

Food for Thought

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

New Management at St. Martin Center and Catering On Parade

Welcome to new staff appointments at our partners at Catering On Parade and St. Martin Center.

David González, CEO of St. Martin Center, started the first of the year. Previously, David oversaw Program Grants at the Erie Community Foundation and was instrumental to us in receiving the ECF Grant we used to buy our new computers and office furniture.

Peter Lyons, Manager of Catering On Parade, is the former owner of The Marketplace Grill in downtown Erie. You will recall he generously opened his restaurant on Thanksgiving Day to all who needed a free meal that day. His knowledge and expertise is a welcome addition to the Catering On Parade team

Tyler Krugger, Cook, brings valuable and interesting experience as the head chef aboard the Brig Niagara.

Our menu is under review and we will be providing nutritional information for our meals beginning in July. We welcome you to the Meals On Wheels family.



l. to r.—Peter Lyons, David González, Tyler Krugger

Welcome New Volunteers

Colleen Fatica—will be joining the Young Team Thursdays on GECAC Rt. 1
Megan White (caretaker) and **Victoria Erickson** (client)—will be going out Mondays on GECAC Rt. 1.
Yaisanet Molina—will be delivering GECAC Rt. 3 on Mondays
Katie Trainer—new to Erie, will be taking over Rt. 4 at SMC on Thursdays. And, she's a magician (no charge for charities or fundraisers)!

Thanks to all our new volunteers!



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

Metro-Erie Meals On Wheels

1128 State Street, Suite 317
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(Citizens Bank building)

Weekdays: 8AM to 4PM

(814) 452.6930

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Sign up for this newsletter at
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Billing Coordinator:**

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Find us on
Facebook

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

**NOTE: The weather
is getting warmer.**

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

WE ARE
Meals On Wheels
So no senior goes hungry™

Save The Date

Wendy and I will be staffing the MEMOW booth at the well-attended senior expo shown below. If someone you know needs more info about home delivered meals, suggest they stop by!



**Diabetes &
Healthy Living
Expo**

March 19, 2013

Bayfront Convention Center
1:00PM to 5:00PM

Sponsored each year by MedCare (former Great Lakes Home Health Services)

Presentations you can see:

1:15—2:00 The Diabetic Foot:

Taking Steps to Save Your Limbs

2:15—3:00 Beyond Survival:

Strategies for Thriving with a Chronic Medical Condition

3:15—4:00 Diabetic Retinopathy

Treatment: 'Cross my heart, hope to die, stick a needle in my eye'...Really??

4:15—5:00 Screening for PAD/

Carotid Artery Plaque: Why Should I Consider It?

Book Review



"When The Time Comes"

Reviews and Clippings

"Span has written *When the Time Comes*, a welcome 'support group in print' for anyone with aging parents. She leads a compassionate and eyes-wide-open journey with families struggling to do the right thing from the car-key moment to hospice."

--Ellen Goodman, syndicated columnist

"*When the Time Comes* is a beautifully written, heartfelt narrative filled with facts and advice from experts but also moving stories of care-giving . . . the

right mix of information and emotional support, even if some of the stories might induce tears."

— Michelle Singletary, *Washington Post*

"*When the Time Comes* offers a realistic look at the challenges of caring for an aging parent that is both hopeful and practical."

— Dr. Peter Rabins, Johns Hopkins School of Medicine, coauthor of *The 36-Hour Day*

