HEART Love & SOUL
Serving The Community

939 Ontario Avenue
Niagara Falls, NY 14305

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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 we want to share them with you—these are our Mission Moments.

There is a woman who has regularly come to Heart & Soul for six years. The first three years, she was using drugs and her presence often caused disruption in the dining room and pantry, frequently resulting in her being asked to leave the building. The good news is that she will soon celebrate three years of being drug-free. Her behavior has dramatically improved to being appropriate and friendly. She participates in NA meetings and works hard to remain clean and sober. Her eyes sparkle and her humor is contagious; she is a joy to encounter. With great sincerity, she boasts that with God she is taking "one day at a time."

The first nine months of 2015 were busy ones that also held sadness. Eighteen of our guests died from various illnesses and causes. It seemed as if we were constantly posting death notices as well as attending wakes and funerals. Some we knew were seriously ill, and others were totally unexpected. The community of Heart & Soul felt the loss of each one. As is our custom, we held a special memorial service. Rev. Marna Pritchard, pastor of First Congregational Church, presided at the service in early October. Guests, family members and staff were invited to attend. As each one was remembered, their photo and name was shown on the screen. Through tears and laughter, we shared stories about each one. At the conclusion, a candle was lit in memory of each one as we thanked God for their life. One family wrote: "On behalf of the family, thank you for being a family to our Aunt and Great Aunt, Tammy White. She told us many times how the Heart & Soul family expressed their love and heart to Tammy. She felt well loved!"

So, my friends, your ongoing generosity to the guests of Heart & Soul make it possible for recovering addicts to find support and for the grieving to be consoled. They depend on you as do all the guests who come to Heart & Soul with various problems from across the whole spectrum of human needs. You are a partner in this ministry, thank you. May God continue to bless your grace-filled lives of faith!

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

- Toilet tissue
- New or gently used towels, any kind
- New or gently used tennis balls
- New or gently used 11- or 12-oz. coffee mugs
- Cutlery
- Laundry detergent (small jugs)
- Small bottles of cooking oil
- Small bottles of dish soap
- Deodorant
- Body wash, bar soap
- Toothbrushes, toothpaste
- Shampoo
- Razors, shaving cream
- Reusable grocery bags

HEART Love & SOUL FALL 2015

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
- Haircuts
- 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

Heart & Soul is a food pantry and dining room for people in need. One day, as an elderly woman arrived for lunch, I asked, "How are you?" With a warm smile and sparkling eyes she answered, "I'm blessed, just blessed because I'm able to be here and get something to eat. God is good!" Her response made me pause and take stock of the blessings I take for granted. The example of this beautiful, older lady challenged me to have a grateful heart, too. There are many encounters that keep things in perspective; this was one of them.

Hands-on cooking classes continue under the coordination of Sr. Mary Kay Tyrell. The most recent class made pumpkin pies that filled Heart & Soul with mouthwatering aromas. Keep up the good work, everybody!

Good nutrition is vital to good health, and we are really encouraging our guests to enjoy fresh fruits and vegetables as part of their regular diets. In addition, we are now serving whole wheat bread for meals in the dining room and for guests in the pantry.

The summer and early autumn months showered us with a plethora of fresh fruit, especially pears and apples. Guests have been able to take as much as they can use. Almost everyone leaves with a bag of fresh goodness in their hands. We are deeply grateful to our generous donors who provide this wonderful bounty.

God's providence continues to shine over the ministry of Heart & Soul. We continue to be grateful for all that we receive and are able to share with our guests. God bless you each one!

Sister Beth

Mark Your Calendar

Heart & Soul Annual Dinner

Thursday, April 21, 2016

5:30 p.m.

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

CALLING ALL VOLUNTEERS

Christmas is fast approaching, and we are in need of five to 10 volunteers to assist in distributing gifts at the Niagara Falls Conference Center.

Friday, Dec. 18
9:30 a.m.
Set-up and arrange gifts for distribution

Saturday, Dec. 19
8:30 a.m.–1:30 p.m.
Assist with gift distribution

Deadline to sign up:
Monday, Dec. 7, 2015

Contact:
Sr. Diane Bernbeck on weekday mornings at 716.282.5687

Under the guidance of Dr. Anna McNab in the College of Business Administration, Niagara University's CEO Club collected 132 pairs of new socks for Heart & Soul. Pictured L-R are Sr. Beth Brosmer and club members Jessica Mullane and Robert Derrett. Many thanks for sharing the Vincentian spirit of compassion with our guests.

A NIGHT OF PROVIDENCE

Roger Hungerford.

On the evening of April 23, 2015, a record number of supporters gathered at Heart, Love & Soul Dining Room to celebrate the Annual Recognition Dinner. Once again, the efficient 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 a delicious meal, and finally staying to clean up. Members of the planning committee provided homemade cookies and other delicacies for dessert. "Partner in Ministry Awards" went to the Almar Family Foundation and Roger Hungerford. The Joy Family and Joy Family Foundation collected the "Spirit of Heart, Love & Soul Award," while volunteers Joan Broderick, Deborah Eckert, Sonia Feteke, Fran Fournier, Jane Hughes, Henrietta Ingham, and Rose Salvatore received "Frances Ficorilli Volunteer Awards." Barbara Malinowski received special recognition for her longtime service to the health ministry of Heart & Soul. Fr. James Maher, president of Niagara University, and Cash Cunningham served admirably as the evening's auctioneers. 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 of Good Friends and God's Providence."

Angelo and Barbara LaDuca

FAREWELL AND WELCOME

Sr. Mary Kay Stahl

After 15 years of dedicated service, Sr. Mary Kay Stahl retired from Heart & Soul on Aug. 28. She faithfully attended to many tasks over the years, including acknowledgement letters, banking, and all varieties of record keeping. On her final day of work, Heart & Soul honored Sr. Mary Kay at lunch with a corsage, gift, and sweet dessert to mark the occasion. We could not be more grateful to Sr. Mary Kay for her long and faithful service to the guests of Heart & Soul.

Sr. Theresa Schneider

Hailing from the Buckeye State, Sr. Theresa Schneider moved to Stella Niagara in July. After getting settled, she began her work at Heart & Soul in August. She is working as administrative assistant and gradually getting the lay of the land. We are glad she's here!

We also welcome Terri Granieri as our kitchen manager and head cook. Following Jeff Bloom, who took a full-time job at Buffalo State, Terri comes with many years of cooking experience at Head Start. It is good to have you with us, Terri!

Terri Granieri

Liz Dixon assumed her duties as Heart & Soul's case worker in mid-September. She comes with a wealth of experience from the Department of Social Services and Niagara County Head Start. Welcome, Liz!

Liz Dixon

WELCOME VINCENTIAN SCHOLARS

The Vincentian Scholars Program at Niagara University offers scholarships to incoming freshmen. The scholarship is offered to students who have demonstrated proven interest in service during their high school years, and who desire to continue doing service for Niagara University and its surrounding areas during their four years of matriculation. We are delighted to have scholars Gabi Simoneit and Justin Crawford at Heart & Soul this year.

Reflection, Justin Crawford: Working at Heart, Love & Soul has been an absolute privilege thus far. I'm truly grateful for being given the opportunity to work in the Niagara Falls community. From the staff and sisters who I work alongside, to those that we serve, everyone has been nothing but kind, welcoming, and helpful in my development of becoming a young man of integrity. I look forward to everyday I volunteer at Heart & Soul as it is my way to do God's work through service. As the year progresses I hope to continue to form lasting relationships and learn from new experiences at Heart, Love & Soul.

Reflection, Gabi Simoneit: Heart & Soul is much more than a food pantry or kitchen; it is a family. I am so proud to be a part of it. Everyone is happy to see you and you feel so welcome and comfortable. Not only am I making a difference in the lives of others, but they are making a difference in my life, as well.

The Kabob & Curry Restaurant, with support from the Women's Auxiliary of Ahmadiyya Muslim Community, catered lunch for Heart & Soul guests in mid-October. The meal included yummy chicken, chick peas, salad and delicious rice pudding.

SUMMER MEANS CHILDREN

During the summer months, Heart & Soul is a-buzz with children. From the first week of summer vacation to the last week before school begins, we are all about providing children with enriching experiences. A two-week on-site art program, Art & Soul, offered 23 children time for creativity with art activities using a variety of materials. Grants, donations and volunteers made this a fun-filled time.

We were able to send two groups of 10 children each to Niagara University's day camp for a week. Each day they departed from our premises with smiles and an eagerness for what was to come, and returned to us tired and happy. The NU Chapel Community and Aries Transportation provided the funding and transportation for our children to attend.

A generous donor made it possible for 18 older children to have a week-long overnight camping experience at St. Vincent de Paul Camp in Angola, N.Y., right on the shore of Lake Erie.

A few brave souls (8) had fun learning funk jazz, compliments of the Turning Point Foundation and Adele's School of Dance.

A theme-based Summer Fun Program on Healthy Living was enjoyed by 21 children. Under the direction of a master teacher and several volunteer assistants, the children explored systems of the human body through hands-on activities, cooperative learning, and social skills. Each child made paper models of the mouth, including marshmallow teeth and a tongue; a brain cap showing all the parts of the brain; a child-size skeleton whose parts they labeled and learned; a stethoscope using tubing, funnels, and balloons; and a model to see how the lungs work. Zumba for kids and fun at the Oppenheimer Splash Pad gave them some exercise time. A trip to Wegman's taught them about the various food groups and a bit about good nutrition. A performance by Niagara University's Repertoire Theatre was enjoyed by all. This concluded our summer!

We send a special thank you to all our donors who made the summer programs possible. Your gifts, grants, and presentations definitely made a difference for many children.