

**MENOMINEE DELTA SCHOOLCRAFT
COMMUNITY ACTION AGENCY**

Senior Services

VISIT OUR WEBSITE AT MDSCAA.ORG

CHECK US OUT ON FACEBOOK

**MONTHLY NEWSLETTER
APRIL 2024 Vol. 11 No. 4**



**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

HERMANSVILLE (p. 12-13)

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

MID-COUNTY (p. 14-15)

202 S. US 41
Daggett, MI 49821
Phone: (906) 753-6986
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

MENOMINEE (p. 6-7)

905 10th St.
Menominee, MI 49858
Phone: (906) 863-3256
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

HARBORS
RETIREMENT COMMUNITY

*Excellence in Senior Living
at Affordable Prices*

Apartments Available!
www.harborscommunity.com
906.863.3300

**NORTHWOODS
REHABILITATION**

The Choice Is Yours.
2 Convenient Locations

**Escanaba 789-2404
Gladstone 428-3085**

um UPPERMICHIGANLAW.COM

JESSICA BRAY, GABE CAMERON, SAM LARRABEE, KATIE CLARK

FIGHT BACK WITH THE RIGHT PROTECTION
CALL (906) PROTECT

Garceau
INSURANCE AGENCY

"Customer Service is Our Most Important Policy"

FOR ALL YOUR INSURANCE NEEDS
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

**NORTHLAND LUTHERAN
RETIREMENT COMMUNITY, INC**

LUTHER MANOR

.....
Assisted living offering three meals per day, personal care, medication management, activities, private rooms with private baths and spacious 2 room suites in a safe and secure environment.
Our excellent **Staff Members** can offer you the care you need and the independence you desire.
.....

MARINETTE, WI
715-732-5800
www.northlandlutheranwi.com

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

Crawford
FUNERAL HOMES

Escanaba (906) 786-0074
Bark River (906) 466-2211
www.crawfordfuneralhomes.net

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

Community Action Agency Services

After almost 38 years, Janet Bourdeau retired from MDS CAA on February 2, 2024.

She worked 20 years as a meal runner and 17½ years in the kitchen. Janet says, “My favorite thing about working for Meals on Wheels was the people, both the employees and the clients.” She plans to spend more time in her garden and being with her children, her grandchildren and her sister.

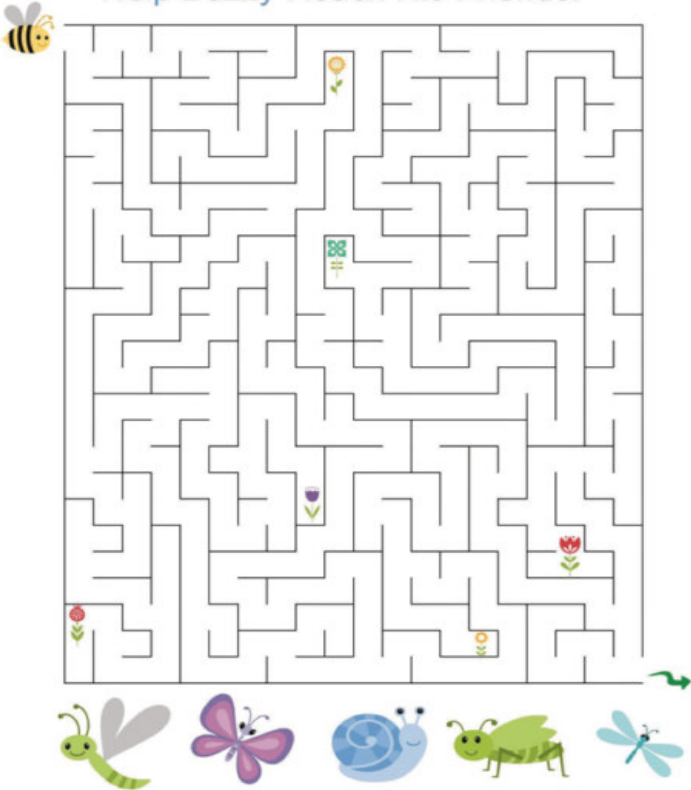
We truly appreciate everything Janet has done for us over the years. Congratulations on your retirement!



At left, Janet on her last day!
Bottom is the Escanaba Kitchen Staff.
(left to right) Renee Logan, Misty, Jason, Janet, and Kami



Help Buzzy Reach His Friends!



SPRING FACTS

- * Spring begins on the Vernal Equinox.
- * Tulips are one of the first flowers to bloom in the Spring.
- * Birds are more vocal in spring as they attract mates and warn away rivals
- * Your sense of smell is more acute in Spring.
- * Spring is the time of new life. Lambs and chicks are born also.
- * The early Egyptians built the Great Sphinx so that it points directly toward the rising sun on the spring equinox.
- * Cherry blossoms originated from Japan.
- * The planting of 2,000 cherry trees in Washington D.C. in 1912 was a gift from Japan to the U.S. for friendship.

IF YOU HAVE MEDICARE & MEDICAID

... you may qualify
for additional benefits.

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.



Healthcare
Solutions Team®
A Plan for Everyone



Call me, Margie
The Insurance Gal at:
906-553-8684
mprestonlyon@myhst.com

212 S 14th St • Escanaba, MI 49829

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

April 24 at 12 noon

Join us to celebrate the April birthdays by dining in or pick up a lunch of Swedish meatballs over noodles, beets, peas & Carrots, Fruit Cup, and birthday cake.

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 with a meal coupon 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 for the meal.

Call the center to reserve a meal before April 22.

786-8850



Medicare Information

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.

Let me help you navigate Medicare

MMAP
MICHIGAN MEDICARE/MEDICAID
ASSISTANCE PROGRAM
Navigating Medicare

**Call for 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.



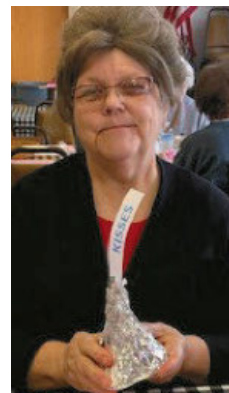
The next distribution is
Thursday, May 21
at 10:00–11:00 a.m.
at the U.P. State Fairgrounds

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.

Valentine's Day Winners



Saykly's gift card winners were Mike H. and Marv K-posing as a teddy bear! Towel winners were Karen H. and Bill E. "Giant Kisses" were won by Judy L. and Karen F.

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 200% of the Federal poverty income guidelines. See below. 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. For people 18+ years old.

You can visit once per month.

This institution is an equal opportunity provider.

Household Size	Annual Gross Income	Monthly Gross Income	Weekly Gross Income
1	\$29,160	\$2,430	\$561
2	\$39,440	\$3,287	\$758
3	\$49,720	\$4,143	\$956
4	\$60,000	\$5,000	\$1,154
Each additional family member add:	\$10,280	\$857	\$198

Congregate “February” Birthdays

Ardith R. won the flower arrangement from Wickert Floral. Also happy birthday this month to Corrie K., Kathy M., Dar N., Jean V., & Dell K.



Congratulations Birthday Party Winners!

Winners of the February birthday drawing for a Walmart \$10 gift card were Sherman M. and Steve S. (left to right)

Congratulations to you both!



Towel winners were Millie C., Tammy B., and Bill P. (left to right)

Thank you Gayle S. for your handmade towel donations.



Visit Escanaba Senior Center on Facebook for more pictures, videos, and the most up-to-date information.



Toe Nail Clinic



The North Woods Home Health Nurses will be at the Escanaba Senior Center on Thursday, April 4 & May 2 from 1:00–3:00 p.m.

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

Spring is a lovely reminder of how beautiful change can be.

Home Heating & Property Tax Credits

Get your paperwork together and drop off at the Senior Center. See page 15 for the information you need to bring.

I will call you when they are

End date to file Property Tax Credits is 4-15-24. completed.





CAA Menominee Senior Center
APRIL 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.

Foot Clinic: April 15

The next foot clinic will be on April 15 from 11 am-3pm.

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 \$20 and please bring your own bath towel.

Appointments are necessary. Call the center to reserve your spot.

SAC MEETING: APRIL 24 We have tentatively set the next Senior Advisory Council meeting at 9 am on April 24. We will be discussing the center as to how it handles the business and programming at our center. We would love to have your input on our services, and what you would like to see for future center activities etc. All are welcome to attend.

CELEBRATE VOLUNTEERS!
National Volunteer Week is April 21-27.



We wish to thank all of our volunteers in the community for donating their time & knowledge into making our world a better place. Our agency is proud to have 3 volunteer programs: Retired Senior Volunteer Program, Senior Companion Program, and Foster Grandparent Program. If you would like to know more about volunteering through our agency programs, please call 1-906-486-7080.

Senior Center Craft Day: April 11

Craft day will be April 11 at 1 pm. We will be painting on blue glass bottles. Each bottle will include a string of lights. Please sign up in advance if you wish to make one as supplies are limited.



Picture to right is an example of what you could make

Game Day: 1pm on April 18

Come on down and play the game "Left Right Center" with us. This is an easy game of dice. If you haven't ever played it, we will teach you. All are welcome to attend.



April Trivia Question: Who said this quote:

"You can fool all the people some of the time, and some of the people all the time, but you cannot fool all the people all the time."

- A.) Abraham Lincoln
- B.) George Washington
- C.) W.C. Fields



MARCH TRIVIA QUESTION/ANSWER:

Which is the longest river in Ireland?

Answer: C.) Shannon.

The river Shannon is 224 miles long.

April Trivia Answer Entry:

ANSWER: _____

Name: _____

Phone: _____

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.

HOMESTEAD & HOME HEATING CREDITS:

We are still accepting appointments for your Home Heating and Homestead Credits. Your deadline to file these credits are not April 15th. Only Federal and State taxable credit filers need to file by April 15th to avoid any penalty etc. These credits are from the State of Michigan, and are available if you qualify based on your net income after any insurance premiums are deducted. If you think you may qualify, or have questions, please call the center to schedule a free tax appointment.



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 am-noon on Tuesday, May 21. This will take place in the parking lot on 11th Avenue behind the Holy Spirit Church. This is a drive-up distribution.**

(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.

MEDICARE FRAUD-You can prevent it!

Each quarter, the Center for Medicare Services (CMS) mails out a “Medicare Summary Notice”. This form shows you any provider that has asked to bill Medicare for Medicare covered services. It shows what was billed, the Medicare approved amount and what you could be billed for. Once you receive this, take a moment to look over the claims that were billed to Medicare. They will list the dates, and also what provider has asked Medicare for payment. Compare these dates to your past appointments and procedures to see if this is accurate. If there is a service, date, or provider you did not see, you should always question it.

You have the right to an appeal if you believe there was an error. The appeal process is on the back of the form. But, any MMAP counselor can assist you with filing the appeal.

Why is this so important? You are the first line of defense on catching Medicare Fraud/Waste/Abuse. Sometimes the error is just a billing error, but other times it could be a red flag that some type of fraud or abuse is taking place. The more we can prevent fraud and abuse, the more money is saved, keeping Medicare costs down for all.

April Birthday Party

We will be celebrating April birthdays on April 24 starting after 12 noon. If you have a birthday in the month of April, 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 details. *Please register at least a day in advance or more for your meal.*

Pictured are Roger and Jean sharing their love at our “Kissing Booth” during our Valentine Party. Guests got to have their photo taken for a keepsake. We love our seniors!



CORPORATION CORNER
Gladstone Senior Citizens Non-Profit

Kudos to the wonderful staff at our Senior Center—Lisa, Annie, and Amy. They are very welcoming and helpful to our senior citizens, and work extra hard at providing fun activities and events every month. They host monthly birthday celebrations in addition to holiday parties, theme parties, entertainers, state-run bingo games, and much, much more. How very lucky we are to have them at our Center!!

If you are wanting to get in shape for your summer activities, why not join our Monday and Wednesday mornings “Sit and be Fit” exercise classes. You can join us at 10:30 a.m. on those days and make it happen, and stay for lunch served at 11:30 a.m.



Gladstone Senior Citizens NP Corp, P.O. Box 211, Gladstone, MI 49837. We currently have openings for board members that meet the second Tuesday each month at 10:00 a.m. Please contact Carol at 906-553-1747 or Bonnie at 906-241-8755 for more information.

TEFAP Food Distribution

Starting in May

Every Tuesday from 1:00 p.m. – 3:00 p.m. at the Gladstone Senior Center

You will be required to provide your name, address, household size, and how you are eligible.

Participants must fall at or under 200% 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.




For people 18+ years old. You can visit once per month. This is an equal opportunity provider


House hold Size	Annual Gross in- come	Monthly Gross In- come	Wkly Gross Income
1	\$29,160	\$2430	\$561
2	\$39,440	\$3287	\$758
3	\$49,720	\$4,143	\$965
4	\$60,000	\$5000	\$1,154
Each additional Family member Add:	\$10,280	\$857	\$198




Birthday Lunch
 Wednesday, April 24
 Swedish Meatballs over Noodles
 Beets, Peas & Carrots
 Fruit Cup
 Birthday Cake
 Call 428-2201 by April 19



Movie Day
 “Secretariat”
 Friday April 19
 12:00 p.m.
 Popcorn and snacks will be provided



Foot Clinic Northwood Nursing
 When: April 18
 Time: 1:00 - 3:00 p.m.
 Cost: \$22.00
 Bring your own towel Call Center at 428-2201



Happy Spring!

Spring has sprung, and despite our mild winter it's nice to have long and sunny days to enjoy!

If you don't feel like cooking let us do it for you. We are serving up delicious and nutritious meals daily at 11:30 a.m. Call the Center at 428-2201 one day before to order a meal! Hope to see you soon!!

Valentines Lunch

February Special Lunches

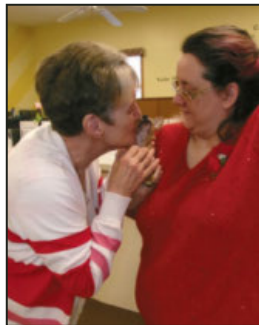
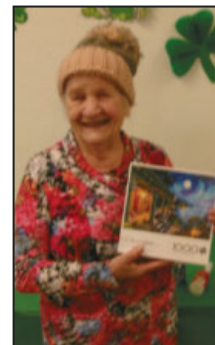
Birthday Lunch

Phoebe visited for Smooch the Pooch for Valentines Lunch!

Cheryl W
Valentine 50-50

Maria L

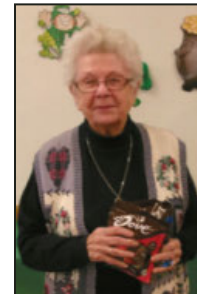
Ann L



Carol G B-day
50-50

Ellen S

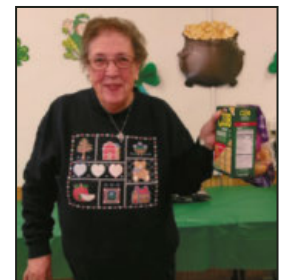
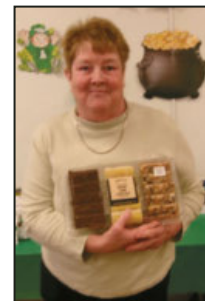
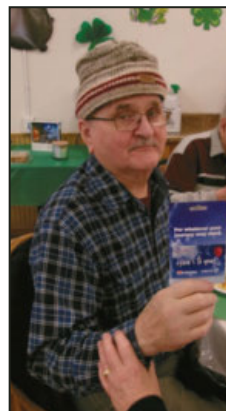
Marlene S



Lowell S B-day
Gift Card

Chris J

Cathy G



Evelyn A





April showers! Can you believe it? The weather is warmer, the flowers are poking up out of the ground and we are ready for some more fun at the center! Join us for crafts, exercise, dances and more, and of course, the coffee is always on! Come join us soon— Becky

356-6420 is our number!

Corporation Dance!
Sunday, April 14
1 to 4 pm



ESCANABA LIBRARY
BOOKMOBILE!!
1 pm on Wednesday, April 24.
Free & they will visit every
month! Call center for
more info!

APRIL EVENTS

- THURS 4/4 Cornell Group meets
- SUN 4/14 Corporation Dance 1-4 pm
- TUES 4/16 Crafts after lunch!
- WED 4/24 Birthday Party! AND Bookmobile at 1pm!!
- THURS 4/25 Movie Day after lunch (popcorn too!)

Exercise Class
every Tuesday &
Thursday at 9:30 am

April Craft Day!

Tuesday, April 16
after lunch!

Crafters at
Work!
Lovely
Baskets!

Be sure to call in and
reserve your spot!

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!



A Beautiful
Sunrise outside
the Center!

Lois picking out a
prize from our
Birthday
Party Prize Table!



Angels Among Us

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

Our sincere thanks to Brenda H, Lucy L, Stella N, Bud & Diana N, Barb H, Billie P, Helen S and Karen A for their donations of gifts, time and talents to the center. Thanks to everyone in the community who continue to look after their neighbors and friends!

Take care!!!
Thank you!



CRIBBAGE
 We have some folks who love to play cards, but they need someone to play with!
 How about you??
 Call the Center for more info!
 356-6420

Man, we love our food at the Rock Center!
 We always have a beautiful salad bar and lots of treats—especially on Party Days!



Monday	Tuesday	Wednesday	Thursday	Friday
1 Goulash Green Beans Apples Bread	2 Chicken Parmesan over Pasta Cook's Choice Vegetable Fruit Mix	3 Turkey a la King over Mashed Potatoes Key Largo Vegetables Tropical Fruit Bread	4 Beef Pot Pie Roasted Broccoli Applesauce Breadstick	5 Polish Sausage Sauerkraut Boiled Potatoes Corn; Fruit Cocktail Bread
8 Pizza Burger w/Bun Oven Potatoes Corn Fruit Cup	9 Beef Noodle Casserole Cook's Choice Vegetable Warm Peaches	10 Sweet & Sour Chicken Brown Rice Oriental Vegetables Wax Beans Fruited Pudding	11 Tomato Basil Soup Ham & Swiss Sandwich Bread Three Bean Salad Cook's Choice Fruit Cup	12 Hobo Dinner Green Beans Bread Fruit Crisp
15 Hamburger Gravy over Mashed Potatoes Cook's Choice Vegetable Applesauce Bread	16 Chicken Cacciatore over Egg Noodles Italian Vegetable Blend Fresh Fruit	17 Boneless Pork Chop Au Gratin Potatoes Peas & Onions Pineapple Bread	18 Cream of Broccoli Soup Meat Spread w/Lettuce Bread Cucumber Salad Mixed Fruit	19 Beef Pasty Rutabagas Cook's Choice Fruit Cup
22 BBQ Pulled Pork w/Bun Oven Potatoes Cook's Choice Vegetable Pears	23 Tater Tot Casserole 7-way Mixed Vegetables Bread Peach Cobbler	24 Congregate Birthday Limit 1 per person Swedish Meatballs over Noodles Beets; Peas & Carrots Fruit Cup; Birthday Cake	25 Chicken Breast w/Gravy Parmesan Potatoes Broccoli Bread Pineapple	26 Chili Copper Penny Salad Cornbread Fruit Ambrosia
29 Breaded Chicken Breast with Bun Potato Wedges Prince William Vegetables Peaches	30 Cheese Tortellini w/Red Sauce Country Trio Vegetables Garlic Bread Fruited Jell-O	<i>Menu subject to change</i>		This menu is for all our senior centers. Call your senior center with questions/comments.



SENIOR COMMODITY FOOD BOX
AT HERMANVILLE
SENIOR CENTER

MONDAY APRIL 15
FROM 9–10 A.M. CST



Pre-certified Senior Citizens
60+ years old.

Commodity Supplement
Food Program.

Call 906-498-7735



Hope you had a Happy Easter!



DOMINOS ARE ON TUESDAY AFTERNOON!

This group plays “ethnic” train,
but we welcome others to form a
Domino group of their liking.



Beginners Art Class

Starting—MONDAY, APRIL 1 at 1-3 pm CST.

COST \$5.00 to register.

Pre-register by calling the
Center at 906-498-7735

Up to 12 participants to a class.

More classes to come in the future.

May bring your own supplies as we go.

CALL FOR MORE INFORMATION!!!



THANK YOU!!

Thank you to twins
John & Paul and Katie
....(pictured below)
from Northern Pines
for volunteering
their time,
and resting after.



H
A
P
P
Y



We celebrated our own assistant Bonnie's 70th birthday during February's celebration.



Our RSVP Volunteers , Pat & Ruth, do a great job decorating our HOLIDAY TREE. We are truly enjoying having it up year round and enjoying every season! Pat will be our instructor for art class!

BIRTHDAY!!!



BY BROGAN & YONKERS
Estate Planning & Elder Law


**LIFE-FOCUSED
ESTATE
PLANNING**

Our Services

- ◆ ESTATE PLANNING
- ◆ ELDER LAW
- ◆ NURSING HOME PLANNING
- ◆ WILLS & TRUSTS
- ◆ PROBATE ADMINISTRATION

(906) 228-6212

BROGAN & YONKERS, PC



North Woods Place
Senior Living

Enjoy easy living at our welcoming assisted living community in Escanaba.

enlivant.com

Call us today at 906-789-2268 to schedule a personalized tour.

Renaissance by Rennes
Assisted Living Apartment Community

Celebrating 25 Years of Compassionate Care



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!

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

www.rennesgroup.com



▶ in fb



April Exercise Dates

Wednesday April 3 at 11am
Wednesday April 10 at 11am
Wednesday April 17 at 11am
Join us, all are welcome!
Coffee and snack served afterwards



April 2024 Activities

April 1 & 22– Foot clinic, by appointment only, from 8am to noon. Cost is \$20 which includes toenail trim by Christa Rivard, certified nail technician. Finger nail trim is also available for an additional \$5.

April 11– Mystery lunch trip. The bus leaves the center at 10:30am and travels to a mystery destination for a Dutch treat lunch. Cost for the bus ride is \$3 per person.

April 15– Craft class beginning at 1pm. Craft to be determined. Would you like to join us for lunch? Call to reserve a nutrition meal.

April 24– Monthly Birthday Party Dinner with 50/50 raffle, door prizes, cake, ice cream and bingo. If you are celebrating your birthday in April, please notify the staff when making your meal reservation so we may honor you.

Join us, the senior center is a great place to be!

April is National Volunteer month and we would like to thank all our wonderful, faithful volunteers! Judy & Craig F., Shelby J., John & Jan T., Arlene E., Jim L., Donny I and Edna P.

Whether you volunteer with commodities, exercise class, assisting with parties or calling Bingo, we appreciate each and every one of you!



Holy Cross Headstones/Markers



Call 906-225-0191
today and see how easy and affordable getting a great headstone can be!

1400 Wright Street Get a free design and quote.



TWO HOMES • ONE HEART

Specializing in Short-term Rehabilitation and Long-term Care

Hiring with sign on bonuses for:

*** CNAs * LPNs * RNs * And More**

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



2015 1st Avenue N. Escanaba
Call Judy Owens: 906-786-1308
Bringing People & Places Together



FREE
AD DESIGN
with purchase
of this space

CALL 800-950-9952

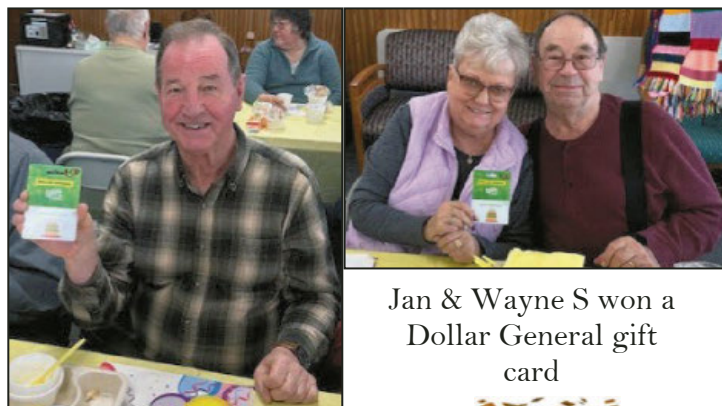


April Birthdays

Arlene E.	April 2
Mary Ann R.	April 7
Joyce T.	April 12
Jan T.	April 25
Darrell S.	April 26
Buck W.	April 26



February Birthday winners



Jan & Wayne S won a Dollar General gift card

Fred W was a winner!



Joyce R was too!



Lucky Elaine H.



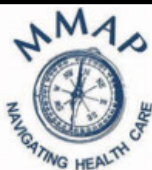
Jean S was a 50/50 winner



Barb E was too!



Special thanks to Harlan & Judy Anderson and Thrivent Financial for the donation of batteries to the senior center birthday party participants. We appreciate your thoughtfulness!



MEDICARE MEMO

By Becky Thoune-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 within 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 and 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.

MMAP counselors provide assistance with Medicare and Medicaid issues at no charge.



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

Menominee | Delta | Schoolcraft

Senior Services

www.mdscaa.org

CAA is an equal opportunity provider and employer.

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



OR CURRENT RESIDENT



MONTHLY NEWSLETTER
APRIL 2024 Vol. 11 No. 4



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

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



For ad info. call 1-800-950-9952 • www.lpcommunities.com

MDS Community Action Agency, Escanaba, MI

E 4C 01-1371