

FOOD FOR THOUGHT

*A Monthly Newsletter from East York Meals on Wheels
"Providing good food and social support through caring volunteers"*

In This Issue...

Highlighting our
incredible
volunteers

 Yorkville
Constantine
Run

Program
Updates

East York Meals on Wheels

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A Message from Our Executive Director...

The City of Toronto has announced that over 65 per cent of adults have received their first dose of the COVID-19 Vaccine. Congratulations to everyone involved! The province has also approved shortened intervals between doses of the vaccine beginning with people aged 80+. Please reach out to our team at 416-424-3322 if you would like assistance booking or require transportation to and from appointments. Our volunteers and employees will soon be receiving their second dose sometime in the coming weeks. We will work to notify you as soon as dates for high priority groups are released.

In other news, Metrolinx CEO Phil Verster has acknowledged the impact of the Ontario Line Train Yard here in Thorncliffe and promises to unprecedented support to tenants affected by expropriation. EYMOW and the other businesses of 2 Thorncliffe Park Drive will continue to fight for our right to community space.

We are always looking for new ways to improve our service delivery. Volunteer Coordinator Canny Wu is working on developing a NEW online training program for volunteers. If you have any suggestions on what to include in the video call or send us an email with your ideas. Stay tuned for updates on this project! This is an exciting "first" for EYMOW as we step forward and embrace the use of technology while flexing some of our "hidden" strengths.

Please stay safe and thanks for your ongoing support!



- Adriano Murarotto MSW, RSW

Join us at the Yorkville Constantine Run (September 12th)



For the past 29 years, the Toronto Challenge has supported seniors by raising awareness and funds with a run and walk held on the second Sunday of June during Seniors' Month. The COVID-19 pandemic has cancelled this year's event. But we partnered with the Yorkville Constantine Run to raise funds for additional programming.

Here's how you can support EYMOW at the Yorkville Constantine Run:

1. Make a Donation

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. Visit: <https://bit.ly/3fmn35W> to make a donation!

2. Become a Runner

Got the running kick? Register as a runner for the EYMOW team. Details: <https://bit.ly/3fmn35W>.

3. Spread the word!

Let your friends and family know about the event. Share your support online by posting on your social media! You can tag us at @eymealsonwheels with #YorkvilleRunwithEYMOW on all socials.



@eymealsonwheels



Our Heroic Volunteers

In the spirit of gratitude, we will be 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.



Joanne Pais has been a volunteer of East York Meals on Wheels since 2017. As a Catholic elementary school teacher, she felt a vocation to serve young people and support them in their development. Outside of her work, she felt the need to help other members of her community. EYMOW's advertisement for volunteer drivers stood out to her and she has been volunteering with the agency ever since.

Joanne finds comfort in volunteering with EYMOW because our mission is to combat food insecurity in East York. Joanne knows that through our meal delivery service, vulnerable individuals receive nutritious meals and a safety/social check-in.

“The staff at East York Meals on Wheels have always been so welcoming and caring. And they provide excellent training and support! The mission of East York Meals on Wheels is a simple but noble one, and I highly encourage those who can, to consider giving some of their time to volunteering,” say Joanne.

Thank you, Joanne, for your commitment and hard work. Your dedication as a volunteer is an inspiration to others and we appreciate your help so much!

Jay Tse joined our agency during the height of the pandemic in April 2020. He was determined to volunteer for a meal delivery organization and found that EYMOW was close to home. Jay credits his parents (who were excellent role models), as his influence and motivation to continue to give back to the community. Giving back to those in need and spreading joy are his favourite aspects of volunteering for East York Meals on Wheels.

“Just get out there and give back to your community! It can make such a big difference in someone else's life...and, on the plus side it'll bring you joy knowing that you are doing something good for someone else.”

Thank you, Jay, for your support and dedication. Your willingness to give freely of your time is greatly appreciated. Your effort is truly making a difference to so many in the community.



Program Updates

Meals on Wheels

Rose Reisman

We will continue to order Rose Reisman Breakfast entrees on a bi weekly basis.

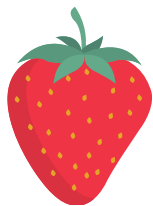
June dates are as follows:

Order Date: Thursday, May 27th by noon Order Date: Thursday, June 10th by noon
Delivery Week: May 31st, 2021. Delivery Week: June 14th, 2021

Order Date: Thursday, June 24th by noon
Delivery Week: June 28th, 2021

Volunteers Wanted!

We Are In Search of Volunteer Drivers Monday-Friday 11-1pm. Vulnerable Sector Check is Required, Route Stipend (\$) and Free Training is provided!



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!



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

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:

IMAGINE
CANADA

Ontario 

East Toronto
Health Partners



Be sure to check out our newly
refreshed website!
www.eastYorkmealsonwheels.org

About Us!

East York Meals on Wheels 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, and Toronto Community Services and is a registered charity.

The agency is a member of Imagine Canada, the Ontario Community Support Association, and the Volunteer Centre of Toronto.



@eymealsonwheels



Contact Us:

416-424-3322

admin@eastYorkmealsonwheels.org

Registered Charity Number #2913 9366 RR0001



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.



Volunteer Updates

Strategic Planning Updates

East York Meals on Wheels has officially kicked-off a new strategic planning process for 2021 and beyond. The Strategic Planning Steering Committee would like to thank all of our stakeholders for the feedback that was provided.



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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!



Nutrition and Senior Living

By Kelly Palter - The Millwood Retirement Residence

The pandemic has certainly given the world an eye-opening experience. It's hard to live in isolation and maintain a healthy diet, but for seniors it's even harder. Seniors face many everyday barriers that make them vulnerable to poor dietary intake. One area of nutrition that many seniors need to consider is ensuring they get enough protein. Without protein, the body will start to break down muscle mass and bone strength. Canada's Food Guide recommends 1.0 - 1.2 grams of protein per kilogram of bodyweight. Note: this could change for individuals with acute or chronic diseases. Always talk to your doctor about what your individual needs are.

Here are some tips to increase your protein intake:

- Add seeds or nuts to your meal or snack when possible. Try adding them to a salad. Think about nut butters, too.
- Grab a glass of milk (cow, soy, or almond) instead of juice.
- Consider a protein powder to add to drinks, or try a protein shake (watch for sugars or additives)
- Eggs! They're great as a snack, too, not just for breakfast
- Add cheese! Add cheese to your snacks or meals
- Add lentils or beans to your soups or salads
- Try changing to greek yogurt instead of your traditional yogurt -- it's higher in protein.

Smoothie Recipe with Protein

Created by Chef Michael at the Millwood Retirement Residence

1 small banana

1 cup of frozen strawberries

¼ cup of greek yogurt

Almond milk (unsweetened)

Blend ingredients in a blender. Add almond milk as needed to get the desired consistency.

