

THE SKYLIGHT

GREATER ISHPEMING COMMISSION ON AGING
ISHPEMING MULTI-PURPOSE SENIOR CENTER



March

Staff:

Executive Director:

Ashley Roberts

Executive Assistant:

Carrie Phillips

Case Worker Staff:

Cheryl LaFountain

Angela Johnson

Community Health Worker

Sarah Hendra

Program Coordinator:

Sarah Tackman

Receptionist:

Maria Stanaway

Cook:

Mary Gervasi

AARP Workers:

Margie Pascoe

Donna Aho

Maintenance:

Perry Nora

The GICOA is a 501c3 non-profit organization serving seniors in the City of Ishpeming and the Townships of Ishpeming, Ely, Tilden, Humboldt, Champion, Republic, and Michigamme since 1982.

To promote the independence, safety, dignity and well-being of older adults.



Greetings From the Director:

As we enter the month of March we are getting closer to Spring. We have made a transition at the Ishpeming Senior Center to welcome the Caregiver Butterfly Garden. We are so excited to house this exhibit for an entire year before it takes flight to another Michigan location.

As we celebrate this exhibit, we are honoring our direct care workforce and those individuals in our community and our state that make a difference in helping seniors to age in place in their homes. It is through our connections that we highlighted last month and continue to highlight in March that are so valuable to each of us. These connections keep us going and allow us to find our place through life. Through many transitions there are moments where we might find a loss of identity, but I want to ensure you that we see you and we are here to offer our seniors a place to connect and rebuild. Whether it's at a meal site, activity, bus trip, or our Community Health Workers friendly visitor program.

WE SEE YOU.

~Ashley Roberts



The GICOA is funded through Marquette County Senior Millage, Region XI Area on Aging, United Way, West End Health Foundation, and other small grants, businesses and individual donations.

HEALTH AND WELLNESS PROGRAMS

FOOT CARE CLINIC



Service provided by:
Upper Peninsula Home Health & Hospice

Cost:

Foot care \$25

Haircut \$25

ISHPEMING SENIOR CENTER

First & Second Friday of every month

Call the Senior Center, to schedule 906-485-5527

**Michigamme and Republic clinic info.,
see pg. 10-11*

BLOOD PRESSURE PLUS CLINIC

Service provided by:
Upper Peninsula Home Health & Hospice
Free Blood sugar testing.

\$5 blood cholesterol tests

Third Friday of every Month | 11AM

CAREGIVER SUPPORT GROUP

Service provided by:
Lake Superior Life Care & Hospice

If you are feeling isolated or burned out as a caregiver, you are not alone. We are here for you.
To sign up or ask questions call 906-485-5527

LIVING WELL WITH DIABETES

&PRE-DIABETES w/JoAnn Manty

SUPPORT GROUP * ALL ARE WELCOME

Pre-registration not required. Drop in for topic and goal setting including weight loss and exercise.

Join us the 4th Tuesday of each month!



Low Impact-

Mondays | 9am & 10:30am

Everyone welcome. Wear comfortable clothes and shoes. Workouts focus on elevating heart rate.

Strong Bodies-

Wednesdays | 9am & 10:30am

All are welcome. Wear comfortable clothes and shoes. Workouts focus on building strength and balance.

Chair Yoga-

Fridays | 9am & 10:30am

Everyone welcome. Wear comfortable clothes and shoes. Workouts focus on deep breathing and relaxation.

Legal Service Walk-In Service-

Second Monday of the month- 9 AM

Richard Graybill, attorney and counselor, offers free assistance to seniors with general legal concerns. First come, first served.



CARDS, GAMES, CRAFTS & MORE

New players always welcome!

Coffee provided.

Players can bring snacks & dessert to pass.

MEXICAN DOMINOES

Every Monday | 12:30 PM

EUCHRE

Every Monday | 1 PM

MAHJONG

Every Tuesday | 12:30 PM

PINOCHLE

Every Tuesday | 1 PM

CRIBBAGE

Every Wednesday | Sign in starts at 12 PM

Play starts at 12:30 PM

\$5.00 buy-in, cash payout for winners!

BELL BINGO-BELL AUXILIARY

Third Friday of the month | 12 PM

Call to sign up. No cost to play, come for fun and prizes!



CRAFT & CROCHET

Knit & Crochet with JoAnn Manty

First Friday of the Month | 12pm

Bring your own supplies..

Crazy about Crafts with JoAnn Manty

Last Monday of the month | 1pm

Projects change seasonally, minimal cost



Library Book Club

First Thursday of the month at 11am

Hosted by the Ishpeming Carnegie Library. Books can be picked up at the Senior Center or library. Anyone can join.

Does your organization need a newsletter?

We'll cover the printing costs!

Learn more at lpicommunities.com



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Contact Chris Williams

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SENIOR CENTER SPECIAL EVENTS

Ukelele Jam with Scott

1st and 3rd Mondays of the month at 12 pm

Come join in on the fun. All skill levels are welcomed as reviews are done weekly before lessons begin. You don't have a ukelele? We have extras!

Bus Trip



Monday, March 9th



Dust off your lucky charms and put on your best "jack-pot" face-we're heading to the casino this month. Whether you're a slots superstar, first time player or just coming for the laughs and lunch-it's all about the fun! May you leave with a little extra jingle in your pockets!

Earn \$5.00 Sr. lunch and free play as well

Departure 10:30 am

Return approximately 2:30/3:00 pm



The Social Spark

Tuesday, March 17th @ 1:00 pm

A relaxed social group for single seniors who enjoy good conversation, shared activities and new friendships.

Dessert and refreshments served. Call the center to reserve your seat. 906-485-5527

Paint & Palettes



3rd Tuesday of the month

Painting with acrylics and watercolors for small creative work. Learn how imperfect art-making can be relaxing, enjoyable and stress relieving.

All are welcome

DO YOU HAVE QUESTIONS ABOUT MEDICARE?

Call us for a free review to see which Medicare plan is right for you!

We're local reps covering Michigan and Wisconsin.



CALL FOR AN APPOINTMENT IF:

- ✓ YOU WILL BE ELIGIBLE FOR MEDICARE SOON
- ✓ YOU WILL BE TURNING AGE 65 SOON
- ✓ YOU ARE LOSING YOUR GROUP HEALTH COVERAGE
- ✓ YOUR CURRENT COVERAGE IS GETTING TO EXPENSIVE
- ✓ YOU ARE NEW TO THE AREA
- ✓ YOU JUST GAINED OR LOST YOUR MEDICAID
- ✓ YOU NEED FINAL EXPENSE LIFE INSURANCE

MICHAEL MARANA KATHY WILSON

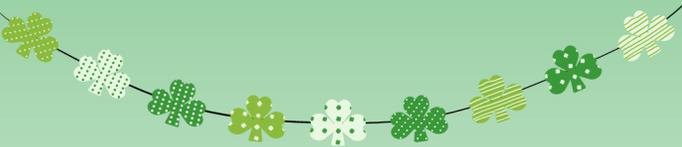
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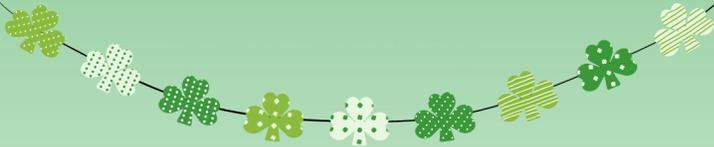
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Sudoku

		1		6	5		3	7
3				2	9	1	6	
	6	4						
	2	8			4			3
			1		7			
5			2			6	9	
4						5	2	
	5	6	9	4				8
9	1		5	8				



Wish List

- Toilet paper
- Green scouring pads
- Sugar
- Cake mixes
- Cake frosting
- Coffee (regular/decaf)
- Napkins
- Bread mixes
- Brownie mixes
- Stamps
- Lunch Bags



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March 2026

2. Monday	3. Tuesday	4. Wednesday
Low Impact aerobics- 9 am & 10:30 am Ukelele- 12 pm Mexican Dominoes- 12:30 Euchre- 1pm	Salvation Army Meal- 12 pm Mahjong- 12:30 pm Pinochle- 1 pm Taxes by Appt.	Strong Bodies (aerobics)- 9 am & 10:30 am Cribbage- 12 pm Line Dancing- 2 pm
9.	10.	11.
Legal Clinic- 9 am Low Impact aerobics- 9 am & 10:30 am Casino Outing- 10:30 - 3pm Mexican Dominoes- 12:30 Euchre- 1pm	Salvation Army Meal- 12pm Mahjong- 12:30 pm Pinochle- 1 pm Taxes by Appt.	Strong Bodies (aerobics)- 9 am & 10:30 am Cribbage- 12 pm Line Dancing- 2 pm Humboldt Meal- 12 pm
16. GICOA Board Mtg- 9 am	17.	18.
Low Impact aerobics- 9 am & 10:30 am Ukelele- 12 pm Class of 1956- 12 pm Mexican Dominoes- 12:30 pm Euchre- 1 pm Casual Crafters- 1 pm	Paint & Palettes- 9 am Salvation Army Meal- 12 pm Mahjong- 12:30 The Social Spark- 1 pm Taxes by Appt.	Strong Bodies (aerobics)- 9 am & 10:30 am Cribbage- 12 pm Line Dancing- 2 pm Champion Meal- 12 pm
23.	24.	25.
Low Impact aerobics- 9 am & 10:30 am Mexican Dominoes- 12:30pm Euchre- 1 pm Crazy About Crafts w/JoAnn Manty- 1 pm	Diabetes Education- 10 am Salvation Army Meal- 12 pm Mahjong- 12:30 pm Pinochle- 1 pm Taxes by appt.	Strong Bodies (aerobics)- 9 am & 10:30 am Cribbage- 12 pm Line Dancing- 2 pm
30.	31.	
Low Impact aerobics- 9 am & 10:30 am Mexican Dominoes- 12:30pm Euchre- 1 pm	Class of 1973- 12 pm Salvation Army Meal- 12 pm Mahjong- 12:30 pm Pinochle- 1 pm Taxes by Appt.	

March 2026

5. Thursday	6. Friday	
Ishpeming Library Book Club- 11am ISC Lunch- 12 pm Ham & Cheese Sliders, Minestrone soup & dessert Class of '67- 2pm Taxes by appt. only	Chair Yoga- 9 am & 10:30 am Knit & Crochet- 12 pm Foot Care Clinic- All Day by Appointment	Monday - Friday: Fresh coffee starting at 8am Come in by yourself or grab a friend and enjoy a cup of coffee and some conversation.
12.	13.	
ISC Lunch- 12 pm Cabbage rolls, mixed vegetables, dinner roll & dessert Taxes by appt. only	Chair Yoga- 9 am & 10:30 am Foot Care Clinic- All Day by Appointment	
19.	20.	
ISC Lunch- 12 pm Chicken Alfredo over pasta, vegetable, mozzarella breadstick & dessert Taxes by appt. only	Chair Yoga- 9 am & 10:30 am Blood Pressure Clinic- 11am Bell Bingo- 12pm First Day of Spring	Winter Weather Policy for closures: If the local schools are closed due to inclement weather (winter storm or freezing temps.) we will also be closed. All activities and homemaking for that day will also be cancelled.
26.	27.	
ISC Lunch- 12 pm Ground beef stroganoff, green beans, bread with butter & dessert Republic Meal- 12 pm Trivia following lunch Taxes by appt. only	Chair Yoga- 9 am & 10:30 am	*Please remember to sign up each week for your meal, no matter which site you attend. We cook only for those who have registered and do not prepare extra meals. If you haven't signed up, a meal will not be available.*

Case Worker Connection

Maximize Your Income with These Michigan Tax Credits

Did you know that you may still be eligible for some tax credit refunds without filing for Federal and State taxes? The Homestead Property Tax Credit and Home Heating Credit forms can be filed with the Michigan Department of Treasury even if you are not required to file income tax returns. If you do file a MI-1040 income tax return, these credits are already included if you are eligible.

What is the Michigan Homestead Property Tax Credit (Form MI-1040CR)?

Provides tax relief to eligible homeowners and renters whose property taxes (or 23% of rent) exceed a certain percentage of their total household income.

Key Eligibility Requirements

- **Residency:** Must be a Michigan resident for at least six months of the tax year.
- **Occupancy:** Must own or rent a home (including mobile homes) in Michigan and occupy it as a primary residence.
- **Income/Value Limits:** Generally, total household resources must be \$71,500 or less, and the home's taxable value cannot exceed \$165,400.
- **Restrictions:** You cannot claim this credit if you are claimed as a dependent on someone else's tax return.

Deadline:

Credit can be claimed up to 4 years after the original tax filing due date.

The deadline for submitting this form is September 30, 2026.

Key Credit Details

- **Renters:** Renters may treat 23% of their rent as property taxes for the purpose of the credit calculation.
- **Alternative Credits:** Specific provisions exist for seniors (age 65+), disabled individuals, and certain veterans.
- **Alternative Calculation:** Renters 65 or older whose rent is more than 40% of their total household resources may qualify for an alternative, often higher, credit.

What is the Home Heating Credit (Form MI-1040CR-7)?

Helps low-income residents pay some of their heating expenses if they are qualified Michigan homeowners or renters. The credit is based on income (total household resources), household size, and a comparison between either a standard credit allowance or actual heating costs (alternate credit allowance).

Heat can be included in rent (50% credit reduction applies).

Maximum Income Ceilings

- \$17,243 for 1 exemption (Standard) or \$18,592 for 1 exemption (Alternate)
- \$23,271 for 2 exemptions (Standard) or \$25,018 for 2 exemptions (Alternate)

The Home Heating Credit form should be completed to see if you qualify.

The deadline for submitting this form is September 30, 2026.

Retired Senior Volunteer Program (RSVP) Non-Emergent Medical Transportation Guidelines

To participate in the program call the Ishpeming Senior Center
906-485-5527

Senior must be:

- 60 or older
- Be traveling in Marquette County
- Appointment requests must be submitted to RSVP office at least 5 business days before appointment
- Senior must be able to get in and out of a car on their own. RSVP volunteers may provide arm assistance but may not lift clients.
- RSVP is to be used when all other resources are exhausted.
- Those with difficulty walking long distances, with the help of the volunteer, may be able to use a wheelchair at the medical center or hospital to get to and from their appointments.
- If a senior is a UPHP client, they must use the UPHP transportation system.

MSU AgeAlive Education & Research Forum and Awards Ceremony

“Advancing Mobility Across Setting As We Age”

March 26, 2026
9:00am-2:00pm

Featuring speakers on mobility topics and current research

Vendors/Give Aways
Light Breakfast/Lunch

Open to the public
call to sign up or scan below!



Registration Required
Public Welcome
Visit agealive.org/events/



A Caregiver’s Butterfly Garden Art Exhibit Takes Flight in Ishpeming.

The exhibit will call the Ishpeming Senior center home until January 2027.

Ishpeming is the first Upper Peninsula host of this statewide initiative, joining other major Michigan exhibit sites. The exhibit connects caregiving, aging, workforce needs, and community appreciation through art.

Michigan is facing a significant shortage of direct care workers, and this project brings the reality to life in a human, accessible way.

The Exhibit is open to the public and can be viewed during senior center hours of operations!

This project has been made possible through a grant awarded to IMPART Alliance by the Michigan Department of Health and Human Services.



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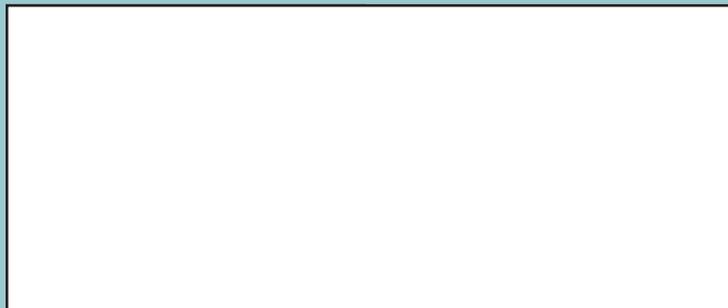
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COMMUNITY MEALS & MORE

**Meal reservations required.
Call 906-485-5527 the Friday before.**

MICHIGAMME- Every Tuesday at noon.
Michigamme Twp Hall. Reserve a meal the
Friday before by calling 906-869-1557.
Cost is \$7 for members
\$8 for non-members

HUMBOLDT- Humboldt Twp Hall - Second
Wednesday of the month at 12 pm.

CHAMPION- Champion Twp Hall - Third
Wednesday of the month at 12 pm.

REPUBLIC-
Bethany Lutheran Church
Community Room- Fourth Thursday of the
month at 12 pm.

BLOOD PRESSURE CLINIC

by UP Home Health & Hospice

Free blood pressure & blood sugar testing.
\$5.00 blood cholesterol test is available

MICHIGAMME- Second Tuesday of the month
at 11 am. Michigamme Twp Hall, prior to the
meal.

CHAMPION- Third Wednesday of the
month at 11:30 am. Champion Twp. Hall,
prior to the meal.

REPUBLIC- Fourth Thursday of the month
at 11:30 am. Bethany Lutheran Church, prior
to meal.

Case Worker Office Hours Available
Humboldt Township Hall
Second Wednesday every month
8:30 am-4:00 pm
Call for an appointment 906-282-4124

EAT. LEARN. TOUR.

Join us for

Welcome
WEDNESDAYS

Each Wednesday at Trillium House, we welcome
anyone interested in a fresh cup of Dead River
Coffee, lunch and a tour from noon to 1pm.

Welcome Wednesday is a great way to learn
about volunteer opportunities, general
information on end-of-life care and how we
partner with medical hospice teams, where a
donation could be most impactful or if our
home-away-from-home could be the perfect fit
for you or your loved one.



RSVP
(906) 264-5026

CARDS & GAMES

MICHIGAMME- Drop-in cribbage following the meal on Tuesdays. Cost: \$0.25 Also, cribbage Tuesday evenings at 7 pm \$1.50 buy in.

CHAMPION & REPUBLIC

Cards and games following the senior meal each month.

HUMBOLDT

Drop in cribbage every Tuesday at 6 pm. All are welcome, \$3.00 buy in.

FOOT CARE CLINIC 



MICHIGAMME TWP HALL

Second Thursday of every even month. Call Bill at 906-201-4727 to schedule. \$25.00

REPUBLIC TWP HALL

First Tuesday of every other month. Call the Senior Center, 906-485-5527 to schedule. \$25.00

LOW IMPACT AEROBICS- EVERY MONDAY 2 PM - REPUBLIC TWP HALL

Everyone welcome! No prior experience needed. Improve balance and strength. Wear comfortable clothes. Free!

TAI CHI- EVERY TUESDAY 10 AM- MICHIGAMME TWP HALL

All skill levels welcome. No prior experience needed. Improve balance and strength. Wear comfortable clothes. Free!

LOW IMPACT AEROBICS- HUMBOLDT TWP HALL

Everyone welcome! No prior experience needed. Improve balance and strength. Wear comfortable clothes. Every Monday, Wednesday and Friday at 10 am.



Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



Call 800.950.9952

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THANK YOU FOR YOUR DONATIONS!

Individuals listed donated between the dates 1/15/2026/-2/10/2026

If you donated after that date, you will be featured in next months newsletter!

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Clare Champion
Jan Swanson
Elaine Anderson
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Gary O'Brien
Cribbage
Sandra Kontio
Rich LaForest
Fred Alatalo
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Marilyn Anderson
William Palomaki
Roger Chipman
Fran Nardi
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