

Negaunee Senior Citizens Center Senior News



May 2024

Monthly Newsletter

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

Lunch & Learn opportunities offered in May

The Negaunee Senior Center is offering some lunch & learn opportunities this month.

ServPro is offering a free taco bar and presentation about how to minimize stress when fire, water, mold or other hazards damage your home. Educating yourself before a crisis happens is the best way to minimize stress in an already unfortunate situation.

Games and prizes will be offered in

this interactive presentation. The event starts at 11:30 a.m. for dine-in only and you must sign up by 3 p.m. on Friday, May 10 to ensure enough food is available.

On May 20, the senior center staff will offer seasoned, roasted pork, mashed potatoes, gravy, vegetables and fresh bread, with dessert provided by Honor Credit Union. Come with your questions for "Ask the Banker"

Lunch & Learn. Cost for the meal is \$7 for seniors, dine-in only. Seats are limited and meal reservations are required by Friday, May 17. The presentation is open to those who do not want to have the meal as well.

In addition, a CAAM meal will be held on May 6 and Reubens will be offered for take-out on May 3. See Page 8 for details. To reserve your meal, call (906)475-6266.

Crafts, coffee times scheduled

The Negaunee Senior Citizens Center will resume its weekly Senior Craft & Chat group in May.

Participants work on craft projects that are accessible for all skill levels, as well as help make greeting cards for the center. Classes do have participant limits due to supply constraints, so call ahead to make sure we can accommodate you. These are events are open to seniors 60 and better; donations are appreciated.

The craft schedule is as follows:

- May 1: Mother's Day Cards
- May 8: Diamond Bird Decals
- May 15: Stone Bracelets
- May 22: Father's Day Cards
- May 29: Garden Gnomes

RSVPs are required by 3 p.m. on the day prior to the event by calling

(906)475-6266 or talking to the front desk staff.

The center continues to host a free coffee social for the Negaunee classes that graduated in the 1950s. 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, May 20. There is no charge for the event.

Mens coffee also continues every Friday morning, with a "History Show & Tell" set for once a month. This event allows participants to bring books, photos and artifacts to discuss.

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

For details, call (906)475-6266.

Listening sessions planned in May

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. 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 at 9 a.m. May 14, and at 5:30 p.m. May 16. Each session will be held at the Negaunee Senior Center, located at 410 Jackson Street in Negaunee.

Housing surveys are also available at the Negaunee Senior Center at any time. See Page 3 for more information about the survey.

May Events

- 2 NCOA Meeting
- Drop-In Blood Pressure
- 3 Reubens
- 7 Tai Chi Workshop
- 8 Commodity Food Pick-Up
- 9 City Council Meeting
- 13 ServPro Lunch & Learn
- 14 Footcare Appointments
- Housing Listening Session
- 15 In Stitches
- 16 Drop-In Blood Pressure
- Housing Listening Session
- 17 Historical Show & Tell
- 20 Legal Clinic
- '50s Alumni Coffee
- Lunch & Ask the Banker
- 21 Blood Drive
- 27 *Closed: Memorial Day*
- 28 Footcare Appointments
- Cribbage Tournament

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!

- Coffee (regular)
- Gift cards (\$10+, any for door prizes and student worker birthdays)
- Flowers (for garden fence pots)
- Lays Potato chips (plain)
- Muffin mixes (that don't need eggs)
- Napkins
- Postage stamps
- Seeds for garden (carrots, green onions, cucumbers, zucchini)

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

Blood drive set for May 21

The Negaunee Senior Citizens Center will host a blood drive on Tuesday, May 21.

The blood drive is open to the public. Those interested in donating can call to make an appointment, or drop by between 10 a.m. and 1 p.m.

Donors must wait eight weeks between donations, be at least 17 years old, be free of flu, colds or sore throats and weigh at least 110 pounds. Donors should bring a picture ID with them when they come.

The U.P. Regional Blood Center is the sole provider of blood products to 13 hospitals across the U.P. All blood donations stay in the Upper Peninsula, and a single donation could save up to three lives.

If you have questions about whether or not you can donate, call the U.P. Regional Blood Center at (906)449-1450. To make an appointment to donate at the Negaunee Senior Center on May 21, call (906)475-6266.

Cribbage tourney set for May 28

The Negaunee Senior Center is hosting a cribbage tournament on Tuesday, May 28.

Cost is \$5 per person, and you sign up with your own partner (rather than random draw for partners 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 May 24 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 their own 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:

3/21/24—**Skipper Rice & Mike Kallioinen**—1197

3/28/24—**Dave Champion & Shirley Ford**—1212

4/11/24—**Sonny Guizzetti & Darnel Chevrette**—1243

March Cribbage Tournament Winners—**Tom Marietti & Dee St. Andre**—1435

Beginners tai chi workshop offered

The Negaunee Senior Citizens Center will host a workshop on May 7 for those interested in starting Tai Chi for Arthritis classes.

The workshop is geared toward older adults, and uses slow, controlled movements to strengthen and stretch all muscles of the body. Research shows increased balance, strength and flexibility as a result of regular tai chi practice.

The Tai Chi for Arthritis modality was founded by Dr. Paul Lam, who is a medical doctor diagnosed with arthritis himself. He used his tai chi training to help his own symptoms, and the CDC and arthritis foundations around the world have backed

his work and methods.

The workshop will be two hours, with half being movement and half being instructional. Learning the benefits and methods of healing that tai chi uses is the basis; participants will get to see the form, and start doing some of the warm-up exercises to see if the class is for them.

Those completing the workshop will be polled to find out if a new beginners class will be started at the center in June.

RSVPs are required by 3 p.m. on Monday, May 6; details on the time and other questions will be offered at that time. For more information, call Olivia at (906)475-6266.

Senior Services Corner

Senior housing survey available at center for older adults

The Negaunee Senior Center is working to advocate for appropriate senior housing options in our community, and we need your help.

If you would like to take the simple two-page survey, please stop by the center or call us and we'll mail you a copy. The survey is open to anyone 50 and older who may want to live in Negaunee now or in the future, and is considering a housing change.

To help developers understand what our aging residents are looking for in housing, the survey asks about renting versus owning, maintenance options, housing configuration, amenities, location and more.

For details, call (906)475-6266. The last day to turn in the survey is May 31.

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, May 14 and May 28. 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, May 2 and May 16. 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, May 20. 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, May 8. 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.

Call GFL for spring clean-up now

The City of Negaunee's Spring Cleanup for Senior Citizens will be held on May 9 and May 16.

This event, for senior citizens 60 and better, allows for pick-up of compostable items and large metal items at seniors homes.

To get on the schedule for pick-up, you must call GFL Environmental at (906)221-2725 the week of April 29. The same parameters as the monthly drop-off will be adhered to; GFL is

not responsible for clearing out homes. Please ask your questions when you call GFL to schedule.

The City offers two monthly drop-offs per month for all citizens at the end of of Lincoln Street; these are from noon to 6 p.m. on the second Thursday of the month, and from 8 a.m. to noon on the last Saturday. It is also open the first Saturday of the month from 8 a.m. to noon until October.

Caregiver presentation set for May 7

There will be a "Caring for an Aging Loved One" presentation at 1 p.m. on May 7 at Peter White Public Library in Marquette.

Join Attorney Erica Payne from Taproot Law for this presentation. Through storytelling, Erica will help you to understand what to expect with regards to legal matters related

to this topic.

Participants also receive guidance on having hard conversations now, legal concerns and understanding what hospice offers.

This presentation is free and open to the public. It is sponsored by Lake Superior Hospice.

For details, call (906)225-7760.



Tributes



We thank Deb Hampton for her donation in memory of **Louise Connors**.

We thank Jeannette Cram for her donation in memory of **Robert & Jeffrey Cram**.

We thank Al & Karen Koskey for their donation in memory of **Robert “Trep” Goodreau**.

We thank Robert Jacka for his donation in memory of **Phyllis Jacka**.

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

We thank Bunny McDonnell for her donation in memory of **Bill McDonnell**.

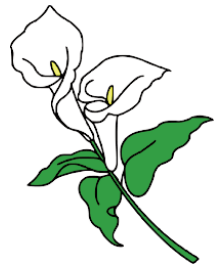
We thank Barb & Warren Munson for their donation in memory of **Frank & Rosemarie Patierno**.

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

We thank Phyllis Johnson for her donation in memory of **Curt Ramseth**.



We thank Robert & Judith Britton, Barb & Jack Cohan, Cecelia Dompierre, Kay Jennings, Jim LaJoie, Shirley Terzaghi and Lenore Wetton for donations in memory of **Dorothy “Dottie” Seppanen**.



We thank Phyllis Johnson for her donation in memory of **Mary Trolla**.

We thank Ben & Judy Vanni for their donation in memory of **Edward (Muzza) & Gail Vanni**.

We thank Lonnie & Marion St. Aubin for their donation in memory of **St. Paul’s Class of 1964** deceased members.

We thank Pat & Bob Hill for their donation in honor of social worker **Justine** and her hard work.

We thank Ben & Judy Vanni for their donation in honor of the **Negaunee Senior Center staff**.

We thank Cindy Gaboury, Donna Pyykkonen and Pam Stetson for donations in honor of **Tai Chi class**.



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

Blood pressure clinics held monthly

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

Stop in on the first or third Thursday between noon and 1 p.m. 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
Russ Williams**

We appreciate our great volunteers!

John & Terry Basolo, Byron Haraski, Daryl Hoiem and Mike Starrine
for putting together the April newsletter.

John Basolo and Dave Champion for help with cribbage.

Rodney Etelamaki for delivering Richmond Township commodities.

Russ Williams for returning our cans.

Joanne Miljour and Linda Paquette for doing our laundry

**Kris Ball, John & Terry Basolo, Marlene Fisher, Jeanne Flannery, Diane Hastings,
Maggie Johnson, Gloria & Bob Koski, Larry Kytasaari, Skipper Rice,
Dee St. Andre, Dexter & Marsha Wilson and Russ & Cheral Williams**
for bringing food for the March cribbage tournament.

*To our kitchen, stamps & wish list donors
from March 16 through April 15:*

John & Terry Basolo

Pete Koski

Dave Champion

Don & Mary Leece

Darnel Chevrette

Frank & Katherine Matthews

Jim & Jeanne Flannery

Pete & Beth Meli

Shirley Ford

Joan Nelson

Bruce & Norma Greenwood

Linda Paquette

Sonny Guizzetti

Skipper Rice

Byron Haraski

Dee St. Andre

Mike Ilmonen

Paul Stille

In Stitches

Cheral & Russ Williams

Gloria & Bob Koski

Juli Wirtanen

Caregiver support groups offered

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 support, learn from others, discuss skills and learn about local resources.

Monthly caregiver support groups are held throughout the county: at 2 p.m. on the third Wednesday of the month at the Lake Superior Life Care & Hospice Office, 914 W. Baraga Avenue, at 2 p.m. on the third Tuesday of every month at the Ishpeming Senior Center and at 1:30 p.m. on the second Tuesday of the month at the Forsyth Senior Center.

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

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 March 16 through April 15. Thank you for your continued support!

Bonnie Adams

In Stitches

Rita H. Perrault

A. Michael Airaudi

Grace Jalonen

Mary Peterson

Robert & Darla Borlace

Mike & Colleen Juidici

Gerry Prisk

Taylor Brintlinger

William Lee

Louise Reynolds

Bob & Rita Corradina

Don & Mary Leece

John Roberts

Andrew & Karen Dellangelo

Alfred Lehto

Sew Sisters

Jerry & Barb Flannery

Kathy Lundin

Ben & Judy Vanni

Cindy Gaboury

Pete & Beth Meli

Paul & Susan Wolfson

John & Jean Healey

Evelyn Moilanen

Fran Wrate

Chris Hendrickson

Bushy Nelson

Charlene Hill

Michael & Sue Niemi

Ernestine Holland

Doug & Kathy Palomaki

Happy Birthday!

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

- | | | | | | |
|-----------|---|-----------|--|-----------|-----------------------------------|
| 1 | Carol Kellow
Kathleen Smith | 12 | Terry Basolo
Shirlie Greer
Ruth Mattson
Marlene Romback
William Wilson | 22 | Deb Belmore
Randall Wuorenmaa |
| 5 | Cynthia Kotila
Louise Levi
Virginia Paulson
Gerry Vallar | 13 | Rita Corradina
Kathleen Schroeder | 23 | Bob Anthony
Debbie Leivo |
| 6 | Betty Carilli
Mary Cleghorn | 14 | Russ Ault
Joanne Coluccio | 24 | Larry Dillman
Marion St. Aubin |
| 9 | Marilyn Turri | 16 | Kathy Ghiardi | 25 | Cooky Racine |
| 10 | Robert Corradina | 17 | Jaak Liivoja
Reuven Romback | 26 | Vicky Loukus |
| 11 | Cheral Williams | 21 | Janet Dunny
Jackie Holmgren | 27 | Roberta Adamini |
| | | | | 28 | Louise Kytasaari
Jeanne Nash |
| | | | | 29 | George Stagliano |

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

Group Travel Corner

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 set for April 1-9, 2025. Cost begins at \$4,449 per person for a lower outside cabin.

The tour flies into Amsterdam, the 800-year-old capital of the Netherlands. Other highlights include Keukenhof Gardens, Arnhem, Middelburg, Bruges, Antwerp and the Kinderdijk Windmills.

Additional options include the Arnhem Airborne Museum, the Storm Surge Barrier and Flood Museum in Middelburg and the Kröller Müller Museum.

Costa Rica is tentatively scheduled for November 2025. Details will be forthcoming when they are available.

Flyers are not yet printed, but will

Elks Spring Fashion Show

The Crock & Rocker fashion show will be held at the Negaunee Elks Lodge



6 p.m.

Tuesday, May 7



Browsing & social time starts at 5 p.m. Tickets are \$20 and include the Lady Elk's famous heavy hors' doeuvres, beverages and dessert. Tickets are available at the Negaunee Elks Lodge, Lady Elks and the Crock & Rocker. For details, call Heidi at (906)360-0155 or the Crock & Rocker at (906)323-6214.

be mailed to those on our international group travel mailing list as soon as they are done. Interest meetings will be held prior to sign-up dates as well.

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

May Meal Schedule



Friday, May 3: Drive-Thru Reubens

Corned beef and Swiss cheese on marble rye, served with sauerkraut and Thousand Island dressing. The meal includes chips and dessert. Meal is for take-out only; orders are taken beginning at 8:30 a.m. Thursday, May 2 until sold out. Cost is \$7 for seniors and \$8 for the general public.

Monday, May 6: CAAM Chicken Tenders

Community Action will offer chicken tenders with ranch, green beans, wedge fries, diced peaches and a roll at noon for dine-in only. Suggested donation is \$3.50; order by 3 p.m. on Friday, May 3.

Monday, May 13: Lunch & Learn, Taco Bar

ServPro is offering a free taco bar and presentation about how to minimize stress when fire, water, mold or other hazards damage your home. The event starts at 11:30 a.m. for dine-in only and you must sign up by 3 p.m. on Friday, May 10 to ensure enough food.

Monday, May 20: Lunch & Learn, Pork Dinner

The senior center staff will offer seasoned, roasted pork, mashed potatoes, gravy, vegetables and fresh bread, with dessert provided by Honor Credit Union. Come with questions for "Ask the Banker"; lunch is \$7 for seniors, dine-in only. Seats are limited; reservations are required by 3 p.m. Friday, May 17.