

SEPTEMBER 2022

East Hill Foundation Helps Make a Difference

There were a lot of happy faces at the Twin Cities Meals on Wheels board meeting last month when Eileen Britton quietly announced that a \$9,000 grant request she wrote had been approved by the East Hill Foundation.

Great news! However, the backstory is a more unusual tale.

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.

It turned out the check was for \$1,000 — overwhelming everyone. The next year, the same thing happened but this time, the woman, a city resident who loves WNY and a board member for the East Hill Foundation, suggested that Eileen write a grant to the 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 grants," Eileen smiled. "High inflation rates affect the purchase of frozen, canned and packaged foods. The funds are designated to maintain our mission of providing hot home delivered meals to the senior and disabled citizens of the Twin Cities."

Eileen stated in her request that the kitchen staff and coordinator are proactive using food rebates and securing vendor specials and volume incentives to reduce costs.

"Inflation has affected all facets of our business," Eileen said.



Pam Hill and Eileen Britton show off some of the frozen foods

"The food budget prepared late last year has had major adjustments made due to the increased costs for food products purchased."

"TCMOW maintains high standards in the quality and quantity in the meals served to our clients," Pam Hill, TCMOW coordinator, added.

In addition, Pam said volunteers are dedicated to providing daily meal deliveries including a wellness check which is greatly appreciated by our senior clients and their families.

As the banner in the above picture puts it: "Volunteers Make a Difference Every Day" and the wonderful East Hill Foundation makes it easier to make that difference.

Adopt-A-Day Off to a Great Start!

Continuing its efforts to find new ways to attract the community to Twin Cities Meals on Wheels while also bringing in donations, **Adopt-A-Day** began its "journey" on August 1. During August, four people have generously **Adopted-A-Day** that is special to them and shared the joy of that day with clients of Twin Cities Meals on Wheels with a dessert of their choice. TCMOW's terrific head cook Connie Rabideau cheerfully filled the orders and the program is off and running. The cost for the "adoption" is \$99.00. In return for the "adoption," the host receives:



*Recognition in the monthly Adopt-A-Day notice in newsletter

*Thank you on our Facebook page and in newsletters shared with the community

* Thanks from the clients who enjoy a special treat!



For information on how to start the "adoption process," or to receive an application, contact board member Carol Butch at 716-693-7048.



Pam's Corner

Does anybody else hate Mondays as much as I do?

Why is it that after staying home for two days everything goes to heck?

You get up and nothing seems right from the moment the alarm rings (which it does not on Saturday and Sunday) to trying to figure out how to get ready and out the door on time.

And then when you get to work! The questions and things going on!

How did stuff go wrong or change when no one was there to make it happen? So after spending the day playing fix up/catch up you get to go home and figure out what to do about dinner.

Wow I hate to complain, but...

And now here it is Tuesday and it's happening again.. Oh no!! I think I must have fallen into a black hole or something!

Oh well until next month keep laughing 'cause that's all you can do..

See you next month...

Pam



September's Fun

* **Coming Soon** — New Hometown Heros Wall at the North Tonawanda City Market.

The banners are scheduled to be up around Labor Day. The city thanks everyone who supported the new Heros Wall and to those who have served our country. Be sure to check out the Wall next time you're at the Market.

* **Sept. 3, Looking for a pet?** "Dogs Are People, Too" with adoptable dogs from various rescues, noon to 4 p.m. at Caruthers Park, Caruthers and Miller streets, NT.

* **Sept. 4 - Car Show** Niawanda Park, 8 a.m. to 4 p.m. sponsored by American Legion Post 264 and Vietnam Veterans Chapter 77.

* **Sept. 10, "Poikas In the Park II"** 3 to 6 p.m. Raymond Klimek Veterans Park, River Road. Free event. Bring your own chairs and enjoy Polka Band music, delicious Polish food, an afternoon of fun.

* September is **Healthy Aging Month**. On Friday, **Sept. 23** at 10:30 a.m. at the NT Senior Center, a free one-time class led by an American Council on Exercise certified senior fitness specialist as part of Elderwood's Right Move Program, enhances muscular strength, flexibility and balance. To register, call 716-695-8582.

* **Sept. 24 White Elephant Sale** in conjunction with the North Tonawanda Friends of the Library, 9:30 a.m. to 4:30 p.m. at the NT Library, Meadow Drive.

* **Sept. 25, 10 a.m. – 4 p.m. Fall 2022 Home & Furniture Artisan Market** at The Harbor House, 369 Sweeney St., North Tonawanda. Shop from more than 20 locally founded small businesses and artisans offering a wide variety of furniture, home goods, and decor!

* **Veteran services** will be available at the North Tonawanda Senior Center for anyone who needs assistance. Dave Wohleben from Niagara County Veterans Service Agency will be on hand. To make appointments, call 695-8582.



Unusual September Days

September 1 - Emma M. Nutt Day, the first woman telephone operator day

September 2 - VJ Day, WWII remembrance day

September 5 - Be Late for Something Day

September 11 - 9-1-1 Remembrance and Grandparent's Day

September 16 - American Legion Day

September 22 - Autumn Equinox – Fall begins!

September 28 - Ask a Stupid Question Day (one of my favorite days)

September 29 - Confucius Day – Try your luck. Get a Fortune Cookie.

Did you know that ...

- * Twin Cities Meals on Wheels is **NOT** affiliated with FeedMore WNY.
- * Twin Cities Meals on Wheels receives no government subsidy nor 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 ALWAYS accepts new clients. **Call 716-693-1663 for information.**
- * TCMOW ALWAYS need more volunteers. **www.tcmow.com**

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

Board of Directors

Karl Bauer - President
James Burke - Vice President

Rick Henderson, Secretary
Curt Gaume, Treasurer

Board Members

Eileen Britton, Rodney Brown, Virginia Brown, Carol Butch, John Grobe,
Dean Hutter, Gary Rockenbrock, Denise Sawalzy, Barbara Tucker

Adopt-a-Day Special Thanks

- 8/18— Chocolate cream tart, in memory of my brother Jeffery, *Anonymous*
- 8/19 — Banana cupcakes, in memory of my brother Jeffery, *Anonymous*
- 9/16— Brownies, In honor of all the clients who receive our meals, *Carol Butch*
- 10/10 — In honor of our wedding anniversary, *Senator Rob Ortt*



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

- Sept. 10 Marilyn O'Rourke
- Sept. 10 Kathy DesRosiers
- Sept. 17 Carol North
- Sept. 17 Rick Henderson
- Sept. 20 Penny Ferguson
- Sept. 24 Linda Gielow
- Sept. 28 D Jean Ohrum



Happy Birthday! Enjoy the Day!

Blast from the Past



Even though Halloween is a little way off, these pictures might get you in the mood for costumes, candy and Trick or Treat.

The pictures were discovered in a box of old photos tucked away in the store room.

Do the photos bring back memories of the fun, maybe even a bit wild, Halloween events in which our volunteers took part?

Can you identify any (or all) these costumed Halloween visitors from



several years ago? Two worked in the kitchen and two went out on a route that week, making the delivery more enjoyable than ever.

Answers can be found on page 4



Virginia Brown	43!!!!
Linda Wingrove	28
Anita Zebulske	28
Bobbie Seekins	20
Danny Muldoon	11
Kathy DesRosiers	8
Tracey Selbert	6

These years of service show a commitment to Twin Cities Meals on Wheels by our wonderful and faithful volunteers.

If you know someone who is looking to help the community and has a little time to spare, suggest he or she (or both) stop by TCMOW for a tour. They may consider volunteering.

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!



Marcia Brock who volunteers in the kitchen on Thursday has a granddaughter who is graduating on Sept. 9, 2022. Caroline Campbell is receiving her doctorate in Physical Therapy from the University of Maryland!

There's always room for news from YOU, our volunteers. Let Pam know your news or email it to Barbara Tucker at wgtbt@aol.com

TCMOW has a remarkable number of super involved volunteers whose lives are full of fun and activities. So it's hard to believe that none of you have any news to share.

Surely, there are birthdays, vacations, new grandchildren or their stories and activities, your dog's newly learned trick, your lawn mower that quit in the middle of the yard or you need prayers for yourself or someone you know!

Share a Laugh



A blonde girl in her late teens, wanting to earn some extra money for the summer, decided to hire herself out as a “handy woman” and started canvassing a nearby well-to-do neighborhood.

She went to the front door of the first house and asked the owner if he had any odd jobs for her to do.

“Well, I guess I could use somebody to paint the porch. How much will you charge me?”

Delighted, the girl quickly responded, “How about \$50?”

The man agreed and told her that the paint and brushes and everything she would need were in the garage.

The man’s wife, hearing the conversation, said to her husband, “Does she realize that our porch goes ALL the way around the house?”

“That’s a bit cynical, isn’t it?” he responded.

The wife replied, “You’re right. I guess I’m starting to believe all those dumb blonde jokes.”

A few hours later the blonde came to the door to collect her money. “You’re finished already?” the startled husband asked.

“Yes,” the blonde replied, “and I even had paint left over so I gave it two coats.”

Impressed, the man reached into his pocket for the \$50 and handed it to her along with a \$10 tip.

“Thank you,” the blonde said, “And, by the way, it’s not a Porch, it’s a Lexus.”

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Short story to make us think twice about the daily happenings in our lives as we deal with others!

Today at 7 AM, I woke up feeling ill but decided I needed the money, so I went to work.

At 3 PM I got laid off. On my drive home I got a flat tire. When I went into the trunk for the spare, it was flat too.

A man in a BMW pulled over, gave me a ride, we chatted, and then he offered me a job.

I start tomorrow.

A snail can sleep for three years. (I know a teenager who could do this too..!)

Almonds are a member of the peach family.

February 1865 is the only month in recorded history not to have a full moon.

In the last 4,000 years, no new animals have been domesticated

New Medical Definitions

Artery -The Study Of Paintings

Bacteria - Back door to Cafeteria

Barium-What doctors do when patients die

Benign-What you be, after you be eight

Cat scan-Searching for Kitty

Cauterize-Made eye contact with her

Medical Staff-A Doctor’s cane

Morbid-A higher offer

Nitrates-Rates of Pay for Working at Night

Recovery Room-Place to do upholstery

Tablet-A small table

Terminal Illness-Getting sick at the airport

For those who don't want Alexa listening in on your conversations, they're making a male version....it doesn't listen to anything.

*Blast From the Past Answers:
Gary Rockenbrock and John Grobe in the top photo.
Joyce Munch and Pamela Hill in the bottom photo.*

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**