

# Food for Thought

Metro-Erie Meals On Wheels / (814) 452-6930 / [www.MealsOnWheelsErie.org](http://www.MealsOnWheelsErie.org)

## Meal Changes for Private Pay and Under 60 Recipients

**S**tarting April 15th, a few changes are being made to give our clients the very best meal experience possible.

The Annual Client Satisfaction Survey results were stellar. Still, minor issues came up so we are changing a few things. Some changes, too, are a general improvement in overall quality.

For instance, SMC will be switching to higher quality Buttered Corn and a more robust Vegetable Medley. The Stir Fried Pork Tenderloin will be replaced by Meat Ravioli, Scalloped Potatoes and Vegetable Medley and the Cheeseburger, Fries and Green Beans are being replaced by BBQ Chicken, Rice and Green Beans.

Also, we are changing to mashed potatoes for some meals and switching around a few vegetables to better match the protein and starch for that day.

From Last Month—Terry and Wendy putting a face to Meals On Wheels



Attorney General Community Fair



Healthy Living Expo

## Welcome New Volunteers

These volunteers will be starting soon.

**David and Theresa Ellsworth**—are already out delivering  
**James Clement**

**Christine Hull** (caretaker) and **Matthew Baker** (client)

Thanks to all our new volunteers!

We  Our  
Volunteers



**Custom designed** driving maps with turn-by-turn driving directions are the fastest way around your route. Call us at 452-6930 to get yours.

### Metro-Erie Meals On Wheels

1128 State Street, Suite 317  
Erie, PA 16501  
(Citizens Bank building)

Weekdays: 8AM to 4PM

**(814) 452.6930**

fax (814) 452.6931

Sign up for this newsletter at  
[www.MealsOnWheelsErie.org](http://www.MealsOnWheelsErie.org)

### Email us anytime

[info@mealsonwheelserie.org](mailto:info@mealsonwheelserie.org)

**Terry Pytlarz, Executive Director:**

[terry@mealsonwheelserie.org](mailto:terry@mealsonwheelserie.org)

**Wendy Bowen, Volunteer and**

**Billing Coordinator:**

[wendy@mealsonwheelserie.org](mailto:wendy@mealsonwheelserie.org)



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MetroErieMealsOnWheels](http://www.facebook.com/MetroErieMealsOnWheels)

**NOTE: It's Spring!  
Really? Yes!**

**Food Safety Tip: Do  
NOT leave meals if  
the temperature is  
over 40 degrees!**

WE ARE  
**Meals On Wheels**  
*So no senior goes hungry.*

## Comic Relief For Caregivers

**W**endy and I will be staffing the MEMOW booth at the well-attended Comic Relief For Caregivers, an annual program brought to the community by the Independent Council on Aging (we are a member) and Jr's Last Laugh.



If you are—or know—a care giver of an elder in Erie, spread the word and be there!

Here are the details:

**April 18th** from 4PM to 8PM  
**Erie Shrine Club**—38th and Zuck  
No cost to attend but reservations are required—Call 456-9200 or email [kristen.bires@alz.org](mailto:kristen.bires@alz.org)

- Health Vendors
- Appetizers
- Raffles
- Cash Bar
- Professional Comic from Jr's (I hear he is particularly good!)

See you there!



In the  
Spotlight

## National Council on Aging

Health problems had Ms. A relying on just \$11,284 a year in income. But after a visit to one of NCOA's Economic Security Service Centers, her income more than doubled over two years—and she's back at work.



### April is Financial Literacy Month.

Discover how they are helping older adults make the most of every dollar—and stay independent and economically secure.

Also on their site you'll find links to "Get 10 budgeting Tips" and "Learn to Avoid Scams."

At 95, Walter Feldesman, a prominent New York attorney, has released the third edition of his *Dictionary of Eldercare Terminology*, and he's making it available free exclusively through NCOA. It's on their home page.

All in all, it's a great resource for our elder community.