

FOOD FOR THOUGHT

A Monthly Newsletter From East York Meals on Wheels

In This Issue...

**Highlighting
Our Incredible
Team**



**Friendly
Reminder!**

**East York
Meals on Wheels**

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A Message From Our Team

The month of February is here! Can you believe that we're already in the second month of 2023? We hope that the start of the new year has brought you everything you hoped it would!

Two notable holidays this month are Valentine's Day and Family Day which both carry the theme of love! We hope that you will be able to spend some time this month with the ones you love. Our office will be closed for Family Day so that our team can spend the day with their loved ones as well! Meal deliveries will be carried out as usual.

We are proud to say that we successfully hosted our first Virtual Diner's Club programming last month, with another session scheduled for this month! Anyone who is interested in attending or finding out more information on accessing virtual programming should read the section inside the newsletter for more information.

Our team of staff and volunteers absolutely love to chat with our clients. The stories and experiences you share with us are so interesting, and we love learning from you. That's why we are including a new section dedicated to hearing from you in our upcoming newsletters. Please see inside for more information on sharing your stories with the community.

The agency has also been awarded status as a member of the Good Food Organization which will help us expand and grow the way we help our community access food. We are so excited for the future ahead!

Wishing you a fantastic February from the EYMOW Team!



**GOOD FOOD
ORGANIZATION**



In alliance with Community Food Centres Canada 2023

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.

Welcome!

Karissa Sakumoto, Project Coordinator

Karissa Sakumoto started working with EYMOW in November 2022. She became interested in food accessibility while being involved with mutual aid groups in Queens, NY before moving to Toronto last year. Her favorite part of this kind of work is feeling connected to the community and being able to take direct, positive action within it. Outside of EYMOW, she loves art, history, and cooking and is currently in the Culinary Arts and Management program at George Brown College.

John Harper started volunteering with East York Meals on Wheels in March 2020 when Covid resulted in his other volunteer activities, such as assisting at vaccination clinics, being suspended. Looking for somewhere to volunteer John remembered his uncle received Meals on Wheels in London England for a number of years, so he looked up Meals on Wheels in the East York area and found that we were looking for volunteers. John says: "I really enjoy being a small cog in the marvelous machine that is East York Meals on Wheels, with all the organization that goes into making sure that our clients receive their meals daily, with the correct dishes. I really enjoy meeting with the clients and being able to report back if I notice any problems and know that the social worker will follow up. My clients have all become my friends." For the past 11 years, John has been volunteering weekly in the emergency department of Michael Garron Hospital. He is also heavily involved with the St. John Ambulance therapy dog program. John also recently learned that he will be honoured by being one of 20 people to receive an Ontario Seniors volunteer award at the end of January from the lieutenant governor due to volunteer activities. John Looks forward to 2023, being another happy year of delivering for East York Meals on Wheels!

Thank you!



John Harper

VIRTUAL Diners Club

NEW!

EYMOW's new online programming has launched!

East York Meals on Wheels online programming is in its pilot phase and is run through our Diner's Club Program. It's a completely virtual program offered to anyone living in our service area. This is a perfect opportunity to dip your toes into the Diners Club program without having to leave your home. The program will be run once a month on Tuesdays from 12-1:30 pm and will be at no cost to participants. You will enjoy a variety of activities and presenters each month including, a chair yoga class, storyteller presenters, guest speakers, and more. Anyone interested in joining this programming is invited to connect with us via email at admin@eastyorkmealsonwheels.org or call us at **416-424-3322**.

If you are struggling with technology or need help learning how to attend virtual programming, **Tech Serve TO** can help! They provide one-on-one training to seniors on how to use technology right in the comfort of their own homes. The best part is that there is no cost for this service! To set up an appointment please call **1-888-418-4771** or contact our office.

DINERS CLUB FEBRUARY 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01	02	03
06	VIRTUAL Chair Yoga 07	08	09	10
13	Rise and Dine 14	15	16	17
20	Swiss Chalet 21	22	23	24
27	28			

REMINDER

Our 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 12:00 pm to 1:30 pm.





This Section is For You!

We want to hear from you! Our team knows that our clients have so many amazing stories and advice and we have the privilege of getting to hear them when we speak to each other. That's why we want to create a section in our newsletters dedicated to content from our clients! We are asking anyone with a story to tell or something to share, to contact our office so that we can include it in upcoming newsletters. It can be anything you want to share with your community! Some examples may be stories, experiences, jokes, poems, book suggestions, and more. If you are willing to share, then we want to hear it!

If you have content that you would like to share, please contact our office at **416-424-3322** or email admin@eastyorkmealsonwheels.org. We are also always interested in feedback on how we can improve and better engage you, so if you have any advice or recommendations for us, we would love to hear them! Please contact us at the phone number or email listed above to get in touch with us so that we can hear your amazing ideas!



Volunteers Wanted!

Our team is currently looking to recruit more volunteers! We are always looking for help with deliveries, however, we are also looking for more volunteers for our **telephone reassurance program**. We like to take a holistic approach when it comes to meeting our clients' needs and our telephone reassurance program is one of the many ways we do this. All we need from you as a volunteer is to be a compassionate empathetic person who is enthusiastic about getting to chat with our clients. Our clients are lovely people who have so many stories and experiences to share! If you are interested in making a connection with community members and speaking to them on the phone regularly, then we invite you to contact our office for more information. Please give us a call at **416-424-3322** or email admin@eastyorkmealsonwheels.org to let us know that you are interested in volunteering.

Friendly Reminder

We want to give a friendly reminder to all of our lovely hot meal clients about our **cancellation policy**. If you will not be home to receive a meal delivery, please let us know in advance by calling our office at 416-424-3322 or emailing admin@eastyorkmealsonwheels.org. Please let us know at least **24 HOURS** in advance of any delivery cancellation. Giving us a quick phone call the morning of the day before you need to cancel the delivery allows us to give notice to the kitchen to not make your meal for the next day. The policy is if the kitchen has made the meal, then we will still have to charge our clients for it. So, to avoid any charges for meals that you won't receive, please give us sufficient notice. We appreciate all of our clients and we thank all of you for helping us out and continuing to follow this policy. For any questions, comments, or concerns, please feel free to reach out to us at the phone number or email listed above. Our team thanks you in advance for your help, understanding, and cooperation!



Choose to Help Today!

No amount is too small, each donation helps a neighbour in need

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

Audrey Thompson, MSW, RSW

Registered Social Worker

Ana Gavino

Meals on Wheels Coordinator

Farah Alim

Assistant Coordinator

Rafael Granado

Volunteer Coordinator

Karissa Sakumoto

Project Coordinator

Vibhas Bapat

Meal Delivery Driver

Our Partners:



United Way
Greater Toronto



community food centres
CANADA good food is just the beginning

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.



Contact Us:

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Registered Charity Number #2913 9366 RR0001

