



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 2020 – Karl Bauer- President, James Burke – Vice President, Curt Gaume – Treasurer - Eileen Britton – Secretary. **Board Members:** Rodney Brown, Virginia Brown, Carol Butch, John Grobe, Dean Hutter, Gary Rockenbrock, Rick Henderson, June Jordan, Publicity Chair - Barb Tucker Community Liaison: Evelyn Zupo

March 2020 Important Dates

Daylight Savings Time

Sun. March 8th

St. Patrick’s Day Tues. March 17th

Board of Directors Meeting Wed. April 8th

First Day of Spring Wed. March 19th

Easter Sunday April 12th

EMERGENCY CLOSINGS 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 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 7:00am.
- Drivers +Servers notified by 7:00 am.

Also – You should be looking specifically for “Twin Cities Meals on Wheels”. There is

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

Also, look for closings under the name North Tonawanda Meals on Wheels (some stations have yet to up- date our name.

Coordinator’s Corner...

Well spring is getting closer- daylight savings is just a couple of weeks away!! I don't know about you but my whole outlook is starting to improve. I can't wait to get outside without all those extra layers. Just the other day I went out with Brie with just a vest on. Boy, was that a mistake! Way too soon, hands, feet, and face are still frozen-but the dog liked it just fine.

How come if we are supposed to be the most advanced creatures out there we are one of the most fragile? We are unable to stand the extremes of weather that other animals take in stride and even relish. And it seems we are getting worse- as a child I don't remember having to be in an air conditioned environment do you? And now here I am complaining about the heat and it is not even here yet!! Just wait until mid-August, we will all miss this cold won't we? Not! One! Bit! Well I'm going to try again today- maybe clean out the car or look for the spring flowers to start peeping up, but rest assured I will be wearing a much heavier jacket this time! Well enough now- see you all next month or at the MOW building and as always THANK YOU for all you do!

Pam Hill

Thank You Independent Health

Independent Health made a donation to Twin Cities Meals On Wheels for \$729.00.

This was generated from their employees "Dress Down Friday" program. Each Friday a designated 501-C3 Not-For-Profit organization is assigned one Friday a year and employees then make a donation for the privilege of dressing in casual attire. Karen Kagaelmacher, a medication maintenance pharmacist at Independent Health submitted an application on behalf of MoW which was accepted. She was also informed a MoW Dress Down Friday will be in December of this year.

Thank you all who make this gift possible! (Karen is the daughter of Eileen Britton, volunteer on route 3 and 7, and a long standing board member.)



Can't Come on Volunteering Day??

To cancel your day to serve or drive, please contact Pam at home on her

CELL PHONE 418-5424 the night before so she can get a "sub" for you.

+++++

AND AS ALWAYS these bear repeating.

Please remember the following.

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 or tell Pam when you return 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) call or tell Pam when you return, she will check with a family member or an emergency number, or call for help. Go on to next delivery, after hanging meal on door in a grocery bag.
4. If a client is discovered to have fallen, or is ill or unconscious, call 911 immediately then call Pam will contact family she has 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, Pam will have called the remaining clients on the route to say you will be late and the reason for it.

5. Be particularly cautious when backing out of a driveway. Prepare for your next delivery before you do, not while you are on the road. Be very sure to observe all stop signs, and what other drivers are doing near you.

TCCO Time

Please remember to bring in your pennies for their annual March Penny Drive? March 1st – 31st. The jar will be here all this month.



News of our volunteers

The Dog Volunteers...

John and Sue Cahill have two registered Therapy Dogs who regularly make visits to Cradle Beach Camp and Roswell Park. They rescued Kash from his foster home on November 20, 2018. Went to Beginner and Intermediate Obedience classes, and on May 5, 2019 he took and passed his TDI Therapy Dog test with Sue at All Dawg’s Academy. On August 24, 2019 Kash and John took and passed the TDI Therapy Dog test at Canine Academy in Clarence. Kash has been going to Cradle Beach Camp with his brother Iggy (also adopted from ABC in January 2012) since the spring. He just recently had his meet and greet at Roswell Park and has been visiting twice a month there.

(John drives each Friday on Rt. 6 – Sue is an alternate)

When you” retire” from volunteering at TC MoW, do NOT give a MoW shirt to charity (Salvation Army, Goodwill, Am Vets, etc.). The shirt could be used as ID for a thief to get into the home of a meal recipient, thinking that the thief was bringing a meal, when actually they were going to rob or harm the meal recipient.

In Our Thoughts & Prayers



- Pray for the folks threatened by forest fires, floods, severe heat, storms, and hurricanes.

- Pray for our **military** and **personnel** in Afghanistan and throughout the world.
- Pray for **world peace** and **wisdom for government leaders** at all levels.
- Also all of the people of our country affected by extreme rain storms, cold, heavy snow and ice storms.

Volunteers are always needed — Bring a friend to see what you do at TC MoW
You are encouraged to “Bring a Friend” on the day you come to help at TC MoW.

Your friend would be with YOU as you

- do your tasks as a kitchen helper
- drive to deliver meals
- take meals into the homes of meal recipients

“Bring a Friend” can be at any time. No advance notice required. This may generate interest in future volunteering at NT MoW.



HAPPY BIRTHDAY-

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

Roberta Becker	3/01
Anita Zebulske	3/10
John Leous	3/10
Pearl Szukala	3/11
Nick Csizmar	3/13
Joan Buckingham	3/17
Linda Wingrove	3/18
John Grobe	3/22
Richard Dunning	3/22
James Burke	3/24
Jeanette Callari	3/26

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

Volunteering Anniversaries

We applaud TC MoW celebrating an anniversary of their volunteering this month. The number of years of service at TC MoW is indicated after each name.



Eileen Britton	16
Patricia Hutter	14
Patricia Slater	15
Marti Metzger	14
Diane Kandefer	12
Gary Rockenbrock	12
John Grobe	12
Nick Csizmar	10
Margaret Smith	8
James Burke	8
Dana Caccamise	2

Thank you for your years of service. Please report volunteering anniversaries' errors to Pam.

Trivia ...

1. Pound for pound, which fruit contains the highest concentration of sugars?
2. Worldwide, which is the top-selling fruit?
3. Which is the only fruit with green flesh?
4. What vegetable is never sold cooked, canned or frozen, but only fresh?
5. What vegetable is eaten at once-third of all meals in the US?

(answers on back page)

LAUGH TIME



You call it nagging, I call it "listen to what I said the first time."

Why shouldn't you write with a broken pencil?
Because it's pointless.

Yes officer I saw the speed limit, I just didn't see your car.

Senior Observations

My luck is like a bald guy who just won a comb.

If you answer the phone with "Hello, you're on the air!"... most telemarketers will quickly hang up.

When one door closes and another door opens, you are probably in prison.

To me, drink responsibly means don't spill it.

When I say "the other day," I could be referring to any time between yesterday and fifteen years ago.

Cop: "Please step out of the car."

Me: "I'm too drunk, You get in."

I've had my patience tested. I'm negative.

If you're sitting in public, and a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"

Sixty might be the new forty, but 9:00 PM is the new midnight.

I finally got eight hours of sleep. It took me three days, but whatever.

I run like the winded.

I don't remember much from last night. But the

fact that I need sunglasses to open the fridge
this morning tells me it was awesome.

When you do squats, are your knees supposed
to sound like a goat chewing on an aluminum
can stuffed with celery?

I don't mean to interrupt people. I just
randomly remember things and get really
excited.

It's the start of a brand new day, and I'm off
like a herd of turtles.

Don't bother walking a mile in my shoes, that
would be boring. Spend thirty seconds in my
head, that'll freak you right out.

The older I get, the earlier it gets late.

A husband and wife were driving through
Louisiana. As they approached Natchitoches,
they started arguing about the pronunciation
of the town. They argued back and forth, then
they stopped for lunch. At the counter, the
husband asked the blonde waitress, "Before we
order, could you please settle an argument for
us? Would you please pronounce where we are
very slowly?" She leaned over the counter and
said, "Burr-gerrr Kiiing."

Silly Questions...

What ten letter word starts with g-a-s?
Automobile.
Can you spell a pretty girl with two letters? QT
Q: "What letter of the alphabet has got lots of
water?" A: "The C"
Q: "What letter of the alphabet is always
waiting in order?" A: "The Q. (queue)
Q: What begins with T, ends with T and has T
in it? A: A teapot.

Never trust an ATOM
They make up everything!

I finally realized that people are prisoners of
their phones...
That's why it's called a "cell" phone!

Does anyone else have a plastic bag full of
plastic bags in their house, or is it just me?

Two elderly gentleman from a retirement
center were sitting on a bench under a tree
when one turns to the other and says: "Slim,
I'm 83 years old now and I'm full of aches and
pains. I know you're about my age. How do
you feel?
Slim says, I feel just like a newborn baby.'
'Really!? Like a newborn baby!?'
"Yep. No teeth, no hair, and I think I just wet
my pants.'

THE NEW WORLD...

CALLER: Is this Gordon's Pizza?

GOOGLE: No sir, it's Google Pizza.

CALLER: I must have dialed a
wrong number. Sorry.

GOOGLE: No sir, Google bought Gordon's
Pizza last month.

CALLER: OK. I would like to order a pizza.

GOOGLE: Do you want your usual, sir?

CALLER: My usual? You know me?

GOOGLE:According to our caller ID data sheet, the last 12 times you called you ordered an extra-large pizza with three cheeses, sausage, pepperoni, mushrooms and meatballs on a thick crust.

CALLER: OK! That's what I want

GOOGLE:May I suggest that this time you order a pizza with ricotta, arugula, sun-dried tomatoes and olives on a whole wheat gluten free thin crust?

CALLER: What? I detest vegetables.

GOOGLE: Your cholesterol is not good, sir.

CALLER: How the hell do you know?

GOOGLE:Well, we cross-referenced your home phone number with your medical records.We have the result of your blood tests for the last 7 years.

CALLER:Okay, but I do not want your rotten vegetable pizza! I already take medication for my cholesterol.

GOOGLE:Excuse me sir, but you have not taken your medication regularly. According to our database, you only purchased a box of 30 cholesterol tablets once, at Drug RX Network, 4 months ago.

CALLER: I bought more from another drugstore.

GOOGLE: That doesn't show on your credit card statement.

CALLER: I paid in cash.

GOOGLE: But you did not withdraw enough cash according to your bank statement.

CALLER: I have other sources of cash.

GOOGLE:That doesn't show on your last tax return unless you bought them using an undeclared income source, which is against the law.

CALLER: WHAT THE HELL?

GOOGLE: I'm sorry, sir, we use such information only with the sole intention of helping you.

CALLER:Enough already! I'm sick to death of Google, Facebook, Twitter, Whats App and all the others. I'm going to an island without internet, cable TV, where there is no cell phone service and no one to watch me or spy on me.

GOOGLE: I understand sir, but you need to renew your passport first. It expired 6 weeks ago...

Trivia Answers...

- 1.Cherry
- 2.Mango
- 3.Kiwi
- 4.Lettuce
- 5.Potato

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

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

another-serving@yahoo.com

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

Thank you,
Dean Hutter-Editor, and
Karl Bauer- Asst. Editor