



PRESQUE ISLE

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

May 2021 • Issue 430

6520 DARGA HWY.
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PICCOA FACILITY HOURS

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



May is finally here!

Thank you all for being patient with us while we going through these tough times. On page 3 you will find the finalized PICCOA re-opening plan, please familiarize yourself with the guidelines before coming to dinner.

Both Centers will be closed Sunday, May 30th and Monday, May 31st for the observance of Memorial Day.

Have a great holiday weekend with your friends and families.

- Ashley McGinn, Administrative Assistant



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



FREEDOMS' MEMORIAL

This day is set aside to honor those who took the chance to die. But they have died in vain if we ever forget the reason why. Freedom can be like time slipping away before we even know. But we all have the choice more, a duty to battle freedoms' foe. Let us give thanks this day to all those brave who paid the highest cost. Not take it for granted and realize it easily could be lost.

by Del "Abe" Jones



The Posen and Onaway Senior Centers will be closed Sunday, May 30th and Monday, May 31st or Memorial weekend.



CSFP Senior Commodities



Thursday, May 6th

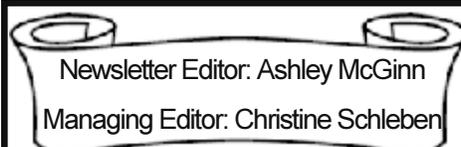
Onaway Center: 9am-10am

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, May 13th

Both Centers:

9:00 am-12:00 pm

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

PRESQUE ISLE COUNTY COUNCIL ON AGING CONGREGATE MEAL RE-OPENING EFFECTIVE MAY 2nd, 2021

With the reopening of the Onaway and Posen Senior Centers, there will be certain requirements that PICCOA must follow to safely re-open for Congregate Meal Service. **Meal attendees should be familiar with the changes prior to attending a meal service.** The changes include:

- **Advance registration must be made.** No walk-in meal attendees will be allowed. Center phone numbers are Onaway—733-2559; Posen—766-8191. **Reservations must be made by 10:00 a.m. on the day of the dinner you are attending. Center doors will open at 3:30 pm and dinner served at 4:00 p.m. Tuesday and Thursday. Sundays the doors will open at 12:30 pm and dinner is at 1:00 pm.**
- Meal attendees are encouraged to wear face coverings at all times except when consuming their meal. Physical contact is strongly discouraged. We encourage you to reconnect with your friends but ask that you do so safely.
- Entrance and exits will be clearly marked and 6' distance will be noted on the floor.
- Tables and chairs will be rearranged to follow the 6' distancing requirement. Tables will have all items removed.
- PICCOA staff will greet and check in meal attendees at the main entrance to confirm reservation and to limit the number of people to 50% capacity for entry. This process will include Covid-19 health screening.
- The donation box will be placed at the entrance. **All meal attendees are requested to have the correct change on hand to limit physical contact.**
- Meal attendees are encouraged to wash hands or use hand sanitizer before and after meal service.
- Cafeteria-style meal service will be suspended. PICCOA nutrition employees will serve meals and beverages to attendees at their table. Soup, salad and beverage self-service will be suspended.
- Disposable products will be used when appropriate. PICCOA nutrition employees will clear the tables and sanitize at the end of service.
- Water fountains, coffee makers and ice makers will be closed during meal service.
- No outside containers or bags may be brought onto premises. Removal of leftover food is restricted until further notice.

In addition, our Curbside Takeout Congregate Meal Service remains in effect in Onaway and Posen, Monday through Sunday. Reservations must be made no later than 10:00 a.m. of the requested day to the center of choice with pickup between 4:00 and 4:30 p.m. Monday through Thursday, Sunday pickup between 1:00 p.m. and 1:30 p.m. If you are unable to travel to one of the centers due to restrictions, and you meet program guidelines, you can receive Home Delivered Meals.

Our Home Delivered Meal service for Onaway and Posen will continue to operate as it has been. Hot meals Monday through Thursday and cold meals for the weekend.

We want to be here for you and by all of us working together we can make the reopening of the centers a success. We miss you and look forward to seeing you once more!

Thank you,
Christine Schleben, Director



According to the U.S. Department of Justice, financial exploitation of the

elderly is one of the most frequently reported forms of elder abuse. The National Center on Elder Abuse estimates that such abuse costs older adults around \$2.9 billion annually, a problem that's only expected to increase in the coming years as the elderly population grows. By 2030, people aged 65 and older will constitute 20% of the total U.S. population with those aged 85 and older ranking as one of the fastest-growing populations in the country.

What Is Elder Financial Abuse?

The federal Elder Justice Act, enacted in 2010, defines financial exploitation of the elderly as, "the fraudulent or otherwise illegal, unauthorized, or improper act that uses the resources of an elder for monetary or personal benefit, profit, or gain, or that results in depriving an elder the rightful access to, or use of, benefits, resources, belongings, or assets."

Given their advanced age and increased dependence on others coupled with the fact that older adults tend to have more financial assets, the elderly are particularly vulnerable to financial exploitation. This is especially the case where an elderly individual suffers from dementia or some other mental incapacity that weakens their

ability to make sound financial decisions.

Who Engages in Elder Financial Abuse?

Elder financial abuse can take many forms, including scams by telemarketers or other con artists, forgery, identity theft, or the use of undue influence to pressure an older adult to transfer his or her assets. Close to 90% of elder financial abuse takes place in domestic settings instead of long-term care facilities and is normally caused by family members. This can be done through promises of lifelong care or through the use of a power of attorney authorizing the perpetrator to access an elder's financial assets.



Signs of elder financial abuse include:

- Diminished health or mental capacity of the elder
- A growing interest in the individual's assets, including his or her financial accounts and real property
- Unusual bank account activity
- Financial transactions that the elder has difficulty explaining
- New "best friends"
- History of substance abuse, gambling, or financial problems in the family
- Disputes regarding future inheritance
- Efforts to make the victim amend their estate planning documents, including any powers of attorney, wills, or trusts.

Laws Protecting Against Elder Financial Abuse

At the federal level, the Elder Justice Act provides for greater coordination among federal and state agencies dealing with elder abuse cases and expands reporting requirements. In addition, although it has yet to become federal law, the Elder Abuse Victims Act would provide greater federal support for the investigation and prosecution of elder abuse cases.

Most laws protecting against elder financial abuse exist at the state level.

It's important to note that elder financial abuse can exist even where the victim has mental capacity. Most states recognize that undue influence or coercion can negate consent, even where an older individual is of sound mind.

What to Do if You Suspect Elder Financial Abuse?

If you suspect that elder financial abuse or exploitation has occurred, contact your local Adult Protective



Services agency. The Elder Justice Initiative of the U.S. Department of Justice also contains support resources by state. In addition, if the victim has an attorney, particularly an estate planning attorney, that attorney should be advised of any suspected financial abuse, especially where an individual is being pressured to revise his or her estate planning documents.



PICCOA MAY MENU



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

The meal **cost** is \$6.00 per person **under 60**.

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

Posen Center @ 989-766-8191 or Onaway Center @ 989-733-2559.

Sunday Dine-In or Pick-Up:

1:00 pm – 2:00 pm

Monday and Wednesday Pick-Up Only:

4:00 pm – 4:30 pm

Tuesday and Thursday Dine-In or Pick Up:

4:00 pm – 4:30 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 Baked Spaghetti Corn Fruit Cocktail	3 Roast Beef Mashed Potatoes w/ Gravy Roasted Yellow Squash Pears Dinner Roll	4 Pulled Pork Sandwich Brown Rice Green Beans Applesauce	5 Beef Tacos Spanish Rice Peaches	6 Baked Lemon Pepper Chicken Roasted Potatoes Brussel Sprouts Cantaloupe
9 Roasted Turkey Red Bliss Potatoes Asparagus Peaches Dinner Roll	10 Cheese Ravioli w/ Sauce Zucchini Pears	11 Chicken Alfredo Winter Blend Veggies Pineapple	12 Baked Cod Parsley Noodles Broccoli Apples	13 Baked Chicken Breast Wild Rice Mixed Veggies
16 BBQ Chicken 1/4's Red Bliss Potatoes Peas & Carrots Apricots	17 Pork Tenderloin Mashed Potatoes w/ Gravy Green Beans Applesauce	18 Pepperoni Pizza Tossed Salad Brussel Sprouts Mandarin Oranges	19 Chicken Tenders Brown Rice Carrots Pears	20 Stuffed Baked Potatoes Corn Sliced Apples Wheat Bread
23 Bacon Frittata Cherry Tomatoes Peaches Biscuit	24 Grilled Chicken Sandwich Sweet Potato Fries Cali Blend Veggies Pears	25 Bourbon Pork Chops Mashed Potatoes Green Beans Fruit Cocktail	26 Steak Teriyaki White Rice Broccoli Pineapple	27 Country Fried Steak w/ Country Gravy Mashed Potatoes Peas & Carrots Grapes
30  CLOSED	31  CLOSED			

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

Menu subject to change due to food availability.

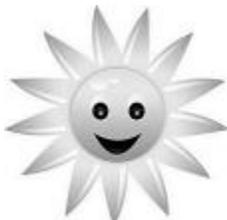
Federal and state grants cover only a portion of the meals we provide. Donations are important to PICCOA.



MAY 2021 ACTIVITIES

- POSEN & ONAWAY CENTERS -



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>2 Jim Blue on Piano Posen Center 3:00-4:00 pm</p>  <p>Dine-in Available</p>	<p>3</p>	<p>4</p> <p>Dine-in Available</p>	<p>5</p>	<p>6 CSFP Senior Commodities Onaway: 9am-10am Posen: 12pm-12:30pm</p> <p>Dine-in Available</p>
<p>9 Jim Blue on Piano Posen Center 3:00-4:00 pm</p>  <p>Happy Mother's Day! Dine-in Available</p>	<p>10 BOARD MEETING @ 10 AM Posen Center</p>	<p>11</p> <p>Dine-in Available</p>	<p>12</p>	<p>13 TEFAP Quarterly Commodities Both Centers: 9am-12pm</p> <p>Dine-in Available</p>
<p>16 Jim Blue on Piano Posen Center 3:00-4:00 pm</p>  <p>4 MEAL DRAW Dine-in Available</p>	<p>17</p>	<p>18</p> <p>Dine-in Available</p>	<p>19</p>	<p>20</p> <p>Dine-in Available</p>
<p>23 Jim Blue on Piano Posen Center 3:00-4:00 pm</p>  <p>Dine-in Available</p>	<p>24</p>	<p>25</p> <p>Dine-in Available</p>	<p>26</p>	<p>27</p> <p>Dine-in Available</p>
<p>30</p>  <p>CLOSED</p>	<p>31</p>  <p>CLOSED</p>			



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15-0707

While eating a healthy diet is important at any age, seniors need to be particularly cautious about their food choices. Older adults often have weakened immune systems, which makes it more difficult to fight off foodborne illnesses. Here are a few foods that can interact with medications or exacerbate health conditions among seniors.

1. Soft Cheeses

Because of their low acidity and high moisture level, brie, camembert, and gorgonzola are perfect breeding grounds for  Listeria and other bugs that can be dangerous for seniors with weakened immune systems. Cooked soft cheeses are safe to eat since the heat kills bacteria.

2. Undercooked Eggs

Raw or undercooked eggs can increase a senior's risk of developing Salmonella food poisoning. All eggs should be cooked until both the yolks and whites are solid. Unpasteurized eggnog, homemade mayonnaise, and hollandaise sauce should also be avoided.

3. Raw Fish And Shellfish

Lobster, mussels, scallops, and other shellfish should always be cooked thoroughly to kill harmful bacteria. Raw fish may contain parasitic worms that cause illness. If



your loved one likes sushi, make sure the fish has been frozen for at least four days before using it to kill parasites.

4. Raw Milk

Although it may seem healthy to buy fresh milk straight from a local dairy or farmer's market, seniors should only purchase pasteurized milk from supermarkets. Unpasteurized milk may contain a wide range of illness-causing bacteria, including Listeria, Salmonella, and E. coli.

5. Grapefruit

Seniors who take medications for high blood pressure, insomnia, and anxiety should consult their doctors and read their medication labels before eating grapefruit. Grapefruit can interact with certain medications, which can result in serious side effects.



6. Undercooked Meats

E. coli, Salmonella, Campylobacter, and other bacteria are found on undercooked meat, which can cause food poisoning. Seniors should only eat meats that have been cooked thoroughly to remove any signs of blood or pink flesh.

7. Unpasteurized Juices

Fresh-squeezed fruit and vegetable juices may contain high levels of bacteria from the inside or outside of the fruit or

vegetable. Seniors should opt for high-quality pasteurized juices to reduce their likelihood of foodborne illness.

8. Raw Sprouts

Bean sprouts are grown in warm, moist conditions that are ideal for bacteria growth. Seniors should only eat sprouts that are cooked until steaming hot throughout.



9. Processed Foods

Many seniors turn to processed foods for their ease of preparation. However, these foods contain high levels of fat, sodium, sugars, and preservatives that are especially harmful for seniors with high blood pressure, cardiovascular disease, and diabetes.

Performing daily tasks while simultaneously managing the symptoms of a serious illness can be challenging for seniors.

10. Cold Meats

Salami, chorizo, pepperoni, and Parma ham are usually cured and fermented and are not pre-cooked, which can increase the risk of parasitic diseases like toxoplasmosis. Seniors should cook cold meats thoroughly, purchase items labeled "ready-to-eat," or freeze them for four days before using.



Just as exercise improves your physical health, brain workouts strengthen your mind, boosting your memory and thinking skills. Even better, it's never too late to begin exercising your most important muscle. Read on for 10 easy ways to stimulate the brain.



1. Exercise for a healthier mind

Your mind and body are interconnected so, often, what benefits the body benefits the brain. Regular exercise, even taking a simple walk, goes a long way toward improving your memory and cognitive skills. The foot's impact during a walk sends pressure waves through the arteries, increasing blood flow and resulting in a healthier mind. Try adding some of these physical activities to your daily or weekly routine to boost blood flow to your brain.

- Hiking on nearby nature trails
- Tennis or pickleball
- Walking your dog
- Yoga or Tai Chi
- Water aerobics

2. Read for intellectual stimulation



In a study in the journal *Neurology*, regular reading and writing in late life reduced the rate of memory decline by 32%. Make reading more of a habit by:

- Joining or starting a book club through your church, temple, or local library or bookstore.
- Reading to your grandchildren in person or via FaceTime or Skype.
- Setting aside a time each day for reading.
- Reading only what you like — it's OK to give up and

choose something else.

3. Eat healthy to stimulate your brain

You may know that nuts, fish, and red wine have been linked to a healthy brain. For an extra brain boost, try including these foods in your diet, suggests Healthline:

- **Salmon** is filled with Omega-3 fatty acids, major building blocks of the brain.
- **Green tea** improves alertness and focus. It's rich in polyphenols and antioxidants and has been linked with a reduction in the risk of Alzheimer's disease and Parkinson's disease.
- **Eggs** have many nutrients tied to brain health such as B6, B12, folate, and choline. Choline helps create a neurotransmitter called acetylcholine, which helps regulate mood and memory.
- **Blueberries** have antioxidants, which have been shown to improve communication between brain cells, delay short-term memory loss, and reduce inflammation.

4. Strive for good posture

If your mother or teachers told you to sit up, they were right to — maintaining an upright posture improves circulation and blood flow to the brain. Here are three ways to improve yours:

- **Sleep with your spine aligned:** Sleeping on your back or side is generally less stressful on your spine, according to Cleveland Clinic. In back sleeping, gravity keeps your body centered over your spine. If you sleep on your side, keep your head in neutral posture with your chin straight ahead.
- **Improve your balance:** Staying balanced

reduces the risk of falls and benefits the spine. Try online or in-person yoga for beginner's classes to improve balance.

- **Maintain a healthy weight:** Carrying extra weight adds stress to your muscles and makes it more difficult to maintain proper posture.

5. Get plenty of sleep to improve memory



Sleep problems can lead to trouble with memory, concentration, and other cognitive functions, says the National Institute on Aging. Memories and newly learned skills move to more permanent regions of the brain while you sleep, according to the National Sleep Foundation (NSF). This makes them easier to recall.

Adults 65 and older should aim for seven to eight hours of sleep each night, says the NSF. If you're between the ages of 26 and 64, seven to nine hours nightly is a good goal.

Struggling to get to, or stay, asleep? Try these tips:

- **Stay consistent:** Pick a bedtime and stick with it — a routine will help you sleep better overall. This also includes setting a regular time to wake up on weekends.
- **Avoid heavy food:** Large serving sizes can irritate your stomach, causing you to lose sleep. Instead, when you're hungry at night, have small snacks like nuts or slices of fruit.
- **Limit stimulants:** Try to avoid coffee, cola, cigarettes, and chocolate for up to four to six hours before bed.
- **Limit alcohol:** Alcohol disrupts REM and slow-wave sleep, which are important for memory. It's best to avoid alcohol four to six hours before bed.



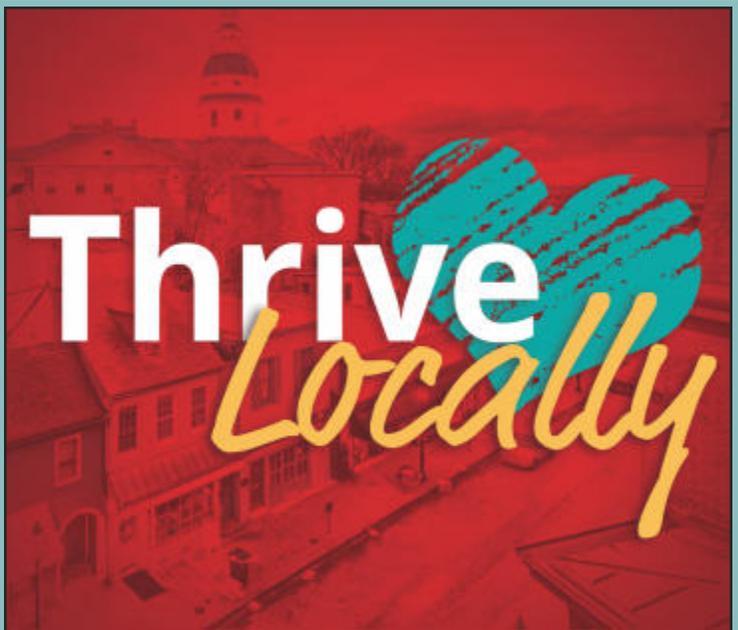
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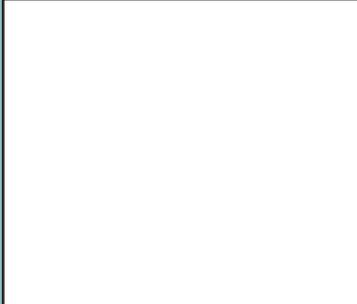
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Good nutrition is tied to good health, as well as to the prevention and treatment of many conditions. Getting the recommended amounts of vitamins each day is an important part of the nutrition equation, and B vitamins are essential for preventive care. Abundant in green vegetables, whole or enriched grains, dairy, and meats, B vitamins help promote a healthy metabolism and are also linked to a reduced risk of stroke, research shows.

Your doctor can determine if you are deficient in one of the B vitamins and may prescribe a vitamin B complex supplement. Read on to learn about the daily doses of different B vitamins you need, natural sources to include in your diet, and the health benefits you can expect to reap.

Vitamin B1

Vitamin B1 (thiamine) plays a major role in metabolizing food into energy. B1 is found in whole-grain cereals, yeast, beans, nuts, and meats. Too little vitamin B1 causes beriberi, a disease affecting the heart, digestive system, and nervous system. Symptoms of beriberi include difficulty walking, loss of sensation in the hands and feet, and paralysis of the lower legs — and it may even lead to congestive heart failure.

Vitamin B2

A diet rich in vitamin B2, also known as riboflavin, is needed



to avoid riboflavin deficiency. You can get this B vitamin from natural

sources such as nuts, green vegetables, meat, and dairy products.

Riboflavin helps your body break down and use the carbohydrates, fats, and proteins in your diet and helps metabolize food into energy. This type of B vitamin also functions to keep your skin, the lining of your gut, and your blood cells healthy. Getting enough riboflavin may be preventive for migraine headaches and cataracts.

Vitamin B3

We need vitamin B3, also called nicotinic acid or niacin, in our diets every day to break down food we eat into energy we can use. Legumes, nuts, enriched breads, dairy, fish, and lean meats are all good sources of this type of vitamin B.

Not getting enough niacin in your diet causes the disorder known as pellagra. Symptoms of pellagra include both physical and mental difficulties, diarrhea, inflamed mucus membranes, and dementia.



Vitamin B5

You can find vitamin B5 (pantothenic acid) in vegetables of

the cabbage family, such as broccoli and kale, as well as in avocado. This type of B vitamin is needed for many of the biochemical reactions that go on in our cells each day,

including the breakdown of carbohydrates and lipids for energy. Because it's a water-soluble vitamin, you need vitamin B5 in your diet every day.

Vitamin B6

Vitamin B6 (pyridoxine) is important because it's involved in more than 100 enzyme reactions in the body's cells, helping us metabolize amino acids from our food and build new red blood cells. You can find B6 in bananas, beans, bran, brown rice, chicken, cheese and tuna.



Vitamin B12

Vitamin B12 is not naturally occurring in plant foods, so vegetarians and vegans may not get enough in their diets and may need to take a B supplement. Natural sources rich in vitamin B12 are dairy products, fish, meat, and — in particular — beef liver and clams. This type of vitamin B can also be found in fortified items like breakfast cereals and nutritional yeast. B12 is essential for building blood cells and maintaining healthy nerve cells in the body. Symptoms of B12 deficiency include weakness, fatigue, constipation, weight loss and loss of appetite. Deficiency is also damaging to the nervous system and can cause depression, confusion and dementia.



Recipe: Raspberry Meringue Bars

Source: www.allrecipes.com

Ingredients:

- 1 cup butter, softened
- 1 (10 ounce) jar seedless raspberry jam
- 1 ½ cups white sugar
- 4 egg whites
- 2 egg yolks
- ¼ teaspoon salt
- 2 ½ cups all-purpose flour
- 2 cups finely chopped walnuts



Nutrition Facts: Per Serving

264 calories; protein 3.7g; carbohydrates 31.4g; fat 14.5g; cholesterol 37.4mg; sodium 89.1mg

Directions:

1. Preheat oven to 350 degrees F. Grease a 15.5 x 10.5 x 1 inch jellyroll pan.
2. Cream butter, 1/2 cup of the sugar and egg yolks until well blended. Add flour and mix well. Pat dough evenly into bottom of prepared pan and bake for 15-20 minutes or until lightly browned.
3. Remove pan from oven (Leave on oven) Let cool for 5 minutes then spread with the jam. Beat egg whites and salt until stiff but not dry. Carefully fold in remaining sugar and chopped nuts.
4. Gently spread on top of the jam. Making sure to seal edges & Corners. Return to the oven for 25 minutes or until golden brown. Cut into 3 x 1 inch bars while still warm. May be stored airtight at room temperature up to a week. May also be frozen. Defrost covered at room temperature.

Naturally Reduce Allergy Symptoms



1. **Wear Shades**—Wear glasses or sunglasses when outdoors. Covering your eyes keeps pollen and other irritants away from this sensitive area, which reduces itchiness and redness. Pollen is a known irritant for eyes and eyelids.
2. **Drink Water**—Even mild dehydration can activate histamine production, so staying hydrated can

dampen allergy symptoms.

3. **Nasal Irrigation**—Nasal irrigation with a combination of warm water and natural salt may help clear out mucus and open sinus passages. You can administer the solution through a neti pot.
4. **Shower and Wash Your Hair** before bed. Cleaning up before getting into bed helps remove pollen from your hair and skin, which reduces irritation. You should also consider

keeping pets out of the bedroom if they've been outside, as pollen can cling to their fur.



5. **Minimize activities** outdoors when pollen counts are at their peak.

Pollen is typically at its highest point during midday and afternoon hours, so those who suffer from allergies and asthma should avoid going outside during those times of day.

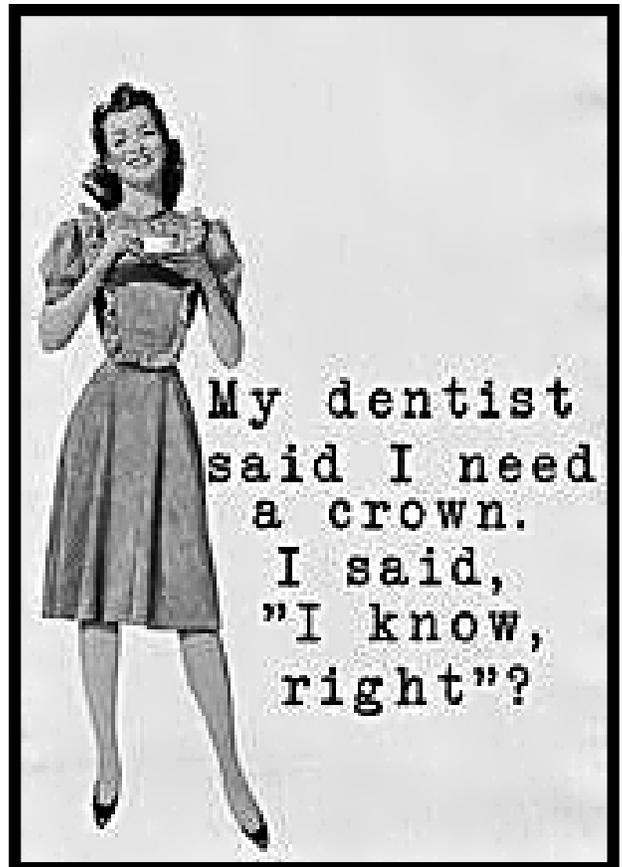
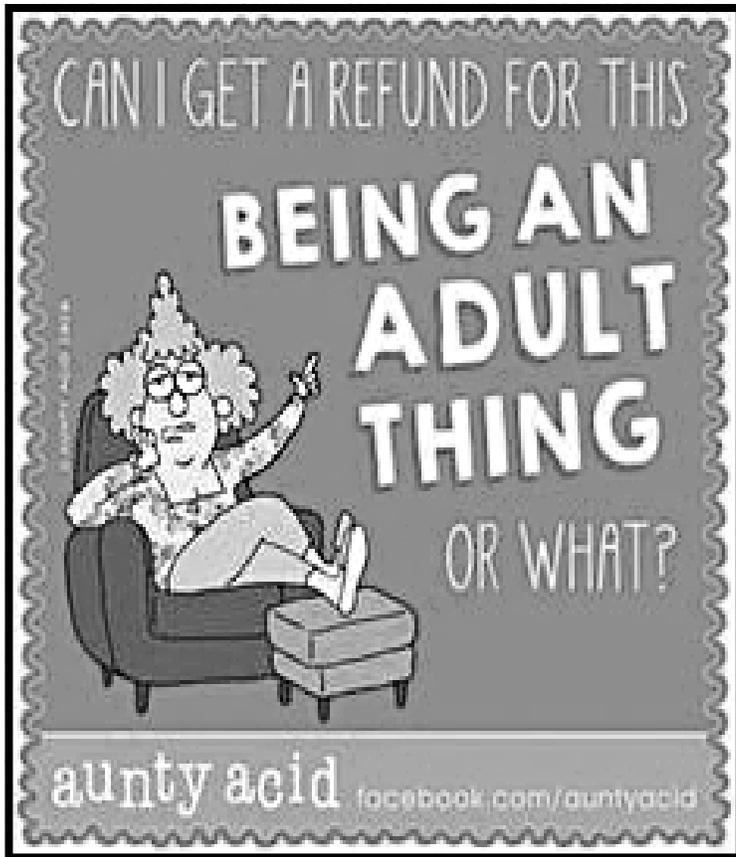
Happy May!



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



- | | | | | |
|-----------|----------|----------|------------|------------|
| April | Breeze | Grassy | Newborn | Spring |
| Awakening | Chirping | Green | Picnic | Springtime |
| Blooms | Colorful | Growing | Rainy | Sprout |
| Blossoms | Flowers | Heavenly | Refreshing | Sunny |
| Bouquet | Fragrant | Kite | Relax | Sunshine |
| | Fresh | May | Renewing | |



How We Helped...

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



Transportation:

29 riders and gave 148 rides



In-Home services:

55 clients served



Home-delivered Meals:

108 clients and 3188 meals delivered



Congregate to-go orders:

628 meals picked up

7 Benefits of Pets for Seniors



1. Companionship. Reduce isolation by keeping an animal companion nearby. Dogs and cats mold their personalities to their keepers and are constant in their presence.

2. Having a routine. Tending a pet provides the routine around which daily life can be structured. The responsibilities aren't taxing – unless you want to sleep in when the cat wants to be fed!

3. Stress. Older people with pets show less stress than older people without pets – perhaps because of the many ways pet responsibilities structure daily life, or perhaps because of the constancy and predictability of the companionship.

4. Getting out. Those with dogs have a built-in reason to go outdoors often.

5. Making friends. While it's hard to meet new people, dogs make terrific icebreakers.

6. Protection. Even small dogs can provide security, as thieves usually avoid homes where there's a barking dog.

7. Investing in life. Having a pet means making a promise to be involved in the pet's life. It's a life-affirming decision that requires commitment and dedication.



thank you!

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

- Ruth Schultz
- Herbie Stock
- Bonnie Grulke
- Red Fialkowski
- Sherry Schleben



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 (MMAAP)
- ◆ 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!