939 Ontario Avenue
Niagara Falls, NY 14305

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SAVE THE DATES

WE NEED YOUR HELP!

CHRISTMAS FOOD BOXES

Saturday, Dec. 13, 2014
10 a.m.

Volunteers needed to pack the Christmas food boxes

Contact: 716.282.5687

Saturday, Dec. 20, 2014
8:30 a.m.

Volunteer for distribution of Christmas clothing gifts at Conference Center

Contact: 716.282.5687

ANNUAL RECOGNITION DINNER

Thursday, April 30, 2015 – 5:30 p.m.

MARK YOUR CALENDARS!

MORE GOOD NEWS

We were pleased to learn that two women who minister at Heart, Love & Soul were among those nominated for the 2014 YWCA Niagara Women of Distinction Awards, which were presented at its annual fundraising dinner at the Niagara Falls Conference Center on Sept. 23, 2014.

Executive Director Sister Beth Brosmer, OSF, and social worker Janet M. Smith, MSW, were two of the many distinguished women nominated for awards in a variety of categories this year.

As many know, Sister Beth has effectively led Heart, Love & Soul for the past five years, and she is also very involved in many community organizations. For the past seven years, Janet Smith has provided much needed counseling and assistance to the many guests who turn to Heart, Love & Soul. Janet has helped many clients turn their lives around by going over and above what is basically needed for every client who turns to her for help.

At the dinner, Sister Beth Brosmer received the Management Award that was presented by First Niagara Bank.

Sister Beth Brosmer, OSF

Janet M. Smith

STAFF NEWS

Congratulations **Mike and Kristina Daloia** on your recent wedding. Our best wishes to you for many years of happiness! **Barbara Malinowski, RN**, celebrated her retirement this past August with many of Heart, Love & Soul's guests, who will miss Barb and her caring presence. **Annie Cvetanovich**, kitchen manager, retired in May to spend more time with her grandchildren and at her hideaway in Franklinville, N.Y. All the best, Annie! **Sister Mary Kay Tyrell, D.C.**, joined the HLS staff as the community care coordinator, and **Jeffrey Bloom** joined the staff as our new kitchen manager and head cook. Welcome!

Mike and Kristina Daloia

Barbara Malinowski

Annie Cvetanovich

Sister Mary Kay Tyrell, D.C.

Jeffrey Bloom

HEART Love & SOUL

FALL 2014

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

939 Ontario Avenue
Niagara Falls, NY 14305

Main: 716.282.5687
Pantry: 716.282.5681
Fax: 716.285.3966

www.heartloveandsoul.org

You will often hear me quoting Matthew 25, saying "Jesus said, whatever you do to the least of your sisters and brothers you do unto me." I must say that I am so proud and thankful for all the good that so many of you, our readers, do for our guests at Heart, Love & Soul; people in need being helped by others with good Christian hearts. Thank you!

All these good deeds come in many forms, as you'll read throughout this letter: individuals, students, institutions, businesses – all good and caring people. There are so many stories to tell and never enough space, so I'd like to share a few stories here. And for all of you good people who have helped us here at Heart, Love & Soul – our deepest gratitude. You are in our thoughts and prayers daily.

On July 1, the Health Center Sisters visited Heart, Love & Soul and enjoyed lunch with our guests, and the Sisters of St. Francis made table centerpieces for us to celebrate Independence Day.

Guests Bessie White (top left), Richard Mims (center) and Barbara Hicks (bottom left) add their own special sparkle and presence at Heart, Love & Soul. Bessie is in her late 90s and blesses us with her deep faith. Richard always brings a smile with an entertaining story. Barbara graciously assists with straightening bags and other necessary tasks that help Heart, Love & Soul run smoothly.

Angelo Sarkees, a Lewiston resident, began the "Deposits for Food" initiative, collecting bottles, cans and scrap to raise funds for a pair of Niagara Falls charities – Heart, Love & Soul and Community Missions. Not only has Angelo started this initiative, he has also enlisted the support of two sponsors: Modern Corporation and Sevenson Environmental Services. Thank you, Angelo, Modern and Sevenson for your support!

My best wishes for all of you to have a Happy and Blessed Thanksgiving, Christmas and New Year!

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 many times give us permission to share those stories with others – these are our Mission Moments.

Recently, Sister Beth Brosmer was asked to help a guest with a letter to reach out to her children. That letter follows:

September 30, 2014

To My Three Kids I Haven't Seen Since You Were Born

Dear Children,

My name is _____. I am your birth-mother. I am sorry about when you got taken away from me. I was sick and couldn't stop. I was doing drugs at the time. It wasn't because of you. I've been through a lot when I was in my teens and kept everything inside. I looked normal outside but no one knew what was wrong with me inside because I never let no one in.

I used to talk to my brothers, they left us too soon. They was the only one I could talk to. They gone now.

I'm not pushing you to do anything you don't want to do but I would like to see you all. You are teenagers now and it's really up to you if you want to meet me and your brothers and sisters, if you want to meet us all, my mother, your grandmother and uncles and aunties. I would like my mom to meet you before she leave this world. She sickly.

Please, would you give me an answer real soon so I can have a closure in my life? I know you would like that too.

I am reaching out.

Please give me a chance to meet you and talk to you. Please find it in your heart to forgive me. Please contact me.

I love you all.

HEART LOVE & SOUL PROGRAMS

A Busy Summer = Happy Children

From early July through the end of August, either at Heart Love & Soul or because of our connections to the community, many children in our area enjoyed exciting summer experiences. Isn't that what summer vacation is all about?

From July 7-10 and 15-18, Connie Kowalczyk and a group of great volunteers directed "Art and Soul Weeks" here. All kinds of wonderful art works were created by the many children who happily attended each day. Thank you Connie and volunteers for all your dedication to making summer such a fun and happy time for these children.

Twenty-five children were able to enjoy a weeklong vacation full of activities at St. Vincent de Paul Camp in Angola, N.Y. The generous gifts of our donors made this possible.

Niagara University's Day Camp welcomed 21 of our children, thanks to the sponsorship of the Niagara University Chapel Community. Aires Transportation Services assisted with free transportation between Heart, Love & Soul and NU.

Dance Camp, led by volunteers here, offered fun and exercise for an hour each morning from Aug. 5-8. And finally, the last two weeks of August were dedicated to preparing 17 children to get ready to go back to school. Creative and fun learning exercises were the focus for these children from 8 a.m. until 1 p.m. each day. Again, Connie Kowalczyk and her group of teachers and volunteers worked with our children as summer vacation was winding down.

We are delighted that we can make summer a fun and educational time for so many children (and parents)!

VOLUNTEER HIGHLIGHT

We were really blessed with an abundance of volunteers over the summer. Youthworks teams came regularly over a 10-week period. These young people, along with their chaperons, assisted in the kitchen, serving meals, working in the garden and yard, and painting, and were generously eager to help in any way, shape or form. We are truly grateful to this wonderful organization that provides needed assistance to our operations.

Due to many volunteers, Heart, Love & Soul received $6,556.67 from collections taken at Tuesday evening Artpark concerts. We couldn't be more grateful to Mamie Simonson for again coordinating volunteers for this collection. Bless you, Mamie!

LOOKING GOOD!

Every Monday, Erin Clothier, Heart, Love & Soul's stylist, arrives promptly at 11 a.m. to offer shampoo and haircuts to our guests with gentleness and skill. Some guests want it "all shaved off" while others want a regular cut or trim. Last year, 139 guests took advantage of this service and, so far this year, 313 men, women and children have enjoyed the opportunity to have their hair styled.

MESSAGE OF PEACE

Many years ago, when I was a young widow living on a horse farm, I was burgled. My neighbors, feeling protective, brought me guns. I didn't want guns so I packed them tightly in boxes where they remained for years. These three credit cards totaling $200 represent the turn-in bounty provided to me by the Niagara Falls Police Department. It would please me very much if you would accept these credit cards for your program. Turning those weapons into food would be a very good thing. I wish you all the best.

(This note was received in June from a friend of Heart & Soul.)

IT'S BEEN BUSY!

More than 130,000 meals were served to Heart, Love & Soul guests from July 1, 2013, through June 30, 2014 – 84,000 meals in the food pantry and 47,759 meals in the dining room.

Food Express Report:

Month	*Households in 2012*	*Households in 2013*	*Households in 2014*
June	109	132	169
July	161	132	212
August	150	175	201
September	155	155	201
Total	575	594	783

AMAZON WISH LIST

For an up-to-date list of items we are in need of, please visit ***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***, 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!

WISH LIST FOR EVERYDAY

- Toothpaste
- Toothbrushes
- Razors
- Shaving cream
- Deodorant
- Soap
- Shampoo
- Ramen noodles
- Canned pastas
- Tuna
- Canned chili
- Mac & cheese
- Canned vegetables
- Canned fruits
- Reusable shopping bags

WISH LIST FOR THE HOLIDAYS

- Canned cranberries
- Stuffing mix
- Holiday candy
- Candy canes
- Cake mixes
- Frosting
- Instant mashed potatoes
- Gravy
- Potatoes
- Hot chocolate mix
- Canned whole corn
- Canned green beans
- Sugar