GECAC UNION CITY SENIOR CENTER

27 Johnson Street, Union City PA, 16438—(814) 438-2146

Open Mon. through Thurs. 9 a.m. to 3p.m.

Laura Spaid, Senior Center Director
Michele Rohrer, Assistant Director

AUGUST 2025 Newsletter

ERIE GIVES DAY

Erie Gives Day is an opportunity for funds to be donated to local non-profits. GECAC is one of those non profits that would benefit from your donation.

Ways to give: **Online**—**visit ErieGives.org,** gifts are accepted on August 12th, 2025, beginning at midnight. Online donations can be made via credit card. Minimum donation is $25.00.

By Phone—Call the Erie Community Foundation at 814-454-0843 between the hours of 8:00 am to 8:00 pm, on August 12th, 2025.

Please consider donating to GECAC

Thank you in advance.

AUGUST BIRTHDAYS

1st Jamie Stout
9th Nancy Comstock
10th Pauline Williams
11th Donna Kennedy
13th Dawn Giamio
23rd Elma McKean
25th Mike Daszynicz
26th Laura Spaid
28th Carol Rose
30th Karen Blakeslee

HAPPY ANNIVERSARY

21st Russ & Sherri Martin

If we have missed your birthday or anniversary please let us know so we can add you to our list!

SUMMER PICNIC

Mark your calendars, a picnic is being planned for Wednesday, August 20th. The cost of the picnic is $5.00 if paid by Monday, August 11th, the cost after that date is $7.00.

What you can expect…

A hotdog/hamburger bar with lots of different toppings, macaroni salad, baked beans, watermelon and brownies. We will also have raffle baskets, 50/50 and $5.00 bingo!

School starts back up this month. Please keep a watch out for the children crossing the streets and riding their bicycles!

MAGIC WORD

How this works

Read the newsletter to find the answers to the below questions. Find those answers in the word search puzzle along with a *__Magic word__* that is also hidden in the puzzle, the first person to turn it in right answers and has found the **Magic word** will win a prize of either a free lunch or a free bingo card!

1. Who does Erie Gives benefit?

2. What day of the week is the UCSC picnic?

3. What health topic is mentioned?

4. What is the temporary Medicare program called that is mentioned?

5. Who is the CEO of GECAC?

6. What are we having for lunch on August 27th?

7. Along with your teeth or dentures, what should you brush twice a day?

8. What publication can you find the monthly happenings for the UC Sr. Center?

9. What should you trim to help eliminate bacteria? (2 Answers)

10. What group are you invited to join?

JOIN OUR FACE-BOOK GROUP!

You can find us through the Group Search, just type in Union City Senior Center, and ask to join the group. There are three questions you will need to answer and then we will   approve your request.

We try to keep you updated on news and alerts and we try to post our newsletter. Check it out!

MAGIC WORD PUZZLE

Find the 10 words from the Magic word questions and
then find the magic word. Bring your answer to the
office. The first correct answer turned in wins the prize!

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T R L D P B N U S R S L I N G E E Y E N
N T Y E N T T O S D U I G T E L H N L H
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I N I O O G Y O E E R E R N U I A O I O
I D T T S S S I A N I D E G O F N O W B
K E N I F R I A A T L T N L E N S K T S
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Y I R G O U L A S H T W I I D U I F U E
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S T I F O R P N O N L N H E E B E T N N
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L O T N E W S L E T T E R F G O E O E A
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Good Summer Hygiene

Good personal hygiene is important whether you're young or of a particular age. As the weather becomes warmer our bodies require more attention. The need for deodorant is a must for most. Clothes should be changed daily. In doing so, this may eliminate skin infections that may be caused by bacteria left in your clothing.

Shower daily. This is another way to remove bacteria and other irritants from your skin to reduce the risk of rashes and other skin problems.

Trim your fingernails as well as your toenails. This is a great way to eliminate bacteria that live under your nail beds. If you are a diabetic you should have your toenails clipped at your podiatrist's office.

Brush your teeth or dentures as well as your tongue twice a day. Remember to rinse your mouth after brushing your teeth or having a meal. If you can't get to your toothbrush swish plain water around in your mouth.

Good hygiene must always include eating healthy. Consuming meals that follow the Myplate design can lead to a healthy digestive system and keep you energized.

Stay hydrated. Be sure to drink plenty of water every day to avoid becoming dehydrated. By the time you become thirsty you have already began to be dehydrated. Drinking water helps to keep your mouth moist. A dry mouth causes bad breath and assist in the tooth decay process. Water also helps to keep your skin and hair healthy.

Medicare Minute….

Are you having problems paying for your medication?

The LINET program, or Limited Income Newly Eligible Transition Program, is a temporary Medicare program designed to provide immediate prescription drug coverage for low income individuals who are eligible for Medicare and Medicaid (dual eligible) or Medicare and the Part D Low-Income Subsidy (LIS), also known as "Extra Help", but are not yet enrolled in a Medicare Part D plan.   It acts as a safety net, ensuring access to necessary medications while beneficiaries transition to a permanent Part D plan.

Your coverage through LINET is normally 1 to 2 months, until the beneficiary enrolls in a Part D plan.

LINET can be activated at the pharmacy counter using "best available evidence" like an Extra Help approval letter. It can also provide retroactive coverage for up to 30 days for LIS-eligible individuals and up to 36 months for dual eligible.

LINET covers all Medicare Part D approved medications, except those excluded by federal law.

There are no monthly fees for LINET coverage.

AUGUST

Menu & Activities

Monday	Tuesday	Wednesday	Thursday
LUNCH IS SERVED AT 11:45 **MENU IS SUBJECT TO CHANGE THANK YOU FOR UNDERSTANDING**	<u>**RESERVATIONS DUE**</u> **Reservations for the picnic are due by August 11th to get the discounted cost. Late reservations are $7.00**	August 3rd is Sisters' and Friendship day! World watermelon day is also on the 3rd.	**"Live life to the fullest and focus on the positive."** **Matt Cameron**
4 **PHILLY CHEESE STEAK SUB** 9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo	**5** **SWEDISH MEATBALLS** 9:00 Line Dance 10:00 Bible Study 12:30 Crafts	**6** **CHICHEN SALAD** 9:00 Fitness 9:30 Poker 12:30 Bingo **Pop Up Market**	**7** **BBQ HAM** 9:15 Tai Chi 10:00 Line Dance
11 **TACO SALAD** 9:00 Fitness 10:00 Putt Putt 11:30 Bonanza Bingo 12:30 Bingo Reservations due for picnic	**12** **BEEF TIPS & RICE** 9:00 Line Dance 10:00 Bible Study 11:00 Arthritis Exercise 12:30 Crafts	**13** **STUFFED CHICKEN** 9:00 Fitness 9:30 Poker 12:30 Bingo	**14** **SALISBURY STEAK** 9:15 Tai Chi 10:00 Line Dance
18 **CHICKEN TENDERS** 9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo	**19** **MEATBALL SUB** 9:00 Line Dance 10:00 Bible Study 11:00 Arthritis Exercise 12:30 Crafts	**20** **CENTER PICNIC** **Pop Up Market**	**21** **BAKED POTATO & VEGETABLE BEEF SOUP** 9:15 Tai Chi 10:00 Line Dance 11:00 Family Feud 12:30 Crochet group
25 **COMBO SUB** 9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo	**26** **CHICKEN FETTUCCINI** 9:00 Line Dance 10:00 Bible Study 11:00 Arthritis Exercise 12:30 Crafts	**27** **GOULASH** 9:00 Fitness 9:30 Poker 12:30 Bingo	**28** **CHEF SALAD** 9:15 Tai Chi 10:00 Line Dance

<u>How Do Your Donations and Fundraised Dollars Help Our Center?</u>

Meal Donations help to off-set the cost of meals. On average, the actual cost of the meal is over $7.00. Meal donations also help to maintain the building and 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 Donations and Fundraised Dollars help to pay for parties, entertainment 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.

Donations 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. Would you like to make other donations? Ask us how you can help.

WE APPRECIATE YOUR DONATIONS!

The GECAC Union City Senior Center, Operated by Greater Erie Community Action Committee (GECAC), Area Agency On Aging, is funded in part by the Department Of Aging.

Dr. Benjamin Wilson, CEO

Ray Maholtz,
AAA Division Manager