

PRESQUE ISLE COUNTY SENIOR NEWS

Issue NO. 305



6520 Darga Hwy. Posen MI 49776

989-766-8191

4203 S. Lynn St. Onaway, MI 49765

989-733-2559

June 2010



Happy Father's Day!!!

May you enjoy the day by relaxing and having the company of your children.

On June 20th the Centers in Onaway and Posen will have fabulous dinners for Father's Day. The menu is Crispy Chicken, Mashed Potatoes, Baked Beans, Pineapple, and a delicious Dessert. Soup, Salad, and Dessert Bar will be available. There will be door prizes for the Fathers.

On Wednesday, June 16, 2010 at the Posen Center there will a **Safe, Sound, and Secure Conference**. One of our Speakers is from the State of Michigan Attorney General Office, David Rumminger, Senior Brigade. He will be speaking about Protect Yourself from Phone and Mail Scams and Identity Theft. If you think it can't happen to you, guess again. Our very own Jean Gross, Health Inspector, District Health Dept. #4 will speak on **Jesus and Germs are**

everywhere, so wash your Hands and say your Prayers.

Registration is from 9:00a.m. to 9:30a.m. Refreshments will be served. Head Cook, Tom Moore's menu for the day is a Smoked Turkey on Swirled Rye, Bean Medley, Cole Slaw, and Vanilla Cream Puff.

A grant from Northeast MI Community Service Agency is appreciated and the program is provided by Presque Isle Co. Council On Aging. It is a **GREAT DAY TO LEARN**. There is no cost for this day. Please call Meg/Cheri for more information and reservation at 766-8191 or Marilyn at 733-2559.

Primary Voting Day is Tuesday, August 3, 2010.
There is the Senior Renewal Millage on the ballot.
Please support the Seniors of our county by voting "YES".

Have a great month of June. Listen to the frogs, admire the flowers, enjoy the light breeze, and smell summer...Barb Nagi



Safe, Sound and Secure Conference

Wednesday, June 16, 2010

Presque Isle Co. Council on Aging

6520 Darga Hwy., Posen

AGENDA

- | | |
|---------------------|--|
| 9:00 am - 9:30 am | Registration and Refreshments |
| 9:30 am - 10:15 am | David Rumminger, Senior Brigade
Protect yourself: Phone & Mail Scams |
| 15 Minute Break | |
| 10:30 am - 11:15 am | David Rumminger, Senior Brigade
Protect Yourself: Identity Theft |
| 15 Minute Break | |
| 11:30 am - 12:15 pm | Jean Gross, District Health Dept. #4
Jesus and Germs are Everywhere, so Wash Your
Hands and Say Your Prayers |
| 12:15 pm | Lunch - Smoked Turkey on Swirled Rye, Bean Medley,
Cole Slaw, and Vanilla Cream Puff |

Complete the form below and mail it to: Presque Isle Co. Council on Aging 6520 Darga Hwy. Posen, MI 49776. If you have any question please call (989) 766-8191.

There is no cost to attend the conference. Free lunch is provided to those in attendance.

Name: _____ Phone: _____

Address: _____ City: _____

State: _____ Zip: _____ Township: _____ Date of Birth: _____

Transportation needed Yes No Deadline to Pre Register 6/10/10

Happy June Birthdays !!!

Lorene Quade
Blanche Hentkowski
Ann Haske
Elizabeth Curtis
Mary Jane Malone
Claris Robinson
Mary Jane Woloszyk
Roxy Aubrey
Anthony Kaszubowski
Elizabeth Konieczny
Janet Langley
Raymond Schalk
Wilbert Brege
Beth Getzinger
Harold Hopp
Toni Mitter
Thomas Hallaron
Daniel Mulka
Rosslyn Crull



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**

Dads are Special People

Dads are special people
No home should be without,
For every family will agree
They're 'So nice to have about'

They are a happy mixture
Of a 'small boy ' and a 'man'
And they're very necessary
In every 'Family Plan'

Sometimes they're most demanding
And stern, and firm and tough
But underneath they're 'soft as silk'
For this is just a bluff.

But in any kind of trouble
Dad reaches out his hand.
And you can always count on him
To help and understand

And while we do not praise Dad
as often as we should,
We love him and admire him,
And while that's understood,

It's only fair to emphasize
His importance and his worth
For if there were no loving Dads
This would be a 'LOVELESS EARTH'.

~Helen Steiner Rice ~

**HAPPY
FATHER'S
DAY**



Baseball Trivia

1. Against what opposing team did Babe Ruth hit his first career home run?
a) **N.Y. Yanks**, b) Boston Red Sox
 2. Who hit the "Homer in the Gloamin" on Sept. 28, 1938?
a) Ted Williams, b) **Gabby Hartnett**, c) Babe Ruth
 3. Who was the first Major League player to pitch a ball over 100 mph?
a) Dwight Gooden, b) **Nolan Ryan**, c) Roger Clemens
 4. What Baltimore Orioles manager was ejected from a record 91 games?
a) Paul Richards, b) **Earl Weaver**, c) Mike Hargrove
 5. Who was the first Major League player to hit four home runs in a single game?
a) Bobby Lowe, b) **Lou Gehrig**, c) Babe Ruth
 6. Who was the first Major League player to have his number retired?
a) Charlie Robertson, b) **Lou Gehrig**, c) Babe Ruth
 7. Who was the first American League player to hit a home run in his first at bat?
a) Elmer Smith, b) Joe Mulligan, c) **Luke Stuart**
 8. What player hit 70 home runs in 1998?
a) Barry Bonds, b) **Mark McGwire**, c) Sammy Sosa
 9. How many balls did it take to walk a batter before 1880?
a) 5, b) 7, c) **9**
 10. What baseball player was nicknamed "Charlie Hustle"?
a) Mickey Mantle, b) **Pete Rose**, c) Joe Dimaggio
 11. What baseball player holds the career record for stealing home plate?
a) Lou Gehrig, b) Jackie Robinson, c) **Ty Cobb** (Ty Cobb stole home plate an amazing 54 times during his career)
 12. Who played a team record 3,308 games for the Boston Red Sox from 1961 to 1983?
a) Carlton Fisk, b) **Carl Yastrzemski**
1. The batter hits a foul ball with one foot out of the batter's box. **He is out.**
 2. The batter hits a fair ball. A fielder throws his glove at it and deflects the hit. **The batter is awarded three bases.**

COURAGE

You're a 19 year old kid.
You're critically wounded and dying
in the jungle somewhere in the
Central Highlands of Viet Nam.

It's November 11, 1967.
LZ (landing zone) X-ray.
Your unit is outnumbered 8-1 and
enemy fire is so intense, from 100
yards away, that your CO
(commanding officer) has ordered the
MedEvac helicopter to stop coming
in.

You're lying there, listening to the
enemy machine guns and you know
you're not getting out.

Your family is half way around the
world, 12,000 miles away, and you'll
never see them again.

As the world starts to fade in and out,
you know this is the day.

Then over the machine gun noise you
faintly hear that sound of a helicopter.
You look up to see a Huey coming in.
But...It doesn't seem real because no
MedEvac markings are on it. Capt. Ed
Freeman is coming in for you. He's
not MedEvac so it's not his job, but
he heard the radio call and decided
he's flying his Huey down into the
machine gun fire anyway. Even after
the MedEvacs were ordered not to
come. He's coming and drops it in
and sits there in the machine gun fire,

as they load 3 of you at a time on
board. Then he flies you up and out
through the gunfire to the doctors and
nurses and safety. And, he kept
coming back!! 13 more times!! Until
all the wounded were out. No one
knew until the mission was over that
the Captain had been hit 4 times in the
legs and left arm. He took 29 of you
and your buddies out that day. Some
would not have made it without the
Captain and his Huey.

MEDAL OF HONOR

RECIPIENT, Captain Ed Freeman,
United States Air Force died last
Wednesday at the age of 70 in Boise,
Idaho.. **MAY GOD BLESS and REST
His Soul.**

Here is a **REAL HERO**, not a sports
player, actor, or singer.

A Thought:

Dear God, help me to guard my
tongue and learn to say the right thing
at the right time for the right reason in
the right way...help me, too, to know
when to keep my mouth shut.

Dance as if no one's watching, love as
if it's never going to hurt.

Chocolate covered raisins, cherries,
orange slices & strawberries all count
as fruit, so eat as many as you want.

Cheri and Barb...Enjoy Flag Day
June 14th. Display your Flag Proudly.

Presque Isle County Council on Aging

June Menu 2010

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



		1 BBQ Pork Oven Brown Potatoes Peas Pears	2 Cooks Choice	3 Chicken Breast Rice Green Beans Tossed Salad Tropical Fruit	Rygwelsk's IGA Finest Homemade Sausages IGA Tablerite Meats 495 S. First Street Rogers City, MI 49779 1-888-KABASA 989-734-3248 *****
--	--	--	-------------------	--	---

6 Turkey Mashed Potatoes Carrots Cranberries Tossed Salad

7 Goulash Peas & Carrots Carrot/ Raisin Salad Apricots

8 Meatloaf Mashed Potatoes Wax Beans Peaches

9 Pork Chops Oven Brown Potatoes Winter Blend Coleslaw Applesauce

10 Chicken Pot Pie Mixed Veg. Salad Mandarin Oranges

13 Roast Pork Boiled Potatoes Beets Strawberries
--

14 Baked Fish Parsley Potatoes Wax Beans Peaches
--

15 Beef Stroganoff Noodles Broccoli Carrot/ Raisin Salad Applesauce

16 Salisbury Steak Scalloped Potatoes Beets Pineapple
--

17 Hamburger Steak American Fries Winter Blend Pears

TOM'S Family Market Best Meat and Produce in Town Deliveries Made Daily 29579 State Street Onaway, MI 49779 989-733-8229 Pharmacy 989-733-4101

20 Crispy Chicken Mashed Potatoes Baked Beans Pineapple
--

21 Swiss Steak Potatoes Carrots Mixed Fruit

22 Boiled Ham Dinner Mandarin Oranges

23 BBQ Pork Oven Brown Potatoes Mixed Veg. Pears Tossed Salad

24 Sausage Parsley Potatoes Peas & Carrots Applesauce
--

27 Baked Ham Scalloped Potatoes Mixed Veg. Plums

28 Salisbury Steak Noodles Calif Blend Peaches Tossed Salad
--

29 Crispy Chicken Seasoned Rice Corn Coleslaw Apricots

30 Cabbage Rolls Baked Potato Peas Pears
--

Menu subject to change due to availability of food.

Week day Meals in Onaway & Posen 5:00

Soup every day 4:30 Both Sites

Sunday Meal Onaway 1:00 Salad Bar 12-12:45

Posen 4:00 Salad Bar 3:00-3:45

FISH AND CHIPS

2 cups all purpose flour
1 teas. baking powder
½ teas. salt
1 teas. malt vinegar
1 gallon canola oil
2 lbs. russet potatoes
4 (6oz) cod fillets

1. Combine flour, baking powder, and salt in a mixing bowl. Whisk in 1 and ¾ cups water and stir in vinegar. Set batter aside.
2. Heat canola oil to 300 degrees; in a deep fryer or a deep, heavy pot with a candy thermometer. Peel and cut potatoes lengthwise to form long, ¼ in thick chips. Add to oil and fry 10 minutes, stirring occasionally. Remove and drain well on paper towels, then place in refrigerator to chill, 10 to 15 minutes. Keep oil in pot on stove, but turn off heat.
3. Bring oil to 350 degrees. Fry chips a second time, in two batches, until golden brown and crisp, 2 to 3 minutes per batch. Drain well on clean paper towels.
4. Dip 2 cod fillets in reserved batter and slowly ease them into oil. Fry until golden brown and cooked through, about 7 minutes; drain well on paper towels. Repeat with last 2 fillets. Serve hot with extra salt and vinegar on the side.

POPPY SEED-CRUSTED CAULIFLOWER

5 tablespoons black or white poppy seeds
½ teas ground turmeric
1 teas salt
1 teas sugar
1 medium size cauliflower, cut into ½ in floret

3 tablespoon vegetable oil
½ teaspoon nigella seeds
2 bay leaves
Optional 6 or 7 small dried hot red chillies

1. Grind poppy seeds in a coffee grinder until it is a fine powder transfer to a small bowl and mix with 6 tablespoon water to form a paste. Set aside
2. In a medium bowl, combine turmeric, 1/2 teas salt, ½ teas sugar, add cauliflower and toss evenly coated. Set aside.
3. In a large nonstick skillet, heat 2 T. oil over medium heat. When oil is hot, add cauliflower and stir fry 4 to 6 minutes until it begins to brown in spots; remove with slotted spoon to baking sheet lined with paper towels
4. Add remaining 1 T. oil to skillet over medium heat. When oil is hot, add nigella seeds, bay leaves, and optional chilies. Stir fry 15 seconds, then add poppy seed paste. Stir fry 1 to 2 minutes until fragrant, stir in cauliflower and remaining 1/2 teas each salt and sugar until cauliflower is just tender and sauce is absorbed.

PRESQUE ISLE COUNTY SENIOR COMPANIONS

1. Martha Smith
2. Grace Woida
3. Gertie Clark
4. Joe Allen
5. Helen Eagleson

These people do a meaningful job. They go into the client's home or visit them in Tendercare. They might read to the clients, play cards with the clients and/or visit with them. The clients have someone to talk to. The loneliness is gone for a little bit. There will be a celebration in June to honor our Senior Companions. Thanks to you all for doing a **Great Job!** Barb

The Millage is Coming, The Millage is Coming...

Compiled by Katie Kuznicki,
Assistant Director



Four years has passed since the last Senior Citizens Services Renewal Millage Proposal hit the ballot. Where has the time gone?

Thinking back to 2006, it is hard to believe that the state of the economy is where it is now. A dollar doesn't stretch as far as it once did. Some might even wonder if they can afford to approve a millage in this economy. But consider what you would be losing without the Senior Citizens Services Millage.

Millage dollars help to provide a large majority of the services and programs offered by the Presque Isle County Council on Aging. Some of PICCA's funding comes from the Federal or State governments, but those dollars are dwindling too.

Last year, the millage helped provide:

- over 28,600 home delivered meals
- over 13,000 congregate meals
- over 4,000 hours of homemaking services
- over 890 hours of personal care
- over 1,250 hours of respite care
- over 6,000 transportation trips

With millage dollars, PICCA makes referrals to other area agencies on your behalf, locates wheel chairs and walkers for people in need, and gets donated Depends to those who need them. The bus not only provides rides throughout the county but also picks up and delivers prescriptions and groceries for folks who cannot leave their homes. The Medicare/Medicaid Assistance Program guides Seniors through their Medicare D decisions and MICAFAE helps with the application for Senior food stamps.

So why is this topic important now? This topic is a hot issue because the Friends of the Senior Millage Committee need your help.

How can you help?

- Encourage friends and family to vote
- Encourage friends and family remind others to vote
- Wear a button or a t-shirt supporting the millage (details to come soon)
- Put a yard sign in your front yard (to come soon)
- Speak-up at church or other social gatherings and voice the importance of voting
- Submit an absentee ballot if you cannot get out to vote yourself

Watch this Newsletter for more information in upcoming months.

Available

Blue bed pads
have been donated to
PICCA – Any senior
interested in using them on
their bed should contact
John Philpott –
In-Home Services
Manager –
766-8191

Month of June

The Flower for the month of June
is the Rose the birthstone is
Pearl.



Flag Day is observed
in the United States on June 14.
It commemorates the day in 1777
when the Continental Congress
adopted the Stars and Stripes as
our flag. It then had only 13
stars, to match its 13 stripes.

It's not an official national
holiday, but in Pennsylvania, it is
a legal holiday. The President has
proclaimed a public flag day
observance every year. It was
first observed to celebrate the
100th anniversary of the
selection of the flag. President
Harry S. Truman officially
recognized June 14 as Flag Day
by signing the National Flag Day
Bill.

What Makes A GrandDad

God took the strength of a mountain,

The majesty of a tree,

The warmth of a summer sun,

The calm of a quiet sea,

The generous soul of nature,

The comforting arm of night,

The wisdom of the ages,

The power of the eagle's flight,

The joy of a morning in Spring,

The faith of a mustard seed,

The patience of eternity,

The depth of a family need,

Then God combined these qualities,

When there was nothing more to add,

He knew His masterpiece was

complete,

And so, He called it ... GrandDad

~ Author Unknown

Happy Father's Day!

Cheri Downie

Presque Isle Co. Council on Aging

June 2010 Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Huron Beach Meals every Tuesday at 1:00 pm Community Hall		Onaway 1 5 Meal Draw Onaway Birthday & Bingo 2:30 Bus Huron Beach	2 Posen Birthday Hilltop 1:00	3	Onaway Exercise Class Mon.-Thur. 8:00- 9:00 Free	Bus in Rogers City Monday 9-2:30 pm Tue. Wed. Thur. & Fri. 8-4:00 pm Call Meg 766-8191 ***** Onaway Bus Every Tue. 9-2:00 pm Call Marilyn 733-2559 ***** Onaway Dessert Day Every Wed. Posen Every Thur. ***** Sunday's Soup Salad & Dessert Bar \$1.00 Extra with meal
6 P I Clubhouse 1:00	7 Cheboygan Bus	8 Huron Beach 1:00	9	10 CSFP Commodities Onaway 9-10 Posen 12-1	11	
13	14 Flag Day 	15 Huron Beach 1:00 ----- Posen 5 Meal Draw	16 Posen Safe Sound & Secure 9-1:00 Bus Available	17 Onaway Party Bingo 2:30 Bus	18 Alpena Bus	
20 Father's Day Dinner 50/50 Door Prizes	21 Summer Begins	22 Huron Beach 1:00	23 Posen Card Party Bingo 3:00 pm Bus	24	25	
27	28	29 Huron Beach 1:00	30			



Songs of Summer

As I tend my summer flowers,
I'm serenaded hour by hour.

Sweet bird songs ride the gentle breeze
that wafts its way through the nearby trees.

Do birds dedicate their songs to me
As if I might be royalty?
Too full of tunes to ever pause
To get my thanks or wild applause.

Chorus by chorus, without rest,
As I toil, they do their best
To fill my cup with lilting song
And bring me pleasure all day long.



Taken from Blooms




Hentkowski Funeral Home, Inc.

676 South Bradley Highway
Rogers City, Michigan 49779

989-784-8890



Laura M. Hentkowski
Owner/Manager



SIRJOHN
COLORED GLASS DOG BOWLS
Pendants, Pins, Buttons

John Fairbanks
2381 West Main Avenue
Rogers City, Michigan 49779
(989) 784-8890

Onaway Site News

Happy Father's Day to All The Dad's
and Grandfather's.

Father's Day Dinner will be on Sunday June 20 th
A delicious Crispy Chicken Dinner will be served.

Seniors suggested donation of \$ 2.50. Under 60
\$5.00 Come join us for a good meal

Our Birthday & Card Bingo will be on Tuesday
June 1st. at 2:30 Bus will be available.

Come out and have some fun, bring a friend with you.

The Safe, Sound, and Secure Conference will be in
Posen this year on Wednesday June 16th. 9:00

registration. There will be buses available

On Thursday, June 17th we are having
bingo at 2:30 A Bus is available.

We are going to be having more picnic style
meals this summer at the Onaway Center.

I am working on getting a bus for Onaway this
summer so the clients can attend the

Band Concerts in Rogers City.

Marilyn LaFave

Newsletter Subscription \$5.00
For cost of mailing. All mailings are
handled by the Onaway Site
Any Questions please contact:
Marilyn Lafave- Editor
989-733-2559 Fax: 989-733-5058
PICCA Posen
989-766-8191 Fax: 989-766-232 9

Hello Everyone!

Here are a few activities we have planned for this month.

June 1-Onaway Birthday Bingo

June 7-Cheboygan

June 16- Safe Sound Secure @ Posen

June 17-Onaway Bingo

June 18- Alpena

June 23-Posen Card Party and also Ride the Bus with Meg event and play Bingo on the bus where you have a chance to win a nice prize.

Just a reminder that our bus now runs on Mondays from 9:30-2:30

Have a wonderful fantastic month !!



How old are you?

A woman walked up to a little old man rocking in a chair on his porch.

"I couldn't help noticing how happy you look," she said.

"What's your secret for a long happy life?"

"I smoke three packs of cigarettes a day," he said. "I also drink a case of whiskey a week, eat fatty foods, and never exercise."

"That's amazing," the woman said. "How old are you?"

"Twenty-six," he said.

Just a reminder for Seniors 60 or older, when you come in to eat at our PICCA centers, we ask for a donation of \$2.50, If your spouse is under 60, they can also get their meal for \$2.50. Anyone else under 60 it is \$5.00
Everyone Welcome!
Come and visit and enjoy a delicious meal.

Don't let Arthritis keep you down.

Submitted by Rogers City Physical Therapy

Do you want the bad news or good news first? O.K. the bad news. Arthritis is becoming more and more common and not just among the very old. The good news is that a program of moderate exercise can offset the pain and many inconveniences of the indiscriminating disease.

Arthritis means the inflammation of a joint. Osteoarthritis, the most common form of arthritis is characterized by a progressive loss of cartilage. This degenerative disease is usually limited to a specific area, such as the hands, shoulders, hips, or knees. Rheumatoid arthritis, which is far less common, caused the inner linings of the joints to become inflamed. In addition, many people develop arthritic pain after surgery to a joint.

Now on to more of the good news. Doctors have recommended that their arthritic patients engage in flexibility training to help improve their range of motion and reduce some of the stiffness in their afflicted joints. In recent years, many have begun to recognize the benefits of a well-rounded exercise program, which includes cardiovascular exercise and strength training as well. Not only does a well-rounded exercise program reduce the risk of heart disease and increase mobility, it helps to reduce the psychological and emotional pain that often accompanies the development of any disease or disorder.

Every exercise session should begin with a warm up of 5 minutes and end with a cool down period of 5 – 10 minutes. It is recommended to get your blood flowing to the muscles that will be in use. This can consist of walking or riding a stationary bike, followed with flexibility stretches and range of motion exercises for the whole body.


Then on to a cardiovascular, or aerobic, exercise that does not involve a lot of impact on the joints. Activities such as swimming, aquatic aerobics or bicycling are great options because they are virtually non- impact. Walking which involves little impact and is easy to do anywhere is one of the best cardiovascular exercises around. Also keep in mind, that it is very important to approach aerobic exercise slowly and progress gradually. Depending on you current fitness level, you may want to start with as little as two

minutes of activity three time per day and work your way up to a single 20 minute session, three to five times per week. In addition, keep your exercise program fresh by changing the aerobic activity you choose every few weeks.


Depending on the severity of your arthritis, your physician or physical therapist may suggest strength training. These exercises can easily be done using free weights, elastic tubing, or bands. Strength training should be done only two times per week, three at the most. Your muscles need time to recover and repair so be sure to take at least one day off in between workouts. Don't try lifting too much, too soon.

Flexibility exercises can be done everyday. A good stretch should start with isolating the muscle you want to stretch. For example, you are better off trying to stretch one hamstring at a time than both hamstrings at once. Isolating the muscle gives you greater control over the stretch and allows you to more easily change its intensity. The stretch should be held at least 30 to 45 seconds without bouncing. In an ideal stretch, you should feel a small tension and hold. Each stretch should be repeated in sets of 2-5 repetitions with a 15-30 second rest in between. Take your time with these exercises and never stretch to the point of pain or discomfort. These exercises will help reduce your risk of injury as well as limber up those joints that have been stiffened by arthritis.

Before beginning any type of exercise program, it's always a good idea to talk it over with your physician. If you would like more information on exercise and arthritis call Rogers City Physical Therapy at 989-734-7607



**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

508 North Bradley Hwy
Rogers City, MI 49779

ALL FOLDED UP

Chain-gangs "make little ones out of big ones" by cracking rocks. But there are other ways to reduce an item's size. Let us outline a few.

You are looking for a 7-letter word.

Antenna
 Bedspread
 Bench
 Billfold
 Blankets
 Blind
 Cash
 Chairs
 Clasp
 Fans
 Fence
 File
 Glasses
 Hands
 Lace
 Legs
 Letter
 Linens
 Match
 Money
 Notes
 Pads
 Page
 Paper
 Parachute
 Pelts
 Pillowcase
 Pleats

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

Pocketknife	Shorts	Tent
Quilt	Sleeping bag	Towel
Ribbons	Slip	Twig
Ruler	Spyglass	Umbrella
Sheets	Square	Wallet
Shirt	Table	Washcloth

Lynn Street Manor

4255 S. Lynn St. Onaway, MI 49765

989-733-2661

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

338 N. 3rd. St. Rogers City, MI 49779

800-831-4181 989-734-2941

Dodge-Chrysler-Plymouth

top Quality Used Cars

Tony Przybyla Jr. President

Theodore K. Reams, D.O.

Family Practice

3570 1/2 Veterans Drive P.O. Box 117

Onaway, MI 49765

989-733-4045 Fax: 989-733-4046

Becks Funeral Home

229 N. 1st. St.

Rogers City, MI 49779

989-734-2288

Ted Beck: Owner & Manager

Cheryl Beck: Director of Pre-Need

Serving all of Presque Isle County

With Professional Funeral Care

Plenty of off Street Parking



Thunder Bay

COMMUNITY HEALTH SERVICES

Family Practice Health Care

Walk-In Clinic 1-5 pm Daily - Evening Hours

Discount Programs on Health Care & Prescription Medicine

NEW PATIENTS ACCEPTED

Hillman - 742-4583

Rogers City - 734-2052

Atlanta - 785-4855

Onaway - 733-2082

Full Retail Pharmacy Open to the Public

Thunder Bay Pharmacy in Atlanta -785-5535

Thunder Bay Pharmacy in Onaway - 733-7037

DESIGN TEAM

ART ROSS

Media Consultants

481 West Erie Street

Rogers City, MI 49779

Phone 989.734.4267 Fax: 989.734.2675

Cell : 989.370.4867 Pager: 253.1423

E-Mail: artross@i2k.net

In Home Victoria Kruzynski

REHAB

Physical Therapist

Northern MI. LLC 989-733-5123

Rehab Where You Need Us Most

Physical Therapy provided in the convenience of YOUR home

balance & gait retraining-chronic & acute pain reduction

rthopedic & neurological disorders-personalized treatments

strengthening- covered by Medicare & other insurances.

Presque Isle County Council on Aging
Main Branch
6520 Darga Hwy., Posen, MI. 49776
4203 S. Lynn St., Onaway, MI 49765

Non Profit Organization U.S. Postage Paid Permit No. 2 Posen, MI 49776

SENIORS ARE OUR BUSINESS SINCE 1974

Caring People, Caring For People

Winners of the Governor's
Award for Quality Care

Tendercare Greenview

989-356-1030

Please Contact Annie Hepburn

*** Physical Therapy**

*** Occupational Therapy**

*** Speech Therapy**

Tendercare Alpena

989-356-2194

Please Contact Diana Hale

*** Activities 7 Days a Week**

Tendercare Rogers City

989-734-2151

Please Contact Amanda Fleming

*** Skilled Long -Term Care**

*** Rehabilitation Service**