HEART Love & SOUL
Serving The Community

939 Ontario Avenue
Niagara Falls, NY 14305

Non-Profit Org.
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PERMIT NO. 1

BLESSINGS FROM HEAVEN

Blessings from HeavenTrustees Ralph Lorigo and Jim Gallopo present a check in the name of Robert E. Bille and Debra Gabri Bille from the Robert E. Bille Testamentary Trust. The check was in the amount of $18,750. Indeed, Robert and Debra are blessings from heaven!

DESERVING HONOR

Once again, 12 up-and-coming leaders in the Niagara County community were honored at the 12 Under 40 Awards breakfast on December 12. As in past years, the 12 individuals under the age of 40 were nominated by community members for displaying leadership qualities in their daily lives. The event is meant to embolden young leaders in the county, to build up the community, and help new leaders emerge. We are proud to say that Mike Daloia, former assistant director at Heart & Soul, was one of the honorees. Mike now works for the Food Bank of Western New York as agencies services manager. Congratulations Mike!

WISH LIST

- Suitcases on wheels to transport groceries home
- Canned chicken
- Condensed milk
- Gently used towels, sheets
- Pasta (all types)
- Razors, shaving cream
- Bleach (gallon size)
- Socks (adult, white or black tube)
- Laundry detergent (40 oz. or more)
- Toilet paper (two and four packs)
- Small bottles of dish soap (14 oz. or less)
- Deodorant (men's and women's)
- Body wash, bar soap
- Body lotion (full size)
- School supplies: pocket folders, 3-ring binders, Ticonderoga pencils

HEART Love & SOUL

SPRING 2018

SERVING THE COMMUNITY SINCE 1982

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

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www.heartloveandsoul.org

Whew, Thanksgiving and Christmas were busy and you helped! Glancing back at the past few months, your generous donations are vivid in our minds. You made it possible to provide a box of food to 251 households at Thanksgiving. At Christmas, you provided another 228 households with a box of food. In addition, you helped to give new clothing gifts to 32 children and new toys to 170 children.

In 2017, your generosity provided 128,162 meals in the dining room and pantry. Haircuts were given to 448, and The Necessary Store assisted 3,427 guests with toiletries, paper products and cleaning supplies.

It is amazing that you made all this possible for those we serve! Your generous hearts flow toward those in need. Indeed, as St. Paul writes, "*each of you is a blessing to the other.*"

Sister Beth

HEART, LOVE & SOUL ANNUAL RECOGNITION DINNER

5:30 p.m.
Wednesday, April 11, 2018

Russell J. Salvatore Dining Commons
Niagara University

The dinner invitation is enclosed.
Send reservations as soon as possible.
For information, contact assist.hls@gmail.com.

As always, each table will have our famous homemade cookies – you won't want to miss this enjoyable evening!

MISSION MOMENT

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

The wind was fierce, bending trees to the breaking point. One of our guests was on her way to Heart & Soul, pushing her cart to get her groceries. Experiencing the effects of serious illness and being extremely thin, the wind easily knocked her to the sidewalk. Coming to her rescue, Heart & Soul guests helped her up, pressed clean napkins to the wound on her head, and quickly called 911. While waiting calmly, the concern of those present for this tiny woman was palpable. The fire fighters were the first to arrive. They attended to her head wound and noticed she was shivering from the chilly temperature. Immediately, someone got Heart & Soul's wheelchair, and she was taken inside for warmth. The fire fighters respectfully questioned her, as they noticed her face was disfigured from prior surgeries and that she had a tracheotomy. With great dignity, she responded and accepted their efforts to help. Soon, the ambulance arrived and the stretcher was brought inside. The emergency medical technicians were equally respectful and caring of this frail and ill woman. Eventually, she was gently placed on the stretcher and transported to the hospital, where multiple stitches closed her wound. In observing this scene, Heart & Soul's guests and the emergency personnel could only be described as tender in their care for her. It was an inspiring sight. Many thanks to everyone who helped – you made a huge difference in her life.

VOLUNTEER EXTRORDINAIRE

Each Monday, Anna Casale walks into Heart & Soul with a bright smile on her face. She joyfully serves breakfast to guests, offering a kind word to each one. In an unassuming way, her warm presence and cheerful demeanor touch those who are experiencing rough times. When asked why she volunteers, Anna said, "I've been so blessed and fortunate in my life, and I've always wanted to help." She also declared that her favorite things are the smiles of guests and the gratitude they express. Speaking with modesty, Anna believes she can get along with everyone. As the mother of five, this is proven by the good relationships she has with all five sets of in-laws. At the beautiful age of 89, Anna wants to volunteer as long as possible and thinks that "so far, I'm doing great." We think you are too – thank you, Anna!

VETERANS CELEBRATED

Twenty-four veterans were celebrated at Heart & Soul in November in a simple, but profoundly touching ceremony held in their honor. Two officers from Niagara Falls Air Base participated in the event. They thanked the veterans for their service and noted how it made a difference in our country and around the world. As veterans were called forth to be acknowledged, they were saluted and given a special gift bag. The Junior ROTC from Niagara University presented the colors. We are grateful for the service of all our veterans, and ask God to bless them abundantly!

LAST TWO WEEKENDS

As each month winds down, so do food dollars for our guests. Addressing this concern, guests can eat lunch at Heart & Soul on the last two weekends of the month. For years, we have had generous volunteer crews who prepare, cook, serve, and clean up on the weekends. We could not be more grateful to St. Peter's Church in Lewiston, Alumni Chapel Community from Niagara University, Riverside Presbyterian Church, and First Congregational Church in Niagara Falls. God bless you one and all for faithfully serving our sisters and brothers in need!

DAYBREAK

Our enthusiasm burns bright as we continue our journey to bring the vision for Daybreak to fruition!

Daybreak embraces the philosophy of a continuum of care uniquely strengthened by holistic needs assessment, individualized support plans, and careful consideration of the desires of each guest. Through Daybreak, guests will gain access to a diverse array of critical services in a single welcoming environment.

Tangible progress continues to be made on the renovation of our adjacent facility to house Daybreak. Phase I abatement and renovations were successfully completed to stabilize the facility through winter. We are eager to begin Phase II construction in the upcoming months.

We envision a future where everybody has a place to call home, a stake in their community, and is treated with compassion, dignity, and respect – a barrier-free Niagara Falls that empowers individuals to reach their full potential while overcoming the obstacles and challenges they encounter. We deeply appreciate your continued support in the development of Daybreak.

CELEBRATION OF FAMILY

Many guests consider Heart & Soul "family." This was once again proven when longtime guest Clara Palka celebrated her 94th birthday in November. Clara was surrounded by her grandson from Chicago and her son-in-law from Niagara Falls, as well as all her Heart & Soul family. "Everything's wonderful as long as you're alive and enjoying it," she said. Clara's family brought a large, beautifully decorated cake to mark her birthday, and everyone who came for lunch enjoyed a tasty piece of it. "Clara has been coming here ever since the place opened up," said Steve Snyder, as he ate lunch with her. He also commented, "She's one of the principal stockholders. She has a lot of years invested in this place, and we wouldn't have it any other way." Clara told everyone, "This is a wonderful place to come to. I love this place, and everybody in it is nice." Happy, happy birthday, Clara!

WELCOME

Daughter of Charity Sr. Louise Gallahue arrived in early December to serve as Heart & Soul's community care coordinator. She brings a wealth of experience, and guests are taking great advantage of her care and skills. We're glad to have you on our team, Sr. Louise!

Our new custodian and driver Deonte Shufelt took up his duties in January. Deonte joins Heart & Soul with great energy and an eagerness to learn. Welcome and good luck, Deonte!