

FEBRUARY 2024

An Opportunity to Make Friends, Do a Lot of Good

Are you free on Friday mornings? Looking for something to do to help pass the time?

Look no further. The Friday Fun Bunch at Twin Cities Meals on Wheels will welcome you with a smile and perhaps a joke or two while you are waiting to deliver meals. If you are a kitchen worker, you'll have many opportunities to show your skill with a utensil while enjoying your new friends.

The group pictured here are delivery guys and gals, waiting to be told that their food deliveries are ready.

To deliver, usually, but not always, there are two volunteers assigned to a route either in North Tonawanda or the City of Tonawanda.

Come anytime around 10 a.m. with deliveries starting about 10:30 a.m. You are finished and back to TCMOW by 12:30 p.m., unless you and your partner decide to stop for lunch.

For the kitchen workers, the day begins about 8 a.m. with food prep, cooking and then serving in special containers and putting the food in the right insulated containers for each route.



From there, the delivery folks take over to be sure clients receive their food while it's hot.

It's a feel-good time knowing you've made someone's day. And, if Friday isn't good for you, there are 4 other days to choose from. So c'mon join the fun, make new friends and help out a home-bound neighbor.

Good News for TCMOW and Its Clients

Twin Cities Meals on Wheels is excited to announce our partnership with the Erie County Department of Senior Services to provide home delivered meals under the Erie County Elderly Nutrition Services Program.

If you qualify, this program may be able to assist you with the cost of your home delivered meals. The Erie County Department of Senior Services will contact you by phone to conduct an interview to assess your eligibility for this program. Eligibility is based on your age (60+), residence in Erie County and qualifying need for home delivered meals.

Participation in this program does not change anything about your meal delivery

service except the billing process.

If you qualify, Erie County will receive the invoice for your meals, and you will receive a request for a voluntary donation towards the cost of your meals. You will receive the same delicious meals prepared in our Twin Cities Meals on Wheels kitchen, delivered by the same caring volunteers.

If you should have any questions regarding this program, please contact our office at 716-693-1663 between 9:30 a.m. and 12:30 p.m. weekdays.

Thank you for choosing Twin Cities Meals on Wheels for your meal delivery service. We appreciate your patronage.

Denise Sawatzky

ANNOUNCEMENT

PLEASE NOTE:

Starting in February, we will attach your invoice to your meal bag instead of sending it in the mail.

If your invoice is sent to another bill payer, it will be mailed to them.

Based on feedback we have received recently, this will be more convenient for you and will save TCMOW the expense of mailing invoices.

If you wish, fee free to give your payment to the server when he/she drops off your meal.

Added bonus: It will save you a stamp!



Pam's Corner

I suppose all of you realize that February is the shortest month of the year and it is one of the winter months.

All I can say is it is a good thing that it comes during the winter, cause I've had enough of that white stuff already!



Remember when you were young and how much fun it was to go outside in the snow, build snow forts and have snowball fights?

I wish that today's kids could experience that kind of fun but most of them don't seem interested.

Remember shoveling, climbing snow drifts, coming in frozen and hot chocolate. The joys of our carefree childhoods.

And then all of a sudden it's no longer fun. We grew up and as a grown up I say enough, no more snow!

Not to change the subject but you all have a Happy Valentines Day! Eat lots of chocolate!

See you next month.

..... Pam

Carnegie Art Center (Former Library) Turns 120



Carnegie Art Center on Goundry Street in North Tonawanda (the old Carnegie Library) has introduced Sky Vance as its new administrative assistant. Sky, who holds a degree from Juniata College in Museum Studies, has experience from museum practicum.

She has even worked at another Carnegie Library turned arts center. She is an artist outside of gallery hours., so welcome her the next time you are at the Art Center!

As hard as it is to believe, the Carnegie Art Center is turning 120, having opened its doors to the public in 1904, a spectacular example of Neoclassical architecture.

You can help establish a dedicated building fund for our incremental restorations and renovations with our new \$5 Fridays initiative.

How To Order Meals on Wheels

If you know someone who would like to order Meals on Wheels either for themselves or a friend or loved one, the process is easy.

Call the TCMOW office, 716-693-1663 and Pam will sign you up, provide the cost and the various programs offered or mail you the information.

Pam Hill, Coordinator

Board of Directors

James Burke - President
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Phone: 716-693-1663 Fax: 716-693-1663 Email: info@tcmow.com Website: www.tcmow.com

FEBRUARY

Around Town

Feb. 7 - Creative Writing Workshop, 5:30 to 6:30 p.m. North Tonawanda Library, 505 Meadow Drive. Join us for writing tips, bring your own works to share, enjoy the company of a friendly group. Chat about fun stories and anything on the craft of writing.

Feb. 8 - Charity Crochet at the NT Library, 6 to 6:45 p.m. Fiber artist of all kinds are welcome every other Thursday to talk shop and make projects for charity. Beginners to advanced. No sign up required.

Feb. 14: Happy Valentine's Day!!

Feb. 19, 20 to April 8 - Hall Walking Monday-Friday. Enjoy walking indoors at the NT Intermediate School (1st floor). Closed when schools are closed--holidays and weather events. Cost: \$10 for the whole session.

February through March 19 -Tuesdays, 6 p.m. Zumba, a fun workout featuring dance moves to work your core and give you that fun cardio-workout you've been looking for, at Ohio School. Sign up for one class or more. Single Day, \$4 (Per day) residents; \$5 (Per day) non-residents.

Feb. 21 - 11 a.m. to 12:30 p.m., Patricia Halt with Clarity Group will be at the Tonawanda Senior Center to answer all your health insurance and Medicare questions, including your rights and responsibilities in regards to health care. Pat will also provide assistance in other health concern areas. Don't forget, open enrollment for Medicare coverage ends, March 31

Feb. 24 - Embrace winter with the ice dye class at the Carnegie Art Center. Join a session where you will learn how to dye with this method on cotton T-shirts. The fee is \$25 for members, \$30 for non-members. All proceeds from this class will be donated to the Carnegie Art Center. So embrace winter and try an ice dye class.

Feb. 27, 11:15 a.m. to 12:15 p.m., also 1 to 2 p.m. Tai Chi for Arthritis & Fall Prevention. Tai Chi has been proven to improve cardio fitness, lower blood pressure, prevent falls and help people who have arthritis. Class also Feb. 29 11:15 to 12:15 and 1 to 2 p.m. at NT Library.



Virginia Park	15
John Major	14
Gwen Daugherty	15
Karl Heilemann	6
Denise Sawatzky	4
Jennifer Caldwell	6
Esther Newman	1

Congratulations for your continuing and amazing energy as well as your devotion to helping others! It's volunteers like you who make TCMOW.



Linda Kulikowski Feb 03
Joseph Maeder Feb 11
Bill Bacon Feb 20
Linda Finiki Feb 23
Gary Rockenbrock Feb 28

Each month the names and birthday date are listed for volunteers and staff who are celebrating their birthdays during the month.

*Happy Birthday to All
Best Wishes for a Wonderful New Year!*

Sad News!

Recently, Anita Zebulski, a 29-year volunteer with TCMOW, died and TCMOW extends its deepest sympathy to her family. Anita volunteered on Friday on Route 7.

“We are so grateful for her many years of dependable service and she’s deeply missed,” Pam Hill said.

A Celebration of Life service will take place on Saturday.

Why get Meals on Wheels?

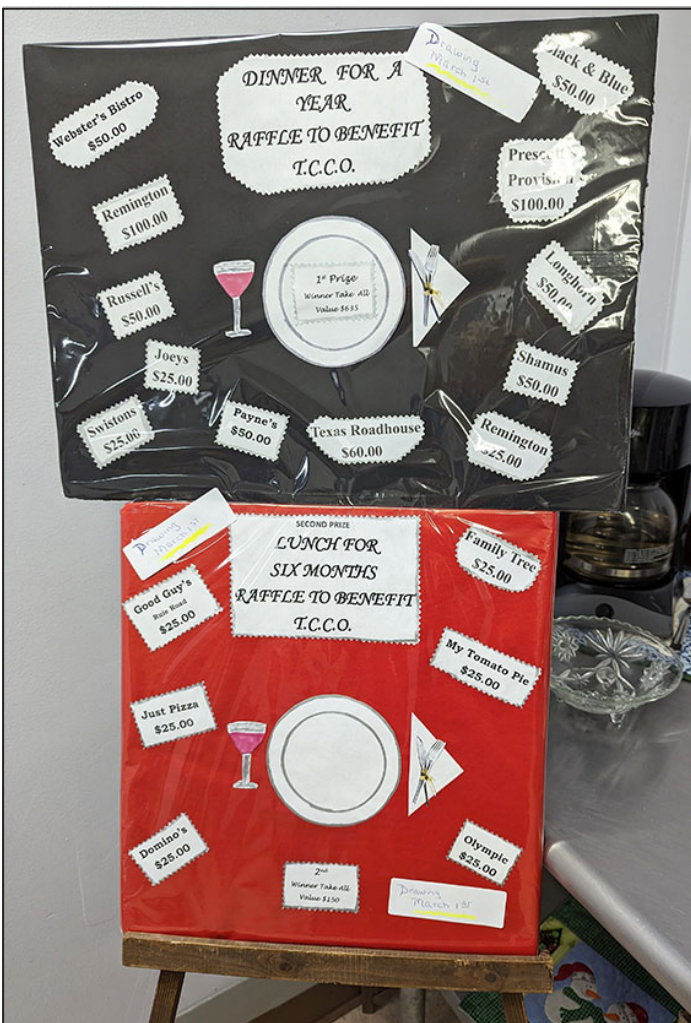
- MOW enables you to continue to live independently*
- MOW brings hot, daily, nutritious meals*
- MOW provides a daily wellness check through our delivery volunteers*
- MOW removes the decision of “What shall I eat today?” (especially when you don’t feel like cooking)*
- MOW means you buy fewer groceries and saves you money on grocery bills. The Two Meals Option saves about 50% when used Monday – Friday.*

Taken from TCMOW Website - Try It. www.tcmow.com

You’ll be amazed at all the information!

There’s always room for news from YOU, our volunteers. Let Pam know your news or email it to Barbara Tucker at wgtbt@aol.com

If you want to join in the fun and bring a smile to a client’s face, call Pam at 716-693-1663. You won’t regret it!



TCCO Raffle

TCCO is once again offering a wonderful raffle with many great items featuring a gourmet’s delight.

Tickets are \$10, available at Twin Cities Meals on Wheels during office hours.

The office is open weekdays from 9:30 a.m. to 12:30 p.m.



Share a Laugh



A Snowy Story

One winter morning in Iowa a couple was at home listening to the radio while eating breakfast. They heard the announcer say,

“We are going to have 1 to 10 inches of snow today. You must park your car on the even-numbered side of the street, so the snow plows can get through.”

Norman’s wife went out and moved her car.

A week later while they were again eating breakfast the radio announcer said, “We are expecting 10 to 12 inches of snow today. You must park your car on the odd-numbered side of the street, so the snowplows can get through.”

Norman’s wife went out and moved her car again.

The next week they were again having breakfast, when the radio announcer said, “We are expecting 12 to 14 inches of snow today. You must park.....” Then the electric power went off.

Norman’s wife was very upset and with a worried look on her face she said “Honey, I don’t know what to do. Which side of the street do I need to park on so the snow plows can get through?”

With the love and understanding in his voice that all men who are married exhibit, Norman said, “Why don’t you just leave it in the garage this time”



About Growing Older

First - Eventually you will reach a point when you stop lying about your age and start bragging about it.

Second - The older we get the fewer things seem worth waiting in line for.

Third - Some people try to turn back their odometers . Not me; I want people to know why I look this way. I’ve traveled a long way and some of the roads weren’t paved.

Fourth - When you are dissatisfied and would like to go back to youth, think of Algebra.

Fifth - You know you are getting old when everything either dries up or leaks.

Sixth - I don’t know how I got over the hill without getting to the top.



Did you hear about the self-help group for compulsive talkers? It’s called On & On Anon.

Measuring a Flag Pole

Ray & Bubba (Texas mechanical engineers) were standing at the base of a flagpole, looking up.

A woman walked by and asked what they were doing.

“We’re supposed to find the height of the flagpole,” said Bubba, “but we don’t have a ladder.”

The woman took a wrench from her purse, loosened a few bolts, and laid the pole down. Then she took a tape measure from her pocket, took a measurement, announced, “Eighteen feet, six inches,” and walked away.

Ray shook his head and laughed, “Ain’t that just like a woman! We ask for the height and she gives us the length!”



Computer Woes

I was having trouble with my computer.

So I called Richard, the 11 year old next door whose bedroom looks like Mission Control, and asked him to come over.

Richard clicked a couple of buttons and solved the problem. As he was walking away, I called after him, “So, what was wrong?”

He replied, ‘It was an ID ten T error.’

I didn’t want to appear stupid, but nonetheless inquired, “An, ID ten T error? What’s that? In case I need to fix it again”

Richard grinned.... “Haven’t you ever heard of an ID ten T error before? Write it down,” he said, “and I think you’ll figure it out.”

So I wrote down: I D 1 0 T I used to like the little brat.



Kids Are Quick...

TEACHER: “Maria, go to the map and find North America.”

MARIA: “Here it is.”

TEACHER: “Correct. Now class, who discovered America?”

CLASS: “Maria.”



No Brainers

• This morning I saw a neighbor talking to her dog. It was obvious she thought her dog understood her. I came into my house and told my cat. We laughed a lot..

• This virus has done what no woman has been able to do. Cancel sports, shut down all bars, and keep men at home!

• I need to practice physical-distancing from the refrigerator

• I hope the weather is good tomorrow for my trip to the Backyard. I’m getting tired of the Living Room.

YES! I want to do my part to continue the work of Twin Cities Meals on Wheels. Enclosed is my tax-deductible gift.

Name _____

Address _____

City, State, Zip _____

Phone () _____

E-mail _____

Amount enclosed _____

**Return this slip and your check made out to Twin Cities Meals on Wheels to:
TCMOW, 100 Ridge Road, North Tonawanda, NY 14120 or donate online at www.tcmow.com**