HEART Love & SOUL
Serving The Community

939 Ontario Avenue
Niagara Falls, NY 14305

Non-Profit Org.
U.S. POSTAGE PAID
Niagara University, N.Y.
PERMIT NO. 1

HEART, LOVE & SOUL ANNUAL RECOGNITION DINNER

5:30 p.m. • Wednesday, April 3, 2019

Russell J. Salvatore Dining Commons Niagara University

$60 per ticket/tables of 10 available

Honorees:

Partnership in Ministry Award: Niagara Falls Police Department

Spirit of Heart & Soul Award: Jennifer Diez & Br. Martin Schneider, C.M.

Frances Ficorilli Volunteer Award: Matt & Yvonne Davis

RSVP by Friday, March 15, 2019, to
s.tonellato@heartloveandsoul.org or call 716-282-5687

To donate online, go to heartloveandsoul.org.

VOLUNTEER QUEEN OF THE BUTTER PATS

Jill Mazur takes great pride in preparing and cutting the butter pats needed for breakfast and lunch at Heart & Soul. At her regular station in the kitchen, she gets her operation set-up and cranks out hundreds of pats carefully separated by sheets of wax paper. Her method is almost artistic and her pride in assisting is contagious. Thanks, Jill, for performing this needed task with such enthusiasm and care!

HEART Love & SOUL **SPRING 2019**

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

939 Ontario Avenue
Niagara Falls, NY 14305

Main: 716.282.5687
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www.heartloveandsoul.org

It seems like 2018 "flew-by!" Everyone worked together to serve our sisters and brothers in need. You can see by the numbers that it was a busy year filled with many services and a great deal of care: 127,180 meals served in the Dining Room & Pantry; 238 households received Thanksgiving Baskets; 220 households received Christmas Baskets; 111 children received toys; 8 families were assisted by the Christmas Shoppe; 3,564 used the Necessary Shop; our Care Coordinator helped 1,004 persons; our Case Worker assisted 960 persons; 49 children attended the summer programs; 373 persons got haircuts; 492 households received food using the Mobile Food Truck; we had 215 volunteers who donated 9,461 hours of service; 57 guests took advantage of Foot Care Clinics; 72 children received school supplies and 180 participants joined in the weekly Bible Study. It is amazing that you made all this possible for those we serve! As St. Paul writes, *"each of you is a blessing to the other."*

Sister Beth

DAYBREAK DAWNS

Daybreak
A PROGRAM OF
HEART Love & SOUL

A press conference announcing the launch of a capital campaign to support Heart, Love & Soul and its planned Daybreak program took place on Feb. 15. As you know, Heart & Soul plans to house the Daybreak program at 924 Niagara Avenue, directly behind Heart & Soul's current building; renovations are scheduled to begin in May 2019. The new facility is expected to open in Fall 2019. The new center will offer shower and laundry facilities, a multi-purpose community room, computer lab, additional space for case management and care coordination, a reflection room, and offices for partner agencies to deliver a variety of services on a rotating basis. Clients will be able to access services for housing, health and wellness, behavioral health, employment and training, education, financial literacy, legal support, and more. The press conference launched the public phase of a $3.5M capital campaign to fund construction, startup and operating costs, and an investment fund to ensure sustainability. Heart & Soul has raised more than $2.6M to date. Watch for more updates!

WISH LIST

- Lockers: half-size with keys or latches for use of staff and volunteers
- Foot Care – Vick's Vapor Rub or generic Dollar Store brand (4 ounce jars)
- Women's white socks
- Gently used towels, sheets, kitchen utensils

MISSION MOMENT

It is our privilege to accompany our sisters and brothers in need at Heart, Love & Soul. For one Army veteran, we have been a steadying support through a difficult time. Our case worker assisted him with paperwork and requirements that paved the way from a seedy motel room to a permanent apartment. After getting situated with a bed and a chair, he began experiencing serious health problems, eventually prompting cancer treatments at Roswell. He carefully worked to use transportation services provided through appropriate agencies, yet was unsuccessful in getting to the hospital on time. When he brought this problem to our attention, Heart & Soul got him a bus pass, which enabled him to independently get the health care he needed. In November, he received back benefits from the VA. With gratitude because of what Heart & Soul had done for him, he rushed into the dining room and promptly put $100 in cash in my hand, asking if that was enough. With this Mission Moment, I want to rush into your home and promptly tell you that you made it possible for Heart & Soul to help this veteran receive what he needed. He, like us, is very grateful for your generosity. In this man and in countless faces, we see the face of Jesus, often hurting and confused, often struggling with instability, often angry and hungry at the same time. It is both a privilege and a profound responsibility to welcome each one as Jesus.

FOOT CARE CLINIC

Under the leadership of Sr. Louise Gallahue, Community Care Coordinator, 20 guests took advantage of the Foot Care Clinic on Jan. 9. After soaking their feet in warm, sudsy water in individual foot baths, cosmetologist Georgia Kordsecz trimmed nails and attended to callouses. With the help of volunteers, each one had their feet gently massaged with vapor rub and received new socks. Dr. Tom Cumbo, infection control physician at Mount St. Mary's Hospital, oversaw efforts to maintain cleanliness protocols. Proper foot care is critical for everyone, especially persons with diabetes and other medical conditions. We are happy to provide this wonderful service on a regular basis at Heart & Soul. Here, Zarina Gill soaks her feet, awaiting Georgia.

***SERTOMA:** The Niagara Falls SERTOMA lives up to its name, "Service to Mankind." Once again, the group donated a generous gift of $1,000 to the work of Heart & Soul. God bless you, Good Women and Good Men!!*

***FRIENDS OF THE LIBRARY:** It was a special evening to honor citizens who do so much for our community. On Nov. 13, Friends of the Library gathered in the library auditorium to recognize Joe Petrozzi and Russ Petrozzi, Angelo Sarkees and Lucia McGovern. We thank these fine members of our community for all they do. We are especially proud of Angelo who is the founder of "Deposits for Food" and contributes regular to Community Missions and Heart & Soul from his amazing recycling project. Congratulations for your good work in our community!*

BEDS FOR BUFFALO

In 2017, The Service Collaborative launched an initiative to address the extreme level of child poverty through the Beds for Buffalo project. The Beds for Buffalo project provides the basic human need of child-sized beds for families in need. Led by The Service Collaborative staff and WNY YouthBuild students, Beds for Buffalo project allows community volunteers of every age and background to address childhood poverty through a high-quality woodworking project for those in need. Each completed bed is composed of 17 pieces of poplar lumber that includes rails, posts, cleats, and supports. Community volunteers are led and supported throughout the building of each bed into four specific phases: milling, painting, assembly, distribution. Since 2017, over 600 community volunteers contributed over 2,000 hours of service and built 250 hand-crafted, wooden, twin-size beds for children in need. In addition, each completed bed is furnished with a mattress, pillow, bed sheets, blanket, bed bug cover, books, and a stuffed animal. Bed furnishings were collected through a large-scale donation drive that was executed through The Service Collaborative and its community partners. *Heart & Soul received nine beds and has distributed them to families in need. We anticipate receiving another 15 beds in the near future. Working together makes so many good things possible – thank you, Service Collaborative and Community Volunteers!*

NO HOMEWORK FOR US

My sisters' names are Katelyn (in the picture) and Kelsey. We grew up on Grand Island, N.Y., are all 23 years old and are triplets. We started the food drive in seventh grade (age 12) when our math teacher held a class food drive competition. She said for every 100 items collected, we would not have homework for a week. My family always donated to our school food drives, but my sisters and I took this as a challenge. We made up flyers and distributed them throughout the neighborhood, asking neighbors to leave donations on their porch or by their mailbox, when we came to collect on a later date. When collection day came, we bundled up and headed out of the house with our little green wagon, having no idea if there would even be any donations. To our surprise, we filled the wagon multiple times and had to make several trips back to our house to unload and head out again. We ended up collecting over 300 food items, thanks to our neighbors.

It was nice not having homework for two weeks, but my sisters and I found a deeper meaning in the hours we contributed. We loved the food drive so much and the feeling that, collectively with our neighbors, we could make a difference in the lives of those less fortunate. Our food drive became an annual Christmas tradition that we continued through our time in middle school, high school, and when we all got our Bachelor's degrees at Niagara University. Kelsey went away to Virginia for law school, but Katelyn and I were able to continue the food drive in 2018 while getting our MBA's at Niagara. Thankfully, we've upgraded from the wagon to cars! After the first year, we expanded the food drive into surrounding neighborhoods and have collected thousands of food items and toiletries. As we all graduate this year, I don't know what will happen (especially since I'm moving to Cincinnati, Ohio, to work for Clorox) but I do know we will all still find ways to get involved with the community and help others!

Many, many thanks to this mighty trio, Rachael, Kelsey, and Katelyn Ruszkowski, for faithfully collecting food for the hungry. Your generous spirits are an example to all of us!

WELCOME

Mark Baetzhold joined Heart & Soul in early 2018. He comes with a rich background in the nonprofit and public sectors and will serve as Director of Development here. He and his wife, Alana, have two daughters, Andrea and Emma. Welcome Mark!

IN REMEMBRANCE

With sadness we learned that David McGarl, former Custodian & Driver for Heart & Soul, died on May 3, 2018. May he rest in peace!