

Senior Times™

SOUTH CENTRAL MICHIGAN

South Central Michigan Senior Times 2020/21 Editorial Dates (Volume 27)

A NEWSPAPER FOR AND ABOUT AREA SENIOR ADULTS

MONTH	LEAD TOPIC / Other Topics / Health Feature	COPY	PRINT	DELIVER
January 2020	Healthy Planets – Mars vs. Venus / Intimacy Resolutions / Simplify Life Sleep Patterns	12/10	12/20	12/24
February	Health & Fitness – Chronic Condition Solutions Companion Programs / Social Networking Heart Health	1/10	1/23	1/28
March	Family / Support Systems / Sibling Rivalry Guardianship / Kinship / Sandwich Solutions Advocacy	2/10	2/20	2/25
April	Car Care Month / Travel Spring Cleaning / Gardening & Alternatives Medications	3/10	3/26	3/31
May	Older American's Month / Celebrating Veterans Celebrating the Active Senior - National Nursing Home Month Hearing	4/10	4/23	4/28
June	Elder Abuse Prevention / Awareness Financial Exploitation / Scams • Absentee Ballot Info / Primary Info Home Safety	5/11	5/21	5/26
July	Celebrating Independence / Aging in Place Re-nesting / HomeFit / Home Improvement / Summer Fairs Skin Care	6/10	6/25	6/30
August	Knowing Your Rights / Legal Issues Pre planning / Palliative Care / EOL Care Health Advocate	7/10	7/23	7/28
September	Celebrating the Caregiver Assisted Living Week / Grand parenting Dementia	8/10	8/20	8/25
October	Election 2020 Planning Your Health Care - Visiting the Dr. / Medicare - Open Enrollment Part D / Health Screenings	9/10	9/24	9/29
November	Alternative Therapies / Medication Management Massage / Self-Care Substance Abuse	10/9	10/22	10/27
December	Building New Bonds / Companionship Starting New Traditions / Hobbies Volunteering	11/10	11/19	11/24
January 2021	Employment vs. Retirement Resolutions / Simplify Life Sleep Patterns	12/10	12/23	12/29

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