

PRESQUE ISLE

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

March 2021 • Issue 428

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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 ◆◆



As the days get longer and the nights get warmer, we leap into March with great excitement. Springtime is here! March is full of goofy days and holidays:

- **March 3rd: If Pets Had Thumbs Day**

One thing that sets man apart from many other species on the planet is an opposable thumb. It allows us to do many things that most other creatures can't do. Now imagine what it would be like if your pet had thumbs.

- **March 13th: International Fanny Pack Day**

In the 1980s a new fad hit the world scene. People wore fanny packs to carry belongings, it allowed women to carry cosmetics, keys, wallets, IDs and other belongings, freeing them from lugging their purse around. Fanny packs were not seen as feminine. Men found fanny packs useful, too. Like all fads, the fanny pack craze faded, but you may find a few people who refuse to let it go.

- **March 28th: Something on a Stick Day**

Something on a Stick Day celebrates things on a stick. Isn't this just a neat day? So what comes on a stick? Practically anything. The first thing that comes to mind is popsicles and fudgesicles. Hotdogs and marshmallows on a stick are popular at campfires. Celebrate this fun day by serving food for meals and snacks on a stick!

- Ashley McGinn, Administrative Assistant



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, March 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



Don't forget to turn your clocks one hour forward before bed on Saturday, March 13th.

7 Habits of Supremely Happy People

Source: www.mentalhelp.net

Everyone wants to be happy, but for a lot of people, that's easier said than done.

Long-lasting happiness is earned through our habits and happy people know that investing in the right habits pay off. So, if you're looking for a little help in the happiness department, put a couple of the following seven tips to the test and see what happens:



1. **Enjoy the Little Things:**

Life gets busy and sometimes we get so caught

up in our day-to-day routines that we fail to appreciate the little things. Whether it's a meaningful conversation, a good meal or even a breath of fresh air, happy people know how important it is to stop and savor each and every moment.

2. **Sweat it**

Out: When we exercise, our bodies release chemicals called endorphins. These endorphins interact with the receptors in the brain and trigger a positive feeling in the body known



as a "runner's high." This natural high has a profound effect on mental health, relieves stress and improves memory.



3. **Carefully Select Your 'Friend' Group:**

There's nothing worse than being around a negative person. Their negativity is contagious and soon our mood and outlook take a nosedive. Hanging around positive people has the opposite effect. Not only do they help build our confidence, but being around them is a heck of a lot more fun.

4. **Stay Positive:** No one is immune from hardship, but it's all about how we respond that sets us apart. Happy people look at tough situations differently. Instead of complaining about how things could've been or should've been, they reflect on everything they're grateful for. They don't get bogged down by pessimism – they find the best solution available and tackle the problem.



5. **Sleep:** When we sleep, our brains recharge,



ensuring we wake up alert and clear-headed. Without enough rest, our energy, attention and memory are reduced and stress hormones go through the roof. Thus, happy people make sleep a priority.

6. **Help Others:** Serving others not only makes the people we're helping happy, but it makes us happy, as well. It takes the focus off us as individuals and provides a different perspective on life; it helps us appreciate everything we have, rather than what we don't.



7. **Make an Effort:** No one is happy 100 percent of the time, but happy people work harder at it than everyone else. They know how easy it is to get sucked into a pessimistic mindset – one where emotions aren't monitored or controlled. Happy people constantly evaluate their moods and make decisions with their happiness in mind.

March Soup and Bread Menu

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

Pick up on Thursdays from 10am—3pm

****THIS WILL BE THE LAST TIME TO GET SOUP TO GO UNTIL NEXT WINTER!**



Posen Soup Menu:

Week of March 1st: Stuffed Pepper or Creamy Chicken Noodle

Week of March 7th: Bacon Cheddar Cheese Soup or Chili

Week of March 14th: Stuffed Pepper or Creamy Chicken Noodle

Week of March 21st: Bacon Cheddar Cheese Soup or Chili

Onaway Soup Menu:

Week of March 1st: Split Pea w/ Ham or Pork Cabbage

Week of March 7th: Bean w/ Ham or Creamy Broccoli

Week of March 14th: Split Pea w/ Ham or Pork Cabbage

Week of March 21st: Bean w/ Ham or Creamy Broccoli

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 ***



Vaccinations are as important for adults as they are for children. Just because you're grown doesn't mean you're immune from certain illnesses. Vaccinations are important in staying healthy. Unfortunately, many adults don't know they need vaccines

The Center for Disease Control and Prevention (CDC) recommends the following vaccines for adults:

Flu: All adults should receive a seasonal flu shot once a year. It can reduce the risk of flu by up to 50%. How well it works depends on the type of flu that is spreading. It takes about two weeks after vaccination to protect against flu. The best time to get vaccinated is early fall.

Tdap: This vaccine protects against tetanus, diphtheria, and pertussis. These bacterial infections can be prevented with a vaccine. It's typically given at age 11 or 12. If you did not receive it as a child, you need it as an adult. Also, if you are a family member (grandparent, parent, etc.) of someone expecting a new baby soon, it is especially important to get the Tdap before the baby is born if you have not already had the booster.

Td: This vaccine protects against tetanus and diphtheria. These are bacterial infections. If you got the vaccination as a child, you need a booster dose every 10 years. If you haven't had one for a while, get one if you've experienced a severe or dirty

wound or burn.

Zoster: This vaccination protects against the shingles virus. The shingles virus causes a painful rash. It appears as blisters that develop on one side of the body. It often appears on the face or torso. It can result in long-term pain even after the rash goes away. Older people are most at risk for the virus. The CDC recommends adults 50 years and older get two doses of the vaccine. The doses should be 2 to 6 months apart.

Pneumococcal Conjugate: This vaccine protects against pneumonia.

Pneumonia is a serious bacterial infection. It spreads from close, person-to-person contact. The infection is common in adults. Beyond children, adults 65 and older are urged to get the vaccine. It also may be recommended by your doctor that you get this vaccine if you have a chronic condition, such as diabetes or COPD.

HPV: This vaccine protects against human papillomavirus (HPV). People who are sexually active are at risk of HPV. The vaccine is given to pre-teens. However, adults can benefit from getting it later in life. The vaccine requires three doses. If you only got one or two doses as a child, you need still need the final dose.

Meningococcal: This vaccine protects against meningococcal disease. This bacterial infection affects the lining of the brain, spinal cord, and bloodstream. It is



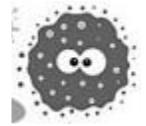
spread through coughs, kissing, and living in close quarters.

MMR: This vaccine protects against measles, mumps, and rubella. Adults born after 1957 who never got the vaccine should get it.

Varicella: This vaccine protects against chickenpox. Adults who have not had chickenpox or the vaccine should get it.

Hepatitis A: This is a highly contagious liver infection, It is spread through contact with feces (poop). Adults who are at risk for the infection should get the vaccine. Risk factors include living or traveling to areas of the world where the infection is common, exposure to childcare centers, and living with someone who has Hep A.

Hepatitis B: This is an infection of the liver. It is spread through contact with blood and bodily fluids. Adults exposed to certain risk factors should get the vaccine. Risk factors include jobs that expose you to others with the infection, a diagnosis of diabetes, end-stage kidney disease, chronic liver disease, or drug/sexual behavior that increases risk.



Hib: Haemophilus influenzae type b (Hib) is a bacterial infection. It infects the lining of the brain and causes meningitis. Adults with certain risk factors should get the vaccine. This includes people with a diagnosis of sickle cell disease, HIV/AIDS, removal of the spleen, bone marrow transplant, or cancer treatment.



POSEN MARCH 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 Beef Shephard's Pie Mashed Potatoes w/ Gravy Corn Applesauce	2 Meatloaf Parmesan Noodles Prince Charles Veggies Mandarin Oranges	3 Italian Baked Chicken Hashbrown Cubes Broccoli & Cauliflower Diced Pears	4 Roasted Pork Tenderloin Mashed Potatoes Corn Apple Slices
7 Daylight Saving Time Begins Bacon and Onion Quiche Stewed Tomatoes Peaches Wheat Bread	8 Beef and Broccoli White Rice Cauliflower Peaches	9 Country Fried Steak w/ Gravy Mashed Potatoes Peas & Carrots Grapes	10 Tuna Noodle Casserole Wax Beans Fruit Cocktail	11 Breaded Fish Tater Tots Cali Blend Veggies Diced Pears
14 Lasagna Tossed Salad Cauliflower Pineapple	15 Baked Ham Sweet Potatoes Beets Tropical Fruit	16 Chicken Alfredo Broccoli Mixed Fruit	17 St. Patrick's Day Corned Beef Cabbage Red Potatoes Emerald Pears	18 Ground Beef Stroganoff Egg Noodles Capri Vegies Diced Peaches Wheat Bread
21 Roast Beef Mashed Potatoes W/ Gravy Yellow Squash Diced Pears Dinner Roll	22 Parmesan Cod Parsley Noodles Broccoli Fruit Cocktail	23 Honey Glazed Pork Chop Mashed Sweet Potatoes Green Beans	24 Baked Spaghetti Cauliflower Red Grapes Breadstick	25 Chicken and Biscuits Peas Applesauce
28 Rosemary Turkey Red Bliss Potatoes Brussel Sprouts Peaches	29 Baked Chicken Breast Wild Rice Cauliflower Mixed Fruit	30 Swedish Meatballs Egg Noodles Winter Blend Veggies Pineapple	31 Oven Fried Garden Chicken Oven Roasted Potatoes Caribbean Veggies Mandarin Oranges	

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 MARCH 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 Country Fried Steak w/ Gravy Mashed Potatoes Brussel Sprouts Mandarin Oranges	2 Turkey Egg Noodles Broccoli Pineapple Wheat Bread	3 Goulash California Blend Pears	4 Baked Chicken Breast White Rice Scandinavian Blend Peaches Wheat bread
7 Daylight Saving Time begins Pork Roast Mashed Potatoes w/ Gravy Corn Applesauce	8 Baked Cod Potato Medley Wax Beans Tropical Fruit	9 Swedish Meatballs w/ Egg Noodles Carrots Peaches	10 Chicken Pot Pie Mandarin Oranges Broccoli	11 Meatloaf Mashed Potatoes w/ Gravy Green Beans Tropical Fruit
14 Beef Roast Mashed Potatoes w/ Gravy Peas Pears Dinner Roll	15 Pork Chops Roasted Potatoes Green beans Applesauce Wheat Bread	16 Ham & Scalloped Potatoes Peas & Pearl Onions Applesauce Wheat Bread	17 St. Patrick's Day Corned Beef Cabbage Boiled Redskins Carrots Emerald Pears Pistachio Pudding	18 Beef Stroganoff w/ Egg Noodles Wax Beans Peaches Wheat Bread
21 Lasagna Spinach Pineapple Dinner Roll	22 Garlic Ginger Chicken Breast White Rice Prince Charles Peaches	23 Lemon Baked Cod Tater Tots Carrots Fruit Cocktail Wheat Bread	24 Spaghetti w/ Meat Sauce Broccoli Mandarin Oranges Dinner Roll	25 BBQ Pulled Pork Sandwich Cauliflower Pineapple Wheat Bun
28 Baked Ham Candied Sweet Potatoes California Blend Cinnamon Applesauce	29 Chicken Bowtie Pasta Brussel Sprouts Tropical Fruit Wheat Bread	30 Salisbury Steak Mashed Potatoes w/ Gravy Corn Pineapple	31 Lemon Pepper Chicken 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.



As winter comes to an end it's time for everyone's favorite season, Spring! The air is starting to get warmer, birds are starting to sing, and the flowers are starting to bloom; so, get out and enjoy it! Regardless of your age, there are tons of activities to help you stay active and enjoy the weather. Here are just a few fun spring activities you can enjoy:



Walking – Make walking a part of your daily routine. Walking is a great exercise for seniors, so choose a local park, nature trail, or even your own neighborhood, and get outside! Even better, grab a friend and make it a social activity you can look forward to every day.

Spring Cleaning – Living in a cluttered



space is not only unappealing to the eye but can also increase your stress levels. Spend a few days going through your

belongings and donate anything you don't need. Soon your home will be clean, and you'll get to revisit old memories along the way.

Gardening –

Gardening is another great way to get some exercise and enjoy the nice weather. It also reduces stress levels and promotes flexibility and endurance. Visit your local nursery to see the wide variety of indoor and outdoor plants they offer. We recommend planting fruits and vegetables for some fresh ingredients for your favorite dishes.



Farmers Market – Farmers Markets are a great place to get outside, enjoy the fresh air, and pick up some unique crafts and organic produce. You can go in with a recipe in mind, or just wander and see what everyone is selling!



Fishing – Whether you are mobile or in a wheelchair, fishing is a great activity anyone can enjoy.

Head to a pier, bridge, creek, or river and let the relaxation and great weather make your day.

Volunteering –

It's always a great day to volunteer! Helping the less fortunate not only benefits them, but makes you feel good as well. Check google for volunteer opportunities in your area.



Grandkids – Kids love being outside! Pack a picnic basket, take them to the park, fly a kite, or feed the geese! It's sure to be a fun time for you both of you. If you're too far to visit them, try a zoom meeting or facetime on your phone.

Bird Watching – Birds are beautiful creatures and are very fun to watch.



Invest in a bird feeder (or build your own), and eventually you'll have blue jays and hummingbirds flying around your backyard!



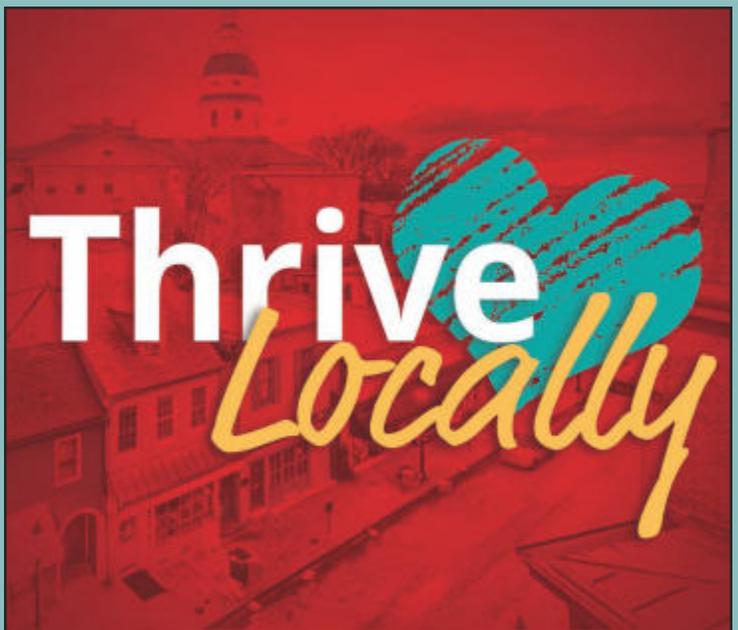
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4 Basic Steps for Food Safety

Each year millions of people get sick from food illnesses which can cause you to feel like you have the flu. Food illnesses can also cause serious health problems, even death. Follow these four steps to help keep you and your family safe.



1. **Clean:** Always wash your food, hands, counters and cooking tools.
 - Wash hands in warm soapy water for at least 20 seconds. Do this before and after touching food.
 - Wash your cutting boards, dishes, forks, spoons, knives and counter tops with hot soapy water. Do this after working with each food item.
 - Rinse fruits and veggies.
 - Clean the lids on canned goods before opening.
2. **Separate (Keep Apart):** Keep raw foods to themselves. Germs can spread from one food to another.
 - Keep raw meat, poultry, seafood and eggs away from other foods.
 - Do not reuse marinades used on raw foods unless you bring them to a boil first.
 - Use a special cutting board or plate for raw foods only.
3. **Cook:** Foods need to get hot and stay hot. Heat kills germs.
 - Cook to safe temperatures:
 - ⇒ Beef, Pork or Lamb 145°F
 - ⇒ Fish 145°F
 - ⇒ Ground Beef, Pork or Lamb 160°F



- ⇒ Turkey, Chicken or Duck 165°F
- 4. **Chill:** Put food in the fridge right away.
 - **2-Hour Rule:** Put foods in the fridge or freezer within 2 hours after cooking or buying from the store. Do this within 1 hour if its is 90°F or hotter outside.
 - Never thaw food by simply taking it out of the fridge. Thaw food in the fridge, under cold water or in the microwave.
 - Marinate foods in the fridge.

Avoid Food Poisoning: Tips for eating at restaurants.

- Check inspection scores. Check a restaurant's score at your health department's website, ask the health department for a copy of the report, or look for it when you get to the restaurant.
- Look for certificates that show kitchen managers have completed food safety training. Proper food safety training can help improve practices that reduce the chance of spreading foodborne germs and illnesses.
- Look for safe food-handling practices. Sick food workers] can spread their illness to customers. If you can see food being prepared, check to make sure workers are using gloves or utensils to handle foods that will not be cooked further, such as deli meats and salad greens.
- Order food that's properly cooked. Certain foods, including meat, poultry, and



fish, need to be cooked to a temperature high enough to kill harmful germs that may be present. If a restaurant serves you undercooked meat, poultry, seafood, or eggs, send them back to be cooked until they are safe to eat.

- Avoid food served lukewarm. Cold food should be served cold, and hot food should be served hot. If you're selecting food from a buffet or salad bar, make sure the hot food is steaming and the cold food is chilled. Germs that cause food poisoning grow quickly when food is in the danger zone, between 40°F and 140°F.
- Ask your server if they use pasteurized eggs in foods such as Caesar salad dressing, custards, tiramisu, or hollandaise sauce. Raw or undercooked eggs can make you sick unless they're pasteurized to kill germs.
- Take care of your leftovers quickly. Refrigerate leftovers within 2 hours of eating out. If it is above 90°F outside, refrigerate leftovers within 1 hour. Eat leftovers within 3 to 4 days. Throw them out after that time.



If you think you or someone you know got sick from food, even if you don't know what food it was, please report it to your local health department. Reporting an illness can help public health officials identify a foodborne disease outbreak and keep others from getting sick.

Recipe: Irish Bacon and Cabbage Soup

Source: www.allrecipes.com

Ingredients:

- ½ pound Irish bacon, diced
- 2 large potatoes, peeled and cubed
- 1 (15 ounce) can diced tomatoes with juice
- 1 cup chicken stock, or as needed
- Salt and black pepper to taste
- 2 cups thinly sliced dark green Savoy cabbage leaves



Nutrition Facts: Per Serving

276 calories; protein 12.3g; carbohydrates 38.4g; fat 8.1g; cholesterol 20.5mg; sodium 825.3mg

Directions:

1. Place bacon in a large, deep stock pot or sauce pan until evenly brown. Drain off any excess fat.
2. Stir in potatoes, tomatoes and enough chicken stock to cover. Season with salt and pepper. Bring to a boil, reduce heat and let simmer for 20 minutes, or until potatoes are tender.
3. Stir in cabbage and allow the soup to simmer for a few minutes longer before serving.

PICCOA STAFF 2021

In-Home Providers:

Pamela Cooper
Leanne Czajka
Amy Szatkowski
Jean Zampich
Krista Smolinski
Cassandra Payne



Home-Delivered Meals:

Ryan Hurst
Samantha LaLonde
David McGinn
Oliver VanAssche



Bus Drivers:

Pamela Cooper
Mike Bauers
Robert Paschke



Custodians:

Micki Curvin
Samantha
LaLonde



Kitchen Staff:

Issie Dubois
Gene DeBeust
Amy Hopp



Nicole Tracey

Ruthie Schultz, Volunteer

Bingo Caller:

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Administration:

MacKenzie Kammerer
Ashley McGinn
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SPRINGTIME!



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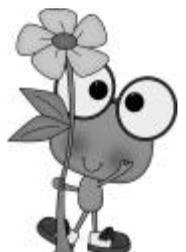
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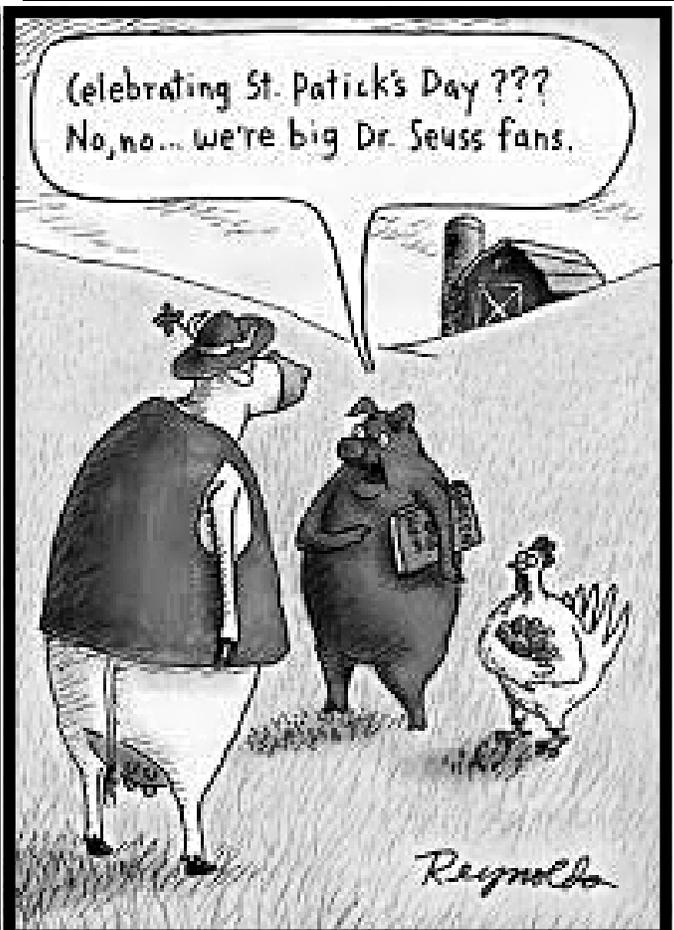
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How We Helped...

In January 2021, Presque Isle County Council on Aging provided the following services to the Seniors of Presque Isle County.



Transportation:

32 riders and gave 108 rides



In-Home services:

58 clients served



Home-delivered Meals:

110 clients and 2990 meals delivered



Congregate to-go orders:

132 clients and 452 meals picked up

Tips for Seniors to Avoid Scams



1. When receiving a suspicious phone call or online inquiry, make sure to ask the representative for their full name, title and association with their claimed organization and more. Either call the organization directly about the individual or search online for contact information.
2. Do not act quickly. A scammer will try to create a sense of urgency to incite victims to act immediately; make sure to stay calm and gather all necessary information before doing anything.
3. Never give any personally identifiable information and financial information (bank account numbers, checks, money wiring transfers) to unverified individuals or businesses.
4. Ensure your computer is installed with up-to-date anti-virus and security software protection. If you need assistance with the installation, make sure to go to a legitimate and verified business in order to do so and speak with a representative from there. While on the computer, never click a link, attachment or pop-up from an unknown source.



thank you!

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

Herbie Stock

Bonnie Grulke

Chad Chapman

Ruth Schultz

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



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!