



GEACAC 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 2026 Newsletter

Urgent Need

“Through our Meals on Wheels Program, volunteers deliver nutritious, home-cooked meals to seniors across Erie County—many of whom live alone, face food insecurity, or struggle with social isolation. Erie County has ten food deserts, seven in the City of Erie, leaving over 22,000 residents without easy access to healthy food. Additionally, 37% of seniors live alone, increasing their risk for malnutrition, health complications aware that our dedicated teams, and loneliness. Volunteering with GECAC, you do more than deliver a meal—you provide a daily visit, a warm smile, and a watchful eye that can detect early health risks, prevent hospitalizations, and improve overall well-being. Last year alone, our volunteers delivered 25,889 meals, served 130 seniors, and contributed over 1,750 hours of service—touching lives in ways that extend far beyond nutrition.”

This is a great way to serve your community or a neighboring community. If you are interested, please contact:

Kyle Hagstrom at 814-459-4581 ext. 457 or
Damali Donovan at 814-459-4581 ext. 481.



HAPPY BIRTHDAY

4th Reuben Bell
6th Becky Soety
10th Pauline Williams
11th Donna Kennedy
13th Dawn Giaimo
15th Gary Powers
23rd Elma McKean
Jim Morvay
25th Mike Daszynicz
26th Laura Spaid
Rose Gibson
28th Carol Rose
30th Karen Blakeslee
31st Diane Kirik



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!



PICNIC

A picnic will be held here at the center on Wednesday, September 2nd. Reservations need to be in by Wednesday, August 19th, by 12:00 noon. Cost is \$5.00. Details to come!

How Do Your Donations and Fundraised Dollars Help Our Center?

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!

HAVE YOU MADE IT EASY FOR YOUR FAMILY?

Join us on, Wednesday, August 12th, for a free educational seminar on **Estate Planning**. Grant Yocum, from The Steadman Law Office, will be our presenter.

Grant will help you learn how to protect your assets, make your wishes known, and help your loved ones avoid unnecessary complications. Please feel free to bring your family members.

SEPTEMBER HIGHLIGHTS

2nd Picnic
7th Closed "Labor Day"
9th Outreach with resources on
Housing 10:00-12:00
15th Blood Pressure Screening
22nd Flu Shots
22nd 11:00 Life Speaker & Craft

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 11th, 2026, 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 11th, 2026.

Please consider donating to GECAC Thank you in advance.



AUGUST 2026

Menu & Activities



Monday	Tuesday	Wednesday	Thursday
3 STUFFED SHELLS 9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo	4 PORK ROAST 9:00 Line Dance 10:00 Bible Study 11:00 AEA Exercise 12:30 Crafts	5 STUFFED CHICKEN 9:00 Fitness 9:30 Poker 11:30 Speaker Adagio "Dietary Fat Fact or Fiction" 12:30 Bingo Adagio Farmers Market	6 HAMBURGER 9:15 Tai Chi 10:00 Line Dance
10 KIELBASA & CABBAGE 9:00 Fitness 9:00 Putt Putt Golf 11:30 Bonanza Bingo 12:30 Bingo	11 CHICKEN TENDERS 9:00 Line Dance 10:00 Bible Study 11:00 AEA Exercise 12:30 Crafts	12 SWEET & SOUR MEATBALLS 9:00 Fitness 9:30 Poker 10:30 Speaker "Estate Planning" 12:30 Bingo	13 CHICKEN & NOODLE CASSEROLE 9:15 Tai Chi 10:00 Line Dance 11:00 Trivia
17 STUFFED PEPPER 9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo	18 CHICKEN SALAD 9:00 Line Dance 10:00 Bible Study 10:00 BP Screening 11:00 AEA Exercise 12:30 Crafts	19 SWEDISH MEATBALLS 9:00 Fitness 9:30 Poker 12:30 Bingo	20 HAM SALAD 9:15 Tai Chi 10:00 Line Dance Adagio Farmer's Market
24 CHICKEN & BISCUIT 9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo	25 TOASTED CHEESE & SOUP 9:00 Line Dance 10:00 Bible Study 11:00 AEA Exercise 12:30 Crafts	26 TACO SALAD 9:00 Fitness 9:30 Poker 12:30 Bingo	27 BROCCOLI STUFFED CHICKEN 9:15 Tai Chi 10:00 Line Dance 11:00 Family Feud
31 EGG SALAD 9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo		MENU IS SUBJECT TO CHANGE THANK YOU FOR UNDERSTANDING	School starts back up this month. Please keep a watch out for the children crossing the streets and riding their bicycles!

Rules of Medicare Marketing

Insurance companies are subject to extensive federal rules when they market Medicare plans. These rules govern the content, timing, and appearance of the materials they send out.

Mailed materials must:

- Be accurate and not misleading
- Clearly identify the insurance company
- Avoid confusing beneficiaries into thinking the mail came from the government
- Include required disclaimers & contact information
- Present information that complies with all Centers for Medicare and Medicaid (CMS) standards

CMS Prohibits marketing that could mislead someone into believing a private company is sending an official Medicare notice, or that it is coming from the Federal Government. They are not to make false statements of exaggerated claims about savings, omit limitations or eligibility requirements, or claim Original Medicare will be lost if you don't respond immediately. State Laws are in place that prohibit false advertising, use unfair or deceptive marketing practices, and from misrepresenting policy benefits.

If you believe you were improperly marketed to by mail, in-person, by phone, or other manner, you may contact 1-800-MEDICARE (1-800-622-4227), the PA State Department of Insurance 1-877-881-6388, and for specific concerns of fraud, the Senior Medicare Patrol 1-877-808-2468. You may also call your local SHIP/ PA MEDI office.

PA MEDI Counselors can help you learn about Medicare, Preventive Services, understand and enroll in your plan of choice, guide you Medicare appeal decisions, and more. Help is available to low income Medicare recipients through the Medicare Savings Program and Extra Help Low Income Subsidy program to help pay for your Part B premium and prescription costs. For help in understanding your options, contact your local GECAC Erie Area Agency on Aging PA MEDI office for more information at 814-459-4581 Ext. 400.



Pennsylvania
Medicare Education
and Decision Insight



PA MEDI, available through your local Area Agency on Aging, offers free, confidential, unbiased, and easy-to-understand information to Medicare-eligible individuals, their families, and caregivers.

PA MEDI empowers seniors and people with disabilities to make informed decisions about Medicare health insurance.



Pennsylvania
Department of Aging



SHIP
Navigating Medicare

This publication is funded by a grant award totaling \$ 1.8 million (100%) from the U.S. Department of Health and Human Services.