

NOVEMBER 2022

Good News!

First, the better than good news

An anonymous donation of \$10,000 has been received by Twin Cities Meals on Wheels!

Pam Hill, our hard working coordinator, was more than surprised to open an envelope containing a check for \$10,000, given in memory of a long time volunteer who is now deceased.

“You can’t imagine my surprise,” Pam laughed “Wow, we can use this. In fact the money has been put to good use, helping to pay for food this month.”

As wonderful and important as this donation is, the hope is that this donation will encourage others to join in, perhaps (or perhaps not) with matching dollars.

There is a form on the bottom of Page 4 that you can fill out and send in with your tax deductible gift.

Don’t forget Christmas is coming, the season of giving, so put TCMOW on your gift list.

The Bottom Line here is, no matter whether your help is by a donation or as a volunteer — or both, thanks for being a dedicated part of this organization that helps so many in our two cities. If you know a place where we can put our newsletter to help get the word out, let Pam know. You are all so amazing, generous and fun.

Not Such Good News

Then, the less than good news

In a word, **VOLUNTEERS** are needed.

Hats are off to the many of our terrific, dedicated volunteers, who can be counted on to help, week in and week out.

“Many come in more than one day,” Pam Hill said. “I hate to mention names, but we need more people like Gary Chriss who comes in any time, any day or Nancy Young who comes in whenever needed in addition to her route. So many dedicated volunteers help in the kitchen, getting up early to help prepare and pack food — and I love them all!”

If you know someone who’d like to work in the kitchen from 8 to 11:30 a.m. or be a driver and/or server from 10:45 a.m. to 12:15 p.m., have them call Pam.

Another serious need is for substitutes, coming in as needed, like a substitute teacher.

Adopt-A-Day Continues to Grow

Continuing its efforts to find new ways to attract the community to Twin Cities Meals on Wheels while also bringing in donations, **Adopt-A-Day** has mailed out 100 letters to area politicians, businesses and organizations. Many have generously **Adopted-A-Day** that is special to them and shared the joy of that day with clients of Twin Cities Meals on Wheels with a dessert of their choice. TCMOW’s terrific head cook Connie Rabideau cheerfully fills the orders. The cost for the “adoption” is \$99. The list of last month’s “Adopters” is on Page 3.

In return for the “adoption,” the host receives:

*Recognition in the monthly Adopt-A-Day on our Website



*Thank you on our Facebook page and in Newsletters shared with the community

* Knowledge that clients receive a special treat!



In addition, there is an on-line order form that allows donors to use our PayPal account.

For information on how to start the “adoption process,” or to receive an application, contact board members Carol Butch at 716-693-7048 or Rick Henderson. at hendugi@gmail.com

Pam's Corner

Recently I saw an online post from my son saying that as the holidays are coming up he gets a "seasoning" disorder from holiday food with too little seasoning.

I guess he found it funny, too bad he didn't go through what we had to go through when we were kids.

I mean, I know he likes things spicy, but! he has no idea.

When I was a child my mother, grandmother, and my aunt used to fix the holiday meals. Now my mother and my grandmother were not bad cooks, but my aunt on the other hand.... Now I realize why her kids were so thin, why the oldest one used to go around and eat leftovers off other plates.

The other cooks used to "help" her with things and as her girls got older they started to learn from them.

My poor aunt could not even get a box cake mix to turn out. She was the nicest person and not all of us have kitchen talents. There were strange Jellos, odd stuffing, and barely done veggies, all of which were corrected, but it was her talent with pie that was truly out of this world.

For several years she made a mock apple pie from Ritz crackers. Looked horrible and tasted worse. (You know I didn't eat Ritz crackers for years.)

I understand it was a depression-era recipe and you can find it online but no, just no.

My son has never had to go through something like that, it almost makes you swear off desserts. Maybe I should look up the recipe and make him one! I think she liked the recipe because she didn't have to peel apples.

Well here's hoping you all have great holiday dinners and I will see you again next month....

Pam

New Places in Tonawanda

Attic to Basement Repeats with a "Little Bit of Everything", 83 Broad St. Open Tuesday through Saturday.

Goud & Evul Vegan Eats, 21 Main St. provides all vegan food. 716-260-2278.

Around the Town

* On November 14, at 5 p.m., a Retirement Party for Key Bank manager Evelyn Zupo will take place at Gratwick Fire Hall. Tickets are \$30 that includes dinner, dessert. Evelyn was a former member of the TCMOW Board. For info, Text Debbie at 716-725-4445



Happy Thanksgiving

* **Nov. 2** Sip n' Shop Series at Platter's Chocolate Factory featuring Long Cliff Vineyard & Winery Inc. They will be handing out samples and pairing them with chocolates! 5 to 7 p.m., free of charge Any chocolate that is being paired will be 10 percent off that night only!

* **Nov. 6** - 7:30 p.m. American Legion Band of the Tonawandas, a Veterans Day Concert at Cardinal O'Hara Performing Arts Center, 39 O'Hara Road. Tickets: \$12 in advance, \$14 at the door. Advance tickets available at: Walker Bros. & Monroe Jewelers and Tonawanda Senior Center.

* **Nov. 9** - North Tonawanda Public Library, 11:30 a.m. to 12:30 p.m. Book discussion group.

* **Nov. 9** - 6 to 7 p.m., Herbal Medicine with Jessica Senek at NT Library.

* **Nov. 11** - 9 a.m. Annual Veterans' Breakfast at North Tonawanda Senior Center. All veterans are free and guests are \$5 at the door. Register in advance at 716-695-8582.

* **Nov. 20** - City of Tonawanda Senior Center hosts Buffalo Bills vs. Cleveland Browns. Doors open at 12:30 p.m. bring snacks, drink. Pizza, prizes and 50/50 available. Tickets are \$5.

* **Nov. 18, 19** - The Cardinal O'Hara Hawk Pride Players present "The Legend of Robin Hood... Sort Of" for two performances in COHS Performing Arts Center, 39 O'Hara Road. Tickets are \$5 at the door. Nov. 18 at 7 p.m. and Nov. 19 at 2 p.m. For all ages.

* **Nov. 21**, 12:30 - 2:30 p.m., Alzheimer's Awareness Luncheon at City of Tonawanda Senior Center. Find out tips on how to care for yourself while caring for others. Learn about resources in the community and hear from Representative Brian Higgins on how Congress is making a difference for caregivers.

Register by visiting:
tinyurl.com/caregivertron

Use Amazon? Try Amazon Smile and Help Fund TCMOW

Twin Cities Meals on Wheels participates in the Amazon Smile program. We are listed as Twin Cities Meal on Wheels.

AmazonSmile is a simple way for you to support Meals on Wheels every time you shop, at no cost to you. AmazonSmile is available at smile.amazon.com on your computer's web browser and can be activated in the Amazon Shopping app for iOS and Android phones.

To shop at AmazonSmile, go to smile.amazon.com or activate AmazonSmile on your Amazon Shopping app on your iOS or Android phone (found under settings on your app). You may also want to add a bookmark to smile.amazon.com to make it even easier.

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Adopt-a-Day Special Thanks

Kathy Derosiers had cookies made on October 3 — no reason, just wanted to help. (Thanks)



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

- Nov. 3 Lynne Kolpack
- Nov. 3 Carol Butch
- Nov. 5 Jim Davignon
- Nov. 9 David Rog
- Nov. 25 Patricia Slater
- Nov. 27 Eileen Britton



Happy Birthday! Enjoy the Day!



These magnificent, artistic, beautifully made quilted place mats, masterpieces by member of the Twin City Quilters, were given as gifts to clients of Twin Cities Meals on Wheels. Nearly 100 mats, with amazing designs and exquisite hand work certainly brought joy to all. Thanks to all these talented quilters.

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. They may consider volunteering.

Volunteers are ALWAYS needed!

* And, speaking of volunteers, it is with sadness that we report the recent death of John Koppenhaver, a long time, much loved client who was enjoyed by all who delivered on Route 2.

* Also, keep your eyes and ears open for folks who might want to be clients. Many people are living alone and with winter on the way, would enjoy a meal delivered to the door.



These years of service show a commitment to Twin Cities Meals on Wheels by our wonderful and faithful volunteers. Congratulations for your continuing and amazing energy as well as your devotion to helping others!

Pat Barone	2
John Cahill	8
Joan Dirmyer	16
Linda Finiki	16
Linda Gielow	9
Timothy Griener	7
Rick Henderson	4
Dean Hutter	9
Alan Mazzuchelli	18
Pearl Szukala	16
Carol Woodcock	12
Bonnie Zielinski	4
Kathleen Zinni	5



TCMOW has a remarkable number of super involved volunteers whose lives are full of fun and activities.

So it's hard to believe that none of you have any news to share.

Surely, there are birthdays, vacations, new grandchildren or their stories and activities, your dog's newly learned trick, your lawn mower that quit in the middle of the yard or you need prayers for yourself or someone you know!

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

Any news tips that you'd like to share, may be emailed to Barbara Tucker, wgtbt@aol.com or drop the news off to Pam at the TCMOW office. Waiting to hear from YOU!

Here's some important days of November that offer great opportunities for fun and learning!



Thanksgiving – fourth Thursday in November
Veterans Day – November 11th

U.S. General Election Day – Tuesday following the first Monday in November. PLEASE VOTE!

Chemistry Week – first week of November

Game and Puzzle Week – third week of November

Book Lovers Day – first Saturday of November

Young Readers Day – second Tuesday of November

Pumpkin Destruction Day – first Saturday after Halloween

Child Safety Protection Month

National Adoption Awareness Month

National Novel Writing Month

Native American Heritage Month

Peanut Butter Lovers Month

Share a Laugh



The Winter Boots

Did you hear about the teacher who was helping one of her pupils put on his boots?

He asked for help and she could see why. Even with her pulling, and him pushing, the little boots still didn't want to go on.

By the time they got the second boot on, she had worked up a sweat.

She almost cried when the little boy said,

'Teacher, they're on the wrong feet.'

She looked, and sure enough, they were.

Unfortunately, it wasn't any easier pulling the boots off, than it was putting them on. She managed to keep her cool as, together, they worked to get the boots back on, this time on the correct feet.

He then announced, 'These aren't my boots.'

Once again, she struggled to help him pull the ill-fitting boots off his little feet. No sooner had they got the boots off when he said,

'They're my brother's boots. But my Mom made me wear 'em today.'

Now she didn't know if she should laugh or cry.

But she mustered up what grace and courage she had left to wrestle the boots BACK onto his feet again.

Helping him into his coat, she asked,

'Now, where are your mittens?'

He said, 'I stuffed 'em in the toes of my boots.'

(She'll be eligible for parole in three years.)



Lesson Learned

When our lawn mower broke and wouldn't run, my wife kept hinting to me that I should get it fixed. But, somehow I always had something else to take care of first. the shed, the boat, making beer... something always more important to me.

Finally she thought of a clever way to make her point.

When I arrived home one day, I found her seated in the tall grass, busily snipping away with a tiny pair of sewing scissors.

I watched silently for a short time and then went into the house.

I was gone only a minute. When I came out again I handed her a toothbrush and said, "When you finish cutting the grass, you might as well sweep the driveway."

The doctors say I will walk again, but I will always have a limp.

Aging - A few more thoughts...

"At my age, flowers scare me." - George Burns

"I have successfully completed the thirty-year transition from wanting to stay up late to just wanting to go to bed." - Unknown

"Nobody expects to trust his body much after the age of fifty." - Alexander Hamilton

"The years between 50 and 70 are the hardest. You are always being asked to do things, and yet you are not decrepit enough to turn them down." - T.S. Elliot

"At age 20, we worry about what others think of us... at age 40, we don't care what they think of us... at age 60, we discover they haven't been thinking of us at all." - Ann Landers



One day a little girl was sitting and watching her mother do the dishes at the kitchen sink. She suddenly noticed that her mother had several strands of white hair sticking out in contrast on her brunette head. She looked at her mother and inquisitively asked, "Why are some of your hairs white, Mom?"

Her mother replied, 'Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white.'

The little girl thought about this revelation for a while and then said, "Momma, how come ALL of grandma's hairs are white?"



Thoughts to Ponder

Apparently exercise helps you with decision making. It's true. I went for a run this morning and decided I'm never going again.

CAMPING:
where you spend a small fortune to live like a homeless person

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 or donate online at www.tcmow.com*