

PRESQUE ISLE CO. COUNCIL ON AGING SENIOR NEWS

ISSUE NO 312

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989-766-8191

4203 S. Lynn St. Onaway, MI 49765

989-733-2559 web piccoa. org

JANUARY 2011



Attention H. D. M. Consumers

Starting January 9th. Thru March 31st.

There will be no Sunday Meal Delivery

**Your Sunday Hot Meal will be delivered
on Thursday along with your Thursday meal.**

HAPPY NEW YEAR

Happy January

Birthday!!!

Arthur Domke

Barbara Nitchman

Stephanie Ciarkowski

Ray Foerester

Ruby Flewelling

Leona Green

Francis Baker

Leona Rasche

Anya Pevova

Marianne Szymoniak

Ruth Pfeiffer

Eleanor Schultz

FR. Richard Sitar

Rose Halasi

John Misiak

Eldon Knopf

Louis Wekwert

Nellie Thomson

Happy New Year Wish

My Happy New Year Wish for you

Is for your best year yet,

A year where life is peaceful,

And what you want you get.

A year in which you cherish

The past year's memories,

And live your life each new day,

Full of bright expectations.

I wish for you a holiday

With happiness galore;

And when it's done, I wish you

Happy New Year, and many more.



McFalda Law Office, PLC

"When Peace of Mind Matters"

Wills, Trusts,

Probate, Real Estate

Guardianship,

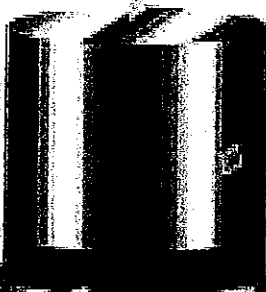
Business Law

Judy McFalda

Attorney-at-law

989-734-4486

piccoa.org



Speedy Tuna Casserole

1 pk. 7 ¼ oz Kraft Mac & Cheese Dinner
1 cup frozen mixed vegetables
1 can (5oz white tuna in water drained and flaked
8 Ritz Crackers crushed

Prepare dinner in large saucepan as directed on package, adding vegetable to the boiling water for the last 2 minutes. Add tuna; mix lightly.

Top with crackers

Mac & Cheese Lasagna

1 pk. (7 1/4oz. Kraft Macaroni and Cheese Dinner
½ lb. lean ground beef
1 & 1/2 cup spaghetti sauce
1 cup Kraft Shredded Low Moisture Part-Skim Mozzarella Cheese
2 T Kraft Grated Parmesan Cheese

Heat oven to 350 F.

Prepare: Dinner as directed on package, using the Light Prep directions. Brown meat in skillet; drain.

Spoon half the Dinner into lightly greased 8in square baking dish. Top with layers of half each sauce, meat and shredded cheese. Repeat layers. Sprinkle with Parmesan
Bake 20 minutes or until heated through.

Four Cheese Pasta Florentine

3 cups mostaccioli, uncooked
1pk (10oz) frozen chopped spinach
4 oz (1/2 of 8oz pkg.) Philadelphia Cream Cheese, cubed
1 cup 2% Milkfat low fat Cottage Cheese
2 eggs

1 pkg. (8oz) Kraft Shredded Low Moisture Cheese
¼ cup Kraft Grated Parmesan Cheese

Heat oven to 375 F.

Cook pasta as directed on package, omitting salt. Meanwhile, cook spinach as directed on package; drain well. Place in large bowl. Add cream cheese; stir until melted. Stir in cottage cheese and eggs until well blended.

Drain pasta. Add to spinach mixture with mozzarella; mix lightly. Spoon into 8in or 9in square baking dish; top with Parmesan.

Bake 25 minutes or until center is set.

Parmesan Meatloaf

1 lb. lean ground beef
½ cup spaghetti sauce, divided
½ cup dried bread crumbs
¼ cup Parmesan Cheese grated
¼ cup finely chopped onions
1egg lightly beaten
½ tsp Italian Seasoning

Preheat oven 375 F.

Mix meat, ¼ cup spaghetti sauce, bread crumbs, ¼ cup of the cheese, onion, egg, and seasoning.

Shape into loaf in 12 x 8in. baking dish
Top with remaining spaghetti sauce and 2T. cheese.

Bake 40 to 45 minutes or until cooked through.

After shaping a meatloaf with your hands, be sure to wash your hands thoroughly with soap and hot water. A quick rinse under the faucet is not enough to kill the bacteria from raw meat.

WINTER WEATHER

Presque Isle Co. Council On Aging will be sending an extra Home-Delivered Meal to each consumer in case of inclement weather and we are unable to deliver that day. Cancellations of Center Closings will be on WATZ and The WAVE. We will list inclement weather closing on the Cable TV in Rogers City.

SURVIVING A WINTER STORM

Be prepared.

- a. **B**efore cold weather hits, make sure you have a way to heat your home during a power failure.
- b. **K**eep a multipurpose, dry chemical fire extinguisher nearby when using alternative heating sources.
- c. **K**eep on hand extra blankets, flashlights with extra batteries, matches, first aid kit, manual can opener, snow shovel and rock salt , and special needs items (e.g., diapers.)
- d. **S**tock a few days' supply of water, required medications, and food that does not need to be refrigerated or cooked.
- e. **M**onitor the temperature of your home. Persons over the age 65 are especially susceptible to cold. If it's not possible to keep your home warm, stay with friends or family.
- f. **D**ress in several layers to maintain body heat. Covering up with blankets can also conserve heat.

DRIVING SAFELY IN WINTER WEATHER

Before winter arrives, have your car tuned up, check the level of antifreeze, and make sure the battery is good and

check your tire tread or put on snow tires.

Keep emergency gear in your car for everyday trips:

- a. **C**ell phone
- b. **F**lashlight
- c. **J**umper cables
- d. **S**and or kitty litter (for traction)
- e. **I**ce scraper, snow brush, and small shovel
- f. **B**lankets
- g. **W**arning devices (e.g. flares, reflectors)

For longer car trips, keep food, water, extra blankets, and required medication on hand.

Avoid driving in snow or ice storms. If you must drive, drive slowly, and let someone you know the route you will be taking and when you plan to arrive so they can alert authorities if you don't get there.

If your car is parked outside, make sure the exhaust pipe and the area around it are free of snow before you start the car.

Don't sit in a parked car with the engine running unless a window is open. Do not let your car run while parked in a garage.

If your car stalls or gets stuck in snow stay in your vehicle and open a window slightly to let in fresh air. Wrap yourself in blankets and run your vehicle's heater for a few minutes every hour to keep warm.

These safety tips are from National Highway Traffic Safety Administration and the National Safety Council that can help make winter car travel safe. Antrim Co. News.



Bananas are rich in Potassium.

Bananas also contain other minerals such as: Calcium, Iron, Magnesium, and Phosphorus in large quantities.

Bananas are rich in fibers making it a useful laxative and good for easing constipation.

Bananas are rich in Vitamin C. It also contains other vitamins such as Vitamin A and Vitamin B especially folate.

Bananas contain about 90 to 93 calories per 100g. The energy is easily absorbed by the body.

Bananas are a unique fruit. They are creamy, sweet or savory and safely preserved by nature in their own packaging---the banana peel. Related to the lily and the orchid, this fruit originated in Malaysia. The major banana producing countries are Mexico, Costa Rica, Ecuador, and Brazil.

BANANA AND APPLE SALAD

2 GALA APPLES

1 BANANA

1 BUNCH OF GRAPES

1/2 CUP OF GOLDEN RAISINS

3 HEAPING TABLESPOONS OF MIRACLE WHIP

CUT UP APPLES, THE BANANA AND THE GRAPES. ADD RAISINS.

MIX WITH MIRACLE WHIP.

DELICIOUS

Wishing You a Healthy H-A-P-P-Y N-E-W-Y-E-A-R

- H H-ealth** Make health a priority this year. Health should be more than the absence of disease- read on for Ideas.
- A A-ttitude** A positive attitude may not cure a disease. However, thinking positive can help you deal with misfortune, make the most of your situation and enjoy life more.
- P P-hysical activity** The U.S. Department of Health and Human Services 2008 Physical Activity Guidelines for Americans recommends for Adults:” Most health benefits occur with at least 150 minutes a week of moderate intensity physical activity, such as brisk walking. Additional benefits occur with more physical activity. Both endurance and muscle-strengthening physical activity are beneficial “.
- P P-eople** Numerous studies indicate social networks, whether formal (church or social club) or informal (meeting with friends), make people less vulnerable to ill health and premature death. Be wary, however of social support that drains you through people being too demanding or encouraging you to engage in harmful activities.
- Y Y-our body** Schedule physical checkups as needed: eyes, teeth, mammograms, colonoscopy, and general physical.
- N N-o!** Rather than adding “take a time management class” to your “to do” list, consider starting a “don’t do” list. You may discover doing LESS can bring MORE enjoyment to your life. Especially if doing less allows you to spend time doing more to contribute to your health and happiness and that of your family and friends!
- E E-at healthy** MyPyramid.gov recommends: “To move to a healthier weight, you need to make smart choices from every food group. Smart choices are the foods with the lowest amounts of solid fats or added sugars: for example, fat-free (skim) milk instead of whole milk and unsweetened rather than sweetened applesauce”. Also, consider how the food was prepared, baked versus fried.
- W W-isdome** Take time to listen to your own body. Rather than set your goal based on how fast other people walk or jog, how little others can get by on or how much someone else eats, concentrate on what make YOU healthy.
- Y Y-our hands** “keeping hands clean is one of the most important ways to prevent the spread of infection and illness,” according to the Centers for Disease Control and Prevention (CDC). Here’s how to wash your hands with soap and water from the CDC.
- *Rub hands together to make a lather and scrub all surfaces.*
 - *Continue rubbing for 15-20 seconds –Imagine singing “Happy Birthday” twice through.*
 - *Rinse hands well under running water.*
 - *Dry your hands using a paper towel or air dryer.*
- E E-nough sleep** According to a 2009 poll by the National Sleep Foundation (NSF): The number of people Reporting sleep problems has increased 13% since 2001. Lack of sleep is creating a major public safety Problem. The poll finds that potentially 110 million licensed drivers-have driven when drowsy at least once in the past year.
- A A-void portion distortion** Rather than worry so much about “what” you eat, consider :how much” you eat. Downsize your portions sizes. Serve food on smaller plates. Eat from plates and bowls rather than boxes or bags, so you see how much you are eating.
- R R-eading materials** Consider the source before starting a new drastic diet or exercise plan.
-

Home Improvement Scams

Harriet noticed a leak in her living room ceiling and called a plumber. The plumber told her that all her bathroom pipes were broken and needed to be replaced, at a cost of \$1,500. He

said she risked an electrical fire if she didn't have the work done. She sought a second opinion. The other plumber found that the problem was only some failed caulking around the bathtub.

Home repair fraud is often aimed at senior citizens. Unscrupulous repair persons sometimes use scare tactics to pressure people to have unnecessary, expensive repairs made. They overcharge for shoddy work, or take money and then never show up to do the work.

One of the most common kinds of home repair fraud involves offers from transient work crews. Strangers knock on your door and say they've been working in your neighborhood and have some extra material left. They offer to seal your driveway or fix your roof for a discount, but they take your money and then disappear.

Another scam involves strangers who knock on your door and offer to do a free inspection of your furnace, chimney, or drinking water. Once inside, they pretend to find a serious health or safety problem requiring expensive repairs. Even worse, they may only be trying to get inside your home to steal money or valuables from you.

Be cautious when they demand cash payment or indicate the offer is only good for that day. Don't let yourself be pressured.

It's best to say no thanks to these unsolicited offers, and to not open your door to strangers. Instead, get recommendations for home improvement companies from satisfied friends and neighbors.

- Shop around for a contractor, getting price estimates from several. When requesting an estimate, ask if there is a charge. A smart shopper would also get two or more references on each contractor.



- Get references to see if the work was done properly, on schedule and at the agreed price.
- Insist on a detailed contract. The contract should include: a specific description of the work to be done, materials, labor cost, timetable, payment schedule, start/ending completion dates, names of subcontractors, warranty agreements, and cleanup and financing arrangements.
- Check to see if the contractor has been disciplined or if the license has been suspended or revoked. Builders and contractors are licensed by the Licensing Division of the Bureau of Commercial Services, Michigan Department of Labor & Economic Growth. You may visit the Licensing Division's website, at www.michigan.gov/dleg, and click on the links for "Commercial Services & Corporations" and then "Licensing Services." You can also reach the Licensing Division at 1-517-241-9288.

The Bureau's home page for Residential Builders, Maintenance and Alteration Contractors provides general information on issues relating to builders' licenses, including additional tips for consumers.

Consumers may visit the Bureau of Commercial Services' website to verify current license status and check for prior disciplinary action. If possible, use the builder's license number as well as the name of the builder and the business name.

Decisions issued in response to formal complaints are also accessible online.

If you would like to file a complaint against a builder, or check to see if there are complaints about a specific builder, you may also call the **Licensing Services Division at 1-517-241-9288** or write to:

**Bureau of Commercial Services
P.O. Box 30018
Lansing, MI 48909**

Remember: Always check a home improvement contractor's license and complaint history by calling the Attorney General's Consumer Protection Division at 1-877-765-8388, and the Bureau of Commercial Services at 1-517-373-8376.



Happy New Year! How time flies, it seems that it was just the new millennium yesterday. To think it is 2011, where has time gone.

Our Christmas Party was lovely. The Presque Isle County Girl Scouts were here to sing Christmas Carols. A good time was had by all and we were all in the Christmas Spirit.

This is the time of year we must all think of snow, ice and safety.

Check your footwear. Examine your shoes and boots. How's the traction? Is it time for a new pair? Better traction can help keep you more stable on icy surfaces.

Keep your shovel and salt in your house. The reason you have a shovel and salt is so you don't have to walk on a slippery sidewalk. If you have to traverse through the snow and ice to get to your garage where the salt and shovel are kept, that defeats the purpose.

Check the railings. If you have railings leading up to your front door, check to see if they're sturdy. If you slipped, would they be able to support you?

Bring a cell phone when you leave the house. If you fall, it can sometimes be hard to get up. Carrying a cell phone whenever you go out can bring peace of mind.

Slow down. Allow extra time if it's slippery out. It's when you hurry that you end up pushing the envelope of what your balance can handle. Also, keep in mind that being a little late is better than rushing and causing a fall.

Ask for help. If you have to walk across an icy sidewalk or parking lot, try to find a steady arm to lean on. Most people are happy to help an older person navigate a slippery walkway? You just have to ask.

Have a plan. When you are going out, ask yourself, "If I slipped and fell here, what would I do?"

Strengthen your legs. Strong leg muscles can help you steady yourself if you slip. And if you do fall, they make it a lot easier to get back up. You should exercise your legs regularly to keep them strong. Try walking up and down your stairs repeatedly or do a set of ten squats out of a chair a couple times per week.

These little things, when used together, can make the winter elements a little less daunting.

Cheri Downie



Hello Everyone!!!

New Year Toast

I would like to wish everyone a
Happy and Prosperous New Year.

Here's to the new year...

May it bring more joy and success
And less grief and regret.

We would like to invite everyone to come
and have dinners with us. Seniors, we ask a
donation of \$2.50 non Seniors, is \$5.00
Where else could you get a delicious meal for
that price? You don't need to be a senior to
use our center.

To our dreams...
May we never stop believing in them
And taking the actions that will make them
a reality.

Our Birthday and Card Party is on Tuesday
January 4th at 2:00. Bus available.

To our friends, loved ones , colleagues...
May we take the time to let them know
How much it means to us
To have them in our lives.

We will try a 2nd. Card Party on Thur.
Jan. 20 th. at 2:00 If we don't get a good turn
out we will discontinue it .

We had a good turn out for our last couple of
parties, the latest Door Prize winners
Alice Buzzell, Grace Freel, Harold Bowman,
Betty Curtis, Ruth Szymoniak, Isabelle
DeRosia, Margie Bidwell, Jim Nokes, Esther
Hall and Beverly Young.

Let us encourage more and criticize less,
Give more and need less.
And whenever we can,
Let us create harmony and peace.

5 Meal Draw w innerwas Cris Castigione.
"Congratulations to all of you."

To new beginnings...
Let us start fresh, right now,
To make this the very best year ever.

We would like to thank PICCA for the
beautiful new Christmas Decorations.Starting
January 3rd. through March 31st. We will
have no Sunday meal deliverly.

A very Happy New Year to all of us!

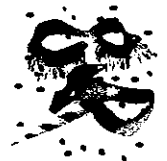
Your Sunday Hot Meal will be delivered
with your Thursday Meal.

Marilyn



Presque Isle Co. Council on Aging Menu

January 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Menu Subject to change due to availability of food. Weekday Meals Onaway & Posen 4:30

Soup at 4:00. Sunday Meals Onaway 1:00 Soup, Salad & Dessert Bar 12-12:45

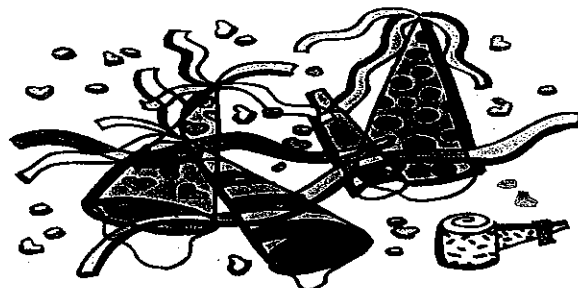
Posen 4:00 Soup, Salad, & Dessert Bar 3- 3:45 \$1.00 extra with Sunday Meals.

* Federal and State Dollars only cover a portion of the cost of meal. Donations are important to PICCA. Dinner is a suggested donation of \$2.50. PICCA appreciates your support.

1

HAPPY
NEW
YEAR

2 Closed	3 Ham Scalloped Potatoes Mixed Veg. Plums	4 Crispy Chicken Rice / Corn Mandarin Oranges Salad	5 Cabbage Rolls Oven Brown Potatoes Peas Pears	6 Cook's Choice	8 Rygwelski's IGA Finest Homemade Sausage IGA Tablerite Meats 495 S. First Street Rogers City, MI 49779 1-888 KABASA 989-734-3248 *****
9 Roast Beef Mashed Potatoes Corn Strawberries	10 Chicken Strips Mac & Cheese Green Beans Pineapple	11 Hot Turkey Sandwich Potatoes Carrots Plums	12 Pork Roast Potatoes Broccoli Applesauce	13 Cheeseburger Macaroni Calif. Blend Mixed Fruit Tossed Salad	5 Tom's Family Market & Deli Best Meat and Produce in town Deliveries Made Daily 29579 State St. Onaway, MI. 39765 989-733-8229 Pharmacy 989-733-4106
16 Crispy Chicken Mashed Potatoes Winter Blend Tropical Fruit	17 Spaghetti/Meat Sauce Broccoli Salad Apricots	18 Pork Steak Scalloped Potatoes Wax Beans Peaches	19 Beef Stroganoff Noodles Beets Salad Strawberries	20 Chicken Pot Pie Carrots Pineapple Coleslaw	
23 Pork Roast Parsley Potatoes Green Beans Apricots	24 Salisbury Steak. Noodles Peas & Carrots Plums Salad	25 Chicken Tenders Mashed Potatoes Calif. Blend Fruit Cocktail	26 Polish Sausage Boiled Potatoes Sauerkraut Applesauce	27 Lasagna Tossed Salad Peas Tropical Fruit	
30 Roast Beef Mashed Potatoes Wax Beans Cranberries	31 Hamb. Steak Oven Brown Potatoes Carrots Pears				





Presque Isle Co. Council on Aging Activities

January 2011

"AULD LANG SYNE"

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Weekday Meals at 4:30

Soup at 4:00

Sunday Meal : Onaway 1:00

Soup , Salad , & Dessert Bar 12-12:45

Posen 4:00

Soup, Salad & Dessert Bar 3-3:45

Bus in Rogers City Monday 9-3

Tuesday, Wednesday, Thursday
& Friday 8-4 Call Meg @ 766-8191

Bus in Onaway Every Tuesday 9-2

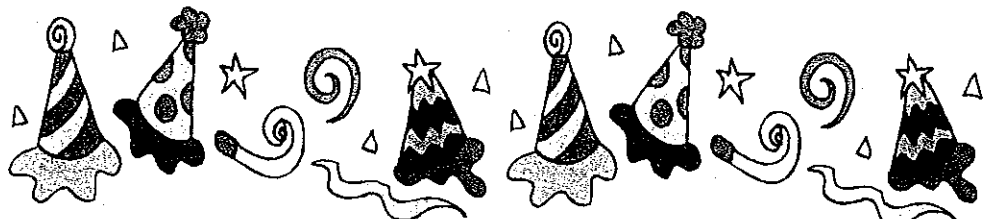
Call Marilyn@ 733-2559

Happy New Year

2 Closed	3 Cheboygan Bus Onaway 5 Meal Draw	4 Onaway Birthday & Card Party 2:00 Bus available	5 Posen Birthday Party ***** Hilltop 1:00	6	7	8
9	10	11	12 Posen Card Party Bingo 2:30 Bus Available	13 CSFP COMMODITY Onaway 9-10 Posen 12-1 pm	14	15
16 Posen 5 Meal Draw ***** PI Clubhouse 1:00	17	18	19	20 Onaway Card Party 2:00 Bus Available	21 Alpena Bus	22
23	24	25	26 Card Party Bingo Posen 2:30 Bus	27	28	29

30

31



How a Physical Therapist Can Help after a Stroke?

Submitted by Rogers City Physical Therapy with compliments to APTA

As the third leading cause of death in the U.S.*, and the leading cause of serious long-term disability, stroke can result in temporary and/or permanent damage. Strokes may often cause physical problems that prevent persons from living their lives with normal function. These problems may include severely limited movement, balance, and coordination. Physical therapists, who are experts in restoring and improving human motion, play an important role not only in treating the effects of stroke but also in prevention and risk reduction.

Warning Signs of a Stroke*

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

If you or someone with you shows one or more of these warning signs, **immediately call 9-1-1 or your local emergency medical services (EMS)** so an ambulance can be sent for you. For early treatment it is important to make a note of the time symptoms began.

How a Physical Therapist Can Help

Prevention: Some risk factors, such as family history, age, gender, race (stroke death rates are higher for African Americans even at younger ages,) and previous heart attack or stroke, cannot be changed. However, there are many that can be controlled, such as high blood pressure, cigarette smoking, high blood cholesterol, diabetes, carotid artery disease, obesity, and physical inactivity.


As experts in designing tailored exercise plans for individuals with a variety of medical conditions, physical therapists can help reduce risk factors and reverse their effects by creating an exercise program that addresses multiple conditions as well as prevention.

Rehabilitation: Recovering from a stroke depends on its size and location, how quickly you receive care, and, in some cases, other pre-existing health conditions. Rehabilitation begins very soon after your stroke, and physical therapists are an important part of the recovery team.


After an evaluation, your physical therapist will develop an individualized plan to maximize your quality of life. The plan will address your ability to move, any pain you may have, and ways to prevent problems that can occur after a stroke. The main focus is to help you return to your highest level of activity.

After rehabilitation, many stroke survivors also benefit from periodic assessments by a physical therapist to update their exercise program, help prevent further problems, and promote the healthiest possible lifestyle.

Research: Much of the current research in the field of stroke rehabilitation and recovery is being led by physical therapists. Physical therapists have discovered many innovative new treatments for stroke-related mobility issues and continue to make progress.



ROGERS CITY PHYSICAL THERAPY



- ◆ Orthopedic Injuries/Surgery
- ◆ 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

New Year's Eve/Day Word Search

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

AULD LANG SYNE
BABY NEW YEAR
CELEBRATE
CHEERS
COUNTDOWN
DECEMBER
FATHER TIME
FESTIVE
FIRST
HOLIDAY

JANUARY
MIDNIGHT
NEW YEAR'S DAY
NEW YEAR'S EVE
OLD MAN TIME
PARTY
RESOLUTION
THIRTY-FIRST
TWELVE O'CLOCK
WINTER

White Things...

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

ALKALI

ANT

BAIT

BEARD

BIRCH

CEDAR

CHAPEL

CHOCOLATE

COLLAR

ELEPHANT

FEATHER

FLAG

FRIAR

GOLD

HAIR

HEAT

HORSE

HOUSE

KNIGHT

LEAD

LIE

LUPINE

MEAT

METAL

MOUNTAINS

MUSTARD

NILE

OUT

PAPER

PEPPER

PINE

RUSSIAN

SAUCE

WASH

WATER

WHALE

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A secure Apartment Community

For the older Adult over 62

HUD Subsidized, Utilities included in rent

One Bedroom Units

Rent Based on Income

Carpeting, Appliances, Laundry, Trash

Security System, Handicapped Unit

Barrier Free Restrooms, Storage Space.

Village Flower and Gift

* Wedding Flowers * Crafts * & Plants

* Trees & Shrubs

Paul & Colleen Konieczny

7295 State St. Posen, MI 49776

989-766-2642

A P Chrysler- Dodge

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top Quality Used Cars

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