

GECAC RBW CENTRAL CITY SENIOR CENTER

SENIOR 2 SENIOR NEWSLETTER

MARCH 2025

NUTRITION FOCUSED FOR THE MONTH OF MARCH

During the month of March, nutrition is a primary focus in the lives of the health conscious population. What does that mean, exactly? The “health conscious.” Well, they are the ones who take the time to read nutrition labels, count calories, drink water, and remove unhealthy foods from their diets. Lastly, exercise is incorporated into their daily routines.

Don't become discouraged if you are not doing everything listed. Start with learning how MyPlate works. MyPlate is designed to help you make food choices that will allow you to eat healthier.



Allow MyPlate to put you on a journey to a healthy lifestyle.

How many glasses of water are you drinking a day.

Water does more than hydrate the body. Water keeps your nails, hair and skin from being dry and brittle. Water helps in the elimination waste from the body.



Exercise puts the icing on the cake. Exercise will keep the body toned. Assist with absorption of nutrients. Exercise supports weight management, muscles and joints, better sleep habit and more.



Get Well Soon

Cleo Nickson

Nancy Sanders

Joe Odom

Angela Johnson

Evelyn Carr



SPRING AHEAD! DAYLIGHT SAVINGS TIME STARTS MARCH 9TH



MARCH 2025

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4 10:00 INSPIRATION HOUR 11:00 AE EXERCISE CLASS 11:30 CENTER MEETING 12:00 LUNCH 1:00 PUZZLE MANIA</p>	<p>5 10:00 RUMMIKUB 12:00 LUNCH 1:00 POOL TABLE OPEN</p>	<p>6 10:00 INSPIRATION HOUR 11:00 ADAGIO HEALTH - SESSION 1: REACH YOUR GOALS, STEP BY STEP 12:00 LUNCH</p>	<p>7 10:00 MUSIC JAM FRIDAYS 12:00 LUNCH 1:00 KARAOKE</p>
<p>11 10:00 INSPIRATION HOUR 10-2 REBATE HELP 11:00 AEA EXERCISE CLASS 12:00 LUNCH 1:00 CARDS</p>	<p>12 9:30 CARDS OF CHOICE 11:30 OAK STREET BIRTHDAY PRESENTATION 12:00 LUNCH 1:00 BINGO</p>	<p>13 10:00 INSPIRATION HOUR 11:00 CENTER MEETING 12:00 LUNCH</p>	<p>14 10:00 MUSIC JAM FRIDAYS 12:00 LUNCH 1:00 KARAOKE</p>
<p>18 10:00 INSPIRATION HOUR 11:00 AE EXERCISE CLASS 12:00 LUNCH 1:00 LIVERPOOL CARDS</p>	<p>19 10:00 LIVERPOOL CARDS 11:00 LIVERPOOL CONT. 12:00 LUNCH</p>	<p>20 10:00 INSPIRATION HOUR 11:00 RUMMIKUB 12:00 LUNCH 1:00 RUMMIKUB</p>	<p>21 10:00 BLOOD PRESSURE ✓ 10:30 LIFE PRESENTATION 12:00 LUNCH COMPUTER LAB OPEN</p>
<p>25 10:00 INSPIRATION HOUR 11:00 AE EXERCISE CLASS 12:00 LUNCH 1:00 SHOOT POOL</p>	<p>26 10:00 VIRTUAL CROCHET 12:00 LUNCH 1:00 POKENO</p>	<p>27 10:00 INSPIRATION HOUR 12:00 LUNCH 1:00 PUZZLE MANIA</p>	<p>28 10:00 MUSIC JAM FRIDAYS 12:00 LUNCH 1:00 KARAOKE</p>

Senior Tidbits

Housekeeping concerns at RBW:

1. When change is needed for the daily meal contribution please get it when you first come in.
2. Please sign in when you first enter the building. This includes signing in on both Copilot and the daily sign-in sheets (staying for lunch or social only) located on the information table.
3. Reminder to hang up coats and jackets. No bags or packages are allowed on the couches.
4. If you are having lunch, set up when you first get to the center. Remember to write and name and drink choice on the placemat.
5. Pay for coffee before putting coffee in your cup. Coffee cost 50¢ per cup.
6. Before entering the senior center stomp your feet on the carpet in the hallway. If you are using an assisted device stomp it up and down as well.
7. Please remember to check the bathroom stalls before leaving. We are having an uptake in toilets unflushed and dirty toilet seats.



Missed getting your 2024 Property/Rent Rebate completed by the Department of Revenue on February 18th? Never fear. A second date is being offered on Tuesday, March 11th. Please see Wanda for an appointment.

Property/Rent Rebate assistance is still available by appointment. Renters need to have proof of all income for 2024 and a 2024 PA1000 Rent Certificate completed by the landlord. If you are unable to have the landlord complete the rent certificate, complete the Claimant's Oath and get it notarized. If you are a property owner you must have proof of all income, and your property taxes paid for the 2024 tax year. For direct deposit please bring a voided check with you. Deadline is 6/30/2025.

Dates to Remember

3/4 Center Meeting

3/6 Adagio Health—Nutrition Education

3/11 Property/Rent Tax Rebate 2024

3/12 Oak Street Birthday Cake & Bingo

3/21 Life Program— Blood Pressure Check

UPCOMING DATES

APRIL 18TH—GOOD FRIDAY



Happy Birthday

Oluremi Akintounde 20

Earnice Thompson 22

Cleo Nickson 25

Mary Coleman 27



MEDICARE MINUTE...

SEP Changes in 2025 Compared to 2024

Prior to January 1, 2025, individuals could make changes to their Medicare Advantage and Prescription Drug Plans on a quarterly basis. Starting in 2025, individuals will be able to make changes on a monthly basis. However, the monthly SEP cannot be used to join a Medicare Advantage Plan. This SEP can only be used to disenroll from a Medicare Advantage plan with prescription drug coverage or to switch to standalone Prescription Drug Plans. There is an exception for full benefit dually eligible individuals who wish to join certain integrated D-SNPs.

The last time that the Quarterly SEP could be used was in September 2024.

Starting in 2025, the “Integrated Care SEP” will allow some dually eligible individuals to **join** or **switch** to specific types of D-SNPs on a monthly basis. This SEP is narrow. It only allows enrollment in a D-SNP that is considered to be: (1) Aligned **and** (2) Integrated.

The Integrated Care SEP only applies if the individual is enrolled, or in the process of enrolling, in the Medicaid plan that is aligned with the D-SNP. An **aligned** Medicaid Managed Care Organization (MCO) is described in the federal regulation as a Medicaid MCO that operates under a contract with the state and (a) the D-SNP; (b) the D-SNP’s parent organization; or (c) another entity that is owned and controlled by the D-SNP’s parent organization.

Summary of New Special Enrollment Periods Effective January 2025

Special Enrollment Period	Full Dually Eligible	Partial Dually Eligible	Low-Income Subsidy	Change
Monthly SEP for Medicaid and LIS recipients	Yes	Yes	Yes	Available monthly rather than quarterly; cannot be used to enroll into or change MA plans
Integrated Care SEP	Yes	No	No	Limited to enrollment into integrated and aligned D-SNPs

SENIOR TIDBITS CONT...

How Do Your Contributions and Fundraised Dollars Help Our Centers?

Meal Contributions help to off-set the cost of meals. On average, the actual cost of the meal is over \$5. Meal contributions also help to maintain the building and maintain or replace equipment. For example we can maintain or replace if needed, a stove, a refrigerator, or a freezer. These dollars are vital to maintaining the Center and its daily operations.

Booster Contributions and Fundraised Dollars help to pay for parties, entertainment, snacks and more. They also help to pay for programming opportunities like exercise, craft classes, computer usage and again, more. These dollars are vital to your programming options and enjoyment of the Center.

Contributions and Fundraisers are all voluntary; however, please continue to support your Center by whatever means you are able. The Centers and their services mean so much, to so many, and your support goes a long way towards helping your Center continue to offer programming and services.

Teacher or Educator



Laughter is the best Medicine

According to a news report, a certain private school in Victoria recently was faced with a unique problem.

A number of girls were beginning to use lipstick and would put it on in the bathroom.

That was fine, but after they put on their lipstick they would press their lips to the mirror leaving dozens of little lip prints.

Every night, the maintenance man would remove them and the next day the girls would put them back.

Finally, the principal decided that something had to be done. She called all the girls to the bathroom and met them there with the maintenance man.

She explained that all these lip prints were causing a major problem for the custodian who had to clean the mirrors every night.

To demonstrate how difficult it was to clean the mirrors, she asked the maintenance man to clean the mirrors. He took out a long-handled squeegee, dipped it in the toilet, and cleaned the mirror with it.

Since then, there have been no lip prints on the mirror.

There are Teachers, and then there are Educators.



MARCH 2025

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 SAUSAGE SUB PORK N' BEANS PEPPERS & ONIONS ICE CREAM	5 OX ROAST COLE SLAW CALIFORNIA MEDLEY JELLO CUP	6 STUFFED CABBAGE MASHED POTATOES MIXED VEGETABLES RYE BREAD PEACH CUP	7 TUNA SALAD ROMAINE LETTUCE BABY CARROTS ITALIAN BREAD PINEAPPLE CUP
11 GRILLED CHICKEN BREAST HASH BROWNS BABY CARROTS RYE BREAD MANDARIN ORANGES	12 GOULASH TOSSED SALAD ITALIAN BREAD CHOCOLATE PUDDING	13 CHICKEN FETTUCHINI CALIFORNIA MEDLEY PEAR CUP	14 HOT TURKEY GREEN PEAS DICED POTATOES DINNER ROLL VANILLA PUDDING
18 PORK ROAST SCALLOPED POTATOES ITALIAN STYLE ZUCCHINI RYE BREAD PINEAPPLE CUP	19 STUFFED CHICKEN BREAST MIXED VEGETABLES MASHED SWEET POTATOES WHEAT BREAD FRUIT CUT FRUIT	20 CHEESE BURGER COLE SLAW POTATO WEDGES APPLESAUCE	21 CHICKEN ala KING GREEN BEANS SMALL BISCUIT MIXED FRUIT CUP
25 OVEN FRIED CHICKEN MACARONI & CHEESE BRUSSEL SPROUTS WHEAT BREAD PEAR CUP	26 COUNTRY FRIED STEAK BROCCOLI FLORETS MASHED POTATOES APPLESAUCE CUP	27 CHICKEN & NOODLES CALIFORNIA MEDLEY DINNER ROLL JELLO CUP	28 STUFFED PEPPER TOSSED SALAD BROWN RICE RYE BREAD VANILLA ICE CREAM

HAPPY ST. PATRICK'S DAY!





Dr. Ben Wilson, CEO



Ray Maholtz, AAA
Division Manager



Wanda Blakely, RBW Senior
Center Director

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Contact Us

Give us a call or visit our website for more information about our services and virtual programs.

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Tues.—Fri 9am to 3pm

Visit us on the web at
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