



Celebrating 30 Years of Service: The Heart, Love & Soul Story ~ 1982-2012



Heart and Soul guests

In 1982, a prayer group at Sacred Heart Church in Niagara Falls perceived a need for food among low-income residents in their parish. Inspired by the words of Jesus, "Whatsoever you do to the least of my people that you do unto me," they felt compelled to respond to this need. Thirty years later, their initiative has resulted in

the thriving Heart, Love & Soul Food Pantry and Dining Room, a not-for-profit organization dedicated to feeding the poor and providing opportunities to improve their quality of life.

By 1989, it was deemed feasible to offer hot lunches, although these had to be prepared and served in off-site locations. Eight years later (1997), a commercial kitchen was installed at 1501 Pierce Avenue, sharing space with the food pantry, but the meals continued to be trucked and served at various church halls.

The search for a larger building to house all the operations began in 1999 and finally ended in July 2002 when Heart, Love & Soul, Inc., was able to purchase and begin to renovate the former Salvation Army Thrift Store at 939 Ontario Ave. This tremendous undertaking was possible largely through the efforts of two Niagara Falls businessmen, James V. Glynn and Paul W. Joy, as well as a U.S. Government Block Grant.

After watching its newly designed home slowly taking shape for one and a half years, Heart, Love & Soul, Inc., under executive director Sister Barbara Pfohl, moved into the Ontario Street location on Feb. 14, 2004. Having the pantry,

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Come & Celebrate
Celebrating Our 30th Anniversary Annual Fundraising Dinner
 Thurs., April 26, 2012
 5:30 p.m.
 Heart, Love & Soul
 939 Ontario Avenue
 Niagara Falls, New York
 Dinner tickets: \$50
 Invitation enclosed
 For information call:
 716.282.5687

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dining room and nutrition programs in one beautiful, spacious location was a great boon, beginning the next chapter of Heart & Soul.

Shortly after the big move, Mt. St. Mary Hospital began to provide a part-time nurse through its Parish Nurse Program. In addition, a social worker was added, both providing valuable services for those who come to Heart & Soul.

In 2009 Niagara University and Heart, Love & Soul signed a cooperation agreement, outlining ways the two organizations could work together for those in need. This partnership has benefited both the university and Heart & Soul.

How has Heart, Love & Soul continued and expanded? Let us count the ways:

- In addition to 150 lunch guests daily, there is now a breakfast program serving an average of 50 guests each day. The last two weekends of the month find four different church groups volunteering to serve lunch on Saturdays and Sundays.
- Since 2004, there is a summer Art & Soul week when children and adults are provided with a teacher and materials to let their hidden artistic talents shine.
- Various exercise and self-improvement programs have been offered to guests in recent years.
- Bible classes are offered once a week and memorial prayer services for guests and their relatives who have died are held several times a year.
- Health fairs and a Foot Care Clinic are held annually.

- Free flu shots, HIV testing, and diabetes screening and other medical services are available year-round.
- A summer children's program includes enhancing reading and math skills, and field trips.
- With the financial assistance of many donors, guests work with the social worker to address emergency needs such as rent, housing, clothing, mattresses and more.
- A medical fund provides prescriptions and other medical needs.
- The Garden Committee constructed and planted a vegetable garden next to Heart & Soul. Its first "fruits" were enjoyed by dining room and pantry guests in the summer of 2011.
- Thanksgiving and Christmas food boxes are distributed to over 400 families for each holiday, and in conjunction with the United Way of Greater Niagara, Heart & Soul facilitates the distribution of toys to 500 children at Christmas.

None of this would be possible without the competent, cohesive staff, the over 70 regular volunteers, hundreds of other volunteers for special projects, the hundreds of donors who contribute financial aid, food, personal care items and all variety of needed things.

As Heart, Love & Soul celebrates its 30th anniversary, all those involved in any phase of its amazing history can rejoice in what it has become, truly a beacon of hope for hundreds of our sisters and brothers in Niagara Falls, a place where the hungry are fed and opportunities are provided to improve their quality of life. 



Veteran's Day celebration 2011

Veterans Honored

On Nov. 11, Heart and Soul recognized and honored more than 30 guests who are veterans. Members of Niagara University's ROTC program helped in the lunchtime ceremony. Each veteran received an enthusiastic round of applause as well as a backpack full of personal care items as a small thank you and acknowledgement for their service to our country. 

Welcome New Board Members



John Overbeck

John T. Overbeck, a native of Minnesota and an alumnus of Niagara University, is presently a visiting professor of marketing at his alma mater. With over 30 years of business experience, primarily in senior executive roles, John is fulfilling his desire to share what he has learned with young people.

Todd Levin, president of Niagara Metals in Niagara Falls, lives with his wife, Karen, and their three children in Getzville, N.Y. A graduate of the University of Hartford, Conn., Todd has held executive positions in several area companies and has also served on the boards of the March of Dimes of WNY and Mercy Flight in addition to the Institute of Scrap Recycling Industries.



Todd Levin

Leslie K. Wise, who lives in Youngstown, N.Y., is an alumna of Niagara University with over 20 years of experience in educational fundraising. Presently, she is the director of planned giving/senior major gifts officer at Niagara University. Throughout the 1990s, she was the director of development at Stella Niagara Education Park in Lewiston.

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

Sharing Holiday Spirit, Big Time!

Heart & Soul has always made a special effort to help guests celebrate Thanksgiving and Christmas. The 2011 holidays were no exception! With the help of volunteers from the accounting firm Chiampou Travis Besaw & Kershner, and Niagara University ROTC members, 360 families received 4,700 pounds of food, which included a turkey or a chicken for Thanksgiving. The food came from donations, the Western New York Food Bank and purchases using financial donations.

More than 100 volunteers from area churches and groups helped prepare Christmas boxes for over 425 families. Air Force adjunct personnel from Niagara Falls Air Base and volunteers from National Grid did a masterful job in distributing the food. In cooperation with the United Way of Greater Niagara, Heart & Soul facilitated the distribution of toys to 469 children.

“Christmas Angel Tree Project 2011,” a joint effort by St. Peter’s Church, Mt. St. Mary’s Hospital and Clinic, and Heart & Soul, involved the adoption of families and individuals, the wrapping and distribution of over 800 gifts of clothing and household items, and the concerted effort of numerous volunteers. This project produced many, many happy faces as families celebrated Christmas.

After reading about the 2011 holidays, you can tell that the holiday spirit was shared “big time!” 🌂

Awareness Needed

March 15 is National Hunger Awareness Day. To put perspective on hunger in Niagara Falls, our pantry provides supplemental groceries to an average of 350 households each month. In January 2012, our pantry provided groceries to 427 households. This increase indicates that food insecurity continues to be a serious problem. At Heart & Soul, we appreciate all donations of food and money — rest assured we use the gifts wisely. 🌂



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

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In Memoriam



In the fall, under the leadership of Pastor Kevin Dobbs, Heart & Soul celebrated guests and friends who died during the past year. Included in the Memorial Service were Nadya Abrams, Willie James Coleman (“Papa Doc”), Sabrina Mae Davis, Carla Y. Hasley, Lee Roy Howard, Kenneth A. Palmer,

Gregory L. Moore, Annize D. Valentine, Paul W. Joy, John T. DelGobbo, Thelma L. Lewis, Deborah Renee Palmer, Dale “Ronnie” Rinker, Loretta Jones, and Sargent Lee Palmer. May they rest in God’s peace! ☂

Wish List

- **Two or three sturdy chairs with arms**
- **Cooking oil (small bottles)**
- **Gently used sheets and towels**
- **Plastic grocery bags (TOPS, Wegman’s, etc.)**
- **Dish soap (small bottles)**
- **Unused greeting cards with envelopes**
- **Dish towels**

Now Again

Again I rise to meet the day,
What will I find? What comes my way?
I know the past, I’ll plan what’s best,
What’s now is real, what’s now is blessed.

What’s past is past, the future’s near,
What’s now is all, what’s now is here.
And so I plan, and plan again,
Til then is now, again, til then.

So plans are made, and some come through,
And some grow old, some start anew.
It’s this and that, it’s now and then,
And now is now, again, again.

I work the plans, I work the day,
The night is mine, to work or play.
It’s here and there, it’s now and then,
And now is now, again, again.

*By Tim Swaha
Guest at Heart, Love & Soul*

