

Podcast Alerts Listeners to Benefits of TCMOW

Have you ever been on a Podcast? Neither had Twin Cities Meals on Wheels coordinator Pam Hill nor myself until we were invited to tell about Twin Cities Meals on Wheels on the City of Tonawanda Podcast.

Hosted by Tonawanda Second Ward Councilman Carl Nocera and Training Center director Frank Corbett, the weekly show is taped from the WNY Adult Continuing Education Center in the former Central School in Tonawanda.

For those not familiar with a podcast, digital audio files are made available free for downloading or listening via the Internet. Each audio recording is known as a podcast episode, hosted by an individual or individuals who lead a conversation, share stories, or report the news.

The City of Tonawanda podcast, "The Talk of Tonawanda" is accessible on Podbean. Guests, including the mayor, people from the community and organizations, tell what's going on in the city. The podcast on February 22 was the Tonawanda's fifth episode.

In addition, Carl has started a monthly newsletter full of information for residents about what's happening in the city. The newsletter will be posted in city locations including the Senior Center on Main Street and online.

The TCMOW's podcast, led by Carl and Frank, fun-loving and inquisitive hosts, was a perfect way to tell the TCMOW story



Carl Nocera, left, and Frank Corbett are ready for another episode along with attracting would be volunteers and clients. Pam did an outstanding job of explaining TCMOW history, what it offers, and its importance to clients who enjoy lunch and a hot nutritious meal delivered to their homes daily by dedicated volunteers.

Carl and Frank's interest in the program along with quips and banter about the variety of meals served, made for an enjoyable time. Thanks to Carl and Frank for reaching out to TCMOW.

Barbara Tucker

Tuesday's Kitchen Workers Offer Fun While They Work

The Tuesday early morning workers can be counted on to share laughs and fun as they get busy filling the orders for lunch and hot delicious dinners that will be delivered by volunteer drivers and servers. Delivery is crucial so that the nearly 110 clients have their food on time. The motto "We deliver smiles!" is clear whether in the kitchen, behind the wheel or serving.

Starting the meal process are, from left: Pat Hibbert, Lin Raynor, Connie Rabideau, Marv Hill, Letty Hollister and Kathy DesRosiers.

The 106 volunteers led by chef Connie Rabideau and coordinator Pam Hill, are always looking for volunteers.

Workers, drivers and servers will be featured each month so that all will know what outstanding volunteers keep Twin Cities Meals on Wheels a busy, caring place.



Help a Friend, Help TCMOW

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 new 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.

Twin Cities Meals on Wheels
 100 Ridge Road, North Tonawanda, NY 14120

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

Well I guess I do tend to complain about the weather a lot especially in the winter. Looking back over the last few months' worth of columns it has been a reoccurring subject with me. But really I guess I do like the seasonal changes around here. We will be having one of the best coming up (soon I hope) and that's spring. I love watching to see what birds have returned and when the bees start coming around again.

The colors of spring are special also. The color of the new grass and leaves is so fresh, not the duller greens of summer and fall. Every week there is something new in bloom in my garden starting with bulbs and then going on to perennials. I'm really looking forward to that this year.



March has a couple of interesting holidays for those who like to party- Mardi Gras and St. Patrick's Day. Party responsibly and I will see you next month.

As always,

Pam

President's Corner

Thanks to all who expressed their condolences on the loss of our fur baby. It's never easy.

On a different note, we now have a volunteer notice on the North Tonawanda mayor's weekly newsletter, as well as information on the clerk-treasurer's web site.

Which brings up another way to present a volunteer opportunity.

Do you know anybody who chose to retire because of the Covid pandemic? In addition, some folks changed jobs, some have also chosen to retire early AND maybe they're looking for something to do one or two days a week.

Just so happens that TCMoW could use their help, so let them know that we could use them. Share your experiences and the fun times you have.

A call to Pam is all it takes.

Karl Bauer
Board President

TTCO Quilt Winner Announced

Our winner of the beautiful large quilt was Virginia Park who volunteers in the kitchen on Mondays. The quilt was given to us by Ruth Hodgson's quilting group. Ruth and her husband volunteer as a driver/server team on Thursday. We made a profit of \$97.00 on the ticket sales.

Thanks to everyone who contributed.

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

Board of Directors

Karl Bauer - President
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Rick Henderson, Secretary
Curt Gaume, Treasurer

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Eileen Britton, Rodney Brown, Virginia Brown, Carol Butch, John Grobe,
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Phone: 716-693-1663 Fax: 716-693-1663 Email: info@tcmow.com Website: www.tcmow.com

Thoughts on March

Celebrate Your Name Week (1st Week)
National Nutrition Month
National Women's History Month
Irish-American Heritage Month

By the Day

- 1 Mardi Gras Day
- 1 World Compliment Day
- 3 Simplify Your Life Day
- 4 Employee Appreciation Day
- 13 Daylight Savings Time
- 14 Pi Day
- 17 St. Patrick's Day
- 20 Spring Begins!!



Looking for More to Do?

If after your work is done at TCMOW, you'd like to enjoy some of the appealing opportunities for fun in the Twin Cities, start by checking out the senior centers.

Whether you're interested in fitness, knitting or crocheting, euchre or billiards or maybe just sitting around chatting with a new friend, each center offers many choices

And don't forget the two libraries! Great places to sit out a wintry day, purchase a 50 cent book you've always wanted to read or just relax in a comfy chair.

A Teen's Thoughts on COVID

A senior class English teacher at Cardinal O'Hara High School asked his students to write a freestyle poem about how COVID restrictions have impacted their lives. Here is one of the poems and many of us probably have the same thoughts.

Covered by a Mask

*I wish I could see your unique face,
But it's been covered by that mask for so long.
Your smile hidden by a mask for so long.
I cannot believe it has been twenty months.
Twenty months - I cannot believe it at all.
Pandemonium first, then shots in arms.
Chaos second, then booster shots in arms.
To return to normal, we all pray it works.
We all pray for the hospital staff at work.
Beds fill, then empty - this process repeats.
Repeat the process of full, then empty beds.
It teases us that the end is almost here.
Please tell us that the end is almost here.
I wish I could see your unique face.*



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.



Eileen Britton	17	Gary Rockenbrock	13
Patricia Hutter	15	John Grobe	13
Patricia Slater	16	Nick Csizmar	11
Marti Metzger	15	Margaret Smith	9
Diane Kandefer	13	James Burke	9
		Dana Caccamise	3

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.

March 1- Roberta Becker	March 18 - Linda Wingrove
March 10 - Anita Zebulske	March 22 - John Grobe
March 11 - Pearl Szukala	March 22 - Richard Dunning
March 13 - Nick Csizmar	March 24 - James Burke
March 17- Joan Buckingham	March 26 - Jeanette Callari

In Memoriam

Recently we lost another long term volunteer, Walter Frech.

Now most of you know that I have always said that the worst part of this job is when we lose someone whether it is a client or one of our past or present volunteers, but this one hit close to home.

Wally was a great guy and had been a family friend for many years. He, his wife Norma, and my parents were fast friends for many years and my brother Bill's kids thought of them as an extra set of grandparents. They attended the same church and occasionally took trips together.

Wally was always cheerful, willing to help out wherever he could and had a good supply of cute jokes. I miss seeing him come in to sit in the office and talk- he was a giver of great advice over the years.

So Godspeed, rest in peace Wally, and hope to see you on the other side 'cause I know that's where you will be.

As alwaysPam

Pam Hill

EMERGENCY CLOSINGS of TCMOW

When the weather is inclement our closings will be announced on:

- WGRZ --TV-2
- WIVB --TV-4
- WKBW -- TV-7

If our name (Twin Cities Meals on Wheels) is **NOT** there, we **WILL** be open!

The Coordinator will personally phone all kitchen workers, drivers, and servers who are scheduled for that day to notify them that we are **CLOSED**.

- Kitchen workers will be notified by 7 a.m.
- Drivers and Servers notified by 9 a.m.

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

While walking along the sidewalk in front of his church, the minister heard the intoning of a prayer that nearly made his collar wilt.

Apparently, his 5-year-old son and his playmates had found a dead robin.

Feeling that proper burial should be performed, they had secured a small box and cotton batting, then dug a hole and made ready for the disposal of the deceased.

The minister's son was chosen to say the appropriate prayers and with sonorous dignity intoned his version of what he thought his father always said:

"Glory be unto the Faaaather, and unto the Sonnn and into the hole he gooooes."

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GROANERS

Two antennas met on a roof, fell in love and got married. The ceremony wasn't much, but the reception was excellent.

Two peanuts walk into a bar, and one was a salted.

A man walks into a bar with a slab of asphalt under his arm and says: "A beer please, and one for the road."

A vulture boards an airplane carrying two dead raccoons. The stewardess looks at him and says, "I'm sorry, sir, only one carrion allowed per passenger."

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Some Friars were behind on their belfry payments, so they opened up a small florist shop to raise funds. Since everyone liked to buy flowers from the men of God, a rival florist across town thought the competition was unfair.

He asked the good fathers to close down but they would not. He went back and begged the Friars to close. They ignored him.

So, the rival florist hired Hugh McTaggart, the roughest and most vicious thug in town to "persuade" them to close. Hugh beat up the Friars and trashed their store, saying he'd be back if they didn't close up shop.

Terrified, they did so, thereby proving that only Hugh can prevent florist friars.

Kids' Letters to the President

Dear Mr. President:

How much money does the president make? Could you please write and tell me because if it isn't enough money then I will become a dentist.

Timothy U., age 9

Dear Mr. President:

Someday I hope there will be a woman president. But not my sister. She will drive everybody crazy---the Democrats and Republicans.

A citizen Lawrence K., age 8

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A senior citizen said to his eighty-year-old buddy:

"So I hear you're getting married?"

"Yep!"

"Do I know her?"

"Nope!"

"This woman, is she good looking?"

"Not really."

"Is she a good cook?"

"Naw, she can't cook too well."

"Does she have lots of money?"

"Nope! Poor as a church mouse."

"Well, then, is she good in bed?"

"I don't know."

"Why in the world do you want to marry her then?"

"Because she can still drive!"

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DO YOU KNOW

WHY is the man who invests all your money called a broker?

WHY is the time of day with the slowest traffic called 'rush hour'?

WHY didn't Noah swat those two mosquitoes?

WHY do they sterilize that needle for lethal injections?

WHY don't sheep shrink when it rains?

WHY are they called apartments when they are all stuck together?

WHY if flying is so safe, do they call the airport 'the terminal'?

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**