



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 2021 Karl Bauer- President, James Burke – Vice President, Curt Gaume – Treasurer –Rick Henderson – Secretary. **Board Members:** Eileen Britton , Rodney Brown, Virginia Brown, Carol Butch, John Grobe, Dean Hutter, Gary Rockenbrock, Denise Sawalzkzy, Publicity Chair - Barb Tucker Community Liaison: Evelyn Zupo

November 2021 - Important Dates

Daylight Savings Time Ends Sunday Nov. 7th

Veterans Day Wednesday Nov. 11th (See back page)

THANKSGIVING No Meals Served Thursday Nov. 25th

Monday Nov. 29th Hanukkah

Friday December 31st Editor Retires!

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



Coordinator's Column...

I can't believe it is this late in the year! It's almost Thanksgiving for haven's sake. I've been dragging out all the winter stuff-decorations for outside to replace the Halloween ones, jackets, long pants, and boots. Soon I will have to look for a new snow blower, I think I want one of the battery ones because they are so much lighter- it's that age thing again!

Pretty soon it will be time to start planning the Thanksgiving feast. I don't even know who's house it will be at this year with the new baby in the family. I am just thankful that everyone I know has made it through the pandemic so far without to much health wise. That's a lot to be thankful for this year!

For those of you who don't know we are raffling off that beautiful quilt hanging on the wall made by North Tonawanda Teddy Bears Quilting so see me for tickets.

Well it's been a busy month so far so I will leave this until I see you again next month!!

Pam

HELP WANTED...

After 6 plus years as editor of
Another Serving,
I am retiring, on December 31st.
Anyone interested in volunteering
as editor for 2022,
call Dean 716- 692-2129 or
President Karl at 716- 946-5283



Can't Come on

Volunteering Day??

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

Hello Group,

I just received an email from my daughter,
Karen Kagelmacher, informing us that
Independent Health will be mailing a check to
TCMOW for \$304.50.

This is money donated as part of the Associates
Supporting the Community Program at
Independent Health.

This is the third year we have been selected to
receive a donation. Karen, will again submit a
request for 2022.

Eileen Britton

Thank you Karen and Independent
Health...Again!



News of our Volunteers

PLEASE, PLEASE help us with some news
about our volunteers!!

Bottles & Cans for T.C.C.O.



Put your empty pop & beer bottles,
water bottles, pop & beer cans, in the tan and
white drum (behind the chairs) in the delivery
volunteers' waiting area. Twin Cities
Community Outreach (TCCO) has an account
with **Bottle Junction, 3050 Niagara Falls Blvd.,
and Wheatfield.** TCCO gets the full 5¢ deposit
from every bottle.

Did You Get Your Flu shot? More important this year!!

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.

I believe this year there is a special senior
vaccine.

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

And on the subject of volunteers -
While TC MoW is not open on Thanksgiving,
we have historically had several volunteers go
above and beyond by helping to deliver
Thanksgiving meals from the Salvation Army
to those shut in or without any family to share
the holiday with. If you can help, please let

Pam know. Also, if you are aware of clients that won't have a Thanksgiving please let Pam know also. We'll also be posting a signup sheet for this.

Volunteers are always needed—

With fall here and leaves falling, it means some regulars may get busy with driving grandchildren, etc. We are always in need of volunteers. So -- Please speak to your friends and neighbors about volunteering at TC MoW.

HAPPY BIRTHDAY-

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



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

Lynne Kolpack	11/03
Carol Butch	11/03
Jim Davignon	11/05
William Cheehan	11/07
Patricia Slater	11/25
Eileen Britton	11/27
Patricia Hutter	11/28

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.



Alan Mazzuchelli	16
Linda Finiki	14
Pearl Szukala	14
Carol Woodcock	10
Dean Hutter	7
Linda Gielow	7
Timothy Greinert	5

Rick Henderson	3
Patricia Barone	1

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

There's a fun little exercise. "See" how well you do with the challenge.

Enjoy!
Anosognosia
Very interesting...

In the following analysis the French Professor Bruno Dubois Director of the Institute of Memory and Alzheimer's Disease (IMMA) at La Pitié-Salpêtrière - Paris Hospitals / addresses the subject in a rather reassuring way:

"If anyone is aware of his memory problems, he does not have Alzheimer's."

1. I forget the names of families ..
2. I do not remember where I put some things ..

It often happens in people 60 years and older that they complain that they lack memory. "The information is always in the brain, it is the "processor" that is lacking."

This is "Anosognosia" or temporary forgetfulness.

Half of people 60 and older have some symptoms that are due to age rather than disease.

The most common cases are:

- forgetting the name of a person,
- going to a room in the house and not remembering why we were going there,
- a blank memory for a movie title or actor, an actress,
- a waste of time searching where we left our glasses or keys ...

After 60 years most people have such a difficulty, which indicates that it is not a disease but rather a characteristic due to the passage of years ...

Many people are concerned about these oversights hence the importance of the following statement:

"Those who are conscious of being forgetful have no serious problem of memory."

"Those who suffer from a memory illness or Alzheimer's, are not aware of what is happening."

Professor Bruno Dubois, Director of IMMA, reassures the majority of people concerned about their oversights:

"The more we complain about memory loss, the less likely we are to suffer from memory sickness."

Now for a little neurological test:

1- Find the C in the table below!

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2- If you have already found the C, then find the 6 in the table below.

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3- Now find the N in the table below.

Attention, it's a little more difficult!

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If you pass these three tests without problem:

- you can cancel your annual visit to the neurologist.**
- your brain is in perfect shape!**
- you are far from having any relationship with Alzheimer's.**

So, share this with your over 60 friends, it can reassure them.

I am reassured.



Lunchtime

The children were lined up for lunch in the cafeteria of a Catholic elementary school.

At the head of the table was a large pile of apples. After watching them for a while, the supervising nun wrote a sign and posted it on the apple tray: "Take only ONE. God is watching!"

The children kept moving further along through the line, where at the other end of the table was a large pile of chocolate chip cookies. One of the children looked at the

cookies and then wrote a sign that read: "Take all you want. God is watching the apples."

SHINGLES

Kevin had shingles.

Those of us who spend much time in a doctor's office should appreciate this!

Doesn't it seem more and more that physicians are running their practices like an assembly line? Here's what happened to Kevin. Kevin walked into a doctor's office and the receptionist asked him what he had. Kevin said: 'Shingles.' So she wrote down his name, address, medical insurance number and told him to have a seat. Fifteen minutes later a nurse's aide came out and asked Kevin what he had. Kevin said, 'Shingles.' So she wrote down his height, weight, a complete medical history and told Kevin to wait in the examining room. A half hour later a nurse came in and asked Kevin what he had. Kevin said, 'Shingles....' So the nurse gave Kevin a blood test, a blood pressure test, an electrocardiogram, and told Kevin to take off all his clothes and wait for the doctor.

An hour later the doctor came in and found Kevin sitting patiently in the nude and asked Kevin what he had. Kevin said, 'Shingles.' The doctor asked, 'Where asked the doctor?'

Are You Ready for this?

Kevin said, 'Outside on the truck. Where do you want me to unload 'em?'

And on a medical / health note; Can Cold Water Clean Dishes?

This is for all the germ conscious folks who worry about using cold water to clean. John went to visit his 90 year old grandfather in a very secluded, rural area of Saskatchewan After spending a great evening chatting the night away, the next morning John's

grandfather prepared breakfast of bacon, eggs and toast.

However, John noticed a film like substance on his plate, and questioned his grandfather asking, 'Are these plates clean?' His grandfather replied, 'They're as clean as cold water can get 'em. Just you go ahead and finish your meal, Sonny!'

For lunch the old man made hamburgers.

Again, John was concerned about the plates, as his appeared to have tiny specks around the edge that looked like dried egg and asked, 'Are you sure these plates are clean?' Without looking up the old man said, 'I told you before, Sonny, those dishes are as clean as cold water can get them. Now don't you fret, I don't want to hear another word about it!'

Later that afternoon, John was on his way to a nearby town and as he was leaving, his grandfather's dog started to growl, and wouldn't let him pass. John yelled and said, 'Grandfather, your dog won't let me get to my car'. Without diverting his attention from the football game he was watching on TV, the old man shouted! 'Coldwater, go lay down now, yah hear me!' - Yuck!

TRUE IRISH GHOST STORY

This happened a while ago in Dublin and even though it sounds like an Alfred Hitchcock story, it's true. John, a Dublin University student, was on the side of the road hitchhiking on a very dark night and in the midst of a storm. No cars were travelling that night. The storm was so strong he could hardly see a few feet ahead of him. Suddenly, he saw a car slowly coming towards him and stop. John, desperate for shelter and without thinking about it, got into the car and closed the door.... only to realize there was nobody behind the wheel and the engine wasn't on!! The car started moving slowly. John looked at the road ahead and saw a curve approaching. Scared, he started to pray, begging for his life. Then, just before the car hit the curve, a hand appeared through the window and turned the wheel. John, paralyzed with terror, watched as

the hand repeatedly came through the window, but never touched or harmed him. Shortly thereafter John saw the lights of a pub appear down the road. So, gathering strength, he jumped out of the car and ran to the pub. Wet and out of breath, he rushed inside and started telling everybody about the horrible experience he had just had. A silence enveloped the pub when everybody realized he was crying and wasn't drunk. Suddenly the door opened and two other people walked in from the stormy night. They, like John, were also soaked and out of breath. Looking around, and seeing John sobbing at the bar, one said to the other.... "Look Paddy...there's that idiot that got in the car while we were pushing' it."

Going to the Dogs

Yesterday I was at the Villages' (an area north of Orlando full of retirees) Publix (our large food chain in Florida) buying a large bag of Purina dog chow for my loyal pet, Owen, the Wonder Dog and was in the check-out line when a woman behind me asked if I had a dog. What did she think I had an elephant?

So because I'm retired and have little to do, on impulse, I told her that no, I didn't have a dog, I was starting the Purina Diet again.

I added that I probably shouldn't, because I ended up in the hospital last time, but that I'd lost 50 pounds before I awakened in an intensive care ward with tubes coming out of most of my orifices and IVs in both arms. I told her that it was essentially a Perfect Diet and that the way that it works is, to load your pants pockets with Purina Nuggets and simply eat one or two every time you feel hungry. The food is nutritionally complete, (certified), so it works well and I was going to try it again. (I have to mention here that practically everyone in line was now enthralled with my story.)

Horrified, she asked if I ended up in intensive care because the dog food poisoned me. I told her no, I had stopped to pee on a fire hydrant and a car hit me. I thought the guy behind her was going to have a heart attack he was laughing so hard.

Publix won't let me shop there anymore.

Better watch what you ask retired people. They have all the time in the world to think of crazy things to say.

Another "Be careful what you say" - An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%

The elderly gentleman went back in a month to the doctor and the doctor said, 'Your hearing is perfect. Your family must be really pleased that you can hear again.'

The gentleman replied, 'Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times.'

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President Karl at 716- 946-5283**

Please let us know if we have omitted the listing of any of our veterans on the back page.

Be Smart...Be Safe!!

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

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

kebblues@yahoo.com

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

Thank You,

Dean Hutter, Editor

Karl Bauer, Assistant Editor