

MARCH 2024

Variety Club Telethon: A Cause that Delivers Help to Kids

Well folks, it's time for the Variety Club Telethon! This year's chairperson is Bill Simon who many of you might remember used to deliver for us on Wednesday with his wife, Cindy.

This year's celebrity child is Oliver Cope, who has Brittle Bone disease or Osteogenesis Imperfecta. He is only 7 years old and in his short life he has had more than 100 broken bones due to this disease.

Oliver is confined to a wheelchair and has rods and pins in most of his major bones, and will never be able to walk. It is because of horrible diseases like this that Variety Club was founded to support the research and the care that Oliver and others need.

On Saturday and Sunday March 9 and 10, all donations to the Variety Club Tent #7 will help with their mission to support Oishei Children's Hospital, the Dr. Robert Warner Rehabilitation Center and other children's charities. The broadcasts are LIVE on March 9 from 6 to 11 p.m. on WGRZ, Channel 2; March 10 from 10 a.m. to 8 p.m. on WBBZ-TV 5 (Channel 67.1); streaming online Saturday at wgrz.com and Sunday on the Variety Facebook page, varietybuffalo.org. Variety is proud to be the longest running locally produced Telethon in the United States!

"Ollie" (as he is affectionately called) has a disorder that prevents the body from building strong bones or dwarfism. With his condition, he can break a bone by just moving around or being held. Currently, Oliver participates in physical therapy through The Variety Tent #7 Robert Warner, MD Center for Developmental Pediatrics and Rehabilitation at Oishei Children's Hospital.

Initially fearful of coming and participating in hands-on therapy for fear of breaking a bone, "Ollie" has grown to trust his physicians and is starting to enjoy his time there. He loves the big walker, working with his therapist and seeing friends that he has made. He is extremely excited to get started with water therapy! He is truly a ray of sunshine with a smile that will light up any room.

So TCMOW folks, how about helping out this cause?



"Just whistle while you work Or hum a merry tune"

Snow White sang this song to the Seven Dwarfs, however, it also pretty much sums up the comradeship and fun these Thursday morning volunteer cooks enjoy.

"They're not only a happy group, but their friendships go beyond Meals on Wheels," coordinator Pam Hill, said.

These volunteers take their job seriously and have each job in order.

Working on dinners are, front, Michelle Lorenz left, and Susan Wilke, right. Standing at the back are, from left, Karen Kudla, Renee Lorenz, Lindsey Richards and Marcia Brock.

So just a note to anyone who'd like to join the Thursday Troupe (or any other week-day) call Pam at TCMOW, 716-693-1663.

You'll be happy you did!

Pam's Corner

I know that recently there has been a lot of stuff in the news about aging and the signs of aging. I just wish that all those Negative Nancy's could see inside of this building on an average day!

While we all sometimes forget a word or a name, the activity level, ideas, and creativity level are over the top.

Now that I have gotten older myself I can seriously appreciate the difference in aging gracefully and having any kind of dementia. There is a lot to be said for years of experience and the knowledge that comes with it. I know that on Facebook lately there has been a thing about "do you recognize this tool or kitchen gadget?"

To my disgust I have so far recognized them all! While those tools had a bit of rust on them there's certainly no rust on my volunteers! We have tech savvy folks and those drivers that are in their late 80's. People doing grant projects and government forms.

We at one point we had a 93 year-old driver who got a speeding ticket and went in and complained to the judge about them having an officer who would give an old woman like her a ticket!

So folks do not let these young folks talk down to you or expect you to be "old"! You are the Greatest Generation that I know of - you have seen and done it all and yes you can remember it all too! Till next month...

..... Pam

ANNOUNCEMENT

This March issue of Another Serving newsletter is the second clients will receive to keep them in touch with Twin Cities Meals on Wheels and all that is happening.

Thanks to Rick Henderson for making this happen and our hope is that clients enjoy each issue.

All comments are welcome, so if you are a client, please share your thoughts with your TCMOW delivery person.

If you have something you'd like to share for the newsletter (birthday, grandchildren, family news, etc.) write it down and give it to your delivery person for the newsletter.

We'd love to hear from you!

Helping the Variety Club

Delta Sonic has jumped on board to help the Variety Club help kids. Delta Sonic 2024 coupon books are now available!

Each book has more than \$400 in savings to support the children's charity through the Variety Club —and for only a \$5 donation!

All (that's 100%) of the proceeds are donated to the 62nd Annual Variety Kids Telethon. Coupon books are available at any Buffalo area Delta Sonic location.

Plus, there are still some Buffalo Bills limited-edition pint glasses available.

So, pop into the store and grab your 2024 Delta Sonic coupon book and help the kids in our community.



Around Town

March 2: 7-8:30 p.m., Concordia University's A Cappella Choir will perform at First Trinity Church, 1570 Niagara Falls Blvd., Tonawanda. All welcome.

March 3: Ninth annual Green Beer Sunday noon to 3:30, Gateway Harbor heated Pavilion, Tonawanda. Micro parade at noon at Main and Broad. Live Irish Music. Sponsored by Dwyer's Irish Pub, Gateway Harbor Park and Eldredge Club.

March 5: 5:30- 6:30 p.m. Shamrock paper door hanger workshop for adults/teens at the North Tonawanda Public Library

March 12,: 5:30 - 6:30 p.m. at the North Tonawanda Public Library. Cornell Cooperative Nutrition Workshop. Jump start your health and boost your nutrition, get tips on how to eat right in 2024. All welcome.

March 17



National corned beef and cabbage day (and, perhaps, some green beer.

March 24: American Legion Band Spring Concert, 7:30 p.m. at Cardinal O'Hara High School Performing Arts Center. Advance tickets, \$13, may be purchased at the Tonawanda Senior Center or \$15 at the door.

Hospice Bouquet Sale: It's time to help Niagara Hospice with its annual Spring Bouquet Sale. Choose from a standard bouquet for \$10 or a beautiful 30 stem "Memories in Bloom Bouquet" for \$30. Available at Budwey's Market in the Square March 16 or many other locations in the Twin Cities.

Hearts for Veterans Food Drive for VVA Chapter 77 Food Pantry, 47 Main St., Tonawanda, Please donate non-perishable food items to help veterans in need. Donations may be brought Wednesday or Saturday from 9 a.m. to noon.

Classrooms across Niagara County are in need of Foster Grandparents to help children with special needs. Seeking those 55 or older, a NC resident on limited income, able to serve 10+ hours a week and are patient and kind. For information, call 716-285-8224, Ext. 228

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
Denise Sawatzky - Vice 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

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



Eileen Britton	21 years
Pat Slater	20 years
Marti Metzger	19 years
John Grobe	17 years
Diane Kandefer	17 years
Gary Rockenbrock	16 years
Jim Burke	15 years
Nick Csizmar	14 years
Dana Caccamise	7 years
Debbie Balling	6 years

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

March Dates to Remember

March 1: National Peanut Butter Lover's Day, World Compliment Day, National Pig Day.

March 3: National Anthem Day, National Mulled Wine Day, World Wildlife Day.

March 6: National Dentist's Day.

March 9: National Barbie Day, Get Over It Day.

March 11: National Johnny Appleseed Day, National Napping Day (second Monday).

March 12: National Girl Scout Day, Working Moms Day.

March 15: The Ides of March.

March 17: St. Patrick's Day.

March 19: First Day of Spring, Let's Laugh Day.

March 20: National Ravioli Day, French Language Day, Great American Meatout Day.

March 21: National Common Courtesy Day, French Bread Day, World Down Syndrome Day.

March 22: National Goof Off Day, World Water Day.

March 23: National Puppy Day, World Meteorological Day.

March 24: Palm Sunday, National Cocktail Day, World Tuberculosis Day.

March 25: National Tolkien (or any) Reading Day.

March 26: Epilepsy Awareness Day, National Spinach Day.

March 27: National Spanish Paella Day, Manatee Appreciation Day.

March 28: National Black Forest Cake Day.

March 29: Good Friday, Mom and Pop Business Owners Day.

March 30: National Take a Walk in the Park Day.

March 31: Easter Sunday, National Prom Day, Crayon Day, Tater Day.



Bobbie Becker	March 1
Barbara Tucker	March 1
Robert Johnson	March 10
Pearl Szukala	March 11
Nick Csizmar	March 13
Marilyn Maeder	March 16
Greg Lureman	March 18
Linda Wingrove	March 18
John Grobe	March 22
Michelle Lorenz	March 23
Jim Burke	March 24
Marv Hill	March 24
Trish Petock	March 29

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!*

New Volunteer!

Note from Pam:

For those of you who deliver on Mondays and Thursdays you may have noticed a new face in the crowd. **Rob Johnson** of North Tonawanda has recently joined our MOW family and is volunteering as a driver on those two days. So if you happen to see him say "Hi" and welcome him to the nuthouse we call Meals on Wheels.

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



Why get Meals on Wheels?

MOW enables you to continue to live independently

MOW brings hot, daily, nutritious meals

MOW provides a daily wellness check through our delivery volunteers

MOW removes the decision of "What shall I eat today?" (Especially when you don't feel like cooking.)

MOW means you buy fewer groceries and saves you money on grocery bills. The Two Meals Option saves about 50% when used Monday – Friday.

Taken from TCMOW Website - Try It. www.tcmow.com

You'll be amazed at all the information!

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

Share a Laugh



Silly Questions

What sits at the bottom of the sea and twitches? (*A nervous wreck.*)

What do you call a well-balanced horse? (*Stable.*)

What do you call an angry carrot? (*A steamed veggie.*)

Where do polar bears keep their money? (*In a snowbanks.*)

What would bears be without bees? (*Ears.*)

Why do cows wear bells? (*Because their horns don't work.*)

Why did the bicycle fall over? (*Because it was two tired.*)

What did the triangle say to the circle? (*You're pointless.*)

RIP, boiling water. (*You will be mist.*)

I ordered a chicken and an egg online. (*I'll let you know what comes first.*)

Why was Cinderella so bad at soccer? (*She kept running away from the ball!*)

What to elves learn in school? (*The elf-abet*)

Where was King Davis's temple located? (*Beside his ear.*)

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Smart Lady

Dan was a single guy living at home with his father and working in the family business.

When he found out he was going to inherit a fortune when his sickly father died, he decided he needed a wife with which to share his fortune.

One evening at an investment meeting he spotted the most beautiful woman he had ever seen. Her natural beauty took his breath away.

"I may look like just an ordinary man," he said to her, "but in just a few years, my father will die and I'll inherit 20 million dollars."

Impressed, the woman obtained his business card and three days later, she became his stepmother.

Thoughts from Mark Twain:

1. There are two theories to arguing with a woman. Neither works.
2. Never miss a good chance to shut up.

Bad Answer

A man and his wife are dining in a plush restaurant and the husband keeps staring at a drunken lady, swigging her drink as she sits alone at a nearby table'

The wife asks: "Do you know her?"

"Yes" sighs the husband. "She's my ex-girlfriend. I understand she took to drinking right after we split up seven years ago and I hear she hasn't been sober since"

"My God" says the wife.

"Who would think a person could go on celebrating that long?"

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Italian Grandma

An Italian grandmother is giving directions to her grown grandson who is coming to visit with his wife.

"You come to the front door of the apartment complex. I am in apartment 301 There is a big panel at the front door.

"With your elbow, push button 301. I will buzz you in.

"Come inside, the elevator is on the right.

"Get in and with your elbow push 3. When you get out I am on the left. With your elbow, push my doorbell."

"Grandma, that sounds easy. But why am I hitting all those buttons with my elbow?"

"What.....You're coming empty handed???"

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Good Advice

Someone sent me an email about using vodka for cleaning around the house.

IT WORKED!

The more vodka I drank, the cleaner the house looked.

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Thought for the Day

After eating an entire bull, a mountain lion felt so good he started roaring.

He kept it up until a hunter came along and shot him.

The moral : When you're full of bull, keep your mouth shut.

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**