



PRESQUE ISLE

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

June 2021 • Issue 431

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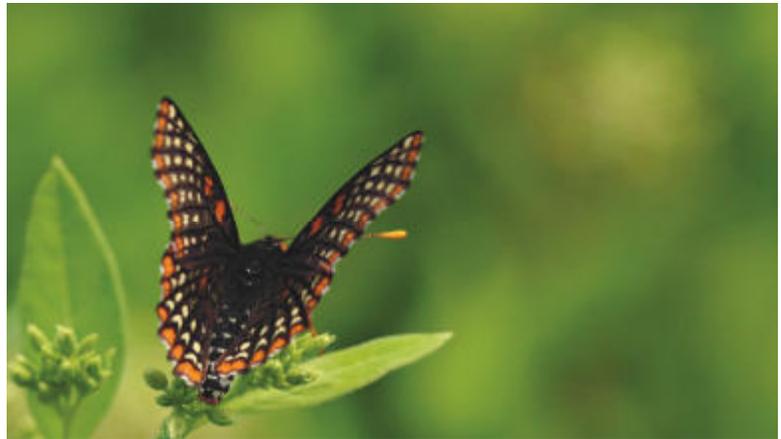
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PICCOA FACILITY HOURS

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



Hello June!!!!!!

It has been so nice to be able to welcome folks back into our centers a few days a week. That being said, we are going to stay with the 3 days per week for dine-in until further notice. It is working well.

Our out-of-town bus trips will be starting back up in June. We will be alternating Wednesdays between Cheboygan and Alpena. The Cheboygan trips are for all our Onaway and Millersburg Seniors and the Alpena trips will be for our Rogers City and Posen Seniors. Covid is still going on so we are trying to get you all back to the things you love to do safely. Only six people at a time will be able to go on the trips and will have to follow safety guidelines which includes wearing a mask. If you have any questions feel free to call and ask!

Stay healthy and we will see you soon!

Sincerely,

Christine Schleben, Director

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

PRESQUE ISLE COUNTY COUNCIL ON AGING CONGREGATE MEAL RE-OPENING

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. Reservations must be made by 10:00 a.m. on the day of the dinner you are attending.**
- Both centers will be open Sunday, soup and salad @ 12:30 pm and meal @ 1:00 pm, Tuesday and Thursday doors open @ 3:30 pm and meal @ 4:00 pm for **in-house dining**, pick-up meals **only** on Monday and Wednesday from 4:00 pm-4:30 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.
- 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.
- **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.

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 pick-up between 4:00 and 4:30 p.m. Monday through Thursday, Sunday pick-up 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.

CSFP Senior Commodities



Thursday, June 10th

Onaway Center: 9am-10am

Posen Center: 12pm-12:30pm

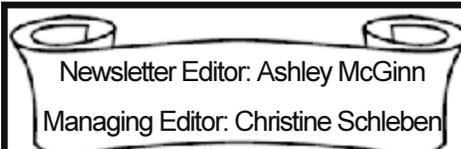
* Please stay in your vehicle
and have your trunk open
and ready for boxes *



June 14th, 2021

Onaway Center

10:00 am



Newsletter Editor: Ashley McGinn
Managing Editor: Christine Schleben



Information about Project
Fresh 2021 distribution
coming soon.

Keep an eye out for flyers
and posts on Facebook!



Con artists may try to get your Medicare Number or personal information so they can steal

your identity and commit Medicare fraud. Medicare fraud results in higher health care costs and taxes for everyone.

Protect yourself from Medicare fraud. Guard your Medicare card like it's a credit card.

Remember:

- Medicare will never contact you for your Medicare Number or other personal information unless you've given them permission in advance.
- Medicare will never call you to sell you anything.
- You may get calls from people promising you things if you give them a Medicare Number. Don't do it.
- Medicare will never visit you at your home.
- Medicare can't enroll you over the phone unless you called first.

Do's

- Protect your Medicare Number and your Social Security Number.
- Use a calendar to record all of your doctor's appointments and any tests you get.
- Keep updated on recent scams in your county.
- Know what a Medicare plan can and can't do before you join.

Don'ts

- Give your Medicare card,

Medicare Number, Social Security card or Social Security Number to anyone except your doctor or people you know should have it.

- Accept offers of money or gifts for free medical care.
- Allow anyone, except your doctor or other Medicare providers, to review your medical records or recommended services.
- Contact your doctor to request a service you do not need.

How to Spot Medicare Fraud

Review your Medicare Summary Notices for errors and report anything suspicious to Medicare.

- Compare the dates and services on your calendar with the statements you get from Medicare to make sure you got each service listed and that all the details are correct.
- ⇒ These include the "Medicare Summary Notice" (MSN) if you have Original Medicare, or similar statements from your plan if you're in a Medicare Advantage Plan. They list the services you got or prescriptions you filled.
- ⇒ Check your claims early—the sooner you see and report errors, the sooner you can help stop fraud. Log into (or create) your secure Medicare account to view your Original Medicare claims as soon as they're processed, or call us at 1-800-MEDICARE (1-800-633-4227).
- Check the receipts and statements you get from

providers for mistakes.

If you think a charge is incorrect and you know the provider, you may want to call their office to ask about it. The person you speak to may help you better understand the services or supplies you got, or they may realize a billing error was made.

If you've contacted the provider and you suspect that Medicare is being charged for health care you didn't get, or you don't know the provider on the claim, find out how to report fraud.

How to Report Medicare Fraud

You can report suspected Medicare fraud by:

- Calling us at 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.
- If you're in a Medicare Advantage Plan, call the Medicare Drug Integrity Contractor (MEDIC) at 1-877-7SAFERX (1-877-772-3379).

Have this information before you report fraud:

- Your name and Medicare Number.
- The provider's name and any identifying information you may have.
- The service or item you're questioning and when it was supposedly given or delivered.
- The payment amount approved and paid by Medicare.
- The date on your Medicare Summary Notice or claim.





We've all heard that protecting skin from the sun will help prevent it from aging. But if you're

already older, is there any point to worrying about sun damage? Since July is UV Safety Month (not to mention a time when we're all enjoying the early summer sun!), this is a great time to address the elderly and sun exposure.

People in their 60s may not be as concerned about keeping their skin looking young as are people in their 20s and 30s, but that doesn't mean that older adults should stop wearing sunscreen and worrying about sun damage.

In fact, a 2009 study showed that older skin is less able to protect itself from skin cancer. The study showed that in older adults, the skin had a diminished ability to attract a certain type of immune cells called T cells to damaged areas where repairs were needed. This means the skin didn't heal as well, leaving the person more vulnerable to infections and also skin cancer.

Skin Protection for Elderly Adults

Since the skin becomes more delicate and vulnerable as we age, that means that it's more important than ever for older adults to protect their skin from damage caused by the

sun. Older adults need to take special precautions to limit their sun exposure as much as possible. Here are our top tips for keeping your skin safe.

Don't Get a Tan

A tan is your skin's signal that damage has been done (a sunburn, even more so). Older adults have already sustained decades of sun damage. Tans and sunburn increase your risk of skin cancer, according to the Skin Cancer Foundation. So if you've already been burned a few times in your life—or worse, used to tan regularly when you were younger, take special care to stay out of the sun.



Seek Out Shade

Protecting yourself from the sun doesn't mean you can never go outside. Use a sun shade or umbrella at the beach or pool, and stick to shady porches if you're enjoying an afternoon outside at home or having an al fresco lunch.

Know When to Stay Inside

According to the American Academy of Dermatology, the sun's rays are strongest in North America between 10AM and 4PM. Take special care to stay inside or in a shaded area during these hours.

Make Sunscreen a Part of Your Daily Routine

Even a short walk to and from the car, or passing by sunny windows while indoors can expose your skin to dangerous UV rays. The American Academy of Dermatology recommends using sunscreen of SPF 30 on any exposed skin every day, whether you'll be inside or out.

Wear Protective Clothing

Loose, lightweight long pants and long sleeved shirts are ideal sun protection garb for older adults because they don't have to be reapplied like sunscreen, and can offer better protection. Make sure they have a tight weave so sun can't sneak through. Top them off with a wide-brimmed hat. If you plan to spend time outdoors, look for clothing specially designed to offer UV protection.



Also look for UV-blocking sunglasses, window shades and car window tints.

Use Moisturizer

As skin ages, it becomes more prone to dryness, which can be made worse by sun damage. Keep skin moist with a lotion or cream to help protect it.

Though some people assume that older adults don't need to worry about sun damage, it is extremely important for older adults to protect their delicate skin.



PICCOA JUNE 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
		1 Crunchy Baked Ranch Chicken Buttered Noodles California Blend Veggies	2 Tuna Salad Sandwich Broccoli Tomato and Cucumber Salad Pears	3 Creamy Swiss Beef Mashed Potatoes w/ Gravy Green Beans Peaches Wheat Bread
6 Roast Beef Mashed Potatoes w/ Gravy Roasted Yellow Squash Pears Dinner Roll	7 Baked Spaghetti Corn Fruit Cocktail	8 Pulled Pork Sandwich Brown Rice Green Beans Applesauce	9 Beef Tacos Spanish Rice Peaches	10 Baked Lemon Pepper Chicken Roasted Potatoes Brussel Sprouts Cantaloupe
13 Roasted Turkey Red Bliss Potatoes Asparagus Peaches Dinner Roll	14 Cheese Ravioli w/ Sauce Zucchini Pears	15*Hawaiian Theme* Luau Meatballs Hawaiian Roasted Veggies Hawaiian Macaroni Salad Pineapple	16 Baked Cod Parsley Noodles Broccoli Apples	17 Baked Chicken Breast Wild Rice Mixed Veggies Mixed Fruit
20 BBQ Chicken 1/4's Red Bliss Potatoes Peas & Carrots Apricots Happy Father's Day!	21 Pork Tenderloin Mashed Potatoes w/ Gravy Green Beans Applesauce	22 Pepperoni Pizza Tossed Salad Brussel Sprouts Mandarin Oranges	23 Chicken Tenders Brown Rice Carrots Pears	24 Stuffed Baked Potatoes Corn Sliced Apples Wheat Bread
27 Bacon Frittata Cherry Tomatoes Peaches Biscuit	28 Grilled Chicken Sandwich Sweet Potato Fries Cali Blend Veggies Pears	29 Bourbon Pork Chops Mashed Potatoes Green Beans Fruit Cocktail	30 Steak Teriyaki White Rice Broccoli 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.



JUNE 2021 ACTIVITIES



– POSEN & ONAWAY CENTERS –

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 Dine-in Available	2 Cheboygan Trip: Onaway Residents	3 Dine-in Available
6 Jim Blue on Piano Posen Center 12:30-2:00 pm  Dine-in Available	7	8 Dine-in Available	9 Alpena Trip: Rogers City and Posen Residents	10 CSFP Senior Commodities Onaway: 9am-10am Posen: 12pm-12:30pm Dine-in Available
13 Jim Blue on Piano Posen Center 12:30-2:00 pm  Dine-in Available	14 BOARD MEETING @ 10 AM Onaway Center	15 4 MEAL DRAW Dine-in Available	16 Cheboygan Trip: Onaway Residents	17 Dine-in Available
20 Jim Blue on Piano Posen Center 12:30-2:00 pm  Happy Father's Day! Dine-in Available	21	22 Dine-in Available	23 Alpena Trip: Rogers City and Posen Residents	24 Dine-in Available
27 Jim Blue on Piano Posen Center 12:30-2:00 pm 4 MEAL DRAW  Dine-in Available	28	29 Dine-in Available	30 Cheboygan Trip: Onaway Residents	



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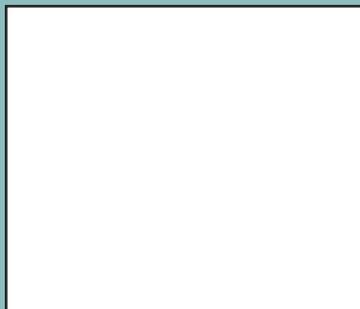
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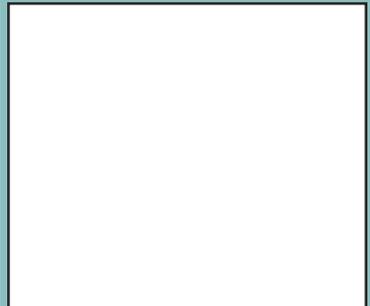


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15-0707

Degenerative scoliosis, also known as adult scoliosis, occurs when there is a side-to-side curve of the spine, which creates a “C” shape. It is located in the lumbar spine and commonly occurs among those adults who are over the age of 65. This condition can be painful for many seniors, making it a challenge to go about their day as they usually would. In these cases, hiring an elder care aid would be the best solution. These caregivers would be able to assist your loved one with everyday chores and tasks that have become too painful to do themselves.



Causes:

This condition occurs when the facet joints gradually begin to deteriorate. The pressure of these deteriorating joints causes the spine to be straight. However, a gradual shift will take place, shifting the spine in order to curve on one side.

Symptoms

Pain may be present in some people due to the deteriorated facet joints. Other symptoms that may occur include:

- **Gradual pain.** Back pain may start off as very mild and gradually get worse. It is often made worse through an activity.

- **Pain is worse in the morning and at night.** As soon as the elder wakes up, the pain may be at its worse, but will feel better as he begins to walk around. That relief is often short-lived because the pain comes back later in the day.
- **Prefers to sit instead of stand or walk.** The senior may feel the most pressure on their facet joints when standing. The stress and weight is released from the joints when in a sitting position.
- **Pain in one or both legs when standing or walking.** The lumbar spinal canal may become constricted when the facet joints become enlarged. Standing or walking causes the blood to become enlarged around the nerve root. The result is pain in the legs. Sitting will allow the senior to have some relief from the pain.



Degenerative scoliosis can be an extremely painful situation and is most common among the older population. In order to give your loved one the assistance and companionship they need, a senior care provider may be necessary.

Treatment

Fortunately, there are a wide range of treatment options available to elders with this condition, such as:

- **Physical therapy.** A physical therapist will provide a program that will help stretch and strengthen the joints, soft tissue, and the muscles.
- **Chiropractic manipulation.** Manipulation can be done to the spine to keep the facet joints mobile and decrease the amount of pain your loved one is feeling.
- **Medications.** Some prescription medications will offer pain relief and will treat the inflammation surrounding your joints. Discuss these options with your doctor.
- **Surgery.** Some patients may qualify for surgery if the pain is severe in the legs.



If any of this information sounds similar to something you or an elderly loved one of your is going through, set up a doctors appointment as soon as possible to help treat painful degenerative scoliosis symptoms.



The limbic system comprises a set of structures within the brain that are regarded by scientists as playing a major role in controlling mood, memory, behavior and emotion. It is often regarded as being the old, or primitive, part of the brain, because these same structures were present within the brains of the very first mammals. Knowing this helps us to understand why smell plays such an important role in memory, mood and emotion.

Smell and Memory

The sense of smell is closely linked with memory, probably more so than any of our other senses. Those with full olfactory function may be able to think of smells that evoke particular memories; the scent of an orchard in blossom conjuring up recollections of a childhood picnic, for example. This can often happen spontaneously, with a smell acting as a trigger in recalling a long-forgotten event or experience. Marcel Proust, in his 'Remembrance of all Things Past', wrote that a bite of a madeleine vividly recalled childhood memories of his aunt giving him the very same cake before going to mass on a Sunday.

Smell and Emotion

In addition to being the sense most closely linked to memory, smell is also highly emotive. The perfume industry is built around this connection, with perfumers developing fragrances that seek to convey a vast array of emotions and

feelings; from desire to power, vitality to relaxation.

On a more personal level, smell is extremely important when it comes to attraction between two people. Research has shown that our body odor, produced by the genes which make up our immune system, can help us subconsciously choose our partners – read more here. Kissing is thought by some scientists to have developed from sniffing; that first kiss being essentially a primal behavior during which we smell and taste our partner to decide if they are a match.

It is likely that much of our emotional response to smell is governed by association, something which is borne out by the fact that different people can have completely different perceptions of the same smell. Take perfume for example; one person may find a particular brand 'powerful', 'aromatic' and 'heady', with another describing it as 'overpowering', 'sickly' and 'nauseating'. Despite this, however, there are certain smells that all humans find repugnant, largely because they warn us of danger; the smell of smoke, for example, or of rotten food.

The Psychological Impact of Smell Loss

Given that our sense of smell clearly plays an important part in our psychological make-up, in addition to it

being one of the five ways in which we connect with the world around us, its absence can have a profound impact. Anosmia sufferers often talk of feeling isolated and cut-off from the world around them, and experiencing a 'blunting' of the emotions. Smell loss can affect one's ability to form and maintain close personal relationships and can lead to depression. An important issue here is the fact that smell loss is invisible to all but the patient; how would you know that you had met an anosmia sufferer unless they themselves told you? This is one of the reasons, alongside the general lack of understanding of the impact that smell has on our lives, why anosmia has never received much attention – you really do not know what you have got until it is gone.

Going back to the points made about the strong connection between smell and memory, it can be seen that losing one's sense of smell can result in the loss of an important sentimental pathway to memories.

Research has shown that loss of olfactory function can be an indicator of something far more serious. Smell loss occurs with both Parkinson's disease and Alzheimer's, and studies have indicated that a diminishing sense of smell can be an early sign of the onset of both conditions, occurring several years before motor skill problems develop.





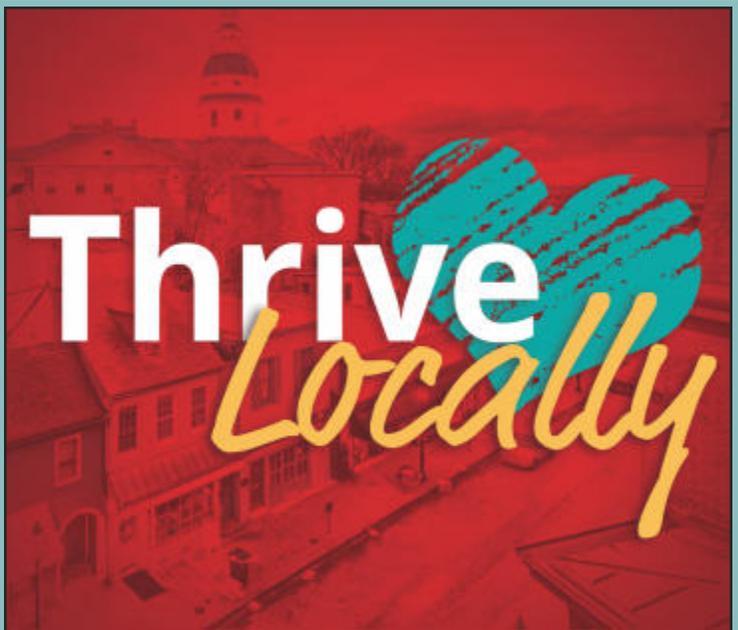
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FOOD SAFETY

Making healthy choices at home matters

Your home environment is important when it comes to

healthy eating. The home is the place where many food activities occur, including preparing, preserving, cooking and eating food. It is also the place where many food decisions are made. These include:

- planning what to eat
- deciding when to eat
- deciding how much to eat

The foods in your home influence what you eat. Having healthier options available makes it easier to prepare and eat healthy meals and snacks. Likewise, having highly processed foods available may cause you to eat more of these foods without you even realizing it.

When you prepare and cook food at home, it allows you to:

- rely less on food from:
 - ⇒ restaurants
 - ⇒ fast food outlets
 - ⇒ work or school cafeterias
- choose what goes in your food
- decrease the amount of highly processed food you buy and eat
- decrease the amount of sodium, sugars or saturated fat in your meals
- add more vegetables, fruit, whole grain foods and plant-based protein foods to your meals



How to make healthy food choices at home

Use these ideas to make healthy food choices at home.

Plan what you're going to eat

Find healthy and tasty recipes that you and those in your household will enjoy.

Follow the healthy eating recommendation to help you plan ahead.

Shop smart

Only buy and bring home the foods you need and know you will eat. This can help you:

- stay on budget
- cut down on impulse buys
- reduce food waste in the home

Have healthy options available

Pre-wash, chop and store healthy foods to make them easier to use when they are needed. Properly canning, preserving and freezing seasonal foods can help you have these types of foods all year-round.



Limit the number of highly processed foods

Having fewer of these foods available in your home can help you:

- eat fewer of them
- use fewer of them when preparing meals and snacks

Follow the healthy eating recommendation to help you limit highly processed foods.

Grow and harvest your own food

Growing and harvesting your own food gives you access to fresh seasonal foods. If you don't have the space to grow food at home or are new to gardening, consider joining a community garden.

Decrease food waste

Almost half of the food waste created across the food

system is produced at the household level. You can help reduce food waste by:

- adjusting recipes
- reusing leftovers
- storing and freezing food
- using all parts of a food like:
 - ⇒ beet greens, which can be chopped into a salad
 - ⇒ tougher parts of meat, which can be stewed or slow cooked
 - ⇒ broccoli stems, which can be sautéed in a stir fry or used to make a vegetable broth

Creating a home that supports healthy eating habits

A home environment that supports healthy eating habits is just as important as the foods you eat. These habits help form a healthy eating pattern.

Set yourself up for success with these strategies:

- Organize your fridge and pantry to make it easy to grab healthy foods
- Keep foods that can be used in a variety of meals available in your kitchen
- Have a set place where you can eat and enjoy meals with others in your household
- Put perishable foods in the fridge or freezer as soon as you get home from shopping



You can be a role model for others in your household. Your healthy eating habits may encourage those around you to make healthy choices too.

Recipe: Summer Squash Enchiladas

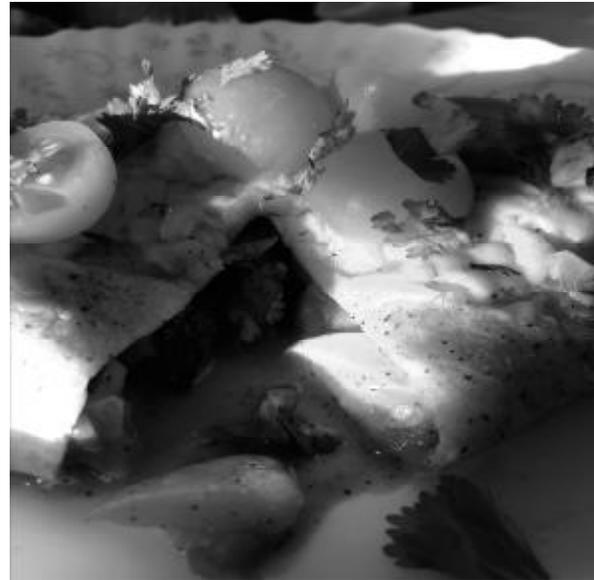
Source: www.allrecipes.com

Ingredients:

- Cooking Spray
- 1 tbs Olive Oil
- 1 Onion, Chopped
- 2 Cloves Garlic, Minced
- 3 Cups Yellow Summer Squash
- 1 (4oz) Can Diced Green Chili Peppers, Divided
- 2 tsp Chili Powder, Divided
- 1/4 tsp Black Pepper
- 2 tbs All - Purpose Flour
- 1/4 tsp Salt
- 1/8 tsp Black Pepper
- 1 Cup Milk
- 1 1/2 Cups Shredded Monterey Jack, Divided
- 8 (8 inch) Flour Tortillas
- 1 1/2 Cups Chopped Tomatoes

Sauce

- 2 tbs Butter



Nutrition Facts: Per Serving

335 calories; protein 12.1 g;
carbohydrates 36.2 g; fat 16.1 g;
cholesterol 28.9 mg; sodium 736.9
mg

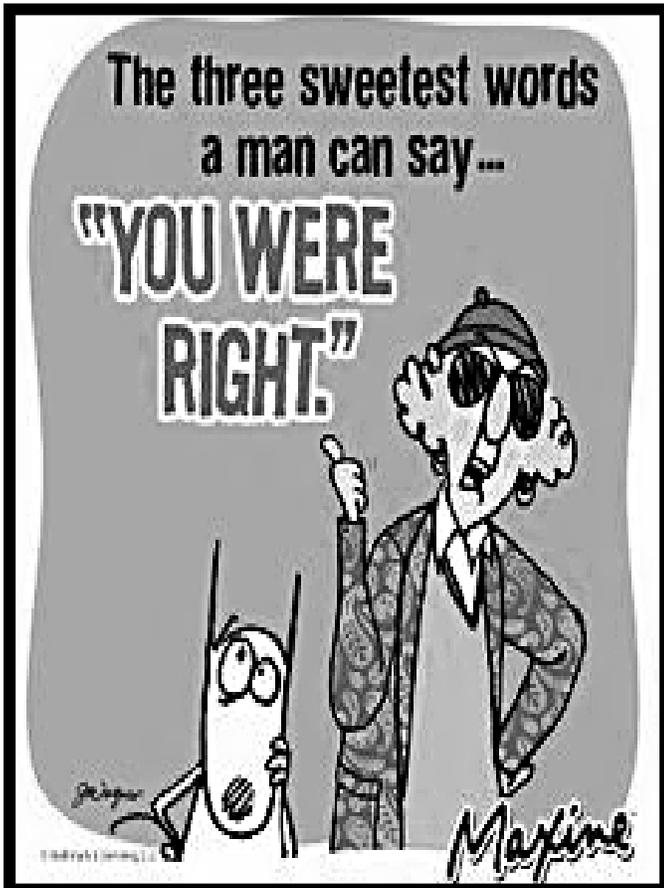
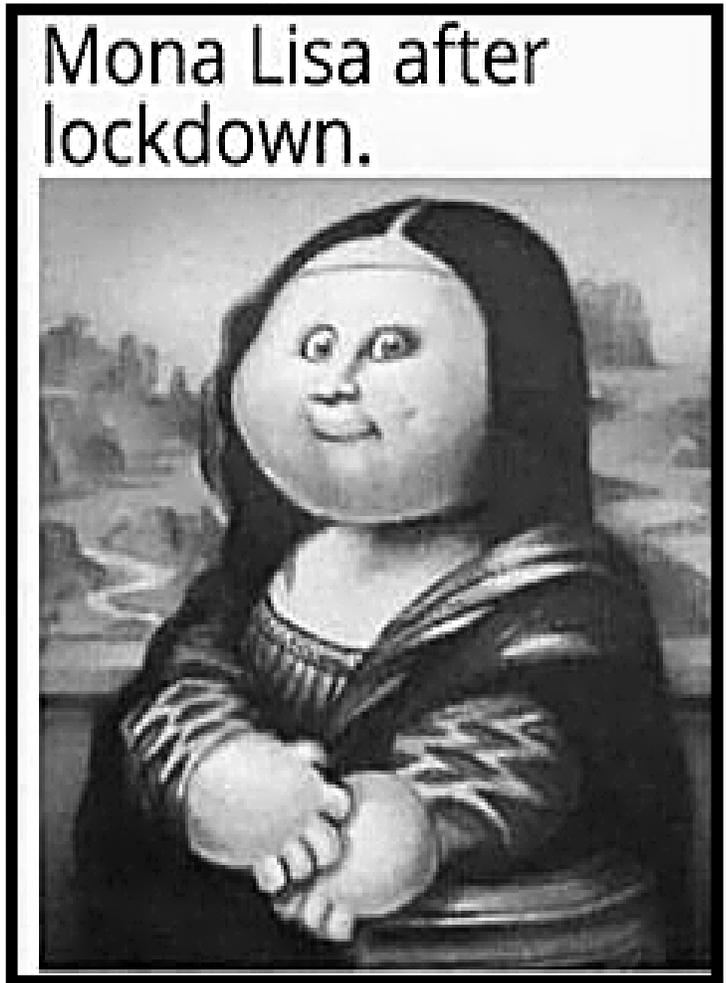
Directions:

1. Preheat oven to 400 degrees. Grease a 9 x 13 inch baking dish lightly with cooking spray .
2. Heat olive oil in a large skillet over medium, heat. Cook and stir onion and garlic until slightly softened, 3 to 5 minutes. Add Summer Squash, cook and stir in half of the green chili peppers; cook for 1 minute remove from heat.
3. Melt butter in a sauce pan over medium heat. Stir in remaining 1 tsp chili powder, flour, salt and 1/8 tsp pepper. Cook for 1 minute. Pour in milk and stir until sauce thickens— about 5 minutes. Remove from heat. Stir in 1 cup Monterey Jack Cheese, add remaining green chili peppers.
4. Stir in 1/2 cup sauce into squash and sauce mixture into the center of each tortilla; roll up.
5. Arrange filled tortillas in the backing dish. Cover with remaining sauce. Cover baking dish with Aluminum Foil.
6. Bake in the preheated oven until heated through, about 25 minutes. Top with the remining 1/2 cup Monterey Jack Cheese and tomatoes.

Summertime!

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

- | | | | | | |
|------------|----------|-------------|-------------|-----------|----------|
| Activities | Barbecue | Daisy | Grass | Ice Cream | Outdoors |
| Adventure | Camping | Dandelion | Growth | Lake | Patio |
| Apple | Cookout | Family | Heatwave | Lemonade | Picnic |
| Backyard | Cooler | Firecracker | Hummingbird | Mosquito | Seashell |



How We Helped...

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



Transportation:

29 riders and gave 105 rides



In-Home services:

58 clients served



Home-delivered Meals:

106 clients and 3089 meals delivered



Congregate to-go orders:

35 clients and 416 meals picked up

thank you!

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

- Pam Cooper
- Sam LaLonde
- Chad Chapman
- Bonita Carter
- Ruth Schultz
- Herbie Stock
- Bonnie Grulke
- Rogers City EZ Mart



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



**In Loving Memory
of Anna Hincka
from Lila Wenzel**

“Your wings were ready, but
our hearts were not.”



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!