HEART Love & SOUL
Serving The Community

939 Ontario Avenue
Niagara Falls, NY 14305

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A TRIBUTE TO WOMEN

Dorothy Haungs has been with Heart, Love & Soul since January of 2011, where she volunteers in the emergency food pantry on Mondays and Fridays. In this capacity, she verifies client information, updates files, and accompanies clients as they select their monthly groceries. Firm in following pantry guidelines, she kindly guides guests in using the pantry to the fullest extent. Dorothy's service is marked by deep respect and gentle compassion toward each client.

Always pleasant and even tempered with clients, she also works well with other volunteers and staff. She is extremely dependable, always willing to substitute for others when she is available. Dorothy also assists with special projects such as Christmas food and toy sign-up, Annual Letter Carriers Food Drive and more. She has a good sense of humor that is a gift to clients and staff alike. Dorothy notices things that need to be done and follows through with them. She pays great attention to detail.

Dorothy, proudly wearing her corsage, surrounded by family, staff, volunteers and friends at the YWCA of Niagara Tribute to Women Dinner.

We are so proud of Dorothy as she was recognized as an outstanding woman of service and volunteerism by the YWCA of Niagara in their Annual Tribute to Women.

At right: In September, during National Hunger Month, National Grid representatives delivered a generous $1,000 check to Heart, Love & Soul. Pictured l-r: Ken Kujawa, regional manager; Dan Keating, jurisdictional manager; Sister Beth Brosmer, executive director, Heart, Love & Soul; Mike Daloia, assistant director, Heart, Love & Soul; Matt Wiltrout, lead project manager; and Melanie Littlejohn, director. We are blessed to have good friends at National Grid!

At left: Just like clockwork, the founder of Deposits for Food, Angelo Sarkees, presents another check to help feed the hungry. God's providence shines through Angelo! Pictured l-r: Joe Sbarbati, Community Missions; Angelo; Fran Giles, Modern Disposal; and Sr. Beth Brosmer, Heart, Love & Soul.

HEART Love & SOUL FALL 2016

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
- Case Worker Services
- Community Care Services
- Nutrition/Cooking Classes
- Summer Programs for Children

CONTACT INFORMATION

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Autumn has arrived with her gentle changeover to cooler weather. Following the hot and humid summer, it is a relief to welcome fall's chillier days and colorful leaves.

The last few months have been busy ones. We've celebrated summer holidays and coordinated multiple programs for youngsters. For many of our guests, Heart, Love & Soul was a physical respite from the intense humidity; spending time in the air-conditioned dining room was just the relief needed.

The summer and early autumn months have 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.

Now we are gearing up for the holidays. Households are being registered for Thanksgiving food boxes. Happening concurrently, we are registering families for the Christmas Shop. We will also be registering families to receive toys for the youngsters. Needless to say, the busyness of the holidays presses us into action to coordinate all these wonderful activities for our guests in need.

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, Love & Soul's Annual Recognition Dinner

Thursday, April 6, 2017

5:30 p.m.

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

Sr. Mary Kay Tyrell and Andre Robinson celebrate her Golden Jubilee.

OUR VERY OWN

Our very own Daughter of Charity, Sr. Mary Kay Tyrell, celebrated her Golden Jubilee at Heart, Love & Soul on June 12. Everyone thoroughly enjoyed a special feast of fried chicken and yummy sides literally provided by Sr. Mary Kay. Guests chowed down with great enthusiasm and gratitude. Lunch was her gift and we thank her for that. Yet we know that SHE is a gift to everyone at Heart & Soul as she listens and guides guests in their quest for medical care. Happy Golden Jubilee, Sr. Mary Kay!

WONDERFUL ANNUAL DINNER

The evening of April 4 was filled with good friends, delicious food, and amazing generosity. A record crowd of 264 guests filled Heart & Soul. Scott Beahen and the students of the College of Hospitality & Tourism Management presented a delicious meal wrapped in courteous service. It was a joy to honor Angelo Sarkees, Gary and Fran Hall, and Niagara University for their outstanding support of Heart, Love & Soul. The 2016 dinner raised over $50,000. God bless you one and all for helping our sisters and brothers in need!

Gary and Fran Hall accept an award from Sister Beth Brosmer.

WHAT A "VISTA" SHE IS

By Megan Johnson

From the moment I arrived in the city of Niagara Falls, I have encountered nothing but immense kindness and compassion. I am genuinely excited and thankful for the opportunity to dedicate a year of service to the Niagara Falls community as an AmeriCorps VISTA. My year of service will focus on collaborating with Heart, Love & Soul to develop Daybreak, a one-stop resource center aimed to bridge the gap between the homeless and at-risk population of Niagara Falls and the resources necessary to empower them to reach their full potential. There are over 70 service providers in this city sincerely dedicated to providing essential resources to those in need; unfortunately, the system of human service support can be challenging to navigate. Undeniably, this community is comprised of an extraordinarily compassionate, resilient, and prideful group of individuals, and I whole-heartedly believe that through fostering community relationships and collaboration, Daybreak will be an invaluable asset to the city and residents of Niagara Falls. It has truly been a pleasure and honor to work alongside Sr. Beth Brosmer. Each time I step inside Heart & Soul and engage in conversation with the diverse individuals within, I am reminded how truly blessed and grateful I am to have this unique opportunity to live amongst the local residents and become an active member of this community. Through passion, perseverance and steadfast dedication, I hope to realize the vision of a barrier-free Niagara Falls community and fulfill the mission of Daybreak.

MISSION MOMENT

Heart, Love & Soul touches its guests in more ways than just providing nourishment. We share the following Mission Moments with you:

The summer was filled with the energy and enthusiasm of youngsters. And the youngsters experienced the care of many adults in all their activities. Learning, both intellectual and emotional, took place wrapped in compassion and understanding for our little sisters and brothers. It warms one's heart to see staff and volunteers literally "live" the mission as they interact so lovingly with the children.

And yet another mission note. A young mother recently appeared with her two-year-old son. She was two weeks away from delivering a second baby and had just been abandoned by the new baby's father. Without any support, she came to Heart, Love & Soul seeking help. We are so grateful that we were able to provide needed items and connect her quickly to agencies that could help with clothing for her newborn, diapers, car seat and much more. These tangible items were certainly necessary and so was the emotional support that she received. Through your loyal generosity we were able to assist a young family that desperately needed a helping hand. Thank you.

BUSY, FUN-FILLED SUMMER FOR CHILDREN

The summer at Heart and Soul was bustling with children who attended one or more of our various summer programs. Beginning with the Art and Soul Program, their interest was tweaked by using various mediums in an artistic way. For example, they created their own "firework" display using Q-tips, paint, and black construction paper. They marveled at the mixture of colors while paint cascaded down wooden towers. An experience of symmetry was learned by painting very unique butterflies; each one beautiful in its own way.

Some children were fortunate to have the opportunity for a week-long overnight camping experience at St. Vincent de Paul Camp in Angola. Tasty meals, swimming, campfires, sing-a-longs, arts and crafts, hikes, sport activities, and making new friends filled their days. For other children, day camp at Niagara University met their needs. They enjoyed a week-long adventure of games, sports, swimming, arts and crafts, and just being able to run and have fun outdoors made up their camp experience.

The summer activities were concluded with our two-week Summer Fun Program—and fun it was! Many special visitors came to help us learn about and appreciate the theme of "The Senses" (including the sense of humor). Some of these activities included clowns, interactive experiences on hearing and speech, a blind guest with her seeing-eye dog, Niagara University's Repertoire Theatre (N.U.R.T.), specimens of the Touch Tank from the Aquarium of Niagara, tasting centers and nutrition tips through Cornell Cooperative Extension, a Zumba for Kids class, and drumming lesson were all part of the fun! The remainder of our time together was spent participating in various hands-on activities and a refreshing morning at the Splash Pad at Oppenheim Park.

As an encore to our summer programs, we were able to provide school supplies for 86 children! It is only through the generosity of many donors that we were able to offer these programs to our children. To all of you we say a hearty THANK YOU!

WISH LIST

- Instant potatoes (boxed)
- Rice sides
- Pasta sides
- Ramen noodles
- Cornbread mix
- Laundry detergent (40 oz. or more)
- Toilet paper
- Small bottles of cooking oil
- Small bottles of dish soap (14 oz. or more)
- Deodorant – men's and women's
- Body wash, bar soap
- Toothbrushes, toothpaste
- Shampoo and conditioner
- Razors, shaving cream
- Body lotion
- Bleach – gallon size

ARTPARK CONCERTS

As usual, every Tuesday this summer, from June 14–Aug 30, volunteers and staff collected money for Heart, Love & Soul and Community Missions near the entrance of Artpark. Concert patrons were asked to make a donation to help feed the hungry in Niagara Falls, and they were generous. The grand total for the summer was $11,861.48, and was divided between the two food pantries. We are deeply grateful to our many volunteers and to the many concert-goers!

Mamie Simonson

The founding mother of the Artpark collections was Mamie Simonson. Mamie's care and concern for others was the catalyst in her efforts to feed the poor. Her enthusiasm convinced the Village Board to grant permission each year, and her energy involved many volunteers to join the cause. She was there each Tuesday evening as our tried and true leader.

It was with deep sadness that we learned of Mamie's death on Oct. 5. Our hearts go out to her children, Lee, Mary, and Sarah. Just before she died, Mamie said, "I want my family and dear friends to know that I had a perfect life with God's blessings." Thank you, Mamie, for your generous life. You were a sterling example of caring for others and we will miss you!

Beta Sigma Phi members donated a generous check of $750 to Heart, Love & Soul. We are grateful to Lois Stevens, Mary Lou Weaver, and Candace Promowicz, who presented the check to Sr. Beth Brosmer.