

ANOTHER SERVING

April 2022

TWIN CITIES MEALS ON WHEELS ... 100 RIDGE ROAD ... NORTH TONAWANDA NY 14120 ... 716-693-1663

Twin City Leaders Support NTMOW

Sometimes it's difficult to find out how leaders in the Twin Cities connect with not-for-profit organizations around them.

Thanks to the Internet, Facebook and the cities' websites, it's clear they know we are here.



In North Tonawanda, the mayor puts a request for MOW volunteers in every newsletter he sends out along with events that are happening in the city.

In Tonawanda, Second Ward Councilman Carl Nocera and Council President Jenna Koch, let constituents learn about us through Podcasts and newsletters.

Nothing, of course, can compare with having a local newspaper, however every bit of NTMOW news is important to get out.

Newsletters are coming in from the Vietnam Veterans Chapter 77 in Tonawanda, both libraries and senior centers and the Ken-Ton Meals on Wheels with information to share.

These publications have a variety of events that most residents haven't heard about. Some of these will appear in our newsletter. Let us know if they are helpful or if you'd like to put in an event happening at your church or other organization.

If so, send it to wgtbt@aol.com before the last week of the month. Spread the news!



'Sisters, Sisters'

Remember the song from the Bing Crosby Christmas picture? Well it's true at Twin Cities Meals on Wheels where you'll find sisters Christine Shepler, front, and her sister Kathy Davis. The dynamic duo are packing dinners to be sent out to clients in the city of Tonawanda and North Tonawanda.

The point here is: volunteers, whether sisters, brothers, nieces, nephews or no relation are welcome. So sign up!

Wednesday's Volunteers Never Stop Working

If you are thinking about volunteering, you may want to set your sights on Wednesday when, from left, Paula Lucci, John Davern, Rene See and Barbara Benchley get together to whistle while they work.

A friendly group that would be happy to expand their numbers and since Wednesday is a middle-of-the-week day, you'll have time to rest for two days on either side of Wednesday.

Although kitchen workers are usually busy every moment, the four took a few minutes off for a photo. (We thank them for that!)

Also, if you have a flexible schedule and would be willing to help us as an on-call driver/server, please call Pam.



Perhaps there's someone you know who may be missing out on nutritious meals. Someone you can help and at the same time spread the word about the great meals that Twin Cities Meals on Wheels provides to seniors. On top of that, it's a gift idea.

Here's how it works:

1. Purchase a gift card ticket for \$25 for a **new client living in the City of Tonawanda or North Tonawanda.**
2. Recipient calls Pam Hill to activate the gift card and set up meals.
3. After the free week, your friend, hopefully, will decide to continue the meal plan.

TICKET FOR TASTY EATS

This certificate entitles *The Bearer*
Hot & Cold Meals Delivered Daily for One (1) Full Week.

Good for Six (6) Months from Date of Purchase

To Redeem: Call Pam at 716-693-1663
Not redeemable for cash.

Certificate Number: *NU*



Pam's Corner

It happened just before a large holiday dinner.

The family had started to gather together when the phone rang. My sister-in-law said it's mom and dad's new cell phone and put her phone on speaker just on time to hear them discussing how to turn that phone on. Was it the green or the red button?

To which Jen yelled "Not the red button!" and heard the dial tone.

True story but very indicative of how fast the world is changing and moving. Just look around and see all the stuff that is new and remember all the things our parents used or didn't have that we have now.

Makes me laugh to think how backward future generations will think we were after we had all that trouble figuring out all these new things.

The point of this is that we have had to be one of the most flexible generations ever as technology has just exploded during our lifetime. We should be proud of how well we have coped in spite of what the grandkids think. Just think how much fun those grandkids will have when their grandchildren laugh at them with future tech stuff. In the meantime just hand the stuff over to them when you can't figure it out 'cause their turn is coming.

Dare I say it- LOL. And have a great Easter, till next month....

Pam

President's Corner

Most days I like the job of being president, other days not so much. On the positive side, there's a great deal of satisfaction in doing what we do. Not only do we bring meals to those who can't get out, or have limitations, or might be recovering from a hospital stay, but just by doing this we provide an unofficial wellness check.

On the other (or down) side, we have to deal with the aspects and trials of being a not-for-profit which has gotten more difficult these days with prices going up the way they have. Knowing that our operating expenses aren't going to come back down, we unfortunately are going to have to do a price increase (probably around mid-year) as we can't keep sustaining the loss if we're going to keep providing for the communities. Just wanted to let you know, especially the servers, as you might be getting an earful once it happens. Please know that if you're asked by a client or anyone, explain that we haven't raised prices in a couple of years. We hate to do so now, but there's not much choice.

Again, thank you for all that you do.

Karl Bauer
Board President

Twin Cities Meals on Wheels Mission Statement

Meals-on-Wheels contributes to the overall well-being of seniors by providing regular nutrition and daily contact with a caring volunteer.

Pam Hill, Coordinator
Barbara Tucker, Newsletter Editor
Dean Hutter, Co-Editor

Board of Directors

Karl Bauer - President
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Dean Hutter, Gary Rockenbrock, Denise Sawalzy, Barbara Tucker

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

April Notes



* **April 2** - April Fools Dance, Sikora Post, 5-10 p.m. DJ Hank Nevins.

* **April 18** - Dyngus Day Parade, 5 p.m. starts on Oliver Street at 10th Avenue, ending at Thompson St.

* **April 10** - National Hug Your Dog Day, Siblings Day.

* **April 12** 8:30 a.m. to 4:30 p.m. Veterans Services at NT Senior Center, 110 Goundry St. Veteran services for anyone who needs assistance every second Tuesday of month. For appointment, call 716-695-8582.

* **April 14** - International Moment of Laughter Day, National Gardening Day, Look Up at the Sky Day.

* **April 16** - Husband Appreciation Day.

April 17 - Easter

* **April 24** - National Pigs in a Blanket Day

* **April 3-9** - National Library Week

* **April 5-11** - National Wildlife Week

* **April 17-23** - National Volunteer Week

Autism Awareness Month

Child Abuse Awareness Month

Couple Appreciation Month

Distracted Driving Awareness Month

National Humor Month

* **Save the Date:** North Tonawanda High School's Class of '71 is planning its 50 (plus 1) year reunion on July 16, a full weekend of activities. For information, email NT-Class71@gmail.com.

Did you know that ...

* Twin Cities Meals on Wheels receives no government subsidy.

* TCMOW receives no financial help from public funds.

* TCMOW spends about \$650 each day to provide the meal service (only part of the cost is received from meal fees)

* TCMOW cooks all of the meals in our North Tonawanda kitchen

* TCMOW has nine (9) delivery routes in the Twin Cities

* TCMOW is always accepting new clients

* TCMOW always need more volunteers

Be sure to check out the website for lots of information.

www.tcmow.com



There's always room for news

It seems hard to believe that none of the volunteers has any news to share. Any news tips may be emailed to Barbara Tucker, wgtbt@aol.com or drop the news off to Pam.

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

You may also 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 or prayers needed.



Jim Davignon	36	Nancy Young	9
Sharon Davignon	36	Charity Kiszka	7
Rodney Brown	20	Carol Butch	7
Marilyn Stricker	17	Deb Fadel	6
Penney Ferguson	15	Bill Fadel	6
Jean Ohrum	13	Kathy Ceckowski	4
Joan Buckingham	10		

Thanks to all for your years of service and great volunteer work for our Meals on Wheels.

Congratulations for your continuing energy and devotion to helping others!

Can't Come on Volunteering Day?

To cancel your day to serve or drive, call Pam Hill at home on her cell phone 716-418-5424 the night before so she can get a "sub" for you



Each month the names and date are listed for volunteers and staff who are celebrating a birthday during the month. So wish them a Happy Birthday (or sing a little song!) If we missed you, please let Pam know.

April 8 Roberta Seakins	April 25 Bill Fadel
April 10 Carol Woodcock	April 16 Margaret Smith
April 11 Rosemary Marohn	April 20 Guy Richardson
April 15 Chris Dunford	April 21 Kaye Brenon

Ready, Set, Go!

Debbie Balling hardly ever stops when loading her car with hot meals to be delivered as quickly as possible. However, she made an exception on this day but hurried away as soon as the picture was taken.

Kudos to Debbie and all the drivers and servers who help make the day "more than jus a meal" for clients.

For many clients, the only person they see that day is the volunteer delivering their meals.

You are an amazing group!



Bobbie Decker, another deliverer, checks the flowers from Trader Joe's, spending just a few minutes of free time before delivery starts.

The bouquets are free to anyone who would like a little colorful cheer.

However, with spring coming up daffodils, hyacinths and tulips, the bouquets will soon show off the spring colors and fragrances we all love.



Reminders to Those Delivering Meals

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 the 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'll return to the office. She will check with a family member or an emergency number. After hanging the 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.

Sometimes confusion exists with Niagara County Meals on Wheels, Erie County Meals on Wheels, and Western New York Meals on Wheels. **We are none of those.**

Share a Laugh

Mum's Clothes Line Rules

The clothes line must be wiped before hanging clothes.

Socks must be hung by their toes.

Hang sheets and towels on the outside line so you can hide your 'unmentionables'.

Clothes must hang in order - whites with whites and hung first.

Shirts must always hang by the tail - never the shoulders.

Lining up the clothes so that each item shares one of the clothes pegs with another item.

It doesn't matter if it is sub-zero outside, the clothes will go out and just freeze.

Pegs must be gathered up when taking down clothes - never leave them on the line.



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"Stewardesses" is the longest word typed with only the left hand and "lollipop" is the longest word typed with your right hand. (*Bet you tried this out mentally, didn't you?*)

No word in the English language rhymes with month, orange, silver, or purple.

"Dreamt" is the only English word that ends in the letters "mt". ? (*Are you doubting this?*)

Our eyes are always the same size from birth, but our nose and ears never stop growing.

The sentence: "The quick brown fox jumps over the lazy dog" uses every letter of the alphabet. (*Now, you KNOW you're going to try this out for accuracy, right?*)

Cynical Philosopher

- My 60 year kindergarten reunion is coming up soon and I'm worried about the 175 pounds I've gained since then.

- Denny's has a slogan, "If it's your birthday, the meal is on us." If you're in Denny's and it's your birthday, your life sucks!

- The location of your mailbox shows you how far away from your house you can be in a robe before you start looking like a mental patient.

- Money can't buy happiness, but it keeps the kids in touch!

- The reason Mayberry was so peaceful and quiet was because nobody was married. Andy, Aunt Bea, Barney, Floyd, Howard, Goober, Gomer, Sam, Earnest T Bass, Helen, Thelma Lou, Clara and, of course, Opie were all single. The only married person was Otis, and he stayed drunk.

Unbelievable

Nine-year-old Joey was asked by his mother what he had learned in Sunday school.

"Well Mom, our teacher told us how God sent Moses behind enemy lines on a rescue mission to lead the Israelites out of Egypt. When he got to the Red Sea, he had his engineers build a pontoon bridge and all the people walked across safely. Then he used his walkie-talkie to radio headquarters for reinforcements. They sent bombers to blow up the bridge and all the Israelites were saved."

"Now, Joey, is that really what your teacher taught you?" his mother asked.

"Well, no, Mom. But, if I told it the way the teacher said, you'd never believe it!"

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While driving in Pennsylvania, a family caught up to an Amish carriage.

The owner of the carriage obviously had a sense of humor, because attached to the back of the carriage was a hand printed sign...

"Energy efficient vehicle: Runs on oats and grass. Caution: Do not step in exhaust."

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*