



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



JULY 2025 Newsletter

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!

JULY BIRTHDAYS

1st	Barb McClellan
3rd	Cheryl Cornwell
6th	Paula Anthony
14th	Bill Rose
16th	Barb Ammann
18th	Linda Schweitzer
19th	Arlo Brenneman
20th	Mary Lou Davids
24th	Shirley Gawlinski
25th	Martha Blair
28th	RoseMary Obert



HAPPY ANNIVERSARY

26th Harold & Nancy Maynard

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

Traveling with Medicare

How does Medicare work while you are traveling? This is a good question to ask yourself when you are making travel plans. You will want to consider what type of Medicare plan you have.

Original Medicare covers emergency care in the U.S. and its territories, including Puerto Rico and the U.S. Virgin Islands. It also covers some international health care in limited circumstances, such as if you're traveling between Alaska and another U.S. state through Canada and a Canadian hospital is closer than the nearest U.S. hospital. Medicare determines what qualifies as "without unreasonable delay" on a case-by-case basis.

If you have a Medicare Advantage Plan, your plan may or may not cover care outside of its service area. Some plans may cover providers that are out-of-network or out of your service area, but with higher cost-sharing (copayments, coinsurances). Your plan may also impose other rules or restrictions (like prior authorization). Contact your plan to see what rules and costs apply when you travel within the U.S.

Medicare will pay for medical care you get on a cruise ship if you get the care while the ship is in U.S. territorial waters. This means the ship is in the U.S. port or within six hours of arrival at or departure from a U.S. port.



FARMERS MARKET PRODUCE VOUCHERS

Greater Erie Community Action Committee (GECAC) announced that GECAC Erie County Area Agency on Aging will be distributing \$25 vouchers for the purchase of Pennsylvania produce through the Senior Farmers Market Nutrition Program (SFMNP). The program is intended to encourage more low-income seniors to incorporate fruit and vegetables into their diets. The vouchers were made possible by the Pennsylvania Department of Agriculture.

To be eligible, a senior must be an Erie County resident, 60 years of age or older in 2025 and meet the income guidelines. Income eligibility is based on the total household income and on the number of people living in a household.

1 person	\$28,953 or less	3 person	\$49,303 or less
2 people	\$39,128 or less	4 person	\$59,478 or less

Eligible seniors may receive vouchers, **while supplies last**, through the community distribution event. Seniors are only to go to the location closest to their home.

Eligible seniors must show proof of age and residency (not income) at the distribution site (driver's license, PA ID, Birth Certificate, current utility bill other official mailing with address).

Eligible seniors may ONLY receive vouchers one time in the program year of 2025. This information will be verified when vouchers are received.

Seniors may appoint someone else (Proxy) to pick-up their vouchers for them. **The proxy will require an application** from our website, or it may be requested to be mailed by calling 814-438-2146. Vouchers will not be distributed to proxies without presenting correctly completed applications and proof of ID for the senior and the proxy. Proxy's may not proxy for more than four seniors.

COMMUNITY DISTRIBUTION IS Friday, June 27, 2025 from 9:00-3:00. Supply is limited and vouchers can not be held, they are a first come first served.

If you are not able to make it on your designated date please call the center at 814-438-2146 to schedule an appointment.



Monday	Tuesday	Wednesday	Thursday
LUNCH IS SERVED AT 11:45 MENU IS SUBJECT TO CHANGE THANK YOU FOR UNDERSTANDING	1 CHICKEN & BISCUITS 9:00 Line Dance 10:00 Bible Study 11:00 Arthritis Exercise 12:30 Crafts	2 SALISBURY STEAK 9:00 Fitness 9:30 Poker 12:30 Bingo	3 CHICKEN CORDON BLEU 9:15 Tai Chi 10:00 Line Dance
7 STUFFED PEPPER SOUP & SALAD 9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo	8 SAUSAGE SUB 9:00 Line Dance 10:00 Bible Study 12:30 Crafts	9 OX ROAST 9:00 Fitness 9:30 Poker 12:30 Bingo	10 STUFFED CABBAGE 9:15 Tai Chi 10:00 Line Dance
14 CHICKEN ALFREDO 9:00 Fitness 10:00 Putt Putt 11:30 Bonanza Bingo 12:30 Bingo	15 MEATBALL SUB 9:00 Line Dance 10:00 Bible Study 11:00 Arthritis Exercise 12:30 Crafts	16 CHICKEN 9:00 Fitness 9:30 Poker 12:30 Bingo	17 GOULASH 9:15 Tai Chi 10:00 Line Dance
21 STUFFED CHICKEN BREAST 9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo	22 SPAGHETTI & MEAT-BALLS 9:00 Line Dance 10:00 Bible Study 11:00 Arthritis Exercise 12:30 Crafts	23 PORK ROAST 9:00 Fitness 9:30 Poker 12:30 Bingo	24 HAMBURGER 9:15 Tai Chi 10:00 Line Dance 11:00 Family Feud
28 HAM SALAD & HOT POTATO CASSEROLE 9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo	29 CHICKEN SANDWICH 9:00 Line Dance 10:00 Bible Study 11:00 Arthritis Exercise 12:30 Crafts	30 SLOPPY JOES 9:00 Fitness 9:30 Poker 12:30 Bingo	31 CHICKEN CASSEROLE 9:15 Tai Chi 10:00 Line Dance

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!

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



BEAT THE HEAT:

Extreme Heat

Heat-related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.



Children

WHO:

More males than females are affected



Older adults



Outside workers



People with disabilities

WHERE:



Houses with little to no AC



Construction worksites



Cars

HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear lightweight, light-colored, loose-fitting clothes



During extreme heat the temperature in your car could be deadly!

Outside Temperature 80°



Time Elapsed:
20 minutes



Time Elapsed:
40 minutes



Time Elapsed:
60 minutes

HEAT ALERTS: Know the difference.

HEAT OUTLOOK

Minor

Excessive heat event in 3 to 7 days

HEAT WATCHES

Excessive heat event in 12 to 48 hours

HEAT WARNING/ADVISORY

Major

Excessive heat event in next 36 hours

DID YOU KNOW?

Those living in **urban areas** may be at a greater risk from the effects of a prolonged heat wave than those living in rural areas.

Most **heat-related illnesses** occur because of overexposure to heat or over-exercising.

Sunburn can significantly slow the skin's ability to release excess heat.

During 1999–2009, an average of **658** people died each year from heat in the United States.

\$30 BILLION estimated total cost of the 2012 US drought and heatwave.

For more information on ways to beat the heat please visit:
<http://www.cdc.gov/disasters/extremeheat>



Centers for Disease Control and Prevention
Office of Public Health Preparedness and Response

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

ASSIST
AT BAT
BUNT
CARD
CHAMPION
CLUB

Baseball

Word Search



DECK	LINEUP	SAVES
DOUBLE HEADER	LOSE	SCORE
FIRST	MITT	STARTING PITCH
FOUL	NINE	STEAL
GROUND BALL	NO-HITTER	TAG
HELMET	OUT	THROW
HITS	PARK	UNIFORM
LEAGUE	RUN	WALK