A Letter from the Marquette Senior Center

Happy September Everyone,

If you are looking for other local opportunities we encourage you to go to visit 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 staff 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. 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 also want to give a huge shoutout to all our community partners and frontline workers during this time. We are Yooper Strong!!! We miss all of you and your smiling faces.

Sincerely ~ The staff at the Marquette Senior Center

This - n - That

- The Baraga Gym is Closed until further notice.
- COVID-19 Safety Recommendations - The CDC is still recommending wearing masks or face coverings in public. 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.
- PWPL Computer, Circulation, and Reference Appointments - Peter White Public Library computer, circulation, and reference services are available by appointment only; patrons can make an appointment by calling (906) 226-4311. Low-contact, curbside pickup of rentals is also available. Masks are required for all appointments in the Library – if you do not have one, PWPL should have extras in the front entrance.
- Picnic in the Park - our Picnic in the Park series is continuing this month with increased safety regulations in place. It is on September 16th from 11am-12pm. This is a limited capacity event, so if you are interested please call the Marquette Senior Center to sign up!

The Marquette Senior Center would like to introduce our new Administrative Assistant who has recently joined our team. Missy Provo lives in Marquette Township and resides with her husband Mike and their very spoiled pup Apollo 12. She is very excited to meet all of you and is available by phone in the interim to assist with any needs you may have.
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

September events will be offered for both beginner and advanced hikers. Hikers will need to follow City of Marquette/Senior Center protocols for safety during Covid 19 which will require wearing of a mask when social distancing is not possible, not participating if feeling ill, and using good judgment before signing up if you have traveled out of the area with extensive contact with others or if you have had extensive contact/visitors from out of the area within 14 days of the event. With NMU back in session, we have to be more vigilant in our safety. Note: There will be plenty of opportunities during hikes/events to take a “mask break” when we can spread out! You must have a signed waiver with the Marquette Senior Center before you participate in any event.

We also will require that participants bring any medications needed, water/snack and emergency contact information WITH THEM. As we are apt to be a distance from assistance if necessary, we must be prepared. New participants will receive a phone call from the group coordinator to discuss the event and help folks make good decisions on participation. Please contact the Senior Center with any questions on the events. Please provide your email and cell information for contact.

September 9, 2020 Beginner Hike Lakenenland Tour—M28 Harvey · 11:00 AM
We will hike around Lakenenland and enjoy the new sculptures…Bring a light lunch! Pathway is fairly level with no technical sections. Limit 12

September 12, 2020 Little Presque Isle · 10:00 AM · Advanced Hike · 5 Mile Lake Superior Shore Hike
Hike from Little Presque Isle, over Bareback Mountain and back. Technical hike! There is mixed terrain, 4 point climbing, wet and root/rocky sections. ****This event is pre-registered and limited. You can ask to be added to a wait list. Limit 10

September 30, 2020 Pine Knob—Forestville Trail · 11:00 AM Advanced Hike!
Must be able to navigate mixed terrain, technical sections and manage 4 mile distance.

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, September 25th, 11:00am-12:00pm. Nurses from UP Home Health Care will be at the Center checking Blood Pressure and Blood Sugar. Please call 228-0456 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 September, please do not wait to call and schedule. Call us today at (906) 228-0456. Arcadia’s September Foot Clinic will be held all day Tuesday, September 1st. We have also added an additional day to our Foot Clinic offered by UP Home Health Care on Thursday, September 17th 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 September 9th, Wednesday September 23rd and Friday September 25th. Prices vary for these services. Please remember to bring a basin to soak your feet and a towel to dry them!

* CONGREGATE MEALS – WE ARE BACK! CURBSIDE PICKUP In partnership with Alger-Marquette Community Action nutrition program, come enjoy a healthy, nutritionally balanced lunch. Pickup is 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 September meals, on the 8th and the 22nd, with pickup from 12-1. It is important that you register in advance by calling (906) 228-0456 if you would like a meal on any of the days we are providing.

* TAI CHI – Join us Tuesdays & Thursdays from 10:30am – 11:30am at Tourist Park Picnic Site 1 This class is being held outdoors for September 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.

The following programs are typically offered through the Marquette Senior Center but are currently cancelled until further notice:

* ABC’S FITNESS – Abs, Balance, Core & Strength!

* 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!

* HIGH – LOW GROUP FITNESS - This is a higher-impact aerobics class involving a variety of cardio, floor exercises and some weights.

* MAHJONG * PINOCHLE * PICKLEBALL

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**Art Corner . . .**

**Senior Art Classes** have been canceled indefinitely and will resume when the Marquette Senior Center and Arts & Culture Center deem it safe. Want to keep up with your art in the meantime? We still have a few take-home art kits available! Kits are available for curbside pickup from Peter White Public Library, and can be reserved by contacting Tristan at (906) 225-8655.

The **Senior Theatre Experience** is continuing virtually through regular classes and check-ins, as well as a podcast (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 every Thursday at 4:00pm, 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. September class dates are Thursdays, September 3, 10, 17, 24. To sign up please contact Tristan at (906) 225-8655.
Are You in the Best Prescription Drug Plan for 2021?

Each year Medicare beneficiaries have an opportunity to enroll in a prescription drug plan for the new calendar year. While individuals may stay with their current plan, the Michigan Medicare/Medicaid Assistance Program (MMAP) recommends reviewing your options each year.

Anyone who joined a Medicare prescription drug plan last year will soon receive an Annual Notice of Change from the company with which they have drug coverage. **READ THIS CAREFULLY**, as this notice will identify whether the plan is changing their premiums, co-pays, deductibles, and/or the medications they will cover. **You will need to make sure that the medications you are currently taking will still be covered by your plan in 2021.** If you need help understanding the notice, call a MMAP counselor for assistance.

Beneficiaries should take the time to answer these questions:

- **COST:** Will your premium and costs change significantly in 2021?
- **COVERAGE:** Do you need more coverage in 2021? Will the prescriptions you are taking be covered by your current plan in 2021?
- **CUSTOMER SERVICE:** Are you satisfied with your plan’s service?
- **OPTIONS:** Are there better plans available for my specific needs?

**Open enrollment begins October 15th and ends on December 7th.** This is the time to change plans, if you chose, for the 2021 calendar year. Beneficiaries who did not join a Medicare drug plan during their initial open enrollment period may also now apply for a drug plan.

MMAP counselors do not sell or endorse any insurance plan. MMAP Counselors can determine if you are eligible for programs that may assist you in paying your Medicare costs.

- The social workers at the Senior Center are certified MMAP counselors. Due to our high Medicare client numbers we will only accept new clients if you meet the criteria below, during the general open enrollment period as we are full. You will have to call 2-1-1 to find a certified MMAPs counselor.
- We can still take current active clients who have been seen for this service before.
- We can accept a spouse of a client who is currently an active client.

Update on the RSVP Non-Emergency Medical Transportation Program during COVID-19

**Standards of the program are:**

1. Must be 60 or older.
2. Must require transportation assistance to life prolonging treatments. This may include chemotherapy, dialysis, radiation, cardiac rehab or medication treatments which require a medical professional.
3. Must review and sign an RSVP waiver before entering a volunteer’s vehicle.
4. Must complete and pass a phone assessment, by the volunteer, prior to each transport.
5. Must be willing to wear a mask or face shield at all times during transportation services.
6. Must be fully ambulatory and able to get in and out of a car independently. RSVP volunteers may provide arm assistance but may not lift clients.

You can call the Senior Center to request a ride from RSVP. The ride must be for a non-emergency life sustaining treatment like the ones mentioned above. Once the ride request is put in RSVP will match you with a volunteer who will than be in contact with you directly.
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<td>9:00 FOOT CLINIC Arcadia</td>
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<td>Labor Day</td>
<td>SENIOR CENTER CLOSED</td>
<td>10:30 Tai Chi in the park Congregate Meal Pick up 12-1</td>
<td>9:00 906 Foot Care Silver Sampler Event</td>
<td>10:30 Tai Chi in the park 4:00 Senior Dance</td>
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<td>10:30 Tai Chi in the park</td>
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<td>Autumnal equinox (GMT)</td>
<td>10:30 Tai Chi in the park Congregate Meal Pick up 12-1</td>
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<td>10:30 Tai Chi in the park 1:00-3:00 Flu Shot</td>
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<td>Yom Kippur</td>
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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

- 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).

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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.

**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.

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League of Women Voters of Marquette County
906-229-9103
www.lwvmqt.org

The League of Women Voters never supports or opposes candidates or political parties.
FIGHT THE FLU
BEAT THE BUG

**Face Mask Required**

**By Appointment Only, Must Call the Marquette Senior Center To Sign Up at 906-228-0456**

COVERS 4 DIFFERENT FLU STRAINS!

- Flu Shot (6 month and older)
- High Dose Flu Shot (Adults 65+)

No insurance?
Child = $10    Adult = $30

Have insurance?
We can bill your insurance plan!

Don’t Wait to Vaccinate!
Come to the on-site flu shot clinic at...

Location: Baraga Gym
Date: Thursday, September 24, 2020
Time: 1:00 PM - 3:00 PM

184 U.S. 41 East • Negaunee, MI 49866 • 906-475-7844 • www.mqthealth.org

DON’T LET THE FLU KNOCK YOU OUT!

Michigan Trivia!

What is the earliest established town in Upper Michigan?
What herd of animals was once abundant, became destroyed and has now been established again in lower Michigan?
What is the Michigan state flower?

a: Sault Ste. Marie a: Elk a: Apple Blossom