

# NEWSLETTER




The  
*Genesis*  
Community  
Center

813-616-2601



813-782-7859



## DONATE BLOOD

**Meals on Wheels East Pasco Inc**  
**Thursday, June 18**  
9:00 AM - 2:00 PM


All donors will receive\*:  
- **\$20 eGift Card**  
- **Sunshade**  
- **Wellness Checkup** including blood pressure, pulse, temperature, iron count, and cholesterol screening.

Fact: Only 3% of those who are eligible actually donate blood.

Appointments are encouraged, please visit [oneblood.org/donate-now](http://oneblood.org/donate-now) and use sponsor code **64421**

ID REQUIRED

\*One offer per donor, per donation. No cash value. Not transferrable. Gift may vary. For more information please email [oneblood.org@twinkl.com](mailto:oneblood.org@twinkl.com).



Blood donations often decline during the summer months, creating a greater need for donors at a time when hospitals continue to rely on a steady blood supply. By participating in our blood drive, you can help provide lifesaving support to patients and families in our community.



# Meals on Wheels Birthday Corner

**Happy Birthday to our wonderful Staff, Volunteers & Board Members**

**Volunteers:** Ginger C. 06/16; Denise H. 06/18; Linda H. 06/04; Jason H. 06/26; Laura H. 06/19;  
Cookie H. 06/05; Bret I. 06/06; Mark J. 06/15; Debroah L. 06/29; Gracie R. 06/14; Bernie R. 06/21;  
Lisa S. 06/15; Art S. 06/21; Jane T. 06/01; Regina D. 06/13

**Happy Birthday & Warm Wishes to our Clients. We hope you have a wonderful day.**

Route 3: Lou S. 06/29 ;

Route 7: Diane M. -S. 06/27 Route 8: Don J. 06/03; Route 9: Bill D. 06/29 Route 10: Raymond J.  
06/18 Route 11: Mike H. 06/09

## **IMPORTANT INFO:**

We want to remind you that our meal preparations begin the day before. Please contact the office 24 hours of any meal changes.

**Please remember if you will not be home at time of delivery please leave a cooler with ice pack out, our drivers will not leave your meal if cooler is not out and clean.**

Regarding changes to meal service, please contact the office instead of sending messages with volunteer's.

Thank you for your understanding.

813-782-7859

## **Follow Us on Social Media!**

### **Keep in Touch....**



@Meals on Wheels of Pasco  
@feeding you with love food pantry



[www.mealsonwheelspasco.org](http://www.mealsonwheelspasco.org)



[admin@mealsonwheelspasco.org](mailto:admin@mealsonwheelspasco.org)



813-782-7859.



38112 15<sup>th</sup> Ave. Zephyrhills, FL 33542

*“Together, small steps  
create big change.”*

**PLEASE NOTE THAT THE MENU IS SUBJECT  
TO CHANGE**

Save the Date! Our next Silver Lining Social is June 19<sup>th</sup>, 1:00pm-3:00pm.

Join us for “Recollection Road” and some tasty snacks.



# SILVER LINING SOCIAL

## \*Bright Moments-Lasting Connections\*

JOIN US FOR FUN, FRIENDS & FOOD

The Genesis Community Center  
38112 15<sup>th</sup> Ave, Zephyrhills, Florida 33542

**Save the Date:**

**June 19<sup>th</sup> 1:00pm -3:00pm**

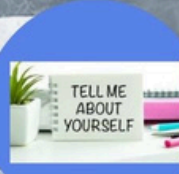
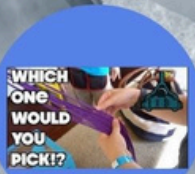
**This Month’s Activity:**

**“Recollection Road”**

\*Short videos that get you talking about the old days.

\*Tell Me About Yourself activity

\*Pull the string for a prize activity



**RSVP BY JUNE 15TH - HASETTA: 813-616-6967**



Genesis  
Community  
Center

SPONSORED BY SENIORS IN  
SERVICE AND THE GENESIS  
COMMUNITY CENTER



SENIORS in SERVICE  
GEARED UP TO SERVE

Save the Dates: June 10<sup>th</sup> & June 24<sup>th</sup>

Education and Q&A

Location: Genesis Community Center: 38112 15<sup>th</sup> Ave.  
Zephyrhills, 33542



**SENIOR TECH DAY!**

*Technology made easy, for you!*

Join us for a fun, friendly session designed to help you feel **confident** using today's technology.



**USING YOUR PHONE**

- ✓ Making calls
- ✓ Texting
- ✓ Contacts
- ✓ Photos
- ✓ Apps & more!



**SOCIAL MEDIA ON YOUR PHONE**

- ✓ Facebook
- ✓ Instagram
- ✓ Staying in touch with family and friends



DATE:

June 10th & 24th

TIME:

12:30 p.m. to 1:30 p.m.

*No experience needed!  
We're here to help!*



*Technology is for Everyone!*

# Advent Health Lunch & Learn...Call to reserve your seat! 813-616-2601 & Plan to donate blood Thursday, June 18<sup>th</sup>



## Health for Him

In honor of Men's Health Month, join us for a health talk with one of our expert urologists who will share insights and actionable ways to take charge of your health and feel your best.

**Thursday June 18**  
**12 pm to 1 pm**


The Genesis Community Center  
38112 15th Avenue  
Zephyrhills, FL 33542

Register by phone or online:

 877-534-3108

 [AHZephyrhills.com/Events](http://AHZephyrhills.com/Events)

Registration is required.



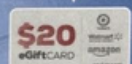



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
**Donors Receive**

-  **\$20 eGift CARD**
- PLUS -
-  **BIG BUS** Sunshade
-  **BIG BUS** Wellness Checkup
- PLUS -
- 

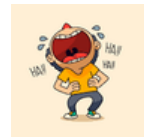
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Appointments are encouraged, please visit [oneblood.org/donate-now](http://oneblood.org/donate-now) and use sponsor code B4421

\*One offer per donor per donation. No cash value. Not transferable. Gifts may vary. For more information please visit [oneblood.org/events](http://oneblood.org/events).

**oneblood** 

# Meals on Wheels Laugh Corner



**DID YOU HEAR HOW THEY CAUGHT  
THE GREAT PRODUCE BANDIT?**

**He stopped to  
take a leek.**



Father's Day is celebrated to honor fathers, fatherhood, and the influence of paternal figures in society.

Father's Day is a special occasion set aside to recognize and appreciate fathers, stepfathers, grandfathers, guardians, and other father figures for their guidance, support, and love.

Have a Blessed Day

## ☀️ Volunteer Spotlight: Robert Gotshall ☀️

It started with a simple question from a friend: **would Robert Gotshall like to volunteer?** He said yes — and more than six years later, he has not stopped. Three days a week, Robert shows up to Meals on Wheels, spending one day behind the wheel delivering meals and two days volunteering at our “**Feeding You With Love**” food pantry, greeting the families who drive through and handing out food. 🏠❤️

What draws him back, week after week, is not complicated. **For Robert, it is the people. He describes his delivery route not as a task to complete, but as a chance to connect — to be a familiar, friendly face in a neighborhood he genuinely cares about.** He knows his clients. He knows that some of them look forward to a Wawa breakfast sandwich, that others light up over a special bread, and that some simply love the surprise of something new. Those small moments of joy, he says, are what make every stop worthwhile.

💬 *"They want to be appreciated — and to just spend a moment of your time talking with them. I may be the only person that person speaks to today."*

That insight shapes the way Robert thinks about his role. Delivering a meal is the reason he knocks on the door, but the conversation that follows is just as important. He understands that for many of the seniors on his route, the greatest need is simply to feel seen.

When he is not volunteering, Robert stays busy with golf, flea markets, and metal detecting. And here is a fun fact — **he has collected nearly 90 bottles of tequila, whiskey, vodka, brandy, rum, and bourbon.**

**The twist? He does not drink a drop. He is proudly a teetotaler!**

**Thank you, Robert, for six incredible years of service!**



# ***East Pasco Quilters***

## ***Back on Schedule***

This lovely group of ladies will meet on Thursday's at  
The Genesis Community Center 11:00am – 3:00pm.



### ***Z' BEES SEWING CLUB***

***Change of Schedule:***

***Taking the summer off from May-July  
Stayed Tune.....***

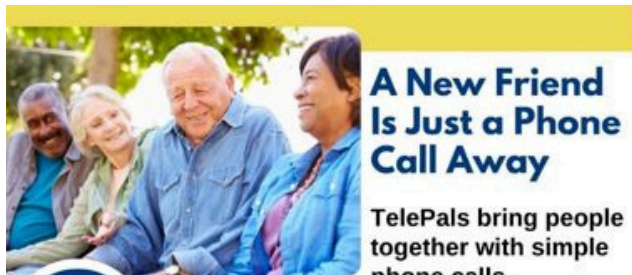
Stop in the Genesis Community Center and see the beautiful items the groups  
are quilting and sewing! **Both groups welcome new members. Don't be shy, Come  
Sew Along!!!**

Please contact MaryAnn, 813-713-0809, for more information.

# **PAW & PICTURES**



Our community gets excited when Ruthann  
& Ginger head out to deliver smiles



## A New Friend Is Just a Phone Call Away

TelePals bring people together with simple phone calls.



Through friendly conversation, support, and connection you can tell someone: "You have a friend who cares."

**TelePals commit to calling each other on a weekly basis, engage in friendly conversation, provide encouragement, and social connection.**

Connecting with others can...



Strengthen Immune Systems



Increase Brain Health



Reduce Blood Pressure



Decrease Feelings of Depression

Scan the QR Code or Contact Us Today!

Phone: (813) 819-0725

Email: [TelePals@seniorsinservice.org](mailto:TelePals@seniorsinservice.org)



SENIORS in SERVICE  
GEARED UP TO SERVE

<https://seniorsinservice.org/telepals/>



## Encouraging Better Health Through Social Connection



Health Buddies is your connection to Healthy Aging through encouraging phone calls and health coaching from a "buddy."

**With weekly friendly phone calls, we're helping improve health in 12 weeks by:**



Connecting to Resources



Lowering Stress



Improving Health Knowledge



Boosting Your Quality of Life

Scan the QR Code or Contact Us Today!

Phone: (813) 492-8931

Email: [healthbuddies@seniorsinservice.org](mailto:healthbuddies@seniorsinservice.org)



SENIORS in SERVICE  
GEARED UP TO SERVE

<https://seniorsinservice.org/health-buddies/>

Are you feeling lonely or would you like some healthy living advice? Seniors and Service and Meals on Wheels are here to help. Don't hesitate to contact either service or call Sabrina, Heather or Beth at 813-782-7859 to get signed up with a phone companion!



**Follow us on Facebook @ Feeding You With Love Food Pantry**

**The food pantry is open on the 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays of the month from 12:00pm -1:00pm.**

**The 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the month from 5:30pm-6:30pm**

**You must pre-register on the Meals on Wheels of Pasco website. If you have any questions, please contact the office**



Meals on Wheels of Pasco needs drivers  
or riders to deliver meals to our  
Zephyrhills Community!

If you are interested, please give us a call at  
813-782-7859



38112 15<sup>th</sup> Ave, Zephyrhills, FL 33542

## **Meals on Wheels / The Genesis Community Center**

### **BOARD OF DIRECTORS:**

Beth Aker, Executive Director

John Raab, Board President

Marcie Baker, Vice President

Daniel Crunk, Treasurer

Donna Moyer, Seretary

### **BOARD MEMBERS:**

Kara Hardin

Andrea Vogel

Barbara Erdmann

Rod Rehrig