



PRESQUE ISLE CO. COUNCIL ON AGING SENIOR NEWS



6520 Darga Hwy. Posen, MI 49776

989-766-8191

4203 S. Lynn St. Onaway, MI 49765

989-733-2559

Issue 321

www.piccoa.org

OCTOBER 2011

Hello October!

First... I need to make a correction... weekday meals in Posen and Onaway are served at 5pm – soup is served at 4:30pm! Sunday meals are at 1pm in Onaway and 4pm in Posen.

Posen continues to offer the soup, salad and dessert bar for just a dollar extra beginning at 3pm on Sundays. Due to a lack of interest, the soup, salad and dessert bar in Onaway has been discontinued. Onaway, however, will be offering a complimentary dessert every Sunday beginning October 2, 2011.

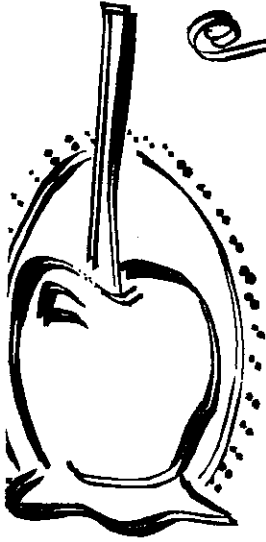
Friday, October 7 is the Presque Isle County Senior Health Fair at the Posen Senior Center ~ from 9am to 12pm. We will be offering free flu shots, a variety of others screenings, and plenty of senior health vendors for you to visit. Call Meg for transportation and for details!

Finally, the Potato Festival dinner was again a success ~ thanks to our generous community members, organizations, and the superb employees of the Council on Aging!

Special thanks to:

Gordon Food Service, Inc.
Beck Funeral Home, Inc.
Aurora Gas Company
Stan Wozniak Insurance Agency
Bayport
Propane Plus
John's Plumbing and Heating
Citizens National Bank
Design Team
Inverness Dairy
Port O' Call
Tom's Family Markets
Wal-Mart
International Sports Bar
St. Casimir Catholic Church
And our hardworking community
Volunteers!

Sincerely,
Katie



Happy October
Birthday!!!

Matthew Mc Kinley
Lexie Ciarkowski
Helen Balten
Peggy Corrie
Darlene Walters
Vincent Filarski
Lorraine Kortman
Mayvine Kamysiak
Eleanor Hartman
Patricia Kortman
Ruth Basel
Margaret Florip
Donald Greengtski
David Chojacki
Ron Donakowski
Dan Vollmar
Alice Szymanski
Carol Geyer
Wilbur Konwinski
Geraldine Konwinski
Lou Ann Strzelecki
Kaye Porter
Gertrude Dembny
Lorraine Bronikowski
Theresa McFalda
Harry Kowalski
Forest Porter



Funny Quotes

There is a light at the end
of every tunnel....
just pray it's not a train!

Everyone has a photographic memory...
some just don't have film.

Needing someone is like needing a parachute.

If he isn't there the first
time you need him, chances are you
won't be needing him again.

Where there's a will, there are
five hundred relatives.

Everybody wants to go to heaven,
but nobody wants to die.

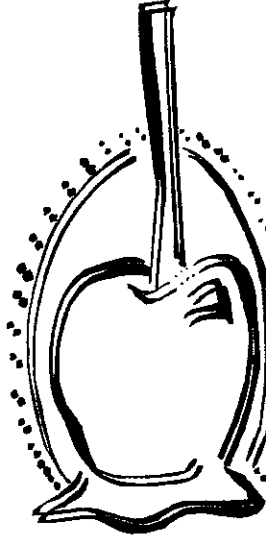


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Office, PLC**

"When Peace of Mind Matters"

**Wills, Trusts,
Probate, Real Estate
Guardianship,
Business Law
Judy McFalda
Attorney-at-law**

989-734-4486



A Different Vow

By Kate Arnold

Posted on

http://www.caregiver.com/channels/clinical_trial/articles/a_different_vow.htm

"Do you know where my husband is? Because he's a good one and I'd hate to lose him." This is her third husband, so Holly, my 80-something-year-old patient, has room to judge. I tell her he's reading his book downstairs and she says, "He's such a patient husband." She asks this question every five minutes of her two-hour-long visit. She doesn't know what city she's in, but she knows she's in love with her husband.

A year and a half ago, I was finishing my post baccalaureate premedical program at Georgetown.... I decided to spend my year learning how to be with patients with hard diagnoses. I got a job as a research coordinator for clinical trials for Alzheimer's disease, which is how I met Holly.

It struck me that Holly was so in love with her husband when she had lost touch with every other part of her life. In marriage vows, you promise to love each other forever. In over 50 percent of marriages, people are unable to keep this promise, and that's both frightening and depressing to people in their twenties considering marriage—myself included. And yet, as I watch, my patients and their spouses face the hardest thing I can imagine together, in the process, they restore my faith in marriage as a sacred commitment. To love another in sickness and in health is a profound promise; and yet, it's the tip of the iceberg when Alzheimer's is involved. On your wedding day, you didn't promise not to get mad when...

your spouse forgets your wedding anniversary, forgets how to converse, forgets your name. And if you're the one with Alzheimer's you didn't promise to never give up and to do your best to fight the disease you'll eventually lose your life to. With a diagnosis of Alzheimer's, these are the vows some choose to make, spoken or unspoken. And patients who can do that save their marriages....

My mom and I were watching To Gillian on her 37th Birthday, which is about David, a man whose wife died two years ago, but every night he goes out to the beach where he can talk to her. Both David and all of my patients and their spouses have been robbed of the future they wanted. [They] are losing the 20 years of vacations, new babies and quality time with each other they had expected to have. And they're living in a dual reality. The person they love is still right in front of them; and yet, their partnership is ending and every day that person is a little more gone. I cried on the couch and couldn't breathe for what everyone at work has lost and what they will lose.

What gives me hope is seeing my patients fight for their love..... They will love each other until death do them part and that gives me hope. "

(Kate Arnold is currently attending medical school at Georgetown University; but before enrolling, she worked with Alzheimer's patients for a year as a research coordinator for clinical trials in Alzheimer's disease. She was able to get to know her patients and their spouses very well over the year; and at the end, she was amazed by how much she had learned from them.)

Vaccines aren't just of kids!

Compiled by Katie Kuznicki, Director

You thought when you passed kindergarten... all those years ago, that you were done getting shots... not true.

Adults should also get a variety of vaccinations to help them remain healthy since our immunity fades with time. As always, ask your doctor or pharmacist first!

There are four (4) shots that adults, especially those 60 and older should consider:

Flu: If you're under 50 and not pregnant, you can get a nasal spray/vaccine to protect you from the flu. Over 65 and you can opt for the traditional shot or a new intradermal vaccine that uses a smaller needle. There is also a new Fluzone High-Dose vaccine that may be more effective for those over 65.

Td/Tdap: If you are 65 or older and have close contact with an infant, work in a health care setting or simply want to be safe, you will need a Td/Tdap vaccine. This protects you from tetanus, diphtheria and pertussis (whooping cough). Whooping cough has been on the rise according to local health departments in northern Michigan.

Zoster: This vaccine will help protect you from shingles – a painful, blistering skin rash caused by a viral infection. It is recommended for people 60 and older since the effects of the infection are worse as you age.

MMR: Good old measles, mumps and rubella are back. In 2011, the USA had the highest number of reported cases in 15 years. According to the CDC, if you were born in 1957 or later, you should get one vaccine to help protect your health.

*Material to prepare this article taken from
Health Smart Advice from the Doctors;
USA Weekend, August 5-7, 2011.*

Big Hearts are Stronger!

(This is taken from a flyer prepared by our local MSU-Extension office some years ago.)

Studies show that people who volunteer are much healthier!

Is it just me? Maybe it is you too? Have you been thinking lately about how you might more positively influence your community – maybe the world? Do you ever think – “I should do more?”

If you're having any kind of thoughts along those lines, you are being incredibly selfish. Yes, you heard me correctly.

Here are the facts: studies demonstrate that people who volunteer in their community are notably healthier. Those folks who become foster grandparents or regularly work in their church's food pantry or read to low-literacy kids have notably greater physical and mental well-being. They are not just healthy – but healthier.

There's a significant connection between volunteering your time and talent, and personal wellness. Volunteers have greater longevity, lower rates of depression and less incidence of heart disease. For folks over age of 70, the threshold (that is the point at which we can fairly assured of getting a benefit) is only about 100 hours a year – that's about two hours a week.

Studies also show that we may be motivated to do good to be altruistic, but that effort, regardless of its root, translates into individual health benefits.

Don't you think all of this gives new meaning to the phrase, “you gotta have heart?” In fact, one study even finds that “volunteering makes the heart grow stronger.”

Don't you love “research”?

Care-giving Options

Compiled by Katie Kuznicki,
Assistant Director

As we prepare to care for our aging family members, there are a variety of topics that caregivers need to keep in mind. Our shifting population has created one very common occurrence – long distance care-giving.

LONG DISTANCE CAREGIVING

One quick-fix option is to move aging parents closer to the caregivers. Frequent trips to visit aging parents may be difficult; it is important to schedule visits to optimize your time and finances. An Elder Law Attorney may be helpful for assisting with finances and other long-term planning. Home delivered meals and other in-home care options are also possible if relocating is not an option; services offered by a council or commission on aging can be beneficial when you are not able to be there personally. It is also important to investigate other local support options like a minister, a friend, or a neighbor who is able to visit and check in with your loved one. Another option is a telephone assurance program which allows a daily check without interfering in a daily schedule.

REGARDLESS OF DISTANCE

Regardless of where people live, there are some items that a caregiver needs to have on hand at all times:

- Date of birth for loved one
- Social security number
- Medicare/Medicaid number
- Health insurance information
- Lists of all medications
- Name, address and telephone numbers of doctors, hospitals and clinics involved in medical care
- Copies of living will, power of attorney, durable power of attorney, etc.

FINANCIAL RELIEF

As noted earlier, all the care for your loved one is going to cost you whether it is monetary

in nature or otherwise. Some financial assistance may be available depending on the situation. The National Family Caregiver Support Program and the Older American's Act are making strides in compensating caregivers who lose jobs, benefits and deal with the immense stress of caring for loved ones. Other resources include:

- *Social Security Disability at 800-772-1213
- *Supplemental Security Income at 800-772-1213
- *Medicare at 800-333-7586
- *Veteran's Benefits at 800-827-1000
- * Prescription Drug Plan at 800-772-1213
- *American Kidney Fund at 800-638-8299
- *Weatherization (local number) at 866-270-0686

CARING FOR SELF

Naturally we want to care for our loved ones; they are typically the ones who have first cared for us. But, in order to care for them now, we must also continue to care for ourselves.

To avoid burn-out, get regular exercise a few times a week. Attend religious services. Learn about your loved one's illness or condition; education builds confidence. Be realistic about the potential of recovery and the progression of the illnesses. Get help for yourself; seek help from family, friends and outside agencies. Learn coping strategies to avoid isolation, guilt or anger, abuse of alcohol, prescription or street drugs. Build your own confidence through support groups or caregiver training programs. Recognize you are not a professional; you are a caring person that can only do you absolute best at any given time. Finally, be realistic about your personal limits and needs; there will come a time when you have "had enough" and that is OK, too!

Material to prepare this article taken from
http://hr.ucsb.edu/worklife/elder_care_longdistance.php;
http://www.caregiver.com/regional_resources/financial/index.htm; and
<http://health.howstuffworks.com/wellness/aging/5-tips-for-dealing-with-caregiver-burden.htm>.

Texting for Seniors

Since more and more Seniors are texting and tweeting there appears to be a new STC (Senior Texting Code).

If you qualify for Senior Discounts, this is the code for you!



Please share this with your children and grandchildren so they understand!

ATD: At The Doctor's
BFF: Best Friend Fainted
BTW: Bring The Wheelchair
BYOT: Bring Your Own Teeth
CBM: Covered By Medicare
CGU: Can't Get Up
CUATSC: See You At The Senior Center
DWI: Driving While Incontinent
FWB: Friend With Beta Blockers
FWIW: Forgot Where I Was
FYI: Found Your Insulin
GGPBL: Gotta Go Pacemaker Battery Low
GHA: Got Heartburn Again
HGBM: Had Good Bowl Movement
IMHO: Is My Hearing-aid On?
LMDO: Laughing My Dentures Out
LOL: Living On Lipitor
LWO: Lawrence Welk's On
OMMR: On My Massage Recliner
OMSG: On My! Sorry Gas.
ROFL...CGU: Rolling On The Floor Laughing...And Can't Get Up!
TTYL: Talk To You Louder
WAITT: Who Am I Talking To?
WTFA: Wet The Furniture Again
WTP: Where's The Prunes?
WWNO: Walker Wheels Need Oil
GGLKI: Gotta Go Laxative Kicking In...

Mature Lady Driver...

A mature lady gets pulled over for speeding...
Woman: Is there a problem, Officer?
Officer: Ma'am, you were speeding. Can I see your license, please?
Woman: I'd give it to you, but I don't have one.
Officer: Don't have one?
Woman: Lost it, 4 years ago for drunk driving.
Officer: Can I see your vehicle registration, please?
Woman: I can't do that.
Officer: Why not?
Woman: I stole this car.
Officer: Stole it?
Woman: Yes, and I killed and hacked up the owner.
Officer: You what?
Woman: His body parts are in a plastic bag in the trunk if you would like to see.
The Officer looks at the woman and slowly backs away to his car and calls for back up. Within minutes, 5 police cars circle the woman's car. A senior officer slowly approaches the woman, clasping his half drawn gun.
Officer 2: Ma'am, could you step out of your vehicle please! [The woman steps out.]
Woman: Is there a problem, Officer?
Officer 2: One of my officers told me you stole this car and murdered the owner.
Woman: Murdered the owner?
Officer 2: Yes, could you open the trunk of your car, please. [The woman opens the trunk and it is completely empty.]
Officer 2: Is this your car, ma'am?
Woman: Yes, here are the registration papers. [The officer is quite stunned.]
Officer 2: One of my officers claims you don't have a driving license.
Woman: I do. [And she pulls it from her handbag. The officer examines it quite puzzled.]
Officer: Thank you ma'am. One of my officers told me you didn't have a license, that you stole this car, and that you murdered and hacked up the owner.
Woman: Bet the liar told you I was speeding too!

Don't Mess with Mature Ladies!

Presque Isle Co Council on Aging October Menu 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Ham 2 Scalloped Potatoes Mixed Veg. Plums Salad	Salisbury Stk 3 Noodles Peas & Carrots Peaches	Crispy Chicken 4 Seasoned Rice Corn Mandarin Oranges	Hamb. on Bun 5 Oven Brown Potatoes Peas Pears	Cook's Choice 6	<p style="text-align: center;"> Rygwelski's IGA Finest Homemade Sausage IGA Tablerite Meats 495 S. First Street Rogers City, MI 49779 1-888-KABASA 989-734-3248 ***** Tom's Family Market & Deli Best Meat and Produce in Town Deliveries Made Daily 29579 State St. Onaway, MI 49765 989-733-8229 Pharmacy Mon.- Fri. 989-733-4106 </p>
Roast Beef 9 Mashed Potatoes Calif. Blend Peaches Salad	Chicken Strips 10 Mac & Cheese Green Beans Pineapple	Hot Turkey 11 Sandwich Mashed Potatoes Carrots Plums	Cabbage Rolls 12 Boiled Potatoes Corn Applesauce	Cheeseburger 13 Macaroni/w Beef/ Broccoli Mixed Fruit Salad	
Crispy Chicken 16 Mashed Potatoes Winter Blend Tropical Fruit Salad	Spaghetti 17 Meat Sauce Broccoli Tossed Salad Apricots	Pork Steak 18 Au gratin Potatoes Corn Peaches	Beef 19 Stroganoff Noodles Beets Coleslaw Strawberries	Hot Turkey 20 Sandwich Mashed Potatoes Carrots Peaches	
Roast Pork 23 Parsley Potatoes Green Beans Pineapple Salad	Salisbury 24 Steak Noodles Peas & Carrots Plums	Chicken 25 Tenders Mashed Potatoes Calif. Blend Fruit Cocktail	Polish Sausage 26 Boiled Potatoes Sauerkraut Applesauce	Lasagna 27 Tossed Salad Peas Peaches	
Chicken 30 Mashed Potatoes Wax Beans Mandarin Oranges	Hot Dogs 31 Bun Oven Brown Potatoes Carrots Strawberries				

Federal and State dollars only cover a portion of the meals we provide. Donations are important to PICCOA. Dinner is a suggested donation of \$2.50 for 60 and over. The meal cost is \$5.00 for under 60. Menu subject to change due to availability of food. Week day meals served at 5:00. Soup at 4:30 both sites

Sunday Meal , Onaway 1:00 Soup, Salad, & Dessert Bar 12-12:45
 Posen Meal 4:00 Soup , Salad, & Dessert Bar 3-3:45

Recipes to Share...

One thing is for sure, no matter how many plants you stick in the garden... you'll always have too much to eat yourself!

Thank you to our community members who have donated their extra garden produce for our kitchens and to share with other area seniors!

Zucchini with Noodles

Ingredients:

- 4 ounces egg noodles
- 1 clove garlic, minced
- 2 medium zucchini, thinly sliced
- 2 tablespoons margarine or butter
- 1 teaspoon crushed basil
- ¼ teaspoon pepper

Directions:

Cook noodles. Sauté garlic and zucchini in butter or margarine until zucchini is tender, about 5-10 minutes. Stir in basil and pepper. Drain noodles and toss with zucchini. Serve immediately.

Crockpot Apple Butter

Ingredients:

- 8 cups applesauce
- 4 cups sugar
- 4 teaspoons cinnamon
- 2 teaspoons allspice
- 2 teaspoons nutmeg
- 2 teaspoons cloves

Directions:

Stir all ingredients together in a large bowl. Transfer to a crock-pot and cook UNCOVERED on high for 6 to 7 hours. It isn't necessary to stir it. Cool and place into containers.

Apple Butter may be refrigerated or frozen. Serve on bagels, toast or muffins.

Jill's Hash Brown Casserole

Ingredients:

- 1 can (10 ¾ oz.) cream of mushroom soup
- 1 (8 oz.) container of sour cream
- ½ cup butter, melted
- 1 bag (32 oz.) frozen hash-brown potatoes
- 1 medium onion, chopped
- 1 package (8 oz.) shredded Cheddar cheese
- ¼ teaspoon black pepper
- ½ cup crushed corn flakes

Directions:

Stir the soup, sour cream, butter, potatoes, onion and cheese in a 3-quart shallow baking dish. Season with pepper and sprinkle with corn flake crumbs. Bake at 350 degrees for 45 minutes or until mixture is hot and bubbling. Serve immediately.

Chocolate Pumpkin Cupcakes

Ingredients:

- 1 package of chocolate or devil's food cake mix
- 1 (15 oz.) can of pumpkin

Directions:

Lightly spray cupcake paper liners before baking. Mix the ingredients until they come together. Fill cupcake papers ¾ full. Bake at 350 degrees for 35-40 minutes.



Hello Everyone !

FALL IS IN THE AIR!

Here are a few events being held this month and your chance to ride the bus.

Monday- Oct3rd- Cheboygan

Tuesday-Oct 4th- Onaway Birthday and Bingo

Friday – Oct 7th- Health Fair/Color Tour

Friday Oct 21- Alpena

If you need a ride to any of these events call Meg @ 766-8191 or Marilyn@ 733-2559

I found some interesting tidbits while looking through a magazine, hope you enjoy them.

Did you know that October is Dental Hygiene Month

National Cookie Month

National Caramel Month

National Dessert Month

National Pizza Month

National Popcorn Month

It's no wonder we need the hygienist after all those sweet things.



Ask Your Doctor

If you use Coumadin (warfarin) the doctor needs to check your blood frequently to keep you within the “normal therapeutic range”. When you are in this range you are less likely to experience complications. If you slip out of this range you may end up making more frequent trips to the doctor for testing.

There may be some good news - You may now be able to do your own blood test at home.

Early findings show that self-testing kept patients *in range* 56% of the time compared to only 32% of the time when being tested at the doctor’s office or clinic. The difference in the numbers is due to the fact that you can test far more frequently at home. If you’re interested in self-testing, talk with your doctor.

When I go to casinos, the most ridiculous sign I see is the one that says “...if you have a gambling problem, call 1-800-GAMBLER.” So I call them and say, “I have an ace and a six. The dealer has a seven. What do I do?”

If toast always lands butter-side down, and cats always land on their feet, what happens if you strap toast on the back of a cat and drop it?

John, In-Home Services Coordinator.

Presque Isle Co. Council on Aging


October 2011 Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Project Connect
St. Paul's Church Hall
Onaway
Tuesday Oct. 25th.
10am-1pm

PICCOA Bus Schedule
Onaway Tuesday 9 am-3pm
Call Marilyn @ 989-733-2559
Bus in Rogers City
Monday -Fri 8am-4pm
Call Meg. @ 989-766-8191

On Oct. 3rd. we
will start taking
Appointments
for Medicare
Part D
Enrollment with
Denise Parrot
Onaway
989-733-2559
Posen
989-766-8191

2 Onaway 5 meal draw	3 Cheboygan Bus	4 Onaway Birthday & Bingo 2:30 Bus	5 Posen Birthday ***** Hilltop 1:00	6 CSFP 9-10 Onaway 12-1 Posen	7 Health Fair Posen 9-12	
9 Presque Isle Club House 1:00pm	10	11	12	13	14	15
16 Posen 5 Meal Draw	17 Onaway 5 Meal Draw	18	19	20	21 Alpena Bus	22
23	24	25	26	27 Onaway Halloween Party 2:30 Bus	28	29
30	31 Posen 5 Meal Draw ***** Happy Halloween					

Halloween

Happy Halloween to Everyone!!!

Our Birthday and Card Party will be on
Tuesday Oct. 4th at 2:30.

We are planning a Halloween Party for
Thur. Oct. 27th. at 2:30 with music.

Bus will be available.

I want to thank everyone that participated in
my bake sale, it was a success.

Starting on Sunday Oct. 2nd: Onaway will
discontinue the Sunday , Soup, Salad, and
Dessert Bar, due to shortage of help.

On Sunday we will have our soup, salads
will be in individual bowls, and the dessert will be
served with the Sunday meal.

We will not serve dessert on Wednesday's anymore.

Therefore it won't be that big of a change.

Mo Pardike won the 5 meal draw in Onaway,
Maggie Mavretich won the 5 meal draw in Posen.
Project Connect will be in Onaway on October
25th 2011, 10am-1pm. Free Food, clothing,
hair cuts etc.

The Health Fair will be in Posen on
Friday Oct. 7th. 9am-12 noon see
brochure in newsletter.

Starting November 1st. our weekday meals will
be served at 4:30pm , soup will be served at 4:00

Sunday Meals will stay the same time.

Marilyn

Half the Fun

Their yearly choice:"What will I be?"

Then dress up, oh, so carefully,
Picking a bag that's big enough
To hold all of the tasty stuff.

They set off in the autumn breeze
Of dusk and never seem to freeze.
And though they do say "Trick or Treat."
At every open door they meet.

I doubt they'd do a trick or care
If there was candy anywhere;
For when it's all been said and done,
It's "going out" thats half the fun.

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

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

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

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

Health Tips: Submitted by the Staff at
Rogers City Physical Therapy

Let the Raking Begin!!

The leaves are beginning to show their true colors. As we all look forward to another beautiful autumn in Northern Michigan, we must remember the leaves will soon cover our yards. Some people enjoy hours of family fun in raking the leaves into piles, jumping in them, and raking them all over again. However, for most of us, raking can be a tedious and exhausting task.

Just as playing football or golf can injure your body, the twisting, turning, bending, and reaching when raking can also cause injury if your body is not prepared. Like an athlete, if you leap into something without warming up or knowing proper body mechanics, the chances of injury are greater.

Here are a few tips to remember when the annual raking of the leaves begins:

- Do stretching exercises, without bouncing, for a total of 10 to 15 minutes spread over the course of your work. Do knee-to chest pulls, trunk rotations, and side bends. Take a short walk to stimulate circulation before you begin.
- Remember that the leaves are not going anywhere. If you get tired or achy while raking, stop, and rest. You can always resume when you are less tired or after a brief rest.
- It is important to rake with good body mechanics and posture. Keep your back in a comfortable position and not bent forward too far. In addition, avoid excessive twisting while raking. Instead, let your elbows remain bent during the entire raking stroke. Keep your head up.
- Use a "scissors" stance: right foot forward and left foot back for a few minutes, then reverse. Step to the side as you rake. This will help you

not to over extend your arms or back, and your legs will get a little exercise as well.


- Switch hands while raking so that you rake to the right and to the left. This will help to reduce stress on one side of the trunk or arm.
- Take small rest breaks during raking and briefly bend backward with your back. This will help to counteract the torque and pressure placed on your low back during raking.
- Bend at the knees, not the waist, as you pick up piles of leaves and make the piles small to decrease the possibility of back strain.
- Drink lots of water, and wear gloves and protective glasses. If you have asthma or allergies, wear a mask.

Finally, remember to listen to your body when raking and you will avoid most injuries.

Enjoy your day raking leaves, because all too soon we will be talking about the proper body mechanics of snow shoveling.

If you would like more information call Rogers City Physical Therapy at 989-734-7607.

**YOUR HOMETOWN
PHYSICAL THERAPY CHOICE**



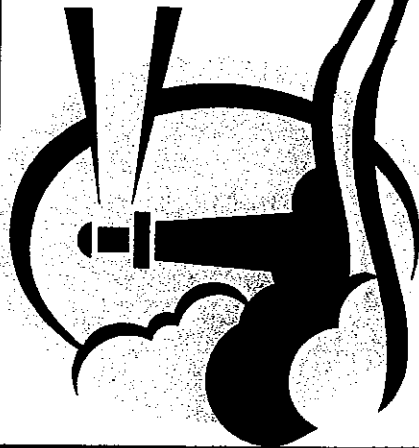
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**Rogers City
PHYSICAL THERAPY**

www.rctpt.com



Presque Isle County Senior Health Fair

Free Admission!
Door Prizes!!!

Friday, October 7, 2011
9 AM to 12 noon
Presque Isle Co. Council on Aging
6520 Darga Highway, Posen

Featured Exhibitors

Alpena Regional Medical Center	Presque Isle Co. Council on Aging
Cheboygan Memorial Hospital	Rogers City Physical Therapy
Lifeline	Tendercare of Rogers City & Alpena
Medilodge of Hillman	Thunder Bay Community Health Services
Michigan Department of Human Services	US Senator Debbie Stabenow's Office
NEMCSA - Area Agency on Aging	VitalCare - Hospice of the Sunrise Shore
Northern Eye	
Northern Michigan Regional Health System	

Free Health Screenings

- Health (Total Cholesterol, HDL and LDL) Screening (free for 60 years and older) by Alpena Regional Medical Center
Pre-register at 989-356-8000
- Blood Pressure Screening by Alpena Regional Medical Center
- Glaucoma Screening by Northern Eye
- Colorectal Cancer Screening Kits by Alpena Cancer Center

Free Boxed Lunch from PG County Senior Center

Flu Shots by Alpena Regional Medical Center
Cost covered by Medicare Part B; bring your Medicare Card!

Free Transportation
Available through Presque Isle County Council on Aging.
Call (989) 766-8191 to reserve your seat!

**In Collaboration with Alpena Regional Medical Center,
Northern Michigan Regional Health System, Presque Isle Co. Council on Aging, Tendercare of Rogers City, & Thunder Bay Community Health**

Funding provided in part by Community Foundation for Northeast Michigan and Region 9 Area Agency on Aging

Free Printable Word Search Puzzles

Halloween

Find and circle all of the words that are hidden in the grid.
The remaining letters spell an activity played on Halloween.

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

APPLES	COSTUME	JACK O LANTERN	SKELETON
BATS	DRACULA	MASK	SKULL
BLACK CAT	FRIGHTENING	MUMMY	SPIDERS
BROOMSTICK	FULL MOON	NIGHT	TOMBSTONE
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CANDY	GHOULS	SCARECROW	WEREWOLF
CEMETERY	GOBLINS	SCARY	WITCHES
COFFIN	GRAVEYARD	SCREAM	ZOMBIE

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