

Food for Thought

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

May is Older Americans Month

For 50 years, we have celebrated and honored the achievements of our nation's older adults during the month of May. This proud tradition was established in 1963 by President John F. Kennedy who designated May as *Senior Citizens Month* and encouraged the country to pay tribute to older adults. In 1980, President Jimmy Carter's proclamation changed the name to *Older Americans Month*, a time to celebrate those 65 and older through ceremonies, events and public recognition.

Each year, the Administration on Aging develops a theme for Older Americans Month and disseminates it across the aging network and beyond. The year's theme is *Unleash the Power of Age*.

Older Americans Month is all about honoring the importance and value of older Americans. Share with us how an older American influenced your life. Go to facebook.com/MetroErieMealsOnWheels and post your story.



OLDER AMERICANS MONTH 2013

Welcome New Volunteers

These volunteers will be starting soon.

Jessica Maldet—will be delivering GECAC Route 8B with her children.

Thanks to all our new 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

Email us anytime

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Terry Pytlarz, Executive Director:

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Billing Coordinator:**

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Find us on
Facebook

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

SAVE THE DATE!!

*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.

Representing Senior Volunteers

Executive Director, Terry Pytlarz, was one of several guest speakers at the Retired and Senior Volunteer Program Recognition Luncheon (RSVP) on May 8th. RSVP is administered by GECAC and is a part of Senior Corps.

Terry talked about the value of older Americans who volunteer and specifically about how the importance of Metro-Erie Meals On Wheels own retired volunteers "cannot be underestimated."

PA Secretary of Aging Brian Duke was the keynote speaker.



l. to r. PA Secretary of Aging Brian Duke, Debra Mennecke Division Manager GECAC Area Agency on Aging, Matt Trott Asst. Division Manager, and Terry Pytlarz, Executive Director, Metro-Erie Meals On Wheels



Consumer Information about The Affordable Care Act

HealthCare.gov is the comprehensive site for consumers to find more information about The Affordable Care Act.

On this site, you can find insurance options, prepare for the health insurance marketplace, learn health insurance basics, read the law section by section, and access a tool called Prevention, Wellness & Comparing Providers.

HealthCare.gov

Pricing information is included by state and videos will guide you through the new law.

Medicare preventive benefits for seniors include a yearly wellness visit, tobacco cessation counseling, and a range of no-cost screenings for cancer, diabetes, and other chronic diseases.

You can also compare the quality of care broken down into five categories: physicians, hospitals, nursing homes, home health agencies, and dialysis facilities.