

Wednesday, May 1

- Certified Nurse Assistant (CNA) Open Hire - 3:00pm

Thursday, May 2

- Community Blood Drive | MyMichigan Medical Center Sault - 12:00pm

Monday, May 6

- Wake UP Walks with the City of Houghton - 9:00am

Tuesday, May 7

- Community Blood Drive | Brimley High School - 11:00am

Wednesday, May 8

- Wake UP Walks with the City of Hancock - 9:00am

Friday, May 10

- Community Blood Drive | Peoples State Bank of Munising - 11:00am

Monday, May 13

- Wake UP Walks with the City of Houghton - 9:00am
- Community Blood Drive | Our Saviours Lutheran Church, Iron Mountain - 2:30pm

Wednesday, May 15

- Wake UP Walks with the City of Hancock - 9:00am
- Community Blood Drive | UP Regional Blood Center – Doctors Park, Escanaba - 10:00am

Thursday, May 16

- Community Blood Drive | Eagles Hall, Ontonagon - 2:00pm

Saturday, May 18

- Free Skin Cancer Screening Clinic - 9:00am

Monday, May 20

- Wake UP Walks with the City of Houghton - 9:00am
- Community Blood Drive | Bethel Lutheran Church, Ishpeming - 2:00pm

Tuesday, May 21

- Community Blood Drive | Negaunee Senior Center - 10:00am

Wednesday, May 22

- Wake UP Walks with the City of Hancock - 9:00am
- Community Blood Drive | Hiawatha Township Hall, Manistique - 1:00pm

Thursday, May 23

- Community Blood Drive | Chassel VFW Post 6507 - 3:00pm

Monday, May 27

- Wake UP Walks with the City of Houghton - 9:00am

Wednesday, May 29

- Wake UP Walks with the City of Hancock - 9:00am
- Community Blood Drive | Grace Lutheran Church, Gwinn - 3:00pm

Thursday, May 30

- Community Blood Drive | UP Regional Blood Center – Hancock Clinic - 12:00pm

Friday, May 31

- Community Blood Drive | L'Anse Methodist Church - 11:00am

Certified Nurse Assistant (CNA) Open Hire**Time:** 3:00pm**JOIN US FOR A CNA****OPEN HIRE**

PortagePointe is actively looking to fill certified nurse assistant (CNA) positions—both full and part-time. Join us for open interviews with PortagePointe staff, get a tour of our facility, discuss resident-to-staff ratios and learn about the benefits of joining our team.

The benefits:

- 401(k) retirement plan
- **Paid time off**
- **Competitive wages**
- **Excellent resident-to-staff ratios**
- **Flexible schedules**
- **CNA exam certification reimbursement**

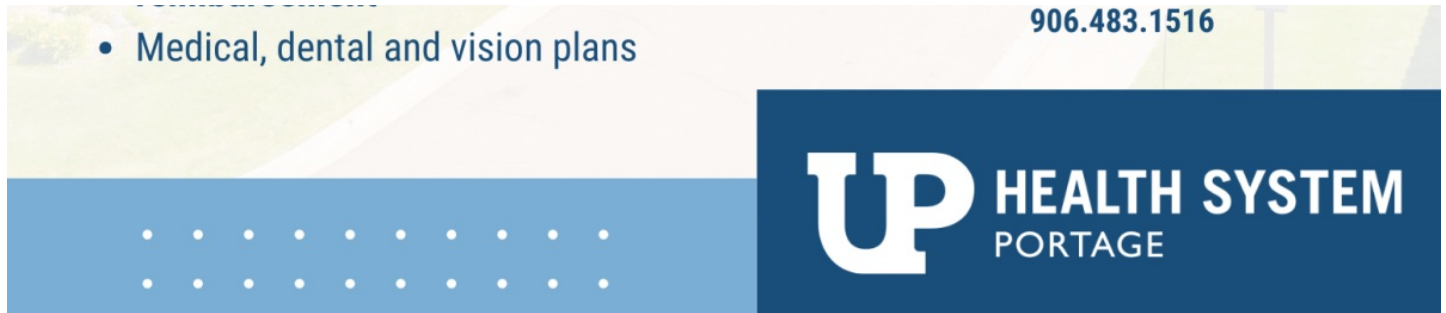
**MAY 1 | 3–6 PM**

UPHS – Portage Main
Campus in Hancock, MI

*Snacks and refreshments
will be available to all
attendees.*



Learn more or apply at
UPHealthSystem.com/Careers.
Questions? Call Human Resources,



Community Blood Drive | MyMichigan Medical Center Sault

Time: 12:00pm



Blood is essential to providing lifesaving care for many patients—from a car accident victim to a cancer patient receiving treatment. The Upper Peninsula Regional Blood Center (UPRBC) depends on community donations to supply all hospitals across the Upper Peninsula. Donating is quick, easy and safe—a single donation could save up to three lives.

MyMichigan Medical Center Sault is hosting free community blood drives:

- **Thursday, May 2, 2024 | Noon – 4 pm**
- **Thursday, February 29, 2024 | 11 am – 3 pm**
- **Thursday, October 26, 2023 | Noon – 3 pm**
- **Thursday, August 31, 2023 | Noon – 3 pm**
- **Thursday, January 12, 2023 | Noon – 3 pm**
- **Thursday, March 9, 2023 | Noon – 3 pm**
- **Thursday, May 11, 2023 | Noon – 3 pm**
- **Thursday, July 6, 2023 | Noon – 3 pm**

We look forward to seeing you! To learn more or to make an appointment, please contact the UPRBC at 906.449.1450.

Wake UP Walks with the City of Houghton

Time: 9:00am



Start your mornings with a Wake UP Walk in Houghton!

UP Health System - Portage and the City of Houghton are hosting group walks for members of our community, focused on movement and socializing. All participants are encouraged to meet at the **Houghton Pier at 9 am** for the start of the walk. We will continue them every Monday—same time and place—for the duration of the summer. See you there!

Additionally, this year we're are partnering with our local Biggby Coffee. Biggby will provide free brewed coffee after the walk until noon and 50 percent off food purchases **on the** 1st Monday of every month for participants!

Community Blood Drive | Brimley High School

Time: 11:00am

COMMUNITY BLOOD DRIVE



BRIMLEY HIGH SCHOOL
BRIMLEY



Blood is essential to providing lifesaving care for many patients—from a car accident victim to a cancer patient receiving treatment. The Upper Peninsula Regional Blood Center depends on community donations to supply all hospitals across the Upper Peninsula. Donating is quick, easy and safe—a single donation could save up to three lives.

Brimley High School is hosting free community blood drives:

- **Tuesday, May 7, 2024 | 11 am - 2 pm EST**
- **Monday, November 20, 2023 | 11 am - 2 pm EST**
- **Friday, May 19, 2023 | 11 am - 2 pm EST**

We look forward to seeing you! For more information or to make an appointment, contact Tammy at 906.248.3219.

Wake UP Walks with the City of Hancock

Time: 9:00am

JOIN UP HEALTH SYSTEM – PORTAGE
& THE CITY OF HANCOCK

Wake UP Walks



EVERY WEDNESDAY AT 9 AM
MEET AT THE SCOTT BUILDING
PARKING LOT

Start your mornings on a healthy note and join us!

UP Health System - Portage and the City of Hancock are hosting group walks for members of our community, focused on movement and socializing. All participants are encouraged to meet at the **Scott Building Parking Lot in Hancock at 9 am** for the start of the walk. We will continue them every Wednesday—same time and place—for the duration of the summer. See you there!

Community Blood Drive | Peoples State Bank of Munising

Time: 11:00am

COMMUNITY BLOOD DRIVE



PEOPLES STATE BANK OF MUNISING
MUNISING



Blood is essential to providing lifesaving care for many patients—from a car accident victim to a cancer patient receiving treatment. The Upper Peninsula Regional Blood Center (UPRBC) depends on community donations to supply all hospitals across the Upper Peninsula. Donating is quick, easy and safe—a single donation could save up to three lives.

Peoples State Bank of Munising is hosting a free community blood drive:

- **Friday, May 10, 2024 | 11 am – 2 pm EST**

We look forward to seeing you! For more information or to make an appointment, contact the UPRBC at 906.449.1450.

Community Blood Drive | Our Saviours Lutheran Church, Iron Mountain

Time: 2:30pm

COMMUNITY BLOOD DRIVE



OUR SAVIOUR'S LUTHERAN CHURCH
IRON MOUNTAIN



Blood is essential to providing lifesaving care for many patients—from a car accident victim to a cancer patient receiving treatment. The Upper Peninsula Regional Blood Center (UPRBC) depends on community donations to supply all hospitals across the Upper Peninsula. Donating is quick, easy and safe—a single donation could save up to three lives.

Our Saviours Lutheran Church in Iron Mountain is hosting free community blood drives:

- Monday, May 13, 2024 | 2:30 – 6:30 pm EST
- Monday, March 18, 2024 | 2:30 – 6:30 pm EST
- Monday, January 22, 2024 | 3:30 – 7 pm EST
- Monday, November 13, 2023 | 3:30 – 7 pm EST
- Monday, January 30, 2023 | 3:30 – 7 pm EST
- Monday, March 27, 2023 | 3:30 – 7 pm EST
- Monday, May 22, 2023 | 3:30 – 7 pm EST
- Monday, July 17, 2023 | 3:30 – 7 pm EST
- Monday, September 18, 2023 | 3:30 – 7 pm EST

We look forward to seeing you! To learn more or to make an appointment, please contact the UPRBC at 906.449.1450.

Community Blood Drive | UP Regional Blood Center – Doctors Park, Escanaba

Time: 10:00am

COMMUNITY BLOOD DRIVE



UP REGIONAL BLOOD CENTER
ESCANABA



Blood is essential to providing lifesaving care for many patients—from a car accident victim to a cancer patient receiving treatment. The Upper Peninsula Regional Blood Center (UPRBC) depends on community donations to supply all hospitals across the Upper Peninsula. Donating is quick, easy and safe—a single donation could save up to three lives.

The UPRBC at Doctors Park in Escanaba is hosting free community blood drives:

- **Wednesday, May 15, 2024 | 10 am – 2 pm EST**
- **Thursday, April 18, 2024 | 10 am – 2 pm EST**
- **Wednesday, March 13, 2024 | 10 am – 2 pm EST**
- **Tuesday, February 13, 2024 | 10 am – 2 pm EST**
- **Tuesday, December 12, 2023 | 10 am – 2 pm EST**
- **Tuesday, November 14, 2023 | 10 am – 2 pm EST**
- **Tuesday, October 17, 2023 | 10 am – 2 pm EST**

We look forward to seeing you! For more information or to make an appointment, please contact the UPRBC at 906.449.1450.

Community Blood Drive | Eagles Hall, Ontonagon

Time: 2:00pm

COMMUNITY BLOOD DRIVE



**EAGLES HALL
ONTONAGON**



Blood is essential to providing lifesaving care for many patients—from a car accident victim to a cancer patient receiving treatment. The Upper Peninsula Regional Blood Center (UPRBC) depends on community donations to supply all hospitals across the Upper Peninsula. Donating is quick, easy and safe—a single donation could save up to three lives.

The Eagles Hall in Ontonagon is hosting free community blood drives:

- **Thursday, May 16, 2024 | 2 – 5 pm EST**
- **Thursday, March 21, 2024 | 2 – 5 pm EST**
- **Thursday, January 25, 2024 | 2 – 5 pm EST**
- **Thursday, November 30, 2023 | 2 – 5 pm EST**
- **Thursday, August 3, 2023 | 2 – 5 pm EST**
- **Thursday, June 8, 2023 | 2 – 5 pm EST**

We look forward to seeing you! For more information or to make an appointment, please contact the UPRBC at 906.449.1450.

Free Skin Cancer Screening Clinic

Time: 9:00am

In collaboration with Lilly Dermatology, UP Health System – Marquette will offer a free skin cancer screening clinic from 9 am – 1 pm on Saturday, May 18, Suite 10, Medical Office Building at the Cancer Center.

Skin cancer screening is used to detect cancer at an early stage, which is when the chance of a cure is high. Doctors may recommend this type of cancer screening for people who have a higher risk for skin cancer, including people who have many moles, irregular moles, or a personal or family history of skin cancer.

During a skin exam, a provider checks the skin for moles, birthmarks, or other pigmented areas that look abnormal in color, size, shape, or texture. Registration is required.

Call to Register: 906.449.4297



**SATURDAY, MAY 18
9 AM – 1 PM**

SKIN SCREEN

**Free Skin Cancer
Screening Clinic**



In collaboration with Lilly Dermatology, **UP Health System – Marquette** will offer a free skin cancer screening clinic from **9 am – 1 pm on Saturday, May 18, Suite 10, Medical Office Building at the Cancer Center.**

Skin cancer screening is used to detect cancer at an early stage, which is when the chance of a cure is high. Doctors may recommend this type of cancer screening for people who have a higher risk for skin cancer, including people who have many moles, irregular moles, or a personal or family history of skin cancer.

During a skin exam, a provider checks the skin for moles, birthmarks, or other pigmented areas that look abnormal in color, size, shape, or texture. **Registration is required.**

CALL TO REGISTER

Learn more at
UPHealthSystem.com



906.449.4297



UP Health System – Marquette | Cancer Center
850 W. Baraga Ave., Ste. 10 | Marquette, MI 49855

Community Blood Drive | Bethel Lutheran Church, Ishpeming

Time: 2:00pm

COMMUNITY BLOOD DRIVE



BETHEL LUTHERAN CHURCH
ISHPEMING



Blood is essential to providing lifesaving care for many patients—from a car accident victim to a cancer patient receiving treatment. The Upper Peninsula Regional Blood Center depends on community donations to supply all hospitals across the Upper Peninsula. Donating is quick, easy and safe—a single donation could save up to three lives.

Bethel Lutheran Church in Ishpeming is hosting free community blood drives:

- Monday, May 20, 2024 | 2 – 6 pm EST
- Wednesday, January 24, 2024 | 2 – 6 pm EST
- Wednesday, October 25, 2023 | 2 – 6 pm EST
- Wednesday, June 28, 2023 | 2 – 6 pm EST
- Wednesday, March 1, 2023 | 11 am – 3 pm EST

We look forward to seeing you! For more information or to make an appointment, please contact Laura at 906.869.0970 or Linda at 906.204.0852.

Community Blood Drive | Negaunee Senior Center

Time: 10:00am

COMMUNITY BLOOD DRIVE



NEGAUNEE SENIOR CENTER
NEGAUNEE



Blood is essential to providing lifesaving care for many patients—from a car accident victim to a cancer patient receiving treatment. The Upper Peninsula Regional Blood Center (UPRBC) depends on community donations to supply all hospitals across the Upper Peninsula. Donating is quick, easy and safe—a single donation could save up to three lives.

The Negaunee Senior Center is hosting a free community blood drives:

- **Tuesday, May 21, 2024 | 10 am – 1 pm EST**
- **Monday, January 29, 2024 | 10 am – 1 pm EST**
- **Monday, October 27, 2023 | 10 am – 1 pm EST**
- **Monday, July 24, 2023 | 10 am – 1 pm EST**
- **Monday, January 23, 2023 | 11 am – 2 pm EST**

We look forward to seeing you! To learn more or to make an appointment, please call 906.475.6266.

Community Blood Drive | Hiawatha Township Hall, Manistique

Time: 1:00pm

COMMUNITY BLOOD DRIVE



HIAWATHA TOWNSHIP HALL
MANISTIQUE



Blood is essential to providing lifesaving care for many patients—from a car accident victim to a cancer patient receiving treatment. The Upper Peninsula Regional Blood Center (UPRBC) depends on community donations to supply all hospitals across the Upper Peninsula. Donating is quick, easy and safe—a single donation could save up to three lives.

The Hiawatha Township Hall in Manistique is hosting free community blood drives:

- Wednesday, May 22, 2024 | 1 - 5:15 pm EST
- Wednesday, March 27, 2024 | 1 - 5:15 pm EST
- Wednesday, January 31, 2024 | 1 - 5:15 pm EST
- Wednesday, November 29, 2023 | 1 - 5:15 pm EST
- Wednesday, October 4, 2023 | 1 - 5:15 pm EST
- Wednesday, August 9, 2023 | 1 - 5:15 pm EST
- Wednesday, June 14, 2023 | 1 - 5:15 pm EST (World Blood Donation Day!)
- Wednesday, April 19, 2023 | 1 - 5:15 pm EST
- Wednesday, February 22, 2023 | 1 - 5:15 pm EST

We look forward to seeing you! For more information or to make an appointment, contact Mindy at 906.341.5777.

Community Blood Drive | Chassel VFW Post 6507

Time: 3:00pm

COMMUNITY BLOOD DRIVE



CHASSEL VFW POST 6507
CHASSEL



Blood is essential to providing lifesaving care for many patients—from a car accident victim to a cancer patient receiving treatment. The Upper Peninsula Regional Blood Center (UPRBC) depends on community donations to supply all hospitals across the Upper Peninsula. Donating is quick, easy and safe—a single donation could save up to three lives.

The Chassell VFW is hosting a free community blood drive:

- **Thursday, May 23, 2024 | 3 – 6 pm EST**

We look forward to seeing you! Those who donate will be entered into a drawing for a chance to win \$50 in Keweenaw Cash. For more information or to make an appointment, contact the UPRBC at 906.449.1450.

Community Blood Drive | Grace Lutheran Church, Gwinn

Time: 3:00pm

COMMUNITY BLOOD DRIVE



GRACE LUTHERAN CHURCH
GWINN



Blood is essential to providing lifesaving care for many patients—from a car accident victim to a cancer patient receiving treatment. The Upper Peninsula Regional Blood Center (UPRBC) depends on community donations to supply all hospitals across the Upper Peninsula. Donating is quick, easy and safe—a single donation could save up to three lives.

Grace Lutheran Church in Gwinn is hosting free community blood drives:

- **Wednesday, May 29, 2024 | 3 – 6 pm EST**
- **Wednesday, September 6, 2023 | 12 – 3 pm EST**

We look forward to seeing you! To learn more or to make an appointment, please contact the UPRBC at **906.449.1450**.

Community Blood Drive | UP Regional Blood Center – Hancock Clinic

Time: 12:00pm

COMMUNITY BLOOD DRIVE



UP REGIONAL BLOOD CENTER
HANCOCK



Blood is essential to providing lifesaving care for many patients—from a car accident victim to a cancer patient receiving treatment. The Upper Peninsula Regional Blood Center (UPRBC) depends on community donations to supply all hospitals across the Upper Peninsula. Donating is quick, easy and safe—a single donation could save up to three lives.

The UPRBC Hancock Clinic is hosting free community blood drives:

- **Thursday, May 30, 2024 | Noon – 4 PM EST**

We look forward to seeing you! For more information or to make an appointment, please contact the UPRBC at 906.483.1392.

Community Blood Drive | L'Anse Methodist Church

Time: 11:00am

COMMUNITY BLOOD DRIVE



L'ANSE METHODIST CHURCH
L'ANSE



Blood is essential to providing lifesaving care for many patients—from a car accident victim to a cancer patient receiving treatment. The Upper Peninsula Regional Blood Center (UPRBC) depends on community donations to supply all hospitals across the Upper Peninsula. Donating is quick, easy and safe—a single donation could save up to three lives.

L'Anse Methodist Church is hosting free community blood drives:

- **Friday, May 31, 2024 | 11 am – 3 pm EST**
- **Tuesday, April 2, 2024 | 11 am – 3 pm EST**
- **Friday, January 19, 2024 | 11 am – 3 pm EST**
- **Friday, November 17, 2023 | 11 am – 3 pm EST**
- **Friday, July 14, 2023 | 11 am – 3 pm EST**

We look forward to seeing you! For more information or to make an appointment, contact the UPRBC at 906.449.1450.