

**MENOMINEE DELTA SCHOOLCRAFT
COMMUNITY ACTION AGENCY**

Senior Services

VISIT OUR WEBSITE AT MDSCAA.ORG

CHECK US OUT ON FACEBOOK

**MONTHLY NEWSLETTER
OCTOBER, 2024 Vol. 11 No. 10**



**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"

**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**

**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

Hi, my name is Tim Johnson. I am a meal-runner for Community Action Agency, Mid-County Senior Center in Daggett. I have been delivering hot nutritious meals since the spring of 2018. It is a joy to provide this service for our senior citizens. It's also an opportunity to brighten their day and to provide a welfare check-in.

I also work as a security guard for Delta Force PI. I also make special order woodworking items.

I'm married to Hazel Johnson and we have one son, Nicholas, who is newly married to our wonderful daughter-in-law Bethany.

I'm former military and a member of American Legion Post 487, Carney, MI. I am a believer in the Lord Jesus Christ and a member of the Carney Evangelical Free Church, presently serving as co-leader with my wife of the Congregational Care Team and serve on the Church's Safety Team. I am a lover of my Country, my Lord and our area Senior Citizens.

My interests/hobbies include woodworking, camping, driving tractors, and enjoying the great outdoors.



Thank you Tim for all you do!

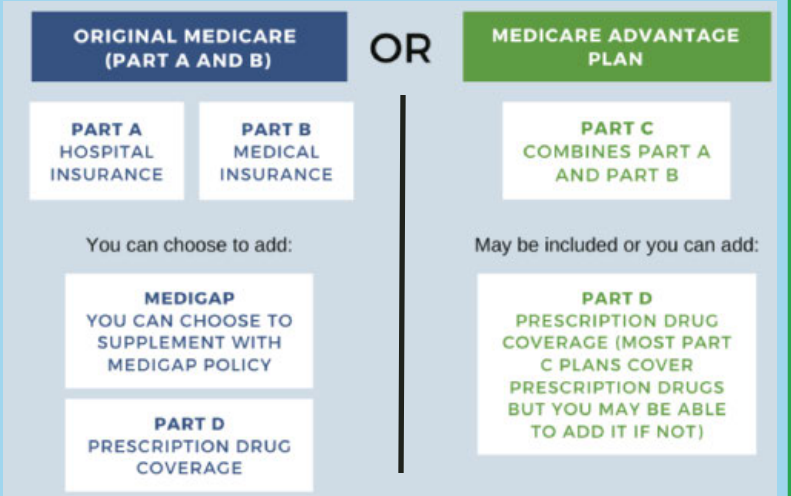


Medicare Word Search

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

Initial Enrollment Period	Late Enrollment Penalty	Annual Election Period
Medicare Supplement	Medicare Advantage	Original Medicare
Medicare Part A	Medicare Part B	Medicare Part C
Medicare Part D	Extra Benefits	Part B Premium
Coverage Gap	Extra Help	Deductible

Medicare Coverage Option



If you have Medicare questions please call your local Senior Center for answers. We are certified Medicare Counselors to assist with options specific to you.

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.

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

October 23 at 12 noon

Join us to celebrate the October birthdays by dining in or pick up a lunch of **Boneless BBQ Ribs, Boiled Potatoes, Key Largo Vegetable, Dinner Roll, and Peach Cake.**

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 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.

Limit 1 per person.

Call the center to reserve a meal before October 21.

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

M MAP

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, November 21
at 10 - 11 a.m.
at the U.P. State Fairgrounds



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

Escanaba city limits only.

Call Senior Center at 786-8850 to get on this list.

This is an equal opportunity provider.



Toe Nail Clinic

The North Woods Home Health Nurses will be at the Escanaba Senior Center on Thursday, October 3 & November 7 from 1:00—3:00 p.m.

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

Wednesday, October 30

the

MDSCAA Administrative Office,
Senior Centers,

Home Delivered Meal Program,

Homemaker Aides, Personal Care Aides,

Head Start Offices & Classrooms

will be **closed** and attending an All-Staff Training.

Services returning on October 31.



Please order meals accordingly!

**IMPORTANT
NOTICE**



Senior
Project FRESH
Market Fresh Food



**Last month to use your Project Fresh
Coupons.**

They are redeemable until October 31.

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. 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.

Call office for income guidelines.
You can visit once per calendar month.

This institution is an equal opportunity provider.



Congregate “August” Birthdays

Barb C. won the flower arrangement from Wickert Floral. Also happy birthday this month to Marilyn D. and Joanne C.



Congratulations Birthday Party Winners!

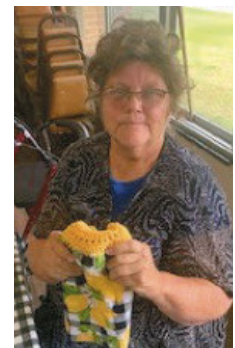
Winners of the August birthday drawing for a gift card to Hobby Lobby were and Janice R. and Jean F. not pictured.

Congratulations to you both!



Towel winners were (left to right) Del K. and Karen F.

Thank you Gayle S. for your handmade towel donations.



BINGO

Tuesday's from 1–3 p.m. at the Escanaba Senior Center in February.

**25 cents per card / per game.
All money is paid back out on the same day. Come and join us!**

Line Dancing every Monday and Thursday

Dancing starts at 1:00 p.m.
Come and kick up your heels!

Get some exercise and have some fun too!



Do you like to play cards?

Come join the group on Wednesdays at 12:30 p.m. to play '500'.

Let us know if you want instructions by calling 786-8850

Keep your mind active!



Watch your mail for Medicare Open Enrollment information for 2025!

Go to EscanabaSeniorCenter on Facebook for up to date information and more pictures.





CAA Menominee Senior Center

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

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

CAA/Menominee Senior Center business hours:

Monday through Friday 8:00 a.m. to 3:00 p.m.
Please call at least a day in advance to schedule your bus ride, or to reserve a meal.

UPCOMING PLANNED

CLOSURE:

The center will be closed on October 30 so all staff can attend a training event out of town. The center will not be open for services on this day including home delivered or congregate meals, and any transportation. We apologize for the inconvenience, but hope you can adjust with this advanced notice.

If you are in need of a meal for this day, you can double-up on a meal prior to this closure, or you can ask for a frozen meal in advance to warm up on this day. Please call the center if you need to make any changes to your menu choices.



JOKE: Why wouldn't the ghost dance at the party?

Because he had no BODY to dance with him.



CALLING ALL GHOULS AND BOYS!

Because of the planned closure, we will be moving our monthly birthday party up a week this month, and celebrating Halloween early.

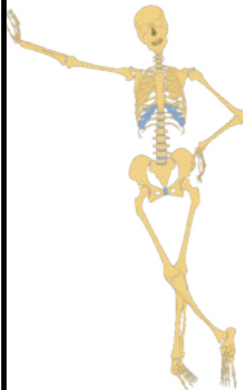
We will be combining our Halloween Party and Monthly Birthday Party into one big party on October 23.

So, get your costume on early and join us for a frightfully fun afternoon. Besides a great lunch, we will have door prizes, games and more fun to be had. Come in costume and receive a free meal certificate good on a future visit. As always, spooky décor and so much more! We hope you can join us! Please sign up no later than October 22.

OCTOBER TRIVIA QUESTION:

This is a 2-part question/answer

- 1.) How many bones total does a human skeleton have? _____
- 2.) What is the largest bone in the human body? (Multiple choice)
 - A.) Skull
 - B.) Rib Cage
 - C.) Femur



October Trivia Answer Entry:

Question 1 answer: _____

Question 2 answer: _____

Your Name: _____

Phone: _____

One entry per person.
Return to Menominee Senior Center.

SEPTEMBER TRIVIA QUESTION/ANSWER:



One of this band's first big hits was a cover of the Tempo's song "See You In September". This band's version came out in 1966. Lead singer Bob Miranda is the only one left of this band.

Name this band.

ANSWER: C. The Happenings

Although the most played rendition on the radio has been from Frankie Valli & the Four Seasons



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.

MEDICARE OPEN ENROLLMENT SEASON:

The Medicare annual Open Enrollment season is upon us soon! From October 15th through December 7th, this period is for folks looking to compare drug plans, and Medicare Advantage plans and make changes for 2025. The changes that you make during this period will take effect on January 1, 2025.

Why look into it? Well, each year drug plans can make changes to their formularies, prices, preferred pharmacies etc. even change hands-thus discontinuing their plans. So, pay attention to any mailings you receive from your current health and drug plans. Medicare Advantage plans may change their drug coverage, and also health care coverage prices. They can also add little bonus features that are not included in regular Medicare that may be worth looking into. We give you the information to make an informed decision for yourself.

We will be taking appointments starting in late October into November to help folks with their comparisons. If you wish to make an appointment, call our center. In certain cases, we can do a quick review over the phone too to see if it will warrant an in-person appointment.

What we will need to help you: Your Medicare cards for your health and or drug plans. We will also need a most recent list of your medications to compare for 2025. If you have created a Medicare.gov account on your own already, you can bring in your username and password and we can help you through that portal. This is free & independent Medicare counseling from MMAP certified counselors.



October Birthday Party:

October 23

We will be celebrating October birthdays a week early this month-on October 23. Party starting after 12 noon. If you have a birthday in the month of October, 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.*

Foot Clinic: November 15

We do not have a foot clinic in October.

The next foot clinic will be on November 15 by appointment only.

A licensed nail tech will be here for your foot health.

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

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

Appointments are necessary.

Call the center to reserve your spot.

Spots fill up quickly!



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, November 19.** **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.

CORPORATION CORNER

Gladstone Senior Citizens Non-Profit

The Gladstone Senior Citizens NP Corp. will hold its FALL CRAFT SHOW and BAKE SALE on SATURDAY, OCTOBER 26th from 9 a.m. to 4 p.m. Crafters can reserve their spot and get more information by contacting Pat at (906) 825-8006; or by picking up and completing a form at the Gladstone Senior Center. We are also looking for donated baked goods which can be dropped off at the Center from 1:00-3:30 p.m. on the DAY PRIOR. Admission to this event is \$2.00 with children age 12 years and under are free. All proceeds from this events are used for the maintenance and upkeep of the Senior Center building.

Thanking you in advance for your help in making this a successful event.

Gladstone Senior Citizens NP Corp, P.O. Box 211, Gladstone, MI 49837. Please contact Carol at 906-553-1747 or Bonnie at 906-241-8755 for more information.

TEFAP Food Distribution

Every Tuesday from 1:00 p.m. - 3:00 p.m. at the Gladstone Senior Center
Income based for people 18+ years old.
You can visit once per month.



This is an equal opportunity provider

Foot Clinic Northwood Nursing

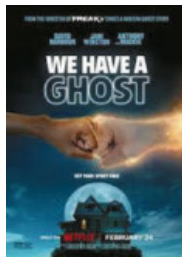


When: October 17
Time: 1:00 - 3:00 p.m.
Cost: \$22.00

Bring your own towel Call Center at 428-2201

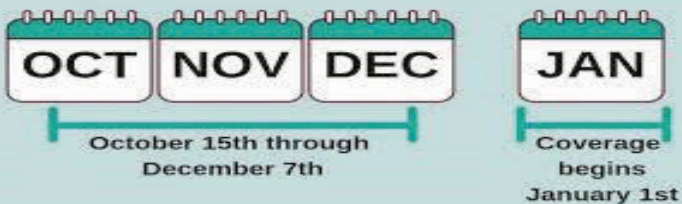


Movie Day
"We Have a Ghost"
Friday October 18
12:00 p.m.



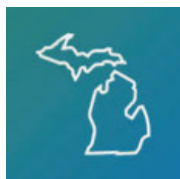
Popcorn and snacks will be provided

MEDICARE OPEN ENROLLMENT PERIOD



Mobil Secretary of State

December 3
11:00-3:00 p.m.
Call 428-2201
to set up appointment



Birthday Lunch

Wednesday, October 23
Boneless BBQ Ribs
Boiled Potatoes
Key Largo Veggies, Dinner Roll
Peach Cake

Call 428-2201 by October 18
to reserve a spot.



HAPPY HALLOWEEN Halloween Party

Thursday October 31
Goulash
Green Beans
Salad
Breadstick
Pumpkin Whip

Costumes welcome
Call 428-2201
Reserve a spot by Oct. 28.



Craft Day

Tuesday October 8
From 12:30-2:30 p.m.
Call center 428-2201 to sign up



CLOSED!

We will be closed on
Wednesday October 30

For an All Staff Training. There will not be Home delivered meals or Center meals on that day. Please make arrangements for a extra meal if it is needed!

We will be back open October 31

BINGO

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

Ball tickets go on sale at 12:05 p.m. and Early Birds start at 1 p.m. All funds raised help purchase items for the center. Plan on coming and joining in on some fun and you may even win some money for yourself!

Hope to see you!

August Special lunches

End of summer give away

Nancy F Day 1



Vicki L Day 2



Cheryl W B-day month gift cert.



Cindy H 50/50



Lowell S Day 7



Pam T Day 8

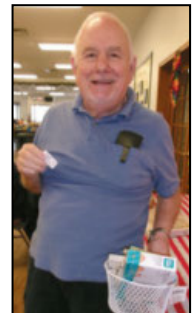


Birthday lunch

Beverly M



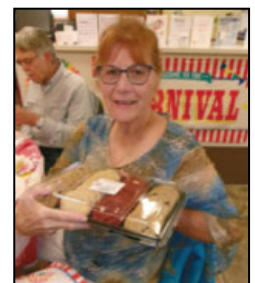
Bob m



Carol G



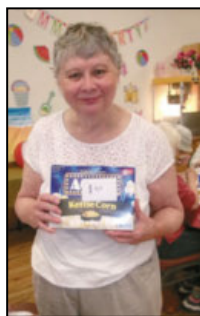
Lynn B



Nancy L Day 3



Judy F Day 4



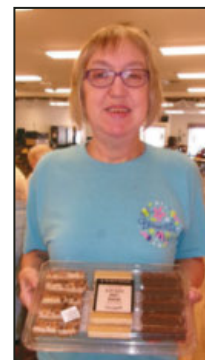
Donna A Day 5



Cathy C Day 6

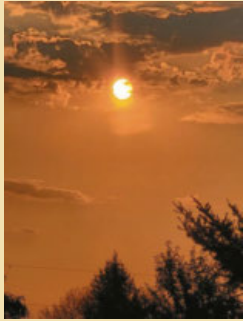


Nancy L



Peggy S





October here already? Fall leaves, Halloween and all kinds of activities are here! Lots of fun, food and more to come this month! And never fear, the coffee is always on!

Come join us soon— Becky 906-356-6420 is our number!

OCTOBER EVENTS

- THU 10/3 Cornell Crew meets
- SUN 10/14 Corporation Dance 1-4pm
- TUES 10/15 Crafts after lunch!
- WED 10/23 Birthday Party & Book Mobile
- WED 10/30 Center Closed and No Meals
- On Wheels running
- THU 10/31 Halloween Trick or Treating!
- Time TBD

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!



Center Closed on Wednesday, October 30th

Birthday Party rescheduled to October 23rd this month!

Trick or Treating at the Center!

October 31st—time TBD

Live out a ways? Bring your candy in for the trick or treaters and join us!



Our crafters have so much fun! Join us some time and have a laugh!



October Craft Day!

Tuesday, October 15th after lunch!

Be sure to call in and reserve your spot!
Check out July's cool craft below!



At left: Sharyn is finishing up her patriotic flag stones!

At right: Kathy made some beautiful quilts for all of us. Kathy (center) pictured with Michelle & Becky and then with Jean (above).

Thank you, Kathy!



Exercise Class every Tuesday & Thursday at 9:30 a.m. A mile walk and gentle Tai Chi warm up exercises! All welcome!

Corporation Dance is 1 to 4 p.m. Featuring music by Country Express



Our Annual Rummage Sale was a great success!

Thanks to all who donated items, bought things and a big thanks to our terrific volunteers:

Lucy, Karen, Dorothy, Sharyn, Jean, John, Stella, Brenda, Bella, Sharon, Jeff, Jessie and Bonnie!

We made well over \$1200.00!
Great job!



Monday Tuesday Wednesday Thursday Friday

<p><i>Menu subject to change</i></p> <p>This menu is for all our senior centers. Call your senior center with questions/comments.</p>	<p>1 Hobo Dinner Mixed Vegetables Warm Fruit Crisp WW Breadstick</p>	<p>2 Chicken Penne Casserole Monte Carlo Blend Veggie Diced Beets Diced Pears</p>	<p>3 Beef Stew Biscuit Sweet Potato Wedges Warm Peaches</p>	<p>4 Taco Casserole Fiesta Potatoes Mexicali Corn Cook's Choice Fruit Cup</p>
<p>7 Scalloped Potatoes Baked Ham Green Beans Pineapple Tidbits WW Bread</p>	<p>8 Shepard's Pie Prince William Vegetables Fruited Jell-O WW Bread</p>	<p>9 Sweet N Sour Chicken Over Rice Oriental Vegetables Wax Beans Mandarin Oranges</p>	<p>10 Polish Sausage Sauerkraut Boiled Potato Corn; Fruit Cocktail WW Bread</p>	<p>11 Breaded Pollock Garlic Mashed Potatoes Carrots Cook's Choice Fruit Cup WW Bread</p>
<p>14 Sloppy Jo w/Bun Cook's Choice Vegetable Oven Potatoes Diced Pears</p>	<p>15 Bourbon Chicken Breast Baked Potato Capri Blend Vegetable Fruited Yogurt WW Bread</p>	<p>16 Meatloaf Boiled Potatoes Corn Apple Slices WW Bread</p>	<p>17 Cream of Broccoli Soup Meat Sandwich Three Bean Salad Tropical Fruit</p>	<p>18 Beef Pasty Broccoli Cook's Choice Fruit Cup</p>
<p>21 Mushroom & Swiss Burger WW Hamburger Bun Oven Potatoes Wax Beans Fruit Cocktail</p>	<p>22 Sweet & Sour Chicken Over Rice Oriental Vegetables Brussel Sprouts Fruited Pudding</p>	<p>23 <small>Birthday Party Limit 1 per person</small> Boneless BBQ Ribs Boiled Potatoes Key Largo Vegetables Dinner Roll Peach Cake</p> 	<p>24 Chicken Breast Parm Roasted Potatoes Winter Blend Vegetable Pineapple WW Bread</p>	<p>25 Tuna Noodle Casserole Green Beans Cook's Choice Vegetable Cook's Choice Fruit Cup</p>
<p>28 Salisbury Steak Mashed Potatoes Carrots Diced Peaches; WW Bread</p>	<p>29 Chicken Parmesan o/Pasta Italian Vegetables Side Salad; Tropical Fruit Order an extra meal for 10-30-24</p>	<p>30</p> 	<p>31 Halloween Party Goulash Green Beans Salad WW Breadstick Pumpkin Whip</p>	

HERMANVILLE SENIOR CENTER
(906)-498-7735



CSFP COMMODITY FOOD BOX
OCTOBER 21 FROM 9-10 AM CST
PICK UP AT HERMANVILLE
SENIOR CENTER

For Pre-Certified Senior Citizens
60+ years old.

This is an equal opportunity provider



SIT AND FIT EXERCISE CLASS

STARTING OCT. 15, 2024 - MAY 2025

TUESDAYS AND THURSDAYS IN THE GYM
10 AM TO 11 AM CST

PATTI MOUFORD, Certified Instructor
Must sign a Liability Waiver



A HUGE THANK YOU TO ALL OF OUR CHURCHES, FARMERS, AND ORGANIZATIONS THAT HAVE DONATED TO THE HERMANVILLE FOOD PANTRY THIS YEAR. AS WE APPROACH THE GIVING SEASON, PLEASE KEEP IN MIND A DONATION OF MONEY OR FOOD, AS OUR FUNDS START TO DWINDLE. MORE INFO NEXT NEWSLETTER.



MOST EFFECTIVE YOGA POSES
that You Can Do at
your
DESK OR OFFICE

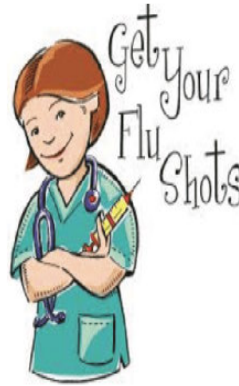
- CHAIR RAISED HAND POSE
- CHAIR PIGEON POSE
- SEATED TWIST
- SIT AND STAND CHAIR POSE
- SEATED CRESCENT MOON POSE
- WRIST AND FINGER STRETCH
- COW FACE ARMS

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www.Top10HomeRemedies.com



HAPPY BIRTHDAY JOHN K.
(WAVING IN THE PICTURE)
LAST MONTHS BIRTHDAY GUEST!

OCTOBER'S BIRTHDAY DINNER WILL BE
ON WEDNESDAY, OCTOBER 23
AT 11:30 CST
CALL BY NOON FOR RESERVATIONS.



Public Health of
Delta & Menominee County
is providing a
MOBILE FLU CLINIC
in the parking lot of
the Hermansville Senior Center

Friday, September 27
from 8:30 to 12:00 noon CST
W5480 First Street
Call 906-498-7735

If you missed this clinic call:
Public Health of Delta &
Menominee
at 906-789-8106

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

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

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

We currently have one transportation vehicle available & transportation is limited at this time. We will do our best to accommodate all requests



Tim Johnson, Mid County meal runner, is shown with our new meal delivery vehicle, a Chevrolet Equinox

October 2024 Activities

October 14- Craft class beginning at 11am; please let the office know if you will be participating so we have enough materials for everyone. If you would like to have lunch after the craft class, mention that too.

October 23- Halloween/Birthday party combined. We will be honoring all those with October birthdays & celebrating Halloween. Door prizes, 50/50 raffle & prize for best costume. All those dressed in costume will receive a nutrition meal certificate.

Sorry, Halloween shirts don't count.

October 30- The senior center will be closed for All-Staff training. No home delivered or congregate meals will be served.

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



How cute are these wooden pumpkins? This will be our October 14th craft class project. All materials provided. Sign up today to participate!

Holy Cross Headstones/Markers



Call 906-786-4685 today and see how easy and affordable getting a great headstone can be! 3026 Lake Shore Dr., Escanaba, MI 49829 Get a free design and quote. 10% off with this ad!



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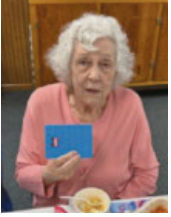
2015 1st Avenue N. Escanaba Call Judy Owens: 906-786-1308 Bringing People & Places Together



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August Birthday Winners



Phyllis V won a gas card!



Peg D won the 50/50



Barb E won coffee!



Walter & Betty O won a gas card!



Betty P won the 50/50 too!

THANK YOU

- *Lynda Keller for donating door prizes*
 - *Harlan & Judy Anderson for donating coffee to the center & for door prizes*
- We appreciate your generosity and support of the senior center*

OCTOBER EXERCISE DATES

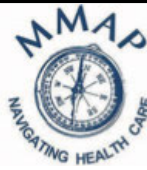
Wednesday October 2 at 11am
 Wednesday October 9 at 11am
 Wednesday October 16 at 11am
 Monday October 21 at 10am
 Monday October 28 at 10am
 Coffee & snack served afterwards



HAPPY BIRTHDAY!

Jeanette D.
 Donna T.

October 3
 October 27



**MEDICARE OPEN ENROLLMENT
 ARE YOU IN THE BEST PRESCRIPTION
 PLAN FOR YOU?**

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, it is recommended to review your options each year. Anyone who joined a Medicare prescription drug 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 2025.** Now is the time for Medicare beneficiaries to evaluate their current drug plan. If you are satisfied with your current drug plan, you do not have to do anything. Your coverage will continue through 2025 without any re-enrollment process. However, you should take the time to look at other plans for coverage in the coming year. You will want to answer these 3 questions:

- ***COST:** will your premium costs change significantly in 2025?
- ***COVERAGE:** do you need more coverage in 2025? Will the prescriptions you are taking be covered by your current plan in 2025?
- ***CUSTOMER SERVICE:** are you satisfied with your plans service?

Anyone who is interested in enrolling in a new plan for 2025 should start comparing plans as open enrollment begins October 15 and ends December 7th. Coverage under the new plans begins January 1, 2025. People who did not join a drug plan during their initial enrollment period may also now apply for a drug plan, if they chose. Beneficiaries may call Becky Thoune, MMAP counselor at 906-753-6986 for personalized assistance in comparing drug plans at no charge.

Foot Clinic Dates

October 7 & 28

BY APPOINTMENT ONLY

Cost is \$22 which includes toenail trim by Christa Rivard, certified nail tech

Call 753-6986 to schedule an appointment

Finger nail trim available for an additional \$5



Membership dues are now being accepted for the upcoming fiscal year at the Mid County Senior Center. Dues are \$10 per person. Dues funds are used to help purchase all the little extras we are able to provide for parties.



MEDICARE OPEN ENROLLMENT



October 15th through December 7th

Coverage begins January 1st

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Senior Services

www.mdscaa.org

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



OR CURRENT RESIDENT

MONTHLY NEWSLETTER OCTOBER, 2024 Vol. 11 No. 10

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

All MDSCAA Offices, Senior Centers, and Head Start will be **closed** for All Staff Training on October 30th. No meals will be delivered. See you back on October 31st.

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