



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 Gaume – 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

January 2021

Board of Directors Meeting Wednesday February 10th 12:30 pm If possible

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



Can't Come on

Volunteering Day?

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

COORDINATOR’S CORNER

Well here it is the beginning of the New Year and I hope we all made some reasonable resolutions. Mine usually never get to far off the ground- I forget them as easily as I forget my grocery list!

I found one the other day that must have been from at least six months ago as I had not worn

that jacket in that long. With everything that is going on in the world I'm not sure I even want to make any this year anyway!
Speaking of that I assume that most of you know by now that Connie our cook in the kitchen has recently tested positive for Covid. She has not been in the building as of the time I am writing this for a week, and can not return to work for about 5 more days. While she had a very mild case so far it does not change the fact that she had it. We spray sanitized the whole area and bleached the floors and tables, and the Health Department said we were good, it doesn't change the fact that it is hitting so close to home. We have also had two volunteers who were positive and were quarantined. I can not stress enough please be safe out there!
Wear your masks, use hand sanitizer, wash your hands. Recently a study found that most of us have been scrubbing those hands a lot less as time goes by. I guess we need to step up our game again until this is over.

Not to change the subject but are all of you having a great time watching our Bills- at least we have something positive in our area right now. Let's all cheer on their current success and stay home safe to watch the playoff games (you notice I said games!) Well until next month-- Pam

Presidential Musings

Needless to say, it's been a difficult and trying year. As we venture into the next segment of this pandemic in 2021, let me offer some "feel good news". Through Pam's and Eileen's efforts we've gotten new chairs in the waiting / gathering room, and we'll be getting the outside door replaced (it might actually be done at the time of this writing).

So how did this happen and why am I bringing it up? As most of you know we've always had a great relationship the **East Hill Foundation**. Well, a couple months ago we were contacted on what we might need to help continue with our efforts. After a short discussion it was decided that we'd ask to get the door repaired and maybe get some new furniture (chairs). In a few words, we submitted our request and it was granted in the form of a grant. The reason for my mentioning this is that we received a letter from East hill that in my mind offers one of the best thank you type descriptions that I've seen in a while. It follows like so:

12/22/2020

To: Pamela Hill

As I reflect on 2020, I want to thank you for all the exceptional work you do in our community. It's been a challenging year, but I am grateful for the friendship, kindness and goodwill that occurred when our community needed it the most. I wish you and yours peace, health and happiness in the New Year! I remain hopeful for a better future!

Happy Holidays and best wishes,

Michele Schmidt
East Hill Foundation

Independent Health Award

Hello all,

I am pleased to announce that Independent Health will be presenting TCMOW a check for \$498 as a result of their employees Dress Down Campaign. Although the employees are working from home they still have a donated amount deducted from their paychecks to support this fundraiser.

My daughter, Karen Kagelmacher, submitted the request for TCMOW to be recipient of these funds. She has already submitted paperwork for the 2021 campaign.

A thank you to all who have participated.

Eileen Britton

EMERGENCY CLOSINGS of TC MoW-

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

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

If our name 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 7:00am.
- Drivers +Servers notified by 7:00 am.

Also - You should be looking specifically for "Twin Cities Meals on Wheels". There is



sometimes confusion with Niagara County Meals on Wheels, Erie County Meals on Wheels, and Western New York Meals on Wheels. We are none of those.



News For our Volunteers

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 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 return to the office. She will check with a family member or an emergency number. After hanging 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.

5. Be particularly cautious when backing out of a driveway. Prepare for your next delivery before you do, not while you are on the road. Be very sure to observe all stop signs, and what other drivers are doing near you.

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

Volunteer News Always Needed --

News that you would like to share with your volunteer friends at TC MoW is needed for "Another Serving"

You may 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

Forms are provided (in **blue** pocket) above the plastic rack where you pick up your newsletter. Place the completed form in the **yellow** pocket.

Volunteers are always needed —

Bring a friend to see what you do at Twin Cities MoW You are encouraged to "Bring a Friend" on the day you come to help at Twin Cities MoW.

Your friend would be with YOU as you

- do your tasks as a kitchen helper
- drive to deliver meals
- take meals into the homes of meal recipients

"Bring a Friend" can be at any time. No advance notice required. This may generate interest in future volunteering at Twin Cities MoW.

TCCO News...Coming Soon, our annual PENNEY DRIVE beginning March 1st. SAVE YOUR pennies NOW!



HAPPY BIRTHDAY-

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

Barbara Barrett	01/04
Joan Dirmyer	01/04
Patricia Hibbert	01/05
Jim Baldwin	01/12
Charles Wildt	01/14
Bruce Blinston	01/18
Nancy Young	01/19
Lin Raynor	01/20
Helen Franc	01/22
Terry Fritz	01/23
Margo Fronczek	01/24
Marjorie Proch	01/24
Dana Caccamise	01/27

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.

Frank Lund	26
Gwen Opalinski	14
Roberta Becker	13
Vincent Becker	13
Gwen Daugherty	10
William Cheehan	9
Marcia Brock	8
John Leous	8
Deborah Bennet	3

Merry Christmas to all enjoy this little poem (should have been in December Newsletter)

T'was a Month Before Christmas 2020

T'was a month before Christmas,
And all through the town,
People wore masks,
That covered their frown.

The frown had begun
Way back in the Spring,
When a global pandemic
Changed everything.

They called it corona,
But unlike the beer,
It didn't bring good times,
It didn't bring cheer.

Contagious and deadly,
This virus spread fast,
Like a wildfire that starts
When fueled by gas.

Airplanes were grounded,
Travel was banned.
Borders were closed
Across air, sea and land.

As the world entered lockdown
To flatten the curve,
The economy halted,
And folks lost their verve.

From March to July
We rode the first wave,
People stayed home,
They tried to behave.

When summer emerged
The lockdown was lifted.
But away from caution,

Many folks drifted.

Now it's November
And cases are spiking,
Wave two has arrived,
Much to our disliking.

Frontline workers,
Doctors and nurses,
Try to save people,
From riding in hearses.

This virus is awful,
This COVID-19.
There isn't a cure.
There is no vaccine.

It's true that this year
Has had sadness a plenty,
We'll never forget
The year 2020.

And just 'round the corner -
The holiday season,
But why be merry?
Is there even one reason?

To decorate the house
And put up the tree,
When no one will see it,
No-one but me.

But outside my window
The snow gently falls,
And I think to myself,
Let's deck the halls!

So, I gather the ribbon,
The garland and bows,
As I play those old carols,
My happiness grows.

Christmas ain't cancelled
And neither is hope.
If we lean on each other,

I know we can cope.

1920...

THOUGHT YOU MIGHT ENJOY THIS.....
WOW

The year is 1920 "One hundred years ago."

What a difference a century makes!
Here are some statistics for the Year

1920:

The average life expectancy for men was 47 years.

Fuel for cars was sold in drug stores only.

Only 14 percent of the homes had a bathtub.

Only 8 percent of the homes had a telephone.

The maximum speed limit in most cities was 10 mph.

The tallest structure in the world was the Eiffel Tower .

The average US wage in 1920 was 22 cents per hour.

The average US worker made between \$200 and \$400 per year.

A competent accountant could expect to earn \$2,000 per year.

A dentist earned \$2,500 per year.

A veterinarian between \$1,500 and \$4,000 per year.

And, a mechanical engineer about \$5,000 per year.

More than 95 percent of all births took place at home

Ninety percent of all Doctors had NO COLLEGE EDUCATION! Instead, they attended so-called medical schools, many of which were condemned in the press AND the government as "substandard." SUGAR COST FOUR CENTS A POUND.

Eggs were fourteen cents a dozen.

Coffee was fifteen cents a pound.

Most women only washed their hair once a month, and used Borax or egg yolks for shampoo. CANADA PASSED A LAW THAT PROHIBITED POOR PEOPLE FROM ENTERING INTO THEIR COUNTRY FOR ANY REASON.

The Five leading causes of death were:

1. Pneumonia and influenza
2. Tuberculosis
3. Diarrhea
- 4 Heart disease
5. Stroke

The American flag

had 45 stars.....

The population of Las Vegas, Nevada was only 30.

Crossword puzzles, canned beer, and iced tea hadn't been invented yet.

There was neither a Mother's Day nor a Father's Day.

Two out of every 10 adults couldn't read or write, and only 6 percent

of all Americans had graduated from high school.

MARIJUANA, HEROIN, AND MORPHINE WERE ALL AVAILABLE OVER THE COUNTER AT LOCAL CORNER DRUGSTORES.

Back then pharmacists said, "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach, bowels, and is, in fact, a perfect guardian of health!"

(Shocking?)

Eighteen percent of households had at least one full-time servant or domestic help...

THERE WERE ABOUT 230 REPORTED MURDERS IN THE ENTIRE U.S.A.



What a story...

One day a man decided to retire.

He booked himself on a Caribbean cruise and proceeded to have the time of his life, that is, until the ship sank.

He soon found himself on an island with no other people, no supplies, nothing, only bananas and coconuts.

After about four months, he is lying on the beach one day when the most gorgeous woman he has ever seen rows up to the shore.

In disbelief, he asks, "Where did you come from? How did you get here?"

She replies, "I rowed over from the other side of the island where I landed when my cruise ship sank."

"Amazing," he notes. "You were really lucky to have a row boat wash up with you."

"Oh, this thing?" explains the woman. "I made the boat out of some raw material I found on the island. The oars were whittled from gum tree branches. I wove the bottom from palm tree branches, and the sides and stern came from an Eucalyptus tree."

"But, where did you get the tools?"

"Oh, that was no problem," replied the woman. "On the south side of the island, a very unusual stratum of alluvial rock is exposed. I found that if I fired it to a certain temperature in my kiln, it melted into ductile iron and I used that to make tools and used the tools to make the hardware."

The guy is stunned.

"Let's row over to my place," she says "and I'll give you a tour." So, after a short time of rowing, she soon docks the boat at a small wharf. As the man looks to shore, he nearly falls off the boat.

Before him is a long stone walk leading to a cabin and tree house.

While the woman ties up the rowboat with an expertly woven hemp rope, the man can only stare ahead, dumb struck.

As they walk into the house, she says casually, "It's not much, but I call it home. Please sit down."

"Would you like a drink?"

"No! No thank you," the man blurts out, still dazed. "I can't take another drop of coconut juice."

"Oh, it's not coconut juice," winks the woman. "I have a still. How would you like a Tropical Spritz?"

Trying to hide his continued amazement, the man accepts, and they sit down on her couch to talk. After they exchange their individual survival stories, the woman announces,

"I'm going to slip into something more comfortable. Would you like to take a shower and shave? There's a razor in the bathroom cabinet upstairs."

No longer questioning anything, the man goes upstairs into the bathroom. There, in the cabinet is a razor made from a piece of tortoise bone. Two shells honed to a hollow ground edge are fastened on to its end inside a swivel mechanism.

"This woman is amazing," he muses. "What's next?"

When he returns, she greets him wearing nothing but some small flowers on tiny vines, each strategically positioned, she smelled faintly of gardenias. She then beckons for him to sit down next to her.

"Tell me," she begins suggestively, slithering closer to him, "We've both been out here for many months. You must have been lonely."

When was the last time you played around?

She stares into his eyes.

He can't believe what he's hearing. "You mean.." he swallows excitedly as tears start to form in his eyes, "You've built a golf course too?"

Here is our reality today----(believe it or not!!)

1. The dumbest thing I ever bought was a 2020 planner.

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. This morning I saw a neighbor talking to her dog. It was obvious she thought her dog understood her. I came into my house and told my cat. We laughed a lot.

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

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

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

9. I never thought the comment, "I wouldn't touch him or her with a 6-foot pole" would become a national policy, but here we are!

10. I need to practice physical-distancing from the refrigerator

11. I hope the weather is good tomorrow for my trip to the Backyard. I'm getting tired of the Living Room.

12. Never in a million years could I have imagined I would go up to a bank teller wearing a mask and asking for money.

*

From the staff & volunteers at Twin Cities Meals on Wheels

New is the year,

New are the hopes,

New is the resolution,

New are the spirits,

And new is our warm wishes just for you.

Have a promising and fulfilling NEW YEAR!

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

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

another-serving@yahoo.com

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

Thank you, Dean Hutter -Editor, and
Karl Bauer- Asst. Editor