

FOOD FOR THOUGHT

A Monthly Newsletter From East York Meals on Wheels

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Our Incredible
Team**



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Meals on Wheels**

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A Message From Our Team

Thank you for joining us for the latest EYMOW newsletter! We have plenty of exciting updates to share with you this month.

Don't forget that Monday, February 19th is Family Day! While our office will be closed, meal delivery will continue uninterrupted.

We are thrilled to announce that EYMOW has been named a 2024 Chick-fil-A True Inspiration award grant recipient! With this grant, we plan to make a positive impact in our community, and we are excited for you to join us on this journey.

Our Tower Garden Program is thriving year-round, and we are actively seeking volunteers to help us nurture our garden. Keep reading to learn what we are growing this month, and get in touch if you are interested in volunteering.

Our social worker is a valuable resource for the latest government programs, and they are available to assist you in navigating the system. Check out our newsletter to learn more about these programs and connect with our social worker.

We are also grateful for the ongoing support of Foresters Financial, who has partnered with us for our client holiday gift program for the past 15 years. Their generosity has allowed us to distribute over 200 gifts this holiday season!

As we welcome the chilly weather and celebrate Family Day, we want to express our appreciation for your continued support.

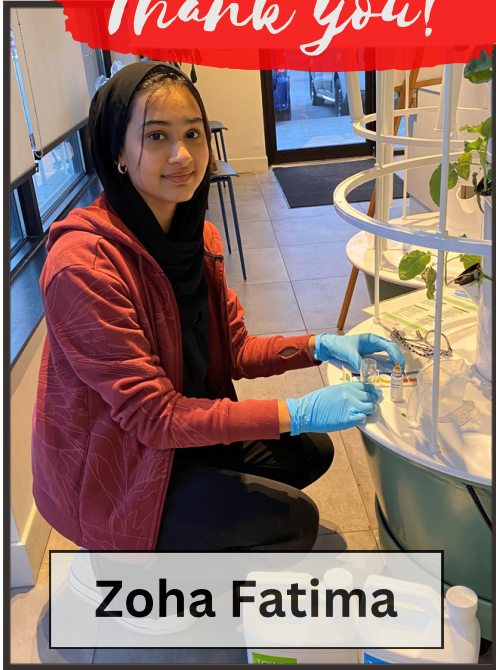
Warm regards,

The EYMOW Team

Our Volunteer Spotlight!

In the spirit of gratitude, we are regularly showcasing stories of some of our most dedicated volunteers who support our team and clients alike.

Thank you!



Zoha Fatima

We're thrilled to shine a spotlight on one of our outstanding volunteers, Zoha, who has been making a significant impact since she joined us in September 2023. Zoha is one of our volunteer administrators but also recently became involved in our Tower Garden program. Her passion for gardening led her to get involved in our Tower Garden Program where she harvests plants, balances the pH level of the water, and grows new seedlings!

Her favourite aspect of volunteering at EYMOW is the genuine connections she forms while engaging with clients and volunteers. She loves responding to their questions and cherishes the warm company provided by our amazing staff.

As a high school student, Zoha is on a journey to gain exposure to different work environments and acquire valuable knowledge.

Her dedication and positive spirit truly embody the essence of volunteerism, making a lasting impact on both our organization and the community at large. We extend our heartfelt gratitude to Zoha for being an invaluable part of East York Meals on Wheels.

We're delighted to highlight a remarkable volunteer, Aryan, who has been an integral part of our East York Meals on Wheels Meal delivery driver team since July 2023.

He chose to volunteer at EYMOW because of his deep desire to give back to the community, recognizing the essential support needed for seniors and residents. Aryan finds immense fulfillment knowing that he is providing crucial services to individuals in the community.

Aryan extends his commitment beyond EYMOW by volunteering at clinics, hospitals, and food banks in the community. Aryan recognizes that giving back not only benefits others but also boosts one's self-esteem and confidence, creating a positive ripple effect in the lives of those involved.

We extend our deepest gratitude to Aryan for his compassion, dedication, and unwavering support. Thank you for being an essential part of our mission to make a positive impact on the lives of those in our community.

Thank you!



Aryan Regmi

Diners Club Updates

REASONS TO DINE TOGETHER!

Enjoying the company of others during meals helps decrease feelings of loneliness and maintain social connections. This in turn improves our emotional well-being and strengthens our support networks.

Older adults may be less motivated to cook healthy and balanced meals for themselves, which can lead to serious health consequences, such as frailty, weight loss, and health problems related to malnutrition.

Is eating alone associated with lower food consumption and higher nutritional risk? The answer to this question varies from one study to another. However, we note that:

- Eating alone can lead to a reduction in the number of meals eaten during the day
- Women whose nutritional status is already at risk present a greater cognitive decline than others if they also eat alone
- Older adults who rarely share a meal with others (less than once a month) have poorer health outcomes, eat less diverse foods and eat less frequently than those who share meals more often.
- Eating with a group promotes a more balanced diet: a variety of foods, appropriate portions, and respected mealtimes.
- Eating with other people increases the total energy intake of a meal by 60% compared to a person eating alone!

Source: Dec 13, 2023 - McMaster University Study

* DINERS CLUB FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			01 Eggsmart	02
05	06	07	08	09
12	13 Astoria Greek	14	15 Swiss Chalet	16
19	20 Afghan Cusine	21 Virtual Bingo	22 Halibut House	23
26	27 Longos	28	29 Rise and Dine	

REMINDER

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

Lunch will cost **\$14** 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.

Meals on Wheels Program Updates

Upcoming Family Day Closure and Meal Delivery Schedule

Just a quick note to remind you that on **Monday, February 19th**, our office will be closed in observance of Family Day. However, the meal deliveries will continue uninterrupted.

If you need to make any changes to your orders for the week of February 19th, please ensure that you do so before noon on Friday, February 16th. And as always, if you have any questions or concerns about your meal service, please don't hesitate to reach out to us. We are always happy to assist you.

Tower Garden Updates



Our Tower Garden grows all year round and we are yielding some amazing results! We're excited to share we have cauliflower growing as well as basil and lettuce. If you have an interest in gardening and want to put your green thump to use this winter season, please contact Farah at 416-424-3322 or services@east yorkmealsonwheels.org



Social Work & Telephone Reassurance Updates

There is a new **Canadian Dental Care Plan** that will be implemented by the government soon to give financial assistance to those who currently do not have insurance. To apply you must have a family income lower than \$90,000 a year. The program is now accepting applications for those who are 85 years and older. For those on ODSP, there is a government program that assists with **financial support for recreational programs**. Would you like to get involved with sports, art, or educational programming but find it difficult to pay? You can apply for the Welcome Package with the City of Toronto.

If you would like further information on either of these programs, please contact the social worker, Catherine at 416-424-3322 or socialwork@east yorkmealsonwheels.org

Thank You Foresters Financial!

Expressing Gratitude to Foresters Financial and Kathleen Dionne for Their Support in Client Gift Initiative



We at EYMOW would like to extend our heartfelt thanks to Foresters Financial and Kathleen Dionne for their unwavering support in our annual client holiday gift initiative. With Kathleen's assistance, we are able to give our clients a gift during the holiday season as a way of expressing our gratitude to them and bringing some holiday joy to their lives.



Kathleen has been leading the client gift initiative for the past 15 years. She takes charge of purchasing the gifts, rallying a team of volunteers, and gathering at the EYMOW office to wrap the presents together. This year, Kathleen and her team wrapped over 200 gifts for our clients!

We are truly grateful to Foresters Financial and Kathleen for their continued support throughout the years.



Please Consider Donating Today

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

Taneka Dennis

Program Supervisor

Ana Gavino

Meals on Wheels Coordinator

Farah Alim

Food Service & Urban Agriculture

Coordinator

Catherine Brulé

Social Worker

Reona Solomon

Social Worker: Student Placement

Rafael Granado

Volunteer Coordinator

Shakeel Ahmed

Meal Delivery Driver

Our Partners:



Board of Directors

Mat Savulescu

Chair/President

Tameeza Dhanani

Vice-President

Thomas Moores

Secretary-Treasurer

Stacy Beach

Justin Safayeni

Melissa Chin

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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Registered Charity Number #2913 9366 RR0001

