

FOOD FOR THOUGHT

A Monthly Newsletter from East York Meals on Wheels

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**Highlighting
Our Incredible
Volunteers**

**Diners Club on
Hold**

**Special Thank
you to
Foresters!**

**East York
Meals on Wheels**

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A Message From Our Executive Director...

Happy New Year to our clients, volunteers, staff, donors and community partners!!!

Did you know that we serve new moms?

Sara came to Canada with her husband after fleeing the crisis in Afghanistan this past year. She gave birth to a beautiful newborn girl and during her recovery, we provided meals and social support so that she could concentrate on her baby's needs. Without any family, and a spouse that needed to work full-time to support their family, EYMOW was her only source of support. We are so glad to have been a part of their first experiences in the country.

Did you know that we also serve those experiencing homelessness?

Hamid lived under a nearby bridge before he was evicted by a group of police in 2021. He spent several weeks during the past winter surviving in the back of a delivery truck in our parking lot. Our team established a connection, provided him with clothes, money and meals anytime he is in the area. He has come by on several occasions and knows there will always be a halal meal waiting for him at our office.

As you may know, our warm-hearted team of staff and volunteers deliver much more than just meals. Every day we challenge ourselves to grow, change and adapt to meet the ever changing needs of our community here in East York. **We thank you for your support in 2021 and wish you a prosperous and healthy 2022.**



- 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.

Hasan started volunteering for us in the Spring of 2017 as a meal delivery driver. Prior to volunteering at East York Meals on Wheels, he was actively involved in Healthy Minds Canada where he taught kids about the importance of mental health. He even ran the 5k Scotiabank Marathon run on their behalf!



Hasan really enjoys interacting with different people he meets while volunteering at East York Meals on Wheels. Learning about different life experiences takes Hasan out of his daily life and provides a greater understanding for what others may be going through. Hasan says, "I keep reminding myself that we are all in this together and we need to support each other."

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

The summer of 2020 was a time when people were creating their 'bubbles', quarantining, and only going outside when necessary. But for John, July of 2020 was when he decided to get outside, in the community and volunteer. John volunteers as a meal delivery driver and helps us out quite frequently. John says, "the early weeks and months of the pandemic abruptly brought frightening concerns and new barriers to our day-to-day lives. While everyone was scrambling to adapt, it was very apparent that there were particularly vulnerable people who wouldn't have the same options others might."

John says, "having been responsible for my late parents care over the last decade I'd also learned a lot about the various challenges that can come with aging and had been vaguely considering what volunteer opportunities in that area might be a fit for me. Being recently retired, having a car, and living close to the area, reaching out EYMOW to pitch-in was an obvious starting point. I enjoy seeing our clients the most and look forward to some day being able to do so without a mask." John finds it interesting and enlightening to see more of the community."



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

Thank you to our generous donors (whom wish to stay anonymous) for covering the cost of the Holiday dinner this year.

For those whom received a Christmas Day dinner, you will notice a credit of \$6.95 on your December billing. We hope you enjoy this wonderful surprise and had a lovely Holiday!

With the very challenging wintery weather conditions ahead of us, we encourage you to **order a few frozen meals** to have on hand in your freezer as back up incase of any meal delivery cancellations.

Diners Club

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

We understand that this can be an isolating time as we are reminded by public health to limit our contacts and social outings. We have a program at East York Meals on Wheels called **Telephone Reassurance** that helps address feelings of loneliness. If you would like to join this program or volunteer, please contact our social worker, Dawit at 416-424-3322. He will be happy provide you with more information.

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 symptoms, ensure you and the volunteer are keeping 6 feet distance and wear a well fitting surgical mask when answering the door. If symptoms arise please follow public health rules and get tested.

We continue to operate out of a closed office with no public access. If need be, appointments can be arranged by contacting us at 416-424-3322 or admin@east yorkmeals on wheels.org





A Special THANK YOU to Foresters Financial!

A very special THANK YOU to Foresters Financial for generously donating and putting together our Holiday stockings this year! We are thrilled to have your support.

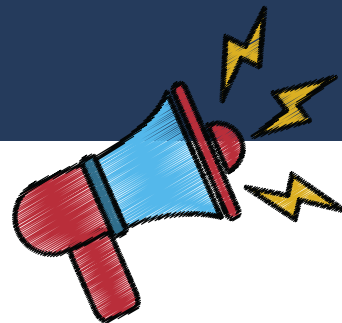


Through your donation we were able to deliver a stocking filled with goodies to all of our clients receiving meals, bringing Holiday cheer and smiles to each and every one of their faces making a huge difference in this community this holiday season. We are extremely grateful for your big hearts and hard work!!!!

Foresters 
Financial



Volunteer Updates



East York Meals on Wheels is in **URGENT** need of Halal volunteer delivery drivers and Diners Club client pick up drivers!

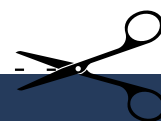
Our Halal Meals on Wheels program runs every Tuesday and Thursday from 2:00-4:00pm

Our Diners Club lunches will run once a month on Tuesdays or Thursday (start date pending). Lunch is served from 12:00 - 1:00pm. Our volunteer drivers provide client transportation to and from the lunch venue.

Please call Mary at 416-424-3322 or email

operations@east yorkmeals on wheels.org to inquire or sign up here:

<https://www.eastyorkmealsonwheels.org/volunteer-application>



Donate, Volunteer, Host an Event! HELP SUPPORT OUR MISSION

**I would like to become a member of EYMOW. (\$25 annual fee)
I wish to make a donation to support the work of the agency.**

I have enclosed a cheque

Here is my donation membership of \$200 \$100 \$75 \$50 \$25 _____

I prefer to charge my donation to Visa Mastercard

Card number _____ Expiry date ___/___

Signature _____

Name _____ Address _____

Phone# _____

Thank you for your 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

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!



@eymealsonwheels

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.



Contact Us:

416-424-3322

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Registered Charity Number #2913 9366 RR0001

