

FOOD FOR THOUGHT

A Monthly Newsletter from East York Meals on Wheels

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Our Incredible
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**East York
Meals on Wheels**

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A Message From Our Executive Director...

February marks the celebration of **Black History Month** here in Canada. Let's join together to celebrate and acknowledge the importance of the contributions of Black Canadians and to push forward in seeking progress into the deconstruction of systemic and institutional racism. We can make a difference together, it's not okay just to be silent, we must **speak up and take action** against racism.

This month we also celebrate **International Friendship**. We can't help but reflect on the amazing relationships that we have formed with our volunteers and the residents that we assist. Whether it is our daily interactions with clients on the phone or through our dedicated volunteers assisting us with deliveries in rain, snow, or shine, we are very grateful to get to work with such amazing people each day.

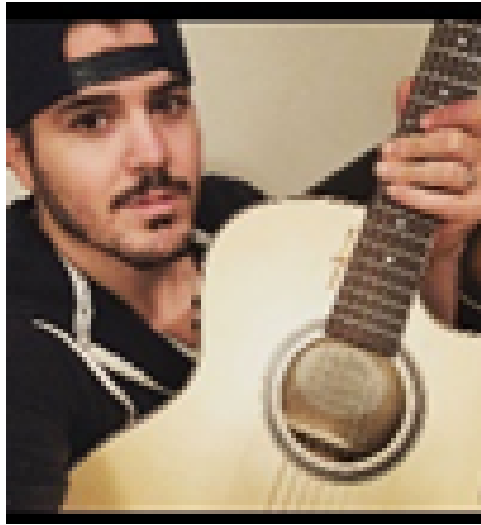
From myself and the team at EYMOW, we wish you a safe and enjoyable month!

- 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.



Steve Franjic started volunteering with us in June 2021 as a meal delivery driver. When Steve was a little boy, his grandmother drove for Meals on Wheels and so Steve wanted to carry on in her footsteps. It's Steve's goal to become a police officer and so gaining more community involvement was a driving factor in volunteering for us.

He also owns a restaurant with his brother north of the city. The restaurant is involved in the community as well, as they've sponsored local youth teams over the years.

Thank you, Steve for your community involvement and dedication to East York Meals on Wheels!

Brian Beamish began volunteering with Meals on Wheels during the summer of 2020. He had just retired from a rewarding career in the Ontario Public Service, culminating in six years as the province's Privacy Commissioner. Brian's work colleague, Andrea, had mentioned that she volunteered with East York Meals on Wheels and found it very rewarding. His family have been long-time residents of East York and have volunteered in the community - from coaching East York soccer teams to running the junior curling program at the East York Curling Club. Given Andrea's enthusiasm, Brian applied to volunteer.

Brian has found his time with East York Meals on Wheels to be extremely rewarding. Brian says, "it is gratifying to be providing a service that directly assists many individuals to continue to live independently in their own homes. The gratitude of the clients is obvious. Additionally, given the realities of the pandemic, we are serving as one of the few connections that many clients have with the community. Finally, it allows me with an opportunity to contribute to the East York community that I value so much."



Thank you, John for your help! Almost every week you're willing to help us out, even on short notice and we are so grateful for that!

Program Updates

Meals on Wheels Family Day Announcement

A reminder to all clients that we will deliver Meals on Wheels as usual on Family Day, Monday, February 21st. Although the office will be closed. Cancellations or changes for Sunday, February 20th, Monday, February 21st & Tuesday, February 22nd must be made before NOON on Friday, February 18th. Please provide our team with ample notice if possible.

From your friends at East York Meals on Wheels, we wish you all good health and a Happy Family Day!

For any questions or concerns, contact Amber at mowcoord@east yorkmealsonwheels.org or call our office at 416-424-3322.



Diners Club is currently on hold due to the rising number of COVID cases. Our staff will be in contact should there be a February or March luncheon. Thank you for your support and understanding as we wait for a safe time to resume Diners Club.

COVID-19: Precautions

As case numbers continue to rise, East York Meals on Wheels would like to remind clients to closely monitor for cold-like symptom. If symptoms arise please follow public health rules and get tested.

We continue to operate out of a closed office with no public access. We suggest paying your invoice by credit card or e-transfer instead of coming into our office. If need be, appointments can be arranged by contacting us at 416-424-3322 or admin@east yorkmealsonwheels.org



Fresh Produce Box Delivery Program



East York Meals on Wheels is planning on testing a new program that will deliver fresh vegetables and fruits directly to community members. Fresh vegetables and fruits are essential for the health and wellbeing of all individuals. However, access to these essential goods is restricted for many by both individual and structural barriers. EYMOW seeks to overcome these barriers and improve access to fresh food by delivering produce boxes directly to our client's doorsteps. This program trial affirms EYMOW larger commitment to enhance the well-being of our community residents and to continually look for ways to further serve our clients. In the next few weeks, we will be contacting our current and former clients to conduct a short survey. Your responses to our survey will help EYMOW plan our new program according to the needs of our community members.



Enhanced Safety Protocol

Maintaining a Safe Distance

The safety of our clients and volunteers is of utmost priority here at EYMOW. We'd like to extend a friendly reminder to please maintain a safe distance of 6-ft when meals are being delivered to your residence. Having a plan in place for the volunteer drop-off is highly recommended.

Here are a few suggestions which may help you:

- When answering the door for volunteers, please step back and allow for a two-meter distance between you and the volunteer.
- Place a small table or chair just inside your doorway for volunteers to place meals on and avoid contact.
- Wear a mask or other PPE while answering the door.

Volunteer Updates

DELIVERY VOLUNTEERS URGENTLY REQUIRED

East York Meals on Wheels is in URGENT need of Halal volunteer delivery personnel! Our Halal Meals on Wheels program runs every Tuesday and Thursday from 2:00-4:00pm and helps provide vital food services to those in the East York community. We are looking for volunteers that-

- Have access to a vehicle or bicycle
- Interested in giving back to the community
- Willing to show proof of vaccination status

Please call Mary at 416-424-3322 or email operations@eastyorkmealsonwheels.org to inquire or sign up here: <https://www.eastyorkmealsonwheels.org/volunteer-application>

VOLUNTEER BOARD MEMBER VACANCY

The East York Meals on Wheels team is currently looking to fill an opening on our Board of Directors. Our agency is searching for a candidate with familiarity with the issues currently facing the non-profit/charity sector, knowledge of board roles and responsibilities, and preferably with an interest in volunteering and a background in Fundraising, Human Resources, or Technology. Previous Board experience and knowledge of our organization are considered an asset.

If you or someone you know is interested and experienced, please send a cover letter and resume to myself at director@eastyorkmealsonwheels.org. Please reference "Board Position" in the subject line.

Donate Today

HELP SUPPORT OUR MISSION

Please fill out the below to make a donation to support the work of the agency.

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 ____/____

Signature _____

Name _____ Address _____

Phone# _____

THANK YOU FOR YOUR GENEROUS SUPPORT!



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
Program and Administrative
Assistant
Graeme Hewson

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!

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.



@eymealsonwheels

Contact Us:

416-424-3322

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Registered Charity Number #2913 9366 RR0001

