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Niagara Falls, NY 14305

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Just Cutting Up

Hair stylist Erin is busy “cutting-up” on Mondays. Since October, Erin washed and cut hair for 151 guests who now look really spiffy. Everyone feels better when they get their hair cut! ☂

It's Almost Here

Annual Recognition Dinner

Wednesday April 2, 2014 • 5:30 p.m.

Heart, Love & Soul • 939 Ontario Ave., Niagara Falls, NY

Tickets are \$50 a person;

All proceeds benefit Heart, Love & Soul Food Pantry & Dining Room

Honorees: include:

Rev. Joseph L. Levesque, Bud and Rae Beiter of Mortimer's, Don Bowman, Ernie Ninham, Jackie Collins, Sr. Marygrace Polino and Sr. Mary Kay Stahl.

Don't miss the Live Auction with Auctioneer, James R. Voutour, Niagara County Sheriff, 50/50 split-club and chances to win a “Tree of Lottery Tickets”

Delicious 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 Fri., March 21, 2014 – seating is limited

Contact: 716-282-5689 or elizabethb1946@gmail.com



HEART, LOVE AND SOUL, INC.

Heart and Soul News

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Generous Friends

Heart, Love & Soul received a large amount of non-perishable food and personal care items as well as cash through the generosity of many groups and individuals during the past few months. Among the groups who donated money were Volare Lodge #269, NYS Conference of Judges and Justices and Lewiston/Niagara-on-the-Lake Rotary Club. Those who gave food and cash included St. John the Baptist Church Social Justice Committee and Niagara University Alumni Relations. Kalfas School Children donated personal care items and Assemblyman John Ceretto's office collected food and toiletries. John, Trisha, Marlene and Lyn Edwards brought several hundred handmade hats, mittens and scarves to warm the hearts and bodies of our guests. To these and to the many, many donors during the holidays and beyond, we offer our sincerest appreciation in the name of all those who benefited and continue to benefit from your generosity! ☂



Generous children from Kalfas School collected toiletry items for Heart & Soul guests.



Generous friends from Volare Lodge presented a check for \$2,500 to Heart & Soul.



Generous accounting friends from Chiampou, Travis, Besaw & Kershner assisted with Thanksgiving food preparation and distribution.

Flu Shot Clinic

Under the able leadership of Parish Nurse Barbara Malinowski, the Niagara County Health Department distributed flu shots to guests and staff on Dec. 17, 2013. We're now protected through the dreaded flu season! ☂

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Holiday Happenings

November and December 2013 were very busy months at Heart and Soul. Many people donated food and money for our Thanksgiving “baskets.” On November 22, volunteers from Chiampou, Travis, Besaw & Kershner packed and helped distribute these Thanksgiving meals to 400 households.

December 14 saw approximately 120 volunteers assemble 375 boxes of food for guests to prepare a Christmas meal at home. These boxes were distributed December 16.

Five days later, Mike Daloia and Sister Diane Bernbeck from Heart & Soul helped in the distribution of toys to over 300 children in conjunction with the United Way of Greater Niagara and the Buffalo-Niagara Partnership.

Using space at the Niagara Falls Conference Center, gifts of clothing were distributed to 414 children on December 21. This annual project is made possible through the generosity of staff at Mt. St. Mary’s Hospital, Our Lady of Peace Health Center, Neighborhood Health Clinic, parishioners at St. Peter’s Parish in Lewiston and St. Mary of the Cataract in Niagara Falls, as well as other friends in the community. Our nurse Barbara Malinowski, our social worker Janet Smith, along with Sr. Nora Sweeney of the Neighborhood Health Clinic, coordinated this effort.

As you can tell, it was a busy, yet fulfilling, couple of months! ☂

The Navy Comes On Wednesday

You can always tell it’s Wednesday when the “Navy” arrives. Dressed in navy colored Heart & Soul shirts, they can dish it up with the best of them. Through rain, snow, sleet, hail, heat and sunshine, these volunteers serve with generous spirits and great enthusiasm. One December Wednesday, they even added a little something extra for the season. We couldn’t be more grateful for the “Navy’s” gracious presence to our guests. We get by with a lot of help from our friends! ☂



(L-r) The Navy Crew: Sonia, Henrietta, Fran, Rose, Deb and Joan always have fun while helping at Heart & Soul.

32nd Anniversary Celebrated

Valentine’s Day was Heart & Soul’s 32nd anniversary. The kitchen staff outdid themselves with a sumptuous lunch of chicken cordon bleu, fresh green beans and almond slivers, spiral pasta salad, fresh fruit and anniversary cake. As guests enjoyed their meal, they were entertained by vocalist Mary Witherspoon, who used her amazing singing talent to add special joy to the day. Following lunch, everyone received a gift bag containing candy, kitchen dish cloth and towel, and dish detergent. The 32nd Anniversary was celebrated in fine style and a fun time was had by all! ☂



Mari Boland and Lauren Frosolone baked a lovely cake for Heart & Soul’s 32nd anniversary.

Deposits Add Up for Local Charities Thanks to Lewiston Resident

Lewiston resident Angelo Sarkees had a simple idea. Seeing the many bottles and cans people simply toss into the garbage, especially at large outdoor events, he began the “Deposits for Food” initiative to collect those pieces and turn them into cash for local charities.

After collecting 6,000 bottles and cans over the summer, Sarkees was joined by Fran Giles of Modern Corporation at a check presentation held in the Community Soup Kitchen at Community Missions. Sarkees presented checks totaling \$350 to Community Missions and \$300 to Heart, Love and Soul Food Pantry.

The bottles and cans came from local festivals, private parties and both personal and private donors. Further assistance was provided by Modern Disposal, who donated \$250, recycling boxes and bags to encourage people to toss in their bottles and cans.

Sarkees would like to thank Modern Corporation, and the assistance provided by Fran Giles and the graphics section at Modern, the Lewiston Jazz Festival Board, Lewiston Harvest Festival Board, and the many private party and personal donors, including Tracy Paonessa’s Porter Cup party, the Police and Judge’s cookout at the Stadium Grill, and his brother Joe (Mama)’s Smelt Fest. ☂



(L-r) Joe Sbarbati, Associate Director, Community Missions; Angelo Sarkees; Fran Giles, Vice President of Community Relations, Modern Corporation; Sister Beth Brosmer, Executive Director, Heart, Love and Soul.

Would You Believe, It’s All Finished

After the planning, preparation and months of coordinated efforts and diligent work, the old garage has been totally renovated. We now have a flexible and secure space to sort, store and distribute food, as well as house the truck. For those of us working here, the garage is a beauty to behold! Please stop in to see what your support helped make possible. ☂



We were able to distribute food in the garage when the Food Express Truck arrived on Feb. 17 – having shelter made a huge difference for guests and staff alike.

Wish List

- Gently used vacuum cleaner
- Reusable grocery bags
- Feminine products
- Toilet tissue
- One-pound bags of white rice
- Any kind of dry beans
- Laundry detergent (small bottles)
- Diapers for children, sizes 3 & 4
- Deodorant for men & women
- Body wash
- Toothpaste
- Razors & shaving cream
- Plastic grocery bags like TOPS, Wegman’s, etc.