



Negaunee Senior Citizens Center Senior News



April 2024

Monthly Newsletter

Helping area senior citizens live independently, with dignity, since 1974.

Secretary of State offers services at senior center

The Secretary of State will be offering appointments at the Negaunee Senior Center in April.

Any senior citizen (60+) in Marquette County is able to get their Secretary of State business done by appointment on Tuesday, April 16 at the Negaunee Senior Center during their mobile office hours. Their staff will be able to renew IDs, transfer titles, apply for or renew handicapped

permits and ask questions about licenses, titles and other matters.

Secretary of State staff will be available for appointments from 10 a.m. to 3 p.m. The services are also open to drop-ins, but wait times may vary depending on how many appointments are in progress.

Transactions that can be completed on April 16 at the Negaunee Senior Center include:

- Disability Parking Permits
- Driver license/State ID conversion to REAL ID
- Driving record copies
- Replacement vehicle tabs
- Replacement or corrected title
- Transfer or replace license plates
- Transfer title or register vehicle
- Register/update voter registration

To secure your SoS appointment at the center, call (906)475-6266.

Estate planning set for April 9

The Negaunee Senior Citizens Center will host attorney Jacob Spear for a free educational presentation about protecting your assets from nursing home costs.

The presentation will take place at 10 a.m. on Tuesday, April 9. Please call to RSVP in advance.

Whether you are concerned about losing your home or camp to pay for nursing home care, or want to help a loved one navigate this process, this event will provide you with information at an easy-to-understand level.

This topic is what senior center staff and our clinic attorney gets the most questions about from our clients, and a common topic that comes up during

our free monthly legal clinic.

These conversations need to take place with a knowledgeable elder law attorney before a crisis or hospitalization occurs so that families can make the best decision for their situation.

Spear has been practicing Elder Law for seven years and is licensed in both Wisconsin and Michigan. He practices with Heirloom Law Group P.C., which has offices in Marquette and Iron Mountain and serves the entire Upper Peninsula.

RSVPs are requested for the presentation at least a day in advance by calling the Negaunee Senior Center at (906)475-6266 so we can ensure enough seats are available.

Listening sessions offered in April

A series of Senior Housing Listening Sessions will be held at the Negaunee Senior Center. These sessions are designed to provide information and answer questions concerning a recently rezoned parcel of land near the area known as Old Town.

City staff will be recommending senior housing for the use of this property. According to the latest Target Market Analysis report by LandUseUSA, 47 percent of existing homeowners in Marquette County are above the age of 60, with renters in

that same age group at 27 percent.

These sessions will be important to engage with community members and solicit comments/suggestions from seniors on their housing needs. This information will be used for future senior housing projects.

Listening session will be held from 9 to 11 a.m. on April 23, from 5:30 to 7:30 p.m. April 25, from 9 to 11 a.m. May 14, and from 5:30 to 7:30 p.m. May 16. Each session will be held at the Negaunee Senior Center, located at 410 Jackson Street in Negaunee.

April Events

- 4 Drop-in Blood Pressure
- 9 Footcare Clinic
Estate Planning
Presentation
- 10 Commodity Food Pick-Up
- 11 City Council Meeting
- 15 Legal Clinic
- 16 Secretary of State
Mobile Office
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- 23 Footcare Clinic
Housing Listening Session
Cribbage Tournament
- 24 Lasagna
- 25 Housing Listening Session

Negaunee Senior Center
(906)475-6266

seniorcenter@cityofnegaunee.com

8:30 a.m. to 4:30 p.m., Monday-Friday

Visit us on Facebook!

Newsletter postage is paid for by sponsors. The Negaunee Senior Center is supported by the City of Negaunee, Marquette County Senior Millage, UPCAP, United Way, other grants and the generous donations of individuals and organizations. In accordance with applicable State and Federal Laws, we do not discriminate in employment or the provisions of its services.

Senior center wish list

The center is in need of the following items, for those who want to help us out. We appreciate you!

- AAA Batteries
- Bottled water
- Gift cards (\$10+, any for door prizes and student worker birthdays)
- Postage stamps
- Red streamers

If you would like to purchase any of these items for the senior center, we thank you for thinking of us!

Please do *not* bring us the following items, as we do not have room in storage or cannot accept these items for other reasons:

- No magazines or books
- No medications of any kind
- No medical devices
- No rummage items

Lunch pick-up and delivery available April 24

The Negaunee Senior Center staff is going to offer a lasagna dinner on Wednesday, April 24.

Meal reservations will open at 8:30 a.m. on Tuesday, April 23. Please call to reserve your meals, which cost \$7 for seniors and \$8 each for the general public.

The meal will include homemade lasagna, garlic bread, veggies and dessert. To order, call (906)475-6266.

April is Parkinsons Awareness Month

April is Parkinsons Disease Awareness Month. One million Americans are living with Parkinsons, so this month brings attention to a life-changing disease that is on the rise.

To get connected with resources in our area, visit www.parkinsonsmi.org or call our social worker Justine at (906)475-6266 and she can look up resources online for you.

April cribbage tournament set

The Negaunee Senior Center is hosting a cribbage tournament on Tuesday, April 23.

The cribbage tournament is different from regular cribbage in a few ways. Cost is \$5 per person, and you sign up with your own partner (rather than random draw for partners, like we have on Thursdays).

Tournament play starts at 12:30 p.m., and we ask participants to be present no later than 12:15 p.m.

Refreshments will be included, and the prize money is bigger than Thursday drop-in cribbage. We also

will offer a 50/50 drawing and door prizes.

The deadline to sign up for the tournament is noon on Friday, April 19 so we have enough time to ensure even tables.

Sign-up must accompany payment, which is not refundable in the event of a no-show. Those who cancel are asked to find a replacement.

Those wishing to bring food are asked to call the center in advance to let us know what you are bringing so we don't duplicate efforts.

For details, call (906)475-6266.



Drop-in cribbage continues on Thursdays

The Negaunee Senior Center drop-in cribbage will continue on Thursdays. Cribbage is open to anyone who can play without assistance. Players draw for partners when they arrive, and play 10 games. You do not need to come with a partner.

Cost is \$3 per person, and one bottomless cup of coffee or one can of soda or bottled water is included.

Doors open at noon, and play starts at 1 p.m. We ask all players to arrive before 12:45 p.m. so we have time to call extras to make even tables. The last players to show up

will be sent home if we cannot make even tables. For details, call (906)475-6266. Winners from the last month are:

2/22/24—**Byron Haraski & Dee St. Andre**—1219

2/29/24—**Mike Kallioinen & Pete Koski**—1202

3/7/24—**Florence Kakkuri & Darnel Chevrette**—1195

3/14/24—**Gloria Koski & Mike Kallioinen**—1192

February Cribbage Tournament—**Russ & Cheral Williams**—1439

Coffee time set for classes of the '50s

The Negaunee Senior Citizens Center will host a free coffee social for the Negaunee classes that graduated in the 1950s.

This event allows classmates to gather and reminisce about school and old Negaunee memories.

Both Negaunee High School and St. Pauls grads are welcome to attend.

The coffee will be hot from 10 to

11:30 a.m. on Monday, April 22. There is no charge for the event.

Other beverages are available for purchase for \$1 at the front desk for those who don't drink coffee. Decaf coffee will be offered by request as well.

The senior center hopes to continue this event once a month for these alumni. No RSVP is necessary.

For details, call (906)475-6266.



Senior Services Corner

Free telephones available for senior citizens with hearing loss

No-cost captioned telephones are available for senior citizens. Requirements are high-speed internet, an electrical outlet and any verifiable hearing loss.

The "CapTel" phones have real-time captions so you can read what the caller is saying, voice amplification, caller ID and speed dial. They are up to four times louder than a regular phone and have tone control for optimal hearing.

These are not mobile phones; they work in your home with a wi-fi connection. They are available through a federal grant.

For details, call Justine at (906)475-6266; you also may contact the company directly by calling Jennifer at (248)550-6866 or visiting www.oeius.org.

The Negaunee Senior Center offers the following services:

- **Case Coordination**—Meet with our social worker, who can

help with a variety of things, including Meals on Wheels and other food assistance. Please call in advance to schedule a time to meet.

- **Financial Management**—Help understanding insurance and other bills, balancing checkbooks, etc. We have a certified counselor on staff to help with Medicare questions and enrollment.

- **Homemaker Aide**—General light household cleaning, laundry, light meal preparation, etc.

- **Respite Care**—Seniors or their live-in caregivers may qualify to have an in-home worker come to the home while the caregiver runs errands.

- **Grocery Shopping**—Homebound clients may be eligible to have someone shop for them.

Income is not a factor in whether or not you qualify for in-home services. Physical and health factors are considered, as well as available assistance in the home.

For details, call Justine at (906)475-6266.

Monthly Service News & Notes

- The Negaunee Senior Center **Footcare Clinic** will be held on Tuesdays, April 9 and April 23. Call the center at (906)475-6266 to schedule. Cost for the clinic is \$25 and includes a foot soak, nail clipping and foot inspection. In-home footcare is available for \$45 by calling (906)485-4545. Thank you to U.P. Home Health, Hospice & Private Duty for providing this service.

- U.P. Home Health, Hospice & Private Duty is now offering **haircuts** at the Negaunee Senior Center, by appointment. Cost is \$25; call (906)475-6266 for details.

- The Negaunee Senior Center drop-in **Blood Pressure Clinic** will be held at noon on the first and third Thursdays of the month, April 4 and April 18. Blood pressure and blood sugar screenings are free. There is a \$5 charge for cholesterol checks. Thank you to U.P. Home Health & Hospice for providing this service.

- Our next monthly **Legal Clinic** will be on Monday, April 15. Call (906)475-6266 to schedule an appointment. This service is free to any senior who lives in our service area, and offers a brief conversation with a practicing attorney.

- The **Commodity Food Assistance** truck is scheduled to be in Marquette County at 9 a.m. on Wednesday, April 10. If you are interested in signing up to receive commodities, call our social work team at (906)475-6266 to see if you qualify.

- Free **RSVP non-emergency medical transports** are available for those who do not have a ride to their routine doctor's appointment. Clients must be able to get in and out of the vehicle without assistance. For details, call Justine at (906)475-6266.

Caregiver support groups offered

There are multiple support groups in our area for caregivers.

Has your role as a family caregiver ever left you feeling lonely, isolated, stressed, uncertain, confused, overwhelmed or frustrated? If so, support groups provide a safe place where you can share your feelings, get social support, learn from others, discuss skills and learn about local resources.

There are monthly caregiver support groups in Marquette, Ishpeming and Gwinn. The group meets at 2

p.m. on the third Wednesday of the month at the Lake Superior Life Care & Hospice Office, 914 W. Baraga Avenue.

The group meets at the Ishpeming Senior Center at 2 p.m. on the third Tuesday of every month.

At 1:30 p.m. on the second Tuesday of the month, the Forsyth Senior Center hosts the group.

If you would like to attend a caregiver support group in Negaunee, please call and get on our interest list at (906)475-6266.

Hospice volunteer training scheduled

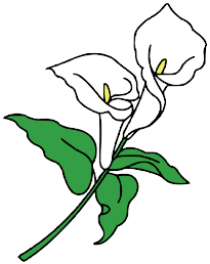
Lake Superior Life Care & Hospice is having a volunteer training at 9 a.m. on Wednesday, April 24.

They need volunteers for companionship, respite, office support, event helpers and much more. Scheduling

is flexible, continued education opportunities are available and the satisfaction that comes from making a difference in your community is a perk. If you are interested, call (906)225-7760 or email Susie at sduquette@lakesuperiorhospice.org.



Tributes



We thank Cathy Andrews for her donation in memory of **Julie & Ray Andrews**.

We thank Donna Bond for her donation in memory of **Charles E. Bond**.

We thank Scott Collins for his donation in memory of **Jethro Collins**.

We thank Carol Farm for her donation in memory of **Peter Farm**.

We thank Sue & Bill Roberts for their donation in memory of **Bob Jacka**.

We thank Sue & Bill Roberts for their donation in memory of **Phyllis Jacka**.

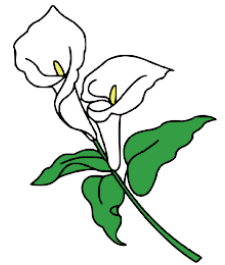
We thank Robert & Patty Johnson for their donation in memory of **Shirely Ann Johnson**.

We thank Elaine & Russ Ault for their donation in memory of **Miriam & Jorma Kallio**.

We thank Carol Farm for her donation in memory of **Maddy Kauppila**.

We thank Tom Stanaway for his donation in memory of **Tim King**.

We thank William Lee for his donation in memory of **Sharon Lee**.



We thank Lonnie & Marion St. Aubin for their donation in memory of
the deceased members of the NHS Class of 1964.

We thank Lonnie & Marion St. Aubin for their donation in memory of
the deceased members of the NHS Class of 1965.

We thank Rogie Luoma for her donation in memory of **Earl Pleau**.

We thank Carol Farm for her donation in memory of **Margaret & Oliver Sippola**.

We thank the Stanaway family for their donation in memory of **Norman "Boosta" & Vera Stanway**.



54th Annual Negaunee Lions Pancake Breakfast

Come and enjoy pancakes, sausage, eggs,
fruit & beverages

\$10 single • \$30 family

8 a.m. to 1 p.m. • Sunday, May 5

Lakeview School Cafeteria

Drop-in blood pressure offered

The Negaunee Senior Center and U.P. Home Health, Hospice & Private Duty continue to offer free drop-in blood pressure clinics twice a month.

Stop in on the first or third Thursday to get your blood pressure checked. Blood sugar and cholesterol checks are also available. When you arrive, sign up at the front desk.

Stay on top of your health this year by having regular blood pressure checks. For details, call (906)475-6266.

Thank you!

To the Negaunee Commission on Aging:
Larry Dillman — Chairperson
Charlene Nerone

Kate Peterson
Al Rautio

We appreciate our great volunteers!

John Basolo, Janet Dunny, Byron Haraski, Daryl Hoiem, Don Mattson, Al & Paula Rautio, Mike Starrine and Francine Valenti for putting together the March newsletter.

John Basolo and **Dave Champion** for help with cribbage.

Rodney Etelamaki for delivering Richmond Township commodities.

John Basolo for returning our cans.

Linda Paquette for doing our laundry

Kris Ball, John & Terry Basolo, Jeanne Flannery, Diane Hastings, Ann Kananen, Gloria & Bob Koski, Larry Kytasaari, Dee St. Andre and Russ & Cheral Williams for bringing food for the February cribbage tournament.

To our kitchen, stamps & wish list donors from February 17 through March 15:

John & Terry Basolo	Ernie Holland &	Marty Pascoe
Tom Borlace	Mike Airaudi	Don Price
Darnel Chevrette		Skipper Rice
Jim & Jeanne Flannery	In Stitches	Dee St. Andre
Shirley Ford	Millie Isaacson	Paul Stille
	Keith & Cindy Kendall	Ruth Vallier
Bruce & Norma	Bob & Gloria Koski	Juli Wirtanen
Greenwood	Don Mattson	
	Pete & Beth Meli	
Byron Haraski	Kathy Menard	
Pat & Bob Hill	Sandy & Gene Miller	
Dave Hillier	Joe Paris	

Negaunee Senior Center Donation Slip

Due to state and federal regulations, we are required to give persons receiving our services an opportunity to donate to the Negaunee Senior Center; 410 Jackson Street; Negaunee, MI 49866. The use of this form is encouraged when making a donation so we can make sure your gift is processed properly.

Please remember that a donation is not required to receive services.

Those donations received without including this form will be credited to the person signing the check only.

\$ _____ General Donation

\$ _____ Memorial Fund in memory/honor of _____

\$ _____ Chore Work or Homemaking Services

\$ _____ Newsletter Mailing Costs

\$ _____ Other _____

Your Name _____

Thank You!

Last Month's Center Donors

The following people have made monetary contributions to the Negaunee Senior Center from February 17 through March 15. Thank you for your continued support!

A. Michael Airaudi
Judy Altobello
Elaine & Russ Ault
Tom & Kathy Bleau
Donna Bond
Tom & Della Borlace
David & Paula Cain
Gina & David Carriere
Sharon Connors
Kathy & Richard Dubord
Barbara Flannery
Annette Heggaton
Julie Herman
Ernestine Holland
In Stitches
Mike & Colleen Juidici
Bruce Kemp
Keith & Cindy Sue Kendall
Jim Kutchie

William Lee
Alfred Lehto
Kim & Heidi Lenten
Ken Maki
Tom & Beth Maki
Chuck Marcotte
Joanne & Alton McCarthy
Pete & Beth Meli
Jon & Sharon Montgomery
Melissa Musselwhite
Richard & Carol Nicholas
Sean O'Donnell
Hilda Otowadjiwan
Gerald & Mary Paju
Donald Palomaki
Kathy & Doug Palomaki
Barb & Greg Paltzer
Mary Peterson
Wayne & Carol Pleaugh

Donna Pyykkonen
John & Sheila Rastello
Louise Reynolds
Jon Roberts
Sue & Bill Roberts
Reuven & Marlene Romback
Michael & Jenny Ruesing
Sew Sisters
Tom Stanaway
Carol Stott
Paul & Martha Suomi
Shirley Terzaghi
Joan Tuoriniemi
Francine Valenti
Linda Vallier
Ruth Vallier
Lenore Wetton

Happy Birthday!

The following seniors, center staff (*) and friends celebrate birthdays in April.

1	Carol Farm		Julie Young	26	Kathy Arbelius
2	Tom Flannery	10	Judith Heino		Don Constance
	Shirley Pizziola	11	Chris Haines		David Delarye
	Rose Stanaway	12	Bonnie Butler		Robert Jandron, Sr.
3	Parker Cowley*		Karen Dobbins		Richard Motta
	Michael Saari		Victor Romback		Melisa Musselwhite
4	James Juopperi		Nona Uren		Kina Salmela*
	Assunta McClure	15	Chuck Marcotte		Rosanne Turino*
5	Dorothy Hill	16	Dave Hillier	27	Marie Carlson
6	Marion Ellerbruch	17	Judy Anderson		Christie Doucette
	Marie Lyons		William Lehto	28	Bea Parolini
	Lillian Smith	18	Bonnie Popour	29	Eugene Maki
7	Christine Belanger	19	Reece Walters*	30	Don Larson
8	Linda Dillman	22	Dean Larson		Leslie Makinen
	Karin Meeks	23	Patty Leaf		

Names are listed with permission. Please let us know if you notice the name of someone who has passed away.

Group Travel Corner

Treasures of Egypt tour open for sign up through May 1

“**T**reasures of Egypt” will offer stays in Cairo and Aswan, with stops in Giza, Edfu, Luxor and more. This 11-day, 10-night tour includes 21 meals, transportation and lodging. From the Great Sphinx to the Giza plateau and pyramids to a river cruise on the Nile, this tour will offer ancient history in living color.

Please note that the deadline to join this tour is Wednesday, May 1. You must make an appointment to sign up in advance of that date.

The tour takes place Oct. 31 through Nov. 11. An optional extension to Jordan to see Petra and the Dead Sea is also available. Pricing starts at \$5,049 per person for double room occupancy.

Optional excursions to the

Temple of Ramses II at Abu Simbel, the Avenue of the Sphinxes and the Royal Mummies Museum are available for an additional cost.

The interest meeting presentation that took place in February was recorded, and is available online.

Call Kristy at (906)475-6266 to get the link sent to you. Sign-up will be done by appointment only to ensure

someone is available to assist you.

2025 travel information coming this summer to a mailbox near you

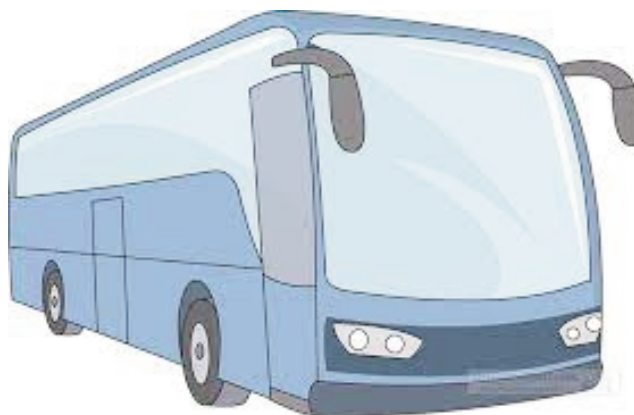
The Negaunee Senior Center will be offering a tulip riverboat cruise in Belgium and the Netherlands and a tour to Costa Rica in 2025.

The riverboat cruise is tentatively set for April 2025 and Costa Rica is tentatively scheduled for November 2025.

Flyers, pricing and dates are not yet available, but will be mailed to those on our international group travel mailing list as soon as they are.

To get on our group travel mailing list, call (906)475-6266.

The Negaunee Senior Center group travel program is a fundraiser for senior services in our service area.



Negaunee Senior Citizens Center
410 Jackson Street
Negaunee, MI 49866

BULK RATE
U.S. Postage Paid
Permit #3
Negaunee, MI
49866



United Way of Marquette County

Congregate Meal Schedule



April 1: Roast Turkey

Roast Turkey with mashed potatoes & gravy, peas & carrots, mandarin oranges and a dinner roll.

April 8: Breaded Chicken

Breaded chicken with wedge fries, capri veggies, diced pears, a fig cookie and a dinner roll.

April 15: French Toast Pieces

French toast pieces with syrup, turkey sausage, diced potatoes and fruit punch juice.

April 22: Chicken Lasagna

Chicken lasagna with Prince Charles veggies, a fig cookie, pineapple tidbits and garlic bread.

April 29: Roast Beef

Roast beef with mashed potatoes & gravy, mixed veggies, mandarin oranges and a dinner roll.

CAAM Congregate Meal Info

Community Action Alger-Marquette (CAAM) staff prepares the meals in their kitchen and delivers them hot and ready to eat to our senior center.

They are the same meals offered for Meals on Wheels, listed on the back of the calendar in this newsletter. This meal is available for dine-in only, and you must sign up by 3 p.m. on the

Friday prior.

There is no charge for the meal; a suggested donation of \$3.50 is optional. To reserve your lunch, call (906)475-6266.