

Food for Thought

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

Getting The Word Out



Our new window sign at the GECAC staging area identifies us on the outside of the building.

Look for us at the Millcreek Mall's Community Booth soon. We will be set up to tell our story about our home-

delivered meal programs for Erie's homebound seniors as well as our volunteer opportunities.

This bold new ad will soon appear in Senior News and other printed materials.

AGING PARENTS? WE CAN HELP.



(814) 452-6930

www.MealsOnWheelsErie.org

Welcome New Volunteers

Tom Hitchcock — Saw a delivery sign in a volunteer's window and joined us! He will be training this coming Friday.

David Ostrowski and Jim Walczak — They are now going out on Thursdays.

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

Email us anytime at

info@mealsonwheelserie.org

Terry Pytlarz, Executive Director:

terry@mealsonwheelserie.org

Wendy Bowen, Volunteer

Coordinator:

wendy@mealsonwheelserie.org



Find us on
Facebook

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

Why do we have
the best volun-
teers? Because
they deliver their
routes in Arctic
temperatures!

WE ARE
Meals On Wheels
So no senior goes hungry.

Guide to Services - Erie County (for older adults and their families)

BrightStar
MAKING MORE POSSIBLE
LIFECARE | KIDCARE | STAFFING
NON-MEDICAL & MEDICAL
HOMEHEALTHCARE
814-455-STAR (7827)



Home Instead
SENIOR CARE
To us, it's personal.

2012

Independent Council on Aging
P. O. Box 1936 • Erie, PA 16512
(814) 835-7485
www.icaerie.org
An information agency

Senior
Helpers
Caring In-Home Companions

Update: 9/01/2012

EMERGENCY SERVICES

HOSPITALS - PHARMACIES - INFORMATION

EDUCATION - MEDIA - FINANCIAL HELP - LEGAL HELP

INSURANCE - UTILITIES - TRANSPORTATION - EQUIPMENT

IN-HOME CARE - ELDER CARE - HELP WITH FOOD

HELP WITH FOOD - SPECIAL NEEDS

SPECIAL NEEDS - MENTAL HEALTH SUPPORT

LEISURE - SENIOR CENTERS - APARTMENTS

APARTMENTS - SKILLED NURSING FACILITIES

PERSONAL CARE - DEMENTIA - TEMPORARY SHELTER

GUIDE TO SERVICES SUPPORTERS

This large print multi-page **Guide to Services** is published annually by ICA (we are members). They are free and we have 100. There are ten now at each staging area and will be replaced as needed.

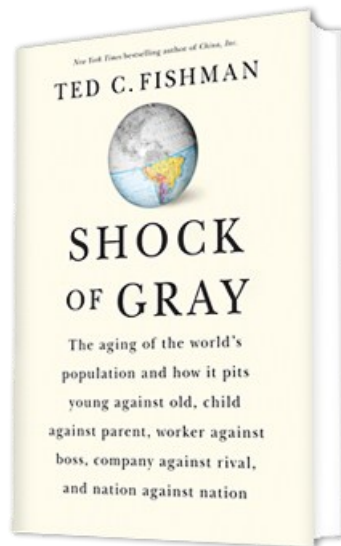
Take one and share information about all the services in Erie County designed for older adults and their families.

The iCA prints 20,000 so I can get more if needed. We will also reserve some copies for distribution at upcoming events we will be represented in.



In the
Spotlight

SHOCK OF GRAY by Ted C. Fishman



I first heard Ted C. Fishman talk at the MOWAA conference in 2011 and bought his book.

NY Times reviewer Alexandra Harney explains, "...aging accelerates globalization. As science allows us to live longer and we choose to have fewer children, we will increasingly rely on the more affordable labor of foreigners."

And..."aging populations and globalization make it easier for companies to engage in "age arbitrage," trading in their old employees for a younger, cheaper work force elsewhere.

Filled with witticisms, data, and anecdotes (like the first reported parent and child occupying

the same nursing home at the same time in Sarasota, FL) it's a thought provoking and noteworthy read about global aging.

Go to our website to find links to the New York Times review of this book, a review about his other book, China, Inc. and a video on the author's website titled, "How Old Is The World's Population?"