



## SERVING THE COMMUNITY FOR OVER 30 YEARS

**MISSION**

*Heart, Love & Soul is dedicated to feeding those in need – body, mind and soul.*

**WHAT WE DO**

- Food Pantry
- Dining Room
- Holiday Food Distribution
- Community Meetings
- Social Work Services
- Cooking and Nutrition Classes
- Summer Programs for Children

**CONTACT INFORMATION**

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[www.heartloveandsoul.org](http://www.heartloveandsoul.org)



We are working on being healthy, because it definitely makes us wealthy. Since Jan. 5, Gail Vizzi, owner of Summit Fitness, has encouraged Heart & Soul guests to “Get Fit in ’15.” Mondays, Wednesdays and Fridays you will hear her say, “Stretch, you can do it! Keep on walking! You can do it!” The fitness classes are part of Heart & Soul’s healthy initiative, Being Healthy Is Being Wealthy.

In addition, gentlemen guests have been participating in cooking classes. These classes are not the usual “demonstration” classes, where participants watch food preparation. No, the gentlemen roll up their sleeves, put on aprons and hats, and chippie chop their way to creating nutritious and delicious meals. Under the able coordination of Sr. Mary Kay Tyrell, each Thursday the elite Men’s Cooking Club, MC2 for short, assembles. Jennifer Regan from Cornell Cooperative lends her culinary skills to assist participants in learning to cook food items that are available in the pantry. The smells wafting from the small kitchen lure staff and volunteers with their mouthwatering aromas. At the end of each class, take-out containers carry home the rewards of the day’s recipe. Eat healthy and keep up the good work, gentlemen!



*Men’s Cooking Club*

Dr. Douglas Monteleone volunteers his chiropractic skills for our guests and staff. With 23 years of experience in chiropractic care, Dr. Monteleone brings a wealth of knowledge to his patients. His treatments have provided relief and hope for guests. We couldn’t be more grateful that he shares his skill and his presence!

Along with exercise, cooking classes and chiropractic care, we continue to increase the availability of fresh fruits and vegetables in the dining room and the pantry. We’re doing our best to “Get Fit in ’15.” For example, we instituted the use of hand sanitizer at the beginning of the tray line. Guests can now take advantage of using the sanitizer prior to enjoying breakfast and lunch. And, the Niagara County Department of Health administered flu, TDAP, and shingles vaccines. Guests and staff alike took advantage of the shots. It helps to be protected over the long winter months.

The Annual Foot Care Clinic took place in early March. Podiatrist Dr. Jude Violante shared his podiatry skills with our guests. Dr. Henry Merletti, who had participated for many years, was in Florida; we wish him a warming stay. Numerous volunteers assisted with washing each guest’s feet, followed by a foot massage. Nurses triaged each one to determine the need to see Dr. Violante for a referral. At the conclusion, every participant received socks and a bath towel. We are grateful to all the volunteers who gave of their time.

I wish you blessings as Easter and spring dawn with new life for all!  
Sister Beth

## MISSION MOMENT

*Heart Love & Soul touches its guests in more ways than just providing nourishment. We often hear from our guests that we've helped them make changes in their lives. They share their stories with us and we want to share them with you — these are our Mission Moments.*

There is a gentleman who comes to Heart & Soul regularly. We've known him for years. He's quiet and unassuming. His teeth were brown and obviously in need of care. We asked him one time if he wanted to get them fixed. He said he didn't have the money. As it turns out, all he needed was a little assistance in navigating the system. A couple of months ago, he walked up to Sr. Beth and waited to be acknowledged as he smiled broadly, grinning from ear to ear so his new teeth would be noticed; he was so pleased. It was a touching experience. Even more touching is the fact that he repaid Heart & Soul every penny that went toward his co-pay. That total was \$200. Each month he faithfully brought in \$25 to repay Heart & Soul. This gentleman had very limited economic means, but he had enormous dignity.

Yet, there is more to the story. We recently saw this same gentleman waiting to get his groceries from the pantry. As usual, we asked how he was, and he said that he retired. We congratulated him and asked what he was doing. He looked up and proudly said, "I'm going to Trott so I can learn how to read." So, after 37 years in a low-paying job and getting up for the 3 a.m. shift, he is now learning how to read. As you can see, statistics don't tell the whole story.

So, my friends, your ongoing generosity to the guests of Heart & Soul made it possible for this gentleman to receive much-needed dental care and to maintain his dignity. He depends on you, as do hundreds of other guests who come to Heart & Soul with various problems from across the whole spectrum of human needs. You are a partner in this ministry — thank you. May God continue to bless your grace-filled lives of faith!

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## "DEPOSITS FOR FOOD" TURNS CANS INTO CASH FOR LOCAL FOOD AGENCIES

Just in time for the holidays, Lewiston resident Angelo Sarkees and his "Deposits for Food" initiative presented donations totaling \$3,000 to Heart, Love & Soul Food Pantry and Community Missions on Nov. 19. The donations were the second checks the agencies have received from the program in 2014.

"Deposits for Food" began in August 2013, when Sarkees began collecting bottles, cans, and scrap metal. Since that time, more than 50,000 bottles and cans, along with 10-15 tons of scrap metal, have been collected. The resulting deposits, along with support from Modern Corp. and Severson Environmental Services, have resulted in over \$6,000 in donations to Heart, Love & Soul and Community Missions. Collections are expected to continue throughout the winter.

"Each time that we hear from Angelo Sarkees, we are blown away by the work that he has done," said Christian Hoffman, communications and development manager at Community Missions. "We are very fortunate to have community members offer such wonderful support of our services. We are so appreciative of his efforts and this donation, which comes at a vital time of year as we provide food to those in need."

Sarkees would like to thank sponsors Modern Corp. and Severson Environmental Services, along with Favorite's Pizza, The Spicey Pickle, The Brickyard, Tin Pan Alley, and the many private donors, relatives, and friends who have contacted him for collections. In addition, he would also like to extend a special thanks to the Porter Cup Committee for allowing the collection of depositable items during this year's tournament. Finally, sincere thanks goes to Porter Empties Redemption Center in Ransomville, where more than 40,000 bottles and cans have been redeemed this year alone, for their 10% deposit premium.

"There are so many people and businesses that help to make this program a success, and I am appreciative of each of them," said Sarkees, organizer and administrator of the initiative. "I must also thank all those who work at the two pantries; heroes all and the true inspiration for 'Deposits for Food.'"



*(L-r) Angelo Sarkees, Deposits for Food; Joe Sbarbati, associate director, Community Missions; Sister Beth Brosmer, executive director, Heart, Love and Soul; Fran Giles, vice president of community relations, Modern Corp.; Julie Whittemore, Americorps VISTA member serving at Community Missions.*

## CONGRATULATIONS, HEART, LOVE & SOUL!

On Friday, Feb. 6, 2015, Passage House Shelter celebrated its 25th anniversary with a lovely dinner and awards ceremony at the Como Restaurant in Niagara Falls. Passage House is an emergency shelter for victims of domestic violence operated by Family and Children's Services of Niagara.

During the awards ceremony, Sr. Beth Brosmer accepted from Karrie Gephardt, director of Passage House, the "Passage House Community Partner Award to Heart, Love & Soul." The attractive plaque further states: "For steadfast collaboration and positive impact for survivors of domestic violence," thus attesting to various situations when Heart & Soul coordinates with the efforts of Passage House on behalf of domestic abuse victims.

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## BUSTLING HOLIDAYS AT HEART & SOUL

It all started at Heart & Soul about a week before Thanksgiving day. Personnel from the Chiampou Group, National Grid, and other volunteers prepared boxes containing the makings of Thanksgiving meals at home and distributed them to 328 families (664 individuals). Families of one to four received a chicken; those of five or more received a whole turkey or a turkey breast. Then our efforts turned toward the Christmas holidays.

Once again, many volunteers helped to pack 302 boxes of food with everything necessary to prepare a feast at home. This amounted to 817 meals. In collaboration with the Buffalo Niagara Partnership, toys were distributed to the parents of 338 children who had been registered at Heart & Soul. The parents enjoyed their shopping trip to the Boys and Girls Club "Toy Store." Michael Daloia and Sr. Diane Bernbeck from Heart & Soul spent the day helping at the "Toy Store."

"Angel Tree" projects at St. Peter's Church (Lewiston), St. Mary of the Cataract (Niagara Falls), Mt. St. Mary's Hospital, and Uniland resulted in lovely new clothes that were arranged for distribution at the Niagara Falls Convention Center. The parents of 371 children from 147 families received the gifts they had requested on the "Angel Trees." These requests were coordinated by Heart & Soul and the Neighborhood Health Center. Parents had the option of getting the gifts wrapped on site or taking home wrapping paper. In addition, each child received a gift basket containing socks, underwear, a hat, gloves, and scarf. Each family received a new bath towel, personal care items, toilet paper, and a religious Christmas ornament. To bolster their sense of personal pride, each family was asked to donate whatever money they felt they could afford. In turn, this money was given to a charity in Niagara Falls.

Through all this hustle and bustle, the Christmas spirit of love and caring shone brightly at Heart & Soul and all the related venues.

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## AMAZON WISH LIST

For an up-to-date list of items we are in need of, please visit [www.amazon.com/wishlist](http://www.amazon.com/wishlist) and search for Heart, Love & Soul. You can add the items we need to your shopping cart and have them shipped directly to Heart, Love & Soul. Please remember to include your name and address so we can be sure to recognize you for your donation.

## AMAZON SMILE

If you shop on Amazon.com, you can support Heart, Love & Soul even when shopping for your own needs. When shopping on Amazon, go to [www.smile.amazon.com](http://www.smile.amazon.com), sign in and select Heart, Love & Soul as your charity to support. Amazon will donate a percentage of your sale to our organization. Every little bit helps!

## "BAPTISM OF FIRE"

*Robert A. Haugh*

when the threadbare sail  
that was my heart  
lands my soul

I will make its pyre at  
Kilauea  
and with less hesitation  
than what  
waters engulf her last  
laconic anchor  
set afoot

for water, yes  
but sustenance first  
now knowing how we  
used to fish  
and sacrifice (even light  
will give a little  
for the prism and the eye)

cupping then with mystery  
rock tumbling before  
mystery

surmount to a cleft spring,  
weathered chest high  
branch

O hearth of paradise  
and stone –  
while her charring,  
changing, chards  
chagrin the sea – I will be,  
I will be



*Robert A. Haugh*





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## POVERTY IS “FOR REAL” IN NIAGARA FALLS

Two teams: University of Buffalo Regional Institute and Mobile Safety-Net Team, an initiative of the John R. Oishei Foundation, did extensive research during 2012 and early 2013 in the City of Niagara Falls to assess and strengthen services for the poor. The groups surveyed residents, conducted resident focus groups, interviewed representative human service organizations (among them, Heart & Soul), and collected data from diverse sources. Some of their findings include the following:

- 22% or 10,899 individuals live in poverty (less than \$19,090 annually for a family of three)
- 44% (almost one in two) is either living in poverty or struggling financially and at risk.
- 30.5 % of children (one in three) live in poverty.
- 15% of girls between the ages of 15 and 19 are getting pregnant every year (about 80 pregnancies or teen parents in the Niagara Falls City School District in a given year).
- Two-thirds of the 7,300 students in the Niagara Falls School District qualify for free or reduced lunches.

These are just a very few of the statistics in the Community Report for the City of Niagara Falls. The facts have not substantially changed since then. They show, in a very concrete way, why Heart, Love & Soul, with its many services, is a vital entity in the lives of many residents in the City of Niagara Falls.

## WISH LIST

- Tissues
- Cooking oil (small bottles)
- Dish soap (small bottles)
- Toilet tissue
- Laundry detergent (small bottles)
- Deodorant
- Body wash
- Bar soap
- Toothbrushes
- Toothpaste
- Shampoo
- Razors
- Shaving cream
- Reusable grocery bags
- Plastic grocery bags like Tops, Wegman's, etc.

## ANNUAL RECOGNITION DINNER

Thursday, April 30 • 5:30 p.m. • \$50 per ticket

Live Auction • 50/50 Split-Club Tickets • Lottery Ticket Tree

**HONOREES:** Almar Family Foundation • Roger Hungerford • Joy Family and Joy Family Foundation  
• The Wednesday Lunch Bunch (Joan Broderick, Sonia Feteke, Henrietta Ingham, Deborah Eckert, Fran Fournier, Rose Salvatore, Jane Hughes) • Barbara Malinowski

*Dinner prepared by students of Niagara University's College of Hospitality and Tourism Management under the direction of Scott Beahen, director, food service operations*

RSVP by Friday, April 17

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