

Food for Thought

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

Frozen Meals And Other Changes Begin July 1st

We are working together with St. Martin Center to offer frozen weekend and holiday meals to our Private Pay clients.

We never had the opportunity to offer this option before and we are excited to offer our clients nutritional meals for the weekend.

Duplicating what we do now at GECAC, we will deliver frozen meals on Fridays to those who purchase the Weekend Meals (two frozen meals).

Our general agency holidays are changing to better match our two kitchens. This means that when both kitchens are closed, we are, too. Further, holiday frozen meals will be delivered the

day before the holiday giving the volunteers the holiday off, too. The first frozen meals will be delivered to our clients on Wednesday, July 3rd.



On another note, we are changing the wording Snack to Light Meal, to better describe what it actually is—clients are given a sandwich, fruit and dessert so it's really much more than a snack.

Beginning July 1st, our SMC meals will meet all the nutrition guidelines as outlined in Older Americans Act Nutrition Programs published by the Department of Health and Human Services. Meals will also be assigned basic nutrition values by a Registered Dietitian and future menus will have this important information included.

Welcome New Volunteers

Peter Wittman—came to us via our website. If you know someone who wants more information on volunteering, send them to our website...mealsonwheelserie.org.

Thanks for volunteering!



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

Email us anytime

info@mealsonwheelserie.org

Terry Pytlarz, Executive Director:

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Wendy Bowen, Volunteer and

Billing Coordinator:

wendy@mealsonwheelserie.org



Find us on
Facebook

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

RSVP TODAY!!

*The Annual Volunteer
Recognition Luncheon
will be held at Noon on
Wednesday, June 19th
at the Erie Yacht Club!*



WE ARE
Meals On Wheels
So no senior goes hungry.

Volunteer Facts

Without Volunteers, there is no Meals On Wheels - in Erie or anywhere else. As we celebrate our Volunteers at next week's 42nd Annual Volunteer Recognition Luncheon here are some facts about your terrific work over the past 12 months. Thank you Volunteers for an incredible contribution to the mission of Metro-Erie Meals On Wheels!



of daily clients served: 320 avg

of routes delivered: 4,808

of hours delivering: 8,452

of miles driven: 148,302

of meals served: 98,262

\$ of contribution valued at:

\$ 179,605



In the
Spotlight

"Free" Medical Alert Scam



SCAM WIRE™

Emerging scam and fraud information from the
Pennsylvania Senior Medicare Patrol (SMP)

"Free" Medical Alert Scam

June 2013

The Pennsylvania SMP is hearing reports about a new medical alert scam. The unsolicited scam calls are pre-recorded messages stating that the senior qualifies for a free medical alert system or that someone has already paid for it. The message instructs seniors to press a number on their keypad to connect with a live person.

If you receive a call like this, do not press any buttons, just hang up the phone. These calls are not from a legitimate company; they are attempts to scam seniors out of personal information.

Remember these red flags:

- ❖ **Unsolicited calls:** Be wary of calls that you did not ask to receive. Hang up the phone.
- ❖ **Asking for personal information:** *Never* give out your checking account, Social Security, or Medicare number over the phone.
- ❖ **Offers involving anything "free":** Medical alert systems are not free and Medicare doesn't pay for them.

If you believe you may have been the victim of this scam, would like to report another health care scam, or see charges on your Medicare Summary Notice that you don't recognize, call the SMP at CARIE. A real person will answer your call. No buttons to push or menus to follow.

1-800-356-3606

