

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

Hello Everyone,

The services listed below are regularly scheduled at the Marquette Senior Center. We encourage you to take advantage of any or all of them. The Marquette Senior Services Center are supported by the services of the City of Marquette, Marquette County Senior Millage, Office of Services to the Aging, Region II Area Agency on Aging UPCAP 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. We provide Social Work, Information and Referral and Health and Recreation Services at no cost to those residents in our service area.

Parking and Winter Parking Ban

The City-wide winter Parking ban is lifted April 1st!!! This means people can also park on the south side of Spring St. again.

Baraga Gym Users or Individuals with More Physical Mobility

If physically able, *please* park in the police department parking lot. There is extremely limited parking on Spring St. for those needing to use the lower-level senior center facilities and those individuals with accessibility needs. We like to keep those spots on Spring St. open for those individuals. We appreciate your help in this matter!

Winter Closure Policy

If MAPS public schools are closed due to inclement weather MEANING A SNOW DAY NOT COLD DAY the Marquette Senior Center and Baraga gym are open, however all Official Programming will be *cancelled*.

National Conference of Aging

The Marquette Senior Center was selected to present at the National Council on Aging Conference in Arlington Virginia in May. We will have the opportunity to present about programming that helps fight ageism and promotes aging actively. We are so excited to get national recognition and thank our community for all their support. #AgeAction2024. Please sign up for our Silver Sampler April 24th event to get a chance to listen to what we will be presenting before we head to D.C.



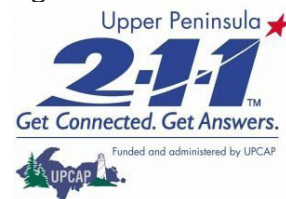
Most Wanted Donations Items for our In-Home Services Program

We appreciate your consideration and generosity! Note: We can only accept new unopened items. These items go to our clients that may have barriers to getting their own cleaning supplies that help keep them independent and in their homes.

- Unopened cleaning rags
- Swiffer Wet Jet/Refills
- Spray Bleach Cleaner

Happy Spring,

Maureen McFadden, Senior Services Manager, City of Marquette



SILVER SAMPLER

The Silver Sampler program is an outdoor recreation program for those 50 years of age and older who live within the service area of the Marquette Senior Center which includes 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. All events are weather dependent! In order to provide updates, we will email any changes for the day of and prior to the event. PLEASE BE WILLING TO CHECK YOUR EMAILS FOR INFORMATION AND UPDATES.

Some events have a limited number of participants, therefore if the event becomes full, please ask to be added to the wait list. If you find it necessary to cancel, we require a **two business day** notice for cancellations. Please call (906) 228-0456.

NEW PARTICIPANTS MUST SIGN WAIVER TO PARTICIPATE PRIOR TO EVENT.

APRIL EVENTS

APRIL 11

DEAD RIVER FALLS • INTERMEDIATE • 1:00 • NO LIMIT

We will hike the easy way to Dead River Falls. There are some climbs, and uneven paths. The hike is about 4 miles round trip.

APRIL 18

LAUGHING WHITEFISH AND ALGER FALLS • ALGER COUNTY • BEGINNER TO ADVANCED • 11:00AM • NO LIMIT

We will hike into Laughing Whitefish and Alger Falls which are both short hikes but beautiful!

APRIL 24

SILVER SAMPLER OPEN HOUSE

We will be bringing our local community the National Conference on Aging Presentation Centered around the Silver Sampler program and combatting ageism. The event will be at the Peter White Public Library from 5pm-6pm. Registration is required by calling the senior center at 906-228-0456. There will be light refreshments and hourderves provided.

APRIL 27

UP PINK POWER COMMUNITY EVENT • GWINN, MI • 8:00 • NO LIMIT

This is a great community event to walk or ride! There are amazing aid stations along the way plus a super lunch stop! You don't have to walk the whole way as there are sag cars if you need to stop! You can register day of! This will be your own contribution, but we hope to walk or ride in groups. We try to carpool up, but there are bus runs as well.

U.P. Pink Power annual 17 mile 'fundraising walk from Gary's Knotty Pine to The Up North Lodge Event Center. Help us raise money to be able to continue our endeavors of paying it forward to those in need by collecting pledges. You can find details at uppinkpower.com

Ongoing Programs

- * **BLOOD PRESSURE/BLOOD SUGAR CLINIC – Friday, April 26, 11:00am-12:00pm.** A nurse from UP Home Health Care will be at the Center checking Blood Pressure and Blood Sugar. Please call 228-0456 for an appointment.
- * **FOOT CLINIC – FOOT CLINICS** abound! We have several different choices for your tootsies! If you would like an appointment for April, please do not wait to call and schedule. Call us today at (906) 228-0456. Cindy's April Foot Clinic is **Tuesday, April 9th from 9:00am-3:00pm, and Wednesday, April 10th from 9:00-11:30.** UP Home Health Care's April Foot Clinic is **Thursday, April 18th from 8:30am-1:30pm.** There is a \$25 fee for these services. Please remember to bring a basin to soak your feet and a towel to dry them! Join us for a third option for foot care offered by 906 Foot Care, by individual appointment only. Prices vary for these services.
- * **CONGREGATE MEALS –** In partnership with Alger-Marquette Community Action nutrition program, come enjoy a healthy, nutritionally balanced lunch. Dining 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 four dates for April: April 3rd, 10th, 17th, and 24th at 12:00 noon. *It is important that you register in advance BY NOON THE DAY BEFORE by calling (906) 228-0456*** if you would like a meal on any of the days we are providing.
- * **TAI CHI –** Tai Chi is a slow moving, core strengthening, great for your balance routine which uses gentle slow-moving motions. The Marquette Senior Center's Tai Chi class takes place on **Tuesdays and Thursdays from 10:30-11:30 in the Baraga Gym.** Class is free to adults 55 years of age and older and you do not need to call to register to participate, you can just show up.
- * **ABC'S FITNESS –** Abs, Balance, Core & Strength! Join Instructor Gail Maki on **Tuesday & Thursday at 8:45am** in the Baraga Gym.
- * **SENIOR FITNESS –** Every Monday, Wednesday & Friday at 10:30am 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!
- * **HI-LOW Group Fitness –** Monday/Wednesday/Friday @ 9:00 am. This is a higher impact aerobics class using a variety of cardio, floor and some weights. Join Lynn, Sandi & Diane as they alternate routines.
- * **PINOCHLE –** Join the Pinochle fun on Monday mornings beginning at 11:00am. Hope to see you there!
- * **DUPLICATE BRIDGE –** Bridge is played at the senior center on Tuesdays, Thursdays, and Fridays at 12:30pm. The Superiorland Bridge Club honors a player of the month - the one who earns the most Master Points. With 17+ points accrued; Geri Grimes is the latest honoree to be pictured on the Club's wall of fame. "I like the fact that I use my mind," Geri says, "and that these people are all my friends.". **The group also offers lessons! Please call the Senior Center if interested.**
- * **PICKLEBALL –** Head on over to the Baraga Gym for a great game of Pickleball. We've got the nets, paddles and pickleballs.
Mondays: Beginners 12:00pm-2:30pm / Advanced & Intermediate 2:30-4:00pm
Tuesdays: All Skill Levels 12pm-4pm
Wednesday: Advanced & Intermediate 10:30am-12:30pm / Beginners 12:30pm-3pm
Thursdays: Advanced & Intermediate 2pm-4pm
Fridays: Beginners 12:00pm-2pm / Advanced & Intermediate 2-4pm
No need to call, drop in and join the games! PLEASE ATTEND THE SESSION APPROPRIATE FOR YOUR SKILL LEVEL TO AVOID OVERCROWDING.
- * **ASAHI –** Asahi is a mind-body health practice. It is a versatile fitness program from Finland. Asahi can be practiced by people of all ages and in all states of health or physical condition. No equipment is necessary. Join instructor, Don Bode, **Mondays & Fridays 10:30-11:30am in the Baraga Gym** to learn more about this comprehensive exercise routine which helps people improve their health and quality of life. It is great for strengthening, developing balance, and reducing stress.
- * **WALKING –** The Baraga Gym is open for walking every weekday. Walking hours include Mondays-Wednesdays-Fridays 7:30am – 9:00am, Tuesdays & Thursdays 7:30am – 8:45am, and Wednesdays 3:00pm – 4:00pm. No need to call, drop in and walk in the gym!
- * **Baraga Gym Closed** Thursdays 12-2pm for cleaning.

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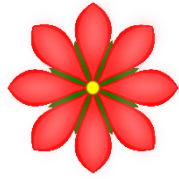
- **PARKINSON'S SUPPORT GROUP** – Typically the third Wednesday of the month from 2:00pm – 3:00pm at the Marquette Senior Center. No registration necessary. Open to people living with Parkinson's disease and their caregivers. **April meeting date: April 17th.**
- **BYOD** – Bring your own device workshop for Seniors!!! We will be hosting a couple of bring your own device workshops, where there will be volunteers on site to help you with simple things regarding some of your technology. Please call us at 906-228-0456 to sign up.
- **Community Grief Support** – 4/17/24 • 5:30-6:30 p.m. – Loss of a loved one can look different for everyone. Let our team help you on your journey to new beginnings. Choose the location that works best for you! Please call 906.225.7760 if you have any questions. Lake Superior Life Care & Hospice office, 914 W Baraga Ave.
- **Caregiver Support Groups** – 4/10/24 • 2:00-3:00 p.m. – Are you feeling *isolated* or *burned out* as a caregiver? Do you experience *frustration* or *guilt* and need a safe place to process? Join us for opportunities to *share your feelings*, develop friendships, receive emotional support, and to learn about available community resources. Lake Superior Life Care & Hospice Office, 914 W. Baraga Ave.
- **Live & Learn** – Cancelled for April & May.
- **Art After Loss** – 4/23/24 • 5:00-7:30 p.m. at the Peter White Public Library 217 N. Front St Marquette in the Marquette Arts & Culture Center lower level. Join us to explore using art as a means of personal healing after death and loss. We will be creating remembrance flags to honor the memory of your loved one or experience. We encourage you to bring any of the following: photocopied pictures, pieces of clothing, ties, buttons, jewelry, poems, or other beloved tokens which can be glued or sewn to the provided fabric flag.
- **SILVER SAMPLER OPEN HOUSE and NCOA Presentation** – APRIL 24 5pm-6pm at the Peter White Public Library. The Marquette Senior Center was selected to speak at the National Conference on Aging Conference in D. C.!!! We will be inviting community members to listen to the presentation first. Registration is required. Please call the Senior Center to sign up at 90622-0456. Light refreshments and hounderves provided.
- **FEEDING AMERICA TRUCKS** – Thursday, April 11, 2024 – 10:00 AM - Marquette County (Drive Thru), Silver Creek Thrift Store, 219 Silver Creek Road, Marquette, MI 49855
- **Winter Parking Ban will be lifted April 1st** – Please note that the City would appreciate the Publics cooperation if it does snowstorm after that time to please consider off street parking when able to make plowing easier.



April 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
31	1 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball	2 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge	3 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30-3:00 Pickleball 12:00 Congregate Meal 1:00 Senior Art Class	4 8:45 ABC Fitness 10:30 Tai Chi 12:00 Cribbage League 12:30 Bridge 2-4 Pickleball	5 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball 12:30 Bridge	6	
7	8 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 4:00 Senior Theatre	9 8:45 ABC Fitness 9-3 Cindy's Foot Clinic 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	10 9:00 Hi-Low Fitness 9-11:30 Cindy's Foot Clinic 10:30 Senior Fitness 10:30-3:00 Pickleball 12:00 Congregate Meal	11 8:45 ABC Fitness 10:30 Tai Chi 12:00 Cribbage League 2-4 Pickleball Silver Sampler Event	12 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball 12:30 Bridge	13	
14	15 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball	16 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	17 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30-3:00 Pickleball 12:00 Congregate Meal 1:00 Senior Art Class 2:00 Parkinson's Support Group	18 8:30-1:30 UPHH Foot Clinic 8:45 ABC Fitness 10:30 Tai Chi 12:00 Cribbage League 12:30 Bridge 2-4 Pickleball Silver Sampler Event	19 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball 12:30 Bridge	20	
21	22 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 4:00 Senior Theatre	23 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	24 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30-3:00 Pickleball 12:00 Congregate Meal 1:00 Senior Art Class 5pm Silver Sampler Open House	25 8:45 ABC Fitness 10:30 Tai Chi 12:00 Cribbage League 12:30 Bridge 2-4 Pickleball	26 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11-12 BP Clinic 12-4 Pickleball 12:30 Bridge	27 Silver Sampler Event	
28	29 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball	30 8:45 ABC Fitness 9-12 Cognitive Assessments 10:30 Tai Chi 12-4 Pickleball 4:00 Senior Dance	1	2	3	4	
5	6	NOTES:					



April 2024



ALGER-MARQUETTE
COMMUNITY ACTION
HELPING PEOPLE • CHANGING LIVES

Monday	Tuesday	Wednesday	Thursday	Friday	News
1. Roast Turkey Mashed Potatoes w/ Gravy Peas & Carrots Mandarin Oranges Dinner Roll	2. Chicken Tenders Ranch Dip Green Beans Red Bliss Potatoes Diced Peaches Dinner Roll	3. Macaroni & Cheese Baked Beans Stewed Tomatoes Tropical Fruit	4. Beef-Veg Stew Sweet Corn Apple Crisp Buttermilk Biscuit Fresh (Halo) Orange	5. Cabbage Rolls w/ Tomato Sauce Key West Veggies Pineapple Tidbits Dinner Roll	<p>Senior Nutrition Program meals are provided by Community Action Alger Marquette for persons 60 or older & their spouses.</p> <p>Your Senior Nutrition Council recommends a donation of \$3.50 per meal, which is applied to the purchase of food and its preparation. Guests under 60 pay \$6.50.</p> <p>The Senior Nutrition Program is provided through OSA, UPCAP/AAA, and funding from the State of Michigan, the Older Americans Act, local donations and complies with Title VI of the Civil Rights Act.</p> <p>PLEASE NOTE: This is the menu for the overall Senior Nutrition Program. It is subject to change at the individual sites due to several factors including availability of specific food items, inventory and cook's discretion. Although you may experience some changes from this menu, always rest assured that each meal meets one third of your daily nutritional requirements and we make every effort to provide you with a variety of well-balanced, appealing and tasty meals.</p>
8. Breaded Chicken Wedge Fries Capri Veggies Diced Pears Fig Cookie Dinner Roll	9. Cheeseburger Baked Beans Diced Sweet Potato Cinn. -Applesauce Burger Bun Ketchup & Mustard	10. Rotini w/ Meat Sauce and Cheese Green Beans Mandarin Oranges Garlic Bread	11. Swedish Meatballs Garden Rice Blend Mixed Vegetables Apple Slices Dinner Roll	12. Roast Beef Mashed Potatoes & Gravy Broccoli Peaches in Gelatin Dinner Roll	
15. French Toast Pieces (2) w/ Syrup Turkey Sausages Diced Potatoes Fruit Punch Juice	16. Polish Sausage on a Hot Dog Bun Red Bliss Potatoes Baby Carrots Applesauce	17. Cheesy Goulash Sweet Corn Cherry Crisp Fresh Banana Garlic Bread	18. Chicken Tenders Ranch Dip Sweet Potato Cubes Green Beans Chocolate Cookie	19. Roast Pork Loin & Gravy Garden Blend Rice California Veggies Mixed Fruit Dinner Roll	
22. Chicken Lasagna Prince Charles Veg. Fig Cookie Pineapple Tidbits Garlic Bread	23. Breaded Pollock Tartar Sauce Baked Beans Sliced Carrots Peaches in Gelatin Dinner Roll	24. Mild Beef Chili Capri Veggies Apple Slices Chocolate Pudding Dinner Roll	25. Ham & Scalloped Potatoes Green Beans Cinnamon Applesauce Dinner Roll	26. Cabbage Roll Diced Sweet Potato Chocolate Chip Cookie Fresh (Halo) Orange Dinner Roll	
29. Roast Beef Mashed Potatoes & Gravy Mixed Veggies Mandarin Oranges Dinner Roll	30. Sweet & Sour Chicken over Brown Rice Oriental Veggies Fresh Banana Orange Loaf	<p>To cancel or restart a meal: Please call 906-228-6522 before 9:00am day of service. Press 1 for senior nutrition--Press 1 again to leave a message. Thank You!</p>			

Baraga Gym Schedule (Senior Center Programs)

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00		Cleaning			
7:30		Walking		Walking	
8:00	Walking	7:30-8:45	Walking	7:30-8:45	Walking
8:30	7:30-9:00		7:30-9:00		7:30-9:00
8:45					
9:00	High -Low	ABC Fitness	High -Low	ABC Fitness	High -Low
9:30	Fitness	8:45	Fitness	8:45	Fitness
10:00	9:00		9:00		9:00
10:30	Asahi	Tai Chi	Advanced/ Intermediate	Tai Chi	Asahi
11:00	10:30-11:30	10:30-11:30	Pickleball	10:30-11:30	10:30-11:30
11:30					
12:00			10:30-12:30		Beginner Pickleball
12:30	Beginner			Cleaning	
1:00	Pickleball	Pickleball	Beginner	12:00-2:00	12:00-2:00
1:30	12:00-2:30	All	Pickleball		
2:00		Skill Levels	12:30-3:00	Advanced/ Intermediate	Advanced/ Intermediate
2:30	Ad/Int.	12:00-4:00		Pickleball	Pickleball
3:00	Pickleball		Walking	2:00-4:00	2:00-4:00
3:30	2:30-4:00		3:00-4:00		
4:00					

The Marquette Senior Center is offering Cognitive Assessments!!!

April 30th from 9am-12pm at the Marquette Senior Center

Appointments Required call 906-228-0456

What is a Cognitive Assessment?

Cognitive testing is used if a person shows signs of a problem with memory, thinking, or other brain functions. The test shows if a person has a problem that requires more testing. Some providers recommend that the test be done at age 60 or one year after retirement. Cognitive testing is often used to screen older adults for a condition called mild cognitive impairment (MCI).

How long does the assessment take?

Approximately 30 minutes. This includes administering the test, reviewing the results, and making any indicated recommendations.

Do I need orders from my physician?

You do not, the tests administered here will not be submitted to insurance and therefore no orders are needed.

How much does the assessment cost?

The cost is \$25.00. You will be given the test and a written summary along with recommendations if indicated. Cash or checks are acceptable, and you will be given a receipt.

APRIL FOOLS' CAKE

INGREDIENTS

- 1 jar (14 ounces) pizza sauce
- ½ pound bulk Italian sausage, cooked and crumbled
- 1 package (8 ounces) sliced pepperoni
- 3 cups biscuit/baking mix
- ¾ cup whole milk
- 2 large eggs
- 2 tablespoons butter, melted
- 1 teaspoon garlic salt
- 5 to 6 slices mozzarella cheese

DIRECTIONS

1. Preheat oven to 375°. In a bowl, combine the pizza sauce, sausage and pepperoni; set aside. In another bowl, combine the biscuit mix, milk, eggs, butter and garlic salt. Spread half of the batter on the bottom and up the sides of a greased 10-in. fluted tube pan. Spoon meat mixture over batter; cover with remaining batter.
2. Bake for 35-40 minutes or until browned and a toothpick comes out clean. Invert onto a baking sheet. Arrange cheese over cake. Return to the oven for 5 minutes or until cheese is melted. Using two large metal spatulas, transfer cake to a serving platter; serve immediately.



April Fools' Cake Recipe photo by Taste of Home

Spring Flowers

D	L	L	S	A	C	S	C	A	L	I	L	S	R
A	A	R	H	R	P	Y	Y	A	W	J	A	I	S
I	S	A	O	I	N	L	S	I	O	I	O	S	D
S	E	C	L	P	L	O	R	N	I	D	R	Y	L
Y	U	U	Y	I	O	I	Q	D	A	H	L	I	A
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JONQUILS
SWEET WILLIAM
CROCUS
WYSTERIA
DAHLIA
TULIPS
CARNATIONS
DAFFODILS
CREPE MERTLE
FORSYTHIA
HYACINTH
LILAC
LAVENDAR
PANSY
LILLY
DAISYS
IRIS

Play this puzzle online at : <https://thewordsearch.com/puzzle/1732/>



Senior Dance Classes are held on Tuesdays from 4:00pm-5:00pm at the Marquette Arts & Culture Center, located in the lower level of Peter White Public Library, taught by Senior Services manager Maureen McFadden! These are beginner-level classes designed for folks who are looking for a fun and engaging, low-intensity workout with a variety of dance moves and techniques. No prior dance experience necessary, and you do not need a partner to attend.

PRE-REGISTRATION IS REQUIRED and can be made by calling Tristan at (906) 225-8655.

***NO SENIOR DANCE TUESDAY, APRIL 2nd**

Art Corner . . .

All Senior Art Programming is free for residents of the City of Marquette, Powell Township, Marquette Township, and Chocolay Township ages 55+.

1) **Senior Visual Art Classes** are typically held on the **first and third Wednesday of each month from 1:00pm-3:00pm** at the Marquette Arts & Culture Center, located in the lower level of Peter White Public Library. Each month, a local art instructor will lead the group on a new project. Participants residing outside of the Senior Center's service area may attend for a suggested \$5 donation to help cover the cost of supplies. PRE-REGISTRATION IS REQUIRED and can be made by calling Tristan at (906) 225-8655.

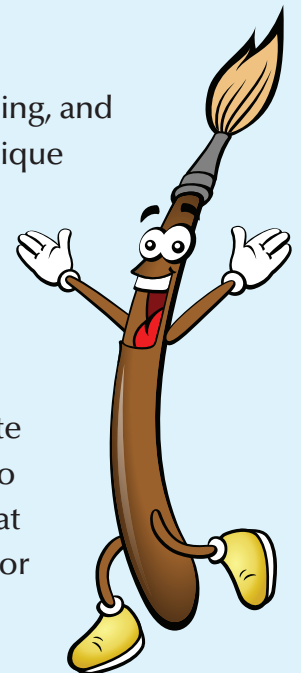
Wed., April 3 & 17 *Oil Pastels inspired by Georgia O'Keefe with Colleen Maki*

Wed., April 24 *Wax Resist with Colleen Maki (1pm-4pm)*

Wed., May 8, 15 & 22 *Silk Scarf Painting with Diane Kribs-Mays*

2) **The Senior Theatre Experience** is a free program that encourages discovery, learning, and having fun while exploring different aspects of the world of theatre by offering unique experiences which illuminate the creativity, collaboration, and innovation behind the curtain. Participants in the STE enjoy twice-monthly, discussion-based classes in addition to Experiences attending backstage tours, tech design, and rehearsals, and as well as free admission to local theatre company productions.

April class dates are Mondays, April 8 and 22 from 4:00pm-5:00pm at the Marquette Arts & Culture Center, located in the lower level of Peter White Public Library. No prior acting or theater experience necessary to take part! Please contact Tristan at (906) 225-8655 or tluoma@marquettemi.gov for more information about the Senior Theater Experience.



MARQUETTE SENIOR SERVICES
300 WEST SPRING STREET
MARQUETTE, MI 49855

PRSR STD
US POSTAGE
PAID
Permit #15
Lansing, MI 48924

Marquette Senior Services Staff
906-228-0456

Maureen McFadden - *Senior Center Manager*
Michelle Marzec - *Administrative Assistant*
Lisa Balko - *Social Work Coordinator*
Gail Hermann, Elizabeth Sherman - *Social Workers*
Tristan Luoma - *Arts & Senior Services Coordinator*



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

Standards of the program are:

Referrals for transportation to medical appointments may be submitted by local senior centers, home health agencies and other senior service providers in Marquette County.

- Referrals for the transportation program must be submitted to the RSVP office at least 5 business days before the 1st appointment.
- This service is free of charge to seniors in the community. Donations may be sent to the RSVP office. Transporters are not bonded and may not handle client money.
- When transport referrals are matched, RSVP staff will contact the referral agency to confirm arrangements.
- Transports will not take place before 8 a.m., after 3 p.m., on weekends or when the RSVP office is closed for holidays.
- RSVP reserves the right to refuse to transport a client.
- RSVP is to be used when all other resources are exhausted.

Other Options available in Marquette County:

If a senior is a UPHP client, they must use the UPHP transportation system at 225-7085.

