

SEPTEMBER 2024

NT's Botanical Garden: A Must Place to Visit

The North Tonawanda Botanical Garden on Sweeny Street across from Deerfield Golf Course, recently celebrated the opening of its restored Wetland Habitat.

Among the honorees were Evelyn Zupo, who masterminded the fundraising, and Bob and Laura Pecoraro. Bob is a member of the TCMOW board and Laura has been on board from the start.

This habitat acts as a natural filter, removing pollutants and contaminants from runoff before reaching the creek.

Storm water generated during rain events collects many pollutants, including oil, gasoline, brake dust, salt, fertilizer, pesticides and bacteria.

Uncontrolled runoff of storm water from the Tonawanda Creek watershed, including the land that makes up this Botanical Garden, flows into Tonawanda Creek, adding numerous pollutants to this important waterway.

The area, once a depressed basin, now thrives with native perennial plants and shrubs native to Western New York. Ideally suited to this environment, these plants bloom at precise times, providing food for local pollinators like bees, butterflies, and birds. Some of these plants also serve as a host for butterfly larvae, creating a vibrant ecosystem of which we are all a part.

The North Tonawanda Botanical Garden is not only a scenic community destination along Tonawanda Creek – part of the Erie Canal – but an 11-acre hub of education, focusing on native plants and pollinators, clean water practices and sustainable gardening.

Work to transform the land – it previously was a lawn with a big pond in the middle – to a wetland started in 2018.



Bob and Laura Pecoraro show off some of the colorful perennials that bring the former wetlands to life. Laura has been a part of the volunteer group since its inception in 2018 and urges everyone to stop by.

From fall through the spring, there's a lot of standing water so the group figured out which plants would thrive in a wetland environment, cultivated them in the Botanical Garden's greenhouses and planted them.

Now, the area is full of colorful flowers such as blue flag iris, red lobelia and buttonbush, and sturdy plants such as switchgrass, just waiting for you to visit and enjoy.

Niagara County Action Program Offers Food Express

NIACAP, headquartered in Niagara Falls, is a Niagara County agency committed to reducing poverty through collaborative self-sufficiency programs. This mission is not just the responsibility of a few, but a collective effort that involves the entire community.

Each member plays a crucial role in empowering individuals and families to reach their fullest potential. Bob Pecoraro, a former President of NIACAP and a current Board member at the Twin Cities Meals on Wheels, is one such community member who is actively involved in this mission.

North Tonawanda has a NIACAP satellite office on the second floor of the Redeemer Lutheran Church, 265 Falconer St., that provides a wide range of support to all Niagara County residents. Linda Harrington, the director of this office, can assist with emergency food, budget counseling, asset management, in-house weatherization, home repair, childcare referrals, and much more.

To reach Linda, call 716-694-9727 with questions.

One of NIACAP's most dynamic programs is the monthly Food

Express. On the second Wednesday of every month, residents typically line up before 9 a.m. and are checked for Niagara County residency (usually a driver's license - no proof of need is required). NIACAP coordinates the food distribution, usually from Desiderio and FeedMore WNY.

Once the food has been sorted, residents **drive through for delivery**. The volunteers place the food directly into your car.

PLEASE NOTE: the food items vary each month, so there's no need to call ahead for the menu.

From April to October, the Food Express delivers food for distribution at the North Tonawanda Farmers Market on the corner of Robinson Street and Payne Avenue.

From November to March, food is delivered to the Sikora American Legion Post, 950 Payne Ave, near Panes Restaurant.

Please take advantage of this Food Express program – it is in place to support you!

Pam's Corner

Hear we are again - the end of another summer. Why do they seem so short now days?

Remember the golden days of summer from your childhood? They lasted forever and then suddenly it was time for school again. Maybe they seem short because we don't alter our schedules and life continues except it's warmer outside, I just know it seemed so short this year.

On a brighter note we had a family picnic in my backyard recently, and we managed to stuff quite a few people into the house and yard for several hours. I did see some people that I had not seen in more than 30 years.

Wow! It was fun and a lot of work but worth it. My mother actually went outside and sat in the sun for a few minutes, which is the first time she has done that in 8-10 years.

The other thing I have going on at my house is that the herd is up for Buffalo Bills football and I have added some to it this year. I now have six buffalos in my herd. Goes to show that not only men can be rabid Bills fans.

I have been watching since the 60's, on and off as my Dad always had the game on.

Well drive by if you get a chance and take a look at the herd and until next month.



....Pam

News for Seniors

ERIE COUNTY SENIOR WEBSITE

The Erie County Department of Senior Services now hosts a website that contains information about many of the programs and services available for seniors. Information on the HEAP program, Adult Day Care and Respite, as well as upcoming events and activities is offered and available at: www.erie.gov/depts/seniorservices



GRANDPARENTS' RIGHTS PROGRAM

The Legal Services for the Elderly, Disabled or Disadvantaged of Western New York, Inc. has developed the Grandparents' Rights Program, a program funded by the Erie County Department of Senior Services. The Grandparents' Program represents seniors in family court on matters involving custody of minor children. Seniors seeking assistance need not be a grandparent; he or she can be a great-grandparent, aunt, or other family member. However, since the funding for this program is derived from the Federal Older Americans Act, the senior must be 60 or older to be eligible for the services.

More information on the Grandparents' Program is available at 716-853-3087.

VIAL OF LIFE SERVICE PROJECT

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 you can call Kelly at the Center, 716-695-1800, to have an 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.



Fun Around Town

• **My Lil' Pawdise** is an indoor, climate controlled playground and enrichment center for dogs that just opened its doors. The center provides an environment for you and your dog to strengthen your bond through proper training, exercise & socialization. Located at 384 Twin Cities Memorial Hwy, Unit #8, North Tonawanda. For information, call (716) 260-2243 or go online at arewethereyet@mylilpawdise.com

• **Sept. 10:** JBM Health & Wealth Consulting will present "Estate Planning 101" from noon to 1 p.m. at the North Tonawanda Public Library. All are welcome.

• **Sept. 14:** 10 a.m. - 4 p.m. Maria's Ceramics will host a show of handmade crafts and vintage items at Sikora Post, 950 Payne Ave., North Tonawanda.

• **Sept. 19,** 5:30 to 7:30 p.m. a public workshop about the planning and environmental linkages' study for the Twin Cities Memorial Highway will take place at the Carnegie Art Center, 240 Goundry St., North Tonawanda. Looking for your experience moving along and around the TCMH and Division Street.

• **Sept. 21:** Rotary Club of Kenmore will have its third annual KENToberfest from 2 to 8 p.m. on the front lawn of the Ken-Ton Municipal Building, 2919 Delaware Ave.

• **Sept. 27:** The Erie Niagara Sunrise Exchange Club is sponsoring a Meat Raffle at 6 p.m. Sept. 27 at Cardinal O'Hara High School. Tickets are \$12 presale, \$15 at the door. Call Angie Bernas at 716-531-8781 for tickets or to reserve a table.

• **Sept. 28:** 11 a.m. to 12:30 p.m., Jeanette Sheliga from Jeanette's Genealogy will present an overview of Fulton History's content and talk about search strategies at the North Tonawanda Public Library. Registration required. Call 716-693-4132 ext. 4 to register.

• **Sept. 5 -27:** 23rd annual Partners in Art Studio Show on view in the Rotunda and East Galleries of the Carnegie Art Center, 240 Goundry St., North Tonawanda. For information, call the Art Center at 716-694-4400.



Ginny Brown 45 years
 Linda Wingrove 30 years
 Bobbie Seekins 22 years
 Joan Diermyer 16 years
 Dan Muldoon 13 years
 Kathy DesRosiers 10 years
 Gayle Reischel 8 years
 Tracy Selbert 8 years
 Vanessa Piwtorak 2 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!

Kathy DesRosiers Sept. 10
 Marilyn O'Rourke Sept. 10
 Rick Henderson Sept. 17
 Carol North Sept. 17
 Barbara Brenchley Sept. 18
 Linda Gielow Sept. 24

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!*

It's volunteers like you who make TCMOW.

Top 3 Tips for Fall Prevention

Falls can cause serious injuries that take a long time to heal. They can lead to permanent mobility problems that prevent your enjoyment of hobbies and/or limit your ability to drive, shop, cook or bathe. Top 3 Tips for Fall Prevention

• Check Your Health

If you have arthritis, osteoporosis, hypoglycemia, diabetes, blood pressure fluctuation or another condition that can affect your ability to walk, ask your doctor about symptom management methods. If you're otherwise experiencing symptoms that make you feel like you're going to fall, see your doctor immediately for an examination. Lastly, ask your doctor or pharmacist about stand-alone and combination medication side effects that can cause falls and any available alternatives. If you have limited options, change lifestyle habits to improve your chances of staying upright.

• Stay Physically Active:

Sedentary behavior causes leg and overall body weakness. It can also cause dizziness by compressing veins and arteries; thereby, stopping the movement of important oxygen-rich blood. Low activity can also damage the nerves responsible for movement and pain management. When these issues occur, they reduce your strength, flexibility, coordination and ability to walk confidently without wobbling, tilting or falling. Regular physical activities like walking, water workouts or Tai Chi can go a long way toward fall prevention. A physical therapist can help you find the best types of activities to prevent falls based on your health, age and other factors.

• Change Home Habits

Your home's layout and the types of appliances and other items you use can also cause falls. Move or remove anything that can cause you to slip or trip, such as throw rugs, coffee tables, book piles and umbrella stands, and re-position cords and cables along baseboards. Choose assist devices that make walking safer like canes and walkers. Glue a non-slip bath mat to the floor of your tub or shower. Additionally, install handrails in places where you walk or rise from a seated position so you have something to grasp if you feel like you're about to fall.

Pam Hill, Coordinator
Board of Directors

James Burke - President	Curt Gaume, Treasurer	Rick Henderson, Secretary
Board Members		
Karl Bauer, Carol Butch, John Grobe, Robert Pecoraro, Rae Proefrock, Gary Rockenbrock, Joyce Santiago, Barbara Tucker		

Share a Laugh



Watch Your Email

Consider the case of the Illinois man who left the snow-filled streets of Chicago for a vacation in Florida. His wife was on a business trip and was planning to meet him there the next day. When he reached his hotel, he decided to send his wife a quick email.

Unfortunately, when typing her address, he missed one letter, and his note was directed instead to an elderly preacher's wife whose husband had passed away only the day before.

When the grieving widow checked her email, she took one look at the monitor, let out a piercing scream, and fell to the floor in a dead faint. At the sound, her family rushed into the room and saw this note on the screen:

"Dearest Wife, Just got checked in. Everything prepared for your arrival tomorrow. P.S. Sure is hot down here."

Power Outage...

We had an electrical power outage in our zip code this morning. My PC, my laptop, the TV, the DVD, the iPad AND my new surround sound music system were all shut down. No power, remember?

Then I discovered that my iPhone battery was dead, and to top it off it was raining outside, so I couldn't go play golf. It was Sunday, and my favorite bar was closed.

So I went into the kitchen to make some coffee and then I remembered that this also needs power, so I sat there and talked with my wife for a few hours.

She seems like a really nice person.

Watch Your Language

Paddy was in New York, having just arrived from Ireland. He was patiently waiting and watching the traffic cop on a busy street crossing. The cop stopped the flow of traffic and shouted, "Okay, pedestrians." Then he'd allow the traffic to pass.

He'd done this several times, and Paddy still stood on the sidewalk.

After the cop had shouted, "Pedestrians!" for the tenth time, Paddy went over to him and said, "Is it not about time ye let the Catholics cross?"

In defense of womanhood

Walking into the bar, Mike said to Charlie the bartender, "Pour me a stiff one - just had another fight with the little woman."

"Oh yeah?" said Charlie, "And how did this one end?"

"When it was over," Mike replied, "she came to me on her hands and knees."

"Really," said Charlie, "Now that's a switch! What did she say?"

She said, "Come out from under the bed, you little chicken."

School Time

TEACHER: Johnnie, why are you doing your math multiplication on the floor?

JOHNNIE: You told me to do it without using tables.

TEACHER: Glenn, how do you spell 'crocodile'?

GLENN: K-R-O-K-O-D-I-A-L

TEACHER: No, that's wrong

GLENN: Maybe it is wrong, but you asked me how I spell it.

TEACHER: Donald what is the chemical formula for water?

DONALD: HIJKLMNO.

TEACHER: What are you talking about?

DONALD: Yesterday you said it's H to O.

TEACHER: Glen, why do you always get so dirty?

GLEN: Well, I'm a lot closer to the ground than you are.

TEACHER: Millie, give me a sentence starting with 'I.'

MILLIE: I is..

TEACHER: No, Millie..... Always say, 'I am.'

MILLIE: All right... 'I am the ninth letter of the alphabet.'

TEACHER: Now, Simon, tell me, do you say prayers before eating?

SIMON: No sir, I don't have to, my Mom is a good cook.

TEACHER: Clyde our composition on "My Dog," is exactly the same as your brother's. Did you copy his?

CLYDE: No, sir. It's the same dog.

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**