

# Food for Thought

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

## New Initiative Underway To Feed Hungry Seniors and Persons With Disabilities In An Emergency

This past week Metro-Erie Meals On Wheels and the Second Harvest Food Bank of Northwestern Pennsylvania collaborated on a new initiative called Blizzard Bags.

Blizzard Bags are bags of non-perishable food items designed to be used by our clients if we cannot deliver a meal due to extreme weather or other emergency.

While winter was mild last year, we hope for the best but prepare for the worst.

Preparations for implementation, cost and bag contents are underway—we look forward to finalizing this important project.



Due to the holidays, especially on their end, we will target late January for delivery to all of our clients. In coming years we hope to deliver earlier.



## Welcome New Volunteers

**Lesley Ridge**—Lesley will be delivering Route 4 from GECAC on Tuesdays.

**Paul and Gwen Clarkson**—This new husband and wife team will deliver Route 8A on Fridays.

**Welcome everyone and thanks for volunteering!**



**Custom designed** driving maps with turn-by-turn driving directions are available now! Call us at 452-6930 to get yours.

**Metro-Erie Meals On Wheels**

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

8AM to 4PM

p (814) 452.6930

f (814) 452.6931

Sign up to get up-to-date info at  
[www.MealsOnWheelsErie.org](http://www.MealsOnWheelsErie.org)

Email us anytime at  
[info@mealsonwheelserie.org](mailto:info@mealsonwheelserie.org)

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**Wendy Bowen, Volunteer  
Coordinator:**  
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# Happy Holidays

from the staff at  
Metro-Erie Meals On Wheels!

We wish you  
a very joyous  
holiday  
season and a  
healthy 2013



Terry Pytlarz and Wendy Bowen



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## MOW Programs Reduce “Low Care” Nursing Home Residents

A Brown University press release about a new study (you can download from our website—the link is in the its blog post) says, “The more states spend on home-delivered meals under the Older Americans Act (OAA), the more likely they are to help people who don’t need nursing home care to stay in their homes.”



**BROWN**

The study is a statistical analysis of a decade of spending and nursing home resident data. In all, 16,030 nursing homes were included in the research.

After all the analysis, home-based meals, which served more than 868,000 people in fiscal 2010, emerged as the only statistically significant factor among OAA programs that affected state-to-state differences in low-care nursing home population.

I urge you to read the press release that boils all the analysis down into easy-to-read language and ideas including personal stories from the study’s lead author Kali Thomas and retired journalist and state-worker Bill McNamara. Go the [www.MealsOnWheelsErie.org](http://www.MealsOnWheelsErie.org) today!

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