

JANUARY 2023

## Good News Abounds at TCMOW



What a great way to end the year at Twin Cities Meals on Wheels!

Evelyn Zupo's determination to make the end of the year Liquor Raffle a huge success, ended beyond her expectations.

Lots of excitement and anticipation was in the office as Pam Hill drew the winning name with Santa Claus keeping an eye of her.

Above right, Dave Schultz shows off the name of the winner, Don Nowicki. Dave topped all raffle ticket sales with more than 100. (*He didn't tell his secret as he'll use it next time.*) Kudos to Dave for his commitment to TCMOW and his sales ability.

At bottom right, Karl Bauer joins Pam as she receives an envelope containing a check for **\$5,210**, the proceeds from the raffle. Evelyn said when she thought up the raffle idea, she set her goal at \$3,000 and was overjoyed at the final tally. **Thanks to all who participated.**



### Niagara Region 56ers Club Shows Its Support of TCMOW

As if the good news of the outcome of the Liquor Raffle wasn't enough, another surprise awaited Pam when Jim Zigrossi, president of the Niagara Region 56ers Club, handed Pam a check for \$435 from the club. The surprise outstanding donation lends a helping hand to TCMOW. Thank you 56ers.

You may think that you do not have the connection to group, foundation or gift-givers that will help Twin Cities Meals on Wheels, however, have you ever considered that you could help by taking advantage of just a few of our own on-going fundraisers?

- If you or a family member shop on Amazon, TCMOW is listed as a participant in AmazonSmile program found on your computer. To shop at AmazonSmile, go to smile.amazon.com and find Twin Cities Meals on Wheels. There is no cost to you and the return to TCMOW through Amazon's program will be greatly appreciated.

- How about taking part in the Adopt-A-Day project? You choose a special day, perhaps for a family member, birthday, anniversary or meaningful event and honor that person with a special dessert for all the clients. The cost for an "adoption" is \$99 and thanks come from the office, recognition on the Website, Facebook and in the newsletter. You also know that clients receive a special treat thanks to your generosity. To sign up or for more details, call Carol Butch at 716-693-7048.



# Confusion Reigns Amid Misconception

By Pam Hill

TCMOW Coordinator

Well I hope everyone had a wonderful Christmas with friends and family! It certainly was a Christmas to remember for years to come.

I know I usually write a fairly light hearted column, but this month I will be a little more serious.

Over the holidays, someone posted that they were going to provide dinners for the people that they delivered to. They do not deliver for Twin Cities, they volunteer for Feed More in Buffalo.

While I am sure that their heart was in the right place, there are several reasons why such things are not a good idea.

We serve a group of clients many of whom are elderly, ill, and/or with weakened immune systems. Meals on Wheels dinners are cooked in a sanitary inspected facility. We know where the food supplies came from and how they were stored. We cook our food to temperature, not by times or when it looks done.

Many times our facilities' inspection includes an off site temperature test to ensure that our food is served hot.

Our food is both low fat and low sodium and is a balanced diet. Also more than half of our clients have some type of food restriction. Some of these are preferences but many are due to illnesses, drug interactions, or allergies.

And last but not least, our clients' names, addresses, and other personal info are protected under HIPPA laws in most cases and therefore should not be used or shared with others.

Gifts of food are not a good idea as you generally do not know that person's health issues.

First and foremost the gift of your time and compassion, things like placemats that we sometimes send, cards, or small items like the tray favors made by school kids are the most appropriate if you feel the need to gift someone who touches you.

But mostly it is the gift of your time spent for a few seconds each day that is the most thoughtful and remembered the longest by those you serve each day.

So I once again wish to thank everyone for everything that you do for us and for your understanding what it takes to be such great volunteers for us!



## Around Town

**Senior Van:** This service is for City of Tonawanda residents only, 60 years of age or older, who are capable of getting in and out of the van without assistance. The van is available Tuesday through Friday beginning at 7:30 a.m., last pick up is 2:30 p.m. Requests for transportation are taken every Monday morning for appointments that week. The cost is a donation of \$2 each way for appointments in Tonawanda and \$3 each way for Kenmore, Buffalo, Williamsville and Amherst. Doctor and hospital appointments are first, then banking and grocery shopping. Contact the Parks and Rec Office at 716-505-1172 for more information.

• **The After Holidays Sales Celebration** Crafts and Gifts at The Wurlitzer, 10 a.m. to 3 p.m. Sunday, Jan. 8.

Largely homemade items for 2023. Admission is \$3 and \$6 MAX per family. Children under 16 are free with adults. Tickets will be available at the door. DO NOT contact the Wurlitzer for vendor information. Vendor Inquiries: email Stellartch@aol.com .

• **Exam:** Tonawanda Civil Service Commission is offering an exam Feb. 11, 2023 for Supervising Account Clerk. The deadline to submit applications is Jan. 9, 2023. Applications are available at City Hall, or on-line at: [www.tonawandacity.com](http://www.tonawandacity.com).

• **Thanks:** City of Tonawanda Mayor John White posted that he would be remiss in not acknowledging the outstanding efforts of the City of Tonawanda employees during and in the aftermath of the Blizzard of 2022. "A job well done. Thank you!"

• **Editor's Note:** Mail carriers are often overlooked for their efforts to get the mail through and make sure residents are safe. Kudos to them.

This was an event that brought out the best in hospital workers, First Responders, city workers and wonderful neighbors.

|   |                           |
|---|---------------------------|
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## An apology

This month's newsletter is late, in fact it's already nearly the end of the first week of January. The reasons range from Christmas, the snow storm/blizzard that kept everything closed, and my own tardiness in not adhering to a deadline.

So here's to February and an on-time newsletter.

Happy New Year to All!