

GECAC RBW CENTRAL CITY SENIOR CENTER

SENIOR 2 SENIOR NEWSLETTER

February 2025

RBW GO RED FOR AMERICAN HEART MONTH 2/7/25

February is American Heart Month. Nationally women and men wear red to raise awareness of the number one killer of women, cardiovascular disease.

American Heart Association.



Members join me on Friday, February 7th by wearing red.

Know the common heart attack warning signs

1. Pain or discomfort in the chest
2. Lightheadedness, nausea, or vomiting
3. Jaw, neck or back pain
4. Discomfort or pain in the arm or shoulder
5. Shortness of breath

As with men, women's most common heart attack symptom is chest pain (angina) or discomfort. But women may have other symptoms that are typically less associated with heart attack. To add to the symptoms mentioned above here are a few more to take notice of...

♥Anxiety

♥Upset stomach

♥Pain the back

♥Unusual tiredness and weakness

Do not be afraid to call 911 if you are experiencing these symptoms. Minutes matter. Taking quick action could

Save your life or others

goredforwomen.org

Happy Birthday Seniors

Terry Jenkins 4

Angela Johnson 7

Abdul Ansari 9

Kathleen Woodard 11

Mary Watson 19



Prayer List

Aktinson Family

Carr Family

Angela Johnson

Joe Odom

Patricia Carr

Senior Tidbits

I am excited to share with you that the GECAC RBW Senior Center has a new Center Assistant. Please help me welcome Jennifer "Megan" Cessna. Megan started with us Wednesday, January 22, 2025. For those of you that have not met her yet, when you see her please introduce yourself.



Laughter Makes the Best Medication

Why did Mozart kill all of his chickens?

When he asked who the best composer was, they all replied, "Bach, Bach, Bach."

Why cant leopards play hide-and-seek?

Because they're always spotted.

Where do sheep love to vacation?

The Baa-hamas.

Jokes are the property of Reddit.com

February is Black History Month—"African Americans and Labor"

Black history month is a period dedicated to celebrating and recognizing the achievements and contributions of African Americans throughout history. (goggle)

This year I would like to highlight our senior center's namesake R. Benjamin Wiley. Mr. Wiley was born February 7, 1945 in Powhatan Point, Ohio. Mr. Wiley attended Gannon University on a baseball scholarship. He earned a Bachelor's degree in business administration. His education did not stop there. He continued his education later on earning a Master's degree from Gannon in urban systems.

In 1969, Mr. Wiley was recruited to become the GECAC's Executive Director at the tender age of 24. Mr. Wiley had a thirst for knowledge, equality, and civic duty. It was this passion that allowed him to grow the agency to more than 400 staff.

Mr. Wiley collaborated with many local and government leaders to build GECAC to the well respected organization it is today. The love that Mr. Wiley had for people is the reason the formerly named GECAC Erie East Senior Center members requested to have the name changed to GECAC R. Benjamin Wiley Central City Senior Center in 2006, to honor this great man.



Robert Benjamin Wiley (1945-2004)

MEDICARE MINUTE...



Continuation of January's commonly asked questions:

Please find below questions we are commonly asked:

Question: How does the Part D Initial Deductible work? I use a drug with a \$43 copay, but the pharmacy charged me \$350.

If your Medicare Part D plan has a deductible (the standard 2025 Medicare Part D deductible is \$590), you must pay the deductible before your Medicare plan coverage begins to pay a share of the retail drug cost—unless you are purchasing:

- A lower-cost medication excluded from your plan's deductible
- An insulin product covered by your Medicare plan, or
- A Medicare covered ACIP recommended vaccine.

If your Part D plan has a \$0 deductible, you will receive immediate coverage of all formulary drugs.

Question: What do I pay for Tier 3 insulin when I have not met my Part D plan's \$590 deductible?

No more than a \$35 copay. Just as in 2024, all 2025 Medicare drug plans offer all insulin products on the plan's formulary at a copay of no more than \$35. So, if you are still in the deductible phase, you will pay a copay of no more than \$35 even though you have not met your plan's \$590 deductible—and your insulin purchase will not affect your \$590 deductible.

Question: What can you do when one of your prescriptions is not covered by your 2025 Medicare drug plan?

During the first 90 days of your plan coverage, you can ask for a one-time transition fill (a temporary one-month supply of your medication). To initiate a transition fill request, call the Member Services telephone number found on the Member ID card.

Transition refills are for medications that you were using previously that are no longer covered by your new Medicare Part D plan (or now have drug usage management restrictions).

Transition refills are not to be confused with a formulary exception request. A formulary exception, is a request made to a health insurance plan to cover a medication that is not normally included on their list of covered drugs/formulary. Medical justification needs to be provided as to why they need that specific drug despite it not being on the standard list.

Thank you to the Q!Medicare.com for providing the information for the content of this month's Medicare Minute.

Get your taxes done at RBW on February 18th. Please schedule your appointment today! See flyer for more information.

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.

NUTRITION EDUCATION: WHAT IS VITAMIN D? Vitamin D is a nutrient needed for health and to maintain strong bones. Vitamin D aids in the absorption of calcium and phosphorus in our bodies, helps bring calcium and phosphorus to our bones and teeth, and helps regulate how much calcium remains in our blood. Together with calcium, vitamin D helps protect against the loss of bone mass. Vitamin D's importance does not end there. It also helps muscles function and allows the brain and body to communicate through nerves. The immune system also uses vitamin D. There are three ways to get vitamin D: from sunlight, through food and drinks or with supplements.

Vitamin D from the Sun

Your body converts sunlight into vitamin D after it hits unprotected skin — hence the nickname "the sunshine vitamin." However, be careful to avoid extended exposure to sunlight without sunscreen.

Vitamin D from Food and Drinks

Very few foods naturally have vitamin D. Fatty fish such as salmon and trout are among the best sources of vitamin D. Beef liver, cheese and egg yolk provide small amounts. Mushrooms also contain this vitamin if grown under UV lights.

Fortified foods and drinks provide most of the vitamin D in our diets. Most milk and some cereals are fortified with vitamin D, as are many plant-based beverages such as soymilk. Orange juice, yogurt and cheese may or may not be fortified, so it is always good practice to check the Nutrition Facts Label for vitamin D content.

Vitamin D from Supplements

Some people may need extra vitamin D, such as older adults; breastfed infants; people with dark skin; those with certain medical conditions including liver disease, cystic fibrosis, celiac disease and Crohn's disease; and those with obesity or who have had gastric bypass surgery. Always check with your health care provider before taking a vitamin D supplement.



Dr. Ben Wilson, CEO



Raymond Maholtz, Area Agency on Aging Division Manager



Wanda Blakely, RBW Senior Center Director

RBW SENIOR 2 SENIOR

Contact Us

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

**GECAC R. Benjamin Wiley
Central City Sr. Ctr.
823 Peach Street
Erie, PA 16501**

(814) 451-5633

Tues.—Fri 9am to 3pm

Visit us on the web at
www.gecac.org

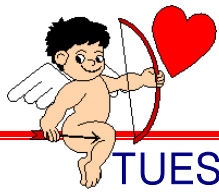
**GECAC RBW CENTRAL CITY SENIOR CTR
823 PEACH STREET
ERIE, PA 16501**

PLACE
STAMP
HERE

Happy Valentine's Day!


FEBRUARY 2025

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 10:00 INSPIRATION HOUR 11:00 AE EXERCISE CLASS 12:00 LUNCH 1:00 RUMMIKUB	5 10:00 CENTER MEETING 12:00 LUNCH 1:00 DOMINOS	6 10:00 INSPIRATION HOUR 12:00 LUNCH 1:00 BID WHIST	7 10:00 MUSIC JAM FRIDAYS 12:00 LUNCH National Wear Red Day! 1:00 POKENO
11 10:00 INSPIRATION HOUR 11:00 AE EXERCISE CLASS 12:00 LUNCH 1:00 CHECKERS	12 9:30 POKENO 12:00 LUNCH 1:00 VIDEO LINE DANCING	13 10:00 INSPIRATION HOUR 11:00 SPEAKER -ADAGIO 12:00 LUNCH 1:00 UNO	14 Happy valentine's Day♥ MEMBER'S CHOICE
18 PROPERTY/RENT REBATE DAY 10:00 INSPIRATION HOUR 11:00 AE EXERCISE CLASS 12:00 LUNCH	19 9:30 Wii BOWLING 12:00 LUNCH 1:00 VIDEO LINE DANCING	20 10:00 INSPIRATION HOUR 11:00 BID WHIST 12:00 LUNCH 1:00 BID WHIST	21 10:00 BLOOD PRESSURE ✓ 10:30 FAMILY FEUD (EVERYONE WINS A PRIZE)! 12:00 LUNCH
25 10:00 INSPIRATION HOUR 11:00 AE EXERCISE CLASS 12:00 LUNCH	26 9:30 PIZZLE MANIA 11:00 PUZZLE 12:00 LUNCH 1:00 BINGO	27 10:00 INSPIRATION HOUR 11:00 LIVERPOOL CARDS 12:00 LUNCH 1:00 PUZZLE MANIA	28 SENIOR FREE DAY...HAVE IT YOUR WAY 12:00 LUNCH 1:00 DOMINOS
Mar. 4th 10:00 INSPIRATION HOUR 11:00 AE EXERCISE CLASS 12:00 LUNCH 1:00 VIDEO LINE DANCING	Mar. 5th 9:30 DOMINOS 12:00 LUNCH 1:00 POKENO	Mar. 6th 10:00 INSPIRATION HOUR 11:00 BID WHIST 12:00 LUNCH	Mar. 7th 10:00 SPANISH CLASS 12:00 LUNCH 1:00 MUSIC JAM FRIDAYS



FEBRUARY 2025



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 PORK ROAST SCALLOPED POTATOES ITALIAN STYLE ZUCCHINI RYE BREAD PINEAPPLES	5 STUFFED CHICKEN BREAST MIXED VEGETABLES MASHED SWEET POTATOES WHEAT BREAD FRESH CUT FRUIT	6 CHEESEBURGER POTATO WEDGES COLE SLAW APPLESAUCE	7 CHICKEN ala KING GREEN BEANS SMALL BISCUIT MIXED FRUIT CUP
11 OVEN FRIED CHICKEN MACARONI AND CHEESE BRUSSEL SPROUTS DICED PEAR CUP	12 COUNTRY FRIED STEAK MASHED POTATOES BROCCOLI FLORETS APPLESAUCE	13 CHICKEN & NOODLES CALIFORNIA MEDLEY DINNER ROLL JELLO	14 TACO SALAD DESSERT  <i>Happy Valentine's Day</i>
18 CHICKEN SALAD/PITA ROMAINE LETTUCE/TOMATO CREAM OF BROCCOLI SOUP PINEAPPLE CUP	19 SWEDISH MEATBALLS PEAS NOODLES CHOCOLATE ICE CREAM	20 HAM BROCCOLI FLORETS DICED POTATOES VANILLA PUDDING	21 MEATBALL SUB SPINACH SALAD DICED TOMATOES
25 BEEF STEW MASHED SWEET POTATOES WAX BEANS CORN BREAD MANDARIN ORANGE CUP	26 SALISBURY STEAK GREEN PEAS SEASONED POTATOES DINNER ROLL CHOCOLATE PUDDING	27 CHICKEN CORDON BLEU BROCCOLI FLORETS WHOLE WHEAT BREAD SUGAR COOKIE	28 BEEF RAVIOLI TOSSED SALAD DICED TOMATOES ITALIAN BREAD APPLESAUCE
MARCH 4TH SAUSAGE SUB PORK N' BEANS PEPPERS AND ONIONS ICE CREAM	MAR. 5TH OX ROAST COLE SLAW CALIFORNIA MEDLEY JELLO CUP	MAR. 6TH STUFFED CABBAGE MASHED POTATOES MIXED VEGETABLES RYE BREAD PEACH CUP	MAR. 7TH TUNA SALAD ROMAINE LETTUCE BABY CARROTS ITALIAN BREAD PINEAPPLE CUP



Queer Community

Boots & Coat Drive

SATURDAY, FEB 8
10AM - 2PM

Journey to a Trauma Informed Life
201 W. 11th Street, Erie, PA



Participating Organizations

Aging with Pride (Erie)
Ascend Climbing/Queer Scouts
Bears Do Dinner
Central Outreach Wellness (Erie)
Compton's Table
Erie Gay News
Erie Trans Picnics
Free Mom Hugs

Journey: Healing Together
LBT Women
NWPA Pride Alliance
PA Thrive Partnership
Wabtec's Pride ERG
Wheel! Studios
Yellow Brick Roads
Zone Dance Club



First Time Filer:

Were you or your spouse 65 years or older on December 31 of the application year? Y N
 If yes, you must submit proof of age (see table below for acceptable proof of age)

Were you a widow/widower and 50-64 years old by December 31 of the application year? Y N
 If yes, you must submit proof of age (see table below for acceptable proof of age)
 If yes, you must submit a copy of your spouse's death certificate

Were you permanently disabled and 18-64 years old by December 31 of the application year? Y N
 If yes, you must submit proof of age (see table below for acceptable proof of age)
 If yes, you must submit proof of permanent disability (see table below for acceptable proof of disability)
 *If you were denied Social Security disability, you do not qualify under the permanently disabled category

NOTE: If you selected "No" for all three of the above questions, you are not eligible for a rebate.

Are you completing an application for Property Tax/Rent Rebate due a decedent? Y N
 If yes, you must submit a completed DEX-41

NOTE: To determine if a deceased individual is eligible for a rebate, the application must also include an annualized income amount in the calculation of total household income. See Schedule G, specifically the instructions for Line 11g, for information on the calculation of annualized income to be included in household income.

A copy of the death certificate must also be included with the application.

Acceptable Proof of Age:

- Birth Certificate
- Blue Cross or Blue Shield 65 Special Card
- Church Baptismal Record
- Driver's License of PA Identification Card
- Hospital Birth Record
- Naturalization/Immigration Paper (if age shown)
- Military Discharge Paper (if age shown)
- Medicare Card
- PACE/PACENET Card
- Passport

Acceptable Proof of Permanent Disability:

- For Social Security disability, SSI permanent and total disability, Railroad Retirement permanent and total disability, or Black Lung disability, provide a copy of your award letter.
- For Veterans Administration disability, provide a letter from the Veterans Administration stating that you are 100 percent disabled.
- For Federal Civil Service disability, provide a letter from Civil Service stating that you are 100 percent disabled.
- If you do not qualify under any of the disability programs mentioned above, did not apply for Social Security benefits, or do not have a letter from the Veterans Administration or Civil Service Administration, you must submit a Physician's Statement of Permanent Disability (PA-1000 PS), enclosed in the PA-1000 booklet. The form must describe your disability as permanent, and your physician must sign the statement to certify that the information is true and accurate to the best of his/her knowledge and belief.

Rebate Type:

Were you a property owner the entire application year? Y N

If yes, you must submit proof of real estate taxes paid (see table below for acceptable proof of taxes paid).

Were you a renter the entire application year? Y N

If yes, you must submit PA-1000 Schedule RC (see table below for acceptable proof of rent paid).

Were you an owner/renter during the application year? Y N

If yes, you must submit proof of both real estate taxes and a completed PA-1000 Schedule RC.

NOTE: If you selected “No” for all three of the previous questions, you are not eligible for a rebate.

Acceptable Proof of Rent Paid:

A renter must submit a fully completed PA-1000 RC, Rent Certificate, filled out by the landlord(s), for each place they rented during the year. The landlord or their authorized agent should complete Lines 1 through 8 and complete the Landlord’s Oath.

If the renter cannot get their landlord complete the Landlord’s Oath, a completed PA Rent Certificate along with the notarized Occupancy Affidavit must be included.

Alternatively, they can submit a completed PA Rent Certificate along with copies of their rent receipts for each period in which they paid the rent. However, the receipts must include the landlord or agent’s signature, the full amount of rent paid, the applicant’s name, and the complete address of the rental property. Rent receipts will not be accepted on their own.

Acceptable Proof of Taxes Paid:

- If you cannot provide a receipted copy of your property tax bill, the department will accept a copy of the tax bill, along with a copy of both sides of the cancelled check used to pay your taxes.
- If your name does not appear on the tax bills, proof of ownership must be submitted. Examples include a copy of the deed, trust, will or decree of distribution.
- If the address is not on the receipted bill or mortgage statement, you must also submit a letter from your tax collector or mortgage company verifying your home address.
- If there are multiple owners listed on the tax bills (other than the spouse or minor child). You will need to complete a PA-1000 Schedule F.

IMPORTANT: Required documents must be submitted with the application. If you are filing electronically myPATH will accept the following file types: pdf, jpeg, jpg, png, gif, and tiff. If your documents are not able to be electronically uploaded, you will have to file a paper application.



**File online with ease-
Scan here to learn how!**

For your convenience, the following questions pertaining to income are organized in the order that the income should be reported on the PA-1000 application.

Did you receive any of the following income during the application year?

Social Security, SSI, and/or SSP	Y	N
<input type="checkbox"/> If yes and you are using a PA address, you are not required to submit proof of this income		
<input type="checkbox"/> If yes and you are not using a PA address, you must submit a copy of your SSA-1099		
Railroad Retirement Tier 1 Benefits	Y	N
<input type="checkbox"/> If yes, you must submit a copy of your RRB-1099		
Pension, an Annuity, or an IRA Distribution	Y	N
<input type="checkbox"/> If yes, you must submit a copy of your 1099-R		
Railroad Retirement Tier 2 benefits	Y	N
<input type="checkbox"/> If yes, you must submit a copy of your RRB-1099		
Interest income	Y	N
<input type="checkbox"/> If yes, you must submit a copy of your 1099-INT or a copy of your PA-40		
Dividend income	Y	N
<input type="checkbox"/> If yes, you must submit a copy of your 1099-DIV or a copy of your PA-40		
Gain (or a Loss) on the Sale or Exchange of Property	Y	N
<input type="checkbox"/> If yes, you must submit a copy of your PA-40 Schedule D or a copy of your RK-1		
Income (or a Loss) from Rent, Royalty, Patents, or Copyrights	Y	N
<input type="checkbox"/> If yes, you must submit a copy of your PA-40 Schedule E or a copy of your RK-1		
Income (or a Loss) from Business or Farming	Y	N
<input type="checkbox"/> If yes, you must submit a copy of your PA-40 Schedule C, PA-40 Schedule F, or a copy of your RK-1		
Wages, salaries, bonuses, and/or commissions	Y	N
<input type="checkbox"/> If yes, you must submit a copy of your W-2 or a copy of your PA-40		
Income from an Estate or Trust	Y	N
<input type="checkbox"/> If yes, you must submit a copy of your RK-1 or a copy of your PA-40 and Schedule J		
Gambling/Lottery winnings (including PA Lottery winnings, prize winnings, and the value of other prizes)	Y	N
<input type="checkbox"/> If yes, you must submit a copy of your W-2G, Win/Loss statement, PA-40 or other statements verifying the income/cash value of the income received		
Inheritance, alimony, and/or spousal support	Y	N
<input type="checkbox"/> If yes, you must submit proof of the income received		
Cash Public Assistance during the entire application year?	Y	N
<input type="checkbox"/> If yes, you are not eligible to claim a rebate		
Cash Public Assistance during part of the application year?	Y	N
<input type="checkbox"/> If yes, you must submit copies of your Department of Human Services cash assistance statements		
Unemployment compensation	Y	N
<input type="checkbox"/> If yes, you must submit a copy of your UC-1099-G		
Workers' compensation	Y	N
<input type="checkbox"/> If yes, you must submit proof of the income received		
Insurance Benefits - Loss of Time, Disability, and/or Life (may exclude the first \$5,000 of death benefit payments)	Y	N
<input type="checkbox"/> If yes, you must submit proof of the income received		
Benefit Payments from the Federal Civil Service Retirement System that are included in your eligibility income?	Y	N
<input type="checkbox"/> If yes, you must submit a copy of your 1099-R and you should report the amount listed in the PA-1000 instruction booklet.		

IMPORTANT: If the customer does not have supporting documentation to verify income received, an explanation should be submitted with the application.

Blood Pressure Screening

GECAC RBW

February 21, 2025

10:00 am

Family Fued with LIFE



Why Laughing
Everyday is Import
+ Everyone Wins a
Prize!



GECAC RBW

10:30 a.m.

All Are Welcome!



LIFE

NORTHWESTERN PA

Helping Seniors Live at Home

844-456-5433 Option 2 TTY: 711

This activity is free to all who participate with
no obligation to enroll into the LIFE-NWPA program