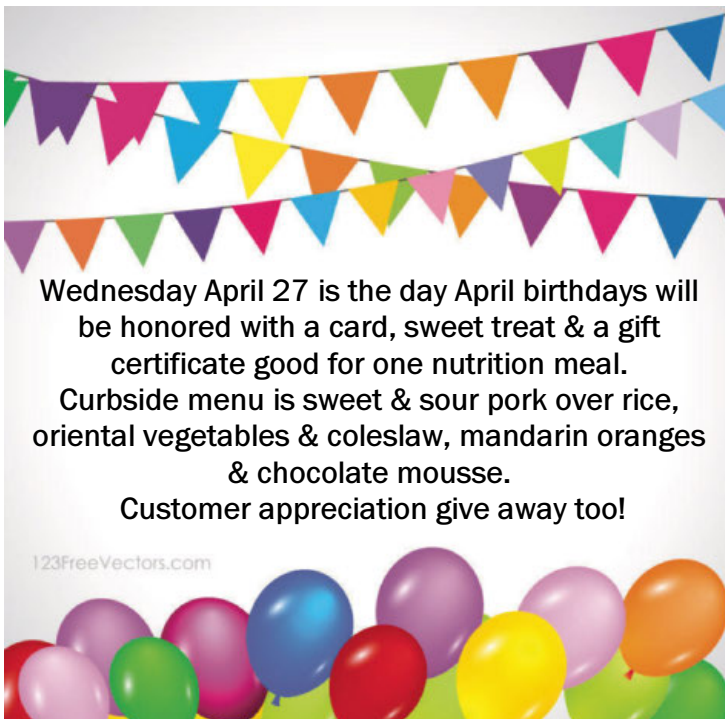
By Becky Thoun~MMAP Counselor  
**What will happen during my Annual Wellness Visit?**

The Annual Wellness Visit (AWV) is a yearly appointment with your primary care provider to create or update a personalized prevention plan. Medicare Part B covers the AWV if you have had Part B for over 12 months and you have not received an AWV or your Welcome to Medicare Visit in the last 12 months. At your Annual Wellness Visit, your doctor may:

- ⇒ Check your height, weight, blood pressure, and other routine measurements
- ⇒ Give you a health assessment
- ⇒ Review your functional ability and level of safety
- ⇒ Learn about your medical & family history
- ⇒ Make a list of your current providers, durable medical equipment suppliers and medications
- ⇒ Create a 5-10 year screening schedule
- ⇒ Identify risk factors and current medical & mental health conditions along with related current or recommended treatments
- ⇒ Screen for cognitive impairment, including diseases such as Alzheimer's and other forms of dementia
- ⇒ Screen for depression
- ⇒ Provide health advice & referrals

The AWV is NOT a head to toe physical. Medicare Part B covers the AWV with no cost sharing but depending on your visit, you may be responsible for paying a facility fee or cost sharing on any diagnostic services you receive.

Sometimes, the menu for Mid County Senior Center differs from the one found in this newsletter. Our menu is published in the Menominee County Journal, Luft's Advertiser and monthly menus are always available at the senior center too.  
Join us for a meal!



Wednesday April 27 is the day April birthdays will be honored with a card, sweet treat & a gift certificate good for one nutrition meal.

Curbside menu is sweet & sour pork over rice, oriental vegetables & coleslaw, mandarin oranges & chocolate mousse.

Customer appreciation give away too!

## MDS Community Action Agency

Senior Services Program  
507 1st Ave. N.  
Escanaba, MI 49829



NONPROFIT  
ORGANIZATION  
U.S. POSTAGE PAID  
PERMIT #19  
ESCANABA, MI  
49829

Menominee-Delta-Schoolcraft

# Senior Services

[www.mdscaa.org](http://www.mdscaa.org)



CAA is an equal opportunity  
provider and employer.

OR CURRENT RESIDENT

## MONTHLY NEWSLETTER APRIL 2022 | Vol. 9 No. 4

The Monthly Newsletter is  
published once a month at  
507 1st Ave N.  
Escanaba, Michigan 49829



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

## FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

 CALL 800.950.9952



## STAND OUT

with a PREMIUM DIGITAL AD  
on MYCOMMUNITYONLINE.COM



CONTACT US AT 800-950-9952



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

MDS Community Action Agency, Escanaba, MI

E 4C 01-1371