



# 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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## September 2021

No Meals on Monday September 6<sup>th</sup> Labor Day  
Healing Field - Sept. 10 - 11 -12 Gratwick Park

**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 **418-5424** the night before so she can get a “sub” for you.



### Coordinators Column

Well I saw geese flying overhead yesterday- I am just not ready for fall are you? I did not even finish everything I wanted to do outside yet! Time to

double down and work faster- like that's going to happen. Brie and I will start patrolling the soccer fields for the geese now in the mornings. We like to chase them off so the kids are not running in a mess. Actually I think I chase them and she just runs along with her nose down sniffing. She is not interested in them so she doesn't even look at them most of the time, but I sure get some exercise.

Well as many of you know we are coming up on the 20 year anniversary of the 9/11 attack. Once again the Exchange Club is having the healing field at Gratwick Park. If you have not gone in the past I recommend it. It is very beautiful and very peaceful. I have already purchased a flag just as I did last time. Brie and I go and walk through the isles of flags, but the overhead shots online last time were wonderful.

As many of you know our cook Connie's significant other Daryl was having surgery at the end of August. Well he came through it with flying colors and is recovering nicely at home! That was such great news for us.

Lastly don't forget if you have a friend or neighbor looking for some thing to do, tell them about us! We could always use drivers or servers.

So everyone have a wonderful September and see you during the week!

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### *Online Donations Up and Running*

Good afternoon to all.

We have installed a Donation Button on the website for online donations. The button is located in the upper left corner of the webpage. The donor will have the option of adding the transaction fees to their credit card or PayPal account.

We are registered as a nonprofit organization with discounted fees.

To get the word out please pass on this information to family members, friends, and neighbors. If you have a Facebook account please share this information with your friends.

Thank you to Curt for supplying all of the required banking information.

Rick



## **School will begin Soon...Drive Carefully**

Remember there are different school speed zones in the city of Tonawanda 15 MPH and North Tonawanda 20 MPH.

AND REMEMBER NEW school speed zones in North Tonawanda, Nash Road to Deerfield is 20 MPH and Ruie Road between Nash and Vanderbuilt is 20 MPH **ALL YEAR** – because of the BOCES program.

### **TCCO News ...**

#### **Twin Cities Community Outreach**

#### **Raffle Winners thru July 26<sup>th</sup>**

- 7/1 – Sue Cahill - \$50.00
- 7/2 – Betsy Davignon - \$75.00
- 7/4 – Don Miller - \$100.00
- 7/5 – Rick Wimmer - \$30.00
- 7/6 – Mike Finiki - \$60.00
- 7/7 – Bobbie Seekins - \$50.00
- 7/8 – Ellen Graf -\$60.00
- 7/9 – Michael Finiki -\$75.00
- 7/12 – Rebecca Lennox -\$50.00
- 7/13 – Mike Finiki -\$75.00
- 7/14 – G. Hodgson -\$30.00
- 7/15 – Judy Janoiosky -\$40.00
- 7/16 – Paul Weigand -\$50.00
- 7/19 – Gino Giabelluca -\$75.00
- 7/20 -Nancy Young -\$40.00
- 7/21 -Danielle Tomaschko -\$50.00
- 7/22-Gino Giabelluca -\$30.00
- 7/23 – Nancy Foster -\$40.00
- 7/26 – Debbie Emerson -\$30.00
- 7/27 – Karl Bauer - \$50,00
- 7/28 – Gerald Hodgson - \$30.00
- 7/29 – Jim McDonald - \$30.00
- 7/30 – Mike Finiki - \$200.00

**New Raffle for October!!**  
**Only \$10.00 per ticket AND win**  
**more than once!**

Alan Mazzuchelli 08/28  
 Deborah Bennett 08/28

**SEPTEMBER HAPPY BIRTHDAY'S**

Marilyn O'Rourke 09/10  
 Kathy DeRosiers 09/10  
 Carol North 09/17  
 Rick Henderson 09/17  
 Penny Ferguson 09/20  
 Linda Gielow 09/24  
 D. Jean Ohrum 09/25  
 Marilyn Stricker 09/25

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

**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.



**August Anniversary's**

Linda Sinsalaugh 08/10  
 Letty Hollister 08/12  
 Dean Hutter 08/13  
 Kathleen Ceckowski 08/15  
 Stephen Ash 08/19  
 Diane Kandefer 08/19  
 Pam Psik 08/19  
 John Westphal 08/21  
 Renee Lorenz 08/21  
 John Newman 08/24  
 Alan Mazzuchelli 08/28  
 Deborah Bennett 08/28

**September Anniversary's**

Virginia Brown 42  
 Anita Zebulske 27  
 Linda Wingrove 27  
 Chris Dunford 19  
 Roberta Seekins 19  
 Joseph Wright 19



**News of our Volunteers**

**Welcome back Sue Clark, our world traveler!**

Sue is signed up to volunteer delivering meals again.

Thank You Sue

*Editor's Note:* Because I publish this Newsletter, I can put anything in it I want!! Congratulations to my wife Mary Ann on our 54th anniversary!! Sept. 2, 1967!!

Any one top that-let me know!! Give Pam a note of your anniversary, I publish in next few Newsletters.



**August Happy Birthday's**

Linda Sinsalaugh 08/10  
 Letty Hollister 08/12  
 Dean Hutter 08/13  
 Kathleen Ceckowski 08/15  
 Stephen Ash 08/19  
 Diane Kandefer 08/19  
 Pam Psik 08/19  
 John Westphal 08/21  
 Renee Lorenz 08/21  
 John Newman 08/24

Danny Muldoon	10
Kathy Derosiers	7
Kim Danielwicz	6
Tracy Selbert	5

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

## LAUGH SOME...

faint of heart –

WINDOWS: Please enter your new password.

USER: cabbage

WINDOWS: Sorry, the password must be more than 8 characters.

USER: boiled cabbage

WINDOWS: Sorry, the password must contain 1 numerical character.

USER: 1 boiled cabbage

WINDOWS: Sorry, the password cannot have blank spaces.

USER: 50bloodyboiledcabbages

WINDOWS: Sorry, the password must contain at least one upper case character.

USER: 50BLOODYboiledcabbages

WINDOWS: Sorry, the password cannot use more than one upper case character consecutively.

USER:

50BloodyBoiledCabbagesShovedUpYourAssIfYouDon'tGiveMeAccessNow!

WINDOWS: Sorry, the password cannot contain punctuation.

USER:

ReallyPissedOff50BloodyBoiledCabbagesShovedUpYourAssIfYouDontGiveMeAccessNow

WINDOWS: Sorry, that password is already in use.

Your Yearly Dementia Test  
(Only 4 questions)

Yep, it's that time of year again for us to take our annual senior citizen test. Exercise of the

brain is as important as exercise of the muscles. As we grow older, it's important to keep mentally alert. If you don't use it, you lose it!

Here is a very private way to gauge how your memory compares to your last test. Some may think it is too easy, but the ones with memory problems may have difficulty. Take this test to determine if you're losing it or not. The spaces below are so you don't see the answers until you've made your answer.

OK, relax, clear your mind and begin.

#1. What do you put in a toaster?

Answer: 'bread.' If you said 'toast', just give up now and go do something else. And, try not to hurt yourself. If you said, bread, go to Question #2.

# 2. Say 'silk' five times. Now spell 'silk.' What do cows drink?

Answer: Cows drink water. If you said 'milk,' don't attempt the next question. Your brain is already over-stressed and may even overheat. Content yourself with reading more appropriate literature such as Women's Weekly or Auto World. However, if you did say 'water', proceed to Question #3.

# 3. If a red house is made from red bricks and a blue house is made from blue bricks and a pink house is made from pink bricks and a black house is made from black bricks, what is a green house made from?

Answer: Greenhouses are made from glass. If you said 'green bricks', why are you still reading this??? PLEASE, go lie down!

But, if you said 'glass,' go on to Question #4.

# 4. Do not use a calculator for this:

You are driving a bus from New York City to Philadelphia. In Staten Island, 17 people get on the bus. In New Brunswick, 6 people get off the bus and 9 people get on. In Windsor, 2 people get off and 4 get on. In Trenton, 11 people get off and 16 people get on. In Bristol, 3 people get off and 5 people get on. And, in Camden, 6 people get off and 3 get on. You then arrive at Philadelphia Station. Without going back to review, how old is the bus driver?

Answer: Oh, for crying out loud! Don't you remember your own age?!?! It was YOU driving the bus! If you pass this along to your friends, pray they do better than you.

PS: 95% of people fail most of the questions!

## EXERCISE FOR PEOPLE OVER 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. **(I'm at this level).**

After you feel confident at that level, put a potato in each bag.

## WHAT I'VE LEARNED

-If walking were good for your health, the postman would be immortal.

--A whale swims all day, mainly eats fish, drinks water, but is still fat.

--A rabbit runs and hops and only lives 15 years, while a tortoise doesn't run and does mostly nothing, yet it lives for 150 years.

And you tell me to exercise? I don't think so.

--Just grant me the senility to forget the people I never liked, the good fortune to remember the ones I do, and the eyesight to tell the difference.

Now that I'm older here's what I've discovered:

1. I started out with nothing, and I still have most of it.
2. My wild oats are mostly enjoyed with prunes and all-bran.
3. I finally got my head together, and now my body is falling apart.
4. Funny, I don't remember being absent-minded.
5. Funny, I don't remember being absent-minded.
6. If all is not lost, then where on earth is it?
7. It was a whole lot easier to get older, than to get wiser.
8. Some days, you're the top dog; some days you're the hydrant.
9. I wish the buck really did stop here; I sure could use a few of them.
10. Kids in the back seat cause accidents.
11. Accidents in the back seat cause kids.
12. It's hard to make a comeback when you haven't been anywhere.
13. The world only beats a path to your door when you're in the bathroom.
14. If the gods wanted me to touch my toes, they'd have put them on my knees.
15. When I'm finally holding all the right cards, everyone wants to play chess.
16. It's not hard to meet expenses . . . they're everywhere.
17. The only difference between a rut and a grave is the depth.

18. These days, I spend a lot of time thinking about the hereafter . . . I go somewhere to get something, and then wonder what I'm "here after."

19. Funny, I don't remember being absent-minded.

### Different Medical Approach

A woman went to the doctor's office, where she was seen by a young, new doctor. After about 4 minutes in the examination room, the doctor told her she was pregnant. She burst out, screaming as she ran down the hall.

An older doctor stopped her and asked what the problem was, and she told him her story. After listening, he had her sit down and relax in another room. The older doctor marched down the hallway to the back where the first doctor was and demanded, "What's the matter with you? Mrs. Terry is 59 years old, she has four grown children and seven grandchildren, and you told her she was pregnant?" The new doctor continued to write on his clipboard and without looking up said: "Does she still have the hiccups?"

### Some Dog Stuff

If your dog is fat, you aren't getting enough exercise. - Unknown

Some days you're the dog; some days you're the hydrant. - Unknown

Whoever said you can't buy happiness forgot about puppies. - Gene Hill

In dog years, I'm dead. - Unknown

A dog teaches a boy fidelity, perseverance, and to turn around three times before lying down. - Robert Benchley

Ever consider what they must think of us? I mean, here we come back from a grocery store with the most amazing haul -- chicken, pork, half a cow. They must think we're the greatest hunters on earth! - Anne Tyler

I wonder if other dogs think poodles are members of a weird religious cult. - Rita Rudner

You enter into a certain amount of madness when you marry a person with pets. - Nora Ephron

Don't accept your dog's admiration as conclusive evidence that you are wonderful. - Ann Landers

Women and cats will do as they please, and men and dogs should relax and get used to the idea. - Robert A. Heinlein

In order to keep a true perspective of one's importance, everyone should have a dog that will worship him and a cat that will ignore him. - Dereke Bruce, Taipei, Taiwan

Of all the things I miss from veterinary practice, puppy breath is one of the most fond memories! - Dr. Tom Cat

There is no psychiatrist in the world like a puppy licking your face. - Ben Williams

When a man's best friend is his dog, that dog has a problem. - Edward Abbey

Cat's motto: No matter what you've done wrong, always try to make it look like the dog did it. - Unknown

Money will buy you a pretty good dog, but it won't buy the wag of his tail. - Unknown

A dog is the only thing on earth that loves you more than he loves himself. - Josh Billings

Man is a dog's idea of what God should be. - Holbrook Jackson

The average dog is a nicer person than the average person. - Andrew A. Rooney

He is your friend, your partner, your defender, your dog. You are his life, his love, his leader.

He will be yours, faithful and true, to the last beat of his heart. You owe it to him to be worthy of such devotion. - Unknown

I've seen a look in dogs' eyes, a quickly vanishing look of amazed contempt, and I am convinced that basically dogs think humans are nuts. - John Steinbeck

### Senior Logic

I don't trip over things, I do random gravity checks.

I don't need anger management. I need

people to stop ticking me off.  
Old age is coming at a really bad time.

When I was a child I thought Nap Time was a punishment ... now, as a grown up, it just feels like a small vacation.

The biggest lie I tell myself is ... "I don't need to write that down, I'll remember it."

Lord grant me the strength to accept the things I cannot change, the courage to change things I can and the friends to post my bail when I finally snap.

I don't have gray hair. I have "wisdom highlights". I'm just very wise.

My people skills are just fine. It's my tolerance to idiots that needs work.

If God wanted me to touch my toes, he would've put them on my knees.

The kids text me "plz" which is shorter than please. I text back "no" which is shorter than "yes".

I'm going to retire and live off of my savings. Not sure what I'll do the second week.

Why do I have to press one for English when you're just gonna transfer me to someone I can't understand anyway?

Of course I talk to myself, sometimes I need expert advice.

Oops! Did I roll my eyes out loud?

At my age "Getting lucky" means walking into a room and remembering what I actually came in there for.

Wouldn't it be great if we could put ourselves in the dryer for ten minutes; come out wrinkle-free and three sizes smaller?

Last year I joined a support group for procrastinators. We haven't met yet.

## Senior Thoughts

A bookseller conducting a market survey asked a woman – "Which book has helped you most in your life?" The woman replied – "My husband's check book!!"

Someone asked an old man: "Even after 70 years, you still call your wife – Darling, Honey, and Luv. What's the secret?"

Old man: I forgot her name and I'm scared to ask her.

Wife: I wish I was a newspaper. So I'd be in your hands all day.

Husband: I too wish that you were a newspaper. So I could have a new one every day!

Husband to wife – Today is a fine day. Next day he says: Today is a fine day. Again next day, he says same thing – Today is a fine day. Finally after a week, the wife can't take it and asks her husband – since last week, you have been saying "Today is a fine day". I am fed up. What's the matter?

Husband: Last week when we had an argument, you said, "I will leave you one fine day." I was just trying to remind you....."

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## NOW THIS IS MY KIND OF GAL!

**Just because someone doesn't love you the way you want them to, doesn't mean they don't love you with all they have.**

**Ralph and Edna were both patients in a mental hospital. One day, while they were walking past the hospital swimming pool, Ralph suddenly jumped into the deep end. He sank to the bottom of the pool and stayed there.**

**Edna promptly jumped in to save him. She swam to the bottom and pulled him out. Edna then took Ralph back to their room.**



**When the Head Nurse Director became aware of Edna's heroic act, she immediately ordered her to be discharged from the hospital, as she now considered Edna to be mentally stable.**

**When she went to tell Edna the news she said, 'Edna, I have good news and bad news. The good news is you're being discharged, since you were able to rationally respond to a crisis, by jumping in and saving the life of the person you love... I have concluded that your act displays sound mindedness.**

**The bad news is, Ralph hung himself, in the bathroom, with his bath robe belt right after you saved him. I am so sorry, but he's dead.' Edna replied, 'He didn't hang himself, I put him there to dry. How soon can I go home?'**

Jack, age 92, and Rose, age 89, living in a retirement village in Kamloops are all excited about their decision to get married.

They go for a stroll to discuss the wedding, and on the way they pass a drugstore.

Jack suggests they go in.

Jack addresses the man behind the counter:

"Are you the owner?"

The pharmacist answers, "Yes."

Jack: "We're about to get married. Do you sell heart medication?"

Pharmacist: "Of course, we do."

Jack: "How about medicine for circulation?"

Pharmacist: "All kinds."

Jack: "Medicine for rheumatism?"

Pharmacist: "Definitely."

Jack: "How about suppositories?"

Pharmacist: "You bet!"

Jack: "Medicine for memory problems, arthritis and Alzheimer's?"

Pharmacist: "Yes, a large variety. The Works."

Jack: "What about vitamins, sleeping pills, Geritol, antidotes for Parkinson's disease?"

Pharmacist: "Absolutely."

Jack: "Everything for heartburn and indigestion?"

Pharmacist: "We sure do."

Jack: "You sell wheelchairs and walkers and canes?"

Pharmacist: "All speeds and sizes."

Jack: "Adult diapers?"

Pharmacist: "Sure."

Jack: "We'd like to use this store as our Bridal Registry."

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

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

**anotherserving@yahoo.com**

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

Thank you,

Dean Hutter - Editor, Another Serving

Karl Bauer - Assistant Editor