

# PRESQUE ISLE COUNTY COUNCIL ON AGING

## SENIOR NEWS

Issue NO. 319

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)

## August 2011

Dear Seniors,

It's budget time again and PICCOA Staff have been working to prepare a revised budget for FY 2010-2011. We have received decreases in Federal and State dollars. Much to our surprise, our donations for Services we have performed in seniors' residences have decreased by 38 to 40% this year.

The minimum donation that we suggest according to our sliding fee schedule is \$1.75 per hour for In-Home Services which equals approximately \$14.00 per month.

Every one knows that times are difficult here in Michigan, and across the country, but if donations continue to drop we may have to start limiting services. So please donate whatever you can afford so the services that you receive can continue.

Thank You!

Barb, John, and Katie

I am retiring from the Presque Isle Co. Council On Aging as the Director on August 4, 2011. I have worked for PICCOA for 33 years. We have come a long way with services for Seniors. It has been my privilege to service a few generations of Presque Isle Co. Seniors. Katherine Kuznicki will be the PICCOA Director as of Aug. 5, 2011. May God Bless you and take care of you...Barb Nagi

Targeted Emergency Food Assistance Program is Thurs. August 11, 2011. Please bring your box to the Centers by August 4, 2011 so there will be no waiting on August 11, 2011.

**Happy August  
Birthday !!!**

Sylvia McQuaid  
Viola Petrykowski  
Martha Smith  
Angela Crooks  
Betty Henry  
Peggy Dye  
Marge Nowak  
Emily Yarch  
Adolph Schleben  
Harold Adams  
Orlan Kortman  
Rosemary Buszko  
Jerry Wagner  
Mary Lou Lasich  
Joseph Maley  
Mary Kaszubowski  
Roma Pardike  
Mason Pfeifer  
Grace Claus  
Juanita Greenway  
Joe Freel  
Barbara Gagnon  
Sally Donakowski  
Anna Hincka  
Harry Geyer  
Kalmon Szabo  
Roger Elowsky  
Pat Price  
Art Getzinger  
William Mitter  
Theresa Swan  
Carol Latsch  
Christine Chalupniczak

**POTATO FESTIVAL  
DINNER  
BAKE SALE  
50/50 DRAWING ON THE HOUR**

**COUNTRY CRISPY CHICKEN  
MEATBALLS  
SAUSAGE /SAUERKRAUT  
MASHED POTATOES  
GRAVY  
CORN  
FRESH TOMATOES  
CREAMY CUCUMBERS  
PICKLES  
DINNER ROLLS  
STRAWBERRY SHORTCAKE**

**AT ST. CASIMIR GYM  
SEPTEMBER 10TH  
FROM 1:00 TO 6:00P.M.  
\$9.00 ADULTS -\$4.00  
CHILDREN**

**A BIG DECISION???**

**WHEN A MAN MARRIES A  
WOMAN, THEY BECOME ONE;  
BUT THE TROUBLE STARTS  
WHEN THEY TRY TO DECIDE  
WHICH ONE.**

# **Long Term Care Ombudsman Volunteers Needed**

The Michigan Long Term Care Ombudsman Program began in 1972 and works to educate, empower and advocate on behalf of residents of licensed long term care skilled nursing facilities and the residents' families.

Working with local ombudsman staff, trained volunteer ombudsmen focus on the wishes of residents, working to improve these individuals' quality of life and quality of care.

The Long Term Care Ombudsman program of Northeast Michigan is in need of ombudsman volunteers in the counties of Alpena, Presque Isle, Alcona, Ogemaw, Roscommon, and Crawford. If you are someone who faces challenges with sensitivity and determination, you're just the kind of person we need!

Please consider this unique and rewarding opportunity, which requires a minimum commitment of a few hours per month for one year. As a volunteer ombudsman, you will receive initial training and continuing support, recognition for

a job well done, rewarding relationships with residents and other volunteers, and an opportunity to be a partner in fostering dignity of residents of long term care facilities.

To learn more about the Long Term Care Ombudsman program, please call Sharon Greenhoe, local ombudsman, at the Area Agency on Aging, 989-358-4630.

## **COMMUNICATIONS**

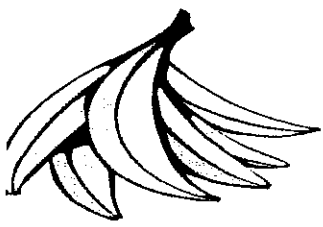
A husband and wife were debating on buying a new car. She wanted a fast sports car. He wanted a pickup.

As time passed on, her birthday came up and she thought it a great time to fulfill her wish.

She told her husband, "Look, I want something that can go from 0 to 200. Furthermore, I want it to be able to do it in just a few seconds!"

The husband bought her a bathroom scale.

(The funeral is at 3:00p.m. on Wednesday.)



### **Easy Banana Pie:**

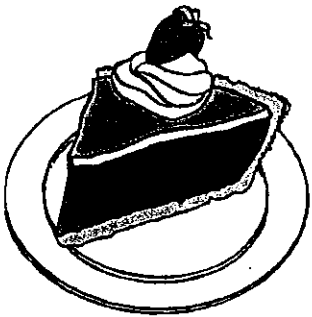
- 1 graham cracker pie crust
- 1 5.1 oz box instant vanilla pudding
- 2 1/2 cups Cold Milk
- 1 8oz tub of Cool Whip
- 2 bananas

Slice bananas and cover the bottom of the crust. Mix the pudding with the milk. Pour half the pudding over the layer of bananas. Mix remaining pudding with half the Cool Whip. Spread remaining Cool Whip over the pie. Sprinkle top with grated chocolate.

### **Easy Strawberry Pie:**

- 1 graham cracker pie crust.
- 1 package of strawberry jello
- 1 8 oz tub of Cool whip
- 1 pint of strawberries.

Mix jello with hot water, add ice cubes to jell it. Blend the jello with the Cool Whip. Slice up strawberries and blend in Cool Whip mixture. Pour in the pie crust. Top with extra strawberries.



## THE GREEN THING

submitted by: Carolyne

In the line at the store, the cashier told the older woman that plastic bags weren't good for the environment. The woman apologized to her and explained, "We didn't have the green thing back in my day."

That's right, they didn't have the green thing in her day. Back then they returned their milk bottles, Coke bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, using the same bottles over and over. So they really were recycled. But they didn't have the green thing back in her day.

In her day, they walked up stairs, because they didn't have an escalator in every store and office building. They walked to the grocery store and didn't climb into a 300-horsepower machine every time they had to go two blocks. But she's right. They didn't have the green thing in her day.

Back then, they washed the baby's diapers because they didn't have the throw-away kind. They dried clothes on a line, not in an energy gobbling machine burning up 220 volts and solar power really did dry the clothes. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing. But that old lady is right, they didn't have the green thing back in her day.

Back then, they had one TV, or radio, in the house not a TV in every room. And the TV had a small screen the size of a pizza dish, not a screen the size of the state of Montana. In the kitchen they blended and stirred by hand because they didn't have electric machines to do everything for you. When they packaged a fragile item to send in the

mail they used wadded up newspaper to cushion it, not Styrofoam or plastic bubble wrap.

Back then, they didn't fire up an engine and burn gasoline just to cut the lawn. They used a push mower that ran on human power. They exercised by working so they need to go to a health club to run on treadmills that operate on electricity. But she's right, they didn't have the green thing back then.

They drank from a fountain when they were thirsty, instead of using a cup or a plastic bottle every time they had a drink of water. They refilled pens with ink, instead of buying a new pen, and they replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull. But they didn't have the green thing back then.

Back then, people took the streetcar and kids rode their bikes to school or rode the school bus, instead of turning their moms into a 24 hour taxi service. They had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And they didn't need a computerized gadget to receive a signal beamed from satellites 22,000 miles out in space in order to find the nearest pizza joint.

But that old lady is right. They didn't have the green thing back in her day.

Oh my...that was my day too!

## COURAGE

Isn't always a lion's roar-  
It is sometimes the heart  
at the end of a day saying  
"I will try again tomorrow"

Unknown

# "Top 10" Ways to Monitor Your Computer space!!

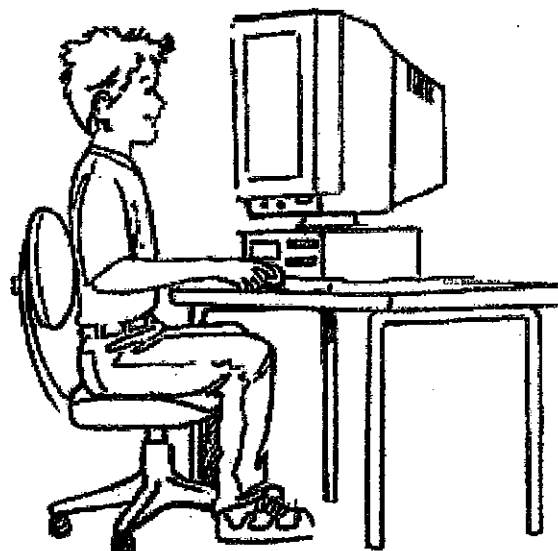
Submitted by Rogers City Physical Therapy with compliments to APTA

Many overuse injuries affect your muscles and tendons. Such musculoskeletal disorders, also known as repetitive stress injuries, can occur in your arms, hands, fingers, wrists, legs, neck, back and shoulders. The key to preventing many musculoskeletal disorders is a properly designed computer space.

1. Keep your feet on the ground. Make sure that your feet are touching the floor or a footrest when seated. Knees should be at a 90-degree angle. This distributes weight better and takes pressure off the upper body. Consider investing in a height-adjustable chair, or use a stool under your feet.
2. Sit up straight. Make sure that you sit tall with weight on the buttocks and feet. The pelvis should be straight up and down. Chairs with adjustable backs and arms aid in proper sitting posture.
3. Eyes level with screen. A good rule of thumb is to make sure the top of your head is parallel with the top of the screen "top-to-top". Anything less could lead to neck strain.
4. Forearms parallel. Make sure that your forearms are parallel to the floor and the elbows are at a 90-degree angle. Your forearms should rest on chair arms or on your desk to bear your upper body weight.
5. Shoulder blades settle. Shoulder blades should be settled on the back of the ribs, not in an arched or hunched position. This includes while talking on the telephone. Use a speakerphone, telephone headset, or cradle/shoulder
6. Correct mouse position. Place your mouse near the keyboard so you do not have to reach for it. Reaching for the mouse can over-stretch and fatigue your muscles.
7. Rest the eyes. Look away from the computer as often as possible and focus on distant objects. Staring uninterrupted at the computer screen for long periods of time can cause eye-strain and headaches. An anti-glare screen can help prevent eyestrain.

8. Take a break. Take a break from computer at least every 20 minutes.
9. Stretch and move. Do stretches such as head turns, shoulder rolls, and marching in place while seated.
10. Watch for problems. Pay attention to warning signs such as headaches, fatigue, muscle pain or cramping and make adjustments early.

## A Physical Therapist's Perspective



**APTA**

American Physical Therapy Association  
*The Science of Healing. The Art of Caring.*

These tips are not intended as a substitute for professional health care.

## YOUR HOMETOWN PHYSICAL THERAPY CHOICE



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**Rogers City  
PHYSICAL THERAPY**

[www.rogerscityphysicaltherapy.com](http://www.rogerscityphysicaltherapy.com)

Hello Everyone!

Our raffle winner for last month was Harriet Rex from Onaway. Make sure when you ride the bus you purchase a ticket to win a nice prize. At the end of the year I will add all of the tickets in a drawing to win a bus ticket.

It's time once again to start thinking about the Posen Potato Festival, and our dinner which will be held Saturday September 10<sup>th</sup>. A bus will be available to bring you out to the dinner that day.

Here are some of our activities being held this month and your chance to ride the bus.

Monday Aug 1<sup>st</sup>-Cheboygan  
Tuesday Aug 2<sup>nd</sup>- Onaway Birthday Party  
Friday Aug 19<sup>th</sup> Alpena  
Friday Aug 19<sup>th</sup> Band Concert  
Friday Aug 26<sup>th</sup> Band Concert

If you need a ride to any of these events please call Meg@ 766-8191 or Marilyn@ 733-2559



The Posen Potato Festival and the Onaway bake sale will be happening soon and PICCOA is

looking for people willing to donate baked goods for the events. If you would like to help please contact either center.

A recent survey found that 28% of adults recognize the warning signs of a stroke, 18% knew what to do in the event of a possible stroke. The right answer is CALL 911. The warning signs of a stroke are: sudden numbness or weakness in face, arm or leg, sudden confusion, trouble speaking or understanding, sudden trouble seeing with one or both eyes, sudden trouble walking, dizziness or loss of balance and sudden severe headache with no known cause.

(Michigan Generations magazine - winter 2011).

The trouble with some women is they get all excited about nothing, and then they marry him!

Words of wisdom: Good judgment comes from experience. Unfortunately, experience usually comes from bad judgment.

There's anticipation that the new dog breed coming out at Christmas is going to be a hit. It's a mix between a Pointer and a Setter and will be known as a 'Poinsetter'. There's also word of a Deerhound and Terrier mix that will be known as a 'Derriere', a dog that will be true to the end.

John, In-Home Services Coordinator.

## **Not Illegal, But Questionable**

Compiled by Katie Kuznicki,  
Assistant Director

*The following is a press release prepared by Ann Weir, a Medicare/Medicaid fraud specialist with NEMCSA, Inc. Due to the content, I am retyping it with permission for our use. I have added the emphasis.*

.....

Recently senior citizens in the area and across the US have been receiving mailings from an organization called the National Processing Center. While the return address is in Washington DC, it is not a governmental agency – and they do point that out – in very small print.

These types of mailings, while not illegal, raise ethical questions on the way they go about gleaning information from vulnerable seniors.

One particular mailing highlights Elder Law changes stating Congress has legislation that will change certain laws impacting those over 60. The mailing goes on to promise a mailing of important information to help seniors – among other things – “avoid probate and estate taxes,” “exempt assets from collection by the government or nursing home if ill,” and earn more interest on CDs.

The card then requests your signature, phone number, age, spouse’s age and county. Again, while not illegal, these are nothing more than companies looking to get information for their phone lists. Ann Weir, Medicare/Medicaid fraud specialist with the Region 9 Area Agency on Aging, cautions area residents about providing personal information.

“Government agencies will never contact you and ask for personal information,” she

said. “That is an indication that the information will be used to further the business of the agency asking or to conduct identity theft. You could end up on a mailing list for products and services you don’t want or need.”

According to the Better Business Bureau ([www.bbb.org](http://www.bbb.org)), they’ve had no complaints about National Processing Center; however, they’ve been unable to reach the originator or even find a physical location. Due to this, the BBB has advised caution when dealing with anyone trying to glean information for unknown reasons....

The bottom line is, people sending in their information will not get anything but unsolicited calls and mail.

Weir cautions seniors to never send any information to any person or organization you do not know or from whom you have not requested information. If you aren’t sure if something is legitimate, you can contact the Medicare/Medicaid Assistance Program (MMAP) at 800-803-7174 and speak to a trained counselor.

The MMAP program is a service of the Region 9 Area Agency on Aging and provides free services to those with Medicare and Medicaid.

###

*Our local MMAP specialist is Denise Parrott. If you have questions or concerns about your prescription coverage, Medicare, Medicaid or other similar topics, Denise is willing to meet with you at either the Posen or Onaway Senior Center. Please call the 800-803-7174 or 989-766-8191 to schedule an appointment with Denise.*



**Suggestions or Comments from Consumers:**

My favorite meal at the Posen Center is Beef Stroganoff. How about serving it twice a month so I can come to supper with my "young friends." Florence Werner

Dear Florence,

We have a 12 week cycle menu and we cannot repeat the same recipe in twenty-one day period. We are very happy that you enjoy it.

My favorite is chicken soup and my favorite is fish. Hattie Pochmara

Dear Hattie,

Karen Miller, our soup maker, is very happy that you like her chicken soup. Tom, our Head Cook, is pleased that you like the fish.

We are very disappointed that you have no one to have Bingo for us to come out and enjoy with friends. You are more concerned that you have jobs. But you see diminishing people coming there. Nothing to come for.  
Anonymous

Dear Anonymous,

We are sorry that you are disappointed that we don't have bingo but as you can see, the crowds have been 7, 10, and/or 11 people at times. The last bingo we had a disappointing crowd and yet we had real nice prizes. We are sorry we disappoint you and we hope that we can get some special activities that will please you.

Please put your comments in our suggestion box. We will be happy to answer them one way or another.

**Take a moment...to Laugh**

Mike and Joan were having some problems at home and were giving each other the "silent treatment." But then Mike realized that he would need his wife to wake him at 5:00a.m. for an early morning drive with some pals to go golfing.

Not wanting to be the first to break the "silence" ( and to lose the "war"), he wrote on a piece of paper, "Please wake me at 5:00a.m."

The next morning, Mike woke up, only to discover it was 9:00a.m. and that his friends had left for the golf course without him. Furious, he was about to go and see why his wife hadn't awakened him, when he noticed a piece of paper by the bed.

The paper said, "It's 5:00a.m. WAKE UP."

**Flag**

A Dutchman was explaining the red , white, and blue Netherlands Flag to an American.

"Our flag is symbolic of our taxes. We get red when we talk about them, white when we get our tax bills, and blue after we pay them."

The American nodded. "It's the same in the USA only we see stars, too!

**Apostles**

I bet it was really tough being an Apostle of Jesus. What if you wanted a day off?

You ring up Jesus and say, "Jesus, I'm sick today, running a fever and feeling congested so I won't be able to make it to today's sermon. What...? Say that again...? I'm cured?"

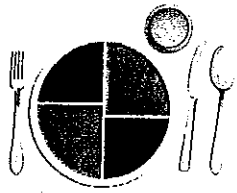
# Presque Isle Co. Council on Aging Menu

## August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Menu Subject to Change due to Availability of food..  
Soup Daily at 4:00 pm

	Hot Dogs 1 Buns Oven Brown Potatoes Carrots Strawberries	Crispy Chicken 2 Mashed Potatoes Winter Blend Tropical Fruit	Hamburger 3 w /Bun Macaroni Salad Pineapple 3 Bean Salad	Pork Ribettes 4 AuGratin Potatoes Peas Coleslaw Mandarin Oranges	<p><b>Rygwelski's IGA</b> <b>Finest Homemade Sausage</b> <b>IGA Tablerite Meats</b> <b>495 S. First St.</b> <b>Rogers City, MI 49779</b> <b>1-888-KABASA</b> <b>989-734-3248</b> *****</p> <p><b>Tom's Family Market &amp; Deli</b> <b>Best Meat and Produce in Town</b> <b>Deliveries Made Daily</b> <b>29579 State St.</b> <b>Onaway MI. 49765</b> <b>989-733-822</b> <b>Pharmacy 733-4106</b></p>	
Chicken Breast 7 Mashed Potatoes Squash Tropical Fruit	Fish 8 Baked Potatoes Stewed Tomatoes Pears	Meatloaf 9 Seasoned Rice Peas Tropical Fruit Tossed Salad	10 Cooks Choice	11 Cabbage Rolls Mixed Veg. Pears Tossed Salad		
Ham 14 Mashed Potatoes Beets Fruit Cocktail	Chicken 15 Sandwich Bun Tossed Salad Green Beans Applesauce	Chile Dog 16 F.F. Potatoes Corn Apricots Tossed Salad	Sausage 17 Boiled Potatoes Sauerkraut Plums	18 Lasagna Mixed Veg. Coleslaw Peaches		
BBQ Chicken 21 Parsley Potatoes Winter Blend Fruit Cocktail	22 Chop Suey Rice Broccoli Pears	Porcupine 23 Meatballs Boiled Potatoes Calif. Blend Fruit Cocktail	Chicken 24 Salad on Lettuce Bread Sticks Vegetable Soup Watermelon	25 Beef Stew Green Beans Applesauce Tossed Salad Biscuits		
Swiss Steak 28 Oven Brown Potatoes Carrots Plums Coleslaw	Turkey 29 Noodle Casserole Beets Mandarin Oranges Tossed Salad	Pork Chops 30 Mashed Potatoes Green Beans Peaches	Swedish 31 Meatballs Noodles Broccoli Salad Applesauce	<p>Federal and State Dollars only Cover a Portion of the 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.</p> <p>PICCOA appreciates your support.</p> <p>www. piccoa. org.</p>		



WebMD presents

# A Healthy Plate

The USDA is bringing a new food icon to the table, replacing the food pyramid with a plate. WebMD's Director of Nutrition Kathleen Zelman offers up some healthy meal options to make that plate great.

## Fruits

**Options:**

- ½ cup berries (raspberry, strawberry, blueberries)
- 1 medium apple, banana, orange, or pear
- ½ cup fruit salad
- 1 slice melon (honeydew, cantaloupe, watermelon)
- ¼ cup dried fruit (raisins, blueberries, cranberries)
- 4 ounces calcium-fortified 100% orange juice

## Grains

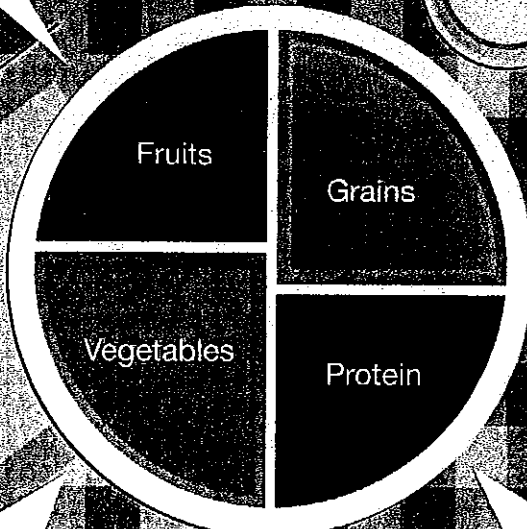
**Options:**

- ½ cup couscous
- ½ cup oatmeal
- 1 slice whole wheat bread
- ½ cup bran cereal
- ½ cup pasta
- ½ cup brown rice
- Whole-grain crackers

## Dairy

**Options:**

- 8 ounces low-fat yogurt
- 1.5 ounces low-fat cheddar cheese
- 8 ounces skim or low-fat milk
- 8 ounces fortified soy beverage
- 1.5 ounces low-fat string cheese
- ½ cup low-fat cottage cheese



## Vegetables

**Options:**

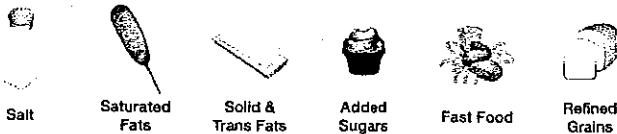
- ½ cup broccoli
- 1 cup spinach salad
- ½ cup stir-fried vegetables
- ½ cup beans or peas
- 1 medium sliced tomato
- 1 cup vegetable soup
- 4 ounces vegetable juice

## Protein

**Options:**

- 3 ounces salmon
- 3 ounces beef or pork tenderloin
- 1 boneless, skinless chicken breast (3 ounces)
- 1 large egg
- 2 tablespoons nut butter
- 1.5 ounces nuts
- 4 ounces (½ cup) tofu

## LESS



## MORE



# Presque Isle Co. Council on Aging Activities

## August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>1</b></p> <p>Cheboygan Bus ***** Onaway 5 Meal Draw</p>	<p><b>2</b></p> <p>Onaway Birthday No Bingo Today ***** Huron Beach</p>	<p><b>3</b></p> <p>Posen Birthday ***** Hilltop 1:00</p>	<p><b>4</b></p> <p><b>CSFP</b> <b>Commodities</b> <b>Onaway 9-10</b> <b>Posen 12-1:00</b></p>	<p><b>5</b></p>	<p><b>6</b></p> <p>ROGERS CITY FARMERS' MARKET CALL FOR RESERVATIONS</p>
<p><b>7</b></p> <p>PREESQUE ISLE CLUBHOUSE 1:00P.M.</p>	<p><b>8</b></p>	<p><b>9</b></p> <p>Huron Beach 1:00 Onaway Farmers' Market 2:15p.m.</p>	<p><b>10</b></p>	<p><b>11</b></p> <p><b>TEFAP</b> <b>Commodities</b> <b>Onaway 9-12</b> <b>Posen 9-12</b></p>	<p><b>12</b></p> <p>VOLUNTEERS NEEDED FOR POTATO FESTIVAL CALL KATIE</p>	<p><b>13</b></p>
<p><b>14</b></p> <p>VOLUNTEERS NEEDED FOR POTATO FESTIVAL CALL KATIE</p>	<p><b>15</b></p> <p>POSEN FIVE MEAL DRAW</p>	<p><b>16</b></p> <p>Huron Beach 1:00 Onaway Farmers' Market 2:15p.m.</p>	<p><b>17</b></p>	<p><b>18</b></p>	<p><b>19</b></p> <p>ALPENA TRIP &amp; BAND CONCERT BUS PICKUP 6:00P.M.</p>	<p><b>20</b></p> <p>ROGERS CITY FARMERS' MARKET CALL FOR RESERVATIONS</p>
<p><b>21</b></p>	<p><b>22</b></p>	<p><b>23</b></p> <p>Huron Beach 1:00 Onaway Farmers' Market 2:15p.m.</p>	<p><b>24</b></p>	<p><b>25</b></p>	<p><b>26</b></p> <p>BAND CONCERT BUS PICKUP 6:00P.M.</p>	<p><b>27</b></p>
<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p> <p>Huron Beach 1:00 Onaway Farmers' Market 2:15p.m.</p>	<p><b>31</b></p> <p>POSEN FIVE MEAL DRAW</p>	<p><b>PICCOA Bus Schedule</b>  <b>Onaway Tuesday 9:00 -3:00</b>  <b>Call Marilyn @ 989-733-2559</b>  <b>Bus in Rogers City</b>  <b>Monday 9:00 -3:00</b>  <b>Tue. Wed. Thur. &amp; Fri. 8:00-4:00</b>  <b>Call Meg @ 989-766-8191</b></p>		

# This Land We Love

by Roger J. Robicheau

How beautiful this land that we love

We cherish all good people of

With pride we call this home our own

Oh, how our seed of freedoms grown

American is what we are

Our time has nurtured us so far

For truth and justice we do strive

Our laws are meant to not deprive

We know we're not the perfect place

As we are of the human race

In God we trust along our way

His goodness near, both night and day

So please do stop and pray awhile

Ask help in facing each new mile

And now I'll end with words so clear

Concerning freedom we hold dear

Let Grateful Thought - Well Deep Inside

For Soldiers Brave - Our Country's Pride



**Newsletter Subscription: Presque Isle Senior News**

**October 1, 2011 thru September 30, 2012**

**Send \$5.00 to help cover the cost of mailing:**

**PICCOA, 4203 S. Lynn Street, Onaway, MI 49765**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Birthday: \_\_\_\_/\_\_\_\_/\_\_\_\_

Spouses Name \_\_\_\_\_ Birthday: \_\_\_\_/\_\_\_\_/\_\_\_\_

Date Received: \_\_\_\_/\_\_\_\_/\_\_\_\_ Paid: \$ \_\_\_\_\_ Check No. \_\_\_\_\_

## Free Printable Word Search Puzzles

## Summer

Find and circle all of the summer words that are hidden in the grid.  
The remaining letters spell an additional summer item.

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

ANTS	FISHING	JULY	SUNBURN
AUGUST	FLIES	JUNE	SUNGLASSES
BARBECUE	FLOWERS	MOSQUITOES	SUNSCREEN
BASEBALL	GARDENING	NO SCHOOL	SUNSHINE
BEACH	GOLF	PICNIC	SUNTAN
BEES	GREEN GRASS	ROLLER BLADES	SWEAT
BICYCLE	HAT	SANDALS	SWIMMING
BLUE SKY	HIKING	SKATEBOARD	U V RAYS
BOATING	HOLIDAYS	SOCCER	WASPS
BREEZE	HOT	SOLSTICE	WATER FIGHTS
CAMPING	ICE CREAM	SPRINKLERS	WATERMELON

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