

FOOD FOR THOUGHT

A Monthly Newsletter From East York Meals on Wheels

In This Issue...

**Highlighting
Our Incredible
Team**



**Friendly
Reminder!**

**East York
Meals on Wheels**

p. 416-424-3322

e. info@eastYorkmealsonwheels.org

a. 52-2 Thorncliffe Park Drive

Toronto, ON M4H 1H2

www.eastYorkmealsonwheels.org

A Message From Our Team

April is here, so we're officially in the Spring season! April showers bring May flowers; we can't wait to see all the springtime's beauty.

April is also full of religious celebrations like Ramadan and Eid for those in the Muslim community. We wish you Ramadan Mubarak and Eid Mubarak! It also hosts Easter for those who observe Christianity. Happy Easter to those who celebrate. Friendly reminder that our office will be closed for Good Friday and Easter Monday. Please take a look at the section inside for more information.

We also have exciting news about our virtual Diner's Club program. We have found a way to reduce the barriers to accessing this program. Please see inside for more information.

Please also see inside the newsletter for important information regarding WoodGreen pick-ups for the Diner's Club lunches.

The team is excited to share news about our Aeroponic Tower Garden. We have officially harvested the first crop, which has already fed some of our clients. Please take a look inside for a picture and more information.

As always, the team at EYMOW hopes you have a fantastic month of April!



In alliance with Community Food Centres Canada 2023

Our Volunteer and Employee 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!

Tasdiq Ameen

We are thrilled to shine a spotlight on Tasdiq, one of our dedicated volunteers at East York Meals on Wheels. Tasdiq, one of our Sunday meal delivery drivers, has been volunteering with us since November 2021! When asked why he chose to volunteer with East York Meals on Wheels, he says that he saw an urgent call for volunteers at EYMOW and couldn't ignore it. He wanted to serve his community and help those in need, particularly the seniors in our community. One of Tasdiq's favourite parts about volunteering with us is seeing the joy on the faces of our clients when they receive a visit. As he puts it, "Most of the clients I've met are seniors and are living alone; unfortunately, their faces light up when we visit them." We are so grateful to have Tasdiq as part of our team, and we thank him for his dedication to helping our clients.

Kaleigh started volunteering with us last fall when her youngest child started preschool. She specifically chose to volunteer with East York Meals on Wheels because of her grandfather's previous experience with our meal delivery program. She found it comforting to know that her grandfather was receiving a nutritious hot meal and had someone checking in on him. Kaleigh's favorite part about volunteering with EYMOW is interacting with the clients. She has formed lovely friendships and finds joy in even the smallest interactions during her meal deliveries. Kaleigh also keeps busy in her local community center by helping with the Holiday Hamper Drive. This year she was even able to help fundraise money for her local community center. We are grateful to have Kaleigh as part of our team and appreciate her dedication to our mission of providing nutritious meals and a friendly check-in to our clients.

Thank you!



Kaleigh-Anne Cooper

VIRTUAL Diners Club

NEW!

The team is excited to announce that we have created another avenue for our clients to access our virtual Diner's Club program! We invite our clients to join us in person in our office, where we will connect to the virtual Diner's Club zoom call in our boardroom as a group. This way, even those without internet access can still join our online programming! The program will be run once a month on Tuesdays from 12-1:30 pm and will be free to participants. Snacks and refreshments will be provided. You will enjoy various monthly activities and presenters, including a chair yoga class, storytellers, guest speakers, and more.

If anyone is interested in joining this programming, please get in touch with us via email at admin@eastyorkmealsonwheels.org or call us at **416-424-3322**. Space may be limited.

If you are struggling with technology or need help learning to attend virtual programming, **Tech Serve TO** can help! They provide one-on-one training to seniors on how to use technology right in the comfort of their own homes. The best part is that there is no cost for this service! To set up an appointment, **please call 1-888-418-4771 or contact our office.**

DINERS CLUB APRIL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03	04	Eggsmart 05	06	07
10	Rise & Dine 11	12	13	14
17	Swiss Chalet 18	19	20	21
VIRTUAL Speaker	Quarry Cafe 25	26	27	28
01	02			

REMINDER

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

We are capping each lunch to 20 people who need a ride.

Lunch will cost \$12 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.



Diner's Club Reminders

We want to remind our Diner's Club clients and let anyone interested in joining know that we have partnered with WoodGreen to provide rides to many more clients. Thanks to this partnership, we have provided a lift to every person who needed one for every lunch.

1. If you need a ride to lunch, please remember that a bus with the WoodGreen logo will be outside your home between 11:00 and 11:30 am.
2. Once you have spoken to our volunteer, placed your order, and let them know you will need a ride, you are confirmed and can expect the WoodGreen bus to be outside your home the day of the lunch.
3. We will no longer be providing reminder calls. Please be ready to be picked up by WoodGreen during the abovementioned timeframe.
4. If you are still waiting to see the WoodGreen bus outside your home by 11:35 pm, please call our office at **416-424-3322** to let us know so we can follow up.



Friendly Reminders

Just a friendly reminder to all of our **Meals on Wheels** clients that the deadline to cancel your order in **one business day, before noon**, before your expected delivery day. Unfortunately, you will still be charged if we do not receive a meal cancellation notice in time. This means that for any changes to your meal orders for the Easter long weekend, our office must be informed by **Thursday, April 6th, at noon**. This applies to meal changes from **Friday, April 7th, until Tuesday, April 11th**. Thank you in advance for understanding.

Our Fresh Produce Delivery Program will be **cancelled on Tuesday April 11th** as the office is closed on Easter Monday.

Please inform us of any changes by calling the office at **416-424-3322** or emailing **admin@eastYorkmealsonwheels.org**. Thank you for understanding!



Tower Garden Program Update



We are excited to share with you that we have successfully harvested crops from our aeroponic tower garden! Clients of the Fresh Food Delivery Program have been receiving some delicious and nutritious leafy green veggies in their recent bags. Some items included were lettuce, basil, & more!

Please contact us if you are interested in helping with the program at 416-424-3322 or admin@eastyorkmealsonwheels.org



Choose to Help Today!

No amount is too small, each donation helps a neighbour in need

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** **NEW!**
Card number _____ expiry date _____
Name _____
Address _____
Phone number _____



THANK YOU FOR YOUR GENEROUS SUPPORT!



Staff

Adriano Murarotto MSW, RSW

Executive Director

Mary Skwarek

Manager, Operations

Meghann Fahey

Admin & Client Services Coordinator

Audrey Thompson, MSW, RSW

Registered Social Worker

Ana Gavino

Meals on Wheels Coordinator

Farah Alim

Assistant Coordinator

Rafael Granado

Volunteer Coordinator

Karissa Sakumoto

Project Coordinator

Vibhas Bapat

Meal Delivery Driver

Our Partners:



United Way
Greater Toronto



community food centres
CANADA good food is just the beginning

Board of Directors

Melissa Chin

Interim President

Stacy Beach

Vice-President

Thomas Moores

Secretary-Treasurer

Tameeza Dhanani

Justin Safayeni

Mat Savulescu

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:

416-424-3322

info@eastyorkmealsonwheels.org

Registered Charity Number #2913 9366 RR0001

