

# FOOD FOR THOUGHT

*A Monthly Newsletter From East York Meals on Wheels*

*In This Issue...*

**Highlighting  
Our Incredible  
Team**

**Diners Club  
News**

**Program  
Reminders**

**East York  
Meals on Wheels**

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## A Message From Our Team

East York Meals on Wheels sends warm wishes for a happy Easter, Passover, and Eid Al-Fitr! As the days grow longer and warmer, we hope everyone is enjoying the fresh air.

We want to thank our hot meal clients for providing valuable feedback on our new menu. Your input is greatly appreciated. Please continue to share your favorite meals and any suggestions for improvement.

If you haven't tried our hot meals or chilled South Asian and Middle Eastern meals and are in our service area, please feel free to get in touch with us.

Starting on April 1st, there will be a slight increase in our prices. Please refer to the newsletter for details on the updated prices. For information about our subsidy process and requirements, please contact our social worker, Catherine.

In April, join the Diners Club for our Easter luncheon at a new location and our Eid luncheon at Afghan Cuisine! More details and RSVP instructions can be found below with Taneka, our Diners Club coordinator.

The EYMOW team wishes you a month filled with friends, family, and community.

# Our Volunteer Spotlight!

*In the spirit of gratitude, we are regularly showcasing stories of some of our most dedicated volunteers who have worked through the pandemic to continue supporting our team and clients alike.*

*Thank you!*



**Glenn Davis**

Glenn Davis is one of our new volunteer Meals on Wheels delivery drivers! Having been aware of the organization for quite some time, he noticed a sign seeking volunteers when he drove past the EYMOW office. He was looking for a flexible opportunity close to home for a few hours a day. Glenn says East York Meals on Wheels plays a crucial role in the community, and he is honoured to contribute in a small way. Before this, he served an 11-year term with the Alternative East York Mental Health Counseling Service Agency, three of which were as the chairperson. Interacting with clients, staff, and fellow volunteers brings him joy. He is happily retired, married for 35 years, and has a daughter. "Remember, the most valuable gift you can offer is your time." Thank you Glenn for offering your time to EYMOW!

Venecia began a new venture by volunteering for East York Meals on Wheels in March! She teamed up with a volunteer driver, whose excellent driving skills complemented her role as a meal delivery runner. She chose this volunteer opportunity because she was eager to understand the organization better, with hopes of future employment and serving the community wholeheartedly.

The profound love and dedication displayed by community members left a deep impression on her. As she navigated through daily routines, various routes, and dietary preferences of our clients, she found immense joy in brightening their days.

Through this experience, her purpose in life became clear: to be a link that fosters connections, offers unwavering support, and operates from a place of pure altruism. Thank you Venecia for brightening our clients day!

*Thank you!*



**Venecia Duldulao**

# Diners Club Updates

## Join us at Diners Club Easter Luncheon!

This Easter, East York Meals on Wheels invites all Diners Club Members to celebrate the holiday at a new location, East York Community Centre.

Indulge in a choice of Roasted Vegetable penne pasta in rose sauce or Herb Chicken with rice pilaf and steamed vegetables. Enjoy refreshments and live entertainment!

**Date: April 12th, 2024**  
**Time: 12:00 pm - 1:30 pm**

To RSVP, please contact Taneka before April 8th, 2024, at 416 424-3322.

## Join us for the Diners Club Eid Luncheon!

All Diners Club Members are welcome to join us in commemorating Eid al-Fitr, marking the end of Ramadan, at Afghan Cuisine! If you haven't experienced Diners Club before, this is a fantastic chance to connect with new faces and enjoy a meal together.

**Date: Thursday, April 25th**  
**Time: 12:00-1:00 pm**

To RSVP, please contact Taneka before April 16, 2024, at 416-424-3322

## DINERS CLUB

## APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02	03	04	05
08	09	10	11	12 East York Spring Lunch
15	16 Swiss Chalet	17 Hermies	18 Astoria Greek	19
22	23 Longo's	24 Eggsmart	25 AfghanCuisine	26
29	30 Halibut House			

**Please remember to wear your seatbelt at all times during transportation to and from DC outings.**

**REMINDER**

Our lunches will be held from 12:00-1:00 pm.

Lunch will cost **\$14.50** plus a tip. The recommended tip amount is \$3 if the service was good.

**NEW!** All virtual programming is free for participants and will run from 12:00 pm to 1:30 pm.



# ***Meals on Wheels Program Updates***

Happy Easter! Please note that our office will be closed on the following dates:

**Friday, March 29th**

**Monday, April 1st**

We hope you are savoring our new hot meal menu! Your thoughts and feedback are valuable to us. Feel free to share your experience with our enhanced menu!

## ***Produce Program Updates***



This month, we gathered an abundance of lettuce from our Tower Garden! The vibrant, crunchy greens have been included in our Fresh Produce Bags.

## ***Social Work & Telephone Reassurance Updates***

### **Don't forget to file your taxes this year!**

If you require assistance, Wood Green offers a program that provides free tax clinics to help you complete your taxes.

To register online, visit: <https://www.woodgreen.org/programs/income-tax-clinic>

For more information about the Wood Green tax clinic, contact: (416) 645-6000 ext. 1187

Email: [taxclinic@woodgreen.org](mailto:taxclinic@woodgreen.org)

A new medical clinic is seeking new clients for their family doctors. You can reach them at 416-469-9696.

Address: 1401 Gerrard St. East, Toronto.

# News To Know

## IMPORTANT REMINDER! NEW PRICING EFFECTIVE APRIL 1ST

Hot Meal:	\$7.50
Halal Chilled Meal:	\$7.50
Chinese Meal:	\$7.50
Frozen Meal:	\$7.42
Frozen 5+5 pack:	\$48.66
Frozen 7 pack:	\$49.62
Frozen Dessert/Soup:	\$2.43
Diners Club:	\$14.50

If you want to inquire about our subsidy process and requirements, please don't hesitate to get in touch with us!



### Please Consider Donating Today

Culturally appropriate & affordable food for everyone!

I would like to make a donation in the amount of  
**\$200 \$100 \$75 \$50 \$25 (Other)**\_\_\_\_\_

I have enclosed a cheque or cash for the amount above

I prefer to charge my donation to **Visa** **Mastercard**

Card Number \_\_\_\_\_ Expiry Date \_\_\_\_\_ CVC \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone number \_\_\_\_\_

**THANK YOU FOR YOUR GENEROUS SUPPORT!**



# Staff

Adriano Murarotto MSW, RSW

Executive Director

Mary Skwarek

Manager, Operations

Taneka Dennis

Program Supervisor

Ana Gavino

Meals on Wheels Coordinator

Farah Alim

Food Service & Urban Agriculture

Coordinator

Catherine Brulé

Social Worker

Shakeel Ahmed

Meal Delivery Driver

Reona Solomon

Social Worker: Student Placement

Rieya Rangnekar

Marketing Intern

## Our Partners:



## Board of Directors

Mat Savulescu

Chair/President

Tameeza Dhanani

Vice-President

Thomas Moores

Secretary-Treasurer

Stacy Beach

Justin Safayeni

Melissa Chin

Jill Krupa

Director Emeritus:

Carl Peterson

Honorary Life Member:

Alan Redway

## About Us!



East York Meals on Wheels (EYMOW) is a not-for-profit community service agency providing good food and social support through caring volunteers to enhance the well-being of East York residents. Founded in 1969, the agency is funded by client fees, memberships, donations, bequests, Ontario Health, Ontario Community Support Association, United Way of Greater Toronto and Toronto Community Services and is a federally registered charity. EYMOW is a member of Imagine Canada, Ontario Community Support Association (OCSA), VolunteerToronto, Community Food Centers Canada and East Toronto Health Partners (ETHP) Ontario Health Team.



Contact Us:  
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Registered Charity Number #2913 9366 RR0001

