

JANUARY 2024

Great News: Bill Gosch celebrates 100th Year

In case you have not met Bill Gosch, he is a remarkable client in North Tonawanda, and on December 8, began a new century of life at his 100th birthday!

Bill's Friday delivery crew of Karl Heilemann and Dana Caccamise along with Pam Hill visited Bill for a few minutes to wish him a happy birthday and present him with a card and cake.

Bill regaled his visitors with some great stories of life in North Tonawanda many years ago including the fact that his mother (who lived to be 102) gave birth to him on their dining room table.



Bill Gosch,, at the head of the table tells stories of his youth to Karl Heilemann, Pam Hill and Dana Caccamise.



Bill was also quite the rascal when young!

Blessed with good health and less arthritis than most of us, he is a very interesting person to talk to with a great memory of past events.

Bill is also special as he is currently TCMOW's oldest client. So don't forget if you deliver to him, welcome him to the new year.

ADOPT-A-DAY PROGRAM

The joy that was given out (and received) at Bill Gosch's 100 birthday event, happens over and over when a friend, relative or neighbor gives a special dessert treat to a client of Twin Cities Meals on Wheels to make a special day in that person's life! Want to help make a person's day shine?

Honor that particular person on his or her day by scheduling a dessert of your choice. Clients receive the yummy dessert along with a note saying who it honors.

Ellen Franke chose December 15 to order lemon tart for TCMOW clients in memory of her parents.

You can join Ellen and many others in this unique projects that not only honors someone, but helps Twin Cities Meals on Wheels at the same time.

Many have already generously shared the joy of a special day with clients. The cost for the "adoption" is \$99.

In return for the "adoption," the host receives:

- * Recognition in the monthly Adopt-A-Day on our Website
- * Thank you on our Facebook page and in our Newsletters
- * Knowledge that clients receive a special treat that brightens their day, thanks to you.

To sign up or for information, email Carol Butch at c.butchette@gmail.com



Pam's Corner

On December 13, a "Miracle in North Tonawanda" event to benefit Twin Cities Community Outreach (TCCO), home of the NT InterChurch Food Pantry and Twin Cities Meals on Wheels took place at the Riviera Theatre and nearly all restaurants in North Tonawanda jumped on board.

The effort was spearheaded by our good friend Jesse Gooch, Niagara County Legislators Rich Andres and Randy Bradt.

The "Riv" hosted a free public screening of the Christmas classic "Miracle on 34 Street" with attendees encouraged to bring a non-perishable food item to the event. A special hot chocolate bar was set-up, with all proceeds from those sales going to TCCO.

Proceeds from the event were presented to TCCO at a special thank you at the Riviera.

It's wonderful to begin the New Year on such a positive note with so many good friends, workers and volunteers.

Our most recent volunteers are Michael Marinucci and Pamela Borga who take care of Thursday routes.

It's been a hectic time what with the holidays and problems that recur each year. at this time But we continue to have fun and take care of our clients. We are always looking for new volunteers, so spread the word and have a wonderful New Year.

See you next time.

Pam

Important Notice for Tonawanda Residents

If you are in the process of, or planning to hire a contractor to do work inside and/or outside your home, and you reside in the City of Tonawanda, call Erik Lindhurst the City's Building Inspector, at 716-695-1806.

He can let you know whether the contractor has a current City of Tonawanda license and whether any complaints have been filed.

Mr. Lindhurst recommends that you get three estimates before you decide. DO NOT BE PRESSURED. Take the time to check out the contractor.

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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Rae Proefrock, Gary Rockenbrock, Joyce Santiago, Barbara Tucker
Phone: 716-693-1663 Fax: 716-693-1663 Email: info@tcmow.com Website: www.tcmow.com



Around Town

The Vial of Life project is under way for seniors (60 years and older), who are residents of the City of Tonawanda. Applications will be available at the Senior Center or call Kelly at the Center to have application mailed to you. The vial will contain medical information about you that will be stored in your freezer, attached to the shelf with two rubber bands, and identified by either a sticker or magnet on the outside of the freezer door. The vial will become a valuable tool to EMS personnel in the event of a First Aid situation. All information on the application will be confidential.

Jan. 15 11:30 a.m. to 1:30 p.m. King's Chili Cook Off in honor of Martin Luther King at NT Senior Citizen Center. Interested in joining? Register at the office by Jan. 5. Tickets are \$5 to taste and vote.

Jan. 11 3 - 6:45 p.m. Join the Buffalo Audubon Society to meet Zelda, their Eastern screech owl ambassador! See her up close, hear her story of how she came to Buffalo Audubon, and learn about the "super powers" owls have to survive and hunt in a nocturnal world. This program is free and perfect for families. No registration necessary. Sponsored by the Buffalo Audubon Society and the WNY Land Conservancy.

Jan. 11, 6 - 6:45 p.m. Kids in 6-12th grades earn some community service time and help the NT Library. Help prepare for programs, crafts, make displays, etc. Preregister at the Information Desk or by calling 716-693-4132 ext 4. Space is limited. If you have a form you need signed for school/scouts/church community service, bring it with you when you volunteer.

Crochet for Charity every other Thursday at the NT Library. Fiber artist of all kinds are welcome to join to talk shop and make projects for charity. Beginners to advanced! No sign up required.

Lions Club is collecting your unwanted eye glasses and hearing aids. Please drop them off at the Tonawanda Senior Center on Main Street, at anytime.



- Gwen Opalinski 19
- Bobbie Becker 17
- Gwen Daugherty 15
- Marcia Brock 13
- Margaret Smith 12
- Gary Chriss 6
- Clare Grinnell 6
- Karen Kudla 6
- Connie Rabideau 5
- Guy Richardson 5
- Anne Gabryelski 1
- John Gabryelski 1
- Joseph Maeder 1
- Marilyn Maeder 1

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



- Joan Diermyer Jan 04
- Pat Hibbert Jan 05
- Norbert A. Olszowka Jan 17
- Bruce Blinston Jan 18
- Jennifer Caldwell Jan 18
- Nancy Young Jan 19
- Linda Raynor Jan 20
- Helen Franc Jan 22
- Margo Fronczek Jan 24
- Margie Proch Jan 24
- Dana Caccamise Jan 27
- Pam Borga Jan 29

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, and Best Wishes for a Wonderful New Year!

Welcome!

If you stop by on any Thursday, you'll meet new fun volunteers who brighten the day.

Michael Marinucci and Brigid Hayes, at left, are two of the new fun folks who join a great group. In the photo below, Keith Ceckowski and his mom Kathy and the ever-working coordinator Pam Hill, get to know to Michael. Missing is Pam Borga, another new volunteer.



**Great News and Welcome!
Two new volunteers**

Pam Borga Thursday, Route 4
Michael Marinucci Thursday Route 9

Braggin' Bucks

Don't forget to send information on activities in town or at your church or another organization. We're happy to post any event.

It seems strange that TCMOW has more than 100 super involved volunteers whose lives are full fun, kids and grandkids to say nothing of other activities.

And yet, no one has a snippet of news about family, trips, meat raffle or Casino wins!

Surely, there are birthdays, vacations, new grandchildren or their stories and activities, your dog's newly learned trick, or you need prayers for yourself or someone you know!

Any news tips that you'd like to share, may be emailed to Barbara Tucker, wgtbt@aol.com or drop the news off to Pam at the TCMOW office. (Photos are welcome.)

Waiting to hear from YOU!

*Happy
New
Year*



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

Share a Laugh



A New Excuse

A Highway Patrol Officer pulled over a little old lady for going 10 mph on the highway.

As he walked up to the old lady's car he noticed there were 3 other elderly folks looking very frightened and rigid.

He leaned down to the old lady's window and noticed she was as calm as could be.

"Do you know why I pulled you over, Ma'am?"

"No, I do not," she replied sweetly.

"You were going 10 mph on the highway. That's a serious hazard for other drivers."

The officer couldn't help but glance at the three terrified passengers.

The little old lady pointed at the sign nearby. "Isn't the speed limit 10?"

The officer looked at the sign and laughed. "Ma'am, that's the sign telling you which highway you're on. Interstate 10."

The little old lady burst out in a fit of giggles. "Oh, I'm sorry!"

The officer decided it was an honest mistake and was going to let her go. But curiosity got the better of him. "Can I ask why your passengers are so scared?"

The little old lady laughed again. "Probably because I just got off Interstate 175."



- + A bicycle can't stand alone; it's just two tired.
- + The guy who fell onto an upholstery machine last week is now fully recovered.
- + He had a photographic memory but it was never fully developed.
- + Acupuncture is a jab well done. That's the point of it.
- + I didn't like my beard at first. Then it grew on me.
- + I stayed up all night to see where the sun went and then it dawned on me.
- + I'm reading a book about anti-gravity. I just can't put it down.



What do you call a dinosaur with an extensive vocabulary? A thesaurus.

The Blind Cowboy

An old, blind cowboy wanders into an all-girl biker bar by mistake. He finds his way to a bar stool and orders a shot of Jack Daniels. After sitting there for a while, he yells to the bartender, 'Hey, you wanna hear a blonde joke?'

The bar immediately falls absolutely silent. In a very deep, husky voice, the woman next to him says, 'Before you tell that joke, Cowboy, I think it is only fair, given that you are blind, that you should know five things:

1. The bartender is a blonde girl with a baseball bat.
2. The bouncer is a blonde girl with a 'Billy-Club'.
3. I'm a 6-foot tall, 175-pound blonde with a black belt in karate.
4. The woman sitting next to me is blonde and a professional weight lifter.
5. The lady to your right is blonde and a professional wrestler.

'Now, think about it seriously, Cowboy ... do you still wanna tell that blonde joke?'

The blind cowboy thinks for a second, shakes his head and mutters, 'No ...not if I'm gonna have to explain it five times!'



Messing with Language

- How does Moses make his tea? Hebrews it
- Venison for dinner again? Oh deer!
- A cartoonist was found dead in his home. Details are sketchy.
- I used to be a banker, but then I lost interest,
- I did a theatrical performance about puns. It was a play on words.
- Why were the Indians here first? They had reservations.
- We're going on a class trip to the Coca-Cola factory. I hope there's no pop quiz.
- I didn't like my beard at first. Then it grew on me,
- Did you hear about the cross-eyed teacher who lost her job because she couldn't control her pupils?
- I dropped out of Communism class because of lousy Marx.
- I got a job at a bakery because I kneaded dough.
- I tried to catch some fog, but I mist

YES! I want to do my part to continue the work of Twin

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**