

Retired Teachers Fund Helps Out with Donation

Twin Cities Meals on Wheels coordinator Pam Hill was pleasantly surprised recently when she received a letter from the New York State Retired Teachers Association Western Zone.

The letter, from John Cardarella, chairman of the RENY Founders' Fund, informed Pam that our TC Meals on Wheels had been chosen to receive a donation of \$300.

The funds come from interest earned from the Founders' Fund, a community service project of the Western Zone.

"In keeping with objectives of the Fund, the interest income has been used to assist the needy of the Western

Zone," Cardarella said.

Pam said she was delighted with the donation, particularly because RENY was not aware of all the good that the Meals on Wheels program accomplishes in the Tonawandas.

Pam expressed her thanks on behalf of all the volunteers who make the program such a success.

The donation is especially helpful because the TCMOW receives no government subsidy or financial help from public funds. In addition, all meals are cooked and prepared on site and delivered on nine routes in the Twin Cities with a group of 106 volunteers.

Friday's Kitchen Workers Pitch in to Keep Good Food Coming

Workers, drivers and servers will be featured each month so that all will know what outstanding volunteers keep Twin Cities Meals on Wheels a busy, caring place.

This issue features the Friday early morning workers who, as with all volunteers, can be counted on to deliver a cold lunch and a hot delicious dinner to nearly 110 clients with the motto "We deliver smiles!" Clients may also choose diabetic or gluten free entrees.

The 106 volunteers led by chef Connie Rabideau, are always looking for volunteers.

Posing for our picture are, from left, front: Carol Connors, Druscilla (Dru) Lis, Gwen Dougherty, Pearl Szukala and Betty Ziegler. At back are, Connie Rabideau, Aiden McManus and Marv Hill.



Help Spread 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.

Tickets for Tasty Treats will:

* Introduce new people to our great service.

* Treat a friend to a great week of meals.

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»



Meals on Wheels
We deliver smiles™

Pam's Corner

Well how about this weather? We have not had snow like this in years have we? I bought a new snow blower that is battery operated. Surprisingly it does a great job, although I would have gotten a bigger one if I knew we were going to have this much on the ground! It reminds me of the winters we had when I was a kid, you know the ones where we had to walk thru six feet of snow uphill being chased by wolves to get to school. And snow days, never heard of them. Ah for the good old days! Thank you everyone for braving the weather and coming in anyway.

This month is Valentines Day, which was originally a Christian feast day celebrating martyrs. I don't know how it morphed into a holiday celebrating love but it did. So make sure you go out and celebrate those you love-send lots of cards and don't forget the chocolate.

Also don't forget to buy your raffle tickets for TCCO. They are good for the whole month of February. they are the only fundraiser that TCCO is doing during the pandemic.

Well that's about all for this month, so stay safe and warm until next month.

Thank You All For Everything that you do for us!

As alwaysPam

Pam Hill
NTMOW Coordinator

Karl Bauer's President's Corner will return in March. Karl's long time, faithful dog died this week and Karl and the family are devastated. We offer our sincere sympathy.



Packing Up Some Yummy Homemade Bread Pudding

The Thursday morning "food packers" took a moment from their work for a photo. From left are, Deb Hall, Guy Richardson, Connie Rabideau, Marcia Brock and Karen Kudala. Insulated food bags are lined up on the counter at the back, ready to be filled with a hot meal along with other healthy food choices.

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

Board of Directors

Karl Bauer - President
James Burke - Vice President

Rick Henderson, Secretary
Curt Gaume, Treasurer

Board Members

Eileen Britton, Rodney Brown, Virginia Brown, Carol Butch, John Grobe,
Dean Hutter, Gary Rockenbrock, Denise Sawalzyk, Barbara Tucker

Phone: 716-693-1663 Fax: 716-693-1663 Email: info@tcmow.com Website: www.tcmow.com

Around Town

Two new unique stores have opened in the City of Tonawanda. Welcome:

Timeless Babez

61 Main Street

A wonderfully eclectic shop, with gifts for the person who has everything. Vintage and custom apparel. Featuring many local artists. You will find everything from custom denim jackets and quirky prayer candles to local photography.

Black Sheep Market

71 Main Street

Fantastic selection of unique gifts, mostly locally made artisan items. Beautifully updated storefront and inside. Loose tea, jerky, stained glass and unique glass jewelry just begin to tell the story. Owners are friendly and helpful.

Both stores are great additions to the City of Tonawanda Retro Block.

NT Neighborhood Watch

The Watch group will meet at 7 p.m. Feb. 10 at its new location, Sweeney Hose Company, 499 Zimmerman St.

The group focuses on helping residents bring forward concerns and discuss topics related to crime, safety, and quality of life issues in the community and schools.

The Watch group works closely with the North Tonawanda Police Department and local officials who often attend the meetings.

The group usually meets every second Thursday of the month. High school students will receive community service hours for attending. All are welcome. For more information email:

NTNEIGHBORHOODWATCH@gmail.com or call (716) 909-5590.



Don't forget the TCCO February raffle. A winner every day. Tickets are only \$10! Great way to help support all the effort TCCO puts into its work for so many needy in the area.



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 another organization. We're happy to post any event.



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|-------------------|----|--|
| Virginia Park | 12 | <i>Thanks to all for your years of service</i> |
| John Major | 11 | <i>and great volunteer work for our Meals</i> |
| Linda Hayes | 5 | <i>on Wheels.</i> |
| Denise Sawatzky | 2 | <i>Congratulations for your continuing</i> |
| Jennifer Caldwell | 1 | <i>energy and devotion to helping others!</i> |

February is the only month of the year to have only 28 days (with the exception of leap years of course). It's also the only month that can go without having a full moon.

Riviera Loses a Remarkable Supporter

On January 19, Don Lange, who with his wife Thelma, saved the Riviera Theater from the wrecking ball and worked tirelessly to assure that the Mighty Wurlitzer Organ would prosper, died at age 100. Many of our volunteers knew Don for his quiet, peaceful ways. Don served on the theater's board of directors from 1988 until his death, most of those years as treasurer.

Condolences to the Lange family.

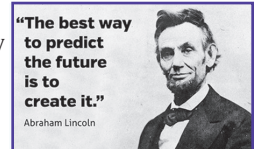


Each month the names and date are listed for volunteers and staff who are celebrating a birthday during the month. So wish them a Happy Birthday (or sing a little song!) If we missed you, please let Pam know.

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|------------------|---------|------------------|---------|
| Linda Kulikowski | Feb. 3 | Linda Finiki | Feb. 23 |
| Charity Kiazka | Feb. 12 | Gary Rockenbrock | Feb. 28 |

February Dates to Remember

- * February 2, 2022 — Groundhog Day
- * February 12, 2022 — Lincoln's Birthday
- * February 14, 2022 — Valentine's Day
- * February 21, 2022 — Presidents Day and Washington's Birthday



EMERGENCY CLOSINGS of TC MoW

When the weather is inclement our closings will be announced on:

- WGRZ --TV-2
- WIVB --TV-4
- WKBW -- TV-7

If our name (Twin Cities Meals on Wheels) is **NOT** there, we **WILL** be open!

The Coordinator will personally phone all kitchen workers, drivers, and servers who are scheduled for that day to notify them that we are **CLOSED**.

- Kitchen workers will be notified by 7 a.m.
- Drivers and Servers notified by 9 a.m.

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

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

Having just moved into his new office, a pompous, new colonel was sitting at his desk when an airman knocked on the door. Conscious of his new position, the colonel quickly picked up the phone, told the airman to enter, then said into the phone, "Yes, General, I'll be seeing him this afternoon and I'll pass along your message. In the meantime, thank you for your good wishes, sir." Feeling as though he had sufficiently impressed the young enlisted man he asked, "What do you want?"

"Nothing important, sir," the airman replied "I'm just here to hook up your telephone, Sir."

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WHY do we leave cars worth thousands of dollars in the driveway and store our useless junk in the garage?

.... do drugstores make the sick walk all the way to the back of the store to get their prescriptions, while healthy people can buy cigarettes at the front?

...do banks leave vault doors open and then chain the pens to the counters?

.... is lemon juice made with artificial flavor and dish-washing liquid made with real lemons?

.... does the sun lighten our hair, but darkens our skin?

.... don't you ever see the headline: "Psychic Wins Lottery?"

.....

A boy asks his father: "Dad are bugs good to eat?"

The dad's reply: "That's disgusting. Don't talk about things like that over dinner."

After dinner, the father asks: "Now son, what did you want to ask me?"

"Oh nothing," he boys answered. "There was a bug in your soup but it's gone now."



A lawyer boarded an airplane in New Orleans with a box of frozen crabs and asked a blonde stewardess to take care of them for him.

She took the box and promised to put it in the crew's refrigerator. He

advised her that he was holding her personally responsible for them staying frozen, mentioning in a very haughty manner that he was a lawyer, and proceeded to rant at her about what would happen if she let them thaw out. Needless to say, she was annoyed by his behavior.

Shortly before landing in New York, she used the intercom to announce to the entire cabin, "Would the gentleman who gave me the crabs in New Orleans, please raise your hand?"

Not one hand went up ... So she took them home and ate them.

Two lessons here:

1. Lawyers aren't as smart as they think they are.
2. Blondes aren't as dumb as most folks think they are.

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We could learn a lot from crayons:

some are sharp, some are pretty,
some are dull, some have weird names,
and all are different colors....but
they all exist very nicely in the same box.



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"Poor old fool," thought the well-dressed gentleman as he watched an old man fish in a puddle outside the pub. So he invited the old man inside for a drink. As they sipped their whiskeys, the gentleman thought he'd humor the old man and asked, "So, how many have you caught today?"

The old man replied, "You're the eighth."

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