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Silent Snowflakes

In silence snowflakes fall
All through the night;
The ground is covered with
Diamonds in the soft moonlight.
Tree limbs are all trimmed
with shimmering lace;
The countryside tonight
Is a transformed place.

Each tiny twig has
A trim all its own;
Such magnificent beauty
O'er the country is known.
Fenceposts as marble statues
Stand stiff and white
Resembling silent sentries
On this cold, wintry night.

Nestled up snugly in a
Spreading grove of trees,
A picturesque farmhouse
Is protected from the breeze.
A happy, contented family
In their cozy beds sleep
Knowing in their hearts,
Them the Lord will safely keep.

Taken from Ideals

Onaway Site News

Happy Valentines Day!

We had a nice turnout for our Christmas Party. The music was great as always. Our door prize winners were Ed Wright, Rolland Rieger, Caroline Domke, Jim Flewelling, Hazel Olmsted, Cecil Peterman and Eleanor Freel.

Congratulations to the Bakery Box winners Rolland Rieger & Marcia Collette.

Our 5 Meal Draw winners were Ilene Wilderspin & Dorothy Painter. The next Birthday & Card Party will be on Tuesday, February 7th at 2:00pm. We will have a Bus.

The Onaway Valentines Party will be on Tuesday, February 14th at 2:00pm with music by Vern Bishop. If there is enough interest, we can offer a bus; call Meg in Posen to schedule a ride.

Know your Congressmen

Senator Carl Levin (D-MI)

DC Phone 202-224-6221

Senator Debbie Stabenow (D-MI)

DC Phone 202-224-4822

Representative Dan Benishek (R)

DC Phone 202-225-4735

Senator Howard Walker (37th)

517-373-2413

ENJOY LIFE NOW - IT HAS AN EXPIRATION DATE...

(I receive a great number of jokes and stories by email. Here is one that was worth retyping... I hope you share this with someone you care about. I just did!)

"It was a busy morning, about 8:30, when an elderly gentleman in his 80's arrived to have stitches removed from his thumb. He said he was in a hurry as he had an appointment at 9:00 am.

I took his vital signs and had him take a seat, knowing it would be over an hour before someone would be able to see him. I saw him looking at his watch and decided, since I was not busy with another patient, I would evaluate his wound.

On examination, it was well healed, so I talked to one of the doctors, got the needed supplies to remove the sutures and to redress the wound.

While taking care of his wound, I asked him if he had another doctor's appointment this morning, as he was in such a hurry.

The gentleman told me no, that he needed to go to the nursing home to eat breakfast with his wife. I inquired as to her health.

He told me that she had been there for a while and that she was a victim of Alzheimer's disease.

As we talked, I asked if she would be upset if he was a bit late.

He replied that she no longer knew who he was, that she had not recognized him for five years now.

I was surprised, and asked him, 'and you still go every morning, even though she doesn't know who you are?'

He smiled as he patted my hand and said,

'She doesn't know me, but I still know who she is.'

I had to hold back my tears as he left; I had goose bumps on my arm, and thought to myself, 'that is the kind of love I want in my life.'"

True love is neither physical, nor romantic. True love is an acceptance of all that is, has been, will be, and will not be.

The happiest people don't necessarily have the best of everything; they just make the best of everything they have.

Life isn't about how we survive the storm, but how to dance in the rain.

We are all growing older – tomorrow may be our turn. Enjoy life and live it to the fullest – it has an expiration date!

Other Announcements:

Posen 5 Meal Draw

– Roger Fleming

Quilt blocks available – call Katie in Posen for details.

Welcome Jack (John) Bartlett, our new Activities Coordinator, to the Posen Center!

Hello Everyone!

The month of February is upon us.

Here are a few activities and your chance to ride the bus.

Monday Feb. 6th - Cheboygan

**Tuesday Feb. 7th - Onaway Birthday/
Bingo**

Wednesday Feb. 14th - Onaway

Valentines Party

Friday Feb. 17th - Alpena Trip

**As always if we don't have six riders,
we have to cancel the bus.**

**If you would like to go on the bus,
please call Meg @ 766-8191 or Marilyn
@ 733-2559**

Hope you enjoy this:

*I wish you were my Valentine
Though I may not be yours,
And I may, in my ignorance,
Be speaking to closed doors.*

*I have no inkling of your heart,
No hint what you might say;
But when I think of you the sun
Will just not go away.*

*There is in you a loveliness
That makes my darkness shine,
And so I'll wait, if wait I must,
To be your Valentine.*



Something I read:

78 million people were born during the baby boom (1946-1964). For the next twenty years 10,000 people per day will turn 65 and life expectancy for men is now 78 years old and 80 years for women.

The big mouth college student challenged a senior citizen saying it was impossible for the older generation to understand his world.

"You grew up in a different world," the student said. "Today we have television, jet planes, space travel, computers, the Internet..."

Taking advantage of the pause in the student's litany, the senior said, "You're right sonny. We didn't have those things when we were young...so we invented them!"

A husband was trying to prove to his wife that women talk more than men. He showed her a study which indicated that men use about 10,000 words a day and women use 20,000 words per day. His wife thought about this for a while. She then told her husband that women use twice as many words as men because they have to repeat everything they say. Her husband looked stunned and said "What?"

According to Fran Lebowitz "...food is an important part of a well balanced diet."
John, In-Home Services Coordinator.

Home Delivered Meals place the emphasis on serving older persons in the greatest need:

- 60 years or older, the spouse of a person 60 years or older, or be an individual with disabilities who resides with a person eligible for home delivered meals.
- Homebound; does not leave his/her home under normal circumstances.
- Unable to participate in the congregate meal offered at Posen or Onaway Centers.
- Unable to obtain/prepare complete meals.
- No adult living at the same residence or the vicinity that is able/willing to prepare meals.
- Person's dietary needs an be appropriately met by the program.
- Person is able to feed him/herself.
- Person agrees to be home when meals are delivered, and contact the Center when absence is unavoidable.
- The spouse or un-paid caregiver of an eligible person may also receive a meal if the assessment indicates receipt of meal would be in the best interest of the eligible person.

Recipes to Share...

It's cold outside. Here are some things to help keep you warm!

Beefy Cabbage Soup

"Souper" taste and easy to make!

Ingredients:

- 1 pound lean ground beef
- One 16-oz. pkg. coleslaw mix
- One 15-oz. can cut green beans
- One 15-oz. can whole kernel corn
- Two 15-oz. cans Italian stewed tomatoes
- Two 14-oz. cans beef broth

Directions:

In a skillet, brown ground beef, drain fat, and place in large slow cooker. Add slaw, beans, corn, tomatoes, and beef broth. Add salt and pepper to taste. Cover and cook on low for 7-9 hours.



Cheese Biscuits

Serve hot with any meal!

Ingredients:

- 1 teaspoon garlic salt OR powder
- 1 tablespoon parsley flakes
- 1 teaspoon Italian seasoning
- 2 cups Bisquick
- ½ cup cold water OR ginger ale
- ¾ cup sharp cheddar cheese, grated
- ½ cup butter, melted

Directions:

Preheat oven to 450 degrees. Mix Bisquick, water and cheese. Drop by large spoonfuls onto greased baking sheet. Bake for 8-10 minutes. Mix melted butter and all seasonings in a small bowl. After baking, while still hot, brush on melted seasoned butter.

Banana Bars

Sweet, low-sugar, cookie bars - dare you to add nuts or chocolate chips!

Ingredients:

- 2 ½ cups flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 3 very ripe bananas
- ½ cup butter, softened
- ½ cup packed brown sugar
- 1 egg
- 1 teaspoon vanilla extract

Directions:

Preheat oven to 350 degrees. Grease 9x9 inch baking dish. In a bowl, combine flour, baking powder and salt until blended. In a large bowl with an electric mixer on medium speed, beat in bananas until they are nearly pureed. Beat in butter, brown sugar, egg and vanilla until smooth. Gradually beat in the flour mixture until blended. The batter will be rather stiff. Evenly spread the batter into the prepared baking pan. Bake for 20 minutes or until golden. Cool completely on a wire rack. To serve, cut into 1 ½ inch squares.


Presque Isle Co Council on Aging Menu

February 2012

Menu 2-6

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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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.

			1 Polish Sausage Boiled Potatoes Sauerkraut Applesauce	2 Spaghetti Meat Sauce Tossed Salad Peas Peaches	Rygwelski 's IGA Finest Homemade Sausage IGA Tablerite Meats 495 S. First Street Rogers City, MI. 49779 1-888-KABASA 989-734 3248	
5 Roast Beef Mashed Potatoes Wax Beans Cranberries	6 Hot Dogs Bun Mac & Cheese Carrots Strawberries	7 Crispy Chicken Mashed Potatoes Winter Blend Tropical Fruit Salad	8 Boiled Ham Dinner Pineapple	9 Pork Strips Rice Peas Coleslaw Mandarin Oranges		
12 Turkey Mashed Potatoes Peas & Carrots Tropical Fruit	13 Sausage Boiled Potatoes Sauerkraut Plums	14 Meatloaf Seasoned Rice Peas Mixed Fruit Tossed Salad	15 Cabbage Rolls Mixed Veg. Pears Tossed Salad	16 Cook's Choice		
19 Ham Mashed Potatoes Beets Fruit Cocktail	20 Chicken Sandwich Bun Green Beans Salad Applesauce	21 Chicken Nuggets AuGratin Potatoes Corn Tossed Salad Apricots	22 Fish Baked Potatoes Stewed Tomatoes Pears	23 Lasagna Mixed Veg. Coleslaw Peaches		
26 BBQ Chicken Parsley Potatoes Winter Blend Fruit Cocktail	27 Chop Suey Rice Broccoli Pears	28 Porcupine Meatballs Spaghetti Noodles Calif. Blend Fruit Cocktail	29 Pork Roast Mashed Potatoes Peas & Carrots Apricots	 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		
<p>Menu subject to change due to availability of food. Week day meals served at 4:30. Soup at 4:00 both sites. Sunday Meal, Onaway 1:00 Soup 12-12:45. Salad and Dessert served with meal. Posen Meal 4:00 Soup, Salad & Dessert Bar 3-3:45</p>						

What to expect on your first physical therapy visit?

Your physician has just given you a prescription for physical therapy...now what?

In the state of Michigan, in order to see a physical therapist for rehabilitation or treatment, it is necessary for a physician to write a prescription. The next step is to call and get an appointment for an initial evaluation. Your physician's office may call for you or have you call on your own.

During your first visit, which will usually last about an hour, you should expect to be asked some questions about the history of your injury or condition. Some questions your physical therapist may ask include:
When did the symptoms start?

Have you had these symptoms before?

What was the previous treatment?

Did that work?

What are your symptoms?

Do you have pain, numbness, weakness, stiffness?

Where are the symptoms located?

Are the symptoms constant or intermittent?

How do these symptoms affect your daily activities-sleeping, dressing, working, etc?

How long can you sit, stand, and walk?

How much can you lift?

The next part of the initial visit is a physical examination which may include:

- general observation of posture
- palpation of tenderness
- measurements of range of motion
- test for flexibility, strength, reflexes, and special test for joints.

Once your therapist has all the important information necessary to get a better picture of what structures are involved, he/she will have a baseline from which to measure future progress.

You will be shown some exercises to start doing at home and / or receive treatment which may include: heat, cold, ultrasound, traction, electrical stimulation, mobilization, or soft tissue massage.


At the end of your first visit, your therapist will discuss the treatment plan and how many visits to schedule. It is not unusual to schedule for 3 times a week for one month or until your next physician appointment.

Remember the GOALS for physical therapy are:

1. relieve the immediate problem
2. reduce the risk of re-injury


Following through with your scheduled visits and home program will help you get back to your daily activities!

Physical therapists are highly-educated, licensed health care professionals who can help patients reduce pain and improve or restore mobility — in many cases without expensive surgery or the side effects of prescription medications. If you would like more information walking aids 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



Presque Isle Co. Council on Aging

February Activities 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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PICCOA Bus Schedule

Onaway Tuesday 9am-3:00
 Call Marilyn @ 989-733-2559
 Bus in Rogers City
 Monday-Friday 8am-4pm
 Call Meg @ 989-766-8191

			1 Posen Card Bingo 2pm ***** Onaway 5 Meal Draw	2 Posen 5 Meal Draw	3	4
5	6 Cheboygan Bus	7 Onaway Birthday & Card Party 2:00 Bus	8	9 CSFP Commodities Onaway 9-10 Posen 12-1:00	10	11
12 Posen Valentines Dinner ***** P.I. Clubhouse 1:00	13 Board of Directors General Mtg. 10:30 AM Posen	14 Onaway Valentines Party 2:00 / Bus	15 Onaway 5 Meal Draw	16 TEFAP Commodities 9-12 Onaway & Posen	17 Alpena Bus	18
19	20 Posen 5 Meal Draw	21	22 Ash Wednesday	23	24	25
26	27	28	29			



Do you have diabetes? Our shoes and inserts might be covered by *your* insurance. See if you qualify!



Qualifying patients are eligible for one pair of extra-depth shoes and three pairs of inserts every calendar year.

Medicare Reimbursement

Since 1983, Medicare Part B has provided partial reimbursement for extra-depth shoes and inserts for qualifying patients with diabetes. Medical experts agree that many amputations resulting from diabetes-related foot complications can be prevented by appropriate, properly fitting footwear. To qualify for Medicare reimbursement, your certifying physician (M.D. or D.O.) must confirm that:

1. You have diabetes mellitus.
2. You exhibit one or more of these at-risk factors:
 - o Partial or complete foot amputation
 - o History of previous foot ulceration
 - o History of pre-ulcerative callus
 - o Peripheral neuropathy with evidence of callus formation
 - o Foot deformity
 - o Poor circulation
3. You are being treated under a comprehensive care plan for your diabetes and would benefit from therapeutic footwear.

Take Care of Your Feet!

Comfort and Quality are exactly what the doctor ordered! Our shoes, slippers, socks and inserts are designed to keep your feet healthy - today and tomorrow!

We're Coming To You!

American Pain Consultants Inc. is headquartered in Alpena, MI. We put our customers first in everything we do. To better serve our patients in NorthEastern Michigan, we are arranging a series of local visits to surrounding communities with one of our Certified Shoe Fitters. During these clinics, you can be fitted for custom inserts and make a shoe selection from one of over 100 different shoe styles and colors.

Call Toll Free 877-787-9574 X201

Now Scheduling Appointments for the following times & locations:

Atlanta/Montmorency County
 Montmorency County
 Commission on Aging Office
 11463 McArthur Rd.
 Atlanta, MI
 November 8, 22 9am-2pm
 December 6, 20 9am-2pm
 Beginning Jan 3, 2012, every other Tuesday.

Rogers City Area
 Rogers City Senior Center
 131 East Superior St.
 Rogers City, MI
 November 11, 18 9am-2pm
 December 2, 16, 30 9am-2pm
 Beginning Jan 13, 2012, every other Tuesday.

Onaway/Millersburg
 VRC Rehab Office
 4149 Michigan Ave.
 Onaway, MI
 November 2, 16, 30 8am-11am
 December 14, 28 8am-11am
 Beginning Jan 11, 2012 every other Wednesday

Oscoda/Tawas/
 Location and time determined
 November 7, 21
 December 5, 19
 Beginning Jan 9
 Monday

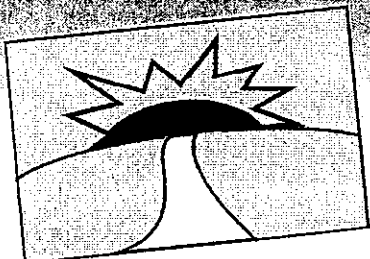
Lincoln/Mikado/Curran
 VRC Rehab Office
 923 Barlow Rd.
 Lincoln, MI
 November 3, 17 8am-11am
 December 1, 15, 29 8am-11am
 Beginning Jan 12, 2012 every other Thursday.



Now available at the Posen Center
 Every other Tuesday - call Jack or Meg for details!

Do You Have Diabetes?

Attend a **FREE Diabetes Personal Action Towards Health** workshop that helps participants improve their health and feel better.



**Six sessions
meeting
once weekly!**



Learn How To ...

- ◆ Effectively monitor your blood sugar
- ◆ Prevent low or high blood sugar
- ◆ Prevent complications
- ◆ Better plan meals and snacks
- ◆ Take care of skin and foot problems
- ◆ Work with your health care provider
- ◆ Increase your energy
- ◆ Better manage your diabetes

*Six sessions meeting
once weekly -
March 8, 15, 22, 29,
April 5 & 12*

**FREE classes begin
Thursday March 8, 2012**

1:00 p.m. - 3:30 p.m.

At Lynn St Manor Apartments

4255 S. Lynn Street, Onaway, MI 49765

This program does not replace working with a certified diabetes educator or a physician.

 **NEMCSA**
Region 9 Area Agency on Aging

Class Size is Limited - Register Today!

Call Lynn Street Manor Apartments to Register
989-733-2661

FOUR-LETTER WORDS TO AVOID: SLIP, TRIP and FALL



No matter how often snow and ice is salted and removed from walking surfaces, you will probably encounter some slippery surfaces this winter.

Walking to and from parking lots, on sidewalks, and between buildings during the winter months requires some special attention to avoid slipping and falling. We often forget how dangerous slipping and falling can be.

Keep the following hazards in mind when walking this winter:

- Snow-covered ice
- Black ice
- Uneven surfaces
- Unsalted sidewalks and parking lots

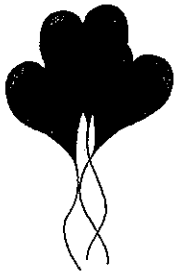


Here's what to do:

- Wear shoes or boots that provide traction on snow and ice. Avoid boots or shoes with smooth soles and heels.
- When getting in and out of vehicles, use the vehicle for support and stability.
- Walk in designated walkways as much as possible.
- Walk; don't run across ice or snow.
- Look ahead when you walk; a snow or ice covered sidewalk may require travel along grassy edges for traction.
- When carrying a load, make sure you can see over and around it. Scan the area ahead and plan your travel path.
- Once inside the building, remember your feet are wet. Don't walk too fast and avoid making sharp changes in direction.



Valentine's Day Word Search



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



BE MINE	FOURTEENTH	PINK
BOUQUET	FRIEND	RED
BOW AND ARROW	GIFT	REMEMBER
CANDY	GIVE	ROSE
CARD	GIVING	SAINT
CARING	HAPPY	TEDDY BEAR
CARNATION	HEART	THOUGHTFUL
CHOCOLATE	KINDNESS	VALENTINE
CUPID	LOVE	WHITE
FEBRUARY	MAILBOX	
FLOWER	PARTY	

Valentine's Day

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

Find these words:

Adore
 Amour
 Be Mine
 Candy
 Card

Chocolate
 Cupid
 Date
 Flowers
 Gift

Hearts
 Hug
 Kiss
 Jewelry
 Love

Secret Admirer
 Smooch
 Valentine
 Wine

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Physical Therapy provided in the convenience of YOUR home

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strengthening- covered by Medicare & other insurances.

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Main Branch
6520 Darga Hwy., Posen, MI. 49776
4203 S. Lynn St., Onaway, MI 49765
Marilyn Lafave-Editor (989)-733-2559

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