



939 Ontario Avenue  
Niagara Falls, NY 14305

NON-PROFIT ORG.  
U.S. POSTAGE PAID  
NIAGARA FALLS,  
NEW YORK  
PERMIT NO. 112

VOLUME 10, ISSUE 1

SPRING 2013

Office: 716-282-5687

Pantry: 716-282-5681

Fax: 716-285-3966



HEART, LOVE AND SOUL, INC.

# Heart and Soul News

## We Did It!



Susan and Cliff are frequent visitors to Heart & Soul; posing here, they proudly display their University of Phoenix associate degrees they received in January 2012. Congratulations, Sue & Cliff!

## Wish List

- Large pastry bag with tips
- White or black tube socks for adults
- Peanut butter
- One-pound bags of white rice
- Any kind of dry beans
- Laundry detergent (small bottles)
- Toilet paper
- Diapers for children, sizes 3 & 4
- Deodorant
- Bar soap or body wash
- Toothpaste
- Razors & shaving cream
- Electric forklift OR Electric pallet-jack with vertical capability

## Needs Are Great

Heart & Soul serves an average of 45 guests for breakfast and 160 guests for lunch daily. The food pantry assists over 700 persons monthly with supplemental groceries. In 2012, the dining room served 49,599 meals. During the same year, the pantry provided groceries for 100,451 meals to 7,727 people.

Located at the intersection of Census Tracts 202 and 205, the following are the rates of poverty from the 2010 Census. As you can see, Heart & Soul assists the neediest population in Niagara Falls.

|      |       |       |           |           |
|------|-------|-------|-----------|-----------|
| USA  | NYS   | NF    | TRACT 202 | TRACT 205 |
| 9.9% | 14.9% | 17.3% | 52.1%     | 34.4%     |

In order to continue serving those who are hungry, Heart & Soul needs your financial support for the dining room and food pantry. God reward you! ☂

Come & Enjoy Our  
**Annual Recognition Dinner**  
Thursday, April 25, 2013  
at  
Heart, Love & Soul

Tickets are \$50 a person, seating is limited.

Honorees include:  
Chiampou, Travis, Beesaw & Kershner, Daughters  
of Charity, Mamie Simonson, Claudia Marasco  
Peter Castiglione, Sr. Rosa Mystica Niedda,  
Richard Witkowski, and Bertha Merchant

Niagara County Sheriff James Voutour  
will serve as auctioneer for the live auction.  
Credit cards will be accepted.

For information, contact:  
heartloveandsoul@gmail.com.

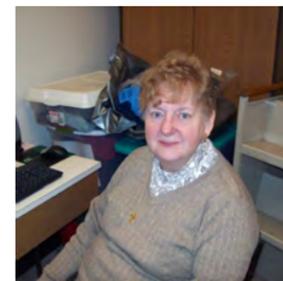
### Inside this Issue:

|                              |   |                       |   |
|------------------------------|---|-----------------------|---|
| Congratulations, Maudestine! | 2 | How Can We Thank You? | 3 |
| Welcome, Sr. Diane Bernbeck  | 2 | Simple and Profound   | 3 |
| We're on the Web             | 2 | We Did It!            | 4 |
| Garden Volunteers Needed     | 2 | Wish List             | 4 |
| Desperate for Storage        | 3 |                       |   |

# Congratulations Maudestine!

By Sister Beth Brosmer

Grinning from ear to ear, Maudestine bounced into the office and announced, "This is the first place I had to come!" A little confused, I inquired as to what she meant. Proudly, she pulled out her newly minted diploma that showed she had completed the studies to become a nursing assistant. With tears in her eyes, Maudestine told me that Heart & Soul gave her the support and encouragement she needed and that's why she came here first to say thank you. In taking her picture, I placed her CNA pin on her collar and asked her to look in the mirror. As she did this, Maudestine gave herself two thumbs up and said, "Girl, you're 50 and you did it!" She spoke proudly for herself and claimed a new place in her life. As for me, I beamed in admiration and in gratitude for Heart & Soul's small part in Maudestine's enormous achievement. ☂



# Welcome, Sr. Diane Bernbeck

Sr. Diane Bernbeck, Stella Niagara Franciscan sister, is the new program coordinator for Heart & Soul. In her role, Sr. Diane will organize and shape activities and events for Christmas and Thanksgiving, Art & Soul Week, EasyFit & More, Men's Health & Fitness, Summer Fun Weeks, Black History Month, Mother's/Father's Day Celebrations, Veteran's Day, St. Vincent de Paul Camps for children, bingo, haircuts, memorial services and more.

It is a pleasure to welcome Sr. Diane to the Heart & Soul family! ☂

# We're on the Web

With the technical assistance of Niagara University, Heart & Soul's new website was launched in January. You will find the history of Heart & Soul and services we provide, pictures of staff members, current events, and you can now make a gift by clicking the "donate" button. Be sure to check us out at [heartloveandsoul.org](http://heartloveandsoul.org) and take advantage of donating online to help "feed those in need." ☂



# Garden Volunteers Needed

It's almost spring and planting time. Heart & Soul is in need of volunteers to coordinate the vegetable garden. Are there any "green thumbs" who want to help? If you are interested, contact Sr. Diane Bernbeck at 716-282-5687 or [bernbeck@gmail.com](mailto:bernbeck@gmail.com). ☂

# Desperate for Storage

Heart & Soul's mission is to "feed those in need and to provide opportunities to improve their quality of life." To accommodate the growing needs of our guests, Heart & Soul must address the need for additional storage. The large two-story garage adjacent to Heart & Soul is currently underutilized due to structural deficiencies. The improvements to the garage will address long-term usability of the building and will increase its functionality in the winter months, increasing the ability to store food items as well as weekly recycling, donated household items, lawn equipment, extra dining room chairs, dinner ware and much more.



The Facilities & Technology Committee of the Board of Directors is working closely with our Heart & Soul staff and Don Bowman, Monday breakfast volunteer and experienced plant manager. Graciously, Don is willing to share his expertise and to oversee the garage improvements.

Of course, these improvements will cost money and we are fortunate to announce that Heart & Soul has received a match pledge from a long-standing donor. This means that if Heart & Soul can raise \$25,000 on its own, this money will be matched with another \$25,000, thus doubling it to \$50,000 for the needed garage improvements. Use the enclosed envelope to help Heart & Soul secure this matching pledge! Be sure to mark it "2013 matching gift." ☂

# How Can We Thank You?

In December, Dennis Gulley Jr., a single father out of work and recovering from recent surgery, came to Heart & Soul with his two small sons, Tristin (3) and Gavin (2). Initially ashamed to ask for help, he found himself and his sons warmly welcomed and deliciously fed. "Everyone was smiling," he recalled, "they helped me with hearts, love and souls." Dennis was able to get help to afford laundry facilities to wash family clothes and he learned about the sign-up program for food, toys and more. What had seemed like the prospect of a gloomy Christmas turned out to be a blessed event for Dennis, Tristin and Gavin. This story and many others happened because of volunteers and donors who gave generously to provide food baskets for 400 families and toys for 420 children, as well as clothing gifts for 245 children. God's providence shone brightly during the Christmas Season. Thank you! ☂



# Simple and Profound

Persons with chronic mental illness sometimes push the boundaries of socially acceptable behavior; a gentleman who strolled into my office did just that. I was deeply engrossed in writing a food grant and time was of the essence. He assumed I had unlimited time to listen and talk to him. As he talked at length about many things, he indicated at one point he wanted to become a "Reverend" and proceeded to tell me multitudinous reasons why. Finally, I quietly interrupted him and asked, "What word does God have for me?" Stopping and looking directly in my eyes, he responded, "God loves you with unconditional love." I responded, "Thank you. That is the word I needed to hear today." At Heart, Love & Soul, one never knows when the word of God will be spoken and by whom. It was a blessing to receive this word from this man who struggles to maintain his dignity amidst terrible hardships. ☂