

PRESQUE ISLE CO. COUNCIL ON AGING SENIOR NEWS

ISSUE NO 316

6520 Darga Hwy. Posen, MI 49776

989-766-8191

4203 S. Lynn St. Onaway, MI 49765

989-733-2559



www.piccoa.org

May 2011

Greetings:

We will be at the Presque Isle Clubhouse on Sunday, May 1, 2011 we are having a Spectacular Spaghetti Dinner with Meat Sauce, Wax Beans, Fruit, and Cake and Ice Cream. We will be raffling 6 loaves of bread and have a special Raffle for Mothers. Come join us at 1:00P.M. at the Clubhouse.

On Monday, May 2, 2011 the PICCA Staff will be having a Staff Training on First Aid starting at 5:00-5:30p.m. Therefore dinner that day will begin by 4:30p.m.

Happy Mother's Day!!!

We will be celebrating Mother's Day at both locations (Onaway & Posen) on Sunday, May 8, 2011. We will have a lovely Turkey Dinner, with Creamy Mashed Potatoes, Colorful Peas & Carrots, Tropical Fruit, Cake and Ice Cream. We will have door prizes so please join us for a wonderful celebration towards Mothers. There will be no soup, salad and dessert bar that day.

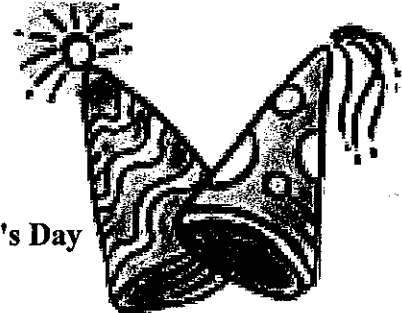
On Monday, May 9, 2011, the PICCOA In Home Service Providers and Nutrition staff will be going for their TB Test.

During each Fiscal Year PICCOA is required to make sure the staff receive two trainings a year and have a TB test every two years.

Did you know that every Kitchen Staff Member in the past two years has had to take the Serv/Safe class and test in order to work in our kitchens?

Did you know that every PICCOA staff person has a binder with all the Federal, State, and the Dept. of Transportation Rules and Regulations that we are required to follow?

Take a look around everything is green and colorful. Enjoy...Barb Nagi



**Happy May
Birthday !!!**

- Mitzi Downs
- Clara Mulka
- Frances Lenard
- Shirley Freel
- Martha Hall
- Ken Nowak
- Dorothy Darga
- Lois Veihl
- Yvonne Wagner
- Glenna Mclellan
- Elna Heward
- Phillip Kaszubowski
- Gerald Kaszubowski
- Lynn Munn
- Norris Doyle
- Ervin Grulke
- Betty Vollmar
- Donna Davis
- Vivian Szabo
- Helen Eagleson
- Mary Ann Mulka
- Fred Augsburg
- Bernard Tomas

Happy Mother's Day

God made a wonderful Mother
 A Mother who doesn't grow old.
 He made her a smile of sunshine,
 And a heart of pure gold.

In her cheeks he placed fair roses,
 In her eyes, stars that shine.
 God made a wonderful Mother,
 And that wonderful Mother is mine.

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SKUNK:

The smell of this home made repellent will keep animals away from your outdoor garden.

Ingredients:

1 Tbs. cayenne pepper

1 Tbs. garlic powder

1 qt. water

1/4 tsp. liquid detergent

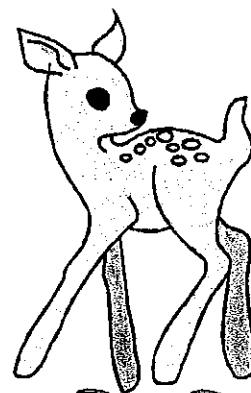
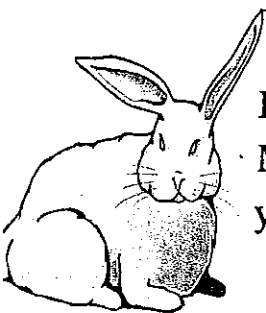
Directions:

Mix well. Spray on all garden plants. Note: Do not use around your pets.

D
E
E
R



RABBIT



BARBECUE:

Control the flames on a barbecue grill by having a pint spray bottle of water mixed with 1 teaspoon baking soda.

BASIL: Basil wilts quickly, but it perks up if set it in

Cool water for about 30 minutes. If you rip fresh basil, rather than cutting it, you'll avoid the edges turning dark and unattractive.

BEANS: Cooking brings out the appetizing aroma

and texture of dry beans. Overcooking causes poor texture, color, and flavor. Microwaving doesn't reduce cooking time for dry beans.



MELONS

Many melons originated in the Middle East and gradually spread its popularity across Europe. Ancient Egyptians and Romans enjoyed cantalopes or muskmelons. Melon seeds were transported to the United States by Columbus and eventually cultivated by Spanish explorers in California.

Most people don't know that melons are in the same gourd family as squashes and cucumbers. Most melons have similar structure to winter squash thick flesh and inner seed-filled midsection. So what's the link between melons and squashes? It is the way that they're used. Squashes are considered vegetables, while melons are known for their sweet and juicy flavor.

Melons are a good source of vitamin C and potassium. Their water content is relatively low in calories, and also fat free.

ADULT TRUTHS

1. I think part of a best friend's job should be to immediately clear your computer history if you die.
2. Nothing sucks more than that moment during an argument when you realize you are wrong.
3. Was learning Cursive really necessary?
4. MapQuest really needs to start their directions from a main road. I'm pretty sure that I know how to get out of my own neighborhood.
5. I'm always slightly terrified when I exit out of Windows on my computer and it asks me if I want to save any pages to my ten-page financial report that I swear I did not make any changes to.
6. I keep some peoples phone numbers in my phone so that I know not to answer when they call.
7. I disagree with Kay Jewelers. I would bet on any Friday or Saturday night more kisses begin with Miller Hi-Life than Kay.
3. Sometimes I'll look at my watch three consecutive times and still not know what time it is.
9. Good judgment comes from experience, and a lot of that comes from bad judgment.
0. If you get to thinking that you are a person of some influence, try ordering somebody else's dog around.
1. I love the sense of camaraderie when an entire line of traffic teams up to prevent a jerk from cutting in at the front.
2. Live simply, Love generously, Care deeply, Speak kindly, and Leave the rest to God.

SENIOR CITIZEN ROAD TRIP

BY: Catherine Swan

A married couple was traveling by car from Tennessee to California. Being Seniors, after almost eleven hours on the road, they were too tired to continue and decided to take a room. They planned to sleep for four hours, and then get back on the road. When they checked out four hours later, the desk clerk handed them a bill for \$350.00.

The man explodes and demands to know why the charge is so high. He told the clerk "although it's a nice motel; the rooms certainly aren't worth \$350.00 for four hours." The clerk advises that "\$350.00 is the standard rate." The old man then insisted on speaking to the manager.

The manager appears, listens to him, and then explains "the hotel has an Olympic-size pool and a huge conference center that is available for them to use."

"But we didn't use them," the husband said. "Well, they are here, and you could have," explained the manager.

The manager went on to explain that the couple could also have taken in one of the shows for which the hotel is famous. "We have the best entertainers from New York, Hollywood, and Las Vegas perform here," the manager says.

"But we didn't go to any of those shows," the husband replied, "Well, we have them, and you could have," the manager replied.

No matter what amenity the manager mentioned, the husband replied, "But we didn't use it!"

The manager is unmoved. The husband eventually conceded up and agrees to pay the overpriced tab. Since he didn't have the

check book, he asked his wife to write the check. She wrote the check, smiled at the manager, and handed him the check.

The manager is surprised when he looks at the check. "But ma'am, this is only made out for \$50.00."

That's correct. I charged you \$300.00 for sleeping with me," she replied.

But I didn't sleep with you!" exclaims the manager.

"Well, too bad, I was here, and you could have."

MORAL OF THE STORY: Don't mess with senior citizens. They didn't get there by being stupid.

HOW IS NORMA?

BY: Mary Hammel

A sweet grandmother telephones St. Joseph's Hospital. She timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?"

The operator said,

"I'll be glad to help, dear. What is the name and room number of the patient?"

The grandmother in her weak and tremulous voice said,

"Norma Findlay, Room 302"

The operator replied,

"Let me put you on hold while I check with the nurse's station for that room."

I have good news. Her nurse just told me that Norma is doing well. Her blood pressure is fine; her blood work just came back normal and her Physician, Dr. Cohen, has scheduled her to be discharged tomorrow.

The grandmother said "Thank You. That's wonderful. I was so worried. God bless you for the good news."

The operator replied, "You're more than welcome. Is Norma your daughter?"

"No, I'm Norma Findlay in Room 302. No one tells me anything."

Try PICCOA for an affordable Meal!

Compiled by Katie Kuznicki,
Assistant Director

How does PICCOA keep the prices so reasonable?

Where can I get a reasonably priced meal that is prepared with ME in mind?

Meals are prepared by our own PICCOA staff in both Onaway and Posen five days a week. Fresh and frozen meals are also prepared at that time to be sent out to home delivered meal consumers. PICCOA also schedules satellite meals at Hilltop Manor, at the Huron Beach Club House and at the Presque Isle Club House on a monthly basis.

Who is involved in the preparation of PICCOA meals?

The PICCOA menu is designed and monitored by a registered nutritionist from the Northeast Michigan Community Service Agency, Inc. (NEMCSA) based in Alpena on a thirteen week rotation.

Although we follow the established menu cycle, our head cooks, Tom Moore and Tawny Stiles, are given the freedom to prepare a "cook's choice" once a month. They may also modify entrees so that the same exact meal is not prepared every time it appears on the menu. Their creativity can also be seen in the use of different spices, herbs, and marinades. Variations in the soup and salad bar selections are also left up to the kitchen staff. Special diet restrictions are taken into account as well, with appropriate doctor documentation.

The entire kitchen staff, which includes Donna Allsteadt and George French in Onaway and Max Shemanski and Karen Miller in Posen, not only prepares meals by following the menu cycle and recommended recipes, but they also work very hard to prepare meals that are visually appealing and delicious as well.

The Nutrition program receives partial funding from the Nutrition Services Incentives Programs (formerly USDA). Millage dollars are also used to off-set the cost of distributing the meals. As well, a suggested donation of \$2.50 is in place for all seniors 60 years and older for meals at either Center, at a satellite meal or received as a home delivered meal. Those under 60 are also encouraged to join you at a Posen or Onaway congregate meal for only \$5.00 a meal.

When can I try a meal?

Soup is served in Posen and Onaway at 4:30pm and dinner begins at 5pm, Monday through Thursday.

On Sunday, the Onaway Center Dinner, will be served at 1 p m . Also on Sunday, the Soup, Salad and Dessert Bar for \$1.00 begins at 3pm in Posen followed by the meal at 4pm. [Please note that weekday meal hours are different during the winter months of November through February.]

What if I am home bound?

To see if you qualify for home delivered meals, contact John Philpott, the In-home Services Coordinator in Posen. Meals are then delivered to your door Sunday through Thursday (during the summer months) in the afternoon.

What if I have other questions?

As always, questions are welcome at PICCOA offices. Call Posen at 989-766-8191 or Onaway at 989-733-2559 Sunday through Thursday during business hours. (8am to 4pm).

Hello Everyone!

Well, May is here and time to dedicate my newsletter piece to all the great wonderful moms, including my own.

Happy Mother's Day

Mom, I loved you yesterday, I love you tomorrow and everyday.

You were there for me my first day of school, to hold my hand and give me courage to go.

You listened to me when I needed to talk, you talked to me when I needed to listen.

You let me grow and learn from my own mistakes.

You never left my side when I was feeling down, I knew you would be there to pick me up.

I wish there was a way I could repay all the things you have done for me, but there's nothing great enough to repay the greatest mother of all.

Here are a few of our activities this month and your chance to ride the bus.

Monday May 2nd - Cheboygan Trip

Tuesday May 3rd - Onaway Birthday

Sunday May 8th Mothers Day Dinner

Friday May 20th - Alpena Trip

If you would like to ride the bus to any activity call Meg@ 766-8191 or Onaway @ 733-2559



How Much Is A Billion

A 'billion' of anything is hard to comprehend. Politicians talk about how they spend a billion dollars on this or a billion dollars for that. The following was prepared by an ad agency which will help put a 'billion' into perspective:

A billion seconds ago it was 1959. A billion minutes ago Jesus was alive. A billion hours ago it was the Stone Age. A billion days ago no-one walked on the earth on two feet. Finally, a billion dollars ago was only 8 hours and 20 minutes.

You know you've had too much to drink when - after the mosquito bites you it waits for a "designated flyer".

You know you're from northern Michigan if:

- You know the difference between green and red farm machinery.
- You buy your Christmas presents from Tractor Supply.
- You or someone you know was a "Potato Queen".
- You know that "combine" is a noun.
- High school football schedules, hunting season and harvest are taken into consideration when planning a wedding.
- The local gas station sells live bait.
- At least once year some part of your home doubles as a meat processing plant.
- You think that November 15 is a recognized holiday.
- Distance is measured in hours not miles.


John, In-Home Services Coordinator.



A Rose for Mother

Another Mother's Day is here,
Bringing joy and pleasure new.
On this special day, Mother dear,
I want to remember you.

I cannot give you costly gifts,
And I've told you this before,
No matter what I give to you,
You give back much, much more.



I'm giving you a pure, sweet rose,
Gathered in the early morn;
This rose you planted in my heart
The day that I was born.

In kindly, loving thoughts of you,
And with the faith you still impart,
The rose I give to you today
Is the love that's in my heart.

Taken from Ideal

Mom,

No matter what I do today,
or where the future
takes me tomorrow,
I promise to remember
all the things you taught me
and how very much you love me.
And in case I don't always say it,
and sometimes I forget to show it,
I wanted you to have this
so you know
I love you, too, Mom.



Happy Mothers Day

To All The Mother's

We are having our Birthday Party and
Bingo on Tuesday May 3rd. at 2:30 .

Bus will be available.

Our Mother's Day Dinner will be on
Sunday May 8th. with a door prize
drawing for the Ladies.

50/50 and a delidious Turkey Dinner.

Our Door Prize winners from our
St. Patrick's Party were Wilma Wahlers,
Edith Zieme, Anya Pecova, Mike
Peterman, Eleanor Freiel, Gary Badgero,
Shiella Brown and Audrey Badgero.

Hat Winner was Tom Skuse and 5
meal draw winner was Waneva Freiel.

"Congratulations to All."

Marilyn LaFave

Know your Congress

Senator Carl Levin (D-MI)

D C Phone 202-224-6221

DC Fax 202-224-1388

Senator Debbie Stabenow (D-MI)

DC Phone 202-224-4822

DC Fax 202-228-0325

Resentative Dan Benishek (R-


DC Phone 202-225-4735

DC Fax 202-225-4710

Senator Howard Walker (37th)

(517) 373-2413

Fax: (517) 373- 5144



Helping YOU Prevent Falls

Submitted by Rogers City Physical Therapy

What you should know about falls:

Each year one in three Americans 65 and older falls, and that falls and their sometimes disastrous medical consequences are becoming more common as the population ages. Balance is not talked about in fitness circles as often as strength training, aerobics and stretching.

The sense of balance begins to degrade in one's 20s and that it is downhill – literally and figuratively – from there unless steps are taken to preserve or restore this delicate and critically important ability to maintain equilibrium.

Falls happen to 30% of people older than 70 each year. Cause over 90% of broken hips.

Take the Test – Can you?

- Stand on one leg for at least five seconds without falling.
- Get up from a chair without wobbling
- Sit down in a chair without plopping
- Walk a straight path
- Turn around 360°
- Take long strides
- Walk on your toes or heels

How can Physical Therapy help?

Physical Therapist can design an exercise program to increase strength & flexibility.

Develop safe transfer & walking techniques.

Work on ways to safely walk indoors & outdoors. Educate you & your family on ways to prevent falls. Assess & recommend home safety

Understanding your balance system

Visual component: the ability to see objects which may challenge stability.

Vestibular component (inner ear): has sensors to tell your brain where your body is in space.

Sensory component: receptors in the joints and skin tell your body where it is in space, and give the body information which helps keep it upright.


Things you can do to prevent falls!

Remove things you can trip over (throw rugs, shoes, etc)


- Improve your lighting
- Add grab bars in the bathroom
- Place non-slip mats in the bathtub
- Use handrails on stairs.
- Get your vision checked
- Check your medications
- Get regular check-ups
- Begin a regular exercise program

For more information on improving your balance and decreasing your chance of a fall, please contact your physician and ask for a prescription for physical therapy.

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.



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- ◆ 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



Presque Isle Co. Council on Aging

Menu May 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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<p>Onaway Brunch Sausage Gravy Biscuits Eggs Hash Browns Juice / Fresh Fruit Oatmeal, Rolls or Muffins</p>	<p>Hot Dogs 2 Buns Oven Brown Potatoes Carrots Strawberries</p>	<p>3 Crispy Chicken Mash Potatoes Winter Blend Tropical Fruit</p>	<p>4 Boiled Dinner Ham/ Veg Pineapple</p>	<p>5 Shepards Pie Mash. Potatoes Peas Coleslaw Mandarin Oranges</p>	<p>6 Sunday 1st. Posen Spaghetti Meatsauce Wax Beans Fruit Cocktail Bread Stix</p>
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<p>8 Turkey Mash Potatoes Gravy Peas & Carrots Tropical Fruit Cake & Ice Cream</p>	<p>9 Fish Baked Potatoes Stewed Tomatoes Pears</p>	<p>10 Meatloaf Seasoned Rice Peas Tropical Fruit Tossed Salad</p>	<p>11 Cabbage Rolls Mixed Vegetables Pears Tossed Salad</p>	<p>12 Cooks Choice</p>	<p>Rygwelski's IGA Finest Homemade Sausage IGA Tablerite Meats 495 S. First St. Rogers City, MI 49779</p>
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<p>15 Ham Mash Potatoes Beets Fruit Cocktail</p>	<p>16 Lasagna Mixed Veg. Cole Slaw Peaches</p>	<p>17 Chicken Nuggets AuGratin Potatoes Corn Apricots</p>	<p>18 Sausage Boiled Potatoes Sauerkraut Plums</p>	<p>19 Chicken Sandwich Bun Green Beans Tossed Salad Applesauce</p>	<p>1-888 KABASA 989-734-3248 ***** Tom's Family Market & Deli Best Meat and</p>
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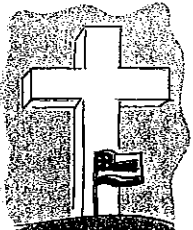
<p>22 BBQ Chicken Parsley Potatoes Winter Blend Fruit Cocktail</p>	<p>23 Chop Suey Rice Broccoli Pears</p>	<p>24 Porcupine Meatballs Boiled Potatoes California Blend Fruit Cocktail</p>	<p>25 Country Fried Steak Mashed Potatoes Peas & Carrots Apricots</p>	<p>26 Hobo Stew Green Beans Applesauce Tossed Salad</p>	<p>Produce in Town Deliveries Made Daily 29579 State St. Onaway MI. 49765 989-733-8229 Pharmacy 733-4106</p>
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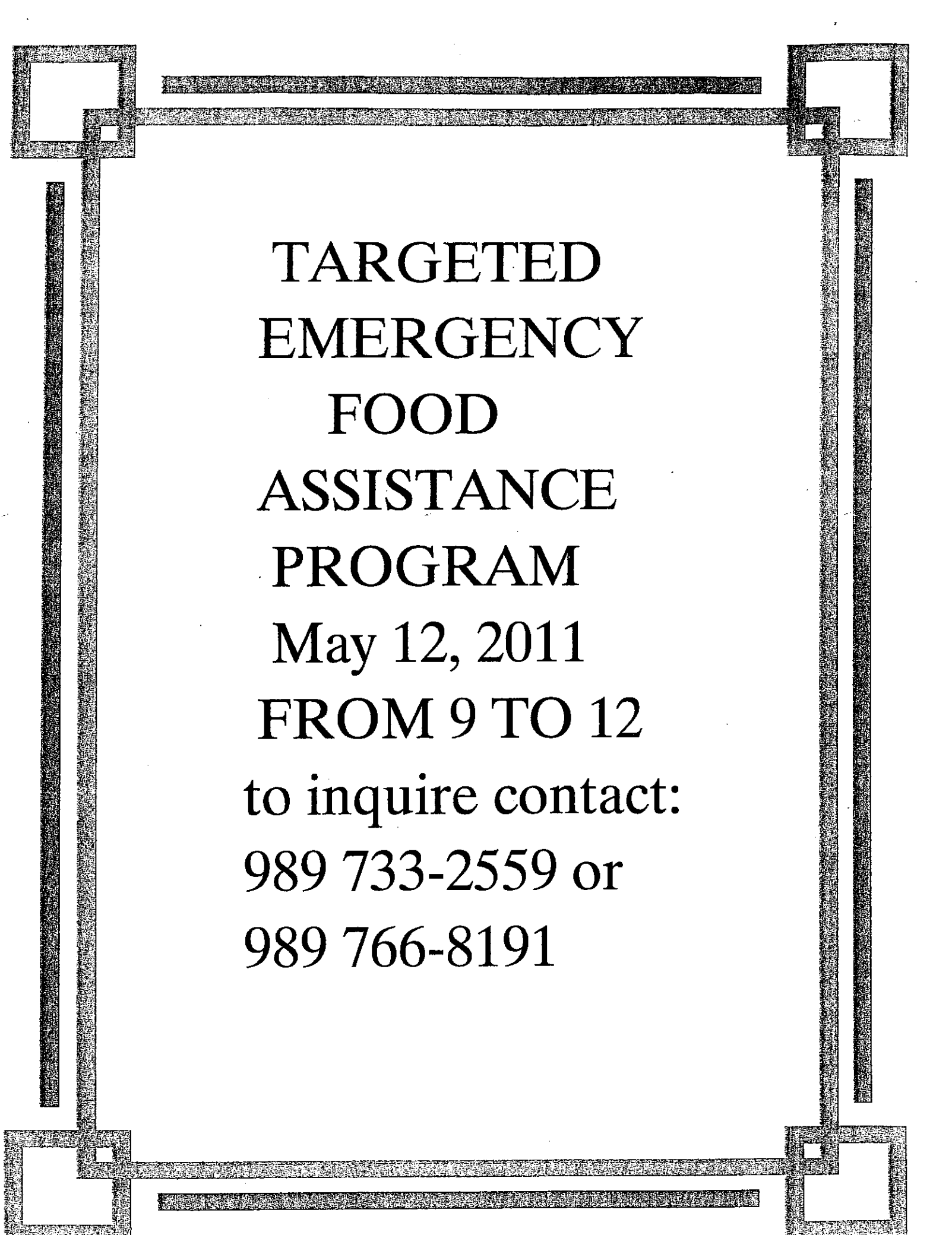
<p>29 Closed</p>	<p>30 Memorial Day Closed</p>	<p>31 Swiss Steak Oven Brown Potatoes Carrots Plums Coleslaw</p>	<p>Menu subject to change due to availability of food Weekday meals served at 5:00. Soup served at 4:30, Both Sites. Sunday Meal , Onaway 1:00 Posen Meal 4:00 Soup Salad & Dessert Bar 3-3:45 Federal And State Dollars only Cover a portion of the cost of meals. Donations are important to PICCOA . Dinner is a suggested donation of \$2.50 for 60 and over. The meal cost is \$5.00 for under 60. PICCOA appreciates your support. www.piccoa.org.</p>			
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Presque Isle County Council on Aging

Activities May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Onaway 1 5 Meal Draw ***** PI Clubhouse 1:00</p>	<p>Cheboygan 2 Bus</p> <hr/> <p>Dinner Served at 4:30. Staff / First Aid Training</p>	<p>3 Onaway Birthday and Card Party 2:30 Bus</p>	<p>4 Posen Birthday Hilltop 1:00</p>	<p>CSFP 5 Commodities Onaway 9-10 Posen 12-1:00</p>	<p>Thursday May 5th Onaway Bake Sale 12:00- 5:00 pm Onaway Senior Center</p>	
<p>8 Mother's Day Dinner</p>	<p>9 TS Shots Staff Only 8:15 am</p>	<p>10 Huron Beach Meals 1:00</p>	<p>11</p>	<p>12 TEFAP Commodities 9:00-12:00 Both Sites</p>	<p>13</p>	<p>14</p>
<p>15</p>	<p>16</p>	<p>17 Huron Beach Meals 1:00</p>	<p>18</p>	<p>19</p>	<p>20 Alpena Bus</p>	<p>21</p>
<p>22</p>	<p>23</p>	<p>24 Huron Beach Meals 1:00</p>	<p>25</p>	<p>26</p>	<p>27 Closed</p>	<p>28 Closed</p>
<p>29 Closed</p>	<p>30 Memorial Day Observed Closed</p>	<p>31 Huran Beach Meals 1:00</p>	<p>PICCOA Bus Schedule Onaway Tuesday 9:00am- 3:00pm Call Marilyn at 989-733-2559 Bus in Rogers City Monday 9:00am -3:00pm Tuesday, Wednesday, Thursday & Friday 8-4 Call Meg. at 989-766-8191</p>			





TARGETED
EMERGENCY
FOOD
ASSISTANCE
PROGRAM

May 12, 2011

FROM 9 TO 12

to inquire contact:

989 733-2559 or

989 766-8191

Find the words of the things moms like from the bottom in the mom word search grid. The words can be forwards or backwards, vertical, horizontal, or diagonal. Circle each letter separately, but keep in mind that letters in each word may be used in more than one word. When the mom word search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting fact about moms.

Things Mom Likes Word Search Puzzle

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

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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

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Presque Isle County Council on Aging
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4203 S. Lynn St., Onaway, MI 49
Marilyn Lafave-Editor (989)-733-2559

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