

Academy Street Post

NORTHWESTERN SENIOR CENTER,
9 ACADEMY STREET, ALBION, PA 16401

814-756-5373



OUR HOURS

Hours of operation:

Mondays- Thursdays

9am- 3pm

Lunch is served at 11:30am daily

Suggested donation is \$2.00 for a meal





NWSC event highlights

Monday, April 14th

10:30am

ELVIS returns!

*Join us to be entertained by Elvis and
enjoy some favorite tunes*

TAI CHI EVERY MONDAY

Every Monday at 10am join us with Jim Montgomery for TAI CHI and learn the benefits of this exercise. The exercises are gentle and consist of movement to assist in mobility and muscle strength. They can also be completed seated in a chair.



HOW DO OUR CONTRIBUTIONS AND FUNDRAISED DOLLARS HELP OUR CENTER?

MEAL CONTRIBUTIONS help to off- set the cost of meals. On average, the actual cost of the meal is over \$5. Meal Contributions also help maintain the building and maintain or replace needed equipment. These dollars are vital to maintaining the Center and its daily operations.

Fundraised Dollars and Donations help pay for parties, entertainment, snacks, and more. They also help pay for programming opportunities like exercise, craft classes, computer usage, and more. These dollars are vital to your programming options and enjoyment of the center.

While Contributions and donations are voluntary, please continue to support your Center by whatever means you are able. The Centers and their services mean so much to so many and your support goes a long way towards helping your Center continue to offer programming and services.



Effective July 1, 2021, APPRISE is now Pennsylvania Medicare Education and Decision Insight, PA MEDI - Same Program, Same Services for Pennsylvania's Medicare Beneficiaries, now with a New Name.

Pennsylvania Medicare Education and Decision Insight (PA MEDI) offers free Medicare counseling to older Pennsylvanians. PA MEDI Counselors are specially trained to answer your questions and provide you with objective, easy-to-understand information about Medicare, Medicare Supplemental Insurance, Medicaid, and Long-Term Care Insurance.

PA MEDI Counselors do not sell Medicare products but rather offer current, unbiased Medicare education to help you make the most informed choice about the Medicare options available to you.

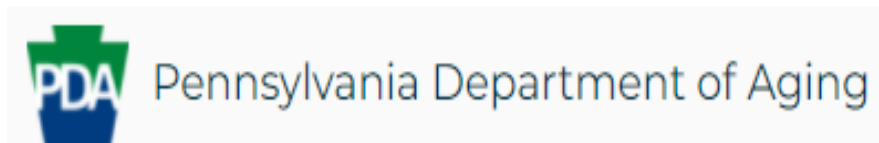
Contact Bridget Young, Director Northwestern Senior Center for additional information (814) 756- 5373.

AREA AGENCY ON AGING

The GECAC Northwestern Senior Center, operated by Greater Erie Community Action Committee, Area Agency on Aging is funded in part by the PA Department of Aging.

Dr. Ben Wilson, GECAC CEO

Ray Maholtz, AAA Division Manager



Premium-related Appeals and Troubleshooting

MEDICARE LATE ENROLLMENT PENALTIES

Part B Late Enrollment Penalty

For each 12-month period you delay enrollment in Medicare Part B, you will owe a 10% Part B late enrollment penalty (LEP)—generally every month for as long as you have Medicare. Everyone has a right to file an appeal with the Social Security Administration (SSA) regarding their LEP.

TO APPEAL

Follow the directions on the letter informing you about the penalty. Unfortunately, being unaware of the requirement to enroll in Part B is unlikely to be a successful appeal argument.



**10% x Part B premium
x years without Part B**

You'll pay an extra 10% for each year you could have signed up for Part B, but didn't.

Part D Late Enrollment Penalty

For each 12-month period you delay enrollment in Medicare Part B, you will owe a 10% Part B late enrollment penalty (LEP)—generally every month for as long as you have Medicare. Everyone has a right to file an appeal with the Social Security Administration (SSA) regarding their LEP.

TO APPEAL

Everyone has the right to file an LEP determination appeal with C2C Innovative Solutions.* You can appeal the penalty (if you think you were continuously covered) or its amount (if you think it was incorrectly calculated). You should the appeal form received from your plan, attaching evidence, and mailing it to C2C Innovative Solutions.

*C2C Solutions is the company contracted by Medicare to handle these appeals.



**1% x national base beneficiary premium
x number of uncovered months**

The penalty is rounded to the nearest 10 cents and added to your monthly Part D premium.



SHIP

State Health Insurance
Assistance Program



shiphelp.org | 877.839.2675

For help understanding and appealing your LEP or IRMAA, contact your **State Health Insurance Assistance Program (SHIP)**.



Hours:

Mon-Thurs 9am-3pm**APRIL 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
	1 <i>10 am Exercise</i> 1045am Bible study	2 10am Bingo	3 <i>10:30am Terye Carney/ Heartland Hospice-watering can craft</i> 12:00pm Wii Bowling	4 CLOSED	5/6 
7 <i>10:30am Therapy dogs</i> 12:00pm Wii Bowling	8 <i>10 am AEA Exercise</i> 1045am Bible study	9 10am Bingo	10 <i>10:30am Adagio Health</i> 12:00pm Wii Bowling	11 Healthy Steps 9am-2pm RSVP	12/13
14 <i>10:30am ELVIS RETURNS!</i> 12:00pm Wii Bowling	15 <i>10 am Exercise</i> 1045am Bible study BP Screenings	16 10am Bingo BP Screenings	17 <i>10:30am-UPMC Monica Contreras/ Dementia Friends</i> 12:00pm Wii Bowling	18 CLOSED	19/20 
21 <i>10:00am Agent McGill</i> 12:00pm Wii Bowling	22 <i>10 am Exercise</i> <i>10:30am PA Relay/ T. Grahm</i> 1045am Bible study	23 10am Bingo	24 10:30 Games 12:00pm Wii Bowling	25 SPRUCE UP ERIE COUNTY 10AM-12PM **WHILE SUPPLIES LAST**	26/27
28 <i>10:30am David Devine/ music</i> 12:00pm Wii Bowling WWE	29 <i>10 am Exercise</i> 1045am Bible study	30 10am Bingo WWE	Tai Chi classes Mondays at 10am for 30min	Arthritis Exercises offered Thursdays at 9:45am	*WWE- Walk With Ease <i>Weather permitting at Albion Borough Park after lunch</i>

Hours:

Mon-Thurs 9am-3pm

APRIL 2025 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
SUGGESTED MEAL DONATION \$2.00	1 Chicken drumsticks Mac 'n cheese Mixed veggies Puuding	2 Tuna melt Tomato soup Fruit Cookie	3 Goulash Tossed salad Italian Bread Dessert	4 CLOSED	5/6 
7 Chicken & Biscuits Corn Puuding	8 Pancakes Sausage Scrambled Eggs Fruit	9 Boiled Dinner Apple sauce Bread	10 Ox Roast Potato wedges 3 bean salad	11 CLOSED	12/13
14 Soup Tossed salad Bread Fruit Cottage cheese	15 EASTER DINNER Ham Au gratin potatoes Green bean casserole Dessert	16 Beef stew Corn bread Salad	17 Baked Chicken Sweet potatoes Beets Peaches	18 CLOSED	19/20 
21 Sloppy Joes French Fries Green Beans Jello	22 Sweet & Sour meatballs Rice Mixed veggies Fruit	23 Chicken Cordon Bleu Buttered noodles Broccoli Dessert	24 Meatloaf Mashed potatoes Baby carrots Apple sauce	25 CLOSED	26/27
28 Baked Fish Baked potato Cheesy broccoli Fruit Dessert	29 Sausage Sub Peppers & Onions Baked beans Jello	30 Chicken piccata Linguine Salad Fruit		Lunch is served at 11:30am	