

FOOD FOR THOUGHT

A Monthly Newsletter From East York Meals on Wheels

In This Issue...

Highlighting
Our Incredible
Team



Holiday
Updates and
Fundraiser

East York
Meals on Wheels

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A Message From Our Team

December has arrived and this means the official start to winter and the holiday season is almost here! To those that celebrate Hannukah, Christmas, Boxing Day, and New Year's Eve this month, we hope it is filled with love and fun!

Our office will be closed for the holidays from 2 p.m. to 9 a.m. from December 23rd to December 28th and from 2 p.m. on December 30th to 9 a.m. on January 3rd, 2023. Please see the Holiday Notice section inside for more information on when to place your orders by for this time period.

2022 may be coming to an end but it is just the start of many great things for EYMOW. We have **new online Diner's Club Programming** beginning this month! Please see inside the newsletter for more information on this new program. We hope to see you all there!

December also marks the beginning of our **Holiday Donation Drive**. We are asking our supporters to please consider donating to EYMOW this holiday season to help fight food insecurity in the community. We want to show you a token of our appreciation by giving you a gift in return! Please see the section in the newsletter for details.

We would also like to announce that we have made the switch to paper bags for our Produce Delivery Program to make it easier, cleaner and greener!

Seasons greetings and best wishes to you and your family from all of us at EYMOW!



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.

We have exciting news to share about our amazing social worker, Dawit! He is taking a leave of absence to pursue his Masters of Social Work and will also be

Farewell for Now!



Dawit Tadesse

taking time to care for and welcome his first child. Dawit and his partner are expecting their first child in the Spring! We are very supportive and excited for Dawit to further his education and we're thrilled that his family is growing.

His last day with us will be on December 30th and he will be returning to East York Meals on Wheels in June. Dawit will be training our new social worker, Audrey for the month of December and we look forward to introducing you to Audrey next month!

Please help us in wishing Dawit best of luck with his studies. We know he is going to be an amazing MSW and DAD!

Lauren Quiroz is one of our new volunteers here at East York Meals on Wheels. She began volunteering with us on October 18th of this year. Three times a week Lauren comes into our office to help us pack our nutritious meals for our volunteer drivers to deliver around the East York area. Lauren currently packs for two of our programs, the hot meals program and our halal program. Lauren chose to volunteer with EYMOW because she believes in our mission and likes to give back to those that are most in need. She also admires our devotion in providing nutritious meals to seniors and people with disabilities.

Thank you Lauren for making the decision to join the EYMOW community! We're grateful to have you!

Thank you!



Lauren Quiroz



Diners Club

NEW!

We are excited to announce the start of the **New Virtual Diner's Club program!** Participants will meet on Zoom at 11:40 am to enjoy a virtual lunch together and join in an activity after your meal. This new program will take place completely virtually and a zoom link will be emailed to all participants ahead of time. This program will be at **no cost** to participants since lunch will **not** be provided.

On **Tuesday, December 13th**, we will host our first activity: **Chair Yoga!**

The zoom call will begin at 11:45am. We will have lunch together and then begin the Chair Yoga class at 12:30pm which will run for about an hour. We ask that participants join the call at 11:45am with their lunch ready and with any items they need for the activity nearby. Please see below the list of items you will need for Chair Yoga.

Items to Bring:

- Pair of socks rolled up
- Small cushion
- Straight back chair where your feet can touch the floor
- A footstool or something you can rest your feet on if your feet don't touch the floor

This new programming is open to all current Diner's Club members or anyone new that would like to join! All are welcome.

For more information or to RSVP, please call 416-424-3322 or email admin@eastyorkmealsonwheels.org. If you need help accessing the internet or are in need of a device, please contact our office and we may be able to help you out.

Thank you!

DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			01	02
05	QUARRY CAFE 06	07	08	09
12	VIRTUAL CHAIR YOGA 13	14	15	16
PARAMOUNT 19	20	21	22	23
26	27	28	29	30

REMINDER

Our December 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 11:45 am to 1:30 pm.





Holiday Notice

We will deliver Meals on Wheels as usual on December 25th, 26th, & 27th, and January 1st, & 2nd. However, the office will be closed from 2 p.m. to 9 a.m. from December 23rd to December 28th and from 2 p.m. on December 30th to 9 a.m. on January 3rd, 2023.

Please inform us of any cancellations or changes to the **hot or frozen meals** between December 23rd through 29th, **before noon on Wednesday, December 21st**. Cancellations or changes for December 30th, January 1st, 2nd, 3rd & 4th must be made **before noon on December 29th**.

Halal meals will be delivered on Wednesday, December 28th, and Thursday, December 29th. If you need to cancel your halal meals for any reason, please let us know **before noon on Wednesday, December 21st**.

Christmas Day is on Sunday, December 25th this year, and clients that are scheduled to receive a Sunday meal will have the option to receive a turkey dinner (stuffing, cranberry sauce, mashed potatoes, peas and carrots). Please let Ana know if you'd like a turkey dinner **before noon on Wednesday, December 21st**. Unfortunately, we are unable to accommodate a turkey dinner request if you do not have a Sunday delivery.

Please inform Ana at mowcoord@east yorkmeals on wheels.org or 416-424-3322 of any changes as soon as possible. We'd like to give our clients as much notice as possible as to what our holiday meal delivery schedule will look like so you can plan accordingly.



FRESH Produce Delivery Program

You may have noticed your produce arriving in brown recyclable bags! We have decided to change from our blue reusable cooler bags to new recyclable, eco-friendly paper bags.

In order to continue providing this program to you at a high standard, we opted instead to repurpose the existing material bags in lieu of another eco-friendly option.

Once you have taken all your produce out of the paper bag you can easily recycle it and not think about it again! No more worrying about having to clean our blue bag before returning and having to remember to have it ready in time for each drop off. Now all you have to do is enjoy your fresh and tasty produce!

Please remember to return your blue cooler bag if you have not done so yet so we can **recycle, reuse and reduce** waste.

Thank you for your understanding!

HOLIDAY DONATION DRIVE

GIVE AND GET BACK!

DONATE BEFORE JANUARY 1ST
EASTYORKMEALSONWHEELS.ORG



WE ACCEPT CHEQUES CASH CREDIT/DEBIT AND E-TRANSFERS

We are excited to announce the start of our annual Holiday Donation Drive! Please consider donating to EYMOW so we can continue to Feed The Need!

We work hard to provide affordable and accessible food to anyone who is in need in the East York community and we simply couldn't do it without the help of our generous donors. We appreciate you and your impact is felt. We are grateful for all donations we receive because any amount can go a long way.

If you donate between December 1st and 31st you will receive one of our tiered gifting options below! Including an EYMOW Fresh Scented Air Freshener, 2023 Calendar, and branded EYMOW Winter Gloves!!!



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 _____

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

Dawit Tadesse, BSW, RSW

Registered Social Worker

Ana Gavino

Meals on Wheels Coordinator

Farah Alim

Assistant Coordinator

Rafael Granado

Volunteer Coordinator

Our Partners:



United Way
Greater Toronto



CANADA



Board of Directors

Donald Wallace

President

Stacy Beach

Vice-President

Thomas Moores

Secretary-Treasurer

Melissa Chin

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, the Toronto Central LHIN, 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 and East Toronto Health Partners (ETHP) Ontario Health Team.



Contact Us:

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Registered Charity Number #2913 9366 RR0001

