

AUGUST 2024

East Hill Foundation Grant Helps Provide Healthy Meals

Although it may look like Curt Gaume and Eileen Britton are getting ready to make a delicious breakfast, in reality they are showing off some of the food that will be purchased thanks to an \$8,000 grant from the East Hill Foundation.

“Many, many thanks must go out to Eileen for her guidance and direction in completing the application,” Curt said.

The grant funds will be utilized for purchasing food products that contain protein such as meats and dairy products, Curt noted.

The East Hill Foundation’s connection started a few years ago, when Eileen was manning a TCMOW table at the North Tonawanda City Market. A young woman stopped by and said her mother had received Meals on Wheels and could she donate a check as thanks for the care her mom received.

The same thing happened the following year but this time, the woman, Amy Greatbatch, suggested that Eileen write a grant to the East Hill Foundation to help support TCMOW.

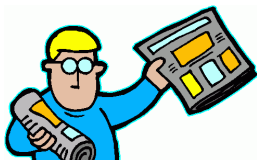
Eileen did. Her grants have been accepted every year and so the story continues with this year’s grant.

“We all thank the East Hill Foundation for its generous support,” Eileen smiled. “We are so thankful for this wonderful grant to insure that the program continues to serve and stay ahead of the game,” she added.

“We serve approximately 100 clients each day with three part-time part time employees and about 110 volunteers who help with the packing of meals and a driver and server to deliver the meals,” Pam Hill coordinator, said. “Our fundraising efforts are also done entirely by volunteers and Eileen is the best. East Hill Foundation’s generosity helps us to continue providing healthy meals to our clients.”



NY Connects Benefits Tonawanda Seniors



Many residents in the City of Tonawanda who would like to be part of Twin Cities Meals on Wheels but find cost to be one of the obstacles, have joined a program called NY Connects.

Coordinated by the Erie County Department of Senior Services, the program has been set up to help seniors in Erie County who have trouble accessing food.

The requirements include not having money to purchase food, or bring unable to prepare food or perhaps a need for a restricted diet or special dietary needs. Once the county is aware of the problem, an assessment is done in person.

Twin Cities Meals on Wheels will then be contacted as a provider of healthy hot and cold meals delivered to the client’s door.

TCMOW is paid by the county with a suggested minimum donation of \$2 from the client.

“This is a good use of taxpayers’ money,” TCMOW coordinator, Pam Hill, said.

For information call (716) 858-8526 or TCMOW, 716-693-1663.



WE’RE LOOKING FOR YOU!

Do you have 2 or 3 morning hours a week to spare? Would you like a chance to meet new friends? Enjoy some laughs to brighten your day?

Well, TCMOW has just the place for you!

Volunteering is a great way to make a huge impact in a short amount of time. Whether in the kitchen or delivering meals, you help bring nutritious food and a friendly visit to 8 to 10 seniors and people with disabilities in the Twin Cities.

Whether in the kitchen or delivering meals, your donation of time and talent will help assure nutritious food and a friendly visit to 8 to 10 seniors in the Twin Cities will be possible.

So, if you know a friend, relative or neighbor, perhaps someone recently retired and looking for something to do, encourage them to call **Pam Hill at 716-693-1663** and become a volunteer.

They will thank you!

GRANDPARENTS' RIGHTS PROGRAM



The Legal Services for the Elderly, Disabled or Disadvantaged of Western New York, Inc. have developed the Grandparents' Rights Program, a program funded by the Erie County Department of Senior Services.

The Grandparents' Program represents seniors in family court on matters involving custody of minor children.

Seniors seeking assistance need not be a grandparent; he or she can be a great-grandparent, aunt, or other family member. However, since the funding for this program is derived from the Federal Older Americans Act, the senior must be 60 or older to be eligible for the services.

Further information on the Grandparents' Program is available at 716-853-3087.

Fun Is: Tonawanda Senior Center

Anyone 55 years and older (not old, but older), is welcomed at the Tonawanda Senior Center located at 35 Main St., Monday, Wednesday and Thursday from 9:30 a.m. - 5:30 p.m., Tuesday from 9:30 a.m. - 7 p.m. and Friday from 8 a.m. - 5:30 p.m.

There is an annual membership fee of \$5 for residents and \$10 for non-residents.

"We've been hard at work sprucing up the calendar and offering new activities to make it a more active center," director Kelly Utzig said. In addition to special events, regular programming includes: card games, mahjong, billiards, yoga, Wii bowling, crafts, line dancing, ballroom dancing and more are offered.

So, c'mon join us. For more information, call Kelly at 716-692-7029 or just stop by.

"GOING PLACES" Van Service Available for Tonawanda residents

To register for the van service, riders must first file an application with Erie County by calling 858-7433. **This service is for City of Tonawanda residents only**, 60 years of age or older, who are capable of getting in and out of the van without assistance. The van is available Tuesday through Friday beginning at 7:30 a.m. Last pick up is 2:30 p.m. Requests for transportation are taken by the Parks & Rec office every Monday morning 9 to 11 a.m. for appointments that week. If Monday is a holiday, you must call the Friday before. The cost is minimal, a suggested donation of \$8.00 one way, or \$16 round trip.

Any amount you wish to give is greatly appreciated and will be used to support the transportation program. We work on a priority basis: doctor and hospital appointments are first, then banking and grocery shopping. This service is made possible by the City of Tonawanda, Erie County Department of Senior Services, and the NYS Office for the Aging.

To register for the service: 716-858-7433.

To schedule rides, call Monday, 9-11 a.m. 716-505-1172

A Few More Places to Go, Things to Do

• **Ongoing Until Sept. 19:** Food Truck Thursdays 5-8:p.m. Canal St. near the Hub, City of Tonawanda.

• **Aug. 29** - 5:30 to 6:30 p.m., Summer too hectic? Can't read in peace? Relax and read with the NT Library's new Silent Reading Club. Bring something to sit on and read with the Silent Reading Club in the backyard at the library. All are welcome.

• **Ongoing** - The Lions Club is collecting unwanted eye glasses and hearing aids. Drop off your unwanted eye glasses and hearing aids at the Tonawanda Senior Center any time.

• **Aug. 2 to Aug. 16** - Weekly Summer Exercise Series at the North Tonawanda Public Library, 505 Meadow Drive. Aug. 2, Aerobics with Brittany; Aug. 9, Yoga with Sarah and Aug. 16, Dance with CJ. Call the Library at 716-693-4132.



• **Aug. 4** - 7 p.m., American Legion Post 264 Band, Miller Bandshell, Niawanda Park.

• **Aug. 6** - 6 to 8 p.m.. Clinton Park Gazebo, Tonawanda, Buffalo Banjo Band. On Aug. 13, Dancing Queen City and Aug. 27, Hastings Duo.

• **Aug. 6** - 6 to 8 p.m. National Night Out at Tonawanda Police Station. Tour of the station, drone, K9 demonstrations. Also serving hot dogs and water.

• **Aug. 8** - 7 to 8:30 p.m. Raymond Klimek Veterans Park, River Road, NT, a performance by Special Delivery, a mix of polkas, oldies and swing hits.

• **Aug. 8** - 5:30 to 6:30 p.m., Charity Crochet at NT Library. Fiber artists of all kinds are welcome every other Thursday to make projects for charity. Beginners to advanced welcome.

• **Aug. 9** - 11 a.m. to 3 p.m., Open Tech at the NT Library. Bring your tech questions and devices for solutions.

• **Aug. 14** - 9 a.m. to 3 p.m., Summer Vendor & Craft Sale at the NT Library. Stop by and shop from local artists.

• **Aug. 16** - 6:30 p.m. Movie Night on the Niagara, "Minions - the Rise of Gru." Niawanda Park, movie starts at dusk. Snacks available.

• **Aug. 17, 18** - 10 a.m. - 4 p.m. Carnegie Art Spree Festival, Canal Street, Tonawanda and Webster Street, NT. Juried art festival showcasing local artists and highlighting T-NT's downtown area.

• **Aug. 24** - 11 a.m. to 2 p.m. Dare to Repair Cafe at the North Tonawanda Senior Center. Free repairs by electricians, mechanics and other professionals who will be on hand to fix your broken appliances, textiles, bikes and clothing. No gas power motors. To register, stop by the Senior Center, 110 Goundry St.

• **Aug. 25** - 1 to 6 p.m., Porchfest in Tonawanda. Concerts will take place on porches throughout the city. Follow on Facebook at Tonawanda City Porchfest for information and sites.



Each month the names and years of service to TCMOW are listed.

Kay Vance 41 years
 Carol North 18 years
 Colleen Corrigan 16 years
 Curt Gaume 10 years
 John Newman 6 years
 Bill Simon 3 years
 Norbert A. Olszowka 1 year

Congratulations to each volunteer for continuous and amazing energy as well as your devotion to helping others!

It's volunteers like you who make TCMOW.

Trail Between NT & Lockport Examined

At the request of multiple municipalities in Niagara County, Greater Buffalo Niagara Regional Transportation Council (GBNRTC) is conducting a study examining the feasibility of filling in gaps in the trail network between the City of North Tonawanda and the City of Lockport, and connecting through the towns of Pendleton, Wheatfield, and Lockport.

GBNRTC contracted GObike to carry out the study this summer and fall.

The potential trail connection is named as a priority corridor in Bike Buffalo Niagara, the Regional Bike Master Plan (2020). GObike is coordinating this work with the GBNRTC, and each municipality through which the trail would pass, to further explore how our region can become more well-connected through safe, accessible, and convenient trails and greenways.

Stay tuned for the final report.



Letty Hollister Aug. 12
 Diane Kandefer Aug. 19
 Renee Lorenz Aug. 21
 John Newman Aug. 24
 Alan Mazzuchelli Aug. 28

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

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

Check Out Erie County's Website for Info, Programs

The Erie County Department of Senior Services now hosts a website that contains information about many of the programs and services available for seniors. Information on the HEAP program, Adult Day Care and Respite, as well as upcoming events and activities are available on the County site: www.erie.gov/depts/seniorservices

There's always room in the TCMOW Newsletter for news from YOU, our great volunteers.

Surely, there are new grandchildren, children's accomplishments, fun family events, church or other organization information. If so, let Pam know your news or email it to Barbara Tucker at wgtbt@aol.com



Eating Your Way to a Healthier Lifestyle: Start with Fruits and Vegetables

Fruits and vegetables are important to incorporate in your diet. They offer many health benefits, such as: vitamins, minerals, fiber, antioxidants, low calorie option, and may help reduce the risk of some chronic diseases.

For fresh fruits and vegetables, make sure the item is in season. Shopping within the season ensures the lowest cost and the greatest flavor. When purchasing frozen, try to avoid those in sauces or seasonings already added. Canned options are great as well. Remember to choose "low sodium/no salt added" to ensure the healthiest option.

Having fruits and vegetables ready-to-eat, will help keep you on track rather than turning to junk food. It is also important to ensure you have versatile fruits and vegetables. It is often cheaper to buy multiple items rather than just one single item. Having vegetables on hand that you can make many different recipes with will help encourage greater consumption.

Eat a variety of colors with your fruits and vegetables. Having a diet rich in color will ensure you are getting a variety of nutrients. Try to have at least 3 different colors in each meal. Eating a variety of colors will be more eye appealing rather than just bland colors.

Pam Hill, Coordinator
Board of Directors

James Burke - President	Rick Henderson, Secretary
Curt Gaume, Treasurer	
Board Members	
Karl Bauer, Carol Butch, John Grobe, Robert Pecoraro, Rae Proefrock, Gary Rockenbrock, Joyce Santiago, Barbara Tucker	

Share a Laugh



Luck of the Irish

An Irishman walks into a pub.

“What’ll you have?” the bartender asks.

“Give me three pints of Guinness, please,” says the man.

The bartender brings him three pints, and the man proceeds to sip them alternately — the first one, the next one, and then the third one, until they’re all gone. He then orders three more.

“Sir,” says the bartender, “I know you like them cold. You don’t have to order three at a time. I can keep an eye on you, and when you get low I’ll bring you a fresh cold one.”

“You don’t understand,” the man says. “I have two brothers, one in Australia and one in the States. We made a vow to each other that every Saturday night we’d still drink together. So right now, my brothers have three Guinness Stouts too, and we’re drinking together.”

“What a wonderful tradition,” the bartender says, smiling.

Every week after that, the man comes into the bar and orders three beers. But one week, he orders only two. He drinks them and orders two more.

“I know what your tradition is,” says the bartender sadly, “and I’d just like to say that I’m sorry that one of your brothers died.”

“Oh, me brothers are fine,” says the man. “I just quit drinking.”

Veterinarian Bill Dispute

Old lady takes her pet parrot to the veterinarian, she expresses concern for her parrot to vet as he hasn’t moved or spoke in days.

The veterinarian takes the parrot into the examination room. The old lady watches as the vet presses a button and a cat walks out of a hatch that opens, the cat sniffs the parrot, prods it, then walks away.

The vet then pushes another button, a Labrador Retriever walks out of another hatch, sniffs the parrot, puts the parrot in his mouth, then places him back on floor and walks away.

The vet then walks up to the old lady and says “Sorry ma’m, your parrot is dead, that will be 1400 dollars”. She gasps and says “What the hell for?” Veterinarian replies the “Cat scan and Lab test.”

Up In the Air

A man is flying in a hot-air balloon and realizes he is lost. He reduces height and spots a man below. He lowers the balloon farther and shouts, “Excuse me! Can you tell me where I am?”

The man below says: “Yes, you’re in a hot-air balloon, hovering 30 feet above this field.”

“You must be an engineer,” says the balloonist.

“I am,” replies the man. “How did you know?”

“Well,” says the balloonist, “everything you have told me is technically correct, but it’s no use to anyone.”

The man below says, “You must be in management.”

“I am,” replies the balloonist, “but how did you know?”

“Well,” says the man, “you don’t know where you are or where you’re going, but you expect me to be able to help. You’re in the same position you were before we met, but now it’s my fault.”

A few silly question

• Did you hear about the first restaurant to open on the moon? It had great food, but no atmosphere.

• Why don’t scientists trust atoms?
Because they make up everything!

• What do dentists call their x-rays?
Tooth pics!

• What did one ocean say to the other ocean?
Nothing, it just waved.

• Do you want to hear a construction joke?
Sorry, I’m still working on it.

• What’s the difference between a hippo and a zippo?
One is really heavy and the other’s a little lighter.

• Why should you never trust stairs?
They’re always up to something.

• When does a joke become a ‘dad’ joke?
When it becomes apparent.

• What do you call fake spaghetti?
An impasta!

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**