

Great Way to Start the Week



For some, Monday may be a tough day to get going, a thought that rarely enters the minds of this enthusiastic and fun group. They are ready to get to work to be sure the clients will enjoy the start of their week as well. Taking a moment out are, back row: Marv Hill, Curt Gaume, Connie Rabideau, and Rick Henderson. At front are: Linda Gielow, Julie Czerwinski, Diane Kanderfer, Virginia Park and Gayle Reischel. Interested in volunteering? C'mon over to meet and greet each day's volunteer workers. You'll never find a better way to help others.

A Few Extra Thoughts



The Buffalo & Erie County Public Libraries have announced the elimination of overdue fines to ensure equitable access to library resources to the residents of Erie County. The fine free initiative will allow more residents the ability to experience and enjoy everything our 37 libraries and two bookmobiles have to offer.

Charges for lost or damaged materials and other miscellaneous charges will remain.

Stop by the North Tonawanda Library and check out both the Children's and Adult's Take Home Craft. They are wonderful and easy to make (in spite of the fact that they look complicated.) A free fun craft, especially if you have young grandchildren.

Note to Veterans Coping with Events in Ukraine

The current events in Ukraine can cause a range of challenging emotions for veterans, according to the Vietnam Veterans Chapter 77 newsletter. If you're going through a difficult time, VA is here for you. Whether you want to speak to another Veteran who may be going through a similar situation or meet with a trained counselor, resources are available. Call the Veterans Crisis Line at 1-800-273-8255 (press 1) or text 838255, or visit a Vet Center near you.

What Is Meals on Wheels All About?



May is National Meals on Wheels month. Meals on Wheels America is the national leadership organization supporting the more than 5,000 community-based programs dedicated to addressing senior hunger and isolation across the U.S.

NUTRITIOUS MEALS



The 50th anniversary of the Older Americans Act Nutrition Program, a federal legislation, provides funding for nutrition services for seniors and helps support programs like Meals on Wheels. This annual celebration comes at a time when eight out of ten local Meals on Wheels programs are still serving more home-delivered meals than they were prior to the pandemic, while operational and food costs are soaring due to inflation.

FRIENDLY VISIT



The demand is here to stay as the virus's impact on older adults goes beyond a higher risk for serious infection: it also includes limited access to care leading to a decline in overall health and wellbeing, as well as considerable social and economic hardships. Which is where TCMOW volunteers come in — to check on clients, add some joy to their day and provide a safety net when needed.

SAFETY CHECK

So, how about you? Volunteer Today!

Help a Friend, Help TCMOW

Perhaps there's someone you know who may be missing out on nutritious meals. Someone you can help and at the same time spread the word about the great meals that Twin Cities Meals on Wheels provides to seniors. On top of that, it's a gift idea.

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

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.

Certificate Number: *NU*

Pam's Corner

Well I know that I have said it many times before, but we have the greatest volunteers don't we?

We have been trying to update our records (with COVID we've had a lot of changes) and while going through the lists of names I noticed a number of things.

One is the number of teams who are family members, friends and relatives. Our longest serving volunteer (42 years) even brought her husband along once he retired and he has served for 22 years. See if you can guess who they are.

We have had many husband/wife teams thru the years like the Brittons, Davignons, Fadels, Beckers, Caldwells and Hodgsons who currently serve.

But we also have a group I guess you could call them legacy volunteers who could be considered super volunteers because two or more members of their generations have served. We have several notables in that group — Bernice Burke's son Jim is a current volunteer, as is Marilyn O'Rourke's son John. We have grandchildren like Paul Orange who John Major is proud of and John Grobe's grandchildren, Nina and Devin whom I have seen get taller every year.

I guess this hits home for me as my family is in this group. As many of you know both of my parents, both brothers, one sister and several nieces and one nephew have volunteered over the years. My brother's two kids started serving at a very young age and continued through high school. New York State now requires volunteer service for high school students which we do here. I guess my point is that it is good for the soul and is fun to boot.

So encourage those family and friends to come on down and be part of our legacy team!

Pam

President's Corner

In addition to what we here at TWMoW do, there are a number of other agencies that work locally that can be helpful, especially to seniors.

The best part of it is that there is a way to access a number of these at one time.

The way this happens is that there is a once-a-month gathering of these agencies. The next meeting/gathering will be at the North Tonawanda Farmers' Market on Wednesday, May 11 from 9 a.m. to 11 a.m. (No, it's not a market day. Those are Tuesday, Thursday, and Saturday).

At this thing called HUB there will be groups and agencies offering help for independent living, elder law, food pantry type agencies, transportation, etc.

If you interested or know of someone with questions about things like this, please make them aware of this. Again, it's once a month with the next one being May 11 from 9-11.

Again, thank you for all that you do.

Karl Bauer
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May Notes



* **May** - National Meals on Wheels Month.

* **May 1** - May Day

* **May 3** - National Teacher's Day -
Tuesday of first full week of May

* **May 4** - Star Wars Day

* **May 5** - Cinco de Mayo

* **May 7** - Kentucky Derby Day.
Mint Juleps anyone!?

* **May 8** - VE Day, WW II

* **May 8** - Mother's Day

* **May 8** - Lilac Sunday

* **May 10** - National liver and onions day

* **May 11** - National "Eat What You Want" Day

* **May 13** - Friday the 13th



* **May 21** - Armed Forces Day
Saturday observance.

* **May 22** - National Maritime Day
Sunday Observance

* **May 26** - Ascension Thursday
Christian observance

* **May 30** - Memorial Day
Federal Holiday

Around Town

Chiavetta's Chicken Barbecue
noon to 4 p.m. May 22, 200 Niagara St.,
City of Tonawanda.

Drive thru only. Tickets available at
Vietnam Veterans Chapter 77
47 Main St., Tonawanda

Memorial Day Service May 29 at noon
on Renaissance Bridge
by Tonawandas United Veterans Council.

Do you play Bocce Ball?
The North Tonawanda Senior Center is
looking for you!
If interested,
call Curt Long: 716-544-4126

Want to Know About Plants?
Tonawanda Senior Center is hosting
Brenda Doll, plant expert who worked
at Menne's, at 1 p.m. May 12 to answer
your plant questions.



There's always room for news

It seems hard to believe that none of the volunteers has any news to share. Any news tips may be emailed to Barbara Tucker, wgtbt@aol.com or drop the news off to Pam.

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

You may also 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.



Renee Lorenz	11	Gerald Hodgson	5
Ruth Hodgson	5	Letty Hollister	4

These years of service show a commitment to Twin Cities Meals on Wheels by our wonderful and faithful volunteers.

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.

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

Congratulations for your continuing energy and devotion to helping others!

Can't Come on Volunteering Day?

To cancel your day to serve or drive, call Pam Hill at home on her cell phone 716-418-5424 the night before so she can get a "sub" for you



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

May 7 Gerald Hodgson

May 16 Karl Heilman

May 17 Karl Bauer



Need work done? Call PAM

Pam Hill, the wonderful coordinator of TCMOW, can be found everywhere at once, or so it seems.

This particular day she pulled out her tool box and with her trusty battery operated screw gun, was repairing a frozen food chest.

Seems the hinges were coming off and she knew how to fix them. The chests hold lunch bags full of nutritious food for the clients.

Pam may look a little perturbed at the work, but that was not the case.

Stopping her work for a few minutes to have a picture taken when she had a dozen more fires to put out, was not on her schedule.



No one knows all that Pam does since she's not a braggart — she just does what has to be done.

Just look around and you can see the results of all the little (and big) things that Pam keeps in in top shape. A jewel for the TWMOW.

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 the 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 the 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

Facts You Might Not Know — Or Care to Know

Leonardo Da Vinci invented the scissors

Peanuts are one of the ingredients of dynamite!

Rubber bands last longer when refrigerated.

The average person's left hand does 56% of the typing.

The cruise liner, QE 2, moves only six inches for each gallon of diesel that it burns.

The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.

(Good thing he did that.)

The winter of 1932 was so cold that Niagara Falls froze solid.

There are more chickens than people in the world.

(Now aren't you glad you read this?)

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Pictures Don't Lie

The children had all been photographed, and the teacher was trying to persuade them each to buy a copy of the group picture.

"Just think how nice it will be to look at it when you are all grown up and say, 'There's Jennifer, she's a lawyer,' or 'That's Michael, He's a doctor.'

A small voice at the back of the room rang out, "And there's the teacher, she's dead."

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The Ten Commandments

A Sunday school teacher was discussing the Ten Commandments with her five and six year olds.

After explaining the commandment to 'honor thy father and thy mother,' she asked, "Is there a commandment that teaches us how to treat our brothers and sisters?"

Without missing a beat one little boy answered, "Thou shall not kill."

Why are you IN a movie, but you're ON TV?

One day a florist goes to a barber for a haircut. After the cut he asked about his bill and the barber replies, "I cannot accept money from you. I'm doing community service this week."

The florist was pleased and left the shop.

When the barber opens his shop the next morning there is a thank you card and a dozen roses waiting for him at his door.

Later, a cop comes in for a haircut, and when he tries to pay hi bill, the barber again replies, "I cannot accept money from you. I'm doing community service this week." The cop is happy and leaves the shop.

The next morning when the barber opens up there is a thank you card and a dozen donuts waiting for him at his door.

Later that day, a college professor comes in for a haircut, and when he tries to pay his bill, the barber again replies, "I cannot accept money from you. I'm doing community service this week." The professor is very happy and leaves the shop.

The next morning when the barber opens his shop, there is a thank you card and a dozen different books, such as "How to Improve Your Business" and "Becoming More Successful."

Then a Congressman comes in for a haircut, and when he goes to pay his bill the barber again replies, "I cannot accept money from you. I'm doing community service this week."

The Congressman is very happy and leaves the shop.

The next morning when the barber opens up there are a dozen Congressmen lined up waiting for a free haircut.



And that, my friends, illustrates the fundamental difference between the citizens of our country and the members of our Congress.

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Ever Wonder

- 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)
- Once you're in heaven, do you get stuck wearing the clothes you were buried in for eternity?
- What disease did cured ham actually have?
- If a deaf person has to go to court, is it still called a hearing?

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**