



# PRESQUE ISLE

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

July 2021 • Issue 432

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**PICCOA FACILITY HOURS**  
Sunday: 9:00 AM–2:00 PM  
Monday–Thursday: 9:00 AM–5:00 PM



Happy July everyone! I hope you are doing well and enjoying this extra warm streak of weather!!!!

As you all know by now, the restrictions on dine in for the center are changing. We will now be open Sunday through Thursday for dine in meals. Sunday's dinner will be served at 1 pm and Monday through Thursday dinner will be served at 4 pm. Soup and or salad will be served starting a half hour before the meal. Reservations will still be needed for both centers. You can call before 10 am the day of the meal. If you call after hours please leave a message and we will check them first thing in the morning.

Bingo will be starting July 6th in Onaway and the 7th in Posen. The new hours will be 1:30 pm to 3:30 pm. Exercise will also be resuming starting July 1st.

Thank you all for your patience during this time. We are so excited to welcome you all back to do the activities that you enjoy!

Sincerely,

Christine Schleben, Director



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

## Senior Exercise Group



Join us Monday through Thursday at the **Onaway Center @ 10:00 am** for exercise!

## Board Meeting



**Monday, July 12th  
10:00 am  
Posen Center**

## CSFP Senior Commodities



**Thursday, July 8th  
Onaway Center: 9am-10am  
Posen Center: 12pm-12:30pm**

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

# BINGO

\*PLEASE NOTICE NEW TIME\*

### Onaway Senior Center:

Tuesdays from  
1:30 pm - 3:30 pm

### Posen Senior Center:

Wednesdays from  
1:30 pm – 3:30 pm

Don't forget to call to reserve your meal if you plan on staying for dinner after BINGO!

# CLOSED

# 4TH JULY

IN OBSERVANCE OF  
INDEPENDENCE DAY

## Volunteer Opportunities



The Onaway Center is looking for a fun and friendly individual to call **BINGO** every Tuesday for the time-being.

Please call 989-733-2559 if you are interested!

## PICCOA BUS TRIPS

### Alpena Trips:

Wed. July 7th

Wed. July 21st

### Rogers City Trip:

Wed. July 14th

### Cheboygan Trip:

Wed. July 28th



The PICCOA Bus is on the road Mon-Fri and there is a designated bus for Onaway residents every Tuesday.

Seniors & Please call  
Disabled: 989-766-8191 to  
**FREE!** schedule a ride!

## Jim Blue on Piano



**Sundays @ 12:30 pm**

Come and have dinner with us and listen to the beautiful sounds of Jim Blue on the piano every Sunday at the **Posen Center!**

Newsletter Editor: Ashley McGinn  
Managing Editor: Christine Schleben

# Managing Seasonal Allergies

Source: [www.vistaspringsliving.com](http://www.vistaspringsliving.com)



Spring in the Midwest, with its growing greenery and flowers, is like a breath of fresh air after a long winter. Unfortunately for some, however, new growth means that the air is also full of pollen, setting off allergies in residents young and old. Whether you've suffered spring allergies your whole life, or if your symptoms have worsened as you got older, hay fever can be serious for seniors. Here are 6 tips to manage your allergies when there's pollen in the air.

## 1. Learn allergy symptoms

As we age, our immune systems tend to get weaker. For some people, this means that their allergy symptoms actually improve or disappear, as their bodies stop recognizing the pollen that enters their systems as a threat. For others, their allergy symptoms can remain unchanged or even worsen.

Learning what seasonal allergy symptoms look like is critical to managing them for yourself or for your loved ones. The main symptoms are:

- Runny nose
- Watery or itchy eyes
- Sneezing
- Coughing
- Dark circles under the eyes



## 2. Avoid high pollen days

The amount of pollen in the

air can vary from day to day, or even hour to hour, so plan your time outdoors to avoid especially high pollen counts. Many weather services report on the pollen count during the weather forecast in spring, and if it's not broadcast, you can always find it online.

If you're not near a television, computer, or smartphone, there are some basic guidelines for how high the pollen count will be: stay inside if the weather is warm and dry, or dry and windy. Pollen count is usually highest from 5am to 10am every day, then falls as the day goes on.

## 3. Wear the right clothes when you're outside

Sunglasses are a must to prevent pollen from getting in your eyes and irritating them. A hat, headscarf, or bandana keeps irritants out of your hair that can fall into your eyes and nose later, and long sleeves and pants allow for easy cleaning when you return indoors.



## 4. Eat immune-boosting foods

### • Apples

⇒ Apples, as well as berries, garlic, onions, cabbage and cauliflower contain quercetin, that helps prevent your body's immune cells from releasing histamines, which cause allergy symptoms.

### • Strawberries

⇒ The vitamin C combined with the quercetin in strawberries make these sweet fruits a powerful immune booster with also

suppress histamines.

### • Fatty Fish

⇒ Omega-3 fatty acids are a great way to reduce inflammation, and therefore help keep allergic



reactions from causing too much damage. Fatty fish such as salmon, tuna, trout, and mackerel are delicious sources of omega-3, which is also great for heart health and memory.

### • Yogurt

⇒ Probiotics, such as the live bacteria found in yogurt, kefir, and fermented vegetables like sauerkraut and kimchi, are healthy for your digestive system and your immune system. Use caution, however, as dairy and the natural histamines in fermented foods could actually make your symptoms worse.

## 5. Talk to your doctor

As with all conditions, from allergies to illnesses, you should always consult your primary care doctor or another healthcare professional about the best approach to handling your health. The treatment most commonly used to treat allergies, antihistamines, are not recommended for seniors as they can interfere with other medications or have more severe side effects than in younger adults. A doctor will be able to determine the best way to manage or treat your allergy symptoms.



# Natural Bug Spray Alternatives

Source: <https://www.familyhandyman.com>

Looking for a natural, DIY way to create bug repellents? These home bug repellent formulas use simple, organic ingredients. Try them and find one that works best for you.



## Lemon Eucalyptus

Lemon eucalyptus is an effective natural oil to use as a mosquito repellent, with sharp-scented compounds proven to drive mosquitoes away. It can also make a great cleaner! Combine 1/2 cup water and 1/2 cup witch hazel (you can add a little vinegar, too) and then add 30 to 40 drops of the lemon eucalyptus oil. You can add a little more of the oil if this amount doesn't seem to be effective.

Note: This is a potent home bug repellent and is not child or pet friendly.

## Citronella Oil

Small bugs usually hate citrus, so citrus oil sprays are common in homemade repellents. Mix equal parts water with witch hazel (a half cup of each works well). Witch hazel is an alcohol-based astringent that is commonly used in DIY repellents. (Some repellent recipes call for straight alcohol, such as vodka, but you can substitute with witch hazel, which tends to be gentler to skin.)



Add in a couple dozen drops of citronella oil, and pour it into a spray bottle. Lemon additives may also help. Remember to shake the bottle before using, and don't spray it near your eyes.

## Lavender Oil

Lavender oil is a very common ingredient in homemade bug repellents. If a recipe calls for citrus oils, neem oil, lemon eucalyptus, clove, or cedarwood oils, you can also add a little lavender oil. This will help improve the fragrance. But you can also use lavender oil by itself in a mixture similar to the citrus oil recipe for a home bug repellent. It won't be quite as effective as some other options, but if you can't stand the smell of other oils, it's certainly worth a try as an alternative.



## DIY Neem Spray

Much like lemon eucalyptus, neem oil is known to contain compounds that insects heartily dislike. That means you can use it as an effective repellent. It is derived from evergreen neem tree, native to India, and known for its potent fruits and seeds. Add a couple tablespoons of the oil into your witch hazel spray and try it out. If the spray isn't mixing well even when you shake it, you can also add a little vegetable glycerin (aka glycerol, which is a clear, odorless liquid typically made from palm, soy or coconut oil) to help the ingredients combine. Neem may work best when combined with more fragrant oils.

## Cedarwood Oil

When stocking up on essential oils, look for cedarwood oil. It is very fragrant and ideal for a pleasant spray. Cedar also has insect repellent properties. Use it alone, or add it to citrusy sprays for a more powerful

home bug repellent.

## Cloves Spray

You can also use clove oil (or even add a few whole cloves to your spray bottle) for an enhanced repellent that can better deter insects. Clove oil is quite potent though, so don't apply it directly to your hands or leave it on your skin overnight.



## Bug Balm with Beeswax

If you prefer to use a balm instead of a spray, you can make an excellent homemade balm with a little citronella and lemon eucalyptus oil. Start by gently heating a mixture of beeswax, cocoa butter and coconut oil, and then add the essential oils once the mixture is starting to cool.

## Peppermint and Castor Oil Repellent



Peppermint and castor oil are also both well-regarded as repellents. Plus, the peppermint smells great! You may want to go easy on the peppermint oil at first, since it can be surprisingly potent compared to other essential oils.

## Herb Repellent

If you prefer not to use essential oils, you can create a homemade bug repellent made with herbs. Fresh herbs are recommended, particularly mint, catnip and citronella. Crush 1/2 to 1 full cup of these herbs together, then boil them with a cup of water. Once the mixture reaches a boil, let it cool down and filter out the herbs. Mix this water with witch hazel and pour it in a spray bottle.



# PICCOA JULY 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  |
|---|--|--|--|---|
| <br><b>Happy 4<sup>th</sup> of July!</b>  |  |  |  |   |
| 4<br><br><b>CLOSED</b>  | 5<br>Baked Ham<br>Mashed Potatoes<br>Sautéed Red Cabbage<br>Tropical Fruit     | 6<br>Crunchy Baked Ranch Chicken<br>Buttered Noodles<br>California Blend Veggies | 7<br>Tuna Salad Sandwich<br>Broccoli<br>Tomato and Cucumber Salad<br>Pears | 1<br>Country Fried Steak w/ Gravy<br>Mashed Potatoes<br>Peas & Carrots<br>Grapes      |
| 11<br>Roast Beef<br>Mashed Potatoes w/ Gravy<br>Roasted Yellow Squash<br>Pears<br>Dinner Roll   | 12<br>Baked Spaghetti<br>Corn<br>Fruit Cocktail                                | 13<br>Pulled Pork Sandwich<br>Brown Rice<br>Green Beans<br>Applesauce            | 14<br>Beef Tacos<br>Spanish Rice<br>Peaches                                | 15<br>Baked Lemon Pepper Chicken<br>Roasted Potatoes<br>Brussel Sprouts<br>Cantaloupe |
| 18<br>Roasted Turkey<br>Red Bliss Potatoes<br>Asparagus<br>Peaches<br>Dinner Roll   | 19<br>Cheese Ravioli w/ Sauce<br>Roasted Zucchini<br>Pears                     | 20<br>Chicken Alfredo<br>Winter Blend Veggies<br>Pineapple                       | 21<br>Baked Cod<br>Parsley Noodles<br>Broccoli<br>Apples                   | 22<br>Baked Chicken Breast<br>Wild Rice<br>Mixed Veggies<br>Mixed Fruit               |
| 25<br>BBQ Chicken 1/4's<br>Red Bliss Potatoes<br>Peas & Carrots<br>Apricots   | 26<br>Pork Tenderloin<br>Mashed Potatoes w/ Gravy<br>Green Beans<br>Applesauce | 27<br>Pepperoni Pizza<br>Tossed Salad<br>Brussel Sprouts<br>Mandarin Oranges     | 28<br>Chicken Tenders<br>Brown Rice<br>Carrots<br>Pears                    | 29<br>Stuffed Baked Potatoes<br>Corn<br>Sliced Apples<br>Wheat Bread                  |

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

Menu subject to change due to food availability.

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



# JULY 2021 ACTIVITIES

## - POSEN & ONAWAY CENTERS -



| SUNDAY   | MONDAY  | TUESDAY                                 | WEDNESDAY  | THURSDAY  |
|--|---|---|--|---|
|  |   |   |  | 1   |
| 4<br><br>CLOSED  | 5   | 6<br><br>Onaway Center<br>1:30-3:30 pm  | 7<br><br>Posen Center<br>1:30-3:30 pm<br><b>Alpena Trip:</b><br>Rogers City and Posen Residents      | 8<br>CSFP Senior Commodities<br>Onaway: 9am-10am<br>Posen: 12pm-12:30pm |
| 11<br>Jim Blue on Piano<br>Posen Center<br>12:30-2:00 pm<br><br>                           | 12<br><b>BOARD MEETING @ 10 AM POSEN CENTER</b> | 13<br><br>Onaway Center<br>1:30-3:30 pm | 14<br><br>Posen Center<br>1:30-3:30 pm<br><br><b>Rogers City Trip:</b><br>Onaway Residents           | 15  |
| 18<br>Jim Blue on Piano<br>Posen Center<br>12:30-2:00 pm<br><br>                           | 19  | 20<br><br>Onaway Center<br>1:30-3:30 pm | 21<br><br>Posen Center<br>1:30-3:30 pm<br><br><b>Alpena Trip:</b><br>Rogers City and Posen Residents | 22  |
| 25<br>Jim Blue on Piano<br>Posen Center<br>12:30-2:00 pm<br><br><b>4 MEAL DRAW</b><br><br> | 26  | 27<br><br>Onaway Center<br>1:30-3:30 pm | 28<br><br>Posen Center<br>1:30-3:30 pm<br><br><b>Cheboygan Trip:</b><br>Onaway Residents             | 29  |

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## July is Sarcoma Awareness Month

Source: <https://www.webmd.com/cancer/>



A sarcoma is a rare kind of cancer.

Sarcomas are different from the much more

common carcinomas because they happen in a different kind of tissue. Sarcomas grow in connective tissue -- cells that connect or support other kinds of tissue in your body. These tumors are most common in the bones, muscles, tendons, cartilage, nerves, fat, and blood vessels of your arms and legs, but they can also happen in other areas of your body.

Although there are more than 50 types of sarcoma, they can be grouped into two main kinds: soft tissue sarcoma and bone sarcoma, or osteosarcoma. About 12,750 cases of soft tissue sarcoma and 800-900 new cases of bone sarcomas will be diagnosed in the U.S. in 2019.

Sarcomas can be treated, often by having surgery to remove the tumor.

### Sarcoma Risk Factors

We don't yet know what causes sarcoma, but we do know some things that raise the risk of developing one:

- Other people in your family have had sarcoma
- You have a bone disorder called Paget's disease
- You have a genetic disorder such as neurofibromatosis, Gardner syndrome, retinoblastoma, or Li-Fraumeni syndrome
- You're been exposed to radiation, perhaps during treatment for an earlier cancer

### Sarcoma Symptoms

Soft tissue sarcomas are hard to spot, because they can

grow anywhere in your body. Most often, the first sign is a painless lump. As the lump gets bigger, it might press against nerves or muscles and make you uncomfortable or give you trouble breathing, or both. There are no tests that can find these tumors before they cause symptoms that you notice.

Osteosarcoma can show obvious early symptoms, including:

- Pain off and on in the affected bone, which may be worse at night
- Swelling, which often starts weeks after the pain
- A limp, if the sarcoma is in your leg

Children and young adults get osteosarcoma more often than adults. And because healthy, active children and teens often have pain and swelling in their arms and legs, osteosarcoma might be mistaken for growing pains or a sports injury. If your child's pain doesn't get better, gets worse at night, and is in one arm or leg rather than both, talk to a doctor.

Adults who have this kind of pain should see a doctor right away.

### Diagnosing Sarcoma

If your doctor thinks you may have a sarcoma, you'll probably need a full exam and tests, including:

- A sample of cells from the tumor, called a biopsy
- Imaging tests, such as a CT scan, an ultrasound, or an MRI, to help see inside your body
- A bone scan, if you might have osteosarcoma



### Sarcoma Treatments

How your sarcoma is treated depends on what type you have, where in your body it is, how developed it is, and whether or not it has spread to other parts of your body, or metastasized.

- **Surgery** takes the tumor out of your body. In most cases of osteosarcoma, the doctor can remove just the cancer cells, and you won't need your arm or leg removed, too.
- **Radiation** can shrink the tumor before surgery or kill cancer cells that are left after surgery. It could be the main treatment, if surgery isn't an option.
- **Chemotherapy drugs** can also be used with or instead of surgery. Chemo is often the first treatment when the cancer has spread.
- **Targeted therapies** are newer treatments that use drugs or manmade versions of antibodies from the immune system to block the growth of cancer cells while leaving normal cells undamaged.



### Surviving Sarcoma

Most people diagnosed with a soft tissue sarcoma are cured by surgery alone, if the tumor is low-grade; that means it is not likely to spread to other parts of the body. More aggressive sarcomas are harder to treat successfully.

The survival rate for osteosarcoma is between 60% and 75% if the cancer has not spread outside the area it started. It is more likely to be cured if all of the cancer can be removed by surgery.

## Talking About Hospice

Source: <https://www.rightathome.com>



Patients come not to find a cure, but for support with managing pain and maintaining their quality of life, even in the face of a terminal illness. Today the hospice movement has spread around the world.

The best time to learn about hospice care is before we need it. Here are questions people often ask:

### What services do hospice organizations provide?

- **Comfort care** (also called “palliative care”) helps patients feel better by treating the symptoms of their illness and side effects of treatment, such as pain, nausea, breathing problems, anxiety and other distressing symptoms. This usually includes medications.
- **Nursing care** includes monitoring the patient’s condition, caring for wounds, helping prevent skin problems due to immobility, and instructing family in the use of oxygen and medical equipment.
- **Physical, occupational and speech therapy** can make the home environment safer and more comfortable, help the patient make the most of remaining abilities, and give family greater confidence when assisting their loved one.
- **The spiritual concerns** of patient and family are also addressed. This might include religious discussions with the chaplain or activities that enhance the meaning of life during this time, such as music and art therapy.

- **Bereavement counseling** helps families cope with grief both during the illness and after their loved one has passed away.

### Where is hospice care provided?

“Hospice” is a type and philosophy of care, not a place. Most hospice services are provided where the patient lives, whether that is their own home, a loved one’s home, an assisted living community or nursing home. Sometimes hospice services are provided in a designated hospice center or hospital.

### When should hospice care begin?

The decision to stop curative treatment is a decision to be made between patient and doctor. Hospice is recommended when the person is expected to live fewer than six months.

Services can be helpful right away. Indeed, hospice care providers report the most common sentiment among families is: “We wish we had started sooner.”

### Does selecting hospice care mean “giving up”?

This is one of the greatest myths about hospice care. Some people who are facing a life-limiting illness opt to continue curative treatment, even if this means discomfort and spending their last days in the hospital. Others choose to forego treatments that in all likelihood will not be successful and to focus on quality of life and comfort at this time. It is a very personal decision. As the Hospice

Foundation of America puts it, hospice is the “something more” for people who have been told that nothing more can be done for them. And if a patient later wishes to change their approach from supportive care to a more aggressive or curative approach, they can revoke their choice to enter hospice care.

### How is hospice paid for?

Medicare, Medicaid, the U.S. Department of Veterans Affairs and most private insurances cover hospice care. The hospice organization can help sort through the options. Patients without coverage may be helped through community and charitable contributions.

### Who is on the hospice team?

End-of-life care is provided by a multi-disciplinary team of professionals who create a care plan that provides the greatest comfort and quality of life for the patient.



The team usually includes the person’s personal physician, along with the hospice physician or medical director; nursing staff; home health aides; physical, occupational and speech therapists; social workers; pharmacists; chaplain; and counselors.

Professional caregivers also are an important part of the hospice team. They provide a soothing touch, a compassionate ear, and an extra pair of hands to take care of all the tasks that need doing.



Especially when patients are at home, family members truly head the team. As they care for their loved one, hospice focuses on their needs, too.



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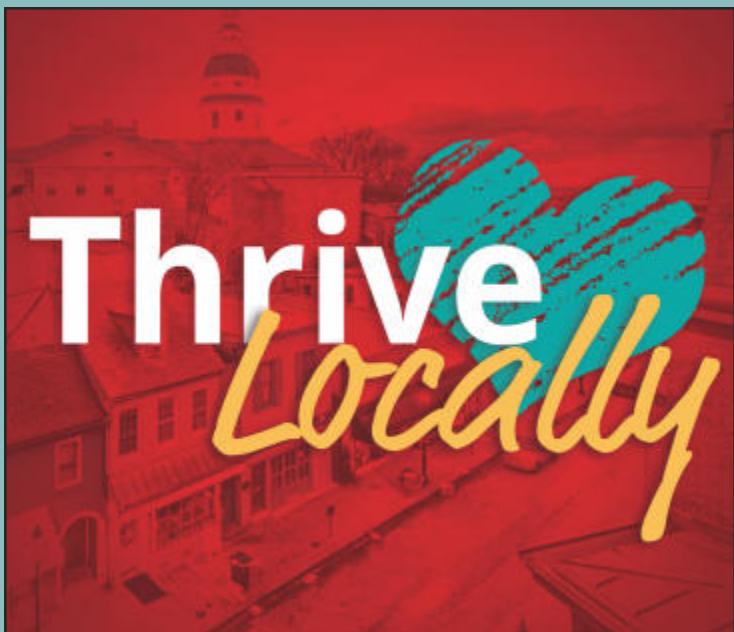
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# Benefits of Eating A Colorful Diet

Nutrition Education: July 2021

Source: <https://www.rush.edu>



If you're looking for a way to make your meals more vibrant, look no further than your grocery store's produce aisle.

There, you'll find a rainbow of fruits and vegetables — from the palest white to the brightest orange to the deepest purple.

Fruits and vegetables get their coloration from phytochemicals, natural bioactive compounds which, in addition to giving many fruits and veggies their eye-catching hues, also promote good health.

In fact, the most vibrantly colored fruits and vegetables are the richest in vitamins, minerals, fiber and antioxidants.

According to the food pyramid, you should be eating up to nine servings of vegetables and fruits each day. Clinical dietitians recommend filling at least three-quarters of your plate at lunch and dinner with vegetables. And instead of rich, sugary treats after your meals or for between-meal snacks, use whole fresh fruits to satisfy your sweet tooth.

## What do the colors mean?

But which veggies and fruits you eat is as important as how often you eat them. That's because different colors have different health benefits:

- **Red** fruits and vegetables, such as tomatoes, strawberries and red beans, are packed with vitamin C, vitamin A, potassium and antioxidants.
- **Yellow/orange** fruits and vegetables, including carrots, peaches, squash and pineapple, are also loaded with vitamin C, vitamin A and potassium. They can also boost the immune system and enhance vision.
- **Mushrooms, bananas, onions and other **white** fruits and vegetables** are good for



the heart and help to control cholesterol levels.

- **Green** means lots of heart-protective potassium and vitamin K, which aids the blood clotting process. Green fruits and veggies also help to maintain vision health and strong bones and teeth. Dark green, leafy vegetables have the highest concentration of antioxidants and fiber.
- **Blue/purple** fruits and vegetables, including such favorites as cranberries, purple grapes, raisins and eggplant, boost urinary tract health and memory function and promote healthy aging.



## Fruit and veggie do's and don'ts

Here are a few other things to keep in mind when planning your menu:

- **Although fruits and vegetables are healthy, they aren't necessarily low in calories.** Avocado is a good type of fat, but one-fourth of an avocado has 100 calories. Raisins and cherries are other examples of fruits that, while healthful, are high in calories. Eat higher-calorie fruits and veggies in moderation.
- **Go light on the starchy vegetables.** If you choose sweet potatoes as a side dish, use that as your starch even though it's technically a vegetable. Don't have sweet potatoes and corn, which is also a starch. Pick some other veggie that's higher in fiber.
- **Veggie preparation matters.** Fresh is best, but if you do cook vegetables, use a lighter preparation. Don't use a lot of oil, or fry or sauté them. Steaming or grilling is better. And be aware that if you boil vegetables, you lose a lot of the health benefits. The nutrients leach out. So when you pour out the water, you're
- **also pouring out the nutrients.**
- **Don't drown fruits and veggies in heavy sauces, dips or toppings,** especially if you're watching your weight. Try sprinkling apple slices with cinnamon instead of smothering them with peanut butter or caramel. And dunk those carrot sticks in fat-free yogurt instead of ranch dip. If you must have sauces or dips, look for lighter recipes or limit the amount you eat to a few tablespoons.
- **Eat with the seasons.** Choose fresh fruits and vegetables that are "in season" to ensure you're eating a good variety of colors throughout the year. For instance, add squashes, root vegetables and different types of apples to your fall menu.
- **If you can't get fresh fruits and veggies, frozen is fine.** Avoid eating a lot of canned vegetables, because they tend to have more sodium. And choose canned fruit that's packed in water or natural juice, not sugary syrup.
- **If you like dried fruits, eat them in moderation.** They tend to have a higher concentration of calories and sugar than their fresh counterparts. A serving size of dried fruit should be no more than one-fourth of a cup.
- **If you're counting calories, buy smaller pieces of fruit.** Large bananas can be almost 200 calories, so pick smaller ones. Apples, nectarines, peaches and other round fruits should be roughly the size of a tennis ball. For bite-sized fruits, such as grapes and cherries, one serving equals approximately 17 pieces.



## Recipe: Healthy Pasta Primavera

Source: [www.allrecipes.com](http://www.allrecipes.com)

### Ingredients:

- 2 cups whole grain penne pasta
- 1/2 cup chopped onion
- 1 tablespoon olive oil
- 1 pound fresh asparagus, trimmed and cut into 2 inch pieces
- 2 cups sliced fresh mushrooms
- 1 small yellow summer squash, halved lengthwise and sliced
- 2 cups cherry tomatoes halved
- 1/2 cup shredded carrot
- 2 cloved garlic, minced
- 1 tablespoon chopped fresh oregano
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon salt
- 1/8 teaspoon red pepper flakes
- 1/2 cup freshly grated parmesan cheese
- Lemon Wedge



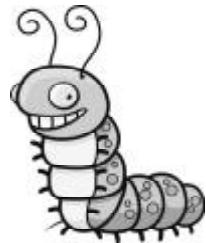
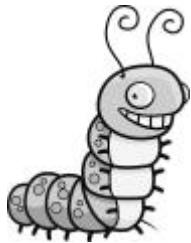
### Nutrition Facts: Per Serving

281 calories; protein 15.6g; carbohydrates 41.5; fat 7.7g; cholesterol 8.8mg; sodium 337.6

### Directions:

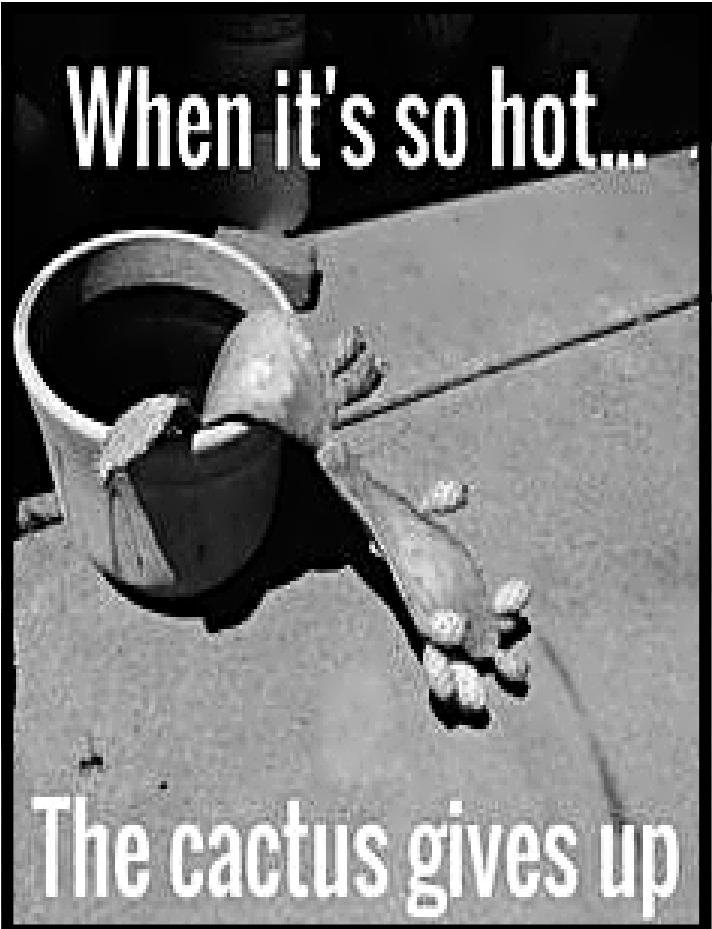
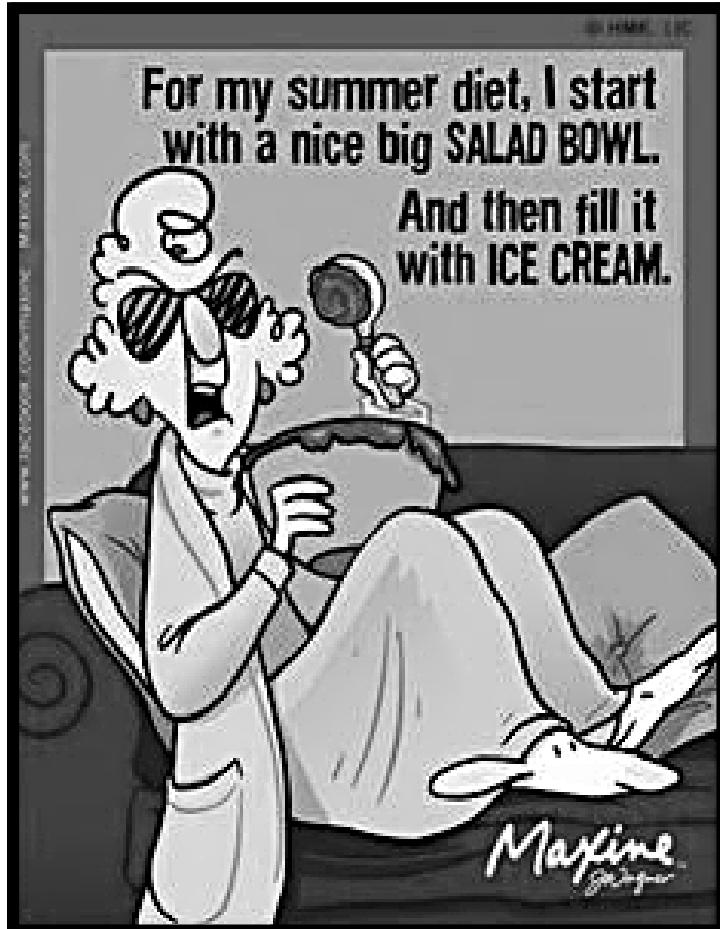
1. Bring a large pot of lightly salted water to a boil add Penne pasta and cook, stirring occasionally until tender yet firm to bite, about 11 minutes.
2. Meanwhile, heat oil in an extra-large skillet over medium-high heat. Add onion; cook until softened, 2 to 3 minutes. Add asparagus, mushrooms, and squash; cook until just tender, about 5 minutes. Add tomatoes, carrots, garlic, oregano, black pepper, salt and red pepper flake; cook until tomatoes begin to soften, about 1 minute.
3. Drain penne, stir into vegetable mixture along with 1/4 cup parmesan cheese and serve with lemon wedge.

# Summertime!



|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
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| O | X | K | I | A | U | K | H | A | Z | U | I | H | M | P |
| V | E | C | K | N | R | F | A | N | M | U | G | I | L | M |
| L | H | O | I | F | A | B | R | J | J | I | I | U | H | X |
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|          |          |         |          |           |              |
|----------|----------|---------|----------|-----------|--------------|
| AUGUST   | BIKING   | FAMILY  | HIKING   | PICNIC    | STRAWBERRIES |
| BARBECUE | CAMPING  | FRIENDS | JULY     | POOL      | SWIMMING     |
| BEACH    | CANOEING | GAMES   | LAKE     | RELAX     | WATERMELON   |
|          | COTTAGE  | HAMMOCK | LEMONADE | SPRINKLER |              |



# How We Helped...

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



## Transportation:

26 riders and gave 99 rides



## In-Home services:

51 clients served



## Home-delivered Meals:

106 clients and 3022 meals delivered



## Congregate to-go orders:

40 clients and 511 meals picked up

thank  
you!

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

- Chad Chapman
- Shelby Donajkowski
- Bonita Carter
- Nicholas Misiak
- Carla Skuse
- Abigail Schellie
- Ruth Schultz
- Makayla Kamyszek
- Red Fialkowski
- Macy Kroll
- Lesley LaLonde
- Dwight DuRocher
- Justin LaLonde
- Elizabeth Romel
- Matthew Curtis
- Sophie Romel
- Arnie Senff
- Mia Newhouse
- Bonnie Grulke
- Herbie Stock
- Edwin Olsen
- Jutta Olsen
- Kathryn Tweedie
- Leah Themel
- Hailey Styma



## ADVICE FROM A PICKLE

- Life can be hard sometimes. Dill with it.
- Relish every moment you share with those you love.
- The door to happiness is always ajar.
- If you want life to be sweet, you have to know what sour tastes like, too.
- Remember, life is never a dill moment.
- Don't worry—in the end, everything will be just brine.

## 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<br>(Posen Only) | 5 for \$1.50 |
| Cherry Turnover<br>(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!**