

# TWIN CITIES MEALS ON WHEELS

**ANOTHER**  **SERVING**

JUNE 2022

100 Ridge Road  
North Tonawanda  
NY 14120  
716-693-1663

## Mayors' Visit Shines Spotlight on TCMOW

For years, the Tonawandas have been referred to as the Twin Cities. And that's true. But at the end of the day, they are two very separate, stand alone and independent cities.

The fact that the Twin Cities are one, however, was never more evident than on May 12 when the two mayors signed joint proclamations acknowledging May as Meals on Wheels month — not just Meals on Wheels, the Twin Cities Meals on Wheels Month.

Tonawanda's Mayor John White and North Tonawanda's Mayor Austin Tylec, both recently elected, made their first joint visit to our facility, along with Chitra Selvaraj, editor of the Ken-Ton Bee who was on hand to write a story about TCMOW.

Pam Hill arranged that each of the three rode a delivery route, Mayor White in Tonawanda and Mayor Tylec in North Tonawanda.

Prior to the delivery, Pam gave the three visitors a tour of the facility to show them a close-up look at how the kitchen is set up

and to meet the workers who cook the great menu for the day. The tour also included a stop at the Clothes Closet and the rest of the TCCO facility.

"I was honored to attend a Twin City Meals On Wheels route and be a part of the exceptional service they provide our community," Mayor Tylec said.

"I was amazed with the number of volunteers hard at work with various tasks- sorting clothing donations, preparing meals, dropping meals to residents, and organizing other donations. All with a smile on their face," he added.

Mayor White commented that "the ride was unbelievable, the stories they told me about how great a job the Meals on Wheels are doing, the great conversations, the smiles and personalities of the drivers was great to hear. I had a man with an army hat,

*See VISIT page 3*



Pam Hill presents a thank you floral gift to Mayor White,



Karl Bauer thanks Mayor Tylec and Chitra Selvaraj for their visit.

## 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 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.

**TICKET FOR TASTY EATS**

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

This certificate entitles The Bearer to  
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

This month it was very hard to write something in the wake of what has happened in our midst and across the country.

As everyone has already said, our thoughts and prayers go out to the families. And I will not go into my thoughts and ideas on the subject as I don't feel this is an appropriate form for that — hence my trouble writing this month. You can always check for me on Facebook for that.

So on we go for some other topic for this month.

One nice thing is how many things are now opening up, like parks and other venues. I have been overdoing it in yard work and park walking so it has been a normal spring after the last few years.

I think Brie and I have a lot of exploring to catch up on. This weekend she is helping give a demonstration on the dog sport of Barn Hunting. Let me know if any of you find some new dog friendly areas as we need some new ideas and places to explore.

And recently I went to a concert put on by the Buffalo Niagara Concert Band. I would recommend them highly. They were quite good.

And last but not least a big thank you to all our wonderful volunteers out there — drive careful and stay safe!

Until next month.

Pam

## President's Corner

Not much to say this month.

To be honest I am struggling, as I'm sure many others are, to understand the tragic events that have occurred in Buffalo, and now in Texas.

It seems like it's right next door and thousands of miles away, all at the same time.

So when you read this, take it as a request or favor from me to hug your loved ones, old and young alike. Keep them close and watch out for them.

As the new "in vogue expression" says: CHOOSE LOVE.

Karl Bauer  
Board President

## Twin Cities Meals on Wheels Mission Statement

Meals-on-Wheels contributes to the overall well-being of seniors by providing regular nutrition and daily contact with a caring volunteer.

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

### Board of Directors

Karl Bauer - President  
James Burke - Vice President

### Board Members

Eileen Britton, Rodney Brown, Virginia Brown, Carol Butch, John Grobe,  
Dean Hutter, Gary Rockenbrock, Denise Sawalzky, Barbara Tucker

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

## June's Doings



\* **June 4** - Weekend on the Niagara Arts & Craft Show, Niawanda Park.



\* **June 6** - D-Day remembrance.

\* **June 9** - Start of Food Truck Thursday, Gateway Park.

**I ❤ DAD**



\* **June 11** - Street Dance, Gateway Park, NT, Hot dogs, sausages, Post 264 selling beer. Featuring Crash Cadillac.

\* **June 18** - Father's Day.

\* **June 18** - NT Car Cruise at Gateway Park live music by The Buffalo Boomers, along with a tiki bar, food and beverages.

\* **June 18** - 11 a.m. to 5 p.m., Celebrate equality for all at Heritage Park on Oliver Street in North Tonawanda! In honor of Pride Month. Family friendly event.  
**Schedule:**

10:45 a.m.: Flag Raising

Noon: Drag Show

1 p.m.: Oasis Dance Troop Belly Dance demonstration

2 p.m.: Drag Show

3 p.m.: Yellow Jack Duo Performance

4 p.m. - Drag Show

4:30 p.m. - 50/50 Announcement

\* **June 23** - Alex Rene Big Band at the free

\* **Save the Date:** North Tonawanda High School's Class of '71 is planning its 50 (plus 1) year reunion on July 16, a full weekend of activities. For information, email NT-Class71@gmail.com.

## Around Town

Have you tried walking or biking on the Rails to Trails, those multipurpose public paths created from former railroad corridors? The paths are flat or gently sloping, making them easily accessible and a great way to enjoy the outdoors.

Start on one at the new HUB in the City of Tonawanda. A great new place, that will have concerts, events and fun for all, is also a great place to start the Erie Canal Rails to Trails or one that leads to the Town of Tonawanda.

If you like to walk (or saunter) this is the place to be.



Bruce Blinston 24

Linda Kulikowski 15

**These years of service show a commitment to Twin Cities Meals on Wheels by our wonderful and faithful volunteers. If you know someone who is looking to help the community and has a little time to spare, suggest he or she (or both) stop by TCMOW for a tour.**

**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!**

### June Is Filled with Odd Events

National Accordion Awareness Month

National Adopt a Cat Month

National Fresh Fruit and Vegetables Month

National Iced Tea Month

Turkey Lovers Month

Rose Month

June 9 - National Strawberry-Rhubarb Pie Day

June 10 - Ball Point Pen Day

June 11 - National Corn on the Cob Day

June 13 - National Weed Your Garden Day

June 20- Ice Cream Soda Day

June 22 -National Onion Ring Day

### VISIT From page one

that showed me he served our country, and all he could talk about was how blessed he was to have Meals on Wheels. How do you answer? I said, Thank You for Serving."

As a coincidence, Mayor White rode the Tonawanda route with an old friend, Bill Simon, a long time volunteer.

Bill explained to the mayor the workings and commitment of the volunteers.

Mayor Tylec rode with Debbie Balling and Dave Schultz, who volunteer to drive and deliver on Thursdays. They explained the importance of starting the route on time and delivering as quickly as possible to assure that the meal stays hot.

Mayor Tylec met Marjorie Bajorek, a client, who was celebrating



Mayor White and Bill Simon check the route.



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

June 2 - Gary Chriss

June 6 - Ruth Hodgson

June 17 - Deb Fadel

June 7 - Sharon Davignon

June 21 - Catherine Vance

June 12 - Karen Heer

June 22 - Douglas Fronczek

June 17 - Gwen Opalinski

June 25 - Gwen Daugherty

### Summer porch fun.

If you are looking for something new to do by yourself or with a grandchild, stop by the NT library for the "Take Home Craft" ideas. Easy to make, instructions included.



Here's a few things that were made for May - June's are even cuter.

### 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

her 80th birthday that day. She received a cake and a card from the mayor, an unexpected surprise.

The recipients were thrilled to see not just the volunteer but the special visitor.

The mayors also learned a great deal about TCMOW from the board president, Karl Bauer who rode with Ms. Selvaraj.

Karl explained that sometimes volunteers from TCMOW are the only visitors that clients see. He noted that clients depend on the meals and volunteers to deliver them in spite of weather.

After returning to the TCMOW, each of the guests received a floral arrangement from Floral Accents as a thank you for their visit.

Prior to the ride-alongs, the mayors presented the proclamations. Karl and Pam accepted the proclamations that will soon be hung on the wall.

All in all, a fine way to show off what Meals on Wheels accomplishes, all because of wonderful, committed volunteers who enjoy helping others

# Share a Laugh

## How to Know a Plant, Flower Lover

1. Your favorite poem is "Roses are Red, Violets are Blue.
  2. Your kids are named Rose, Violet, Daisy, and Zucchini.
  3. You have 8 X 10 family pictures of your Tomatoes and Peppers on your office shelf.
  4. Your idea of Saturday Date Night is going out in the garden and hand-pollinating the plants.
  5. You think a cocktail is a liquid fertilizer.
  6. You rush home from work and go straight to the garden and hug your roses. (Ouch!) Then, you go into your house and see your family.
  7. On Christmas Eve, visions of "Sugar Peas" dance in your head.
  8. After the first frost, you are seen holding funeral services in your garden.
  9. You take your kids multiple vitamins from them to use as a supplement to your plant's fertilizer.
- .....

## Think About This.....

Why do peanuts float in a regular coke and sink in a diet coke.  
Go ahead and try it.....

I used to eat a lot of natural foods until I learned that most people die of natural causes.

How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?

Why is it that people say they "slept like a baby" when babies wake up like every two hours?

The Fig Newton is named after Newton, Massachusetts

More triplets are born in Nebraska than in any other state.

Arizona is the only state in the continental U.S. that doesn't follow Daylight Savings Time.

**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 14210 or donate online at [www.tcmow.com](http://www.tcmow.com)*

## Best Lawyer Story

The United Way realized that it had never received a donation from the city's most successful lawyer.

So a United Way worker paid the lawyer a visit in his lavish office.

The United Way guy opened the meeting by saying, 'Our research shows that even though your annual income is over two million dollars, you don't give a penny to charity. Wouldn't you like to give something back to your community through the United Way?'

The lawyer thinks for a minute and says, 'First, did your research also show you that my mother is dying after a long, painful illness and she has huge medical bills that are far beyond her ability to pay?' Embarrassed, the United Way rep mumbles, 'Uh... no, I didn't know that.'

'Secondly,' says the lawyer, 'did it show that my brother, a disabled veteran, is blind and confined to a wheelchair and is unable to support his wife and six children?'

The stricken United Way rep begins to stammer an apology, but is cut off again.

'Thirdly, did your research also show you that my sister's husband died in a dreadful car accident, leaving her penniless with a mortgage and three children, one of whom is disabled and another that has learning disabilities requiring an array of private tutors?'

The humiliated United Way rep, completely beaten, says, 'I'm so sorry. I had no idea.'

And the lawyer says, 'So, if I didn't give any money to them, what makes you think I'd give any to you?'

(Apologies to all the generous lawyers out there)

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## Just Wondering

Why do drugstores make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front.?