

# PRESQUE ISLE

SENIOR NEWSLETTER  
Email: [info@piccoa.org](mailto:info@piccoa.org)  
[www.piccoa.org](http://www.piccoa.org)

January 2021 • Issue 426

6520 DARGA HWY.  
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989-766-8191

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989-733-2559

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## POSEN FACILITY HOURS

Sunday: 9:00 AM–5:00 PM  
Monday–Thursday: 9:00 AM–5:00 PM

## ONAWAY FACILITY HOURS

Sunday: 9:00 AM–2:00 PM  
Monday–Thursday: 9:00 AM–5:00 PM



◆◆ Empowering seniors to age independently with confidence and dignity ◆◆





The following changes to the services we provide continue to be in effect during the COVID-19 Pandemic:

### Congregate Meals:

- "To Go" hot meals are available at the Posen and Onaway Senior Centers!  
Please call a day in advance or no later than 10 am on the day of the meal.
- Pickup hours are **12:00 pm--1:00 pm** Sunday through Thursday only.
- Suggested donation for seniors 60 years and older is \$3.00, under 60 is \$6.00 fixed price.
- Call Posen (989) 766-8191, or Onaway (989) 733-2559.



### Transportation:

- For local bus rides, only a limited number of passengers are able to ride at one time.
- Please limit your rides to medical or grocery shopping for essentials.
- Please call the Posen office at 989-766-8191 to schedule your ride.
- Bus riders **MUST** wear a mask at **ALL** times!



### CSFP Senior Commodities



Thursday, January 7th

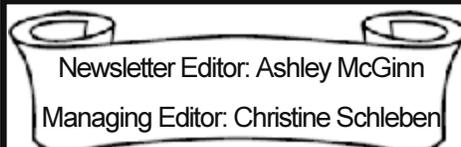
Onaway Center: 9am-10am

Posen Center: 12pm-12:30pm

\* Please stay in your vehicle and have your trunk open and ready for boxes\*



**ALL BOARD MEETINGS WILL BE HELD AS A VIRTUAL CONFERENCE FOR THE TIME BEING.**



Newsletter Editor: Ashley McGinn  
Managing Editor: Christine Schleben



# What's Behind The Post-Holiday Funk and How To Snap Out Of It

Source: <https://www.psychology.com/post-holiday-depression>

It's the first full week of January, which means it's back to reality and business as usual. For some, it's a major relief. Even with all its good tidings and cheer, it's a financially, physically, and emotionally demanding time of year. According to the National Alliance on Mental Illness, 64 percent of people report being affected by holiday depression, and it's most often triggered by financial, emotional, and physical stress of the season. But for others, coming down from the high after the 'most wonderful time of the year' can bring on a bout of the post-holiday blues too.



## What Exactly Are Post-Holiday Blues?

Also known as post-vacation syndrome, stress, or depression, this slump can hit hard after a period of intense emotion and stress. Post-holiday blues share many of the same characteristic symptoms of an anxiety or mood disorder: insomnia, low-energy, irritability, difficulty concentrating, and anxiousness. But unlike clinical depression, the distress is short-lived rather than long-term. Though much greater attention is often given to depression that occurs during the holidays, the condition isn't all that uncommon.



## Why Do We Feel It Post-Holidays?

Unless you have a three-week vacation in

August or some other big diversion during the year, the holidays may be the only time regular life is interrupted. Even if your holidays weren't so merry and bright, the brain exaggerates the realities of day-to-day life, making the return to the mundane seem disproportionately more anxiety-inducing and depressing than it actually is.

## We're Emotionally Exhausted

The considerable weight of navigating difficult situations and relationships and keeping your cool during the holiday events is another possible factor in post-holiday depression.

## Diet Plays A Role Too

The sugar and alcohol-fueled diets many of us thrive (or rather survive) on during the holiday period could also be a culprit. Alcohol is a widely recognized depressant and research has also linked junk food to depression. Unsurprisingly, after a near-month long period of overindulgence, we might not be feeling our best.



## How To Snap Out Of The Funk

Working yourself out of a post-holiday funk requires putting some extra emphasis on the basics of physical and mental well-being and adjusting expectations:

- **Take care of yourself.** Quality sleep, regular exercise, and a nutrient-dense diet—these

healthy lifestyle cornerstones are recommended by experts to boost mood and manage depression symptoms. Between late-night festivities, sugary snacks and long to-do lists, these practices often fall to the wayside during the holiday season. Re-establishing them as a regular and non-negotiable fixture in your routine is essential for getting back on track if you're struggling emotionally.

- **Schedule time for fun.** Social interaction is a critical component of enhanced well-being. Now that the holiday parties have petered out, an empty calendar might feel a bit depressing. Filling up your planner with activities you enjoy will give you something to look forward to and help keep contrast effect at bay. It's easy to withdraw when you're feeling down. Reaching out to and getting face time in with friends and other people you care about—even when you don't feel like it—can also provide a much-needed boost.



- **Be patient and go easy on yourself.** Post-holiday blues won't stick around forever. In the meantime, cut yourself some slack. Don't beat yourself up for feeling the way you do and take the time you need to find your footing. If symptoms do persist, consider consulting a specialist.

# January Soup and Bread Menu

Place your order on Sundays or Mondays from 9am—4pm

Pick up on Thursdays from 10am—3pm



## Posen Soup Menu:

**Week of January 3rd:** Cheesy Potato or Fagioli

**Week of January 10th:** Broccoli Cheddar or Beef Stroganoff

**Week of January 17th:** Cheesy Potato or Fagioli

**Week of January 24th:** Broccoli Cheddar or Beef Stroganoff

## Onaway Soup Menu:

**Week of January 3rd:** Beef Barley or Bean & Ham

**Week of January 10th:** Chicken Dumpling or Creamy Potato

**Week of January 17th:** Beef Barley or Bean & Ham

**Week of January 24th:** Chicken Dumpling or Creamy Potato

**Choice of Bread:** Italian, Wheat or Vegetable

Loaf of Bread & Quart of Soup: \$10.00

Quart of Soup Only: \$7.00

**Onaway Center: 989-733-2559**

**Posen Center: 989-766-8191**

**\* Soup will be served cold with instructions on how to warm \***



Anyone who has ever stroked a dog's soft ears or felt the gentle rumble of a cat's purr knows the calming feeling an animal can offer. A pet companion presents many health benefits to their owners, like lower cholesterol levels and can even prevent heart attack and stroke. They can also help fight depression.

For these reasons, more and more often animals are being utilized for therapeutic purposes at senior facilities. Therapy animals are used to promote health and healing for seniors of any age range or health condition, whether they are depressed, chronically ill or have ongoing disabilities.

Pet therapy for seniors, also known as Animal Assisted Therapy, is a technique that uses animals to interact with seniors for numerous reasons to help improve their quality of life. Studies show that just fifteen minutes spent bonding with an animal promotes hormonal changes within the brain. Stress levels drop as the brain produces serotonin (the "feel-good" hormone), along with prolactin and oxytocin. This is why therapy animals are good companions for seniors, because they offer so many amazing health benefits.



## Pet Therapy for Seniors

Some assisted living facilities are offering pet therapy because of the numerous benefits interaction with animals offer to seniors. American Senior Communities are among such facilities.

Seniors suffer from depression usually as a result of loneliness or isolation, either because friends and family members cannot visit on a regular basis, or they aren't as active as they previously were. Perhaps a loving spouse has passed away. Contact with therapy animals can bring some withdrawn seniors out of their shells, making them happier and more communicative.



Studies show that seniors who are active and always around others, or who own a pet decline in health far less rapidly than isolated or depressed seniors.

## Physical, Emotional and Psychological Benefits of Pet Therapy for Seniors

- Seniors with heart conditions who own pets tend to outlive those who don't.
- Walking a dog provides much-needed physical exercise, which leads to improved mobility and a healthier lifestyle overall.
- The ability to have something to pet or touch can result in lower blood pressure, normal heart rate

and reduced stress.

- Pets provide emotional stability during stressful situations, helping to reduce anxiety and depression.
- Caring for a pet helps increase a senior's self-confidence and self-esteem, providing them a way to feel useful and responsible for something.
- For dementia patients, animals can be soothing to those who have difficulty using language.
- Feeding and grooming can help increase seniors' physical skills and help them become more active.
- Animals can help improve socialization- they listen without judgment and give unbiased affection, especially when a senior may desire to share the thoughts they may not be comfortable telling family or friends.

Having an animal in a senior's life can help improve their well-being and give new meaning to their life. Due to the numerous health benefits therapy animals provide, many assisted living facilities are starting to include pet therapy in their regular senior care programs. Being around animals makes people feel better, healthier, and happier.





# POSEN JANUARY MENU



Congregate meals for pick-up, Sunday - Thursday.

Dinner is a suggested *donation* of \$3.00 for seniors 60 years and older.

The meal **cost** is \$6.00 per person **under 60**. To contact the Posen Center please call 989-766-8191.

**Sunday – Thursday : Congregate pick up times 12:00pm-1:00pm  
Please call to reserve your meal a day in advance or no later than  
10:00 am the day of.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 Lasagna Tossed Salad Cauliflower Pineapple	4 Baked Ham Sweet Potatoes Beets Tropical Fruit	5 Chicken Alfredo Broccoli Mixed Fruit	6 Chicken Tenders Mashed Potatoes Baby Carrots Apricots	7 Ground Beef Stroganoff Egg Noodles Capri Veggies Diced Peaches Wheat Bread
10 Beef Roast Mashed Potatoes w/ Gravy Roasted Squash Pears Dinner Roll	11 Parmesan Cod Parsley Noodles Broccoli Fruit Cocktail	12 Honey Glazed Pork Chop Mashed Sweet Potatoes Green Beans	13 Baked Spaghetti Cauliflower Red Grapes Breadstick	14 Chicken and Biscuits Peas Applesauce
17 Rosemary Turkey Red Bliss Potatoes Brussel Sprouts Peaches	18 <b>Cook's Choice</b>	19 Swedish Meatballs Egg Noodles Winter Blend Veggies Pineapple	20 Oven Fried Garden Chicken Oven Roasted Potatoes Caribbean Veggies Mandarin Oranges	21 Hamburger Waffle Fries Cali Blend Veg-gies Fresh Melon Wheat Bun
24 BBQ Chicken 1/4's Brown Rice Brown Sugar Glazed Carrots Apricots	25 Beef Shephard's Pie Mashed Potatoes w/ Gravy Corn Applesauce	26 Meatloaf Parmesan Noodles Prince Charles Veggies Mandarin Oranges	27 Italian Baked Chicken Hashbrown Cubes Broccoli & Cauliflower Diced Pears	28 Roasted Pork Tenderloin Mashed Potatoes Corn Apple Slices
31 Bacon and Onion Quiche Stewed Tomatoes Peaches Wheat Bread				

All meals served with bread, margarine and milk according to guidelines.

Menu subject to change due to food availability.

Federal and state grants cover only a portion of the meals we provide. Donations are important to PICCOA.



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# ONAWAY JANUARY MENU



Congregate meals for pick-up, Sunday - Thursday.

Dinner is a suggested *donation* of \$3.00 for seniors 60 years and older.

The meal cost is \$6.00 per person under 60. To contact the Onaway Center please call 989-733-2559.

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**Please call to reserve your meal a day in advance or no later than 10:00 am the day of.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 Lasagna Spinach Pineapple Dinner Roll	4 Pork Chops Roasted Potatoes Green beans Applesauce Wheat Bread	5 Ham & Scalloped Potatoes Peas & Pearl Onions Applesauce Wheat Bread	6 Italian Baked Chicken Mashed Potatoes w/ Gravy Carrots Pears Wheat Bread	7 Beef Stroganoff w/ Egg Noodles Wax Beans Peaches Wheat Bread
10 Beef Roast Mashed Potatoes w/ Gravy Peas Pears Dinner Roll	11 Garlic Ginger Chicken Breast White Rice Prince Charles Peaches	12 Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	13 Spaghetti w/ Meat Sauce Broccoli Mandarin Oranges Dinner Roll	14 BBQ Pulled Pork Sandwich Cauliflower Berry Blend Wheat Bun
17 Meatloaf Mashed Potatoes w/ Gravy Green Beans Tropical Fruit	18 Chicken Bowtie Pasta Brussel Sprouts Tropical Fruit Dinner Roll	19 Salisbury Steak Mashed Potatoes w/ Gravy Corn Pineapple	20 Lemon Pepper Chicken Baked Potato Carrots Peaches	21 Hamburger Roasted Potatoes Green Beans Mandarin Oranges Wheat Bun
24 Baked Chicken Breast Baked Potato Carrots Peaches	25 Country Fried Steak w/ Gravy Mashed Potatoes Brussel Sprouts Mandarin Oranges	26 Turkey Egg Noodles Broccoli Pineapple Wheat Bread	27 Goulash California Blend Pears	28 Baked Chicken Breast White Rice Mixed Veggies Peaches
31 Pork Roast Mashed Potatoes w/ Gravy Corn Applesauce Dinner Roll				

All meals served with bread, margarine and milk according to guidelines.

Menu subject to change due to food availability.

**Federal and state grants cover only a portion of the meals we provide. Donations are important to PICCOA.**



# Heart Attack WARNING SIGNS



85% of heart damage takes place within the first  
**2 hours of a heart attack**



KNOW THE SYMPTOMS &  
**CALL 9-1-1  
IMMEDIATELY**

## MEN vs. WOMEN

SYMPTOMS THAT COME AND GO AND FINALLY BECOME CONSTANT AND SEVERE:



Shortness of breath



Fatigue



Jaw Pain



Chest pressure,  
burning, aching or  
tightness



Pain that travels  
down one or  
both arms



Anxiety



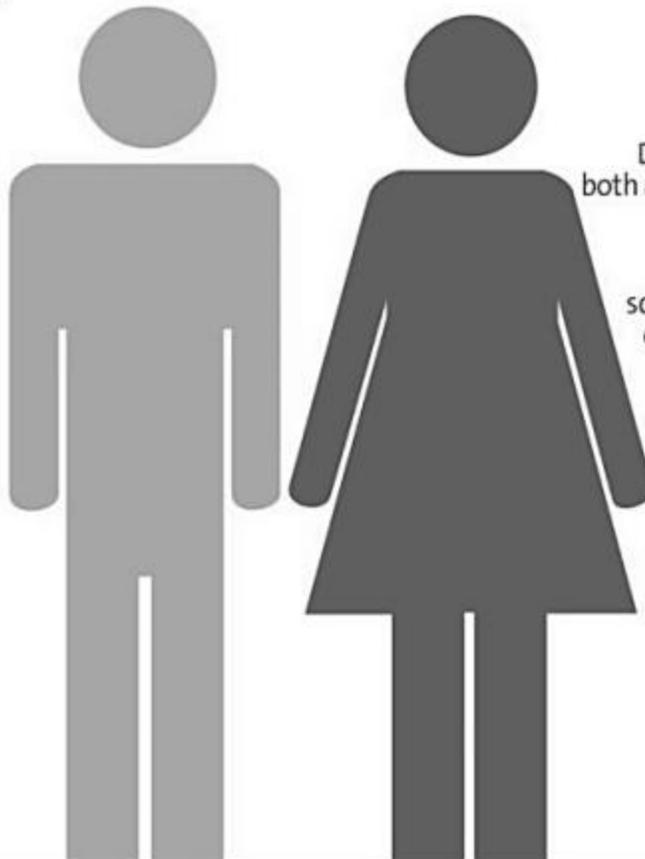
Back Pain



Feeling of Fullness



Nausea



Unusual fatigue



Lightheadedness  
and fainting



Discomfort in one or  
both arms neck, shoulder,  
jaw or stomach



Chest pressure,  
squeezing pain in the  
center of their chest



Upper abdominal  
pressure or  
discomfort



Feeling of Fullness



Nausea/Vomiting



Cold Sweat





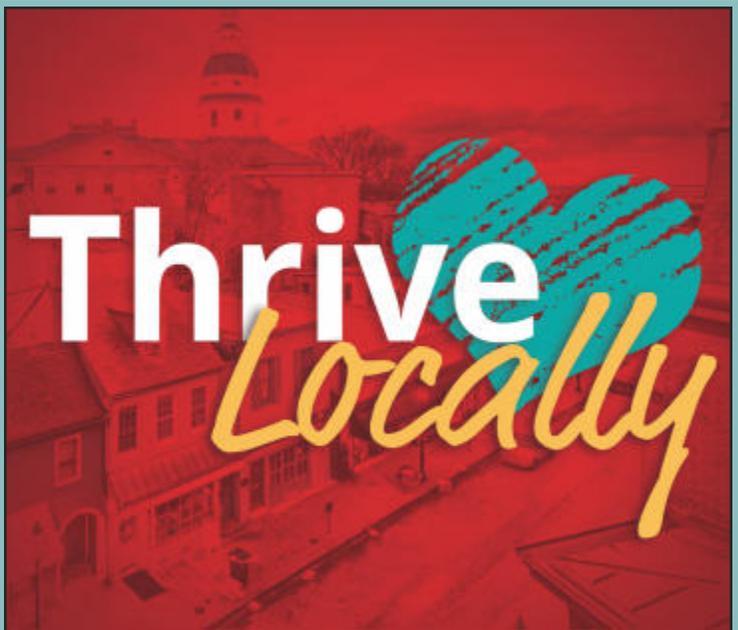
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If you're not eating oatmeal everyday, here's why you *oat* to.

### 1. Oats Can Lower

#### **Cholesterol, Stabilize Blood Sugar, and Help You 'Go'**

Oats contain both soluble and insoluble fiber. Soluble fiber forms a viscous gel that helps to lower cholesterol and stabilize blood glucose levels. The insoluble fiber in oats helps provide a "moving" experience by curtailing constipation and improving intestinal health.

### 2. Oats May Protect Your Heart and Your Colon

A variety of antioxidants known as avenanthramides are found exclusively in oats. Avenanthramides have been shown to exhibit anti-inflammatory and anti-itching activity, and may provide additional protection against coronary heart disease, colon cancer, and skin irritation. They also may play a role in controlling blood pressure.

### 3. Oats Make an Easy, Balanced Breakfast

One cup of cooked oatmeal contains about 150 calories, four grams of fiber (about half soluble and half insoluble), and six grams of protein. To

boost protein further, my favorite way to eat oatmeal is with a swirl of almond butter nestled within. This powerful combo will keep you away from that midmorning visit to the vending machine.

### 4. Oats Provide Important Vitamins and Minerals

Nutrient-rich oatmeal contains thiamine, magnesium, phosphorus, zinc, manganese, selenium, and iron.

### 5. Oats Are Gluten-Free

Oats are naturally gluten-free, but check with manufacturers to ensure that their products are not made using the same equipment as other potentially contaminating grains. (Always purchase gluten-free products from reputable companies and read food labels carefully.)



GLUTEN FREE

### 6. Oats May Help You Control Your Weight

Oats can keep you feeling fuller longer, thereby helping you control your weight. Sadly, carbs are often shunned and feared by those looking to drop a few pounds, but whole grains can squash hunger and simultaneously provide that pleasant "ahhhh" feeling carb-lovers crave. As with any other food, be mindful of portion sizes.

### 7. Oats Can Be Savory, Too

Although oats are usually paired with sweet foods like brown sugar and cinnamon or fruit, oats also make a perfect savory side dish. Oats provide a texture similar to buckwheat, and their bland taste is like a blank canvas for a variety of seasonings and spices. You can combine oatmeal with your favorite veggies or last night's leftovers, and top with an egg or a sprinkle of cheese to enjoy breakfast for dinner.

Foods that bring back comforting memories are precious and should be savored slowly. But proceed with caution when it comes to what I call "Ratatouille impersonators" — foods that remind you of a past experience but taste nothing like the original. For example, instant flavored oatmeal may conjure up Mom or Dad's homemade dish, but in reality, it may have more than 10 grams of sugar as compared with 1 gram. Make sure your oatmeal is healthful by choosing brands with little to no added sugar, and add your own toppings for flavor. To stay on the safe side, look for brands that list only oats on their ingredient list.



### Ingredients:

- 3 ripe bananas
- 2 cups rolled oats
- 1 cup dates, pitted and chopped
- 1/3 cup vegetable oil
- 1 teaspoon vanilla extract



### Nutrition Facts: Per Serving

56 calories; protein 0.8g;  
carbohydrates 8.4g; fat 2.4g ;  
cholesterol 0mg; sodium 0.5mg.

### Directions:

1. Preheat oven to 350 degrees
2. In a large bowl, mash bananas, stir in the oats, dates, oil and vanilla. Mix well, and allow to sit for 15 minutes. Drop by the teaspoon full onto a ungreased cookie sheet.
3. Bake for 20 minutes in the preheated oven, or until lightly brown.



There are a number of techniques that can help keep your immunity high and your body in good condition to support wellness all season long so that can enjoy the chiller months.

#### Get Up and Moving

Winter brings fewer hours of sunlight during the day and per the National Sleep Foundation, darkness naturally causes the brain to release melatonin, a hormone that triggers sleepiness. Exercise can counteract this drowsiness.

### Winter Wellness

#### Add Herbal Supplements

Herbal supplements can help support overall health. For example, the supplement turmeric, is widely regarded to have numerous positive health implications.

#### Get Ample Rest

The National Sleep Foundation recommends older adults get at least 7-8 hours of sleep each night for optimal health.

#### Boost Immunity

During the winter months when fresh fruit can be harder to

find, supplements like Echinacea & Vitamin C from Nature's way can be another source of vitamin C.

#### Maintain Skin Health

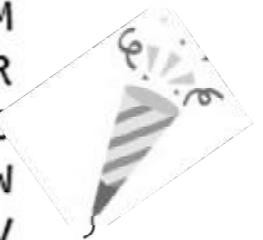
You can take steps to minimize painful redness and flakiness or cracking by regularly moisturizing your skin with fragrance-free lotions and herbal oils.

Note: Always consult your healthcare provider when contemplating new ideas to promote better health.



# HAPPY NEW YEAR!

U M O F I O G M O E W P N I I O B A W L  
 H B Z S H O U P W P V R T V Y Z O A P Q  
 F R O H C R S L E D D I N G A O G W O V  
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|----------|------------|--------|----------|------------|------------|
| BLIZZARD | COLD       | FROZEN | JACKET   | POLAR BEAR | SLEDDING   |
| BOBSLED  | COZY       | GLOVES | JANUARY  | SEASON     | SNOWBOARD  |
| BOOTS    | DECEMBER   | ICE    | MOUNTAIN | SHOVEL     | WINTER     |
| CHILLY   | FOOTPRINTS | IGLOO  | PENGUIN  | SKIING     | WONDERLAND |

THIS YEAR MAY HAVE  
THROWN MORE AT  
YOU THAN YOU  
PLANNED, BUT YOU  
STILL MADE IT.





## Presque Isle Senior Newsletter Subscription Renewal

For an annual subscription year (Jan. 2021—Dec. 2021) to this publication, complete and send this form along with a \$6.00 check addressed to:

**PICCOA, 4203 S. Lynn St. Onaway, MI 49765**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: MI Zip: \_\_\_\_\_

Phone # : \_\_\_\_\_

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thank  
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Many thanks to the following for their donations and volunteer time.

Ray and Ruth Szymoniak

Ruth Schultz

Herb Stock

Bonnie Grulke

Turkey Trackers of Presque Isle

## FOR SALE!

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989-733-2559 To Place Your Order!

\* Please Notice The Price Change \*

Breads	
White	\$2.00
Wheat	\$3.00
Rye (Posen Only)	\$3.00
Vegetable	\$3.00
Cinnamon	\$3.00
Raisin	\$3.00
Pastries	
Cinnamon Roll	\$1.50
Apple or Cherry Bites (Posen Only)	5 for \$1.50
Cherry Turnover (Posen Only)	\$1.50
Raspberry Strudel	\$1.50
Cookies-Onaway Only	
Dozen	\$7.00
Half-dozen	\$3.50



## How We Helped...

In November 2020, Presque Isle County Council on Aging provided the following services to the Seniors of Presque Isle County.



### Transportation:

28 riders and gave 128 rides



### In-Home services:

56 clients served



### Home-delivered Meals:

106 clients and 3114 meals delivered



### Congregate to-go orders:

75 clients and 381 meals picked up

PRESQUE ISLE COUNTY COUNCIL  
ON AGING—SENIOR NEWS

4203 S. Lynn St.  
Onaway MI, 49765

«AddressBlock»



Some programs funded in part with funds through the Older Americans Act, Aging and Adult Services Agency of the Michigan Department of Health and Human Services and Region 9 Area Agency on Aging.

**What is PICCOA?**

Presque Isle County Council on Aging (PICCOA) is a non-profit organization providing services and assistance to residents of Presque Isle County aged 60 years or older at all income levels.

Our services include:

- ◆ Homemaker
- ◆ Personal Care
- ◆ Respite Services for Caregivers
- ◆ Home-Delivered Meals
- ◆ Congregate Meals
- ◆ Transportation
- ◆ Medicare Assistance (MMAP)
- ◆ Senior Companions
- ◆ Kinship/Grandparent Program
- ◆ Commodities Distribution
- ◆ Medical Loan Closet
- ◆ Health & Nutrition Education
- ◆ Pet Assistance Program
- ◆ Recreation—music, cards, bingo
- ◆ Volunteer Opportunities

Presque Isle County Council on Aging is funded by:

- ◆ Presque Isle County Senior Millage
- ◆ Presque Isle County Transportation Millage
- ◆ Northeast Michigan Community Service Agency (NEMCSA)
- ◆ Region 9 Area Agency on Aging
- ◆ Michigan Department of Transportation (MDOT)
- ◆ Nutrition Services Incentive Programs (NSIP)
- ◆ Public Contributions and Donations
- ◆ Fees for Services—Transportation
- ◆ Special Events & Fundraising

We appreciate all who have made a difference.

This organization is partially funded by Presque Isle Co. Senior Millage and Transportation funds.

Your tax dollars at work!