

FOOD FOR THOUGHT

A Monthly Newsletter From East York Meals on Wheels

In This Issue...

**Highlighting
Our Incredible
Team**



**Program
Updates**



**Thank You
Donors!**

**East York
Meals on Wheels**

p. 416-424-3322

e. info@eastYorkmealsonwheels.org

a. 52-2 Thorncliffe Park Drive

Toronto, ON M4H 1H2

www.eastYorkmealsonwheels.org

A Message From Our Team

January is here and with it brings the year 2023! Happy New Year to everyone in our community! We hope that 2023 is everything you hope for and filled with happiness!

In the spirit of new things in the new year, we are excited to welcome some new employees to the team! Please help us in welcoming Audrey, our new social worker, and Karissa, who is helping us out in an administrative and program support capacity. We are so excited to work with you!

We also want to highlight some of our new programs that we are launching this month! We are piloting virtual programming through our Diner's Club program and are introducing a Tower Gardening program to help "Feed The Need" and provide a therapeutic activity for the community. Please see the newsletter for more information.

You may have already received a phone call from the team to ask you for feedback on our programs as part of our annual survey. Thank you to everyone who participated. If you haven't participated yet or would like to add more comments, please do not hesitate to reach out to us! We appreciate any feedback.

A huge thank you is owed to you, our donors, and our supporters! Our Holiday Donation Drive was a huge success, and it is all thanks to all of the generous people who donated to support our cause. We truly appreciate your support. Thank you!

All the best for the new year from the team here at EYMOW!



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!

Audrey Thompson, Registered Social Worker

We are excited to introduce you to our new social worker, Audrey! Audrey will be joining our team for the next several months while Dawit is off to complete his Master of Social Work and become a dad! Audrey is a psychotherapist with over 10 years of counselling experience. She completed a Master of Social Work at the University of Windsor and has worked with a diverse group of people including children, youth, and adults. Audrey first became involved with meals on wheels from her volunteer work as a meal delivery driver with True Davidson! She continues to volunteer when she can. For fun, Audrey enjoys riding her motorcycle and is working towards a pilot license! Please help us in welcoming Audrey to the EYMOW team!

Pascal is one of our new volunteers at East York Meals on Wheels, starting as a meal delivery driver in October 2022. Her grandfather inspired her to volunteer at EYMOW as he used to have meals on wheels delivered to him in Stratford Ontario. Pascal remembers him saying that the best part about receiving a meal was the human interaction that he got with the volunteers! Which is the same attitude Pascal brings to the agency. She says her favourite part of the volunteer experience at EYMOW is meeting new clients and connecting with the people of East York. Her biggest joy from volunteering at EYMOW is knowing that clients have a warm meal to depend on for that day. On top of being a volunteer, Pascal stays active in the community as a first responder for the Toronto Police Service! Pascal is a huge animal lover having e cats and a dog and loves spending time with them. Thank you Pascal for serving our community in more ways than one!

Thank you!



Pascal Li

VIRTUAL Diners Club

NEW!

Introducing EYMOW's new online programming!

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. Clients joining us for the program will enjoy a guest speaker or entertainer after a snack or lunch. Clients are encouraged to join us beforehand to socialize with others and enjoy a meal of their own making. The goal of this program is to bring people together, virtually so everyone has an opportunity to connect with others in the safety and convenience of their own homes. The program will be run once a month on Tuesdays from 12-1:00 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.

DINERS CLUB JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02	03	04	05
09	Afghan Cuisine 10	11	12	13
16	VIRTUAL Storyteller 17	18	19	20
23	Halibut House 24	25	26	27
30	31			

REMINDER

Our December 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 11:45 am to 1:30 pm.



Calling All Green Thumbs!

Do you love to garden, or are you interested in learning how? Then our new Aeroponic Tower Gardening Program is for you!

East York Meals on Wheel's Tower Gardening program welcomes volunteers and clients from the community to help the agency grow fresh fruits, vegetables and herbs! The tower garden uses an aeroponic system to feed the plants (No soil! No weeds!). Aeroponics is the process of growing plants in an air or mist environment. The tower garden can grow over 150 different plants (excluding root and tree varieties). We're excited, along with the community help to grow basil, eggplants, strawberries, lettuce and much more! The goal of the program is multi-faceted. We want to promote the therapeutic benefits of gardening to the community and seek their engagement with the program. We also wish to promote food accessibility and affordability by offering our clients healthy, fresh fruits and vegetables to take home and enjoy. The tower will be maintained by volunteers and staff, and the program will run continuously, so if you are interested in helping us feed the need, please reach out to us at admin@east yorkmealsonwheels.org or call 416-424-3322.

We Want To Hear From You!

Our team is currently in the process of contacting our clients to conduct annual surveys. The feedback that we receive from this helps us to ensure that our program and services are meeting our clients needs and helps the agency grow and improve. We will use this information to help us decide what projects we should prioritize and how we can make our existing programs even better! Thank you to everyone who has already participated! Your feedback has already been helpful! If you are interested in taking this survey or already have and would like to add more, please reach out to us via email at admin@east yorkmealsonwheels.org or call the office at 416-424-3322. Thank you in advance for your helpful comments!

Thank You To Our Amazing Donors

We want to provide a big THANK YOU to everyone who donated to our holiday drive in December! It was a huge success and we have been able to raise funds to help support our mission of providing affordable and accessible food to anyone in East York who is in need. All of our meals are hand packed and made with quality ingredients so you can feel good about what you are eating. With these donations, we are also able to provide a variety of social supports to our clients and grow our programs so that we can offer a holistic approach to health and take care of all our clients' needs. Stay tuned to find out more information about the new programs that we will be able to offer thanks to the support we received from you, our donors. We truly appreciate every donation we receive no matter how big or small. A little goes a long way! Thank you so much and we hope that you can feel our gratitude!

Gift packages for qualifying donations will be sent out by Mid-January as there has been a small delay in the shipping of one of our giveaway items.



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

Our Partners:



United Way
Greater Toronto



CANADA



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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, the Toronto Central LHIN, 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 and East Toronto Health Partners (ETHP) Ontario Health Team.



Contact Us:

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info@eastyorkmealsonwheels.org

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