



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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Board of Director for 2020 – Karl Bauer- President, James Burke – Vice President, Curt Gauma – Treasurer - Eileen Britton – Secretary. **Board Members:** Rodney Brown, Virginia Brown, Carol Butch, John Grobe, Dean Hutter, Gary Rockenbrock, Rick Henderson, June Jordan, Publicity Chair - Barb Tucker Community Liaison: Evelyn Zupo

November 2020 - Important Dates

Daylight Savings Time Ends Nov. 1st.

Election Day Tuesday Nov. 3rd

Veterans Day Wednesday Nov. 11th (See page 8)

Thursday Nov 26st **THANKSGIVING No Meals Served**

TAKE YOUR COPY OF “Another Serving” HOME with you. We print 110 copies so each volunteer gets his / her own copy to keep.



Coordinator's Column...

It's here!! Leaf raking, sweaters, down vests, heavy coats, etc. How many of you are ready for this? I just took the (dare I say it?) snowblower over to be checked out. I always tell people that I have never forgiven my parents for coming back to New York when I was little. I was born in the sunny state of California which is looking good right now. Really I think that three seasons would be plenty. I just am not ready for this this year!

I hope all of you have noticed our nice new paint job. It was done by Daryll, Connie, and Jeremy- I think it has made everything look so clean and new. Speaking of which it was part of a grant through the East Hill Foundation. We will also be replacing all the chairs in the lobby and the front door. The new chairs will have an antibacterial coating and be much easier to clean. The whole building has been receiving quite a few updates the last couple of years. I think we are looking good around here thanks to the help from many of you! We should be ready to go forward doing what we do for many years to come. I hope all of you remembered to vote and remember to pray for our country and our leaders going forward. Everything has been in such a turmoil for so long now. We need to get back to normal and move on making this the

wonderful place to live that it used to be for our children and grandchildren. Well- Thank You once again for all you do for us, have a wonderful Thanksgiving, and see next month!
Pam



Can't Come on

Volunteering Day??

To cancel your day to serve or drive, call Pam Hill **at home** by cell phone 428-5424 the night before so she can get a "sub" for you.

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News of our Volunteers

PLEASE, PLEASE help us with some news about our volunteers!!

Bottles & Cans for T.C.C.O.



Put your empty pop & beer bottles, water bottles, pop & beer cans, in the tan and white drum (behind the chairs) in the delivery volunteers' waiting area. Twin Cities Community Outreach (TCCO) has an account with **Bottle Junction, 3050 Niagara Falls Blvd., and Wheatfield**. TCCO gets the full 5¢ deposit from every bottle.

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Volunteer News Always Needed –

Mr. & Mrs. John (Jack) Kopczynski of North Tonawanda celebrated their 50th anniversary October 10th. Carol Kopczynski is a long time volunteer and serves meals every Tuesday on route 8.

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**CHARITY ELEVATES HUMANITY;
GENEROSITY BEGETS GRATITUDE**

Though donations were down this year due to Covid, that did not stop the 8 N.T. Meals on Wheels' donors who chose to support my 100 mile bicycle ride for diabetes research.

Both my wife Eleanor who has diabetes, and myself who pedals for diabetes, express our sincere thanks and gratitude for the kindness of your spirit and the generosity in your heart for all of your donations. Each of you clearly manifested your desire to help people with this disease, and by your individual acts of charity, you elevate our collective humanity. A total of \$360.00 was collected.

As an aside, donation time has been extended this year, and those who just might want to consider to make a donation may contact me at 694-4492.

All of you, more than you realize, lifted my wife's spirits, energized my legs, and most importantly, by your individual donation, provided a better hope for a cure. PRICELESS!

GOD BLESS EACH OF YOU!

THANK YOU VERY MUCH.

Steve Ash

Did You Get Your Flu shot? More important this year!!

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.

I believe this year there is a special senior vaccine.

Don't make the news because you didn't get a flu shot.

And on the subject of volunteers ☐ While TC MoW is not open on Thanksgiving, we have historically had several volunteers go above and beyond by helping to deliver Thanksgiving meals from the Salvation Army to those shut in

or without any family to share the holiday with. If you can help, please let Pam know. Also, if you are aware of clients that won't have a Thanksgiving please let Pam know also. We'll also be posting a signup sheet for this.

Volunteers are always needed—

With fall here and leaves falling, it means some regulars may get busy with driving grandchildren, etc. We are always in need of volunteers. So -- Please speak to your friends and neighbors about volunteering at TC MoW.

HAPPY BIRTHDAY □

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

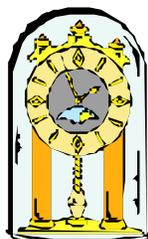
If your birthday was incorrect or omitted, please give the information to Pam Hill so we can correct it.



Lynne Kolpack	11/03
Carol Butch	11/03
Jim Davignon	11/05
William Cheehan	11/07
Patricia Slater	11/25
Eileen Britton	11/27
Patricia Hutter	11/28

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.



Stephen Ash	19
Alan Mazzuchelli	15
Linda Finiki	13
Pearl Szukala	13
Carol Woodcock	9
Dean Hutter	6
Linda Gielow	6
Timothy Greinert	4
Rick Henderson	2

Thank you for your years of service. (Please report volunteering anniversaries errors to Pam Hill).

The following article was submitted to several local newspapers by board

members Barbara Tucker - Publicity Chair and Eileen Britton - Secretary

Foundation grant supports Meals on Wheels

The East Hill Foundation has awarded the Twin Cities Meals on Wheels a generous grant of \$15,000 to be used for necessary and unexpected needs brought on by the Covid 19 Pandemic.

The Meals on Wheels, located in North Tonawanda, provides home-delivered meals daily to approximately 110 neighbors in the Twin Cities and receives no government funding, existing as a stand-alone organization that depends on community donations.

When Covid 19 struck, the program, which had already reached its highest number of clients, added 44 clients from the Carrousel Apartments in North Tonawanda.

In addition to the added expenses of meal preparation and delivery, the MOW lost its usual funding sources and fundraising events including garage and hot dog sales and donation jars at area businesses.

“When the Pandemic began and so many places closed, we were considered an essential business,” Eileen Britton, secretary for Twin Cities Meals on Wheels, said. “What that entailed was extra cleaning supplies, bleach, sanitizers, ice packs, masks, gloves, clear plastic bags and so much more. None of these extras were in our budget.”

Britton said meal containers are now put in plastic bags and hung on the door. When a client answers the door to assure someone is home, the volunteer who delivers the food gives a cheery wave but has no personal contact.

Pam Hill, coordinator of Twin Cities Meals on Wheels, knew that more funding was needed and applied to the East Hill Foundation for a grant. The Foundation, realizing the extraordinary need, presented the program with added dollars to help fill the budget gap.

"That grant was so wonderful and surprising," Hill said. "Our volunteers also stepped up to the plate. We had to find more people to drive and deliver the food as well as kitchen help. But more volunteers came forward."

Britton added that not one volunteer has tested positive for the virus.

"We are so thankful for that and especially for the East Hill Foundation who went beyond what we hoped for to insure that the program continues to serve and stays ahead of the game," she said.

Hill noted that even with this wonderful grant, donations are still needed to close the budget gap and keep the program in good shape.

"We are able to help others because others help us," she said.

For more information or to donate, call MOW at 716-693-1663 or email info@tcmow.com.



Quarantine thoughts:

- 1) Tomorrow is the National Home school Tornado Drill. Lock your kids in the basement until you give the all clear. You're welcome!
- 2) I was so bored I called Jake from State Farm just to talk to someone. He asked me what I was wearing.
- 3) 2019: Stay away from negative people.
2020: Stay away from positive people.
- 4) The world has turned upside down. Old folks are sneaking out of the house, and their kids are yelling at them to stay indoors!

5) You think it's bad now? In 20 years our country will be run by people homeschooled by day drinkers...

6) This virus has done what no woman had been able to do...cancel all sports, shut down all bars, and keep men at home!!!

7) Do not call the police on suspicious people in your neighborhood! Those are your neighbors without makeup and hair extensions!

8) Since we can't eat out, now's the perfect time to eat better, get fit, and stay healthy. We're quarantined! Who are we trying to impress?

We have snacks, we have sweatpants – I say we use them!

9) Day 7 at home and the dog is looking at me like, "See? This is why I chew the furniture!"

10) Does anyone know if we can take showers yet or should we just keep washing our hands???

11) I never thought the comment "I wouldn't touch him/her with a 6 foot pole" would become a national policy, but here we are!

12) Me: Alexa what's the weather this weekend? Alexa: It doesn't matter – you're not going anywhere.

13) Can everyone please just follow the government instructions so we can knock out this coronavirus and be done?!

I feel like a kindergartner who keeps losing more recess time because one or two kids can't follow directions.

14) I swear my fridge just said "what the hell do you want now?"

15) When this is over...what meeting do I attend first...Weight Watchers or AA?

16) Quarantine has turned us into dogs. We roam the house all day looking for food. We are told "no" if we get too close to strangers.

And we get really excited about car rides!

PSYCHIATRIST VS. BARTENDER

Ever since I was a child, I've always had a fear of someone under my bed at night.

So I went to a shrink and told him, "I've got problems. Every time I go to bed I think there's somebody under it.

I'm scared and I think I'm going crazy."

"Just put yourself in my hands for one year", said the shrink. "Come in and talk to me three times a week and we should be able to get rid of those fears".

How much do you charge?"

"Eighty dollars per visit", replied the doctor.

"I'll sleep on it", I said.

Six months later the doctor met me on the street. "Why didn't you come to see me about those fears you were having?", he asked.

"Well, eighty bucks a visit, three times a week for a year is \$12,480.00.

A bartender cured me for \$10.00. I was so happy to have saved all that money that I went and bought me a new pickup truck."

"Is that so?" With a bit of an attitude, he said, "and how, may I ask, did a bartender cure you?"

"He told me to cut the legs off the bed. Ain't nobody under there now!"

FORGET THE SHRINKS, HAVE A DRINK AND TALK TO A BARTENDER!

ITS ALWAYS BETTER TO GET A SECOND OPINION!

We Need to help each other Laugh a little! Smile quarantine *

* Half of us are going to come out of this quarantine as amazing cooks. The other half will come out with a drinking problem.

* I used to spin that toilet paper like I was on Wheel of Fortune. Now I turn it like I'm cracking a safe.

* I need to practice social-distancing from the refrigerator.

* Still haven't decided where to go for Easter -- The Living Room or Bedroom

* PSA: every few days try your jeans on just to make sure they fit. Pajamas will have you believe all is well in the kingdom.

A.A.A.D.D.- KNOW THE SYMPTOMS!

Thank goodness there's a name for this disorder.

Age-Activated Attention Deficit Disorder.

This is how it manifests:

I decide to water my garden.

As I turn on the hose in the driveway,
I look over at my car and decide it needs washing.

As I start toward the garage,

I notice mail on the porch table that I brought up from the mail box earlier.

I decide to go through the mail before I wash the car.

I lay my car keys on the table,

Put the junk mail in the garbage can under the table,

And notice that the can is full.

So, I decide to put the bills back

On the table and take out the garbage first...

But then I think,

Since I'm going to be near the mailbox
When I take out the garbage anyway,
I may as well pay the bills first.

I take my check book off the table,

And see that there is only one check left.
My extra checks are in my desk in the study,
So I go inside the house to my desk where
I find the can of Pepsi I'd been drinking .
I'm going to look for my checks,
But first I need to push the Pepsi aside
So that I don't accidentally knock it over.
The Pepsi is getting warm,
And I decide to put it in the refrigerator to
keep it cold.
As I head toward the kitchen with the Pepsi,
A vase of flowers on the counter
Catches my eye--they need water.
I put the Pepsi on the counter and
Discover my reading glasses that
I've been searching for all morning.
I decide I better put them back on my desk,
But first I'm going to water the flowers.
I set the glasses back down on the counter ,
Fill a container with water and suddenly spot
the TV remote.
Someone left it on the kitchen table.
I realize that tonight when we go to watch
TV,
I'll be looking for the remote,
But I won't remember that it's on the kitchen
table,
So I decide to put it back in the den where it
belongs,
But first I'll water the flowers.
I pour some water in the flowers,
But quite a bit of it spills on the floor.
So, I set the remote back on the table,
Get some towels and wipe up the spill.
Then, I head down the hall trying to
Remember what I was planning to do.
At the end of the day:
The car isn't washed,
The bills aren't paid,
There is a warm can of
Pepsi sitting on the counter,
The flowers don't have enough water,
There is still only 1 check in my check book,
I can't find the remote,
I can't find my glasses,

And I don't remember what I did with the car
keys.

Then, when I try to figure out why nothing
got done today,
I'm really baffled because I know I was busy all
day,
And I'm really tired.
I realize this is a serious problem,
And I'll try to get some help for it, but first I'll
check my e-mail....
Do me a favor.

Forward this message to everyone you know,
Because I don't remember who I've sent it to.
Don't laugh -- if this isn't you yet, your day is
coming! P.S. I don't remember who sent it to
me, so if it was you, I'm sorry

The six-year-old... A six-year-old goes to
the hospital with her mother to visit her
Grandpa. When
they get to the hospital, she runs ahead of her
mother and bursts into her
Grandpa's room. "Grandpa, Grandpa," she says
excitedly, "as soon as my mother
comes into the room, make a noise like a frog!"

"What?" said her Grandpa.

"Make a noise like a frog because my mom said
that as soon as you croak, we're
all going to Disney World!"

Childbirth at 65

With all the new technology regarding fertility
recently, a 65-year-old friend of mine was able
to give birth.

When she was discharged from the hospital
and went home, I went to visit.

'May I see the new baby?' I asked

'Not yet,' She said 'I'll make coffee and we can
see it in a while.'

Thirty minutes had passed, and I asked, 'May I see the new baby now?'

'No, not yet,' She said.

After another few minutes had elapsed,

I asked again, 'May I see the baby now?'

Growing very impatient, I asked, 'Well, when can I see the baby?'

'WHEN HE CRIES!' she told me.

WHEN HE CRIES?' I demanded. 'Why do I have to wait until he CRIES?'

BECAUSE I FORGOT WHERE I PUT HIM,
O.K.

Puzzle

TO ALL MY INTELLIGENT FRIENDS:

I am sending this only to my smart friends. I could not figure it out. My first thought was wrong and I had to look at the answer. See if you can figure out what these seven words all have in common!

1. Banana
2. Dresser
3. Grammar
4. Potato
5. Revive
6. Uneven
7. Assess

Are you peeking or have you already given up?

Give it another try....

Look at each word carefully. You'll kick yourself when you discover the answer. This is so cool.....

No, it is not that they all have at least 2 double letters.

Let me know if you figured it out - I didn't!

Answer is below!

Answer:

In all of the words listed, if you take the first letter, place it at the end of the word, and then spell the word backwards, it will be the same word. Did you figure it out? No? Then send this to more people and stump them as well.

Please let us know if we have omitted the listing of any of our veterans on the back page.

Be Smart...Be Safe!!

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

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

kebblues@yahoo.com

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

Thank You,

Dean Hutter, Editor

Karl Bauer, Assistant Editor