



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



July 2026 Newsletter

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!

HAPPY BIRTHDAY

- 1st Barb McClellan
Carolyn Laird
- 3rd Cheryl Cornwell
- 6th Paula Anthony
- 9th Betsy Monn
- 14th Bill Rose
- 16th Barb Ammann
- 17th Barb Klakamp
- 18th Linda Schweitzer
- 19th Arlo Brenneman
- 20th Mary Lou Davids
- 23rd Rita Burress
- 24th Shirly Gawlinski
Connie Bradley
- 25th Martha Blair
- 28th Rosemary Obert



HAPPY ANNIVERSARY

- 2nd Steve & Carol Daley
- 17th Bill & Mary Kightlinger
- 22nd Terry & Diane McCray
- 27th Bud & Jeanette Bidwell

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

JOIN OUR FACEBOOK GROUP!

Search for:

GECAC Union City Senior Center and request to join!

Pennsylvania Senior Citizens Non-Commercial Driver's License and Vehicle Registration Services

RETIRED PERSON'S VEHICLE REGISTRATION If you are retired and receiving Social Security or other pension income and your total annual income from all sources is \$30,778 or less, you qualify to register your passenger vehicle or light truck (9,000 lbs. or less) for a processing fee per year instead of the registration fee. For a complete listing of all motor vehicle fees, please refer to Form MV-70S, "Bureau of Motor Vehicles Schedule of Fees." The discount does not apply to title fees, transfer fees or sales tax.

NOTE: 100% of a veteran's benefit payment or payment to the unmarried surviving spouse, upon the death of a veteran, is entitled to receive, should not be included as income for the reduced Retired Status fee.

Under this plan, you may register only one passenger vehicle or truck that you own for the processing fee, and you should be the principal driver of the vehicle, unless a physical or mental disability exists that makes you incapable of driving. **NOTE:** When a vehicle is titled in two names, only the income of the retired principle driver applying needs to be listed on Form MV-371, "Application for a Retired Person's Processing Fee on a Vehicle Registration," to qualify unless they have a medical condition that disqualifies them from driving.

APPLICATION FOR RETIRED STATUS To apply, you must complete Form MV-371 and include it with your regular registration renewal, along with a check or money order made payable to the **Commonwealth of Pennsylvania**. **NOTE:** Form MV-371 can be found on our website at www.pa.gov/dmv, or you may also renew your registration by visiting www.pa.gov/dmv and selecting "Renew Your Vehicle Registration with Retired Status Rate" from the list of services on the

CARFIT

There is more to safe driving than how you drive. Having the proper fit inside your vehicle can make a big difference and help protect you and those around you.

With CarFit, an educational program developed by AARP and the American Occupational Therapy Association, you'll get information and resources on how you can enhance your safety in the driver's seat.

CarFit Events have trained experts that will show you how you can enhance your comfort, safety and fit within your vehicle.

Join us on **Tuesday, July 21st, 10:00 AM to 12:00 PM** at the senior center! Appointments are needed, please stop in the office to make yours!

GECAC SENIOR HELPLINE:

If you are in need of In-Home Services, Meals on Wheels, Older Adult Protective Services, Support for Caregivers, please call

**(814) 459-4581 ext. 400. or
AAA TOLL FREE: (800) 769-2436**

FARMER'S MARKET IN THE PARKING LOT

Adagio Health will be setting up a Farmer's Market in the parking lot again this year.

Their dates are July 5th and July 20th!



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.

VOLUNTEER



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.






JULY 2026



Menu & Activities

| Monday | Tuesday | Wednesday | Thursday |
|--|--|--|---|
|  | <p>MENU IS SUBJECT TO CHANGE</p> <p>THANK YOU FOR UNDERSTANDING</p> | <p>1 COUNTRY FRIED STEAK</p> <p>9:00 Fitness 9:30 Poker 11:30 Speaker Adagio "Fitness Fun" 12:30 Bingo Adagio Farmers Market</p> | <p>2 CHICKEN & NOODLES</p> <p>9:15 Tai Chi 10:00 Line Dance</p> |
| <p>6 BAKED POTATO & POPCORN CHICKEN SALAD</p> <p>9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo</p> | <p>7 SWEDISH MEATBALLS</p> <p>9:00 Line Dance 10:00 Bible Study 11:00 AEA Exercise</p> | <p>8 CHICKEN SALAD</p> <p>9:00 Fitness 9:30 Poker 12:30 Bingo</p> | <p>9 HAM</p> <p>9:15 Tai Chi 10:00 Line Dance 11:00 Trivia</p> |
| <p>13 CHICKEN & BISCUIT</p> <p>9:00 Fitness 9:00 Putt Putt Golf 11:30 Bonanza Bingo 12:30 Bingo</p> | <p>14 LASAGNA ROLL UP</p> <p>9:00 Line Dance 10:00 Bible Study 10:00 BP Screening 11:00 AEA Exercise 12:30 Crafts</p> | <p>15 MEATLOAF</p> <p>9:00 Fitness 9:30 Poker 12:30 Bingo</p> | <p>16 BROCCOLI STUFFED CHICKEN</p> <p>9:15 Tai Chi 10:00 Line Dance</p> <p>Adagio Farmer's Market</p> |
| <p>20 STUFFED PEPPER SOUP & SALAD</p> <p>9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo</p> | <p>21 SAUSAGE SUB</p> <p>9:00 Line Dance 10:00 Bible Study 11:00 AEA Exercise 12:30 Crafts 10:00-12:00 Car Fit</p> | <p>22 OX ROAST</p> <p>9:00 Fitness 9:30 Poker 12:30 Bingo</p> | <p>23 STUFFED CABBAGE</p> <p>9:15 Tai Chi 10:00 Line Dance 11:00 Family Feud</p> |
| <p>27 SPAGHETTI & MEATBALLS</p> <p>9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo</p> | <p>28 CHICKEN TENDERS & CHEESE TOTS</p> <p>9:00 Line Dance 10:00 Bible Study 11:00 Life Speaker 12:30 Crafts</p> | <p>29 GOULASH</p> <p>9:00 Fitness 9:30 Poker 12:30 Bingo</p> | <p>30 CHICKEN FETTUCINI</p> <p>9:15 Tai Chi 10:00 Line Dance</p> |

Prior Authorizations & Your Rights

Many Medicare beneficiaries are surprised when physician recommended services require prior approval from their insurance company. While it is more common for Medicare Advantage Plans to require prior approvals, in some instances, they may also be required for those who have Original Medicare A and B only, and A/B with a supplemental, or Medigap Plan. Prior approval requirements can be applicable to imaging, rehabilitation, skilled nursing care, certain procedures, medical devices, testing, prescriptions, and more.

Know your appeal rights. Beneficiaries should not accept a verbal denial without requesting a formal written notice. You have the right to an explanation and to appeal. You are entitled to receive a written explanation stating:

- What was denied
- Why it was denied
- The specific rule or policy used
- How to appeal
- Applicable deadlines

If you are going to appeal, know your specific deadlines and plan to file timely. You may want to enlist the help of your physician's office to help explain denials to access documentation support if needed.

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.