



Menominee-Delta-Schoolcraft
Senior Services

MONTHLY NEWSLETTER
OCTOBER 2021
Vol 8. No. 10

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

ESCANABA (p. 2-5)

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

GLADSTONE (p. 10-12)

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

HERMANSVILLE (p. 16-17)

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

MENOMINEE (p. 6-9)

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

MID-COUNTY (p. 18-19)

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

ROCK AREA (p. 13-15)

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

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October 15 thru December 7
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Escanaba Senior Center Mon-Fri, 8 a.m. - 3 p.m.

"It's the most spook-tacular time of the year"

We continue to be open for congregate dine-in meals ONLY from 11 a.m. to 1 p.m. You will need to inform us if you want to dine-in. Curbside pick-ups are still available between 11:45 a.m. to 1 p.m. As conditions continue to improve and we get staff back in place, we will introduce more activities as we are able. For any other assistance please call 786-8850 to set up an appointment.

October birthdays and Halloween will be celebrated on Wednesday, October 27 at 12 noon. Lunch will be BBQ pork ribs, baked potato, peas & carrots, fruit compote. There will be door prizes given out whether you are dining in or curbside. See more information on page 4.

"Parking Lot" **BINGO** will continue on October 27. The cost is 25 cents per game, playing 1 of 5 cards at a time, 2 games per card for a total of 10 games. Bring your entry fee (\$2.50) in dollar bills and quarters. Listen from your car radio and flash your lights when you have a bingo! You could even listen from home on station 91.5 FM and play for fun with your own cards. Start time is 1:30 p.m. in the parking lot rain or shine.

Remember it is Medicare Part D and Advantage Plan open enrollment time from October 15–December 7. Let me help you see if your current medications will be covered in 2022 and switch plans if you want to. It's as simple as setting up an appointment with me and bringing a list of your current medications and Medicare card. I will also see if you qualify for extra help with your Part B monthly premium and prescriptions.

Call me at 786-8850.



Historical events for the month of October

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

October 2, 1968 - California's Redwood National Park was established. Redwoods are the tallest of all trees, growing up to 400 feet (120 meters) during a lifetime that can span 2,000 years.

October 8, 1871 - The Great Fire of Chicago erupted. According to legend, it started when Mrs. O'Leary's cow kicked over a lantern in her barn on DeKoven Street. Over 300 persons were killed and 90,000 were left homeless as the fire leveled 3.5 square miles, destroying 17,450 buildings. Financial losses totaled over \$200 million.

October 12, 1492 - After a 33-day voyage, Christopher Columbus made his first landfall in the New World in the Bahamas. He named the first land sighted as El Salvador, claiming it in the name of the Spanish Crown. Columbus was seeking a western sea route from Europe to Asia and believed he had found an island of the Indies. He thus called the first island natives he met, 'Indians.'

October 31st - Halloween or All Hallows' Eve, an ancient celebration combining the Christian festival of All Saints with Pagan autumn festivals.



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, Tammy, John, Carole, and Eva.

HAPPY HALLOWEEN!



"Not So Spooky" Sudoku

5		3	4	6			2
	6	1			2	4	8
		4			1		6
2		9		1		3	7
				7		8	4
3		7		9		2	1
	9			8		5	
				4			7
	5			2			4

Use the number 1-9 to solve the puzzle. Remember that no row, column, or box of 9 may have the same number more than once. Don't be afraid to carve your way through this October puzzle.

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www.mycommunityonline.com



Medicare Information

Are you confused with Medicare?

Do you know someone turning 65 this year?

Do you need help with your drug plan?

Let us educate you on how Medicare works!

We can also help with Medicaid applications and redeterminations.

WHEN and WHAT is Open Enrollment?



You can change:



Part C



Part D

**It is time to look at your
Medicare Part D or Medicare
Advantage Plan for 2022.**

Every year there are formulary changes and price changes. Call your nearest Senior Center and let us help you navigate!

Escanaba Senior Center 786-8850



Columbus Day Facts

- * Columbus Day became a federal holiday in the U.S. in 1937.
- * Since 1971, Columbus Day is always celebrated on the second Monday in October.
- * Columbus Day is also celebrated in many Latin American nations.

Halloween & Birthday Party

October 27

Lunch at 12 noon

Join us for to celebrate with a lunch of BBQ pork ribs, baked potato, peas & carrots, and fruit compote. Please let us know if you want to dine-in or curbside. We will have a birthday flower drawing and a card is given to those with a birthday in October with a free meal coupon inside.

Also for everyone who has a dine-in or curbside meal reservation, you will be entered into a drawing for one of three \$10 gift cards from a local store.

Come and show us your Halloween costume!

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

Commodities Distribution Dates



*** Watch your commodities for the application to recertify.**



Next CSFP

Monthly Distribution:

October 21 *

10-11 a.m.



**DISTRIBUTIONS AT
FAIRGROUNDS**

**CHANGES WILL BE
ANNOUNCED IN
LOCAL MEDIA**



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

Next TEFAP

Quarterly Distribution:

December 3 *

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.**



CONGREGATE MEALS FOR 60 + YEARS OLD

Did you know when you participate in an activity at the Civic Center you are eligible to take home a meal for a suggested donation of \$3? Must be on same day as activity (pickle ball, aerobics, or line dancing).

We are back to dine in meals at the Senior Center, serving at 12 noon and we are still having curbside pick up meals. You can pick up a meal Monday thru Friday between 11:45 – 1:00 p.m.

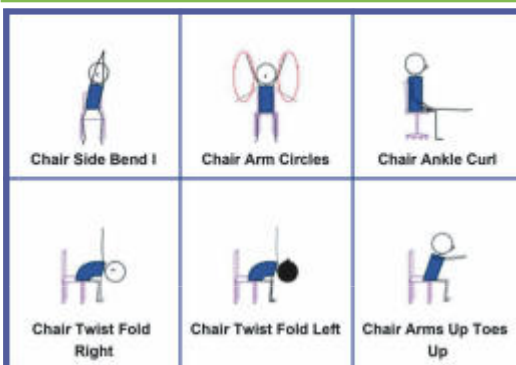
You stay in your vehicle and we bring your lunch out to you in a bag. We are gloved and masked for everyone's protection.

To reserve your meal for dine in or curbside—you must order at least the day before 2:00 p.m.

Limit is 2 meals per person per day.

One cannot think well, love well, or sleep well, if one has not dined well!

See the
October menu on
page 11



How to do
simple
exercises from
your chair!



Exercise not only changes your body. It changes your mind, your attitude and your mood.

Chair Yoga For Seniors



Congregate “August” Birthdays

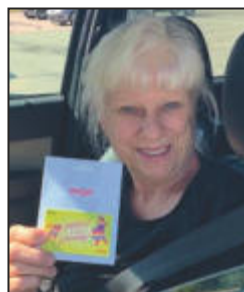
Dennis M. won the flower arrangement from Wickert Floral. Also happy birthday this month to Barb C., Judy D., Marilyn D., and David S.!



Congratulations Birthday Party Winners!

Winners of the birthday drawing for a Meijer \$10 gift card were Diane on left and Gary on right.

Congratulations to you both!



Towel winners were Vern on left and Maxine on right.



See Facebook for more pictures and videos!
Search for Escanaba Senior Center



Why didn't the skeleton cross the street?



He didn't have any guts.
A sand-witch

On Wednesday, October 27 at 1:30 p.m. See page 2 for more information.

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



CAA Menominee Senior Center

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

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

In October the center may have limited access during the Covid-19 pandemic. Please call in advance in case an appointment or other business may be necessary.

CAA/Menominee Senior Center business hours:
Monday through Friday 8:00 a.m. to 2:30 p.m.
Please call at least a day in advance to schedule your bus ride. We are wheelchair accessible.

Ahhhh fall. Crisp autumn leaves, cozy warm sweaters, and of course PUMPKIN EVERYTHING! This month is one of my favorite months of the year. It is also sometimes the most busiest month for us as our fiscal year begins October 1.

We will be putting together a fall craft bag for anyone who wishes to have a little fun at home. Please call and register with the center so we know how many bags to prepare. Spooky fun!

Don't forget to enter our pumpkin decorating contest. Real pumpkins would be better, but for now, we have to stick to the paper ones. Pumpkins will be judged by an independent judge. So create your favorite pumpkin, be it scary or funny.

Also, if you are picking up a meal on October 29, and in a costume, you will receive a free meal certificate.

NOTE: Our menu may vary from what is posted in this newsletter. See the center for our menu.

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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.

Annual Medicare Open Enrollment Period:

October 15-December 7 is the annual "Open Enrollment Period" for Medicare. This time of the year allows you to compare drug plans and Medicare Advantage plans, and perhaps enroll into a different plan for 2022. By now, if your plan is changing, or going away in 2022, you would have received information about the changes for 2022.

But, you can also compare plans and coverage options with a local person. MMAP counselors help people compare plans and give them the tools to decide for themselves what is best for their

Medicare needs. We can also assist with enrollment into Medicare Advantage or part D drug plans online through the Medicare.gov website should you decide that route.

What we need to assist you: Your (red/white/blue) Medicare card information, a most recent copy of your medications you are currently taking. Or, if you already created an account online, you can bring your username and password so we can help you understand your profile and personal comparison.

If you don't have an account, we can help you create one too.

Appointments can be made after October 15th by calling the center. Usually, there are a few bugs to work out, so we give it a few days before comparing plans to give you the most accurate information.

Menominee TEFAP Food Distribution

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



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, October 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 1p.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.



CRAFT DAY TAKE-AWAY

The center is hosting a craft day pick-up on October 7. We have some cute and spooky fall craft items for you to take home and assemble. All the instructions and craft supplies are included. If you are interested in picking up one of these fall craft bags, please call our center to be put on the list so we have enough made.

We are making a creepy spider web decoration that could be used as a miniature wreath. Also, other cutesy Halloween and fall crafts. No tricks, just treats for you to create.

Pumpkin Decorating Contest:

We will be hosting a "Pumpkin Decorating Contest". Similar to our egg-decorating contest earlier this year, you can stop by the center and pick-up a pumpkin cut-out for you to decorate. Return it to the center before October 25 and we will display them proudly in our windows. Drawing will be held on October 29. The winner will receive a cozy fall basket filled with goodies.



The pumpkin cut-outs are available for pick-up at the center during our normal business hours after October 4. We can also mail you one if you let us know in advance. One entry per person please.

Results from the "My Favorite Thing About Being A Senior" contest.

Most of you said about the same things: You enjoy being a grandmother or spending time with your grandchildren. A lot of you just said you enjoyed being retired, and not setting an alarm. Also, the bulk of you take advantage of the senior discounts (even if they don't believe you are a senior), and having Social Security and Medicare. Enjoying the senior center with friends was also on the list-good call! Thank you for entering! The winner of the gift certificate is SANDY PATZ! You have won a gift certificate to the Serving Spoon! Congratulations!

October Birthdays

To celebrate birthdays, our monthly birthday event will begin at 11:30 a.m. on October 29. Menu: BBQ pork ribs, baked potato, peas & carrots, and spiced carrot cake.

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 free 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.

Halloween Word Scramble



1. htgs_ _ _ _ _
2. hciw_ _ _ _ _
3. sleotkne_ _ _ _ _
4. etsormn_ _ _ _ _
5. rpevmai_ _ _ _ _
6. myumm_ _ _ _ _
7. aknfseeintnr_ _ _ _ _
8. wrfleweo_ _ _ _ _

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

Slow Cooker Pumpkin Pie Spice Latte

Ingredients:

1/2 gallon of whole milk
2 cups strongly brewed coffee
1/2 cup canned pumpkin puree
1/2 cup sugar
2 tablespoons vanilla extract
2 teaspoons pumpkin pie spice

Mix all ingredients into a slow cooker, and cover. Cook on high for approximately 60-70 minutes. Reduce heat to warm or low to serve. Top with whipping cream and a dusting of pumpkin pie spice, and a cinnamon stick, if desired. This recipe serves approximately 9 people.

October Trivia Question: This famous dog actor was rescued from a bombed-out shelter in France. He later starred in two dozen silent films. What is this dog's stage name?

- A.) Benji
- B.) Rin Tin Tin
- C.) Old Yeller



October is National Adopt a Shelter Dog Month

Our local Menominee Animal Shelter is always in need of donations and volunteers. To

see what you can do to help out, please call the shelter at 864-7297.



Pumpkin Coffee Cake

Cake Mix:

2 cups all purpose flour
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
1 tablespoon pumpkin pie spice
1 cup pumpkin puree (not pumpkin pie filling)
1/2 cup light brown sugar
1/4 cup granulated sugar
1/2 cup canola oil
1/4 cup milk

Streusel Topping:

1/2 cup all purpose flour
1/4 unsalted butter (cold)
1/3 cup light brown sugar
1/2 teaspoon pumpkin pie spice

Glaze:

1/2 cup sifted powdered sugar
1 tablespoon milk

Preheat the oven to 350 degrees. Grease a 9 x 9 pan with cooking spray, and set aside.

In a large bowl, combine the dry ingredients: flour, baking soda, baking powder, salt and pumpkin pie spice, and set aside.

In a medium bowl, combine the wet ingredients: pumpkin puree, both sugars, oil and milk.

Add the wet ingredients to the dry ingredients and mix until combined-try not to overmix. The batter will be thick. Pour this batter in the prepared pan.

Mix the streusel topping with a pastry cutter, fork or food processor until fine crumbs, and sprinkle over the cake mix. Bake for 30 minutes or until a toothpick comes out mostly clean. Let cool for 30 minutes. Mix the glaze and drizzle over the cooled cake, and enjoy.

OCTOBER TRIVIA ENTRY FORM:

Answer: _____

Name: _____

Phone: _____

One entry per person please. Winner receives two free meal tickets good for meals at our center.

Drawing takes place on the morning of the monthly Birthday Party.

Return entry to CAA/Menominee Senior Center

Answer to the September Trivia Question:

Who was the Pirate villain of Treasure Island? Answer: Long John Silver

Medicare Open Enrollment

October 15 – December 7

WHEN and WHAT is Medicare Open Enrollment

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



Medicare participants have the opportunity to adjust their plans and coverage in the Medicare open enrollment period.

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

WHAT CAN YOU DO IN THE OPEN ENROLLMENT PERIOD?



WE ARE HERE TO HELP!

If you have more questions or are ready to get started contact our Medicare experts today.



I'm a little pumpkin orange and round.
Once upon a time I grew on the ground.
But now I have mouth, two eyes and a nose.
Put a candle in me and my face glows.



Center Open

Lunch only
11:00–1:00 p.m.



Eat at center lunch served at 11:30
(limited seating)

or

pick up curbside between
11:00–12:00 p.m.
available

Stay tuned for more
information about activities

Find us on Facebook search
Gladstone Senior Center.

Or visit [MDSCAA.ORG](https://www.mdscAA.org) to find all the services
available through Community Action Agency




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

Happy Fall! Hope everyone is staying healthy

Summer seems to have passed so quickly this year, but hope that the beautiful weather allowed our senior friends to get together more frequently with family and friends. A small gathering of people took advantage of inside dining at the Center this summer, while a good number of people still took advantage of the drive-up service to get their daily lunches. The Senior Citizens Non-profit Corporation hasn't made the Center building available for party rentals as of yet, but will make the announcement when it is approved. In the meantime, we hope you will get outside, take advantage, take a walk or drive to take advantage of our beautiful, northern fall colors.

One of the programs that benefits our Center is Elmer's County Market's reward points. So, when you shop there, you can ask that your points be directed to the Gladstone Senior Center. If you have not yet joined that program, you can sign up at Elmer's service desk.

Corporation Mail: P.O. Box 211, Gladstone, MI 49837

Monday		Tuesday		Wednesday		Thursday		Friday	
<i>Menu subject to change</i>		<div>This menu is for all our senior centers. Call your senior center with questions/comments.</div>						1 Shepard's Pie Green Beans Garden Salad Pears	
								4 Breaded Chicken Breast Sweet Potatoes Mixed Vegetables Sliced Peaches	
								5 Goulash Corn Escalloped Apples Breadstick	
								6 Porcupine Meatballs Smashed Red Potatoes Country Blend Vegetables Sunshine Cake	
								7 Chicken Vegetable Soup Tuna Sandwich Cucumber Salad Mandarin Oranges	
11 Cheesy Stuffed Shells Brussel Sprouts Salad Garlic Bread Diced Pears		12 Bacon Chicken Breast Twice Baked Potato California Blend Veggies Cinnamon Applesauce		13 Pick one meat Liver & Onions <u>or</u> Beef Steak w/Onions & Gravy Mashed Potatoes Green Beans Fruited Pudding		14 Ham Slice Scalloped Potatoes Peas & Pearl Onions Pumpkin Mousse		15 Hearty Stuffed Pepper Soup Cornbread Salad Cantaloupe Cup	
18 Hobo Dinner (Burger, Potatoes, Carrots & Gravy) Biscuit w/Butter Cherry Crisp		19 Salmon w/Dill Sauce Rice Pilaf Garden Salad Broccoli Pineapple Tidbits		20 Polish Sausage w/Kraut Boiled Potatoes Creamed Corn Fresh Orange		21 Turkey Roll Up Mashed Potatoes Sliced Carrots Fruit Cocktail		22 Sloppy Joes on Bun Mac & Cheese Mixed Vegetables Fresh Pear	
25 Pork Chop Mashed Potatoes w/Gravy California Blend Vegetables Applesauce		26 Beef Bourguignon Red Potatoes Broccoli Spiced Carrot Cake		27 BBQ Pork Ribs Baked Potato Peas & Carrots Fruit Compote		28 Hamburger Veggie Soup Pickle & Bologna Sandwich Creamy Coleslaw Fruited Jell-O		29 BBQ Chicken Legs (2) Fiesta Potatoes Peas Sliced Peaches	

Hello Halloween!!

Hi all, I hope this finds you safe and healthy! It is so nice to see all the familiar smiling faces back at the center. We also have some lovely new faces too!! Center is open from 11:00 a.m. – 1:00 p.m., lunch is served at 11:30 a.m. Call 428-2201 at least 24 hours in advance to reserve your spot. Curbside pick-ups will still be an option from 11:00-12:00. You will have the choice to eat at the center or pick up curbside. Since the center will have a seating limit, if we are at capacity we may have to ask that you get curbside pick up.

Unfortunately there will not be any big gathering such as birthday parties or bingo for a while. Please be patient with us as we navigate through the opening process. As conditions continue to improve and we get staff back in place, we will introduce more activities as we move to getting back to normal. Know that we are continuing to serve you the best that we can, safely. In the mean time you may enjoy lunch with us and socialize with friends.

We are also doing one-on-one by appointments only. Contact the center at 428-2201 for more information!



Welcome Back Pictures!!

**Welcome back!!
We missed you !!**

Starting to have more seniors joining us for lunch! Glad to see all their smiling faces back!! Looking forward to the numbers growing as people feel more comfortable eating with us.





Can it really be October???
Where has 2021 gone?? Well,
there's no denying that winter
is coming now—but at least we
have beautiful autumn leaves
and sunsets to enjoy before the snow flies. We
continue our short opening hours for now as we
work our way out of this pandemic. Please keep
yourselves safe and we're here if you need anything.
356-6420. Always— Becky

OCTOBER - SAVE THE DATES

THU 10/7 Cornell Group meets!
SUN 10/10 Corporation Dances
..... 1 to 4 p.m.
WED 10/20..... CSFP Monthly Senior Commodities
WED 10/27 Birthday Meal
More activities to come as we slowly progress with
our reopening!! Thanks for your patience and
understanding.

From Lucy's Kitchen... Sawmill Gravy

1/2 # ground pork sausage
1/4 cup butter
1/3 cup flour
3 and 1/4 cups milk
1/2 tsp. salt
3/4 tsp. pepper
1/4 tsp. dried Italian seasoning

**Cook sausage until no longer pink. Remove
sausage from pan and drain. Wipe skillet clean.
Melt butter over low heat, whisk in flour until
smooth—cooking about one minute. Gradually
stir in milk, whisking constantly, about 10 to 12
minutes or until thickened and bubbly. Stir in
sausage, salt, pepper and seasoning. Serve over
biscuits. Enjoy!!**



Food distributions this month!

CSFP Senior Monthly: Wednesday,
October 20 at 9 until 2 p.m.



This month's Corporation Dance
Sunday, October 10
1 to 4 p.m.

This month featuring: "Brad Pepin
and the Country Express"

Halloween and Birthday Fun!



Wednesday, October 27

**A yummy menu, desserts,
prizes, and more!!**

***Come in costume and get entered into
a special drawing for
Saykly's Chocolates!***

**Limited seating available, curbside also still
available at this time.**

PLEASE CALL TO MAKE A RESERVATION!



Angels Among Us

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

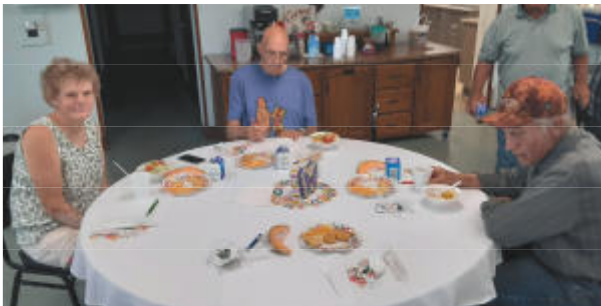
Our sincere thanks to: Jean C, Kathy L,
Michelle T, Dawn M, Brenda H, Judy A,
Arlene H, Heidi M, Bill L, Ted and Jackie B, Jenny L,
Dean A, Laura S, Danielle T, Dorothy K, Carole O,
Gladys F, Linda M, Lucy L and Jim & Jean for their
donations to the center.

Special thanks to the Senior Citizens Corporation
who held a rummage in support of the Senior
Center! Thanks also to everyone who donated!
See you all soon!!!! **Thank you!**

October Activities Call **FIRST** about all activities

- ▶ **Mondays** 12:30-2:15 p.m. dime bingo
- ▶ **Tuesdays** 1:00-4:30 p.m. play cards
5 p.m. evening meal
- ▶ **Wednesdays** 10:30-3 p.m. play cards
- ▶ **Thursday** 1st one of month: Lunch, bingo @ Cornell
- ▶ **Fridays, Saturdays & Sundays** closed

Birthday fun—on the quiet side. Small groups still rule the day, but we're glad to get to see some of our folks back in the center! Below: Jean Beauchamp, Jim Ringelberg and Donnie Broeders join in the festivities. Bottom: Joe and Joan Kitiuk join us for a meal.



Judy's Area Update

Deaths:

Viola Katherine Heikkinen, 87, of Cheboygan, formerly of Rock, passed away recently. She is survived by two sons, many nieces, nephews and cousins in the U.S. and Finland.

October Birthdays

Bev Beauchamp	1
Leonard White	2
Bob Koski	4
Eugene Hansen	5
Lorraine Salmi	5
Arnie Sirtola	5
Sally McNally	6
Helen Sullivan	9
Tom Kossow	11
Bill Norden	14
David Guenette	19
Ruth Loveless	19
Diane Kribs Mays	20
Amy Broeders	21
Jean Beauchamp	24
Cheryl Berkey	24
Harry Hawkins	24
Bill Laukkanen	25
Dave Maki	26
Betty Hahn	26
Judy Charles	29
Sue Cody	29
John Verbrigghe	29
Ruth Trudell	29
Ervan Dowd	30
Donnie Broeders, Sr.	31

This is Karen Thomson! Her daughter is our terrific cook, Michelle. Karen won the birthday flowers in August! Congratulations!!!!



Rock Senior Center Mon/Wed/Thu, 8-3, Tue 11-7

Some of our awesome volunteers help out our community in all kinds of ways...

Like over Labor Day weekend!

Like Lucy Lampinen and Linda Maki putting together a yummy bake sale for the Rock Legion Auxiliary!



And Like Jean Callewaert manning the till at the Senior Corporation Rummage Sale—and John Provo, well, being John, at the same event!



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_Buck Fever Vol. 8 (\$10-plus \$2.50 P.Pcl NEW)
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Hermansville Senior Center Mon-Fri, 9 a.m. to 3 p.m.



HERMANVILLE SENIOR CENTER

PAM HALUSKA

DAWN GORECKI 498-7735 MARK SCHOEN



BILL & JOAN EATING LUNCH @ CENTER

OCTOBER'S SOFT OPENING

WE ARE NOW OPEN FOR CONGREGATE MEALS DINE-IN FROM 11 A.M. TO 1 P.M. CURBSIDE PICK-UPS ARE STILL AN OPTION. 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 FOR DINING IN AT 498-7735. HOPE TO SEE YOU SOON! THANK YOU!

Thank You

To all the local organizations
"ROBERTA"
& The Anonymous Donor
that faithfully contribute to our food pantry.
Your donations are always
appreciated.

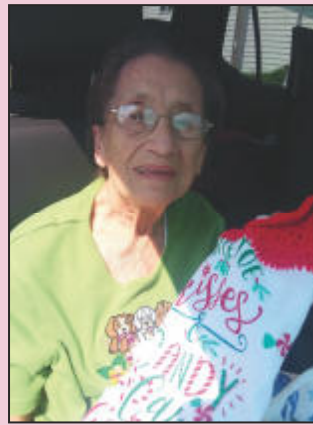
Pantry remains open with curbside pick up!
Please call ahead to ask about our services.

906-498-7735 906-498-7736
Food pantry remains open on Tuesdays & Fridays
Hours are: 9:00 a.m. to Noon C.S.T

CSFP COMMODITIES

FRIDAY, OCTOBER 29 @ 9:00 A.M.—10:00 A.M. CST

PLEASE HAVE YOUR PINK CARD WITH YOU!



THANK YOU BETTY,
FOR DONATING THE
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Please call the Center to see if we can
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Hermansville Senior Center Mon-Fri, 9 a.m. to 3 p.m.

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

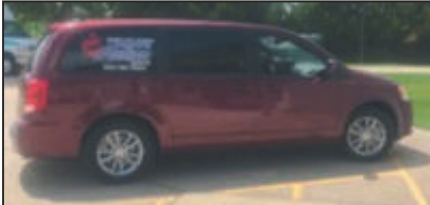
Transportation is available Monday through Friday from 8 a.m. to 3 p.m. Call the senior center at 753-6986 to schedule a ride.

A 24 advance notice is required.

Transportation is available locally, Marinette, Menominee, Escanaba & Iron Mountain.

Reasonable rates apply. We are here to help!

Check out our BRAND NEW transportation vehicle!



CSFP monthly commodities will be Tuesday October 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.



OCTOBER BIRTHDAYS

10	Sandy Hollo
12	Ron Beechner
15	Betty Lou Johnson
27	Donna Thoun
30	Bea Gerue



Lynda Keller, Betty Poradek & Jan Salo celebrated a birthday in August.

Sometimes, the menu for Mid County Senior Center differs from the one found in this newsletter. There are several changes in the menu this month. 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!

October birthdays will be honored on Wednesday October 27. Please remind staff if you are celebrating a birthday this month when making your meal reservation. Also let us know if you will be "dining in" or enjoying your meal "curbside".



Lynda Keller, Darrell & Jean Sundquist are shown enjoying some socialization at the senior center recently.



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



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, the Michigan Medicare Medicaid Assistance Program (MMAAP) recommends reviewing 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 2022.** Now is the time for Medicare beneficiaries to evaluate their current drug plan. If you are satisfied with your current plan, you do not have to do anything. Your coverage will continue through 2022 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 three questions:

- * **COST:** will your premium costs change significantly in 2022?
- * **COVERAGE:** do you need more coverage in 2022? Will the prescriptions you are taking be covered by your current plan in 2022?
- * **CUSTOMER SERVICE:** are you satisfied with your plan's service?

Anyone who is interested in enrolling in a new plan for 2022 should start comparing plans now as **open enrollment begins October 15th and ends December 7th.** Coverage under the new plan will begin January 1, 2022. People who did not join a Medicare drug plan during their initial enrollment period may also now apply for a drug plan, if they chose. Beneficiaries may call Becky Thoune, MMAAP counselor at 753-6986 for personal assistance in comparing drug plans. MMAAP counselors are trained in the Medicare drug program and provide assistance & counseling to Medicare beneficiaries and their families at no charge.

MMAAP counselors do not sell or endorse any insurance plan.

The senior center re-opened August 2 after almost 17 months of being closed to congregate dining. We are practicing safety protocols and enhanced cleaning procedures are in place. Curbside meal pickup is still an option.



Above clockwise from left are Mary Dombrowski, Elaine Haban, Joyce Raboin, Helen Raboin & Betty Poradek.



Above clockwise from left are Shirley Olson, Judy Anderson, Arlene Engel, Harlan Anderson and Keith Olson are enjoying being back at the senior center!



Special thanks to Ralph Brock for his generous donation to the senior center in memory of his wife Mary. We appreciate your thoughtfulness and generosity.

MDS Community Action Agency

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Escanaba, MI 49829



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MONTHLY NEWSLETTER

OCTOBER 2021 | Vol 8. No. 10

The Monthly Newsletter is
published once a month at
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CAA is an equal opportunity
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This month's menu for
all senior centers is on
PAGE 11

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