

# Senior Times <sup>TM</sup>

SOUTH CENTRAL MICHIGAN

## South Central Michigan Senior Times 2021/22 Editorial Dates (Volume 28)

A NEWSPAPER FOR AND ABOUT AREA SENIOR ADULTS

MONTH	LEAD TOPIC / Other Topics / Health Feature	COPY	PRINT	DELIVER
January 2021	<b>Employment vs. Retirement</b> Resolutions / Simplify Life / Prevent Financial Exploitation Sleep Patterns	12/10	12/23	12/29
February	<b>Celebrations of the Heart</b> Companion Programs / Social Networking vs. Isolation / Building New Bonds / Pets Heart Health	1/11	1/21	1/26
March	<b>Honoring the Caregiver</b> Sibling Solutions / Sandwich Solutions / Long Distance Caregiving Advocacy	2/10	2/18	2/23
April	<b>Respecting Independence / Aging in Place</b> Remodeling / Home Fit / Setting up Home Care Home Safety	3/10	3/25	3/30
May	<b>Celebrating the Active Senior</b> Fall Prevention / Fitness Hearing	4/12	4/22	4/27
June	<b>Summer Fun / Travel / Car Care</b> Pain / Medication Management Skin Care	5/10	5/20	5/25
July	<b>Housing Options / Re-nesting</b> Right-sizing Considerations / Starting Your Search Before You Need It EOL Care	6/10	6/24	6/29
August	<b>Knowing Your Rights / Legal Issues</b> Pre planning / Palliative Care / Guardian / Conservator Health Advocate	7/12	7/22	7/27
September	<b>Celebrating the Grand Parent</b> Kinship Care / Back to School / Lifelong Learning Vision	8/10	8/26	8/31
October	<b>You've Earned It – Your Benefits</b> Social Security / Medicare / Veteran's Benefits Open enrollment	9/10	9/23	9/28
November	<b>Cognitive Issues &amp; Solutions</b> Mental Health / Substance Abuse Prevention Movement	10/11	10/21	10/26
December	<b>Genealogy / History</b> Nutrition / Alternative Health Care Dental	11/10	11/23	11/30
January 2022	<b>International Creativity Month / Hobbies</b> Assistive Devices Mobility	12/10	12/23	12/28

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