

# PRESQUE ISLE CO. COUNCIL ON AGING SENIOR NEWS

ISSUE NO 315

6520 Darga Hwy. Posen, MI 49776

989-766-8191

4203 S. Lynn St. Onaway, MI 49765

989-733-2559



[www.piccoa.org](http://www.piccoa.org)



## APRIL 2011

Happy Easter! We hope you have a nice day with Family and/or Friends.

Dear Consumers, Clients, and/or Participants,

PICCOA needs your help! PICCOA needs you to write letters to your Congressmen about the Senior Programs' reduced funding. Do you realize that the number of MI Seniors age 60 + is rising by 135 residents per day. MI state funding for aging services has decreased 28% over the past three years while MI senior population has grown 7%. The Aging Network provides in-home support services and meals for \$4.72. On the Federal level cuts are to be made on the Senior Employment programs. There are 13,300 older adult volunteers that contributed 3,560,000 hours of service to 2,625 public and non-profit organizations in MI with an economic value of nearly \$750 million... a return of \$62.00 for every federal/state dollar expended. There is no

guarantee when you reach 60 and older that you won't get sick (mentally or physically). It does not matter that you are rich or poor, you will need help. Your local Council On Aging wants to be there for you so please write the Federal and State political persons, telling them of your concerns and your appreciation of the senior services.

NEMCSA is looking for MMAP workers. These are volunteers who assist Seniors with the Medicare and Medicaid programs. Once a year Seniors have to enroll in the Medicare "D" program these volunteers are there to help with the enrollment. If you are looking to volunteer a few hours a week and you really have an interest in Seniors, please call Susan Bowen at NEMCSA. The number is 356-3474 extension 212.

Easter Celebrations will take place at both Centers during the month of April. Come and shed the winter blues and blahs by laughing and having a good time at the Centers. You might get lucky and win a door prize.

Enjoy the month of April, flowers are blooming in pots. Take Care... Barb Nagi

**Happy April  
Birthday!!!**

Emily Brege  
Margaret Vigeant  
George Freel  
Alfred Jarvis  
Tina Straley  
Art Mulvena  
Lawerence Veihl  
Veronica Kaszubowski  
Margaret Schoolcraft  
Alice Spencer  
Gloria Wirgau  
Theresa Mendrick  
Muriel Mercer  
Barb Dagenais  
Arla Veihl  
Virginia Rosmys  
Sally Knopf  
Enid Budnick  
Florence Werner  
Raymond Dehring  
Gene LaPointe  
Donald Smith  
\*\*\*\*\*

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**Easter Bunny  
Hugs and Kisses**

That cute little bunny has hopped all day, delivering baskets for the holiday.

His paws are so tired and his nose how it itches,.

He left you something special to fulfill all your wishes-

Lots of cute little

Easter bunny hugs and kisses.

\*\*\*\*\*

O the Easter Bells are gladly ringing,  
Let the whole world join the happy lay,  
Let the hills and vales break forth in singing.

Christ, the Lord of Life , is ris'n today

\*\*\*\*\*



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Office, PLC**

"When Peace of Mind Matters"

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Probate, Real Estate  
Guardianship,  
Business Law**

**Judy McFalda  
Attorney-at-law**

989-734-4486

## **SWISS & CHICKEN CASSEROLE**

4 cups of cooked chicken  
2 cups of croutons  
1 1/2 cups Kraft Shredded Swiss  
Cheese  
2/3 cup Miracle Whip  
1/2 cup milk  
4 stalks of celery (optional)  
1/4 cup of onions

Heat oven to 350 F.

Combine ingredients, Spoon into 2 qt.  
casserole

Bake 40 minutes or until heated  
through.

Top with Potato Chips or Durkee's  
Fried Onions and bake for 8 to 10  
minutes.

### **KITCHEN TIPS**

Serving Suggestion:  
Serve with a mixed green salad  
Serve with cranberry sauce

Heavenly!!!

## **SLOW COOKER BBO SHORT RIBS**

4 lb. beef short ribs  
1 large onion, coarsely chopped  
1/4 cup flour  
1 cup Kraft Original Barbecue Sauce  
1/4 cup honey  
1 Tbsp. yellow mustard

Place ribs in slow cooker; top with  
onions. Mix remaining ingredients;  
pour over ingredients in slow cooker.  
Cover with lid.

Cook on LOW for 6 to 8 hours.  
Remove ribs from slow cooker; cover  
to keep warm.

Skim excess fat from sauce; return  
ribs to sauce. Stir gently until evenly  
coated.

### **KRAFT KITCHEN TIPS**

Serve with hot cooked vegetables and  
mashed potatoes.

Garnish with chopped fresh parsley  
just before serving.

## **SKILLET BEEF STEW**

1# Beef Top Sirloin Steak  
2Tbps. canola oil  
1 package of frozen vegetables  
1 jar of beef gravy  
2 Tbps. Worcestershire sauce  
1/2 teas. thyme  
1/4 teas. pepper  
1/4 teas. garlic powder

Cut steak into 2-in x 1/4 in strips. In a  
large skillet, cook beef over medium  
heat until no longer pink. Drain if  
necessary. Stir in remaining  
ingredients; bring to a boil. Reduce  
heat; cover and simmer for 30  
minutes or until heated through.

Yield: 4 servings

### APRIL FOOL'S...ON YOU

Have you ever been guilty of looking at others your own age and thinking, surely I can't look that old.

Well...  
You'll love this one.

My name is Alice, and I was sitting in the waiting room for my first appointment with a new Dentist.

I noticed his DDS Diploma on the wall, which bore his full name. Suddenly, I remember a tall, handsome, dark-haired boy with the same name. He had been in my High School Class some 30-odd years ago.

Could he be the same guy that I had a secret crush on, way back then?

Upon seeing him, however, I quickly discarded any such thought.

This balding gray-haired man with the deeply lined face was way too old to have been my classmate. After he examined my teeth, I asked him if he had attended Morgan Park High School. "Yes. Yes, I did. I'm a mustang," he gleamed with pride. "When did you graduate?" I asked. He answered, "In 1975, Why do you ask?" "You were in my class!" , I exclaimed. He looked at me closely.

Then, that ugly, old, bald, wrinkled-faced, large dierriere, gray-haired decrepit, son of a gun asked,

**"WHAT DID YOU TEACH???"**

Submitted By: Mary Hammel

### APRIL FOOL'S ...ON YOU

A CUP OF TEA???

One day my mother was out, and my dad was in charge of me.

I was maybe 2 ½ years old. Someone had given me a little "tea set" as a gift, and it was one of my favorite toys.

Daddy was in the living room engrossed in the evening news when I brought him a little cup of 'tea', which was just water. After several cups of tea and lots of praise for such yummy tea, my mom came home. My dad made her wait in the living room to watch me bring him a cup of tea, because it was "just the cutest thing!" Mom waited, and sure enough, here I came down the hall with a cup of tea for Daddy; and she watched him drink it up.

Then she said, (as only a mother would know), "Did it ever occur to you that the only place she can reach to get water is the toilet?"

Submitted by: Kara LaMarre, NEMCSA



**April 2** is National Peanut Butter and Jelly Day. This is not an April Fool's joke. Who thinks this stuff up? Well I did a little research and this is what I found.

#### National Peanut Butter and Jelly Day: The History

No one's quite sure where National Peanut Butter and Jelly Day began, though Welch's claims the credit for a key ingredient within the PB&J sandwich itself (which, I might add, seems quite questionable). The jam-maker says it introduced concord grape jelly in 1923, two years before Skippy hit the market, and that planted the seed (so to speak) for the classic creation.

The actual sandwich supposedly first surfaced in the 40's during World War II, when PBJ became part of the military's rations.

**April 6** is Drowsy Driver Awareness Day. Now this is something I think is important and should be brought to

our attention. Here is what I found on this subject.

#### Steps You Can Take to Avoid Drowsy Driving

Get a good night's sleep before traveling.

Avoid driving late at night, or during your normal sleeping times.

Set realistic travel goals.

Eat healthy meals. Avoid foods high in fat or sugar, which can contribute to fatigue.

Avoid using alcohol or drugs, including prescription drugs which affect driving.

Share driving tasks, switch drivers every couple of hours.

Take regular breaks. Stop every two hours to stretch.

Drink water, juice, or soft drinks low in sugar & caffeine. Both can promote short-term alertness, but can increase drowsiness over longer periods of time.

Keep the temperature inside your vehicle cool.

Listen to radio talk shows, rather than music. This format can help keep you alert.

Cheri Downie – Center Clerk

**LEGAL SERVICES  
NEED LEGAL HELP???**

**CALL**

**DAVE BISGROVE,  
ATTORNEY-AT-LAW**

**188-356-9009**

## **A New Scam Alert**

*Katie Kuznicki, Assistant Director*

A new scam is out there – playing off of Home Delivered Meal and Meals on Wheels consumers. Fortunately it hasn't happened locally, to my knowledge, but we should be prepared.

Apparently, people who receive meals through a local agency have been approached by someone claiming to be with the Meals on Wheels program. They then tell the consumer that "their bill is due" or that "they owe a great deal of money which must be paid now".

### **It's not true, especially in Presque Isle County!**

Only your usual Home Delivered Meal driver: Charlie, Brian, or Sue; or In-Home Service Provider: Susan, Ashley, Bea, Gertie, Nancy, Alisha, or Shirley, should be given donations toward the meals or services you receive through the Presque Isle County Council on Aging.

PICCOA does not send a bill, nor will the delivery person or service provider tell you that you must pay.

PICCOA operates on a donation basis. Donations, in conjunction with limited State/Federal grants and millage dollars, allow PICCOA to operate and offer the services and programs enjoyed by seniors throughout the county. We do not take into account ability to pay when adding someone to our roster of services and programs.

The Board of Directors enacted a suggested giving guideline several years ago, which we continue to follow:

- Home delivered meals - \$2.50 per meal for qualifying seniors

- Congregate meals at the Posen or Onaway Center - \$2.50 for seniors and \$5.00 for guests under 60 years of age
- In-home services – a sliding scale ranging from \$1.75 to \$7.00 per hour of service based on monthly income.

Scams are out there and the best policy is to be safe. Here are some other tips and things to watch out for:

- ❖ Be careful with your hard earned money! Question everything.
- ❖ If you are not sure about someone asking you for money or for your bank account information – don't give it.
- ❖ Check with the local Sherriff's Office or State Police Post if something sounds too good to be true.
- ❖ Medicare will NEVER ask for personal financial information.
- ❖ Bereavement scams call on widows and widowers claiming their deceased spouse owed money that needs to be paid immediately. Always ask for written confirmation, and then have that checked by someone you trust.
- ❖ Investment and Work-from-Home Opportunities aren't as "promising as they seem". Check with the Better Business Bureau first.
- ❖ "Help Me Grandma!" phone calls should be checked out – ask a question only YOUR grandchild could answer.
- ❖ Free trips and seminars usually require some sort of financial investment – not to your benefit.
- ❖ Never believe – "you could be a winner". Never send or wire money to enter a legitimate sweepstakes or lottery.



# Presque Isle Co. Council on Aging



## Menu April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Menu subject to changedue to availability of food. Weekday meals served at 5:00  
 Soup at 4:30, both sites. Sunday meal Onaway 1:00 Soup, Salad and Dessert  
 Bar 12-12:45 Posen Meal 4:00 Soup, Salad & Dessert Bar 3-3:45 pm  
 Federal and State Dollars only cover a portion of the cost of meals. Donations are  
 important to PICCOA. Dinner is a suggested donation of \$2.50 for 60 and over.  
 The meal cost is \$5.00 for under 60. PICCOA appreciates your support .

[www.piccoa.org](http://www.piccoa.org)

**Rygwelski's IGA**  
**Finest Homemade**  
**Sausage**  
**IGA Tablerite Meats**  
**495 S. First Street**  
**Rogers City, MI. 49779**  
**1-888-KABASA**  
**989-734-3248**



**TOM'S Family**  
**Market & Deli**  
**Best Meat and**  
**Produce in Town**  
**Deliveries Made Daily**  
**29579 State Street**  
**Onaway, MI. 49765**  
**989-733-8229**  
**Pharmacy**  
**989-733-4106**

Baked Ham 3 Scalloped Potatoes Mixed Vegetables Plums	Salisbury 4 Steak Noodles Peas & Carrots Peaches Tossed Salad	Crispy Chicken 5 Rice/ Corn Mandarin Oranges Carrot/Raisin Salad	Cabbage Rolls 6 Oven Brown Potatoes Peas Pears	Onaway 7 Breakfast Cooks Choice ***** Posen Cooks Choice
Swedish 10 Meatballs Mashed Potatoes Gravy Corn Peaches	Chicken 11 Strips Mac & Cheese Green Beans Pineapple	Hot Turkey 12 Sandwich Mashed Potatoes Carrots Plums	Veal Parm. 13 Spaghetti Noodles Gravy Broccoli Applesauce	Cheeseburger 14 Macaroni/Beef Corn Mixed Fruit Tossed Salad
Crispy Chicken 17 White & Dark Mash. Potatoes Gravy Winter Blend Tropical Fruit	Spaghetti 18 Meatsauce Broccoli Tossed Salad Apricots	Liver & Onions 19 Scalloped Potatoes Wax Beans Pears	Beef 20 Stroganoff ✓ Noodles ✓ Beets Tossed Salad Strawberries ✓	Ham 21 Mashed Potatoes Carrots Peaches
Happy Easter 24	Salisbury Steak 25 Noodles Peas & Carrots Plums Tossed Salad	Chicken Tenders 26 Oven Brown Potatoes Calif. Blend Fruit Cocktail	Country Fried Steak 27 Boiled Potatoes Gravy Green Beans Applesauce	Lasagna 28 Peas Tossed Salad Peaches





# Presque Isle Co Council on Aging Activities April 2011



Sun      Mon      Tue      Wed      Thu      Fri      Sat

PICCA Bus Schedule \*\*\*\*

Onaway Tuesday 9:00am-3:00pm

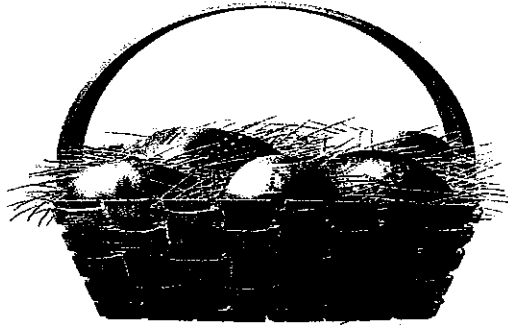
Call Marilyn at 989-733-2559

Rogers City

Monday 9:00am-3:00pm

Tues.-Fri. 8:00am-4:00pm

Call Meg. @ 989-766-8191



The Sunday Delivery of  
Home Delivered Meals  
Will start on Sunday  
April 3rd.

3 Onaway 5 Meal Draw	4 Cheboygan Bus	5 Onaway Birthday & Card Party 2:30 Bus	6 Posen Birthday <del>Card Party</del> <del>Bingo 2:30</del> **** Dr. Currier 4:30 Posen	7 <i>Hilltop</i> 1pm <i>CSFP</i>	8 * Wednesday April 6th. Basic Beading at Posen ACC Course 5:30-8:30 PM *****
10 P.I. Clubhouse 1:00	11	12 Onaway Ashley Groters RN will Speak on Rehab. Services at N.M.R.H. 4pm	13 <del>Posen Card</del> <del>Party Bingo</del> 2:30	14 Posen 5 Meal Draw	15 Alpena Bus
17 Palm Sunday	18 Onaway Glaucoma Screening 4:00 Dr. Currier	19	20 <del>Posen Card</del> <del>Party Bingo</del> 2:30	21	22 Good Friday Closed
24 <b>HAPPY EASTER</b>	25	26 Posen Easter Party Games Start at 3:30 pm BINGO others?	27 <del>Posen Card</del> <del>Party Bingo</del> 2:30	28 Onaway Easter Party 2:30 Bus	29 * Thursday April 28th ACC Course at Posen Stained Glass 6:00-8:00 pm



Hello Everyone !

Spring is officially here !!

PICCOA is having a transportation contest starting this month. Every time you ride the bus you have a chance to buy an egg for .50 or 3 for \$1.00. Put your name on the egg, monthly we will draw to win a prize. The grand prize will be drawn in December. I'm getting excited aren't you?

Here are a few of our activities this month and your chance to ride the bus.

April 4<sup>th</sup> - Cheboygan Trip

April 5<sup>th</sup> - Onaway Birthday Party

April 6<sup>th</sup> - Posen Birthday Party with Dr. Currier speaking before dinner.

April 13<sup>th</sup> - Posen Card Party

April 15<sup>th</sup> - Alpena Trip

April 20<sup>th</sup> - Posen Card Party

April 26<sup>th</sup> - Posen Easter Party

April 27<sup>th</sup> Posen Card Party

April 28<sup>th</sup> Onaway Easter Party

\* \* (First drawing today)

If you would like to reserve a seat on the bus for any activity call Meg@ 989-766-8191 or Marilyn @ 989-733-2559



## HOSPICE NEWS

I always thought 'Hospice' was 'Hospice' and death is near, come to find out that's not true. Read on.

There are over 130 different Hospice organizations in the State of Michigan. In our area there are three: Hospice of Michigan, Hospice of the Sunrise Shore and Hospice of Northeastern Michigan. In addition to end of life services Hospice may be able to assist you if you have any long term/permanent condition (advanced chronic illness) such as COPD, liver disease, dementia, Parkinson's, ALS, etc. On occasion getting the additional care that Hospice provides, people have gotten well enough that Hospice has been "discharged" (the person has gotten well enough that they didn't qualify for Hospice care anymore).

If you meet the qualifications for Hospice care most or all of the cost is covered by Medicare, Medicaid and many private insurance plans. This coverage includes the prescriptions used in the treatment for your specific illness as diagnosed by Hospice.

Hospice of Michigan: 1-989-734-0064 or 1-888-247-5181.

Hospice of the Sunrise Shore: 1-989-358-1156.

Hospice of Northeastern Michigan: 1-800-968-9794.

John, In-Home Services Coordinator.

### Consolation

There is never a day so dreary  
But God can make it bright,  
And unto the soul that trusts him,  
He giveth songs in the night.

There is never a path so hidden,  
But God can lead the way,  
If we seek for the spirit's guidance  
And patiently wait and pray.

There is never a cross so heavy  
But the nail-scarred hands are there  
Outstretched in tender compassion  
The burden to help us bear.

There is never a heart so broken,  
But the loving Lord can heal  
The heart that was pierced on Calvary  
Dost still for His loved ones feel.

There is never a life so darkened,  
So hopeless and unblessed.  
But may be filled with the light of God  
And enter His promised rest.

There is never a sin or sorrow,  
There is never a care or loss,  
But we may bring to Jesus  
And leave at the foot of the cross.

Taken from Ideals



### Onaway Site News

Happy Easter Everyone!!

Now that spring is here we can look forward to warmer weather, and start seeing the beautiful flowers popping thru the ground.

We will be starting our Sunday HDM delivery on April 3rd.

Our Birthday and Card Party will be on Tuesday April 5th at 2:30.

We had a nice Valentine Party.

Thank You Vern for providing the music.

Our door prize winners were Waneva Freel, Lyle Diller, Jean Havel, Harriet Rex, Cris Castiglione, Judy Church, Maggie Mavretich, Hilda Mann and Gary Badgero.

5 Meal Draw Winner was Ilene Wilderspin.

"Congratulations to all of you."

Dr. Currier will be here on Monday April 18th. at 4:00 pm to do Glaucoma testing and answer any questions you may have.

Our Easter Party will be on Thursday April 28th. at 2:30 Come and join us.

Have a great month!!!

Marilyn Lafave

[www.piccoa.org](http://www.piccoa.org)





**AREA AGENCIES ON AGING ASSOCIATION OF MICHIGAN  
ADVOCACY ALERT  
February 18, 2011**

**SPEAK OUT AGAINST MORE CUTS IN OSA AGING SERVICES**

**BACKGROUND:**

Vulnerable seniors have been victims of the state's budget crisis. Since fiscal year 2009, programs funded by the Office of Services to the Aging (OSA) have been cut by \$10 million – a 28% loss in state funding. And the Governor's budget recommendations for fiscal year 2012 include even more cuts in OSA services.

Totaling \$2.2 million, the cuts would reduce in-home services, home-delivered meals, care management, volunteer programs, caregiver supports and other programs that help keep seniors living independently. Without these services, caregivers get burned out and nursing home placement is frequently the result, with seniors spending down their assets and going on Medicaid to pay the \$68,000 annual bill.

The Governor's budget is only a recommendation - it's the Legislature that makes budget decisions. Your advocacy is needed to convince Michigan's Representatives and Senators that OSA cuts are 'penny wise and pound foolish.'

OSA services help seniors stay in their own homes, spend their own limited funds wisely, and stay off the Medicaid rolls. OSA services are an important support for unpaid caregivers who are providing 80% of the assistance that frail elders receive. Even a small amount of in-home services can prevent institutional placement. In 2010, if the aging network's 2,830 most at-risk clients in the community had not gotten help and were forced into nursing homes, Medicaid would have spent \$191 million more on nursing home care. In contrast, those clients were served by the aging network at a cost of \$2.4 million.

**WHAT YOU CAN DO:**

Contact these members of the House and Senate Community Health Budget Subcommittees and ask them to oppose cuts in OSA services for seniors for next year.

House Community Health Budget Subcommittee members

Matt Lori, Chairman	(877) 262-5959	<a href="mailto:mattlori@house.mi.gov">mattlori@house.mi.gov</a>
Peter MacGregor	(855) 347-8073	<a href="mailto:petermacgregor@house.mi.gov">petermacgregor@house.mi.gov</a>
Dave Agema	(800) 968-2320	<a href="mailto:daveagema@house.mi.gov">daveagema@house.mi.gov</a>
Bob Genetski	(888) 342-4088	<a href="mailto:bobgenetski@house.mi.gov">bobgenetski@house.mi.gov</a>
Rashida Tlaib	(877) 352-4212	<a href="mailto:rashidatlaib@house.mi.gov">rashidatlaib@house.mi.gov</a>
Joan Bauer	(517) 373-0826	<a href="mailto:joanbauer@house.mi.gov">joanbauer@house.mi.gov</a>

Senate Community Health Budget Subcommittee members

John Moolenaar, Chairman	(517) 373-7946	<a href="mailto:senjimmoolenaar@senate.mi.gov">senjimmoolenaar@senate.mi.gov</a>
Bruce Caswell	(517) 373-5932	<a href="mailto:senbcaswell@senate.mi.gov">senbcaswell@senate.mi.gov</a>
Darwin Bocher	(517) 373-1725	<a href="mailto:sendbocher@senate.mi.gov">sendbocher@senate.mi.gov</a>
Vincent Gregory	(517) 373-7888	<a href="mailto:senvgregory@senate.mi.gov">senvgregory@senate.mi.gov</a>

## Exercise is vital in treating Osteoarthritis.

*Submitted by Rogers City Physical Therapy  
with compliments to APTA*

Osteoarthritis (OA), the most common type of arthritis in the US, is characterized by a progressive degeneration in the articular cartilage of the affected joints, and is commonly referred to as degenerative joint disease. Although it can affect any joint in the body, it is most prevalent in the hips, knees, and spine. It is estimated that physicians have diagnosed well over 20 million people in the US with OA. This diagnosis is based on radiology findings and clinical symptoms, which include pain, stiffness, and loss of motion. The specific causes of OA are not fully understood, but abnormal cartilage, poorly aligned or malformed joints, postural defects, obesity, inactivity, aging and genetics have all been associated with this disease. Unfortunately there is no cure for OA, but proper exercise has been found to be a vital part in the treatment and control of OA symptoms.


Treatment for OA focuses on decreasing joint pain and stiffness, increasing ROM, increasing strength, increasing functional independence and decreasing disability. Exercise is one of the cornerstones of treatment for osteoarthritis, and sustained physical activity may be the key to reducing pain and disability. The proper exercises will benefit the joints that have been damaged by osteoarthritis, and it will boost your overall energy level and ability to enjoy your favorite activities. Before beginning an exercise program you should have a comprehensive evaluation by your physician to determine the severity and extent of joint

Regular aerobic exercise is beneficial for your heart and lungs and gives you the energy and endurance to enjoy the things you want to do. Various exercises could be appropriate,


including, walking, biking, swimming, and rowing. High-impact activity such as jogging, running, and excessive stair-climbing should be avoided. Aerobic exercise should be performed 3-5 days per week, beginning with 5-10 minutes and increasing to 30-45 minutes in a single session. You can also begin with intermittent exercises, performing 10 minute sessions 3 times in a day. Exercise progression should emphasize increasing duration rather than intensity.

ROM, strength, and flexibility are necessary to achieve normal joint mobility and stability in order to distribute forces more evenly across the joint surfaces and limit further joint damage. These exercises need to be specific for each individual and should be monitored and adjusted accordingly. If joints are acutely inflamed then passive exercises and medication may be prescribed in order to allow you to achieve better results. Ask your Dr. for a physical therapy referral so that you can be evaluated and prescribed a program just for you.

Physical therapists are highly-educated, licensed health care professionals who can help patients reduce pain and improve or restore mobility. If you would like more information call Rogers City Physical Therapy at 989-734-7607



### ROGERS CITY PHYSICAL THERAPY



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- ◆ Neurological Disorders
- ◆ Back / Neck Pain
- ◆ Leg, hip, knee, ankle & foot pain/injuries
- ◆ Hand & wrist pain/injuries
- ◆ Shoulder & arm pain/injuries

**Your fast recovery is our goal.      989-734-7607**

Ask your doctor for a  
referral and give us a call

506 North Bradley Hwy  
Rogers City, MI 49779

# Easter

B A S K E T D N A L E R I E Q  
H I E D M A E T A L O C O H C  
C E S E A S T E R E P S R A T  
S A L V R L E H T Y G E A A N  
T C N R C G T Y F G T O I M E  
S A B D H S N A E B Y L L E J  
K A M A Y S U D M U G V B R B  
C H U R C H H N O L O K O G E  
I B S M T N G U U M L Y G L M  
H E U I B T G S R T D N U E L  
C R L E Y R E A P R I L Y N A  
Y R V N A N H C O R M B O I P  
B Y N H O S T P P T R I B K F  
A U S T E L E S S E R D M A I  
B X I R I C O L O R D Y E H R

*Find these words:*

**Holiday fun from [www.creativity-portal.com](http://www.creativity-portal.com)**

April

Baby Chicks

Basket

Bunny

Candy

Chocolate

Church

Color Dye

Dress

Easter

Egg Hunt

Eggs

Jellybeans

March

Palm

Rabbit

Spring

Sunday

Find the Easter words listed at the bottom in the word search puzzle grid. The words can be forwards or backwards, vertical, horizontal, or diagonal. Circle each letter separately in the Easter word search puzzle, but keep in mind that letters may be used in more than one word. When the free printable Easter word search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting Easter fact.

### EASTER WORD SEARCH PUZZLE

H O N E A S T E R W E S C T C  
 C E L E B R A T I O N N N E R  
 R A L E B R Y A T E T U H E U  
 A S R E S U A R R E H B C L C  
 M T H O L I D A Y G G S T O I  
 I E O N B O I F G J N S L N F  
 E R E S U R R E C T I O N G I  
 T S E S N U F S A C R R H W X  
 A U R I N S D T N E P C T E I  
 L N H R Y E O E D D S T H E O  
 O D A Y L S O E L F O O C K N  
 C A L L I O G W E I N H R E G  
 O Y H I L G B A S K E T U N S  
 H C R U S C L I R P A I H D F  
 C H R I S T I A N I X I C O N

### EASTER WORD LIST

- |              |                |
|--------------|----------------|
| APRIL        | EASTER SUNDAY  |
| BASKET       | EGG HUNT       |
| BUNNY        | GOOD FRIDAY    |
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