

GECAC RBW CENTRAL CITY SENIOR CTR

SENIOR 2 SENIOR NEWSLETTER

MAY 2025



May is Older Americans Month

In 2025, Older Americans Month, which is observed in May, will have the theme "Flip the Script on Aging". This theme focuses on transforming societal perceptions, discussions, and approaches to aging, emphasizing the contributions of older adults, the opportunities for staying active and engaged, and the potential for purpose, exploration, and connection that come with aging.

HEALTHY STEPS FOR OLDER ADULTS

Healthy Steps for Older Adults will be held at the GECAC R. B. Wiley Central City Senior Center, on Thursday, May 29th from 10am to 2:30pm. A special lunch will be provided. Anyone 60 or better attending the workshop will need to pre-register and make a lunch reservation with Wanda or Megan to attend. There are still openings available.

REGISTER TODAY BY CALLING
814-451-5633.



HAPPY BIRTHDAY



Hattie Johnson 2

Mable Henderson 6

Eugene Grannison 12

Evelyn Carr 20

Patricia Carr 24

Joe Odom 28

PRAYER LIST

Angela Johnson

Nancy Sanders

Hattie Johnson

Cleo Nickson

Joe Odom

HAPPY MOTHER'S DAY
HAPPY MEMORIAL DAY



MAY 2025



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAPPY OLDER AMERICAN'S MONTH		1 10:00 INSPIRATION HOUR 11:00 CENTER MEETING 12:00 LUNCH	2 9:30 MEMBERS CHOICE 12:00 LUNCH
6 10:00 INSPIRATION HOUR 11:00 AEA EXERCISE CLASS 12:00 LUNCH	7 10:00 POKENO 12:00 LUNCH 1:00 LIVERPOOL CARDS	8 10:00 INSPIRATION HOUR 11:00 LIVERPOOL CARDS 12:00 LUNCH	9 10:00 MUSIC JAM FRIDAYS 12:00 LUNCH 1:00 RUMMYKUB
13 10:00 INSPIRATION HOUR 11:00 AEA EXERCISE CLASS 12:00 LUNCH CELEBRATE OAM FREE BINGO AND CAKE	14 10:00 REMINISCE DAY 12:00 LUNCH	15 10:00 INSPIRATION HOUR 11:00 ADAGIO HEALTH Session 3- Colorful and Classic Favorites 12:00 LUNCH	16 10:00 POOL PLAYERS DAY 12:00 LUNCH 1:00 DOMINOS
20 10:00 INSPIRATION HOUR 11:00 EXERCISE IS THURS. 12:00 LUNCH 1:00	21 10:00 RUMMIKUB 12:00 LUNCH 1:00 RUMMIKUB CONTINUED	22 10:00 INSPIRATION HOUR 11:00 AEA EXERCISE CLASS 12:00 LUNCH	23 10:00 MUSIC JAM FRIDAYS 12:00 LUNCH 1:00 PUZZLE MANIA
27 10:00 INSPIRATION HOUR 11:00 AEA EXERCISE CLASS 12:00 LUNCH	28 10:00 LIVERPOOL 12:00 LUNCH 1:00 POKENO	29 PRIVATE EVENT 10:00 to 2:30 HEALTHY STEPS FOR OLDER ADULTS WORKSHOP	30 10:00 VIDEO LINE DANCING 12:00 LUNCH 1:00 CARDS

Happy Mother's Day

SPRUCE UP ERIE

GECAC'S Annual Spruce Up Erie Event will take place on May 5th at the Erie West Senior Center @ 1pm.

The GECAC R. Benjamin Wiley Central City Senior Center was fortunate to have the opportunity to give interested members a chance to pick up cleaning supplies from their home senior center on Friday, April 25th and Tuesday, April 29th.

The center was given a total of 15 bags to issue. If you did not get a bag and would like one, you still have an opportunity to pick up at the Erie West Senior Center.

Members that received a bag at RBW CAN NOT RECEIVE ANOTHER BAG AT ANY OTHER GECAC SPONSORED LOCATION.

Members disregarding this rule will not be allowed to pick up early in the future. You will have to wait until the actual event date.

A special thank you to all the organizations, churches, schools and staff that make this event a success every year!



Membership

Updates Are Due

During the months of May and June I will begin completing updates on registrations, evidence based program updates and nutrition updates, as needed on our members.

Please remember anytime you have a change in address, phone number, or insurance changes.

PENNSYLVANIA PROPERTY TAX or RENT REBATE PROGRAM 2024

Pennsylvania Department of Revenue
BUREAU OF INDIVIDUAL TAXES
HARRISBURG, PA 17120-0025
REVISED 05-24

APPLICATION INSIDE

	INCOME	MAX. REBATE
HOMEOWNERS AND RENTERS	\$ 0 to \$ 8,270	\$1,000
HOMEOWNERS	\$ 8,271 to \$ 15,510	\$ 770
RENTERS	\$15,511 to \$ 18,610	\$ 460
	\$18,611 to \$ 46,520	\$ 380

FILE YOUR APPLICATION ONLINE

myPATH
PENNSYLVANIA TAX HUB

Property Tax/Rent Rebate Program applications can now be submitted online via the Department of Revenue's myPATH portal at myPATH.pa.gov.

NOTE Applicants can exclude one-half of all Social Security income.

IMPORTANT DATES
Application deadline: **JUNE 30, 2025**
Rebates begin: **EARLY JULY, 2025**

NOTE: The department may extend the application deadline if funds are available.

Rebates for eligible seniors, widows, widowers and people with disabilities.

GECAC'S RBW CENTRAL CITY SENIOR CENTER WILL PROVIDE PROPERTY TAX/RENT REBATE ASSISTANCE.

If you missed getting your Property/Rent Rates completed in the month of March and April, there is still time. Please see Wanda to make an appointment today.

Proof of all income, including any gaming winnings, (1099's for all types of income)

First time filers will need to have a Driver's license or photo State ID

If you wish to have direct deposit, a voided check to show routing number and account number will be needed.

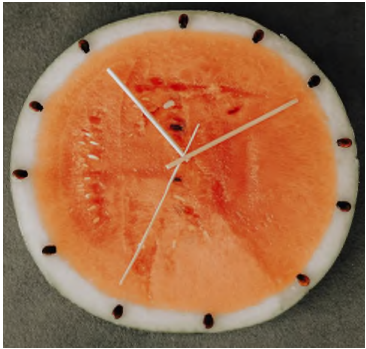
Rebates will be completed by electronic filing.

Electronic filers will need to have an email or gmail account

A cell phone will be needed if you need help setting up a gmail or email account.

It's time for the Annual Senior Farmer's Market Nutritional Program 2025

The GECAC Community Distribution for the Seniors Farmer's Market Nutritional Program will be held at the Bayfront Convention Center on June 30, 2025, from 9am to 4pm.



Household Income

1 person—\$28,953

2 people—\$39,128

3+ people visit www.gecac.org

Voucher

Amount

\$25 per person



Age / Residency

Seniors 60+

Living in Erie Co. PA



Members of RBW (must have an active membership for at least 3 months) will receive their vouchers before the general public. Date will be announced in the very near future.

Laughter is the Best Medicine

This young blond decided she wanted to pay off all her bills. She started going door to door in her neighborhood asking if anyone needed something done for a little money. She knocks on her first door. An elderly man answers. "Hello. I m trying to make some extra money to pay off bills. Do you have any odd jobs you need done" The old man replies, "Well, you can paint the porch". She jumps for joy and says 'Great! How much will you pay? " " One hundred dollars", said the old man. " The paint, rollers, and brushes are in the garage. Knock on the door when you're done and I ll pay you ". The old man goes back inside as the young blond bounds off to the garage. " Does that poor girl know our porch wraps around the whole house? ", asks the old man's wife. " Of course she does. You' ve heard too many dumb blond jokes. Just at that moment there was a knock at the door. The old man opens it to find a smiling face, "I'm done. And I had enough paint to give it two coats. By the way mister, that's a Lexus. Not a Porche.



MEDICARE MINUTE...

At the time of the printing of this month's newsletter there has been no budget cut or changes to Pennsylvania's Medicaid Recipient Programs.



As you may be aware there has been much talk from the White House on how Medicaid will be change on the Federal level. Change to many lawmakers mean cutting Medicaid.

The potential impacts for PA Medicaid recipients could be a loss of coverage. There could be less people of Medicaid. Recipients may be required to work in order to keep or get benefits. Those that are currently getting benefits, who would be considered exempt may lose benefits due to challenges with getting paperwork in. Issues can arise with paperwork sitting in a box in the Medicaid office. There can be a back-log where the applications are not being processed due to not enough staff to complete the work. There could be a change in the Medicaid categories; where some categories would no longer be funded. Cuts in Waiver programs, limit to services. There is so much more that could be effected.

If you are wondering what you can do to make a difference and have an impact, talk to your FEDERAL legislators! Have face to face conversations, make phone calls and write letters. Be involved as much as possible. Share your personal stories and how you will be impacted. Talk to your family members and friends. USE YOUR VOICE!!! Tell them no cuts or caps for Medicaid including work requirements. Extend the Enhanced Premium Tax Cuts (EPTC) for the Affordable Care Act (ACA).

2025 Medicare Part D formularies now updated with new drugs

In the last month, 52 prescription drugs were added to one or more Medicare Part D prescription drug plan formularies (drug lists). The 52 new drugs are represented by 95 new National Drug Codes ([NDCs](#)) – meaning some of the drugs have multiple variations or forms (such as multiple drug strengths or variations in packaging).

Can I still change to a different 2025 Medicare plan at this time of year?

In some cases. Your prescription and healthcare needs or [costs can change](#) throughout the year and if you find that your current 2025 Medicare plan is no longer providing the most economical and comprehensive coverage, you may be able to use a [Special Enrollment Period](#) (SEP) to change Medicare Part D or Medicare Advantage plans – even after the close of the annual Open Enrollment Period ([AEP](#)) or Medicare Advantage Open Enrollment Period ([MAOEP](#)).

Question: My Medicare plan is costing more than expected, can I change to a 5-star Medicare Advantage plan?

Yes, if a 5-star, plan is available in your area. Medicare will provide you with a [once-a-year opportunity](#) to switch to any Medicare Part D or Medicare Advantage plan in your area that has achieved a 5-star quality rating. Although these 5-star plans are not available everywhere, you can use our [Medicare Advantage plan finder](#) to learn whether there are any 5-star plans in your location – just look for the 5-star icon next to the plan name.

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.



The RBW Senior Center is looking to have a Casino Trip to Seneca Niagara Casino, Niagara Falls, NY on Monday, July 14th.

The cost of the trip has gone up \$5 from last year. The cost per person is \$50. The interest has been extremely high. No seats will be held without a paid in full reservation. Lisa, the director of the Erie West

Senior at 1210 W 8th St. will accept payments Or, stop in to see me at RBW Senior Center 823 Peach St. No Checks will be accepted, cash only.

More information will be out soon. I am waiting to hear what the comps will be.

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TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CHEESEBURGER POTATO WEDGES COLE SLAW APPLESAUCE CUP	2 CHICKEN & BISCUITS GREEN BEANS MIXED FRUIT CUP
6 OVEN FRIED CHICKEN MACARONI & CHEESE BRUSSEL SPROUTS WHEAT BREAD PEAR CUP	7 COUNTRY FRIED STEAK BROCCOLI FLORETS MASHED POTATOES APPLESAUCE CUP	8 CHICKEN & NOODLES CALIFORNIA MEDLEY DINNER ROLL JELLO CUP	9 STUFFED PEPPER TOSSED SALAD RICE RYE BREAD VANILA ICE CREAM
13 CHICKEN SALAD ROMAINE LETTUCE CREAM OF BROCCOLI SOUP WHEAT PITA PINEAPPLE CUP	14 SWEDISH MEATBALLS NOODLES PEAS CHOCOLATE ICE CREAM	15 HAM BROCCOLI FLORETS DICED POTATOES RYE BREAD VANILLA PUDDING	16 MEATBALL SUB SPINACH SALAD DICED TOMATOES
20 BEEF STEW SWEET POTATOES WAX BEANS CORN MUFFINS MANDARIN ORANGES	21 SALISBURY STEAK GREEN BEANS SEASONED POTATOES DINNER ROLL CHOCOLATE PUDDING	22 CHICKEN CORDON BLEU BROCCOLI FLORETS WHOLE WHEAT BREAD SUGAR COOKIE	23 BEEF RAVIOLI TOSSED SALAD ITALIAN BREAD APPLESAUCE CUP
27 SAUSAGE SUB PORK & BEANS PEPPERS & ONIONS ICE CREAM	28 OX ROAST COLE SLAW CALIFORNIA MEDLEY JELLO CUP	29 STUFFED CABBAGE MASHED POTATOES MIXED VEGETABLES PEACH CUP	30 TUNA SALAD ROMAINE LETTUCE BABY CARROTS PINEAPPLE CUP



Dr. Ben Wilson, CEO



Ray Maholtz, AAA
Division Manager



Wanda Blakely, RBW Senior
Center Director

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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.
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Erie, PA 16501**

(814) 451-5633

Tues.—Fri 9am to 3pm

Visit us on the web at
www.gecac.org

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

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