AUGUST 2023

FOODFORTHOUGHT

A Monthly Newsletter From East York Meals on Wheels

In This Issue...







East York Meals on Wheels

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A Message From Our Team

As we enter August, we embrace the peak of summer and sunshine! We hope all our clients and volunteers stay cool in our hot weather.

As July ends, we would like to remind all our clients of the **August Civic Holiday on August 7th**. Our office will be closed; meal delivery will continue as normal.

We are thrilled to announce our new authentic Chines hot meals launch! We are excited to collaborate with Yee Hong to serve the East York community better and offer authentic Chinese meals. Please take a look inside for more information.

We are very excited to continue hosting Diners Club at total capacity again in August! We would like to remind all of our Diners Club clients to let us know of any cancellations. We would also like to announce that we will be placing a temporary hold on our **in-person** Virtual Diners Club sessions at the office. Virtual Diners Club will continue over Zoom.

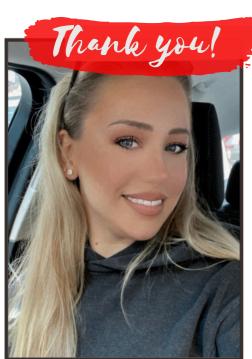
We are very grateful to have welcomed over 15 new volunteers this month! We want to give a special thank you to all of our volunteers.

EYMOW is excited to share more about our new space and summer fundraiser! We want to remind everyone that our summer fundraiser for our Pay-It-Forward Café & Market will continue to take place in August! Please consider supporting this initiative and donate.

The team here at EYMOW wishes you a wonderful month of August!

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.



Diana Drazek

It's time to shine the spotlight on one of our newest volunteers, Diana! She's been making a positive impact on the East York Meals on Wheels community, and we're thrilled to share her journey with all of you.

When asked about her decision to volunteer with us, she expressed her desire to give back to her community. For Diana, the heartwarming interactions with our clients are what she cherishes the most. Learning about each individual and building relationships with them brings her immense joy. Seeing familiar faces each week has become a source of happiness for both her and our clients. It's evident that Diana's compassionate nature leaves a lasting impression on everyone she meets.

Let's all take a moment to appreciate Diana's commitment and passion for making a difference in the lives of others. We are so grateful to have her as a volunteer with East York Meals on Wheels!

Leanne joined East York Meals on Wheels as a delivery driver on New Year's Day in 2023. Through her consistent weekly visits, Leanne creates a sense of routine, familiarity, and positivity that brightens the lives of those she serves. Leanne's commitment to making her community a better place doesn't stop at Meals on Wheels. She also volunteers at events in the 2SILGBTQ community and actively participates in her Church's initiatives. Her dedication to helping others extends beyond meal deliveries, making a positive impact in various areas of people's lives.

Outside of volunteering and her work with Toronto Public Health, Leanne has a fascinating background. She has spent over 25 years working in Sexual Health Promotion and, more recently, managing COVID-19 response in Long Term Care Facilities.

Thank you, Leanne, for being an inspiring volunteer and bringing joy to the lives of the individuals you serve. Your dedication and kind spirit truly make a difference in our community.



Leanne Cusitar



Dinerselublinformation

Our Diner's Club program continues to host eight lunches monthly and provides FREE transportation to our clients. It's come to our attention that some clients have received, by mistake, invoices from Sprint or WoodGreen for their rides to lunch. If so, please call our office, and we will assist you.

Due to our relocation to our new office space, we will be placing a temporary hold on our **in-person** Virtual Diners Club sessions at the office. Virtual sessions over Zoom will continue once a month. This decision has been made to ensure we complete the necessary preparation to welcome you back to our new location! Thank you for understanding; we appreciate your patience during this transition period.

We kindly remind our clients that for any **cancellations** regarding our in-person lunches, **please notify our office 24 hours in advance** if you cannot attend lunch. We appreciate your efforts to inform us in time.

If you are interested in joining our Diners Club program, please get in touch with our Diners Club Coordinator via email at **admin@eastyorkmealsonwheels.org** or call us at **416-424-3322**.



Program Updates: Chinese Meals

We are delighted to announce our newest meal supplier, Yee Hong! Yee Hong will provide us with authentic hot Chinese meals starting in August! We are excited to offer our clients fresh and healthy culturally appropriate meals. This program is set to commence in mid-August. Chinese meals include an entrée, soup, and dessert will be available at **\$7 per meal**, These deliveries will be made between **11:00AM** and **1:00PM** on **Tuesdays** and **Thursdays**.

For additional details or if you'd like to try our new Chinese meals, please contact our Meals on Wheels Coordinator Ana via email at **mowcoord@eastyorkmealsonwheels.org** or by phone at **416-424-3322**. We look forward to serving you!

ProgramUpdates:Thankyou Volunteers!

We would like to extend our gratitude to the remarkable individuals who volunteered their time over the past month. We welcomed over 15 new volunteers in July who have been assisting with meal packing and support in administrative tasks at our office!

To all of our volunteers, we want to give a special thank you for your dedication and commitment to our organization. We look forward to celebrating you at our upcoming AGM and volunteer appreciate event on Monday September 25th. More details to come!

We are continuing to look for **Telephone Reassurance** and **Delivery Driver** volunteers. If you are interested or know someone who may be interested in joining our team of dedicated volunteers, we warmly encourage you to contact our Volunteer Coordinator Rafael via email at **volunteer@eastyorkmealsonwheels.org** or by phone at **416-424-3322**.



Attens Donors! Summer Fundraiser



As East York Meals on Wheels (EYMOW) continues to grow and meet the community's needs, we have decided to open a Pay-it-Forward Café this summer!

The Café & Food Market will offer low or no-cost fresh and seasonal food and essential daily items that are culturally appropriate and affordable for everyone.

This will be a welcoming space for the community to participate in a dignified and equitable shopping experience.

Your support will help us stock our shelves with fresh food and essential daily items and outfit our commercial kitchen to provide healthy snacks for the community. To learn more, please visit our Go Fund Me link: https://www.gofundme.com/f/EYMOWFoodHub

If you'd like to send your donation into our office, please cut and return the portion below with your donation.

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Community Hub Fundraiser		
Culturally appropriate & affordable food for everyone!		
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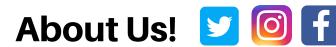


- Adriano Murarotto MSW, RSW Executive Director Mary Skwarek Manager, Operations Ana Gavino Meals on Wheels Coordinator Laura Bellantone Client & Admin Services Coordinator
- Farah Alim Assistant Coordinator Catherine Brulé Social Worker Rafael Granado Volunteer Coordinator Karissa Sakumoto Project Coordinator Shakeel Ahmed Meal Delivery Driver





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





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 wellbeing 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.



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