

FOOD FOR THOUGHT

A Monthly Newsletter From East York Meals on Wheels

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Our Incredible
Team**

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Fundraiser**

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Chinese Meals**

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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 Chinese 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.

Thank you!



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.

Thank you!



Leanne Cusitar

Diners Club Information

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@east yorkmealsonwheels.org or call us at **416-424-3322**.

DINERS CLUB

AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	Afghan Cuisine 01	Eggsmart 02	03	04
07	Halibut House 08	09	Rise and Dine 10	11
14	Swiss Chalet 15	Quarry Café 16	17	18
21	Longo's 22	23	Halibut House 24	25
28	29	Virtual Speaker 30	31	01

REMINDER

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

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 12:30 pm to 1:30 pm.



Program Updates: Chinese Meals

NEW!

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@east yorkmealsonwheels.org or by phone at **416-424-3322**. We look forward to serving you!

Program Updates: Thank you 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@east yorkmealsonwheels.org or by phone at **416-424-3322**.





Atten: 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.



Community Hub Fundraiser

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

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

Our Partners:



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.



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