

FOOD FOR THOUGHT

A Monthly Newsletter from East York Meals on Wheels

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A Message From Our Executive Director...

Happy Holidays!

We've had an exceptional year thus far and we cannot wait to see what 2022 has in store for us. We're happy to be continuing Halal Meal deliveries until the end of this month. Check out our Instagram and Facebook page for the latest updates on the future of this program.

We're excited to announce our first Diners Club Luncheon will take place on Tuesday December 21st! Thank you for your patience this past year as we worked on getting Diners Club up and running in the safest way possible.

We are trying something new this holiday season with our Holiday Donation Drive. With a donation of either \$25, \$50, or \$75+ you will receive a token of our appreciation, in the form of a special gift from our team.

And finally, a big THANK YOU to all of our clients, volunteers, donors, board members and staff who have helped to make this a record-breaking year! Let's hope that 2022 is filled with more positivity and a renewed sense of prosperity. Wishing you all a happy and safe holiday season!

- 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.

Huseyin Tiftikci started volunteering with East York Meals on Wheels on January 29th, 2018 as a meal delivery driver. Huseyin describes himself as a generous person who enjoys working alongside like-minded people and he thought volunteering with EYMOW would be a good fit.



He chose to volunteer with EYMOW because of the opportunity to connect with people in the community and offer help where it was needed most. His favourite part of volunteering is interacting with the clients. Huseyin finds fulfillment in meeting new people and getting to know our clients. He also really enjoys working with our staff because he can see that they value their community. He says volunteering with EYMOW “makes you want to be a part of the team.”

Huseyin, you are indeed an important member of our team, and we value your dedication to our cause. Thank you!



Darlene Brown has been volunteering with East York Meals on Wheels since January 2014. She comes in every week to help pack the meals and volunteers her time monthly with our newsletter and invoice distribution.

After Darlene retired from a 43-year career, she was anxious to find a volunteer opportunity in the community. She didn't own a vehicle, so her choices were somewhat limited. A resident in her condo and a former volunteer at EYMOW suggested she contact our agency.

Her interaction with the other volunteers and staff is always such a fun and rewarding experience and she enjoys every minute. Darlene says, “We've all heard it said how great it feels when we are able to give back a little to our communities. That isn't a cliché...it is SO true!!!!” Thank you, Darlene! You bring such positivity and care to your volunteer work. We appreciate you!





Diners Club is BACK!



We are thrilled to announce that Diners Club will be returning this month! We've really missed you all and we are so happy to get this program up and running again.

We will be going out for lunch **once per month** with the hope of slowly scaling back up to a pre-pandemic schedule. At this time, we will not be returning to our community centers, churches, or retirement homes.

We'll be returning to Swiss Chalet, WATTS Restaurant, Rise & Dine, and Halibut House!

Our first Diners Club will be held at Swiss Chalet on Tuesday December 21st at 12pm for their festive dinner!

We will be calling to take your order soon. Please let Mary know if you DO NOT need a ride to and from the restaurant.

Lunch is on us!

Restaurants were hit hard during the pandemic, and many have increased their prices. In keeping Diners Club affordable and accessible to everyone, we will be taking care of the cost of your meal until March 2022. We still ask that you consider tipping your server after your meal.

STRICT COVID-19 Safety Policy

All clients visiting a restaurant must be fully vaccinated. Proof of vaccination status and photo ID will be required upon entry for every restaurant we visit.

Contact tracing will also be required. Your first and last name and phone number will be provided to the restaurant when your order is placed.

All volunteers, staff, and clients will need to wear a mask when riding in a vehicle. Masks will need to be worn in the restaurant anytime you are not in your seat.

We are following the rules put in place by public health. We are always here to offer friendly reminders and support.

We look forward to dining with you!



Holiday Closures and Updates



Western - Meals on Wheels:

Happy Holidays to you and yours!

We'd like to remind clients that East York Meals on Wheels will be delivering meals as usual everyday throughout the Holiday season including all Statutory Holidays.

The office, however, will be closed on the following dates:

- Friday, December 24th, 2021 (starting at 2:00 pm) until Wednesday, December 29th (at 8:30am)
- Friday, December 31st, 2021 (starting at 2:00pm) until Tuesday, January 4th, 2021 (at 8:30am)

FOR OUR CLIENTS WHO REGULARLY RECEIVE SATURDAY MEALS, WE WILL BE SERVING A TRADITIONAL CHRISTMAS DINNER WITH ROAST TURKEY, GRAVY, PEAS, CARROTS, MASHED POTATOES, CRANBERRY SAUCE, AND STUFFING, WITH A BUTTER TART SQUARE FOR DESSERT!



A KIND REMINDER THAT CHRISTMAS DAY DINNERS, WILL BE DELIVERED WITH YOUR FRIDAY, DECEMBER 24TH MEAL, AS WE DO EVERY WEEK. CHRISTMAS DAY DINNERS ARE SUBJECT TO AVAILABILITY, LIMITED SUPPLY.

PLEASE INFORM US OF ANY CANCELLATIONS OR CHANGES EFFECTING DECEMBER 24TH THROUGH 29TH, BEFORE NOON ON THURSDAY, DECEMBER 23RD. CANCELLATIONS OR CHANGES FOR DECEMBER 31ST THROUGH JANUARY 4TH MUST BE MADE BEFORE NOON ON THURSDAY, DECEMBER 30TH. PLEASE LET US KNOW OF ANY CHANGES AS SOON AS POSSIBLE.

Halal Meals on Wheels

• HALAL

Due to our office closure on Tuesday, December 28th we will be switching delivery date that week to Wednesday, December 29th & resume as regular on Thursday, December 30th. Please phone us in advance if this particular change conflicts with your schedule.



Holiday Donation Drive

This holiday season, please consider giving back to your community. Join our Holiday Donation Drive and together we can raise \$2000!

With your help, we can ensure that East York's seniors and the most vulnerable residents can continue to receive a hot and nutritious meal, and social support.

**HELP US
RAISE \$2000**

**WHEN YOU
DONATE:**



\$25

WE WILL SEND AN ANONYMOUS CHRISTMAS CARD TO A CLIENT, NEIGHBOUR, FAMILY, OR FRIEND, ON YOUR BEHALF.



\$50

YOU WILL RECEIVE A LIMITED-EDITION EAST YORK MEALS ON WHEELS, EMBROIDERED KNIT TOQUE.



\$75+

YOU WILL RECEIVE OUR CUSTOM TOQUE AND OUR ONE-OF-A-KIND EAST YORK HISTORICAL CALENDAR.



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,
Program Assistant
Rosemary Scott,
Sunday & Holiday Coordinator

Board of Directors

Donald Wallace,
President
Michelle Broom,
Vice-President
Thomas Moores,
Secretary-Treasurer
Stacy Beach
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.



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Registered Charity Number #2913 9366 RR0001

