



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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January 2020 Important Dates

WEDNESDAY JANUARY 1st NO MEALS SERVED NEW YEAR'S DAY
January 10 – Last day to submit items for the February Newsletter.
Board of Directors Meeting Wednesday February 5th 12:30 pm

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'S CORNER

President's Message

(See back page)

Thank You From Pam...

The folding and stuffing crew for The Annual Appeal letters was:

Rick Henderson & Sue Henderson

Thank You both!!

Due to the hard work of Rich the database has been refined which has cut down on the amount of letters & work.

Thanks You Rich!

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 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.

Also – You should be looking specifically for **“Twin Cities Meals on Wheels”**. There is sometimes confusion with Niagara County Meals on Wheels, Erie County Meals on

Wheels, and Western New York Meals on Wheels. We are none of those.



News For our Volunteers

Safety suggestions when you deliver meals:

1. Don't forget to have your cell phone with you when you deliver meals.
2. If client answers door (or is readily seen in room) ask how they are feeling. If door is unlocked, call out & go in. If you can't see the client, call out. If no answer, look in other rooms, call out several times. If you still can't find them, leave meal on a table, call Pam and she will take it from that point, calling to find a family member or friend. Go on to next delivery.
3. If door is locked, (and there is no answer to your ring or knock) let Pam know when you return to the office. She will check with a family member or an emergency number. After hanging meal on door in a grocery bag, go on to next client.

4. If a client is discovered to have fallen, or is ill or unconscious, call 911 immediately. Then call Pam, she will call the emergency number(s) we have for each client. DO NOT LIFT CLIENT OR HELP THEM TO GET UP, EVEN IF THEY ASK YOU TO DO SO!

911 First Responders are the professionals here and will do that when they arrive. Please wait with the client until 911 arrives. Then you can continue on your deliveries, someone will have called the remaining clients on the route to say you will be late and the reason for it.

5. Be particularly cautious when backing out of a driveway. Prepare for your next delivery before you do, not while you are on the road. Be very sure to observe all stop signs, and what other drivers are doing near you.

And, 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.

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.

When you" retire" from volunteering at Twin Cities 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 God's comfort for the families of those we have lost.

Volunteers are always needed —
Bring a friend to see what you do at Twin Cities MoW You are encouraged to "Bring a Friend" on the day you come to help at Twin Cities 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 Twin Cities MoW.

TCCO News...Coming Soon, our annual PENNEY DRIVE beginning March 1st. SAVE YOUR pennies NOW!

News of Volunteers

John & Sue Cahill again volunteered to deliver meals for the City Mission, both Thanksgiving and Christmas. They service Fridays on Rt. 6
Great job to help out on holidays!

Grandpa and Grandma

Sam & Debbie Aronica of Wheatfield became grandparents of Baby BOY... NicoJeffrey Friday December 19th, 7lbs. 1oz.

Some unusual fundraisers...

President Karl Bauer has collected lost golf balls for the past 3 plus years from the Deerwood Golf Course, which is his back yard. Wife June cleans all of them and Karl sets up a table near the course and sells the golf balls, donating over \$1,466.00 to MoW!
Thank you Karl and June.

Mary Ann Hutter donated a dozen collectable Santa's to June for her summer Side Walk Sale. They didn't sell there, so Eileen Britton saved them and tried to sell on line, again no sales. Eileen then brought them into MoW and they sold within minutes.
Donating \$45.00 to MoW.



HAPPY BIRTHDAY—

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

Barbara Barrett	01/04
Patricia Hibbert	01/05
Jim Baldwin	01/12
Charles Wildt	01/14
Bruce Blinston	01/18
Nancy Young	01/19
Lin Raynor	01/20
Helen Franc	01/22
Terry Fritz	01/23
Margo Fronczek	01/24
Marjorie Proch	01/24
Dana Caccamise	01/27

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.

Frank Lund	25
Gwen Opalinski	13
Janet Holt	13
Roberta Becker	12
Vincent Becker	12
Gwen Daugherty	9
William Cheehan	8
Marcia Brock	7
John Leous	7
Deborah Bennet	2



SPAGHETTI DONUTS

Preheat oven to 375F. Whisk together 2 eggs and 3 Tbsp. grated Parmesan, then stir in 2 cups leftover cooked spaghetti, ¼ cup marinara sauce, and ¼ cup crumbled cooked bacon. Arrange mixture in a greased 6-hole doughnut pan or form 6 (3-inch) doughnut shapes on a greased 10x 15-inch baking pan. Bake until firm, about 15 minutes. Serve with additional marinara sauce. Makes 6.



RECIPES

ROASTED BRUSSELS



SPROUTS

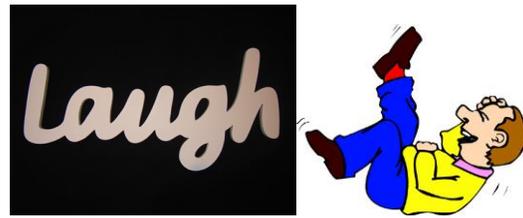
Heat oven 400F. Toss 1 lb. trimmed and halved Brussels sprouts with 2 Tbsp. olive oil, 1 tbsp. garlic powder, 1 tsp. black pepper, and ½ tsp. salt. Put in a 9x13-inch pan and roast 20 minutes, shaking every 5 minutes. Remove from oven. Toss with 1 Tbsp. balsamic vinegar. Sprinkle with ¼ cup grates Parmesan cheese, then continue roasting until melted, about 1 minute more. Sprinkle with crushed red pepper. Serves 6.

How to Make and Keep a New Year's Resolution

According to the time management firm Franklin Covey, one third of resolutions don't make it passed the end of January. A lot of these resolutions fail because they're not the right resolution. Any resolution may be wrong for one of three main reasons:

1. It's a resolution created based on what someone else (or society) is telling you to change.
2. It's too vague.
3. You don't have a realistic plan for achieving your resolution. Resolutions need to be smart. Smart: That's an acronym (specific, measurable, achievable, relevant and time bound)
 1. Specific - your resolution should be absolutely clear. You should not just say you would like to lose weight. You should be specific, how much weight and at what time interval.
 2. Measurable-Logging progress into a journal or making notes on your phone in important to track your progress and reinforce your behaviors.
 3. Achievable - If you have a large goal, break the goal into small steps to make the goal achievable. If the goal is too large you will become frustrated and quite too early.

4. Time bound – have a reasonable time line. Focus on the small wins so you can make gradual progress to your ultimate goal.
NY Times 2017



The 12 Commandments of Growing Old

#1 - Talk to yourself, because there are times you need expert advice.

#2 - Consider "in style" to be the clothes that still fit.

#3 - You don't need anger management, you just need people to stop pissing you off.

#4 - Your people skills are just fine. It's your tolerance for idiots that needs work.

#5 - The biggest lie you tell yourself is, "I don't need to write that down. I'll remember it."

#6 - These days, "on time" is when you get there.

#7 - Even duct tape can't fix stupid, but it sure does muffle the sound.

#8 - Wouldn't it be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller?

#9- You thought growing old would take a lot longer.

#10 - Aging sure has slowed you down, but it hasn't shut you up.

#121- You still haven't learned to act your age and hope you never will.

And one more:

So you know you're growing old when "one for the road" means taking a pee before you leave.

Words to live by.

When one door closes and another door opens, you are probably in prison.

To me, "drink responsibly" means don't spill it.

When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.

Interviewer: "So, tell me about yourself." Me: "I'd rather not. I kinda want this job."

Cop: "Please step out of the car." Me: "I'm too drunk. You get in."

I remember being able to get up without making sound effects.

I had my patience tested. I'm negative.

Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid the doesn't fit any of your containers.

If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say "Did you bring the money?"

When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.

Age 60 might be the new 40, but 9:00 is new midnight.

I finally got eight hours of sleep. It took me three days, but whatever.

I run like the winded.

I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on.

When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"

I don't remember much from last night, but the fact that I needed sunglasses to open the fridge this morning tells me it was awesome.

When you do squats, are your knees supposed to sound like a goat chewing on an aluminum can stuffed with celery?

I don't mean to interrupt people. I just randomly remember things and get really excited.

When I ask for directions, please don't use words like "east."

It's the start of a brand new day, and I'm off like a herd of turtles.

Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.

That moment when you walk into a spider web suddenly turns you into a karate master.

Sometimes, someone unexpected comes into your life outta nowhere, makes your heart race, and changes you forever. We call those people cops.

The older I get, the earlier it gets late.

My luck is like a bald guy who just won a comb.

CHUCKLES...

Why couldn't the astronaut book a hotel on the moon?

Because it was full.

How do pickles enjoy a day out?

They relish it.

What do you call an old snowman?

Water.

What's a pirate's favorite letter?

Arrrrrrrrrr

What do you get when you cross an elephant with a fish?

Swimming trunks.

Plus...

With a calendar, your days are numbered.

If it's true that we are here to help others, then what exactly are the others here for?

I ran three miles today. Finally I said, "Lady take your purse back."

You may have a heart of gold, but so does a hard-boiled egg.

My wife ran off with my best friend last week. I miss him!

Smile again...

A: I have the perfect son.

B: Does he smoke?

A: No, he doesn't.

B: Does he drink whiskey?

A: No, he doesn't.

B: Does he ever come home late?

A: No, he doesn't.

B: I guess you really do have the perfect son.

How old is he?

A: He will be six months old next Wednesday.

More of them...

A husband and wife were driving through Louisiana. As they approached Natchitoches, they started arguing about the pronunciation of the town. They argued back and forth, then they stopped for lunch. At the counter, the husband asked the blonde waitress, "Before we order, could you please settle an argument for us? Would you please pronounce where we are very slowly?" She leaned over the counter and said, "Burr-gerrr Kiiing."

Why should you never trust a pig with a secret?

'Cause it's bound to squeal.

What's Irish and stays out all night long?
Pati'o Furniture.

What did the fireman name his twin sons?
José and Hose-B.

What do cows read?
Cattle-logs.

What does a spider's bride wear?
A webbing dress.

What's the difference between a BMW and a porcupine?
One has its pricks on the outside.

SHOE REPAIR STORE IN VANCOUVER

READS:

We will heel you .

We will save your sole .

We will even dye for you.

A SIGN ON A BLINDS AND CURTAIN

TRUCK:

"Blind man driving."

Sign over a Gynecologist's Office:

"Dr. Jones, at your cervix."

In a Podiatrist's office:

"Time wounds all heels."

At an Optometrist's Office :

"If you don't see what you're looking for,
You've come to the right place."

On a Plumber's truck :

"We repair what your mate fixed."

On another Plumber's truck :

"Don't sleep with a drip. Call your plumber."

At a Tire Shop in Milwaukee :

"Invite us to your next blowout"

On an Electrician's truck :

"Let us remove your shorts."

In a Non-smoking Area:

"If we see smoke, we will assume you are on
fire and

will take appropriate action."

On a Maternity Room door :

"Push. Push. Push."

At a Car Dealership :

"The best way to get back on your feet - miss a
car payment."

Outside a Muffler Shop:

"No appointment necessary. We hear you
coming."

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

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

another-serving@yahoo.com

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

Thank you, Dean Hutter -Editor, and

Karl Bauer- Asst. Editor