

PRESQUE ISLE

SENIOR NEWSLETTER
Email: info@piccoa.org
www.piccoa.org

February 2021 • Issue 427

6520 DARGA HWY.
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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



Happy February everyone!

I don't want to jinx it, but so far, winter has been easy on us. Just a few more months and we will have warmer days

We are still running our soup fundraiser and if you haven't tried it yet be sure to call our centers to place an order. You will find the soup menu on page ? for the whole month of February.

As I am writing this, our centers are still closed to the public. We are hopeful that things will continue to improve on the Covid-19 front and we will be able to welcome you all back.

We are still offering curbside pickup of our meals. Be sure to call before 10 am, Sunday through Thursday to schedule a pickup.

Stay healthy and we hope to see you soon!

Sincerely,

Christine Schleben, Director

◆◆ 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

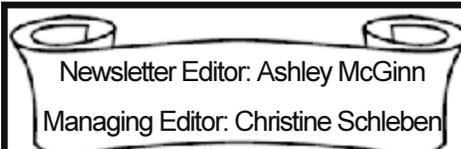


Thursday, February 4th
Onaway Center: 9am-10am
Posen Center: 12pm-12:30pm

* 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

TEFAP Quarterly Commodities



Thursday, February 25th
Both Centers:
9:00 am-12:00 pm

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



Our hearts work beat by beat, second by second for 24 hours a day, never resting. Over the average lifetime, our hearts beats about 2.5 billion times. Knowing that it's one of the most vital organs keeping us alive, it's important to treat it like the precious commodity it is.

The number one cause of death among women and men, heart disease claims approximately one million lives per year. Heart disease conditions emerge when plaque, which is made of fat, cholesterol, calcium and other substances in the blood, builds up inside the coronary arteries which supply oxygen-rich blood to the heart muscles. When plaque builds up, it restricts blood flow to the heart's chambers, which can lead to heart attack, sudden cardiac death and stroke.

The good news is that simple lifestyle changes can help you avoid, or even slow down, heart-related problems. Making positive changes in one of the following seven areas can have one of the biggest impacts on your heart health.

- Losing weight/ maintaining a healthy weight
- Eating healthy
- Staying active
- Managing blood pressure

- Reducing blood sugar
- Quitting smoking
- Controlling cholesterol

Making a positive change in any of above seven areas can make a drastic difference in your health.

The more you know about your health the more power you have to stay healthy. High cholesterol and high blood pressure can damage your blood vessels and heart. See your healthcare provider at least once per year for regular health screenings that will tell test your blood pressure, cholesterol levels and blood sugar numbers. .

In addition to incorporating more healthy habits in to your life, eat a heart-healthy diet rich in fruits, vegetables and whole grains to help protect your heart. Aim to eat beans, while minimizing consumption of dairy products, and meats.

Avoid too much salt and sugars in your diet. Because fats can have a negative impact on your LDL or "bad" cholesterol, try to avoid saturated fats and trans fats.

By losing weight or maintaining a healthy weight, you significantly reduce your risk of diabetes, high cholesterol and high blood pressure.

It takes 60-90 days to create a new habit. Learning simple tips to kick your bad habits and replace them with heart-healthy habits can be as easy as following these four steps:

1. Break a bigger goal into smaller, short-term goals: Whether you want to decrease your sugar consumption or sleep seven to eight hours a night because you know it's important for your heart, don't do it cold turkey. By easing yourself in to your new routine, you will see the benefits and feel more motivated toward your longer-term goal.
2. Confide in someone you trust: Be it a spouse, sibling, friend or coworker, confiding in someone you trust will help you reach your goals. Having a confidant while making lifestyle changes will help you remain accountable for your actions.
3. Make small exercise changes: Start your workouts with low intensity by going slow, working up your stamina and building muscle and flexibility.
4. Understanding the risk factors and ailments associated with heart disease is an important step to take to prevent yourself, or your loved ones, from becoming a statistic of the disease. One of the most important things to remember is that a healthy lifestyle, especially when started at a young age, is proven to go a long way to prevent heart disease.



February 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 February 1st: White Chicken Chili or Cabbage Soup

Week of February 7th: Beef Barley or Chicken Dumpling

Week of February 14th: White Chicken Chili or Cabbage Soup

Week of February 21st: Beef Barley or Chicken Dumpling

Onaway Soup Menu:

Week of February 1st: Glumpki or Egg Drop

Week of February 7th: Chili or Chicken Noodle

Week of February 14th: Glumpki or Egg Drop

Week of February 21st: Chili or Chicken Noodle

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 ***



If you haven't already received an email inviting you to a Zoom meeting, you probably will soon. In this age

of social distancing, many groups are choosing to meet virtually, and Zoom is one of the most popular ways to do this. It might be your book club, your volunteer group, or your Sunday school class, but chances are you're going to be part of a Zoom meeting.

Zoom is a computer program used to hold online virtual meetings. You can use Zoom on a smartphone, a tablet, a laptop, or a desktop computer (as long as you have a camera, speakers, and a microphone). It uses your computer's or phone's camera to show live video of all attendees (if you don't want to be on camera, that's fine, too. You can just display your name). Zoom uses your computer's or phone's microphone to let you talk to other meeting participants. If you do not have access to a computer, tablet, or smartphone, you can use a phone to dial into a meeting.

DOWNLOAD ZOOM

Zoom is a program that runs on your computer, phone, or tablet. You must download this program from the Zoom website. The free version of Zoom should meet all of your needs.

If you've received an email invitation to a Zoom meeting, click the link that says, "Join Zoom Meeting." If this is the first time you've used Zoom,

this link will take you to a website where you can download the Zoom program or app, depending on what device you're using.

JOIN A MEETING

After you install Zoom, there are a few different ways to join a Zoom meeting. You can click the link in your invitation email, go to the Zoom website and enter the meeting ID, or dial into the meeting on a phone. When you are on the Zoom website, if you are asked if you want to open Zoom, click "Open zoom.us." Zoom opens, showing you a preview of your camera image. Then click either "Join with Video" or "Join without Video." If you use video, other people in the meeting will see you. If not, they will just see your name. Next, Zoom asks about audio. Click "Join with Computer Audio" so you can hear and be heard in the meeting.

Dial into the meeting on a phone: If you don't have access to a computer, tablet, or smartphone, you can use a phone to dial into the meeting. The phone number to use will be in your invitation email, or you can find the number to use in the Zoom International Dial-in Numbers list.

PARTICIPATE IN A MEETING

Once you've joined the meeting, you can see and hear other participants. Each participant is represented by a square that displays their face (if they've chosen to join with video) or just their name. If you're in a large meeting,



make sure your microphone is muted. Your computer microphone is pretty sensitive, and if you're unmuted, it can pick up a lot of background noise. The mute button, which looks like a microphone, is in the bottom left corner of the Zoom screen. If the microphone has a red line through it, you're muted, and no one in the meeting can hear you.

If the microphone has a red line through it, you are muted.

Click the button again to unmute yourself if you want to talk in the meeting.

If the microphone has no red line through it, you can be heard in the meeting.

Only one person in the meeting can talk at a time. Zoom indicates who is speaking by highlighting their image with a yellow square.

There is also a chat feature in Zoom, where you can type messages to other participants. Participants can send messages to everyone in the meeting, or just certain participants. However, after the meeting, the host can view the transcript of all chats, so it's not entirely private. If there is a message for you in the chat, a notification appears on the Chat button, which looks like a speech bubble. Click that button to open the chat window.





POSEN FEBRUARY MENU

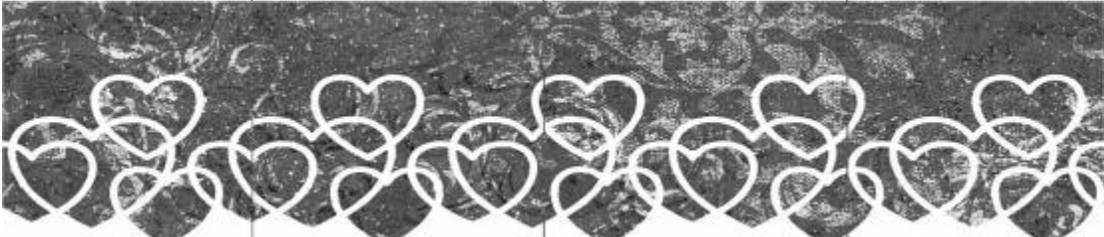


Congregate meals for pick-up, Sunday - Thursday.

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
	1 Parmesan Cod Parsley Noodles Broccoli Fruit Cocktail	2 Honey Glazed Pork Chop Mashed Sweet Potatoes Green Beans	3 Baked Spaghetti Cauliflower Red Grapes Breadstick	4 Chicken and Biscuits Peas Applesauce
7 Rosemary Turkey Red Bliss Potatoes Brussel Sprouts Peaches	8 Baked Chicken Breast Wild Rice Cauliflower Mixed Fruit	9 Swedish Meatballs Egg Noodles Winter Blend Veggies Pineapple	10 Oven Fried Garden Chicken Oven Roasted Potatoes Caribbean Veggies Mandarin Oranges	11 Hamburger Waffle Fries Cali Blend Veggies Fresh Melon Wheat Bun
14 BBQ Chicken 1/4's Brown Rice Brown Sugar Glazed Carrots Apricots	15 Beef Shephard's Pie Mashed Potatoes w/ Gravy Corn Applesauce	16 Meatloaf Parmesan Noodles Prince Charles Veggies Mandarin Oranges	17 Italian Baked Chicken Hashbrown Cubes Broccoli & Cauliflower Diced Pears	18 Roasted Pork Tenderloin Mashed Potatoes Corn Apple Slices
21 Bacon and Onion Quiche Stewed Tomatoes Peaches Wheat Bread	22 Cook's Choice Orange Chicken White Rice Baby Corn Cobs Pineapple	23 Country Fried Steak w/ Gravy Mashed Potatoes Peas & Carrots Grapes	24 Tuna Noodle Casserole Wax Beans Fruit Cocktail	25 Breaded Fish Tater Tots Cali Blend Veggies Diced Pears
28 Lasagna Tossed Salad Cauliflower Pineapple				

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 FEBRUARY 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.

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
	1 Baked Cod Potato Medley Wax Beans Tropical Fruit	2 Swedish Meatballs w/ Egg Noodles Carrots Peaches	3 Chicken Pot Pie Mandarin Oranges Broccoli	4 Meatloaf Mashed Potatoes w/ Gravy Green Beans Tropical Fruit
7 Lasagna Spinach Pineapple Dinner Roll	8 Pork Chops Roasted Potatoes Green beans Applesauce Wheat Bread	9 Baked Chicken Mashed Potatoes w/ Gravy Carrots Pears Wheat Bread	10 Ham & Scalloped Potatoes Peas & Pearl Onions Applesauce Wheat Bread	11 Beef Stroganoff w/ Egg Noodles Wax Beans Peaches Wheat Bread
14 Beef Roast Mashed Potatoes w/ Gravy Peas Pears Dinner Roll	15 Garlic Ginger Chicken Breast White Rice Prince Charles Peaches	16 Lemon Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	17 Spaghetti w/ Meat Sauce Broccoli Mandarin Oranges Dinner Roll	18 BBQ Pulled Pork Sandwich Cauliflower Berry Blend Wheat Bun
21 Baked Ham Candied Sweet Potatoes California Blend Cinnamon Applesauce	22 Chicken Bowtie Pasta Brussel Sprouts Tropical Fruit Dinner Roll	23 Salisbury Steak Mashed Potatoes w/ Gravy Corn Pineapple	24 Lemon Pepper Chicken Baked Potato Carrots Peaches	25 Hamburger Roasted Potatoes Green Beans Mandarin Oranges Wheat Bun
28 Baked Chicken Breast Baked Potato Carrots Peaches				

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.

15 Surprising Facts About Your Heart

Source: www.unitypoint.org/livewell



February is the month of love, so why not take some time to love your heart? It does everything without

being asked. This year, as you begin to think about Valentine's Day, make a date for American Heart Month and celebrate all of the things your heart can do.

1. Your heart can weigh between 7 and 15 ounces. A man's heart weighs, on average, around 10 ounces and a woman's heart weighs around 8 ounces.

2. Newborn babies have the fastest heart beats. A newborn's heart rate is around 70 to 190 beats per minute. The average adult should have a resting heart rate between 60 and 100 beats per minute. If your resting heart rate is higher or increases over several years, it could be a sign of current or impending heart problems. Athletes, who regularly train, will have a very slow resting heart rate around 40 to 60 beats per minute. Women also have faster heart rates, on average, than men because their hearts are smaller in size and need to beat more to pump the same amount of blood.

3. Your heart is located in the middle of your chest. It's found behind your breastbone, but it's tilted to the left, which makes it easier to feel on that side of your chest.

4. Your heart beats around 100,000 times a day. The sound you hear when it beats is actually the noise of the heart valves opening and closing.

5. Your heart pumps 2,000 gallons of blood a day. That blood travels about 12,000 miles through your body each day. During your lifetime, you pump about one million barrels of blood.

6. Heart attacks happen most often on Monday mornings. Stress hormones are higher in the mornings than at any other point during the day, and Mondays in particular seem to cause people more stress than other days of the week.

7. There are 60,000 miles of blood vessels in your body. If one of the vessels is damaged, it makes your heart have to work harder to pump your blood.

8. No one knows why the heart is associated with love. Different civilizations and historical time periods had different meanings for the heart. The belief that the heart controlled all thought and emotion was the general assumption in ancient civilizations. They also believed that the brain was completely useless. Over time, the idea that love came from the heart stuck in popular culture.

9. Men and women have different heart attack symptoms. The symptoms of a woman having a heart attack are much less prominent than a man. For women, heart attacks can feel like uncomfortable squeezing, pressure, fullness or pain in the center of the chest. It can also produce pain in one or both arms, the back, neck, jaw or stomach, shortness of breath, nausea and other symptoms. Men experience the typical heart attack symptoms of chest pain, discomfort and pressure. They, too, can experience pain in other areas, such as the arms, neck, back and jaw, as well as shortness of breath, sweating and discomfort that mimics heartburn.



10. Laughing is good for your heart. Studies have shown that your blood vessels relax when

you're laughing, which sends 20% more blood through your body. Relaxed blood vessels mean your heart doesn't have to work as hard.

11. The heart works twice as hard as the leg muscles of a sprinter. It takes a lot of force to move your blood around your body, and that is why a strong, healthy heart is so important. The heart, which is a muscle, has twice the power of the leg muscles of someone sprinting.



12. Sneezing does not stop your heart. Contrary to popular belief, sneezing does not stop your heart or make it "skip a beat." It can, however, briefly change your heart's rhythm. The only time your heart stops is during cardiac arrest.

13. Your aorta is as large as a garden hose. The biggest artery in your body, the aorta, runs from your heart to your belly. It carries the most blood and is also the most common sight for problems like aneurysms.

14. A "broken heart" can feel like a heart attack. Intense and sudden feelings of sadness can mimic the symptoms of a heart attack. Stress hormones are released into the body and can cause chest pain and shortness of breath. Luckily, with a little bit of rest, your heart will begin to feel normal.

15. Some capillaries are ten times smaller than a human hair. They are so small that blood cells have to travel single-file through them. Oxygen and carbon dioxide are exchanged through the very thin walls of the capillaries.



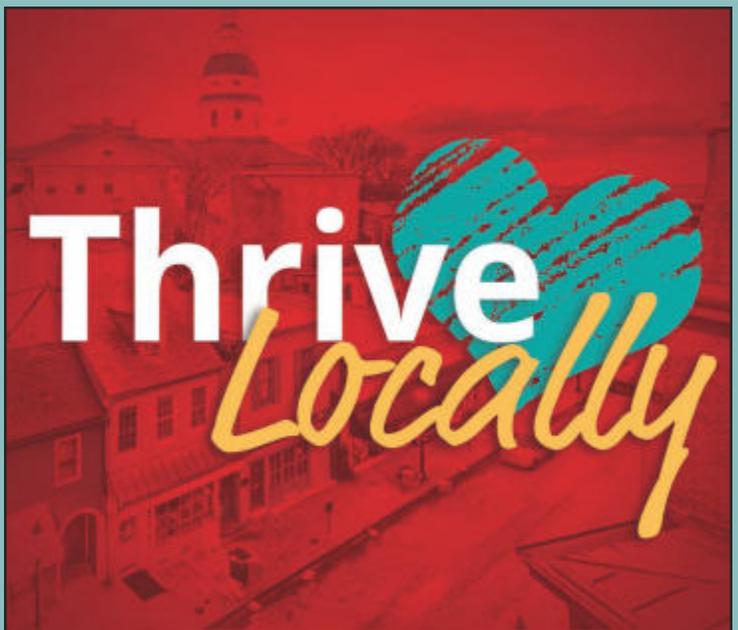
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Emergency kits usually include standard supplies like non-perishable food, drinking water, batteries and first aid equipment. But, if you have an elderly or disabled relative living with you or nearby, there are some additional considerations to make when it comes to their emergency preparedness.

What to Include in a Senior Emergency Kit

- **Mobility Aids.** If your loved one has limited mobility, is bedbound or uses a wheelchair, make detailed plans for how they will get around and evacuate their home if necessary. For example, if your parent uses a motorized wheelchair to get around, be sure to have a manual wheelchair as backup.
- **Durable Medical Equipment.** Most emergency shelters do not have durable medical equipment (DME) available on site, so seniors must bring their own. This includes therapeutic oxygen equipment, mobility aids, blood sugar monitors, CPAP devices, specialized cushions for skin breakdown and any other portable DME they require to maintain their health.
- **Visual Aids.** For your loved one who is blind or visually impaired, keep an extra cane by their bed and attach a whistle to it. Remind them to exercise caution when moving during or immediately after an emergency, as items in their home may have shifted and paths may have become obstructed. Be sure to include an extra pair of glasses or other necessary visual aids in their emergency kit.



- **Personal Care and Sanitation Supplies.** Seniors often require specific supplies to ensure their personal hygiene and comfort. Stocking up on necessary items such as incontinence supplies (e.g., adult briefs, pads, wet wipes, barrier creams, catheter and ostomy supplies), bathing products, gloves toilet paper and commode liners, will help ensure their fundamental daily routine and quality of care change as little as possible during the emergency situation. Don't forget supplies like face masks, garbage bags, paper towels, disinfectant spray, wipes and hand sanitizer.
- **Hearing aids.** Individuals who are hearing impaired should keep extra batteries for their hearing aids with their emergency supplies. When not in use, store hearing aids in a container in a designated space, such as their nightstand, so they can be located quickly in the event of an emergency.
- **ID, Legal and Health Information.** Keep copies of important identification and health documents on hand in an emergency folder for yourself and your loved one. Bringing your driver's license or ID card and insurance cards is ideal, but copies are better than nothing. Other important papers to include in this file are copies of power of attorney (POA) documents, advance directives, and a medication list. If you have to evacuate, bring copies of the deed or lease to one's home, insurance policies and similar papers may be a good idea as well.
- **Prescription Medications.** Talk to your loved ones doctor about obtaining an extra week's supply of all their prescription medications. This



will help your loved one stick to their regime despite inclement weather and closed or inaccessible pharmacies. Keep in mind that prescription and over-the-counter medications have shelf lives. Dispose of expired medications

- **First Aid Kit.** Include a complete first aid kit and manual in your emergency supplies kit.
- **A Communication Plan.** Your family and friends may not be together when disaster strikes, so make a plan for how you will contact one another to determine a safe place where you all can meet if traveling is feasible. Keep in mind that roads may be unsafe and internet and phone lines may be down for some time, depending on the situation. Make a list of important phone numbers for family, friends, local contacts, shelters and aid organizations, and your loved ones' other care team members to include in the emergency file.
- **An Emergency Care Plan.** If a senior receives in-home care services or resides at a long-term care facility, be sure to ask their care providers about protocol for emergency situations. For example, find out up to what point home health aides will come to your loved ones home to provide care, where and when and how your loved one's senior living facility evacuates residents. Don't forget to create back-up plans to help you pivot quickly in changing circumstances.



Ingredients:

- 1 cup all-purpose flour
- 2 cups sliced strawberries
- ½ cup packed brown sugar
- 2 tablespoons lemon juice
- ½ cup chopped walnuts
- 1 cup heavy cream
- ½ cup butter, melted
- 2 egg whites
- 1 cup white sugar



Nutrition Facts: Per Serving

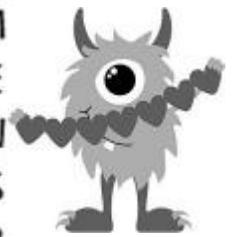
159 calories; protein 1.6g;
carbohydrates 18.5g; fat 9.2g;
cholesterol 23.8mg; sodium 37.2mg

Directions:

1. Preheat the oven to 350 degrees. Grease a 9x13 inch baking dish.
2. Line a rimmed baking sheet with aluminum foil. In a bowl, stir together the flour, brown sugar, walnuts and melted butter. Toast in the oven until the walnuts are fragrant, about 15 minutes; stir occasionally . Sprinkle 2/3 of the walnut mixture evenly over the bottom of the baking dish.
3. In a large bowl, whip the egg whites with the lemon juice until they can hold a soft peak. Gradually add white sugar while continuing to whip to firm peaks. Fold in the strawberries.
4. In a separate bowl, whip the cream with an electric mixer until stiff but not grainy. Fold into the strawberry mixture. Spoon over the crust in the dish and spread evenly. Top with the remaining walnut mixture, freeze for 6 hours or overnight.



Happy Valentine's Day!



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 F V Z Q O W S B V W L W U C T H Q N Y Q



ADORE

CUPID

FLOWERS

PINK

TREATS

CANDY

DEAR

FRIENDS

RED

VALENTINE

CHOCOLATE

DOVE

HEART

SMILES

SWEET

COOKIES

FEBRUARY

LAUGHTER

SUGAR

WHITE

LOVE

SWEETHEART

*It's all fun and
games until your
jeans don't fit.*

VALENTINE'S DAY
IS JUST AROUND
THE CORNER.
So if you're secretly in
love with me, now
would be the time
to speak up.



aunty acid
facebook.com/auntyacid

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Let's skip the
Romance, &
get right to the
Chocolate!



I told you that
I do not have
Alzheimer's
I have
"some-times
sometimes I
remember and
sometimes I don't !!



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 # : _____

For Office Use Only

Amount Paid: _____

Check #: _____

Paid Date: _____

Renewal Year: _____

thank
you!

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

Marilyn Madden

Indian River Trading Post (Shell)

Ruth Schultz

Herbie Stock

Bonnie Grulke

FOR SALE!

PICCOA Oven - Fresh Baked Goods
Either Posen 989-766-8191 or Onaway
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 December 2020, Presque Isle County Council on Aging provided the following services to the Seniors of Presque Isle County.



Transportation:

27 riders and gave 105 rides



In-Home services:

53 clients served



Home-delivered Meals:

105 clients and delivered 3466 meals



Congregate to-go orders:

75 clients and 437 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!