

FOOD FOR THOUGHT

A Monthly Newsletter from East York Meals on Wheels

In This Issue...

**Highlighting
Our Incredible
Volunteers**

**Fresh Produce
Delivery
Program**



Diners Club Return

NOW SERVING

**East York
Meals on Wheels**

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A Message From Our Executive Director...

The month of April marks the celebration of religious holidays such as Easter, Passover, and Ramadan, and we hope that all of our clients, volunteers, and staff get to enjoy these important days with friends and family. For our clients that celebrate Ramadan specifically, we are including dates with your meals to help those who are following the traditional fasting. We are including a calendar that will allow those to follow the timing and dates to participate in prayer.

April also represents the transition to Spring, a time that is associated with new beginnings and growth, similar to the flowers and trees that begin to bloom. For our organization, this marks the start of our **Fresh Produce Delivery Program**, which we are very excited to pilot with a limited number of our clients. We feel that access to fresh fruit and vegetables is essential for the health and well-being of all individuals. We are looking forward to seeing the positive impact of this program.

From myself and the team at EYMOW, we wish you a safe and reflective month of April!

- Adriano Murarotto MSW, RSW



Our Heroic Volunteers

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.



Mayank Mahendrakar started volunteering with East York Meals on Wheels in late January 2022. Mayank helps deliver meals via two of our programs, our western hot meal program, and our Halal meal program. He dedicates three days a week to volunteer with us! Mayank appreciates the professionalism of our agency and our mission to help feed and offer support to the community.

Mayank's goal is to become a police officer. He wants to serve the community and volunteering with EYMOW provides him with an opportunity to learn more about the community and its needs. Mayank always strives to work hard and be better than he was yesterday.

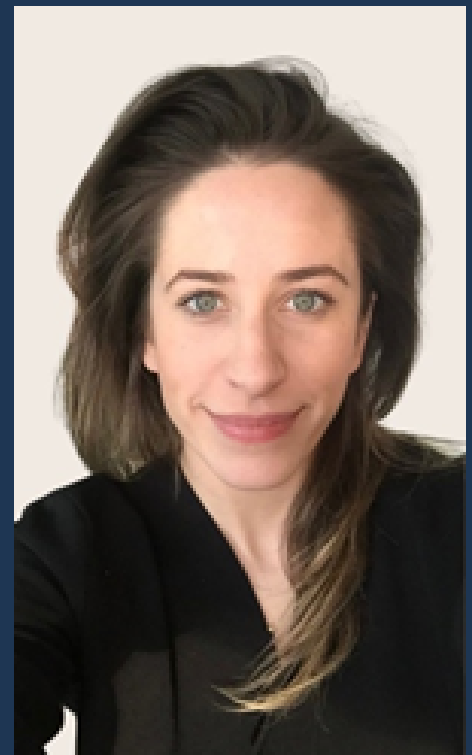
Thank you, Mayank, for your commitment to our agency each week!

Emma Wallace began volunteering for EYMOW every week in February 2021. She says she "selfishly" chose to volunteer with East York Meals on Wheels to give herself a break from feeling helpless and isolated during Covid. Emma says, "while so many people were struggling, it was difficult to continue to do work that only felt meaningful to a world that existed before the pandemic."

Emma explained that she hoped volunteering would reinvigorate her motivation and absolve her from some of the "guilt". However, once she started at East York Meals on Wheels it became a much more valuable, long-term part of her life than she imagined. "Isolation during Covid gave a real visceral insight into what many members of the older generations must deal with every day. Providing them with a break from that with

a friendly face and a meal feels much more important when you know personally how far it truly goes."

Thank you, Emma, for truly making a positive impact in your community.



Program Updates

Easter Edition

Reminder to all clients that we will deliver Meals on Wheels as usual on Good Friday, April 15th & Easter Monday, April 18th, although our offices will be closed.

Easter Sunday, April 17th we will be serving a traditional hot turkey dinner with gravy. Cancellations or changes for Friday, April 15th, Saturday, April 16th, Sunday, April 17th, Monday, April 18th & Tuesday, April 19th **must be made before NOON on Thursday, April 14th**. As much notice as possible is preferred.

From your friends at East York Meals on Wheels, we wish you all good health and a Happy Easter!



We have exciting news! Diners Club will be resuming on Wednesday April 20th! We will be visiting Swiss Chalet for their quarter chicken lunch. Vegetarian options are also available.

Covid policy: Even though some covid mandates are being eased it is still up to each business and organization to decide what covid measures are in place. East York Meals on Wheels will continue to adhere to our Covid policy. This means that all staff, volunteers, and Diners Club program participants show proof of double vaccination and mask wearing while in a vehicle with volunteer drivers and fellow DC clients.

We want to ensure that we are doing what we can to keep everyone safe and limit any preventable illness.

Join us! Our volunteer, Connie will be calling you soon to see if you'd like to join us for lunch. If you haven't joined us in the past, and are interested, please call Mary at 416-424-3322 ex. 2220 and she will be happy to provide you with more information.

Lunch is on us! East York Meals on Wheels will be covering the cost of our first lunch back. We're thrilled to start up this program again safely and we look forward to seeing you soon!

Fresh Produce Delivery

NEW

Our produce delivery program will begin in April with a limited number of clients. Our deliveries will be bi-weekly with the first delivery date of Friday, April 8th from 11-1:00 pm. Some clients who have expressed interest will be waitlisted and onboarded as soon as we build more capacity.

Currently, we are only offering small produce bags containing 5-6 fruits/vegetables. Our produce will be local when possible and always fresh. If you will not be home to receive your delivery, please call our office ahead of time and we will cancel your order for that week. Your produce will be packaged in a reusable cooler bag. We please ask you to return this bag to us at your next delivery so we can clean and sanitize it. It is our mission at East York Meals on Wheels to offer affordable fresh and healthy food to our clients and so this program will be a **pay-what-you-can** model. The amount you pay is up to you! Any amount will help us sustain and grow the program. We ask that you **please attach your name and specify the program you are paying for with your payment.**

If you live in East York and are interested in signing up for the fresh produce delivery, please call our social worker at 416-424-3322. If you're interested in volunteering to help wash and pack produce, please reach out to Mary at operations@east yorkmealsonwheels.org

Donate Today

HELP SUPPORT OUR MISSION

Please fill out the below to make a donation to support the work of the agency.

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 ____/____

Signature _____

Name _____ Address _____

Phone# _____

THANK YOU FOR YOUR GENEROUS SUPPORT!





Ontario Seniors Dental Care Program (OSDCP)



Have You Heard About The Ontario Seniors Dental Care Program?

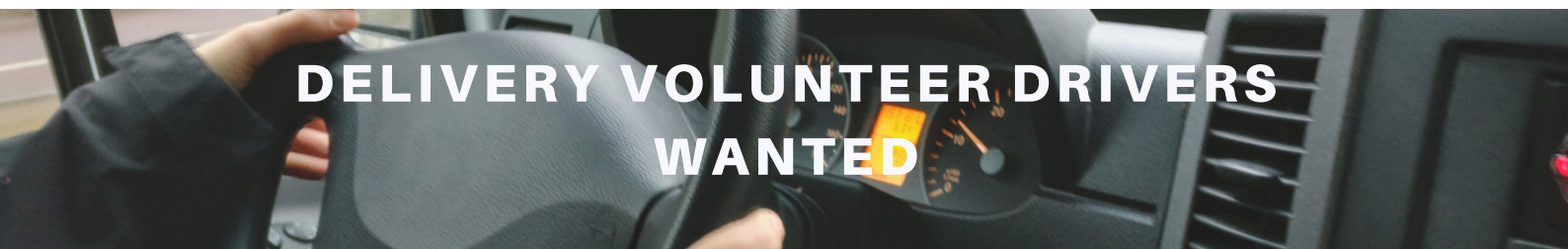
This program provides free, routine dental services for eligible low-income seniors in Ontario who are 65 years of age or older, have no other form of dental benefits and meet the following income requirements:

- an annual net income of \$22,200 or less for a single senior
- a combined annual net income of \$37,100 or less for a couple

Once you are enrolled in the program, your coverage period is for up to one year. Your coverage will end on July 31st every year, no matter when you enroll. Coverage includes-

- Check-ups, including scaling, fluoride and polishing
- Repairing broken teeth and cavities
- X-rays
- Removing teeth or abnormal tissue (oral surgery)
- Anesthesia
- Treating infection and pain (endodontic services)
- Treating gum conditions and diseases (periodontal services)
- Dental prosthetics (prosthodontic services), including dentures, will be partially covered

If you want more information about the program or needs assistance with the online program application, please feel free to contact EYMOW at (416) 424-3322.



East York Meals on Wheels is in continued need of delivery drivers, specifically Diners Club volunteer drivers.

Diners Club runs from 12:00-1:00 pm once a month. Volunteer drivers pick up and drop off clients at their homes before and after lunch. Diners Club is looking to reopen in April and we are in need of volunteer drivers to help ensure seniors can get back to socializing in the community.

Volunteers are also needed for our hot western Meals on Wheels program which runs Monday - Friday from 11:00 - 1:00 pm and our Halal Meals on Wheels program which runs every Tuesday and Thursday from 2:00-4:00 pm. These programs help provide vital food services and wellness checks to those in the East York community.

Please email Mary at volunteer@east yorkmealsonwheels.org if you are interested in any of the above positions.



Staff

Adriano Murarotto MSW, RSW
Executive Director

Mary Skwarek,
Manager, Operations

Dawit Tadesse, BSW, RSW
Social Worker

Amber Wollen,
Meals on Wheels Coordinator

Farah Alim,
Assistant Coordinator

Rosemary Scott,
Sunday & Holiday Coordinator

Graeme Hewson,
Community Relations and
Operations Assistant

Board of Directors

Donald Wallace,
President

Stacy Beach,
Vice-President

Thomas Moores,
Secretary-Treasurer

Melissa Chin
Tameeza Dhanani
Justin Safayeni
Mat Savulescu

Director Emeritus:
Carl Peterson

Honorary Life Member:
Alan Redway

Our Partners:

East Toronto Health Partners

Ontario 

TNO
THE NEIGHBOURHOOD ORGANIZATION



United Way
Greater Toronto

IMAGINE
CANADA

OCSA | Ontario Community Support Association

About Us!



@eymealsonwheels

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, the Toronto Central LHIN, Ontario Community Support Association and Toronto Community Services and is a federally registered charity.

EYMOW is a member of Imagine Canada, Ontario Community Support Association, Volunteer Centre of Toronto and East Toronto Health Partners (ETHP) Ontario Health Team.



Contact Us:

416-424-3322

info@eastyorkmealsonwheels.org

Registered Charity Number #2913 9366 RR0001

