

# GECAC RBW CENTRAL CITY SENIOR CENTER

SENIOR 2 SENIOR NEWSLETTER

August 2025

## AUGUST IS NATIONAL EYE EXAM MONTH

You've heard the saying "the body is a temple." In the spirit of this month's focus the saying, "the eyes are the windows to the soul" seems more appropriate.

Many of us take really good care of ourselves. We make sure to complete our annual medical health screenings, mammograms, colonoscopy, and the list goes on. But, how diligent are you with getting your eyes checked. Many health conditions can have side effects that affect the eyes.

National Eye Exam Month emphasizes the importance of regular eye exams for people of all ages, highlighting that even with good vision, changes can occur as we age.

There are age related conditions like cataracts, and glaucoma that effect our aging population.

Many vision problems can be treated or avoided with early detection. During our Healthy Steps for Older Adults Workshop, vision issues was noted as a possible falls risk. Make sure you are doing your part to keep yourselves safe and health by getting regular eye exams. If you have not have an exam lately, make your appointment today!

Those of you that were eligible for the Senior Farmer's Market Nutritional Vouchers can take advantage of having a little extra spending money to purchase foods rich in vitamins C, E, lutein, zeaxanthin, and omega-3 fatty acids are beneficial for maintaining good eye health in the elderly. Leafy green vegetables, and certain colorful vegetables are excellent choices. Don't forget to add fatty fish, citrus fruits, nut and seeds, which are not eligible for voucher purchases.



### Happy Birthday Seniors

Gary Ryan 1

Joel Siira 18

Thelma Stewart 30



### Prayer List

Joe Odom

Evelyn Carr

Thelma Stewart

Nancy Sanders

Angela Johnson

Barnett Family



# AUGUST 2025

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:30 KARAOKE 12:00 LUNCH 1:00 DOMINOS
5 10:00 INSPIRATION HOUR 11:00 EXERCISE CLASS 12:00 LUNCH 1:00 BID WHIST CARDS	6 10:00 CROCHET OR KNITTING CLASS 12:00 LUNCH 1:00 POKENO	7 10:00 INSPIRATION HOUR 11:00 CENTER MEETING 12:00 LUNCH 1:00 BID WHIST	8 10:00 COMPUTER LAB OPEN 11:00 EXERCISE LAB OPEN 12:00 LUNCH 1:00 Wii BOWLING
12 10:00 INSPIRATION HOUR 11:00 EXERCISE CLASS 12:00 LUNCH 1:00 TRIVIA WORKSHEET	13 10:00 POP-UP FARMER'S MARKET 11:00 ADAGIO HEALTH STORING FRUITS AND VEG. 12:00 LUNCH	14 10:00 INSPIRATION HOUR 11:00 BID WHIST 12:00 LUNCH 1:00 BID WHIST	15 10:00 COOKING DEMO 11:00 EXERCISE LAB OPEN 12:00 LUNCH
19 10:00 INSPIRATION HOUR 11:00 EXERCISE CLASS 12:00 LUNCH 1:00 SHOOT POOL	20 10:00 SIP AND PAINT 11:00 PUZZLE MANIA 12:00 LUNCH 1:00 LINE DANCING	21 10:00 INSPIRATION HOUR 11:00 BID WHIST 12:00 LUNCH 1:00 RUMMIKUB	22 10:00 COOKING DEMO 11:00 EXERCISE LAB OPEN 12:00 LUNCH
26 10:00 INSPIRATION HOUR 11:00 EXERCISE CLASS 12:00 LUNCH 1:00 LIVERPOOL CARDS	27 10:00 POP-UP FARMER'S MARKET 12:00 LUNCH 1:00 LINE DANCING	28 10:00 INSPIRATION HOUR 11:00 RUMMIKUB 12:00 LUNCH 1:00 DOMINOSS	29 10:00 MUSIC JAM FRIDAY 11:00 EXERCISE LAB OPEN 12:00 LUNCH 1:00 KARAOKE

# Senior Tidbits

---



Need utility assistance?

Get help with your utility bill, through the Dollar Energy Fund. This program has helped many limited-income households restore, or maintain basic service such as gas, water, wastewater and electric service.

To learn more about the application process contact your utility company. Or speak to a representative from the Dollar Energy Fund at 1-888-282-6816.

---

## ERIE GIVES



Year after year you may have watched on the news where non-profit organizations have received donations from the community through a program spearheaded by the Erie Community Foundation.

You are able to donate to your local non-profit of choice. GECAC is hoping that you choose us. There are many ways to give on August 12th from 8am to 8pm by phone @ 814-454-0843. The online event takes place from midnight to midnight. The minimum gift is \$25. Feel free to donate more!

If \$25 per member is too steep let's do it as a group where we each donate what we can, at least \$5 on behalf of the RBW Central City Senior Center. You can even write a check. The Check must be made out to the Erie Community Foundation. Put in the Memo line for GECAC.

## Friendly Reminders...

1. Please remember to sign in on Copilot and on the blue or yellow sign in sheets.
2. Please make your weekly meal reservations by Wednesday 10am.
3. Please setup for lunch upon arrival.
4. Please do not take extra silverware packets from the center.
5. Please remember to ask for change before lunch.
6. Please remember pay for your coffee before pouring.
7. Please do not take extra snacks home they are donated or purchased for you to enjoy while at the center.
8. Please do not treat the snack basket like a buffet. Some members are taking more than their share.
9. Please do not put your bags or purses on the couches.
10. Please get your parking ticket stamped when you first arrive.

---

Debit cards and credit cards are accepted. All transactions, platform and processing fees are completely covered. 100% of your donation will go directly to GECAC.

Help us celebrate our 60 years of service to the community!



# SENIOR TIDBITS CONT...

## How Do Your Contributions and Fundraised Dollars Help Our Centers?

**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 to maintain the building and maintain or replace equipment. For example we can maintain or replace if needed, a stove, a refrigerator, or a freezer. These dollars are vital to maintaining the Center and its daily operations.

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

Contributions and Fundraisers are all voluntary; however, 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.

## Laughter Is The Best Medicine

### Holy spelling mistake!

A young monk arrives at the monastery. He is assigned to helping the other monks in copying the old laws of the church by hand. He notices, however, that all of the monks are copying from copies, not from the original manuscript. So, the new monk goes to the head monk to question this, pointing out that if someone made even a small error in the first copy, it would never be picked up! In fact, that error would be continued in all of the subsequent copies.



The head monk, says, "You make a good point, my son."

He goes down into the dark caves underneath the monastery where the original manuscripts are held in a locked vault. Hours go by and nobody sees the head monk. The young monk gets worried and goes down to look for him. He sees him banging his head against the wall and wailing.

"We missed the R! We missed the R! We missed the R!" "Father!" cries the young monk. "What's wrong?"

The head monk with tears in his eyes replies, "The word is *celebrate!*"



# MEDICARE MINUTE...

The cost of your Medicare Part D-covered drugs may change throughout the year. If you notice that prices have changed, it may be because you are in a different phase of Part D coverage.

There are three different phases—or periods—of Part D coverage:

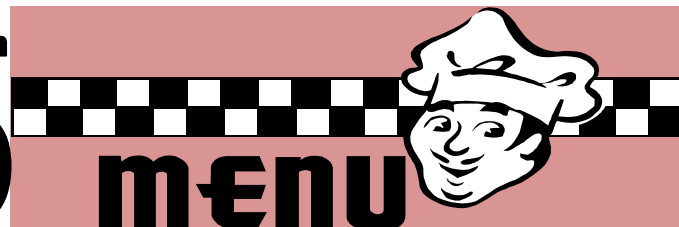
- **Deductible period:** Until you meet your Part D deductible, you will pay the full negotiated price for your covered prescription drugs. Once you have met the deductible, the plan will begin to cover the cost of your drugs. While deductibles can vary from plan to plan, no plan's deductible can be higher than \$590 in 2025, and some plans have no deductible.
- **Initial coverage period:** After you meet your deductible, your plan will help pay for your covered prescription drugs. Your plan will pay some of the cost, and you will pay a copayment or coinsurance. In 2025, the initial coverage period ends after you have accumulated \$2,000 in total drug costs. The out-of-pocket costs that help you reach the \$2,000 cap include:
  - ◇ Your deductible
  - ◇ What you paid during the initial coverage period
  - ◇ Amounts paid by others, including family members, most charities, and other persons on your behalf
  - ◇ Amounts paid by Extra Help, State Pharmaceutical Assistance Programs (SPSPs), Aids Drug Assistance Programs, and the Indian Health Service
  - ◇ Some amounts paid by an enhanced Part D plan
  - ◇ Costs reimbursed by other insurance, like job-based insurance
- **Catastrophic Coverage:** You enter catastrophic coverage after you reach \$2,000 in out-of-pocket costs for covered drugs. During this period, you pay \$0 for covered drugs.

Your Part D plan should keep track of how much money you have spent out of pocket for covered drugs and your progression through coverage periods—and this information should appear in your monthly statements.

**Under certain circumstances, your plan can change the cost of your drugs during the plan year.** Your plan is required to alert you if such changes are made. Your plan cannot change your deductible or premium during the plan year.

MIPPA—the Medicare Improvements for Patients and Providers Act: aims to improve access to affordability of Medicare benefits, particularly for low-income beneficiaries. Programs like LIS & MSP.

# AUGUST 2025



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 STUFFED PEPPERS TOSSED SALAD RICE VANILLA ICE CREAM
5 CHICKEN SALAD ROMAINE LETTUCE CREAM OF BROCCOLI SOUP WHEAT PITA PINEAPPLE CUP	6 SWEDISH MEATBALLS EGG NOODLES PEAS CHOCOLATE ICE CREAM	7 HAM BROCCOLI FLORETS DICED POTATOES RYE BREAD VANILLA PUDDING	8 MEATBALL SUB SPINACH SALAD DICE TOMATOES
12 BEEF STEW SWEE POTATOES WAX BEANS CORN MUFFIN MANDARIN ORANGE CUP	13 SALISBURY STEAK GREEN PEAS SEASONED POTATOES DINNER ROLL CHOCOLATE PUDDING CUP	14 CHICKEN CORDON BLEU BROCCOLI FLORETS WHOLE WHEAT BREAD SUGAR COOKIE	15 BEEF RAVIOLI TOSSED SALAD DICE TOMATOES ITALIAN BREAD APPLESAUCE CUP
19 SAUSAGE SUB PORK & BEANS PEPPERS & ONIONS ICE CREAM	20 OX ROAST COLE SLAW CALIFORNIA MEDLEY JELLO CUP	21 STUFFED CABBAGE MASHED POTATOES MIXED VEGETABLES RYE BREAD PEACH CUP	22 TUNA SALAD ROMAINE LETTUCE BABY CARROTS ITALIAN BREAD PINEAPPLE CUP
26 GRILLED CHICKEN BREAST HASH BROWNS BABY CARROTS RYE BREAD PEACH CUP	27 GOULASH TOSSED SALAD DICE TOMATOES ITALIAN BREAD CHOCOLATE PUDDING CUP	28 CHICKEN FETTUCCINI CALIFORNIA MEDLEY DICED PEARS	29 HOT TURKEY GREEN PEAS SEASONED POTATOES DINNER ROLL VANILLA PUDDING



# Get Ready to Grill Safely

## Separate

When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.



## Chill

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep **40°F** or below in an insulated cooler.



## Clean

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.



## Cook

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at **225°F** to **300°F** to keep meat at a safe temperature while it cooks.

<b>145°F</b>	beef, pork, lamb, veal (then let rest 3 minutes before serving)
<b>145°F</b>	fish
<b>160°F</b>	hamburgers and other ground meat
<b>165°F</b>	poultry



## Don't cross-contaminate

Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.



## Refrigerate

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above **90°F** outside).

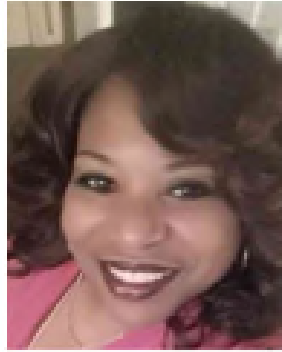




Dr. Benjamin Wilson, CEO



Ray Maholtz, AAA  
Division Manager



Wanda Blakely, RBW Senior  
Center Director

RBW SENIOR 2 SENIOR

GECAC RBW CENTRAL CITY SENIOR CTR  
823 PEACH STREET  
ERIE, PA 16501

## Contact Us

Give us a call or visit our website for more information about our services and virtual programs.

**GECAC R. Benjamin Wiley  
Central City Sr. Ctr.  
823 Peach Street  
Erie, PA 16501**

(814) 451-5633

Visit us on the web at  
[www.gecac.org](http://www.gecac.org)

PLACE  
STAMP  
HERE