

# Senior Times <sup>TM</sup>

SOUTH CENTRAL MICHIGAN

## South Central Michigan Senior Times 2024/25 Editorial Dates (Volume 31)

A NEWSPAPER FOR AND ABOUT AREA SENIOR ADULTS

MONTH	LEAD TOPIC / Other Topics / Health Feature	COPY	PRINT	DELIVER
January 2024	<b>Health Awareness Month</b> Resolutions / Winter Activities / Walk Your Pet Month Sleep Patterns	12/11	12/21	12/27
February	<b>Senior Independence Mo / Employment vs. Retirement</b> Social Programs for independence / Computer Etiquette / Valentines Heart Health	1/10	1/21	1/25
March	<b>Managing Your Finances / Parent's Finances</b> Prevent Financial Exploitation / Investment / Taxes Advocacy	2/12	2/23	2/27
April	<b>Alternative Therapies / Rehab</b> PT / OT / RT / Acupuncture, Chiropractic care , etc. Home Safety	3/11	3/21	3/26
May	<b>Know Your Digits / Hearing / Vision / BP4/10</b> Older Americans Month / Senior Expo Movement	4/10	4/20	4/30
June	<b>Outdoor adventure month / Car Care / Travel</b> National Safety Month / Scam & Abuse Prevention Skin Care	5/10	5/23	5/28
July	<b>Family Reunion Month / Genealogy</b> Sibling Rivalry / Sandwich Generation / County Fairs Companionship	6/10	6/20	6/25
August	<b>Brain Health – Cognitive Concerns &amp; Prevention</b> Mental Health/ Healthy Spirit Mental Health	7/10	7/25	7/30
September	<b>Preparedness Month – Grab These Doc's and Go</b> Knowing Your Rights / Legal Issues / Pre-Planning Health Advocate	8/12	8/22	8/27
October	<b>Medical History &amp; Medication Management</b> Substance Misuse & Abuse Prevention / Soc Sec Vs. Medicare Open Enrollment	9/10	9/19	9/24
November	<b>Home Care / Hospice / Palliative Care</b> Veteran Documents & Assistance Supports Warning Signs	10/10	10/24	10/29
December	<b>Holiday Survival Guide</b> Gift vs Experience Giving / Inspiring vs Coping w/ New Traditions Health Screens	11/11	11/20	11/26
January 2025	<b>Simplify Life / Downsizing / Right-Sizing</b> Resolutions / Tackling Change Positively Health	12/10	12/23	12/31

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