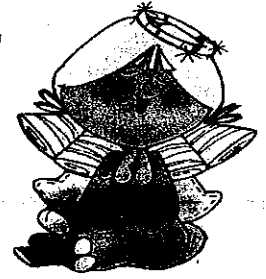




PRESQUE ISLE CO. COUNCIL ON AGING SENIOR NEWS



6520 Darga Hwy. Posen, MI 49776

989-766-8191

4203 S. Lynn St. Onaway, MI 49765

989-733-2559

Issue 323

DECEMBER 2011

www.piccoa.org

Happy Holidays everyone!

As long as I can remember, my favorite holiday rhyme has been:

*Christmas is coming,
the goose is getting fat
Please to put a penny
in the old man's hat
If you have no penny,
a ha'penny will do
If you have no ha'penny,
then God bless you!*

I hope that you find this holiday season rewarding and beautiful, and that you remember those less fortunate than us in this country and throughout the world.

Onaway's Christmas party will be on Thursday, December 15th; Posen's party will be Sunday, December 18th. See the flyer in this month's newsletter for details on our holiday events and much more.

Seasons Greetings

From the employees of PICCOA!

Chodie Harp

Dana ~~Adair~~ Gene DeBeist

Shirley Centaro

Blanche Zinke

Katki Kuznicki Marilyn Lafave

Tom Moore & nowicki

G.F. Woods Susan Mashe

Mapine Slemovski

Karen Miller

Debra Northrup

John Phipps
Tim Kite

Dottie Becca

M.L. Bauer

Meg Dunning

Lianne Gysin

Bertie Kuznicki

Happy December Birthday's

Raymond Orban
Carole Richards
Robert Streeter
Clara Modrzynski
William Walters
Eva Pichan
Beverly Sandraco
Anthony Konwinski
Marian Urban
Henry Crooks
Janet Maley
Wally Hein
Wallace Mulka
May Zielke
Allan Erke
Cora Belle Painter
Jennifer Schleben
David Wahlers
Norma Hadley
Delores Freske
Melvin Miller
Doris Bauer
Ruth Morley
William Tavernier
Laverne Wenzel
Ida Marwede
Eleanor Smith
Kenneth Kreft

Recipe for Christmas All Year Long

Take a heap of child-like wonder
That opens up our eyes
To the unexpected gifts in life-
Each day a sweet surprise.

Mix in fond appreciation
For the people whom we know;
Like festive Christmas candles,
Each one has a special glow.

Add some giggles and some laughter,
A dash of Christmas food,
(Amazing how a piece of pie
Improves our attitude!)

Stir it all with human kindness;
Wrap it up in love and peace,
Decorate with optimism, and
Our joy will never cease.



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Office, PLC**
"When Peace of Mind Matters"
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Probate, Real Estate
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Judy McFalda
Attorney-at-law
989-734-4486

Keeping you safe while shopping!

In addition to being emotionally taxing, the holiday season can also take a physical toll. Our annual rituals such as shopping 'til you drop' and lifting presents and heavy boxes can contribute to neck, shoulder, and back injuries.

As physical therapists, we recommend taking precautions — from maintaining your balance by distributing the weight of shopping bags equally on both sides of your body to lifting boxes by using the legs instead of the back — in order to keep aches or even injuries from putting a damper on the holiday spirit.

We suggest taking the proper precautions to avoid ruining a festive season. "Proper body mechanics can help prevent muscle and joint discomfort," says Arika Berg, PT.


Lifting

- Test an object's weight before you lift by pushing it with your foot.
- When you lift, keep feet shoulder-width apart and bend your knees.
- When you lift, keep feet shoulder-width apart and bend your knees. Lift with your legs, not with your back. Stand close to the object, bend your legs, keep your back straight, and lift.
- If a back injury does occur, seek professional consultation from a physical therapist. What starts as a minor problem can become a recurrent problem without early intervention.

Shopping Without Dropping


- Distribute the weight of shopping bags equally on both sides of your body.
- Consider using a fanny-pack or small backpack.
- Wear comfortable shoes; carrying packages while wearing high heels on hard surfaces can contribute to foot and ankle injuries.
- Don't lug overstuffed shopping bags for extended periods.

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



Now YOU have a choice for physical therapy in Rogers City

Your hometown choice for physical therapy,
Rogers City Physical Therapy
989-734-7607

 **Rogers City** 506 N Bradley Highway
PHYSICAL THERAPY
www.rogerscitypt.com

Is your car ready for winter drive?

Winter is here. There are two types of people: those who can't get enough of the outdoors and those who can't get indoors fast enough. Regardless of which type you most readily identify yourself, it is agreed that at this time of year, too much exposure to the outdoors can be dangerous.

Part of keeping ourselves safe is being prepared for emergencies on the road. It is important to exercise caution and common sense before leaving the driveway.

Make sure:

- windshield wipers are working and are not frozen,
- windshield fluid is full, and you have extra in the trunk,
- headlights, taillights and brake lights are working and not covered by snow or road grime,
- side and rearview mirrors are defrosted and snow-free,
- headlights are on low, even in the day time, so you can be seen,

Remember to:

- turn, brake, and accelerate more slowly,
- leave more space between you and the car in front of you,
- to avoid fish tailing by turning into the skid and keep your foot off the brake
- to remember that bridges and overpasses freeze more quickly than roadways,
- rock your vehicle forward and backward until you are out, if stuck, since spinning in place will just get you stuck deeper.

As well, every automobile should have an emergency kit including the following items:

- first aid books
- maps
- blankets
- water/juice
- snacks
- aspirin
- tweezers
- bandages and first aid cream
- cotton swabs
- facial tissues
- medical tape and gauze
- sterile dressing
- paper and pencil
- emergency flares
- ice packs
- whistles
- flashlights with extra batteries
- cell phones and emergency contact numbers
- shovel
- kitty litter or rock salt
- hat and gloves/mittens for each rider

Be safe this winter!



Compiled from various sources including: www.michigan.gov/sos, the Article Resource Association, www.aracopy.com, and the Michigan State University Extension offices in Presque Isle County.

Recipes to Share...

One-pan Harvest Supper

Ingredients:

- 4 medium potatoes, sliced
- 2 tablespoons cooking oil
- 1 pound chicken breasts, cut into ½ strips
- 1 red apple, cored and sliced
- 1 tablespoon apple cider vinegar
- 1 tablespoon yellow mustard
- 1 tablespoon honey
- 1/3 cup sliced green onion
- Salt and pepper to taste

Directions:

Place potatoes in a shallow microwave dish. Cover with plastic wrap and vent one corner. Microwave on high for 8-10 minutes until potatoes are just tender. While potatoes cook, toss and brown chicken in oil in a 12-inch skillet over high heat for 3 minutes. Add apples and toss 2 minutes. Add potatoes; toss about 5 minutes until lightly browned. In a small bowl, mix vinegar, honey, mustard; drizzle over contents of skillet. Add green onions. Toss 2 minutes. Then, season with salt and pepper to taste.



Holiday Fruit Salad

This makes a large quantity for a family gathering; I assure you it won't last long...

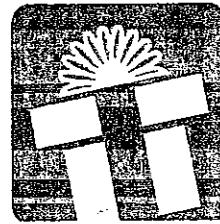
Ingredients:

- 1 large box Jell-O (your choice of flavor, red is a Christmas favorite, green and orange are appropriate for Easter and St. Patrick's Day)
- 2 medium apples, diced

- 2 oranges, cut into small pieces
- 1 large can of sliced peaches
- 2 cups grapes, cut in halves
- ½ bag whole cranberries, chopped
- ½ cup pecans or walnuts, chopped

Directions:

Make Jell-O according to directions in a large bowl. Add cranberries to the mixture and mix thoroughly. Then add prepared fruit and mix. Refrigerate until Jell-O is sets.



Cranberry Bread Pudding

Ingredients:

- 6 cups toasted whole wheat bread cubes, packed
- 1 cup fresh or frozen cranberries
- 2 cups cran-raspberry juice drink
- 1 cup honey
- ½ cup butter
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- 1 cup raisins
- Whipped cream or vanilla ice cream

Directions:

Preheat oven to 350 degrees. Grease 2-quart casserole pan. Pour bread cubes in prepared pan; set aside. Combine all ingredients in a large saucepan. Bring to a boil over medium heat. Boil gently just until the cranberries begin to pop. Pour cranberry mixture over bread cubes. Let sit 15 minutes. Bake pudding for 45 minutes. Serve warm.

Hello Everyone !

Here are a few of our activities planned for this month.

Dec. 5th- Cheboygan Trip

Dec 6th- Onaway Birthday

Dec 16th- Alpena Trip

Just a reminder for the month of January, Cheboygan trip will be one week later because of the holiday,

Monday Jan-9th.

If you would like to ride the bus for any event please call Meg@ 766-8191 or Marilyn@ 733-2559.



The difficult changes that you may face as you grow older—such as the death of a spouse or medical problems—can lead to depression. Left untreated, depression prevents you from enjoying your life and its effects go far beyond mood.

Depression not only makes you feel sick with aches, pains, and fatigue, it actually makes your physical health worse. Depression also gets in the way of memory and concentration. In fact, it can have such an impact on thinking that it's sometimes mistaken for dementia. But depression is not a normal or necessary part of aging, and it can be successfully treated.

Whether you're 18 or 80, you don't have to live with depression. Senior depression can be treated, and with the right support, you can feel better—the key word being support. It's extremely difficult to overcome depression on your own.

Depression isn't something that you can fight through sheer force of will. You can't just tell yourself to snap out of it. Try to remember that being depressed isn't a sign of weakness or a character flaw. It can happen to anyone. Symptoms of depression can be a side effect of many commonly prescribed drugs. You're particularly at risk if you're taking multiple

medications. While the mood-related side effects of prescription medication can affect anyone, older adults are more sensitive because, as you age, your body becomes less efficient at metabolizing and processing drugs.

Medications that can cause or worsen depression include:

- Blood pressure medication (clonidine)
- Beta-blockers (e.g. Lopressor, Inderal)
- Sleeping pills
- Tranquilizers (e.g. Valium, Xanax, Halcion)
- Calcium-channel blockers
- Medication for Parkinson's disease
- Ulcer medication (e.g. Zantac, Tagamet)
- Heart drugs containing reserpine
- Steroids (e.g. cortisone and prednisone)
- High-cholesterol drugs (e.g. Lipitor, Mevacor, Zocor)
- Painkillers and arthritis drugs
- Estrogens (e.g. Premarin, Prempro)

If you feel depressed after starting a new medication, talk to your doctor. You may be able to lower your dose or switch to another medication that doesn't impact your mood.

Other things you can do to help with depression

Get out in to the world. Try not to stay cooped up at home all day. Get outside, take a walk if you're able, or have lunch with a friend.

Participate in activities you enjoy. Pursue whatever hobbies or pastimes bring or used to bring you joy.

Volunteer your time. Helping others is one of the best ways to feel better about yourself.

Take care of a pet. Get a pet to keep you company.

Learn a new skill. Pick something that you've always wanted to learn, or that sparks your imagination and creativity.

Create opportunities to laugh. Laughter provides a mood boost, so swap humorous stories and jokes with your loved ones, watch a comedy, or read a funny book.

Maintain a healthy diet. Avoid eating too much sugar and junk food. Choose healthy foods that provide nourishment and energy.

-helpguide.org

John, In-Home Services Coordinator.



**Hospice of Michigan is offering
an informative talk called
*“Hospice 101”***

**Everything you wanted to know
about hospice,
but were too afraid to ask....**

After attending this presentation you will know:

- ✓ What hospice is
- ✓ What services hospice provides
- ✓ Who can receive hospice care
- ✓ Where hospice services are provided
- ✓ Who pays for hospice care

Please contact Amanda Fleming at
989-358-4294 or afleming@hom.org
to schedule a Hospice 101 presentation



**HOSPICE
of michigan**

www.hom.org

Participate in Activities - more than games and fun!

(Taken from the September 2009 National Institute on Aging Information Center publication NIH No. 09-7411)

"Melvin has not quite felt like himself since he retired. He worked at the same job for over 50 years and enjoyed his daily routine. Now, Melvin misses catching up with his customers and hearing about their families. He misses teaching new employees the ins and outs of the trade. He misses waking up feeling like he has a purpose. Melvin heard about a program at a library where retired people volunteer to help children with homework. He thinks that might be a good idea for him.

Research shows that people who are sociable, generous, and goal-oriented may be happier and less depressed than other people. Sitting home alone could explain why Melvin is not feeling like himself. Volunteering might help Melvin feel better. According to researchers, older adults who participate in what they believe are meaningful activities, like volunteering in their communities, say they feel healthier and happier...

Linn was used to helping care for her grandchildren while her daughter was at work. But now the younger grandchildren are in high school. They just don't need as much help. As a result, Linn finds that she has a lot of extra time on her hands. She is thinking about joining her church's young-at-heart social group. She hears that they do many different volunteer activities, play bingo Sunday evenings, go to the movies together, have a knitting club, and even organize a power walk in the mall two mornings a week.

Linn's church has an active program. But, there are plenty of other options for places to volunteer or be socially active. Where

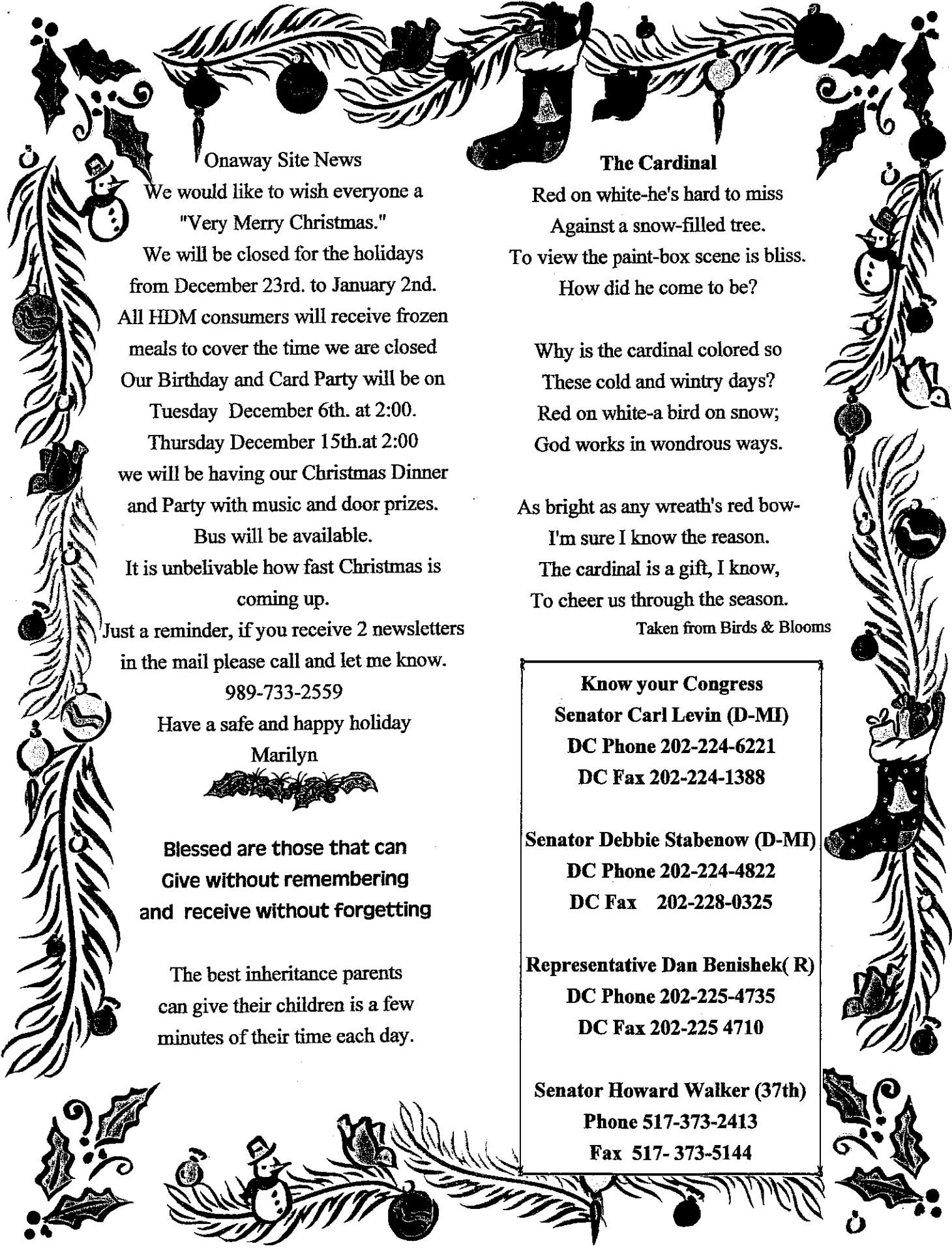
you look to find these opportunities might depend on what you are interested in doing."

Here are some examples of social and productive activities you might like:

- ✓ Volunteer at a local library, school, senior center, nursing home, or rehab hospital
- ✓ Play cards and other games with your friends at the senior center
- ✓ Organize a fundraising event for your local not-for-profit
- ✓ Go to the theater, movie or a school sporting event
- ✓ Travel with former coworkers, friends and family
- ✓ Ring bells for the Salvation Army
- ✓ Visit friends and family no longer able to leave their homes
- ✓ Garden at home or as part of a local gardening club
- ✓ Pack holiday boxes for people in need
- ✓ Organize a park clean-up day
- ✓ Sing in the choir
- ✓ Form or join a book club
- ✓ Take part in an exercise group
- ✓ Get a part-time job
- ✓ Join or create a group interested in a hobby like woodworking, knitting, or painting
- ✓ Assist with commodities program distribution
- ✓ Learn to play an instrument or form a group
- ✓ Revive an old social network, card club, quilting guild or other activity
- ✓ Help build a Habitat for Humanity house

Remember, PICCOA is always here; we have volunteer opportunities, exercise groups, *wii* systems, space for your group activity, puzzles, books, and much more...

Call Katie or Marilyn for details.



Onaway Site News

We would like to wish everyone a
"Very Merry Christmas."

We will be closed for the holidays
from December 23rd. to January 2nd.
All HDM consumers will receive frozen
meals to cover the time we are closed
Our Birthday and Card Party will be on
Tuesday December 6th. at 2:00.

Thursday December 15th. at 2:00
we will be having our Christmas Dinner
and Party with music and door prizes.

Bus will be available.

It is unbelievable how fast Christmas is
coming up.

Just a reminder, if you receive 2 newsletters
in the mail please call and let me know.

989-733-2559

Have a safe and happy holiday
Marilyn



Blessed are those that can
Give without remembering
and receive without forgetting

The best inheritance parents
can give their children is a few
minutes of their time each day.

The Cardinal

Red on white-he's hard to miss
Against a snow-filled tree.
To view the paint-box scene is bliss.
How did he come to be?

Why is the cardinal colored so
These cold and wintry days?
Red on white-a bird on snow;
God works in wondrous ways.

As bright as any wreath's red bow-
I'm sure I know the reason.
The cardinal is a gift, I know,
To cheer us through the season.

Taken from Birds & Blooms

Know your Congress
Senator Carl Levin (D-MI)
DC Phone 202-224-6221
DC Fax 202-224-1388

Senator Debbie Stabenow (D-MI)
DC Phone 202-224-4822
DC Fax 202-228-0325

Representative Dan Benishek (R)
DC Phone 202-225-4735
DC Fax 202-225 4710

Senator Howard Walker (37th)
Phone 517-373-2413
Fax 517-373-5144



Presque Isle Co. Council on Aging Menu



Menu 7-10

December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
-----	-----	-----	-----	-----	-----	-----



				1 Pork Steak Noodles Beets Applesauce	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 St. Onaway, MI. 49765 989-733-8229 Pharmacy Mon.-Fri. 989-733-4106	
				4 Roast Beef Boiled Potatoes Carrots Pears		
11 Turkey Mashed Potatoes Squash Cranberries Tossed Salad	12 Goulash Peas & Carrots Apricots Carrot/Raisin Salad	13 Meatloaf Mashed Potatoes Wax Beans Peaches	14 Pork Chops Oven Brown Potatoes Winter Blend Coleslaw Applesauce	15 Cook's Choice		
18 Pork Roast Boiled Potatoes Beets Strawberries	19 Fish Parsley Potatoes Wax Beans Peaches	20 Beef Stroganoff Noodles Broccoli Carrot/ Raisin Salad Applesauce	21 Salisbury Steak Scalloped Potatoes Beets Pineapple	22 Hamburger Steak American Fries Winter Blend Pears		

25
Closed for Christmas
Re-open on Mon day
Jan. 2nd, 2012

Federal and State dollars only cover a portion of the meals we provide.
 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. Menu subject to change due to availability of food. Week day meals Begin with Soup at 4:00 and the meal at 4:30 pm both centers.
 Sunday: Onaway Soup at 12, meal at 1pm.
 Posen Soup, Salad & Dessert Bar at 3 pm, meal at 4 pm

Presque Isle Co. Council on Aging

December 2011 Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>PICCOA Bus Schedule Onaway Tuesday 9 am-3 pm Call Marilyn @ 989-733-2559</p> <p>Bus in Rogers City and Surrounding Areas Monday - Friday 8 am-4 pm Call Meg @ 989-766-8191</p>				1	2	3
4	5	6	7	8	9	
	Cheboygan Bus	Onaway Birthday & Card Party 2:00 Bus	Posen Birthday ***** Hilltop 1:00	Posen 5 Meal Draw		
11	12	13	14	15	16	17
P.I. Club House 1:00			Onaway 5 Meal Draw	CSFP Onaway 9-10 Posen 12-1 ***** Onaway Christmas Party & Dinner 2:00	Alpena Bus	
18	19	20	21	22	23	24
Posen Christmas Party Dinner	Posen 5 Meal Draw				Closed Dec. 23 - Jan. 1st. Open Jan. 2nd.	





Onaway Senior Center

Christmas Party & Dinner Thursday Dec.15th.

Music at 2:00 Snacks & Door Prizes.

Dinner at 4:30

Baked Ham, Mashed Potatoes, Gravy,
Glazed Carrots, Pineapple ,and
Chocolate Chip Cheese Cake

Posen Senior Center Christmas Dinner

Sunday December 18th. 3:00 Soup, Salad,
and Dessert Bar.

4:00 Pork Roast, Mashed Potatoes,
Beets, Strawberries and Dessert.

Baking Christmas Cookies



cutouts

chocolate chip

Mexican wedding cakes

recipe

kitchen

decorate

bowl

mixer

fudge

gingerbread

peanut butter

flour

sugar

eggs

rum balls

snickerdoodle

delicious

mint

sweet

nibble

frosting

snack

dough

sprinkles

family

tray

baking

cooling

cookbook

favorite

To find the answer to the trivia question, look for a word or phrase that is hidden in the puzzle, but not in the word list

Trivia: This is one of the key ingredients in a snickerdoodle cookie.

Answer: _____

Free Printable Word Search Puzzles

Christmas

Find and circle all of the Christmas words that are hidden in the grid.
The remaining letters spell a secret message.

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

ANGEL	FRUITCAKE	MANGER	SNOWFLAKES
BELLS	GABRIEL	MARY	SNOWMAN
BETHLEHEM	GIFTS	MISTLETOE	STABLE
CANDLES	GOLD	MYRRH	STAR
CANDY CANE	GREETING CARDS	ORNAMENTS	STOCKING
CAROLS	HOLLY	POINSETTIA	THREE WISE MEN
DECORATIONS	ICICLES	SANTA	TOBOGGAN
EGGNOG	JESUS	SHEPHERDS	TOYS
FAMILY	JOSEPH	SKATES	TREE
FRANKINCENSE	LIGHTS	SLEIGH	WREATH
FRIENDS			

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Atlanta - 785-4855 Onaway - 733-2082

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Thunder Bay Pharmacy in Atlanta - 785-5535
Thunder Bay Pharmacy in Onaway - 733-7037

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Rogers City, MI 49779
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Presque Isle County Council on Aging

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