



May 2017

Negaunee Senior Citizens Center

Senior News



Monthly Newsletter

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

Spring rummage sale scheduled for May 6

The Negaunee Senior Center will have a Spring Rummage Sale fundraiser from 10:00 a.m. to 2:00 p.m. on Saturday, May 6.

Those wishing to donate items for the senior center to sell may do so from now through Tuesday, May 2. We are grateful for and rely on donations to support this fundraiser.

No late donations can be accepted due to limited storage space and vol-

unteer time. No large appliances, chemicals, paint or similar items can be accepted. We also are limiting the amount of clothing items to 6 per person, except for children's clothing and new clothing that still have the tags on them.

If you have questions on whether your item is appropriate to donate, feel free to call.

Tables are available for crafters or

those who wish to sell their own goods during our event. Cost for space is \$10 per table and \$15 for two. Space is available until Wednesday, May 3 on a first-paid, first-served basis.

All funds raised support senior services in our area. There is no admission to the event, and lunch will be offered from 11:30 a.m. to 1:00 p.m.

For details, call 475-6266.

Day trip honors heritage, food

The Negaunee Senior Center is hosting a day trip to Sol Azteca Mexican Restaurant in May in honor of Cinco de Mayo.

Cinco de Mayo is observed to commemorate the Mexican Army's unlikely victory over French forces at the Battle of Puebla on May 5, 1862. In the United States, the day has been used to celebrate Mexican culture and

heritage.

In June, the group will have its annual picnic luncheon at Carp River Gardens in Negaunee. Other day trips planned this year include a trip to the Marquette County Fair, a fall color tour, a deer season trip to the Knotty Pine for fish fry and the annual Christmas Light viewing tour.

For details, call 475-6266.

Feeding America coming May 16

The Feeding America mobile food pantry will stop at Negaunee High School on Tuesday, May 16.

The truck offers fresh produce, dairy and baked goods for people in need. Please bring your own boxes and bags to take food.

The truck will be open at 4:30 p.m., and check-in starts at 4 p.m.

Feeding America West Michigan exists to ensure safe food is available to the hungry in our community. In 2016, they distributed a record 28.9 million pounds of food, the equivalent of 24 million meals.

Chore service lists filling up fast

The Negaunee Senior Center offers chore service to our senior citizens who qualify.

Income is not a factor in determining whether or not a senior citizen qualifies for in-home services. Physical and health factors are considered, as well as if there is anyone else living in the home who can perform

the tasks themselves.

If you are interested in getting raking or lawn mowing done this year, please call the center to get on our service list so we can get your paperwork done in a timely manner and make sure you are on our radar for this service.

For details, call 475-6266.

May Events

- 3 Blood Pressure
- NCLL Oregon Trail Presentation
- 4 NCOA Meeting
- 5 Cinco De Mayo Day Trip
- 6 Spring Rummage Sale & Luncheon
- 9 FootCare by Appointment
- 10 Vista Theatre Preview
- 11 Commodities
- 12 Potluckers
- 17 Blood Pressure
- Heritage Trail Update
- 22 Parkinsons Support Group
- 23 FootCare by Appointment
- 24 Oils and Digestive Health Presentation
- 29 Closed for Memorial Day
- 30 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.

May senior center wish list

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

- Apple pie filling (cans)
- Beef bouillon cubes
- Chip dip
- Coffee (regular)
- Cool whip (tubs)
- Light green streamers
- Potato chips (various)
- Salsa
- Salt

As always, we thank you for your generous donations; we couldn't keep things running without your help!

We are respectfully requesting that folks do *not* donate the following items, as we do not have room in storage or cannot accept these items for other reasons:

- No plastic containers
- No magazines or books
- No knick-knacks or decorations
- No religious greeting cards

Potluckers plan Cinco de Mayo feast

The next Potluckers will be held on Friday, May 12, and will feature Mexican foods. Dishes must arrive by 11:30 a.m. and the meal is served no later than noon.

Pre-registration must be done by Wednesday, May 10.

Those who wish to eat, but aren't able to bring a dish can pay a \$5 fee and also must pre-register. A limited number of slots are available for those not bringing a dish to ensure we have enough food.

Couples can bring one large main dish, two smaller dishes or one side dish and pay \$5 for the second meal.

The Potluckers group meets to exchange recipes and enjoy good food and company once a month. It is open to the public, and anyone who enjoys cooking and eating excellent food.

To sign up, call 475-6266.

Monthly cribbage tournament scheduled for May 30

A cribbage tournament is scheduled for 12:30 p.m. on Tuesday, May 30 at the senior center. Sign-up is mandatory by Friday, May 26; the entry fee is \$5 per person.

Partners can sign up together, or the senior center staff can help pair

up partners. Door prizes will be given away to participants, and a 50/50 drawing will be available. To sign up, stop in at the center.

No over-the-phone entries will be taken, as we need your entry fee to reserve your spot.

Feedback sought on bus service

The Negaunee Senior Center staff will be attending a stakeholders meeting to provide feedback to MarqTran about their service in our community.

If you have comments or feedback you would like to have us provide to MarqTran on bus availability, ease of

service or additional services you'd like to see in our community, please call the center. Comments can be anonymous but we will need to know where you live and your age.

Anyone wishing to take advantage of this opportunity must do so by Friday, May 5.

Senior citizen spring clean-up scheduled for June dates

The City of Negaunee will have a Spring Clean-up for senior citizens only on Wednesday, June 7 through Friday, June 9.

Senior citizens can call Great American Disposal at (906)774-9006 to be on the schedule for pick-up. Calls will be taken on June 1, June 2 or June 5. GAD is not be responsible for clearing out homes. The same

parameters as the monthly drop-off will be adhered to.

The City of Negaunee offers two drop-off opportunities per month for all residents of Negaunee at the end of Lincoln Street—the second Thursday from noon to 6 p.m. and the last Saturday from 8 a.m. to noon.

For details, visit www.cityofnegaunee.com

Buffalo Wild Wings fundraiser set for June

The Negaunee Senior Center will have a Buffalo Wild Wings fundraiser at the Marquette restaurant on Wednesday, June 14.

Buffalo Wild Wings will give a portion of the proceeds from meals purchased by Negaunee Senior Center supporters on that day.

For the senior center to get a donation from your meal, stop in between 5 and 9 p.m. on Wednesday, June 14 and present your coupon to your waiter or waitress *before* ordering. A

yellow coupon will be included in next month's newsletter.

Those who wish to order takeout also can help benefit the senior center by presenting their coupon before paying for their takeout order.

Mark your calendar and join us!



Social Worker's Corner

The Negaunee Senior Center offers the following services:

- Financial Management—Help with Medicare, Medicaid, understanding insurance and other bills, balancing checkbooks, etc. We do have a certified MMAPS counselor on staff to help you with your Medicare questions.

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

- Chore Service—Grass cutting and raking and other tasks. Call today to get on the list.

- Grocery Shopping — Homebound clients may be eligible

for someone to go shopping for them.

Income is not a factor in determining whether or not a senior citizen qualifies for in-home services. Physical and health factors are considered, as well as if there is anyone else living in the home who can perform the tasks themselves.

To find out if you qualify for services, an in-home assessment is done by a senior center employee. The paperwork must be updated every six months for services to continue.

For details on receiving services, call the center at 475-6266.

Monthly Service News & Notes

- The Negaunee Senior Center **FootCare Clinic** will be held on Tuesdays, May 9 and May 23. Call the center at 475-6266 to make your appointment. The cost for the clinic is \$15 and includes a foot soak, nail clipping and a foot inspection. In-home service is available for an extra charge by calling U.P. Home Health at 485-4545.

- The Negaunee Senior Center **Blood Pressure Clinic** is held at 10 a.m. on Wednesdays, May 3 and May 17. Blood pressure and blood sugar screenings are free. There is a \$5 charge for cholesterol checks.

- The **Marquette Range Retired Steelworker's Club** will meet at 1:00 p.m. on May 10.

- Do you have legal questions? The Negaunee Senior Center can help you find answers. Call 475-6266 to schedule an appointment. This service is free to any senior in our service area.

- The Negaunee Senior Center's **Parkinsons Support Group** will take place at 1:00 p.m. on Monday, May 22. This group offers support and education for those living with the disease and their care partners, and is open to anyone affected by Parkinsons Disease.

- The Negaunee Senior Center is *closed* when the Negaunee School Systems are closed for a SNOW day. This means the roads are not fit for travel. No homemaking services will take place on a snow day; they will be rescheduled at a later date.

- The Negaunee Senior Center will be *open* when the Negaunee School Systems are closed for a COLD day. This means the temperatures are too cold for children to stand at bus stops, but adults can choose to brave the cold. In-home services continue on cold days.

- If a person is injured or becomes ill while at the Negaunee Senior Citizens Center and the illness or injury appears to be life threatening, 911 will be called. A family member or designated person will be notified. Responsibility for the ambulance charge is with the individual.

Presentations, performance set for Wednesdays in May

The Negaunee Senior Center will host interest meetings and performances this month after lunch.

On May 3, local author Robert Dobson will give a presentation on the Oregon Trail, hosted by the Northern Center for Lifelong Learning. He will relive the adventure of many who traveled the Oregon Trail from diaries, maps, photos of wagons and equipment, interactions with Native Americans (some good, some not), the hardships of the trail itself, of weather, and disease, all experienced in the five-month journey at twenty miles per day.

On May 10, the Vista Theatre cast will perform a preview of their

upcoming musical comedy, *Once Upon a Mattress*. Set in 15th-Century Europe, a fictional medieval kingdom is ruled by the devious Queen Aggravain and the mute King Sextimus the Silent.

On May 17, Carol Fulsher from the Iron Ore Heritage Trail Authority will talk about new features of the trail, including 10 new interpretive signs and some improvements to the ORV trails in the area.

Michelle Trawick, essential oils expert, will talk about how essential oils can support digestive health and the digestive system on May 24.

All presentations begin after our luncheon. For details, call the center at 475-6266.

Community Action offers variety of food-related services

Community Action Alger Marquette (formerly AMCAB) provides a variety of services to senior citizens in our area.

Boxes of commodity foods are available for seniors age 60 and older whose monthly income is \$1,276 or less for a one-person household. Call the senior center for more informa-

tion on this program.

In addition, the Negaunee Senior Center hosts a CAAM congregate meal each Monday at 11:30 a.m. Sign up in advance, and come and dine with your neighbors for a donation of only \$3.50 for a balanced, healthy meal.

For details, call 475-6266.



Memorials



We thank Eric & Kristy Malmsten for their donation in memory of Alice Arbelius.

We thank Eric & Kristy Malmsten for their donation in memory of Larry Bazinette.

We thank Deniece A. Anaya for her donation in memory of Frances I. Brauns.

We thank Ronald McGlone for his donation in memory of Robert Doucette of Twin City Barber Shop.

We thank Joy Holman for her donation in memory of Elsie Helstein.

We thank Joy Holman for her donation in memory of Betty & Kip Holman.

We thank Charlene Nerone for her donation in memory of Martha Lindstrom.

We thank Jim LaJoie for his donation in memory of Shirley Jandreau.

We thank Robert Jandron for his donation in memory of Dolores "Dodo" Jandron.

We thank Dennis & Judy Altobello, Vicki Maki for their donations in memory of Dorothy Jarvi.

We thank Ernie LaJoie for his donation in memory of Louis & Louise LaJoie.

We thank Alice & Bob LaJoie for their donation in memory of Nancy Laurila.

We thank Eric & Kristy Malmsten for their donation in memory of Auntie Sheila Makinen.

We thank Kate Peterson for her donation in memory of Larry Peterson.

We thank Charlene Nerone for her donation in memory of Dominica "Minnie" Russo.

We thank Kate Peterson for her donation in memory of Nancy Skewis.

We thank Vera Stanaway for her donation in memory of Norman "Boosta" Stanaway.

We thank Anne Connors for her donation in memory of Fannie & Adolph Violetta's Anniversary.

Group Travel Corner

2017 Tiger Trip details announced

Plans are underway for a group from the Negaunee Senior Citizens Center to attend two Detroit Tigers games in 2017 with dates of August 23-25.

Participants will see the Tigers face the New York Yankees in a night game Wednesday and a day game on Thursday, and stay at Motor City Casino in Detroit for two nights, returning Friday morning.

Cost is \$389 per person for double room occupancy. There is an additional charge for those traveling one person to a room.



Sign up begins Monday, May 22 for senior citizens who reside in Negaunee, Negaunee Township or Richmond Township. Cost includes transportation, lodging and \$20 in casino free play each day.

To sign up for the trip, a \$75 check or money order must be dropped off at the Negaunee Senior Center.

The trip opens to the general public on Monday, June 5.

Flyers are in the mail to our group travel list. To get on our group travel mailing list, please call the senior center at 475-6266.

Beautiful Maine

A senior center group travel trip to Maine is set for September 15 through 25. This eleven-day, ten-night tour includes motorcoach transportation, lodging, 18 meals and tours and admission to places along the way.

Cost is \$999 per person (for double room occupancy) and includes guided tours of Portland, Maine, Kennebunk and Kennebunkport, the historic Victoria Mansion, Pineland Farms, Boothbay Railway Village, the Seashore Trolley Museum and countryside trolley ride and more.

The group will spend four consecutive nights in Maine, with the rest of the nights en route. Optional travel insurance is available for \$69 per person, which offers cancellation and other coverages. The trip is open to the public, with a few seats remaining.

Thank you!

To the Negaunee Commission on Aging:

Joy Holman—Chairperson
Larry Dillman—Vice Chairperson
Ernie LaJoie—Treasurer
Debbie Filizetti

Grace Jalonen
Lee Johnson
Charlene Nerone
Kate Peterson
Al Rautio

Thanks to our great volunteers:

Linda Perucco, Rose Stanaway and Wanda Westman for running Bingo.
Larry Dillman for help with maintenance.
John Basolo, Gert & Irene Cevigney, Dave Champion
and **Bob Hooker** for helping set up cribbage.
Marion Olson and Linda Dillman for working in the kitchen on Wednesdays.
Rodney Etelamaki and Larry Dillman for delivering commodities every month.
Ed & Nancy Berta for running the Monday CAAM meals.
Linda Dillman, Marge Healey and Charlene Nerone for doing our laundry.
Jill Champion and Linda Saari for help with aerobics.

To our Kitchen & Wish List donors:

Gert & Irene Cevigney	Joy Holman	Linda Rosten
Darnel Chevrette	Frank & Shirley Honkala	Sew Sisters
Dennis Collick	Bob Hooker	Byron Tossava
Linda & Larry Dillman	Annette & Ed Jachimski	VFW Auxiliary
Shirley Ford	Pete & Jackie Koski	Francine Valenti
Byron Haraski	Mary Paju	Buzzy Violetta
Howard Harsila	Don Price	Sherrie & Tab Willey
Annette Heggaton	Mike Richards	Byron Williams

Special thanks to...

..Bill Pellow for tilling our garden and providing planting advice.
..John Basolo and Larry Dillman for stuffing a special mailing.

We also thank those who have asked not to be named. Without our donors and volunteers, we could not provide the activities and services that we do for our seniors. Thank you! Seniors and non-seniors are welcome to help out at the center. To get your name on our volunteer list, please call 475-6266.

Negaunee Senior Center Donation Slip

Under State and Federal Regulations, we are required to give persons receiving our services an opportunity to donate to the Negaunee Senior Center. The use of this form is optional when making a donation.

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 Center Operations

\$ _____ Memorial Fund in memory of _____

\$ _____ Chore

\$ _____ Homemaking Services

\$ _____ 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 to April 17. Thank you for your continued support!

Julie Anderson

Robert Jandron

Wayne & Carol Pleaugh

Terri Beard

Dave Kangas

Tina Salmi

Gerry Cameron

Ernie LaJoie

Christie Salo

Jill Champion

Phil & Patricia Langlois

Sew Sisters

Catherine Comensoli

Alfred Lehto

Margaret Sippola

Anne Connors

Marion Lindberg

Jeffrey Skewis

Wayne Connors

Ronald McGlone

Vera Stanaway

Pryse & Louise Duerfeldt

Maurice Merrill

Lonnie & Marion St. Aubin

Don Ellis

John Nardi

Kathleen "Skippy" Villa

Carol Farm

Mary & Gerald Paju

Betty J. Waara

Mary Gervae

Kathy & Doug Palomaki

Russell Williams

Steve & Elaine Giuchin

Mary Palomaki

Sonny Guizzetti

Vera & Don Palomaki

Art Hicks

Mary Parkkonen

Joy Holman

Bea & Darlene Parolini

Happy Birthday!

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

1	Carol Kellow	14	David Menkveld	23	Phillip Ombrello
2	Edna Laurila		Charles Ruesing	24	Larry Dillman
5	Virginia Paulson		Joanne Coluccio	26	Helen Grzenia
6	Betty Tasson	15	Carol Spencer		Vicky Loukus
	Cynthia Kotila	17	Jaak Liivoja	27	Gary Taskila
8	Sandra Nelson		Lois Manninen		Roberta Adamini
9	Lucille Palomaki		Reuven Romback	28	Annette Jachimski
	Marilyn Turri		Constance Valente		Shirley Juchemich
10	Robert Corradina		Jan Tossava		Jeanne Nash
	Monica Martin	19	Phil Langlois		Connie Williams
12	Ruth Mattson	21	Jackie Holmgren	29	George Stagliano
	Terry Basolo		Albert Hill	30	Darnel Chevrette
	William Wilson		Lydia Beck*	31	Aino Uren
13	Kenneth Kontio	22	Randall Wuorenmaa		
	Marlene Romback		Sally Visser		
	Rita Corradina		Deb Belmore		

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

Fun & Games

We always welcome new card players to play. If you are interested, come on in by 12:30 p.m. on the days we play, or call and offer your name on the substitute list. All are welcome; come join the fun.

**Congratulations to the
March cribbage
tournament champs:
Julie Herman &
Marsha Larmour**

Drop-In Cribbage

3/16/17—Walt Nuorala & Charlie Brown—1198

3/21/17—Mike Richards & Ginna LaForest—1210

3/23/17—John Basolo & Annette Jachimski—1194

3/30/17—Sonny Guizzetti & Mike Starrine—1197

4/4/17—Marilyn Warren & Jodi Dillman—1191

4/6/17—Bob Hooker & Mary Paju—1184

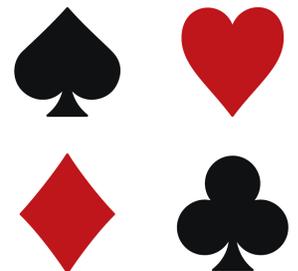
4/13/17—Ron Collins & Wanda Westman—1205

Drop-In Pinochle

3/20/17—Pete Halverson & Ron Collins—6460

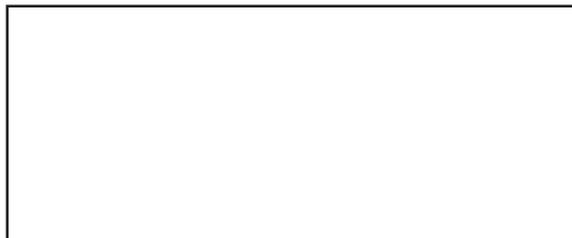
3/27/17—Buzzy Violetta & Ron Collins—6000

4/3/17—Don Ellis, Bill Bath & Ed Jachimski—5800



Negaunee Senior Citizens Center
410 Jackson Street
Negaunee, MI 49866

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



May Wednesday Lunch Schedule

May 3: Shepherd's Pie

Seasoned ground beef with peas and carrots, topped with creamy mashed potatoes and cheddar cheese.

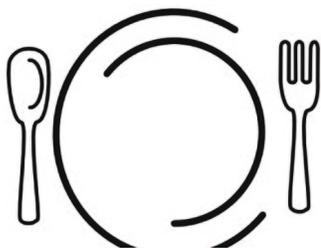
May 10: Chicken Pot Pie

Flaky crusted chicken pot pie with mixed vegetables inside.



May 17: Swedish Meatballs

Meatballs in savory sauce, served over egg noodles with vegetables and fresh bread.



May 24: Turkey Dinner

Slow-cooked turkey, mashed potatoes, gravy, vegetables and fresh bread.

May 31: Ham Dinner

Moist, hand-sliced ham, mashed potatoes, and vegetables.

This is intended to be a social luncheon. A limited amount of take-out orders are available for those who are shut-in, homebound or under the weather by calling before 11:00 a.m. on the day of the lunch.

*****\$6 for seniors, dine-in or take-out; \$7 for the general public, dine-in or take-out*****

Lunches are homemade by our center staff and served on Wednesdays from 11:30 a.m. to noon, or until sold out. *If the center is closed on a Wednesday due to inclement weather, the meal will be held the next day we are open.*