

# FOOD FOR THOUGHT

*A Monthly Newsletter from East York Meals on Wheels*

## *In This Issue...*

**Highlighting  
Our Incredible  
Volunteers**

**HalalMOW**

**Program  
Updates**

## **East York Meals on Wheels**

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## **A Message From Our Executive Director...**

EYMOW is celebrating this summer! We've achieved quite a lot this year and the release of our 2021-2024 Strategic Plan marks another step toward our future. We are proud that our team is fully vaccinated and almost 90% of EYMOW's volunteers are as well. Thank you for your continued support and enthusiasm. Call us if you need help booking your vaccine appointment and we are happy to help.

EYMOW is very excited to announce that we will be taking on a summer student. Laura Bellantone will be directly supporting our program coordinators as we ramp up activities during the summer months.

The team is preparing to launch our new **HALAL Meals on Wheels** program in partnership with TNO, Halalmeals.ca, and BikeBrigade. This pilot will be taking place July-October and will target food insecurity amongst Muslim residents in Thorncliffe. If you would like to volunteer for afternoon deliveries, Tuesdays or Thursdays, please reach out to Canny Wu.

Diners Club members, we need your feedback! As the city is slowly re-opening, we want to know your ideas for the future of DC! Look out for a call in the next couple of weeks! Have a safe and enjoyable summer and thanks for supporting us here in East York!

- 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 COVID-19 crisis to continue supporting our team and clients alike.*

Casey and Jamie Rock joined our team during the height of the pandemic in November 2020. They were looking for ways to become more involved in their community, now that they had more time on their hands. Knowing how the outbreak is particularly detrimental to those who are homebound and having heard of MOW, EYMOW was the perfect fit!

Casey and Jamie stay involved with EYMOW because of how easily volunteering has become a part of their weekly routine. They felt safe knowing there are strict safety procedures and precautions in place. Since volunteering for EYMOW, they have gained a deeper understanding of what connects us all – community.

Casey and Jamie say, “If we feel bad about anything, it’s that we should have done this sooner! It was amazingly easy to join, and it continues to be easy (and rewarding) to remain.”

Thank you, Casey, and Jamie, for your involvement and dedication.



Ravi Bhaskar has been one of our Meals on Wheels volunteers since September 2020. Despite the pandemic, he wanted to dedicate his time to give back to the community. EYMOW’s flexibility and dedication allowed Ravi to feel heard and valued. More importantly, the clients on his route are always appreciative of his service and this motivates him to stay involved.

Ravi’s favourite part about volunteering for EYMOW is meeting the people involved in the delivery process, from the coordinators to the diverse residents.

“There are many ways to volunteer at EYMOW and the organization does a fantastic job at organizing the volunteer activities. The people of the organization are always accessible, and they listen and act on feedback. The people we serve are greatly dependent on, and appreciative of, the service we provide,” Ravi says.

Thank you, Ravi, for your support and enthusiasm.



# Introducing: Halal Meals on Wheels



## LET US DO THE COOKING!

As of July 27th, EYMOW and TNO will begin delivering tasty, chef made South Asian and Middle Eastern, Halal and Vegetarian meals for FREE to help address the urgent need to end hunger amongst the most vulnerable residents in the Thorncliffe community. This 3 month pilot project is in collaboration with TNO and HalalMeals This pilot is funded in part by the Ontario Community Support Association (OCSA).

## Halal meals delivered to your door

Meals are delivered on Tuesdays and Thursdays between 1:30pm & 4:00pm, (statutory holidays included). We rotate our menu to ensure that a different meal is served every week. All of our meals are paired with rice or a naan/roti on the side. Portion sizes are generous, and freshness is guaranteed by our team.

## Find out if you qualify for free meals

If you are Muslim, and either a senior, new mother, live with a disability, or have difficulty in cooking meals, call us at 416-424-3322 to sign up for Halal MOW today! We understand that cost is always a concern so we have fundraised to offer these meals for FREE for this 3 month pilot only. Conditions may apply. Call our office for more details. We are hoping to expand this program to include other areas of East York in the fall.

## In Partnership with:



# Program Updates

## NEW Volunteer Opportunities

### Halal MOW Drivers (Tuesday and Thursday Afternoons)

We are actively searching for MOW Drivers and Runners to help support the rollout of our Halal Meals on Wheels program. Contact Canny for more information.

### Calling all history buffs!

Help catalogue donations of redress materials (documents, newspaper clippings, photographs, etc) from many Japanese Canadians, who were uprooted from BC in 1942 and built their post-war lives in Ontario. Visit our **current opportunities** page on our website for more details.

## Meals on Wheels

### Rose Reisman Breakfast Entrees UPDATE

With much consideration the EYMOW team has decided to wrap up this pilot project, at the end of July 2021 to make way for other menu options that are in the works. We want to thank Heidi and her team at Rose Reisman Catering for all their help!

Please see July 2021 Rose Reisman dates below:

Order Date: Thursday, July 8th by noon  
Delivery Week: July 12th 2021.

Order Date: Thursday, July 22nd by noon  
Delivery Week: July 26th, 2021



## Donate, Volunteer, Host an Event!

HELP SUPPORT OUR MISSION

### Contribute to EYMOW!

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.

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

I have enclosed a cheque

I prefer to charge my donation to  Visa  Mastercard

Card number \_\_\_\_\_ Expiry date \_\_\_\_/\_\_\_\_

Signature \_\_\_\_\_

Name \_\_\_\_\_ Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Thank you for your support!



# COVID-19 IMMUNIZATION CLINICS FOR EAST TORONTO

East Toronto Health Partners (ETHP) is opening COVID-19 Immunization Clinics across East Toronto to ensure the community has access to the COVID-19 vaccine when it is available to them. Clinic locations will open in phases based on vaccine supply.

**Need Help Booking or a Ride?  
Give EYMOW a call at (416) 424-3322, we can help with vaccine registration and providing free transportation to and from your appointment.**

## VACCINE CLINIC LOCATIONS:

**THORNCLIFFE PARK COMMUNITY HUB (EAST YORK TOWN CENTRE)**

45 Overlea Blvd, Toronto, ON M4H 1C2

**JIMMIE SIMPSON RECREATION CENTRE**

870 Queen Street East, Toronto, ON M4M 3G9

**MICHAEL GARRON HOSPITAL**

825 Coxwell Avenue, East York, ON M4C 3E7

## HOW DO I BOOK AN APPOINTMENT on my own?

Contact ETHP's COVID-19 Vaccine Booking Office: 437-537-5131, or call the provincial COVID-19 vaccine call centre at 1-833-943-3900.

#SaveTPark



## Staff

Adriano Murarotto MSW RSW,  
Executive Director  
Jillian Rago  
Program and Administrative  
Assistant  
Canny Wu,  
Volunteer & Database  
Coordinator  
Mary Skwarek,  
Diners Club Coordinator  
(on leave)  
Dawit Tadesse, BSW, RSW  
Social Worker  
Amber Wollen,  
Meals on Wheels Coordinator  
Rosemary Scott,  
Sunday & Holiday Coordinator  
Laura Bellantone,  
Summer Student

## Board

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Donald Wallace, President  
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Stacy Beach  
Melissa Chin  
Tameeza Dhanani  
Justin Safayeni  
Mat Savulescu  
*Director Emeritus:*  
*Carl Peterson*  
*Honorary Life Member:*  
*Alan Redway*

## Our Partners:

IMAGINE  
CANADA

Ontario 

East Toronto  
Health Partners



Be sure to check out our newly  
refreshed website!  
[www.eastyorkmealsonwheels.org](http://www.eastyorkmealsonwheels.org)

## 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.

Registered Charity Number #2913 9366 RR0001



@eymealsonwheels



Contact Us:

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