

FOOD FOR THOUGHT

A Monthly Newsletter From East York Meals on Wheels

In This Issue...

**Highlighting
Our Incredible
Team**

**NEW Diners
Club
Restaurant**

**Program
Reminders**

**East York
Meals on Wheels**

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A Message From Our Team

Welcome to our January newsletter! We hope 2024 is off to a great start for you all.

A BIG Thank You to everyone who purchased a Cookie Box last month. With the help of our student volunteers, we baked 216 cookies, assembled 18 cookie boxes, and raised \$450 for EYMOW programs and services! Thank you once again for your support.

Please keep an eye out for our client survey which will be sent out with our client meals in February. We appreciate your feedback as your answers and comments will help inform the direction of our programs and services for the year ahead.

We have a new Diners Club restaurant for January! We are visiting Astoria Shish Kebob House, a Greek restaurant that has been serving Toronto for 49 years. They also serve Halal chicken. Please continue reading to see the full January Diners Club calendar.

A friendly reminder that the Telephone Reassurance program is looking for new clients! We have volunteers who are ready and eager to make phones and chat with you. If you or someone you know is interested in receiving a friendly call from from of our volunteers, please reach out to Catherine at socialwork@eastYorkmealsonwheels.org

The team here at EYMOW would like to wish you a wonderful month filled with friends, family, and community.

Our Volunteer 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.

Thank you!



Mariam Issani

We're thrilled to shine a spotlight on Mariam, a dedicated volunteer who joined East York Meals on Wheels in September. Mariam initiated her volunteering journey with us in late September of 2023. Her decision to volunteer was two-fold, she was drawn to the opportunity to fulfill her school hours, but also saw this as a chance to contribute to a cause that resonated with her values. The need for volunteer help aligned perfectly with Mariam's desire to gain valuable experience while making a positive impact on the community!

Mariam finds immense satisfaction when engaged in produce packing. As she assembles food bags for individuals, she experiences a sense of fulfillment and

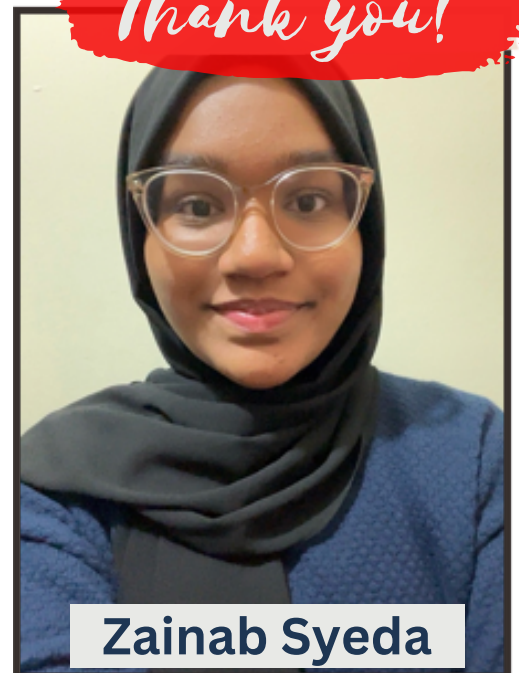
usefulness. Beyond the tasks, Mariam is a high school student with a passion for contributing to the well-being of her community. We are grateful to have someone like her at East York Meals on Wheels!

Zainab's journey with us began in late September 2023 when she chose to dedicate her time and efforts to our cause. When asked about her decision to volunteer with us, Zainab shared that the need for volunteers resonated with her, offering a unique opportunity to gain experience in a different work environment while earning valuable volunteer hours.

For her, the heart of her volunteer experience lies in meal packaging. The act of assembling and preparing meals for those in need brings her a profound sense of gratitude. Beyond the tasks, Zainab highlights the positive atmosphere of the workplace, emphasizing the importance of a supportive and pleasant environment.

Zainab's presence at East York Meals on Wheels is truly valued, and her positive impact is felt by both her colleagues and the community we serve!

Thank you!



Zainab Syeda

Diners Club Updates

New Restaurant for the New Year!

Astoria Shish Kebob House

Astoria Shish Kebob House has been serving authentic Greek Cuisine in Toronto for over 49 years.

The restaurant serves Halal Chicken!!

Please come and join Diners Club and treat your palate

DINERS CLUB JANUARY 2024

MONDAY

01

TUESDAY

02

WEDNESDAY

03

THURSDAY

04

Rise and Dine

FRIDAY

05

08

09
Eggsmart

10

11
Swiss Chalet

12

15

16
Astoria
Greek

17

18
Longos

19

22

23
Halibut
House

24

25
Afghan
Cusine

26

29

30

31
Virtual Bingo

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

Winter is here and we would like to remind our clients to stock up on frozen meals for your freezer in case a winter storm closes our office and our ability to deliver meals to your door!

Our Meals on Wheels coordinator will be happy to share the frozen menu with you and explain the ordering process if you haven't tried frozen meals yet. Please call or email Ana at mowcoord@east yorkmealsonwheels.org or 416-424-3322

Fresh Food Delivery Program Updates

The Fresh Produce Program will continue to deliver as usual during the new year. Produce deliveries will be sent out on Tuesdays and Thursdays between the hours of 11 am and 1 pm. We hope that each bag brings a little joy to your home!

This is a pay-what-you-can program and we have included envelopes in each bag so you give what you can and pass your envelope to the volunteer so they can return it to the office. Please ensure the envelope is sealed with your name on it.

Social Work & Telephone Reassurance Updates

Technology Program! If you are interested in learning how to use email or your cell phone, please reach out to Catherine! We have worksheets, lessons to take home, and a directory to help you navigate your tech device.

If you would like **financial help** with groceries such as fresh produce, treats, and drinks please visit the **Common Ground Café and Market** open on Wednesday and Friday.

The **Telephone Reassurance** program has new volunteers and we're looking for clients interested in joining the program! if you are interested in making a new acquaintance, enjoying friendly conversation, or need someone to help you with reminders, please contact Catherine at socialwork@east yorkmealsonwheels.org to get started!



News To Know

Phishing

Phishing is a common online scam designed to trick you into disclosing personal or financial information for fraud or identity theft.

In this case, scammers will send an email that appears to be from a legitimate source and direct you to a fake website. That fake website will look authentic by copying the brand name and logo of the real company. This phony site will then ask you for personal information such as credit card numbers, account numbers, passwords, date of birth, driver's license number, and social insurance or social security numbers. While you may think you are giving your information to a valid company, you may be providing it to a fraudster! This type of scam is a popular tactic used against seniors who may be more trusting and have more time to respond to apparent offers or deals.

How To Protect Yourself:

- Never click on a link in an unsolicited email
- If an email appears to be from someone you know but seems unusual in any way, try to reach the sender another way – such as by phone – to verify the email is legitimate
- Before you enter confidential or financial information online, check for the lock icon on your browser. Ensure the URL in the browser address bar starts with “https”



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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