Heart, Love and Soul, Inc.
939 Ontario Avenue
Niagara Falls, NY 14305

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Notes of Gratitude

From parents:
"You have truly been a blessing to our family! You have helped us in so many different ways and I cannot even begin to say how grateful we are to you. You are such a powerful force in this community and I know that your acts of kindness have reached far beyond my family to many, many other families. Words cannot express all the lives that you've changed and all of the positive love and energy you have brought to Niagara Falls as a whole. You not only serve the community but you teach our young children morals and values. And they are the generation of people that will carry on the legacy of "Heart & Soul." Thank you for your love, thank you for your commitment and thank you for being a reflection of what God teaches us to be to one another. Thank you for sharing your heart and soul." (Mother of three)

"I could never thank you enough. From the smiles my boys have on their faces from the camps to helping me get clothes and shoes for them. The entire time you assisted me you didn't make me feel ashamed or guilty. Thank you for everything and for understanding sometimes life hands us circumstances beyond our control." (Mother of two)

From youngsters who attended summer camps:
"Thank you for the summer camp. I loved everything I did in summer camp and art camp. I learned new things like painting on glass and new games. I made new friends at camp, too. I like how you drove me to the bus and picked me up from summer camp. You are so nice. I would give you a lot of presents. Thank you for everything."

"Thank you for letting us go to the camp. My favorite thing was dodge ball. When we were at the beach we jumped over the waves. I loved it there and I hope to go next year. Thank you again."

Congratulations!

In the spring, Sammantha Hollis was named "Parent of the Year" at Harry F. Abate Elementary School in Niagara Falls. Her children, Zachary and Sally, attend Abate and attend Heart & Soul's annual Summer Fun Weeks. Sammantha's presence and involvement at Abate support her son and daughter, and the entire school community. Keep up the good work, Sammantha!

Guest Matt Fonseca drew this dream catcher. "I like to draw and do art and crafts," said Matt. "In my free time, I do many things like sketching and putting together models, just to name a few."

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HEART, LOVE AND SOUL, INC.
Heart and Soul News

A Night to Celebrate

Mayor Paul Dyster with Theresa and Terry McCabe.

On the evening of April 26, 2012, a record number of supporters converged on Heart & Soul Dining Room to celebrate the Annual Recognition Dinner fundraiser. Once again, the efficient young students from Niagara University's College of Hospitality and Tourism Management, under the direction of Scott Beahen, scurried about, first setting up the dining room, then preparing and serving the hors d'oeuvres and the delicious meal, and finally staying to clean up. Members of the planning committee provided cookies and other delicious delicacies for dessert.

Rev. Joseph Levesque, president of Niagara University, with NU graduate Michael Daloia, Heart &Soul operations manager.

"Partner in Ministry Awards" went to M&T Bank; Gary Smith of Modern Corp., Lewiston; and the 107th Airlift Wing of the New York State National Guard under the leadership of Chief Master Sergeant Virginia Ballester. Mary and James Glynn collected the "Spirit of Heart, Love & Soul Award," while volunteers Gail Laster, Carol Pettway and Mary Lou Curry received "Frances Ficorilli Volunteer Awards."

Piano player Carl Dyson, a regular guest at Heart & Soul, provided lovely incidental music for the evening. Niagara County Sheriff James R. Voutour added excitement and humor as he conducted the live auction for awesome prizes that included jewelry, ski chalet, Kindle Fire and more.

A deep debt of gratitude is due to the Dinner Committee, sponsors and dinner patrons, Scott Beahen and the NU students, all the dinner guests and everyone who contributed in any way to this special event. Financially, socially and in many other ways, it was a "Night to Celebrate."

We get by with loads of help from our friends!

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Wisdom of the Young

Sometimes, youngsters have more wisdom than their years reflect. An eight-year-old boy wrote the following: "If I were a president, I would help the poor people. I would build a house that has an art room and a pool and a bathroom. The poor people would sleep on beds and stay here. They could make arts and crafts and swim. The poor people would love it here. I would stop the wars. We need our people in America. We don't have to use guns or swords. We can solve our problems with words. That is what I would do if I were president."

Leave it to a child to challenge us to more concern and care for others!

Busy and Productive

Beginning with "Art & Soul" Weeks (July 2–20), when 26 children and 12 adults under the capable direction of art teacher Teri Fallensen enjoyed using their creative talents each morning from 9:30 a.m. 'til noon, many of our guests were given opportunities to make summer 2012 truly special.

Another program at Heart & Soul was the "Easy Fit & More" (July 6–Sept. 7) during which 11 women devoted time on Friday afternoons to aerobic exercises, educational topics and weight management. This much-appreciated opportunity is continuing through the fall.

Niagara University's Chapel Community sponsored six children for the NU Summer Youth Camp, July 9–13 and July 16–20 at Niagara University. Heart & Soul sent two guests to the "Women's Respite Program" at Stella Niagara (July 25–28). Assistance from the NU Chapel Community, the Maid of the Mist Corp. and Mt. St. Mary's Hospital enabled two girls and five boys to attend St. Vincent DePaul Weeklong Camp in Angola, N.Y. (July 29–Aug. 4). A girl and a boy had fun at Artpark's "Art Camp" (Aug. 16–20) thanks to Maid of the Mist and Aries Transportation.

Here at Heart & Soul, 29 children combined fun and learning at "Summer Fun Weeks" (Aug. 20–31) under the excellent direction of educator Connie Kowalczyk and enthusiastic teachers and volunteers. In addition, Almar Foundation, as well as other donors, provided assistance for sneakers, socks and underwear which were distributed to 87 children. Coordinated by social worker Janet Smith and nurse Barbara Malinowski, 65 children received back-to-school supplies, donated by staff at Mt. St. Mary's Hospital.

We think you will agree that Heart, Love & Soul is living its mission "to feed those in need and to provide opportunities to improve their quality of life!"

Below: The Summer Fun Weeks crew.

At right, top: Creative children and adults enjoy Art & Soul.

Bottom: Randy, Devin and Sally pose for the camera.

Heart & Soul "Salon"

On April 9, 2012, a new service was initiated at Heart & Soul. The donation of a hair sink through a Niagara Falls police officer, David Cudahy, started things rolling. The sink was installed by way of the capable skill of H.W. Bryk & Sons, while volunteer Mike Promowicz designed and built the cabinets that surround it. With the purchase of a "barber chair," and necessary hair supplies, Heart & Soul's "Salon" was open for business with the assured services of an area hairstylist. Since then, our guests make appointments through our operations manager, Mike Daloia, to get their hair washed and cut on Mondays during the lunch hour and beyond. More than 90 persons have taken advantage of the salon. Their smiles express satisfaction and gratitude for this service. Everyone feels better when they look better!

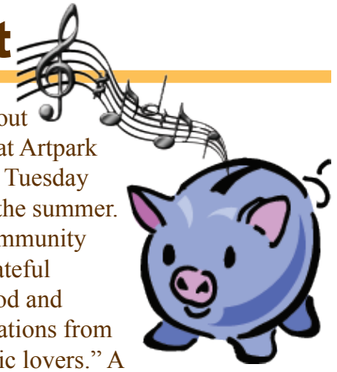
Everyone needs their hair cut!

Welcome

As a Heart & Soul volunteer, Margaret Gillig has assisted with Art & Soul weeks, Easter activities, guest surveys and more. Margaret was born and raised in Buffalo, N.Y., and is a graduate of Sacred Heart Academy in Buffalo and the American University in Washington, D.C. She worked in the property management field for more than 20 years, becoming director of residential management and a partner at Borger Management, Inc. in Washington. Margaret is married with four children and is happy to be back home in Western New York and excited to be a part of the good work here at Heart & Soul.

With generosity and graciousness, Margaret responded to the call to serve on Heart & Soul's Board of Directors. We are grateful for her willingness to share her care for others and her multiple skills as Heart & Soul feeds those in need and provides opportunities to improve their quality of life.

Music to Our Bank Account



Perhaps you heard about the summer concerts at Artpark in Lewiston, N.Y., on Tuesday evenings throughout the summer. Heart & Soul and Community Missions were the grateful recipients of some food and mostly monetary donations from the "enthusiastic music lovers." A group of volunteers led by Mamie Simonson and Claudia Marasco, with either Sister Beth or Mike Daloia, faced the crowds on designated Tuesdays to collect bills and coins (American and Canadian) to support Heart & Soul. Through a preconcert agreement, Heart, Love & Soul, Inc., and Community Missions, Inc., divided their collections evenly, netting $6,004.50 for each agency. We deeply appreciate the efforts of everyone who made this music "bonanza" possible.

Wish List

- **Plastic grocery bags (TOPS, Wegman's, etc.)**
- **Bike locks with keys**
- **Toilet paper**
- **Gently used blankets, sheets and towels**
- **Cooking oil (small bottles)**
- **Dish soap (small bottles)**
- **Diapers: all sizes except newborn**
- **Boxed rice mixes**
- **Hamburger or tuna helper**
- **Ramen noodles**
- **Canned pastas, e.g. Chef Boyardee**
- **Canned chili**
- **Canned stew**
- **Tuna**