



# 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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our

**Board of Director for 2020** – Karl Bauer- President, James Burke – Vice President, Curt Gauma – 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

## February 2020 Important Dates

Wednesday February 5th  
12:30 pm Board of Directors Meeting

Wednesday February 26th  
Ash Wednesday

Friday February 14<sup>th</sup> Valentine’s Day  
Friday February 21<sup>st</sup> Last day to submit for March newsletter

Monday February 17<sup>th</sup> Presidents Day

**TAKE YOUR COPY OF “Another Serving” HOME with you.** We print 110 copies so each volunteer gets his / her own copy to keep.

### TCCO Stuff...

Twin Cities Community Outreach (TCCO)  
2020 Upcoming Events  
March 1 – 31 Yearly Penny Drive – save your pennies and bring them in MoW.  
October – Second annual MEAT RAFFLE

### **Thank You..**

Abiding Savior Church on Ruie Road in North Tonawanda is having a ham dinner on

February 23 to benefit Twin Cities Meals on Wheels. The hours are 4:00 to 7:00. So if you are in the mood for a ham dinner check it out. It will benefit us!

### **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 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.



### **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.

The following is worth repeating.

#### **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) call Pam immediately, 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, 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, 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.



### **Your Health...**

Don't make the news because you didn't get a flu shot. Seasonal flu is a contagious respiratory illness that occurs every year, most often during the winter and early spring. It most severely affects individuals 65 years of age and older, therefore every year a new vaccine is made available to help prevent seasonal flu. We don't want you to get the flu or to give it to our clients or other volunteers at MoW.

### **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.

**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 TC MoW.

### HAPPY BIRTHDAY–

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



Linda Kulikowski

02/03

Charity Kiazka

02/12

Sam Aronica

02/14

Linda Finiki

02/23

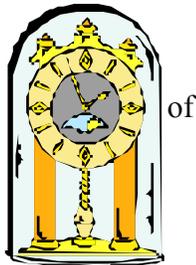
Gary Rockenbrock

02/28

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

### Volunteering Anniversaries

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



Virginia Park

11

John Major

10

Sarah Fruck

6

Linda Hayes

4

Ann Webster

2

Thank you for your years of service.

(Please report volunteering anniversaries errors to Pam)

### NEW SCAM...

*(True or False??)*

**A LOT OF SHOPS NOW ASK IF YOU NEED A RECEIPT - otherwise you don't get one!!**

**LEAVES IT WIDE OPEN DOESN'T IT ! (I've noticed this lately) KEEP THE RECEIPT . . .**

**This is worth reading if shopping at stores with a credit card...They do not automatically hand you a receipt anymore if the sale is under \$30. YOU MUST ASK FOR IT!!!**

**CHECK YOUR RECEIPTS BEFORE LEAVING THE CHECK-OUT!!!**

**An associate bought a heap of stuff the other day while on holiday (over \$450), & when he glanced at his receipt as the cashier was handing him the bags, he saw cash out of \$20.**

**He told her he didn't request any cash and to delete it. She said he'd have to take the \$20 because she couldn't delete it.**

**He told her to call a supervisor. Supervisor came and said he'd have to take it. He said NO Bloody way!**

**Because taking the \$20 would be a cash advance against his Credit Card and he wasn't paying interest on a cash advance!!! If they couldn't delete it then they would have to delete the whole order.**

**So the supervisor had the cashier delete the whole order and re-scan everything!**

**The second time he looked at the electronic pad before he pinned in his number and again... cash-back of \$20 popped up!!!**

**At that point he told the cashier and she deleted it. The total then came out right. The cashier said that the Electronic Pad must be defective. Obviously, the cashier knew the electronic pad was defective because she NEVER offered him any cash after either of the transactions.**

**Can you imagine how many people went through**

before him and by the end of her shift how much money she pocketed?

His wife went into a Kohl's Warehouse last week. She had her items rung up by the cashier. The cashier hurried her along and didn't give her a receipt.

She asked the cashier for the receipt and the cashier seemed annoyed but gave it to her.

She didn't look at her receipt until later that night when back at their Hotel. The receipt showed that she had asked for \$20 cash.

**SHE DID NOT ASK FOR ANY CASH, NOR WAS SHE GIVEN IT!**

So she called Kohl's who investigated but could not see that the cashier pocketed the money.

They then spoke with a friend who works for one of the banks; they told them that this was a NEW SCAM that was bound to escalate.

The cashier will key in that you asked for cash and then hand it to one of her friends when they next come through the check-out queue.

This is NOT limited to Kohl's; they are just one of the largest retailers to have the most incidents.

I wonder how many "seniors" have been, or will be, "stung" by this one?????

To make matters worse... THIS SCAM CAN BE DONE ANYWHERE, AT ANY RETAIL OR WHOLESALE LOCATION!!!

IT COULD HAPPEN ANYWHERE. CHECK YOUR RECEIPT BEFORE LEAVING THE CHECK-OUT . . .

. . . CHECK YOUR RECEIPT!!!!

I've since seen people do just that . . . SO NOW I'LL START!

PASS THIS ON TO YOUR FRIENDS, KIDS, LOVED ONES - let's not get ripped OFF!!!

**1919...**

Very interesting for all ages. This will boggle your mind! The year is 1919 "One hundred years ago." What a difference a century makes!

Here are some statistics for the Year 1919:

The average life expectancy for men was 47 years.

Fuel for cars was sold in drug stores only. Only 14 percent of the homes had a bathtub.

Only 8 percent of the homes had a telephone.

The maximum speed limit in most cities was 10 mph.

The tallest structure in the world was the Eiffel Tower .

The average US wage in 1919 was 22 cents per hour.

The average US worker made between \$200 and \$400 per year.

A competent accountant could expect to earn \$2,000 per year.

A dentist earned \$2,500 per year.

A veterinarian between \$1,500 and 4,000 per year.

And, a mechanical engineer about \$5,000 per year.

More than 95 percent of all births took place at home.

Ninety percent of all Doctors had NO COLLEGE EDUCATION!

Instead, they attended so-called medical schools, many of which were condemned in the press AND the

government as "substandard."

Sugar cost four cents a pound.

Eggs were fourteen cents a dozen.

Coffee was fifteen cents a pound.

Most women only washed their hair once a month,  
And, used Borax or egg yolks for shampoo.

Canada passed a law that prohibited poor people  
from entering into their country for any reason.

The Five leading causes of death were:

1. Pneumonia and influenza
2. Tuberculosis
3. Diarrhea
- 4 Heart disease
5. Stroke

The American flag had 45 stars ...

The population of Las Vegas, Nevada was only 30.

Crossword puzzles, canned beer, and iced tea  
hadn't been invented yet.

There was neither a Mother's Day nor a Father's  
Day.

Two out of every 10 adults couldn't read or  
write ---Only 6 percent of all Americans had  
graduated from high school.

Marijuana, heroin, and morphine were all  
available over the counter at local corner  
drugstores.

Back then pharmacists said, "Heroin clears the  
complexion, gives buoyancy to the mind, regulates  
the stomach, bowels, and is, in fact, a perfect  
guardian of health!"

Eighteen percent of households had at least one  
full-time servant or domestic help...

There were about 230 reported murders in the  
ENTIRE U.S.A.

It is impossible to imagine what it may be like in  
another 100 years 2119!



## LAUGH TIME

Q: What is the most common remark made by 70-plus  
year olds when they enter  
antique stores?

A: "Gosh, I remember these

What's the difference between roast beef and pea  
soup?

Anyone can roast beef.

What do you get when you cross a centipede with a  
parrot?

A walkie talkie.

Why are robots never afraid?

They have nerves of steel.

Why did the cabbage win the race?

Because it was a-head.

### *Smile...*

My young grandson called the other day to wish me  
Happy Birthday. He asked me how old I was, and I  
told him, 80. My grandson was quiet for a moment,

and then he asked, "Did you start at 1?"

### **Knock knock!**

Who's there?

Donut.

Donut who?

Donut ask me, I just got here.

### **What do you get if you cross a pie and a snake?**

A pie-thon.

### **What do you do if you get peanut butter on your doorknob?**

Use a door jam.

**Why was 6 so mad at 7?**

Because 7 8 9.

**Why didn't the robot finish his breakfast?**

Because the orange juice told him to concentrate.

## **What starts with "F"**

A first-grade teacher, Ms Brooks, was having trouble with one of her more precocious students. The teacher asked, 'Harry, what exactly is your problem?'

Harry answered, 'I'm too smart for the 1st grade. My sister is in the 3rd grade and I'm smarter than she is! I think I should be in the 3rd grade too!'

Ms. Brooks finally had enough. She took Harry to the principal's office.

While Harry waited in the outer office, the teacher explained the situation to the principal. The principal told Ms. Brooks he would give the boy a test. If he failed to answer any of his questions he was to go back to the 1st grade and behave. She agreed. Harry was brought in and the conditions were explained to him and he happily agreed to take the test.

Principal: 'What is 3 x 3?'

Harry: '9.'

Principal: 'What is 6 x 6?'

Harry: '36.'

And so it went with every question the principal thought a bright 3rd grader should know.

The principal looks at Ms. Brooks and tells her, 'You know, I reckon Harry can go to the 3rd grade.'

But Ms. Brooks is still skeptical of the little bugger and says to the principal, 'Not so fast, let me ask him a few questions.'

The principal and Harry both agree.

Ms. Brooks asks, 'What does a cow have four of that I have only two of?'

Harry, after a moment: 'Legs.'

Ms. Brooks: 'What is in your pants that you have but I do not have?'

The principal wondered why she would ask such a question.

Harry replied: 'Pockets..' to the Principal's great relief.....

Ms. Brooks: 'What does a dog do that a man steps into?'

Harry: 'Pants.'

By now, the principal is sitting forward with his mouth hanging open.

Ms. Brooks: 'What does a man do standing up, a woman does sitting down and a dog does on three legs?'

Harry: 'Shake hands.'

The principal is now trembling with apprehension as Ms. Brooks asks the last question.....

Ms. Brooks: 'What word starts with an 'F' and ends in 'K' and indicates a great deal of heat and excitement?'

Harry: 'Firetruck.'

The principal breaths a huge sigh of relief and tells the teacher, " Put the little shit in 5th-Grade, I got the last seven questions wrong myself."

***How To Know You're Growing Older***  
Everything hurts and what doesn't hurt doesn't work.

The gleam in your eyes is from the sun hitting your bifocals.

Your little Black Book contains only names ending in M.D.  
You get winded playing cards.  
Your children begin to look middle-aged.  
A dripping faucet causes an uncomfortable urge.  
You know all the answers, but nobody asks you any questions.  
You look forward to a dull evening.  
You need glasses to find your glasses.  
You turn off the lights for economic, not romantic, reasons.  
You sit in a rocking chair and can't get it going.  
Your knees buckle but your belt won't.  
Your back goes out more than you do.  
You sink your teeth in a juicy steak and they stay there.  
You're wondering why people aren't using this size print.

***An elderly gentleman...***

Had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted with a set of hearing aids that allowed the gentleman to hear 100%.  
The elderly gentleman went back to the doctor in a month and the doctor, said "Your hearing is perfect. Your family must be really pleased that you can hear again."  
The gentleman replied, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"

\*\*\*\*\*

Why can't you play hockey with pigs?  
They always hog the puck.

Why do porcupines always win the game?  
They have the most points.

Where do elephants pack their clothes?  
In their trunks!

What does bread do on vacation?  
Loaf around.

Why was the broom running late?  
It over-swept.

**Remember when you want to contact Pam at  
home use her  
cell phone 418-5424!**

**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