

# HORIZONS

A Newsletter For and About Older Adults

www.marquettemi.gov • 300 West Spring St. • Marquette, MI 49855 • Phone (906) 228-0456 • Published by: Mqt Senior Services

## *A Letter from the Marquette Senior Center*

Happy August Everyone, We wanted to remind you that we do have some virtual programs available to help keep individuals connected and healthy. If you are looking for other local opportunities we encourage you to go to [www.marquette365.com](http://www.marquette365.com) for more information. We are officially open by appointment only for social work, blood pressure and foot clinic services. We want to assure you that we are still working and our Social Work staff and Senior Center Manager still might be able to help you, so when in doubt please give us a call at 906-228-0456 if you have any needs or questions. As we navigate this pandemic our job is to help keep you safe and updated.

The Marquette Senior Center will be observing a 3-tier reopening of programs and services for our community's safety in line with the City of Marquette policy. We are currently in Tier 2. This means we are only open to the public by appointment only and the Baraga Gym is still closed to the public. A mask is required to enter the Senior Center and a health screening will be conducted before your appointment. This is based on local and state guidelines that we have been instructed to follow. We do not have any hard start dates for programs or the center itself. Please look at the rest of the newsletter for further details on individual programs and know that even though things are unsure right now, we are still here for you. Please continue to check in with us for more updates. We also want to give a huge shoutout to all our community partners and frontline workers during this time. We are Yooper Strong!!!

*Sincerely - The staff at the Marquette Senior Center*

## **This - n - That**

- The Senior Center Building is now open by APPOINTMENT ONLY due to COVID-19. Please do not walk in. If you have general questions or need to schedule an appointment, please call 906-228-0456 and we will be there to assist you! The Baraga Gym is not open to the public as of now.
- COVID-19 safety recommendations - We know that normal, everyday routines may have been adjusted due to COVID-19. If you are having trouble doing things without us that you could previously do, please let us know and we might be able to assist. The CDC is still recommending wearing masks or face coverings in public. The Marquette Senior Center is requiring a mask or face covering for you to enter. Businesses can refuse costumers not wearing a mask. If you are having trouble securing a mask, please let us know and we might be able to help. The CDC is also recommending maintaining social distancing and limiting group size, they are also recommending sanitizing or washing hands as much as possible.
- Computer Appointments - The Peter White Public Library computers will be available for use by appointment. Call (906) 226-4311 to make an appointment today!
- \*Masks are required\* If you do not have one, one may be provided for you
- Social Work Services - Our social work services will be available by appointment only. PLEASE no walk-ins. This is to keep staff and the public safe. If you have an appointment at our center with one of our social workers, you will be required to wear a mask and we will be performing a health screening prior to your appointment. We thank you for your cooperation and patience.
- Transportation Updates - RSVP non-emergency medical transports and the Marquette Senior Center are only expecting transports for LIFE SUSTAINING APPOINTMENTS ex. Chemotherapy, Dialysis. If you need transportation to non-emergency medical appointment, we recommend calling Marq Tran for their door to door service at 225-1112.
- Congregate Meals - Our Congregate Meals are resuming this month as a curbside pickup with increased safety regulations in place. If you are interested, please call the Marquette Senior Center to sign up!

# SILVER SAMPLER

*The Silver Sampler* program is an outdoor recreation program for those 55 years of age and older who live within the service area of the Marquette Senior Center, the City of Marquette, Marquette Township, Chocolay Township and Powell Township. Our goal is to encourage folks to get out to play in the outdoors, and to build skills, confidence, and connections for exploring the outdoors through safe and supported events.

***Dates/locations/times are subject to change due to conditions and/or weather. We reserve the right to limit the number of participants for activities – please note our main mode of communication is via our Marquette Senior Center Website, Newsletters and Silver Sampler Facebook page. Events that you have signed up for will be followed up with a personal email directly to the participant.***

## SILVER SAMPLER UPDATE

Happy Summer...We hope this newsletter finds you all safe and well. These are very difficult times for all of our seniors, and as we social distance, our sense of isolation and disconnection becomes even more of an issue. *The Silver Sampler program is under the Marquette Senior Center/City of Marquette, and we will follow the guidelines set forth by the City in order to keep our participants safe.*

One of our original goals for the Silver Sampler was to address social isolation and that sense of disconnection through outdoor adventures and networking along with introducing folks to the wonderful outdoor venues in and around Marquette. Now, it is even more important to get fresh air, explore our wonderful community and all that it has to offer outside, and feel part of a great group of peers. For new folks interested in learning about our group, we will be providing more opportunities for you to get out and about at YOUR LEVEL. For seasoned Silvers, we hope to continue challenging you with new adventures, community participation events and learning opportunities.

The goal of the Silver Samplers program is to have fun adventures and educate folks on being safe in the outdoors. There may be requirements new to you but are in place to make sure our outdoor time is safe and using best practices.

All events are WEATHER DEPENDENT and subject to change due to COVID 19 and other unforeseen issues. It is important to make sure the Senior Center has your contact information including accurate email and cell phone number. You must sign up at the center by calling 228-0456. If you have not participated in the past, you will need to sign a waiver. Emails are sent to those registered the day before the event confirming details and providing additional information, and day of if the unexpected occurs.

We are happy to be providing outdoor adventures for our seniors and look forward to enjoying our trails and pathways with you! Be safe!

### **August 10th, 2020: BEGINNER HIKE - BLP TRAILHEAD OFF WRIGHT STREET 11:00 am**

Moderate to easy hike along the BLP trail. Approximately 2.5 miles. Limit 10

### **August 12th, 2020: LILLY PAD HIKE 11:00 am**

Hike into the Lilly Pad via Forestville approximately 5 miles. Moderate to difficult hike due to distance and terrain. Advanced hikers only! Limit 10

### **August 26th, 2020: KAYAK - SCHWEITZER BASIN 11:00 am**

Experienced kayakers with your own boat and gear! We will explore Schweitzer Basin with guidance from Bob Carpenter. Limit 8

### **COVID-19 Protocol to Observe for Silver Sampler Events**

We are advising no carpooling with those outside of your family, and we will practice social distancing. If you are comfortable, we encourage you to wear a mask to protect others. These protocols will be in effect for all our events. As always, bring your water/drink, snack and BUG DOPE and avoid wearing jeans or tennis shoes! Welcome back, mosquitos!!!

These are challenging times. We are all doing what we can to stay physically, emotionally, and spiritually healthy. If there is anything your Silver Sampler team can do to help you, please let us know. We are all in this

# AUGUST 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Parents' Day	27	28	29	30	31	1
2	3	4 9:00 FOOT CLINIC Arcadia VOTING DAY	5	6	7 10:30 Virtual Senior Dance	8
9	10 Silver Sampler Event	11	12 10:30 Virtual Senior Dance 9:00 906 Foot Care Silver Sampler Event	13	14	15
16	17	18 10:30 Tai Chi in the park	19 Aviation Day 11:00 Picnic in the Park	20 10:30 Tai Chi in the park 9:00 FOOT CLINIC UP HHH	21 10:30 Virtual Senior Dance	22
23	24	25 10:30 Tai Chi in the park	26 10:30 Virtual Senior Dance 9:00 906 Foot Care Silver Sampler Event	27 10:30 Tai Chi in the park	28 12:00 906 Foot Care 11:00 Blood Pressure Screenings UP HHH	29
30	31	July 2020 S M T W T F S 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		September 2020 S M T W T F S 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		Calendars by Vertex42.com © 2019 Vertex42 LLC. Free to print. <a href="#">Printable Calendars</a>
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**VOTE411.org** is the one-stop shop for non-partisan information on elections and candidates.

Read and compare candidate responses to questions on relevant issues.

Find your polling place and find out what will be on your ballot.

Your education.  
Your healthcare.  
Your community.  
Your future.

Your vote counts for many things. Take control. Get registered. Get educated. Get out and vote. Learn more at [www.VOTE411.org](http://www.VOTE411.org)

**VOTE411.org** is the nation's premiere online election resource.

The League of Women Voters has added our voter's guide to **VOTE411** so that it can serve as a resource for all Michigan voters.



The League of Women Voters never supports or opposes candidates or political parties.

League of Women Voters of Marquette County  
906-225-9103  
[www.lwvmqt.org](http://www.lwvmqt.org)

Joke Answers: **1.** What's the difference between a teacher and a train? **2.** An investi-gator. **3.** Neptunes.

## Senior Millage Renewal

### **BACKGROUND:**

It was determined through the budget process that .35 mil of one mill would be needed to continue to provide senior services at current levels. The ballot asks whether voters will support the millage for a period of five years. This will generate approximately 0.35 mills, then use \$239,138 in the first year. If approved, the millage will and run through 2024 and **Will NOT Raise Your Taxes!**

City Commission wanted the millage to be cost neutral to the City taxpayers. They did this by resolution that states when the Senior Millage passes by vote of the City residents, **the general fund operating millage will be rolled back the same millage amount; therefore the taxpayer will pay no more than they do today.**

### **Current Funding**

The Senior Center is currently funded with a county-wide senior millage and an UPCAP grant for priority and homemaking services. The shortfall, or approximately \$239,138, comes from the City's general operating fund and helps provide the below services through the Marquette Senior Center.

### **Social Work Services Offered**

· Case Coordination & Support      · Financial Management · Homemaking · Outreach · Information & Assistance

### **Other Educational /Recreational/Leisure Programs offered**

AARP 55 Alive Health & Recreation    Driving Class, Health Screenings, Blood Pressure, Blood Sugar, Cholesterol Screenings, Fitness, Senior Arts Programs, Silver Sampler programs, Tai Chi, Tax Services, MSU Extension Classes, Local Law Enforcement lectures, Foot Clinics, Congregate Meals, Pinochle, Pickleball, Cribbage and Bridge leagues and a number of other special events throughout the year.

In 2011 and 2015 the City Commission approved a 5 year inclusive Senior Millage ballot proposal, which the electorate subsequently approved. For the August 4<sup>th</sup> 2020 voting session the Senior Millage is once again up for **RENEWAL**. This will not be an increase of taxes. Below is what the language will look like on the actual ballot.

“The Senior Millage Renewal will allow the City of Marquette to continue to provide services for those 60 years and older through the City of Marquette Senior Center.

Shall the City of Marquette, Marquette County, Michigan be authorized to levy .3500 of one mill (\$0.35 per \$1000) on the taxable value of all real and personal property within the City of Marquette for a period of five (5) years (2020– 2024 inclusive) in order to provide quality services to Marquette City residents age sixty (60) and older. This millage will generate approximately \$239,138 in the first year.”

YES \_\_\_\_\_ NO \_\_\_\_\_

### **What happens if the millage is not approved?**

The Senior Center will continue to provide services but at a **reduced level**. If the millage does not pass, the Commission will reconsider the funding options in the annual budget hearings.

### **Absentee Voting Information**

Even prior to the COVID-19 pandemic, absentee voting was fast gaining popularity in Michigan. For voters hoping to avoid the polling place on Election Day — or just looking to spend some time studying their ballot at home — absent voter ballots are simple to get.

Throughout Michigan, the only steps that must be completed in order to vote absentee are:

1. Register to vote.
2. Submit a signed form to your local clerk requesting an absentee ballot for the upcoming election.
3. Receive your ballot — either by mail or over the counter in the days prior to the election.
4. Vote and return your ballot — must be returned to the clerk by 8 p.m. on Election Day.

Once you are registered, you have the option to vote absentee in all upcoming elections. In order to then receive an absentee ballot for an election, a voter must first submit a signed application. A new signed request must be completed for each election.

In the City, the simplest way to routinely vote absentee is to join our “permanent absentee voter list” - voters on this list will automatically receive an application roughly two months prior to each election. Once the signed application is returned to the Clerk's office, a ballot will be mailed (about a month ahead of the election). Please contact your local clerk's office if you would like more information on absentee voting or if you would like to vote absentee. Contacts for each local clerk's office are as follows:

Marquette City: (906) 228-0430 • Marquette Township: (906) 228-6220 • Chocolay Township: (906) 249-1448

Powell Township: (906) 345-9345 ext. 12

Notes

- AV applications will forward in the mail. So if a voter is wintering out of the area, they should expect the USPS to forward their application along with their regular mail.
- **The USPS, however, will not forward ballots.** To have a ballot sent to an address other than a local registration address, voters must indicate this mailing address in the appropriate section of the AV application.

You can use the State of Michigan's website to check your registration status, register to vote, view upcoming ballots, download an absentee ballot application and request to be added to the permanent AV list. More information at [www.michigan.gov/vote](http://www.michigan.gov/vote).

Additional information about upcoming elections in the City of Marquette can be found online at [www.marquettemi.gov/elections](http://www.marquettemi.gov/elections).

together, now more than ever! We look forward to a great summer!!!

**Pre-registration is required for all events and can be made by calling (906) 228-0456.** Some events have a limited number of participants. If you find it necessary to cancel, please be aware that you might be taking a spot for someone who would like to participate, therefore, we are requiring a two-day notice for cancellations.

## Ongoing Programs

The programs and services listed below are regularly scheduled at the Marquette Senior Center. We encourage you to take advantage of any or all of them. **Program details will be constantly updated due to changing COVID-19 recommendations.** As of June 15th the Marquette Senior Center will be open by appointment only. You are required to make an appointment – so if you need that service please call the office for your appointment, (906) 228-0456. The Marquette Senior Center is supported by the City of Marquette, Marquette County Senior Millage, Office of Services to the Aging, Region II Area Agency on Aging and the generous donations of individuals and organizations in the community. In accordance with all applicable State and Federal Laws – Marquette Senior Services does not discriminate in employment or the provisions of its services.

\* **BLOOD PRESSURE – Friday, August 24th** , 11:00am-12:00pm. Nurses from UP Home Health Care will be at the Center checking Blood Pressure and Blood Sugar. Please call for an appointment, donations are cheerfully accepted.

\* **FOOT CLINIC – FOOT CLINICS** abound! We have several different choices for your tootsies! If you would like an appointment for June, do not wait to call and schedule. Arcadia's March's Foot Clinic will be held all day **Tuesday, August 4th**. We have also added an additional day to our Foot Clinic offered by UP Home Health Care on **Thursday, August 20th** from 9:00am-3:00pm. There is a \$25 fee for these services. Join us for a third option for foot care offered by 906 Foot Care on **Wednesday August 15th, Wednesday August 26th** and **Friday August 28th**. Prices vary for these services. Please remember to bring a basin to soak your feet and a towel to dry them! Appointments are required and can be made by calling (906) 228-0456 today!

\* **ABC'S FITNESS - Abs, Balance, Core & Strength!** **This Class is currently cancelled for August due to COVID-19 regulations.** Please continue to check in with the Senior Center for updates.

\* **SENIOR FITNESS** – This fitness class offers a low impact, chair exercise at a pace everyone can handle. Watch the video and get your arms and legs moving! This is an excellent group to get involved with. **This**

**Class is currently cancelled for August due to COVID-19 regulations.** Please continue to check in with the Senior Center for updates.

\* **TAI CHI** - Join us Tuesdays & Thursdays from 10:30am – 11:30am at Tourist Park Picnic Site 1. **This class is being held outdoors for the month of August** with Maria Formolo. Tai Chi is a slow moving, core strengthening, great for your balance routine which uses gentle slow-moving motions. No need to register.

\* **HIGH - LOW GROUP FITNESS** - **This Class is currently cancelled for August due to COVID-19 regulations.** Please continue to check in with the Senior Center for updates. This is a higher-impact aerobics class involving a variety of cardio, floor and some weights. Join Lynn, Gail, Sandy & Diane as they alternate routines. **Remember: If Marquette Public Schools are closed due to weather there are no classes that day.**

\* **MAHJONG** – **This is currently cancelled for August due to COVID-19 regulations.** Please continue to check in with the Senior Center for updates. Come join the fun! Don't know how to play? No problem, there is always someone willing to teach you! If you are new to this game, please call (906) 228-0456 to find out how to sign up for this event.

\* **PINOCHLE** – **This is currently cancelled for July due to COVID-19 regulations.** Please continue to check in with the Senior Center for updates.

\* **PICKLEBALL** – **This is currently cancelled for July due to COVID-19 regulations.** Please continue to check in with the Senior Center for updates.

\* **CONGREGATE MEALS – WE ARE BACK! CURBSIDE PICKUP.** In partnership with Alger-Marquette Community Action nutrition program, come enjoy a healthy, nutritionally balanced lunch at the Marquette Senior Center, 300 W. Spring Street! If you are age 60 years or older, or if you are the spouse of a person age 60 years or older, you qualify to receive a meal. We will have two pickup dates for the month of August. **It is important that you sign up in advance** if you would like a meal on any of the days we are providing. Please call us today for August dates and information at (906) 228-0456.

**MARQUETTE SENIOR SERVICES**  
300 WEST SPRING STREET  
MARQUETTE, MI 49855

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**Marquette Senior Services Staff**  
**228-0456**

Maureen McFadden - *Senior Center Manager*

Lisa Balko - *Social Work Coordinator*

Vickie Bullock, Gail Hermann - *Social Workers*

Missy Provo - *Administrative Assistant*

Tristan Luoma - *Arts & Senior Services Coordinator*

## Art Corner . . .

**Senior Art Classes** have been canceled indefinitely and will resume when the Marquette Senior Center and Arts & Culture Center deem it safe. We are hoping to return to bi-monthly classes by September.

Want to keep up with your art in the meantime? In lieu of being able to meet in person, we'll be putting together take-home art kits so you can paint, draw, or craft on your own time. If you would like to sign up for a kit, please contact Tristan at (906) 225-8655. Kits will be assembled and made ready for pick-up from Peter White Public Library by late July.

**The Senior Theatre Experience** is continuing virtually through regular classes and check-ins, as well as a new podcast ([www.anchor.fm/seniortheatrepodcast](http://www.anchor.fm/seniortheatrepodcast)) featuring short stories shared by students. While visits to NMU theater classes and local productions have been canceled for the time being, there are still plenty of ways to get involved with this great program! For more information on the Senior Theatre Experience, please contact program coordinator Moiré Embley at (906) 360-7126 or Tristan at (906) 225-8655.

**Senior Dance Classes** are held virtually via Zoom, alternating every Wednesday and Friday and taught by local dance instructor Alesia Braund. These are beginner-level classes designed for folks who are looking for a fun and engaging low-level workout with a variety of dance moves and techniques. No prior experience is necessary, and all steps are thoroughly described with ample practice time given between songs. July class dates are Wednesday, July 1; Friday, July 10; Wednesday, July 15; Friday, July 24; Wednesday, July 29. Please contact Tristan at (906) 225-8655 for more information on the classes and how to register.



**JOKES OF THE MONTH** (See the calendar insert for the answers!)

**Q.** What's the difference between a teacher and a train?

**Q.** What do you call an alligator detective?

**Q.** What kind of music do planets like?