

East Hill Foundation Pitches In with Grant

Thanks to board member Eileen Britton and her wonderful talent for writing grants, the TCMOW was recently awarded a \$15,000 grant from East Hill Foundation in North Tonawanda,

Grant money will be used for dairy and meat products used in the meals to clientele. Pam Hill and Eileen show off just some of the food items that will be purchased for great lunches and dinners.

In the background of the photo, are the handmade quilts being raffled off for the Community Outreach.

However, Pam Hill noted, right now, more volunteers are needed for a variety of jobs.

Do you know someone who'd like to be a driver, server or kitchen aide? Or, perhaps a friend who'd like to donate.

In case you haven't noticed, a Donation Button is now on our website, www.tcmow.com. Check it out. Lots of information on TCMOW that is new and exciting.

Thanks to board member Rick Henderson for his hard work on this and so many other projects.



Pam Hill and Eileen Britton show off some of the many dairy items purchased with the East Hill Foundation grant.

Gift Idea Spreads Cheer, Good Meals

Looking for a perfect gift for that senior who is hard to buy for, maybe for a birthday or special day or just as a friend helping a friend? Perhaps its someone you know, the person who has everything, but may be missing out on nutritious meals?

At a recent meeting, the TCMOW board of directors approved a new plan to not only help spread the word about the great meals that it provides to seniors, but also to offer a new gift idea. This certificate is for **new clients only** who reside in the cities of Tonawanda and North Tonawanda.

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 the meals.
3. After the free week, your friend, hopefully, will decide to continue the meal plan.

Purchase a Ticket for Tasty Eats for \$25 that gives a new client, living in the City of Tonawanda or North Tonawanda, free daily meals delivered from Monday through Friday, for a week.

Perhaps when the week is over, your friend may see the value of having Meals on Wheels and continue the delivery for weeks to come.

Looking for a gift that would enable someone you love to enjoy delicious daily meals delivered for a week at no cost?

Meals on Wheels Tickets
are on sale for **\$25**
allowing the recipient to receive
ONE WEEK OF LUNCHES AND DINNERS FREE AS YOUR GIFT!

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

TICKET FOR TASTY EATS

This certificate entitles **The Bearer**

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.

Pam Hill

Certificate Number: **NU**



Meals on Wheels
We deliver smiles™

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

Karl Bauer - President
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Rick Henderson, Secretary
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Pam's Corner

Happy New Year everyone! I hope it was a good and safe holiday for you. Ours was very quiet, we stayed home with no visitors. Who would have thought back in the seventies when I was a rebellious teenager that I would see 2000 much less 2022. We are hoping that we will have an even better year in 2022.

So far this winter I have been so lucky- not a lot of snow. I ordered a new snow blower but the delivery date keeps moving. At this rate I might not even have to use it, but I doubt it. It is still coming I think. Poor Brie this is her favorite season and nothing to play in!

Don't forget to buy tickets for the raffles going on every little bit helps to keep us running along now that we can't do fund raisers like we used to

I could also write something about New Years resolutions but as I now forget what they were instead of just not keeping them I think I will let that subject just drop for now. So anyway you all stay safe and as always - THANK YOU FOR ALL YOU DO FOR US!

Thank you from the bottom of my heart.

President's Corner

I'm sure you would all agree that 2020 & 2021 are years that we would certainly like to have been different, and of course less stressful. The times recently are certainly unprecedented. Please know that the pandemic has taken quite a toll on Twin Cities Meals on Wheels in several ways. Folks - we are down in several areas.

* Because of masking, vaccinations, and social distancing, we have been unable to hold our regular fundraisers and our treasury has suffered.

* Because a number of people (who would normally be our clients) have chosen not to have MoW, our numbers are down.

* And of course the prices we pay for food, supplies, etc. have gone up like everything else.

SO, if you or anyone you know feels inclined, we would certainly appreciate any donations that can be made. Every little bit helps.

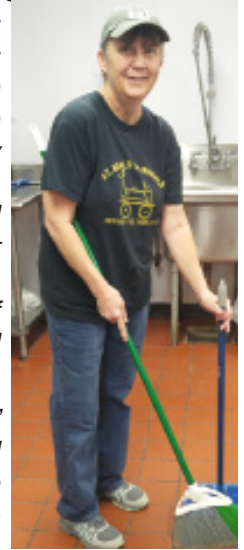
On a more positive note, thanks in advance to Barbara Tucker for agreeing to take over responsibility of the newsletter. I know from personal experience that it's a lot of work. And on that subject, MANY- MUCHO THANKS to Dean Hutter for handling that job for 6 years. The poor guy thought he was going to help with printing and stapling when I asked for assistance as I knew that I couldn't do both the presidency, and the newsletter.

Dean - Thanks so much for a job well done.

*Karl Bauer
Board President*

'Morning Bunch'

The Twin Cities Meals on Wheels is fortunate to have a fine team in the kitchen. Led by Connie Rabideau, meals are set and prepared for our clients to enjoy. Here are some of the folks behind our success.



Connie Rabideau

A "Morning Bunch" sits chatting and ready to spring into action to fill the orders for the day.

Another group of volunteers ready themselves to deliver lunch and a hot dinner to clients.

"I just love to be working for Meals on Wheels" chef and director of the kitchen Connie Rabideau, said.

"I've worked at various establishments throughout my life in the Twin Cities and this is the best," she added.

Connie's experience includes working at Mitch's DelTaco that was owned by her friend Daryl Mitchell. She also helped run her sister's Bonnie's Cafe in Ellicottville for six years.

"At Meals on Wheels, I get to be myself and make good food for our wonderful clientele," she said.

Carol Connors, one of the "Friday Bunch" said she's been volunteering at Meals on Wheels for 15 years.

"It's a lot of work packing each order and the meals are so improved since the days when the program started at St. Peter's Church," she said.

One of the most cherished volunteers is Gwen Daugherty who is 91 years of age. Although she's suffered several strokes, she keeps up with the work and spreads cheer everywhere she goes.

Pam Hill who is the coordinator at the site, summed up the philosophy of the Twin Cities Meals on Wheels simply. "We strive to keep everyone happy."



There's always room for news from YOU, our volunteers.

If you have personal news you'd like to share with your volunteer friends at TCMOW, email them to wgtbt@aol.com or drop the news off to Pam.

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 or prayers needed.

Don't forget to send information on activities in town or at your church or in another organization. We're happy to post any event.



Gwen Opalinski	15
Roberta Becker	14
Vincent Becker	14
Gwen Daugherty	11
William Cheeham	10
Marcia Brock	9
John Leous	9
Deborah Bennet	4

Thanks to all for your years of service and great volunteer work for our Meals on Wheels.

Congratulations to all for your continuing energy and devotion to help others!



Each month the names and date are listed for volunteers and staff who are celebrating a birthday during the month. So wish them a Happy Birthday (or sing a little song!)

Barbara Barrett	Jan. 4
Joan Dirmyer	Jan. 4
Patricia Hibbert	Jan. 5
Charles Wildt	Jan. 14
Bruce Blinston	Jan. 18
Jennifer Caldwell	Jan. 18
Nancy Young	Jan. 19
Lin Raynor	Jan. 20
Helen Franc	Jan. 22
Margo Fronczek	Jan. 24
Marjorie Proch	Jan. 24
Dana Caccamise	Jan. 27

Best Wishes for a Wonderful Day

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

As the New Year Begins, Reminders to Those Delivering Meals

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'll 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.

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

Share a Laugh

An Engineer dies and goes to Hell. Dissatisfied with the level of comfort, he starts designing and building improvements. After a while, Hell has air conditioning, iced water, flush toilets, and escalators, and the Engineer is a pretty popular guy.

One day God calls and asks Satan, "So, how are things going down there?"

Satan says, "Why, things are going great. We've now got air conditioning, iced water, flush toilets and escalators, and there's no telling what this Engineer is going to come up with next!"

God is horrified. "What? You've got an Engineer? That's clearly a mistake – he should never have gone down there! You know all Engineers go to Heaven. Send him up here immediately!!"

Satan says, "No way, I really like having an Engineer on the staff. I'm keeping him."

God says, "Send him back up here or I'll sue you."

"Yeah, right," Satan laughs, "and where are you going to get a lawyer?"

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A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories.

After about an hour, the manager came out of the office and asked them to disperse.

"But why?" They asked, as they moved off.

"Because," he said, "I can't stand chess nuts boasting in an open foyer."

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Did you hear about the first restaurant to open on the moon?
It had great food, but no atmosphere.

.....
Why do you have to "put your two cents in"... but it's only a "penny for your thoughts"? Where's that extra penny going? (taxes)

An elderly woman had just returned to her home from an evening church service when she was startled by an intruder. She caught the burglar red-handed, and yelled, "Stop! Acts 2:38" (meaning, repent and be baptized.)

The burglar stopped dead in his tracks. The woman then calmly called the police and explained what she had done.

As the officer cuffed the burglar, he asked, "Why did you just stand there? All the old lady did was yell a scripture to you."

"Scripture?" replied the burglar, "I thought she said she had an axe and two 38's!"

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What did one ocean say to the other ocean?
Nothing, it just waved.

.....
Living on Earth is expensive, but it does include a free trip around the sun every year.

.....
Teacher: "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"

Johnny: "Seven."

Teacher: "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven."

Teacher: "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"

Johnny: "Six."

Teacher: "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven!"

Teacher: "Johnny, where in the heck do you get seven from?!"

Johnny: "Because I've already got a cat!"

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



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 14120