



Another Serving

“Meals and More...”

Newsletter for Volunteers and Staff of *Twin Cities Meals on Wheels, Inc.*
100 Ridge Road North Tonawanda, New York 14120
Serving the Twin Cities since 1973

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December 2019

Important Dates

Friday, Dec 13th – Last day to submit items for the January newsletter
WEDNESDAY DECEMBER 25th - NO MEALS SERVED ON CHRISTMAS DAY
WEDNESDAY JANUARY 1st- NO MEALS SERVED THE ON NEW YEARS DAY
Wednesday December 11th 12:30 pm Board of Directors Meeting

EMERGENCY CLOSINGS of TC MoW-

When the weather is inclement our closings will be announced on:

- WGRZ --TV-2
- WIVB --TV-4
- WKBW -- TV-7



If our name (**Twin Cities Meals on Wheels**) is NOT there, we WILL be open! The Coordinator will personally phone all kitchen workers, drivers, and servers who are scheduled for that day to notify them that we are CLOSED.

- Kitchen workers will be notified by 7:00am.
- Drivers +Servers notified by 7:00 am.

TAKE YOUR COPY OF “*Another Serving*” HOME with you. We print 110 copies so each volunteer gets his / her own copy to keep.
Can't Come on Volunteering Day??



To cancel your day to serve or drive, call Pam Hill **at home** the night before so she can get a “sub” for you. (693-7949)



COORDINATOR' CORNER

Well here we are with another year rapidly disappearing. Some good things happened, and some great things. We all have had some of the not so great things, but all things considered it was not too bad of a year was it? So now I get to reflect back on the past year and the thing that stands out the most is how good we did again this year. Our new cooks hit the ground running and everything is going smoothly out in the kitchen area. We updated the computers without too much trouble and purchased several other new things to update equipment including new coolers and carts.

But by far the best thing is my volunteers. We have a couple of new ones and many of the faithful long term (I was going to say older, but so am I!) special people. I must be the luckiest person as I have gained so many friends over the years. I know that I tend to be reserved sometimes, but not in this building- it is impossible to be that way. So this is my salute to all of my friends here at Twin Cities Meals on Wheels. I've never had this much social interaction at a job before- all of it good! I really enjoy coming in to see what the day will bring. So here's to the coming new year and hoping it will be as much fun as this one was. Who knows I may even get my painting project done. Bring it on and hope to see you all there.



Volunteer News Always

Needed --

News that you would like to share with your volunteer friends at TC MoW is needed for "Another Serving"

You may want to provide news about:

- Vacation trips
- Happy events / sad events
- Wedding anniversaries
(50, 60, 70, etc.)
- New grandchild, great-grand kids, etc.
- Injuries / surgeries

Forms are provided (in **blue** pocket) above the plastic rack where you pick up your newsletter. Place the completed form in the **yellow** pocket.

What are you going to do when you retire?



Become a clown of course!

One of our Thursday kitchen volunteers, Guy Richardson, has a fairly new "hobby". He has become a clown- a real one not just goofing around in the kitchen! The Clowns of America International of which he is a member is having a convention in April of 2020. It is being held right here in Niagara Falls, NY. Part of the advertising was the front cover of CALLIOPE magazine which included a picture of Guy in full costume sitting in a barrel that looked like it was going over the Falls along with several other clowns also in barrels. The convention will be April 14-19, 2020.

Great Vacation.....

Three of our TCCO ladies , Bobbie Seekins, Linda Finiki and Barb Elbers are taking a two week vacation to Hawaii. They will be gone from December 4th to December 20th. What will we do without them while they are away? We will expect a full report to publish in the January newsletter!

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HEY - DID YOU GET YOUR FLU SHOT?
Don't make the news because you didn't get a flu shot.

Seasonal flu is a contagious respiratory illness that occurs every year, most often during the winter and early spring. It most severely affects individuals 65 years of age and older, therefore every year a new vaccine is made available to help prevent seasonal flu. We don't want you to get the flu or to give it to our clients or other volunteers at MoW.

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When you" retire" from volunteering at TC MoW, do NOT give a MoW shirt to charity (Salvation Army, Goodwill, Am vets, etc.). The shirt could be used as ID for a thief to get into the home of a meal recipient, thinking that the thief was bringing a meal, when actually they were going to rob or harm the meal recipient.

In Our Thoughts & Prayers



- Pray for the folks threatened by forest fires, floods, severe heat, storms, and hurricanes.
- Pray for **our military and personnel** in Afghanistan and throughout the world.

- Pray for **world peace and wisdom for government leaders** at all levels.
- Pray for the victims of the recent tragedy in Paris, France.

Volunteers are always needed —

Bring a friend to see what you do at TC MoW
You are encouraged to "Bring a Friend" on the day you come to help at TC MoW.

Your friend would be with YOU as you

- do your tasks as a kitchen helper
- drive to deliver meals
- take meals into the homes of meal recipients

"Bring a Friend" can be at any time. No advance notice required. This may generate interest in future volunteering at TC MoW.

HAPPY BIRTHDAY-

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



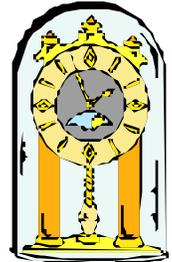
Carol Kopczynski	12/01
Marcia Brock	12/01
Virginia Park	12/02
Marti Metzger	12/09
Julie Czerwinski	12/11

Vincent Becker	12/19
Carol Zander	12/21
Carol Connors	12/22
Carol Krumphart	12/25

If your birthday was incorrect or omitted, please give the information to Pam Hill so we can correct it.

Volunteering Anniversaries

We applaud TC MoW volunteers who are celebrating an anniversary of their volunteering this month. The number of years of service at TC MoW is indicated after each name.



Cindy Cheehan	18
Margorie Proch	9
Margo Fronczek	6
Douglas Fronczek	6
Richard Dunning	4
Sharon Allen	2
Linda Sinsabaugh	2
Linda Darling	1

Thank you for your years of service. (Please report volunteering anniversaries errors to Pam Hill).

Older December Recipe...

Anise Christmas Cookies



- Cream 1 cup marg. and 2 cups sugar
Add 3 eggs – one at a time
1 tsp. salt
1 tsp. anise
1 1/2tsp. cream of tarter
1 1/2 tsp. baking soda mixed in 2 tbsp. milk

Mix well and add 3 to 5 cups flour
Grease cookie sheet
Roll and make cutouts
Oven at 400 for 8 – 15 mins.

**This article is so befitting for all of us...
take time to ponder... the last statement
printed in red cannot be refuted:**

READ SLOWLY!

AND THEN IT IS WINTER

You know time has a way of moving quickly and catching you unaware of the passing years. It seems like yesterday that I was young, just married, and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all those years went.

I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams. But, here it is.. the winter of my life, and it catches me by surprise... How did I get here so fast? Where did the years go and where did my youth go? I remember well seeing older people through the years and thinking that those "older people" were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like.

But, here it is...my friends are retired and getting gray... they move slower and I see an older person in myself now. Some are in better and some worse shape than me... but, I see the great change... Not like the ones that I remember who were young and vibrant...but, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd be.

Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore... it's mandatory! Cause if I don't on my own free will... I just fall asleep where I sit!

And so... now I enter this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did!! But, at least I know, that though the winter has come, and I'm not sure how long it will last... this I know, that when it's over on this earth... it's over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done.. things I should have done, but indeed, there are also many things I'm happy to have done. It's all in a lifetime.

So, if you're not in your winter yet... let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life, please do it quickly! Don't put things off too long!! Life goes by quickly. So, do what you can TODAY, as you can never be sure whether this is your winter or not!

You have no promise that you will see all the seasons of your life... so, LIVE FOR TODAY and say all the things that you want your loved ones to remember.. and hope that they appreciate and love you for all the things that you have done for them in all the years past!!

"Life" is a GIFT to you. The way you live your life is your gift to those who come after. Make it a fantastic one.

Remember: "It is Health that is real Wealth and not pieces of gold and silver."

~Your kids are becoming you.....but your

grandchildren are perfect!

~Going out is good.. coming home is even better!

~You forget names... but it's OK, because other people forgot they even knew you!!!

~You realize you're never going to be perfect at everything.... especially golf

~The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore.

~You sleep better on a lounge chair with the TV blaring than in bed. It's called "pre-sleep."

~You miss the days when everything worked with just an "ON" and "OFF" switch..

~You tend to use more 4 letter words ... "what?"..."when?"...???

~Now that you can afford expensive jewelry, it's not safe to wear it anywhere.

~You notice everything they sell in stores is "sleeveless?!"

~What used to be freckles are now liver spots.

~Everybody whispers.

~You have 3 sizes of clothes in your closet.... 2 of which you will never wear.

**~But "Old" is good in some things:
Old Songs, Old movies ...
and best of all, our dear ...OLD FRIENDS!!**

Stay well, "OLD FRIEND!" Send this on to

other "Old Friends" and let them laugh in agreement!



LAUGH TIME

Editors' Note: Please remember, we only publish them.

*Most of our generation of
60+ were HOME
SCHOoled in many ways:*

1. My mother taught me TO APPRECIATE A JOB WELL DONE .

"If you're going to kill each other, do it outside. I just finished cleaning."

2. My mother taught me RELIGION .

"You better pray that will come out of the carpet."

3. My father taught me about TIME TRAVEL .

"If you don't straighten up, I'm going to knock you into the middle of next week!"

4. My father taught me LOGIC .

" Because I said so, that's why ."

5. My mother taught me MORE LOGIC

"If you fall out of that swing and break your

neck, you're not going to the store with me."

6. **My mother taught me FORESIGHT** .

"Make sure you wear clean underwear, in case you're in an accident."

7. **My father taught me IRONY** .

"Keep crying, and I'll give you something to cry about."

8. **My mother taught me about the science of OSMOSIS** .

"Shut your mouth and eat your supper."

9 **My mother taught me about CONTORTIONISM** .

"Just you look at that dirt on the back of your neck!"

10. **My mother taught me about STAMINA** .

"You'll sit there until all that spinach is gone."

11. **My mother taught me about WEATHER** .

"This room of yours looks as if a tornado went through it."

12. **My mother taught me about HYPOCRISY** .

"If I told you once, I've told you a million times, don't exaggerate!"

13. **My father taught me the CIRCLE OF LIFE** ..

"I brought you into this world, and I can take

you out..."

14. **My mother taught me about BEHAVIOR MODIFICATION** .

"Stop acting like your father!"

15. **My mother taught me about ENVY**

"There are millions of less fortunate children in this world who don't have wonderful parents like you do."

16. **My mother taught me about ANTICIPATION** .

"Just wait until we get home."

17. **My mother taught me about RECEIVING** .

"You are going to get it from your father when you get home!"

18. **My mother taught me MEDICAL SCIENCE** .

"If you don't stop crossing your eyes, they are going to get stuck that way."

19. **My mother taught me ESP** .

"Put your sweater on; don't you think I know when you are cold?"

20. **My father taught me HUMOUR.**

"When that lawn mower cuts off your toes, don't come running to me."

21. **My mother taught me HOW TO BECOME AN ADULT** .

"If you don't eat your vegetables, you'll never grow up ."

22. **My mother taught me GENETICS** .

"You're just like your father."

23. **My mother taught me about my ROOTS** .

"Shut that door behind you... Do you think you were born in a barn?"

24. **My mother taught me WISDOM** .

"When you get to be my age, you'll understand."

25. **My father taught me about JUSTICE** .

"One day you'll have kids, and I hope they turn out just like you!"

This should be given to only the over - 60 crowd because the younger ones would not believe we truly were told these "EXACT" words by our parents.

Short Ones

Q: Why did the witches' team lose the baseball game?

A: Their bats flew away.

In a Catholic school cafeteria, a nun places a note in front of a pile of apples, "Only take one. God is watching." Further down the line is a pile of cookies. A little boy makes his own note, "Take all you want. God is watching the apples."

Q: What starts with E, ends with E, and has only 1 letter in it?

A: Envelope.

Q: Did you hear about the kidnapping at school?

A: It's okay. He woke up.

Couple of more...

What do you say to a one-legged hitch-hiker?
Hop in.

Why can't dalmatians play hide and seek?
Because they'd get spotted.

What's the best day to go to the beach?
On Sunday.

What bow can't be tied?
A rainbow.

Teacher: "Kids, what does the chicken give you?"

Student: "Meat!"

Teacher: "Very good! Now what does the pig give you?"

Student: "Bacon!"

Teacher: "Great! And what does the fat cow give you?"

Student: "Homework!"

AND LEST IT NOT BE FORGOTTEN –

Happy Holidays and wishing you Every Happiness
in the New Year

E-MAIL may be used for sending 'goodies' to our newsletter

- Volunteer News / Volunteer "Tales"
- Jokes / Wisdom
- Recipes

(DON'T send jokes to our "Verizon" address)

Thank you,

Dean Hutter, Editor

Karl Bauer, Assistant Editor

The email is: AnotherServing@yahoo.com.