

# FOOD FOR THOUGHT

**A Monthly Newsletter From East York Meals on Wheels**

*In This Issue...*

**Highlighting  
Our Incredible  
Volunteers**

*Goodbye  
Graeme!*

**Yorkville Run**

**East York  
Meals on Wheels**

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

The month of July marks the midway point of the year and is a time for celebration and reflection, starting with Canada Day. Although our office was closed on July 1st, we still had our amazing volunteers and holiday coordinator, Rosemary, delivering meals and performing wellness checks on our clients. We would like to thank them for their continued dedication and support to the agency and our service recipients.

Our team is also thankful to have the continued support of our summer students Laura and Romodan, who have been integral in assisting with programs such as Halal Meals on Wheels, Diners Club, and Fresh Produce Delivery. Their upbeat and friendly attitudes over the phone and while out on deliveries have been much appreciated by all the clients and staff that they have interacted with. Thank you, Laura and Romodan!

We are also looking forward to the continued success of our Diners Club, with three additional lunches added for this month. We've truly valued the feedback from our diners thus far, and look forward to continuing to connect with clients old and new over a delicious lunch.

**From myself and the team, we wish you a relaxing month of July!**

**-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.*

Graeme Hewson, our amazing Community Relations, and Operations Assistant has left his role at EYMOW to start his master's degree in social work at the University of Michigan! We are sad to see him go, but so proud of Graeme and happy that our agency played a part in guiding Graeme's future career aspirations. Graeme has been the face behind our social media posts, newsletter format, and volunteer scheduling and he's often the first person you'll hear when you call into our office. EYMOW staff will miss Graeme's funny dad jokes, kind heart, and laughter and we know our clients and volunteers will miss Graeme's cheerful conversations on the phone!

Goodbye Graeme, we will miss you and wish you the best of luck with your MSW!



Wynn started volunteering with EYMOW in the winter of 2021. She helps us delivery meals to our client's rain, snow, or shine! Wynn is the proud mom of twin sons, Oska and Luka (pictured here) and has always been very involved with her sons' school. Now that they're getting older, Wynn realized there was less of a need for her to be involved with her sons' school and began looking for another volunteer opportunity. That's when she found us! A friend of Wynn's told her about EYMOW and how rewarding the experience was. She was looking for an opportunity to work one on one with people from our community, so she got in touch with the organization and signed up. Wynn loves meeting with the clients! She's enjoyed the experience so much that her sister joined and started volunteering with EYMOW shortly after her.

Thank you, Wynn, for making a positive impact in the community and our client's lives!



# Program Updates

## Fresh Produce Program

As we enter a new month of deliveries for our Fresh Produce Delivery program, we want to remind our clients that weekly donations are welcome due to the pay what you can nature of the program. Any amount will help us sustain and grow the program, but a suggested amount is \$15. We ask that you please attach your name and specify the program you are paying for with your payment.

If you have any feedback or produce suggestions or are interested in signing up for our waitlist, you can call our Social Worker Dawit at 416-424-3322. Thanks to the local Loblaws for their generosity!



## Diners Club

# DINERS CLUB

## JULY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01	02
03	04	SWISS CHALET 05	06	07	08	09
10	11	Rise & Dine* 12	13	14	15	16
17	18	NEW! THE QUARRY CAFE 19	20	21	22	23
24	25	26	27	28	29	30

### REMINDER

**NEW!** The Quarry Cafe: 2560  
Gerrard St. E  
**Offerings:** salads, sandwiches,  
all-day breakfast!

Our July lunches will be held  
from 12:00-1:00pm.  
We are capping each lunch to 10  
people. **Lunch is free** until the  
end of August!

\*Rise & Dine is a rescheduled lunch from June



# Yorkville Run Fundraiser

The East York Meals on Wheels team is participating in the Constantine Yorkville Run for the second year in a row on Sunday, September 11th. This is a 5K run/walk event that raises funds for 32 Toronto charities including EYMOW. We'd like to invite all of you to join us in fundraising and participating in this event!

If you'd like to fundraise and run in the event, you can become a fundraising captain, which involves a minimum donation of \$70-100.

If you do not want to participate in the run but would still like to raise funds for our cause, you can donate directly to the team we have already set up. You can also bring any funds you raise into the office, and we can donate on your behalf. Your donation will help us improve and build on programming for EYMOW. Our programs will continue to tackle food insecurity and improve the lives of the residents of East York.

If you're interested in participating, or have any questions about the event, please contact Mary at [operations@east yorkmeals on wheels.org](mailto:operations@east yorkmeals on wheels.org) or at 416-424-3322 ex. 2220

**YOU HAVE THE POWER TO  
HELP**  
No amount is too small to give!

**I would like to make a donation on 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!**





# Ontario Assistive Devices Program

If you are an Ontario resident with a long-term physical disability, you may be eligible to receive funding assistance from this program towards personalized assistive devices to help you live more independently.

Any Ontario resident with a valid Ontario Health card who has a long-term physical disability and requires the use of a device for six months or longer can apply for funding assistance.

The Assistive Devices Program pays up to 75 per cent of the cost of equipment, such as Mobility aids (i.e walker, wheelchairs), hearing aids, visual aids, diabetic equipment and supplies, respiratory equipment, home oxygen therapy, artificial eyes and facial prosthetics, custom orthotic braces, compression garments and lymphedema pumps, prosthetic breasts or limbs, enteral-feeding pumps and ostomy supplies.

If you want further information on how to access Ontario Assistive device program, please contact East York Meals on Wheels.

## Toronto Library Wi-fi Hotspot

- Toronto Public Library's Wi-Fi Hotspot is Lending Wi-Fi Hotspots to customers who do not have Internet access at home.
- Customers need a Toronto Public Library Card to borrow a Wi-Fi Hotspot. Wi-fi Hotspots will be equipped with unlimited monthly data plans and can be borrowed for up to six months (due back on January 2, 2023)
- Wi-Fi Hotspots will be available to walk-in customers (at participating Libraries including Flemingdon Park Library) on July 2, 2022.
- Wi-Fi Hotspots will be distributed first-come, first-serve, while quantities last.

If you'd like more information on this program or need assistance visiting your local library branch, please contact our social worker at 416-424-3322

# Staff

Adriano Murarotto MSW, RSW

Executive Director

Mary Skwarek,

Manager, Operations

Dawit Tadesse, BSW, RSW

Registered Social Worker

Ana Gavino

Meals on Wheels Coordinator

Farah Alim,

Assistant Coordinator

Rosemary Scott,

Sunday & Holiday Coordinator

Katherine Young

Administrative Assistant

Laura Bellantone & Romodan

Said, Summer Students

# Board of Directors

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President

Stacy Beach,

Vice-President

Thomas Moores,

Secretary-Treasurer

Melissa Chin

Tameeza Dhanani

Justin Safayeni

Mat Savulescu

Jill Krupa

*Director Emeritus:*

*Carl Peterson*

*Honorary Life Member:*

*Alan Redway*

# Our Partners:



United Way  
Greater Toronto



CANADA



@eymealsonwheels

# 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, VolunteerToronto and East Toronto Health Partners (ETHP) Ontario Health Team.



**Contact Us:**

416-424-3322

[info@east yorkmealsonwheels.org](mailto:info@east yorkmealsonwheels.org)

Registered Charity Number #2913 9366 RR0001

