

FOOD FOR THOUGHT

A Monthly Newsletter From East York Meals on Wheels

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**Highlighting
Our Incredible
Volunteers**

**Welcome
Ana!**

**Telephone
Reassurance**

**East York
Meals on Wheels**

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A Message From Our Executive Director...

The month of June represents a transition to summer, where we are able to get outside more easily to enjoy the warm weather with family and friends. We encourage our readers to spend as much time outdoors as possible, which can turn into some form of exercise or as a way to fight the isolation that can occur during the cold winter months. Just make sure to notify our team if you're planning to be away during our traditional delivery hours!

This is an important time in the history of East York as the outcome of the elections will surely influence the future of the Thorncliffe Train Yard being planned by Metrolinx. As many people are aware, three non-profits in our plaza are among the tenants being forced to relocate in 2022 to make way for a HUGE train yard. Please exercise your right to vote, and speak up on behalf of our community. We all want to see transit being built, however we demand that the voice of the community is included throughout the planning process.

We also want to thank the volunteer members of our Client Advisory Committee for meeting with EYMOW management in May. We look forward to using your input to help inform agency planning. We will continue to meet bi-weekly.

From myself and the team, we wish you a pleasant and peaceful month of June!

-Adriano Murarotto MSW,RSW

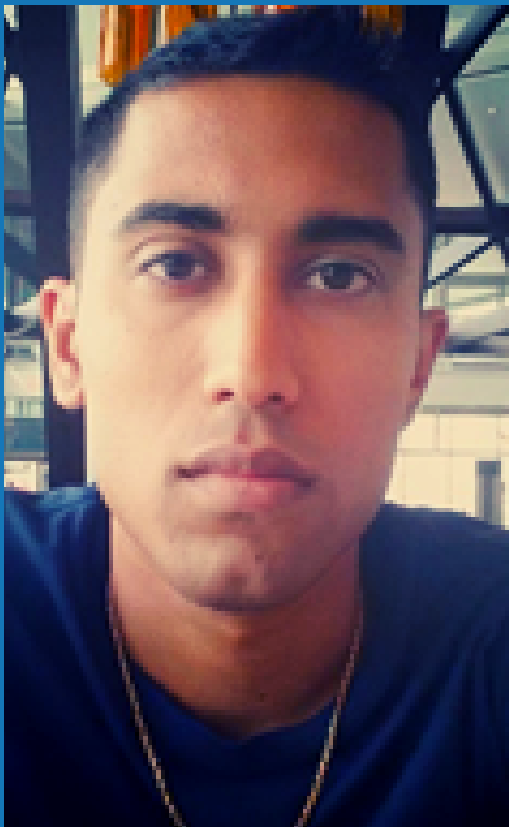


Our Heroic Volunteers

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.

A very warm welcome to our new MOW Coordinator, Ana Gavino! Ana joined our team at the beginning of May and is hard at work making sure our clients are well taken care of. Ana previously worked at Lumacare coordinating frozen meal deliveries, assisting clients and training volunteers. She comes to our agency with a wealth of knowledge about Meals on Wheels and has great ideas to improve our processes and procedures. Ana says that getting to know the staff, clients and volunteers at East York Meals on Wheels will be a grateful experience.

We're excited to welcome Ana to the EYMOW team, and we look forward to introducing her to our clients and volunteers!



Wesley is a new Meals on Wheels volunteer and started delivering in January 2022. When he moved from Saskatchewan back to Ontario, he was looking for different volunteer opportunities and East York Meals on Wheels caught his eye. Wesley was looking for a way to help people in the community and he says our agency seemed unique. EYMOW seemed like a great fit for him and his future career ambitions! Wesley studied Criminal Justice at Toronto Metropolitan University (formerly Ryerson). He currently works in security in downtown Toronto and his dream is to become a police officer one day. Wesley says his favourite part about volunteering is the genuinely friendly clients he delivers to.

Welcome Wesley! We're so happy our agency caught your eye and we thank you for all that you do for our clients and community.

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.



Diners Club

DINERS CLUB

JUNE 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01	02	03	04
05	06	HALIBUT HOUSE	08	09	10	11
12	13	14	15	16	17	18
19	20	RISE&DINE	22	23	24	25
26	27	28	29	30		

REMINDER

Our June lunches will be held from 12:00-1:00pm. Please wear a mask with you while you are being transported to and from the event.

We are capping each lunch to 10 people but we hope with an added lunch in June we will be able to see more you out!



Telephone Reassurance

Do you or someone you know feel isolated? Do you miss the social interaction but still feel nervous to meet others due to the continued presence of COVID19? Do you simply want to reminisce with someone, tell a joke, or discuss current events? If so, our Telephone Reassurance program can be the perfect solution to provide the social contact that you may be craving during this period.

This program is absolutely free of charge, as the well-being, health, and safety of our community are what's most important to our organization. Our staff will match clients to one of our many volunteers, who will be available based on your personal schedule to periodically call to check-in and chat. Our office staff provides support and follow-up in the event of emergencies or concerns.

- Regularly scheduled calls provide a check on security and well-being.
- Social contact reduces feelings of isolation.
- Client friends and family rest assured that their loved ones are receiving additional social interaction with a caring volunteer.

If you live in East York and are interested in signing up or learning more about the program, please call our Social Worker at **416-424-3322**.

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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!



Falls Prevention and Risk Factors

Falls are a leading cause of injury-related hospitalizations among Canadian seniors. Between 20% and 30% of seniors fall each year.

1. Have you fallen in the past year?
2. Do you ever feel unsteady when you stand or walk?
3. Are you taking four or more medications?
 - If you answer Yes to any of the above question you may be at risk for falls.

Some Factors That Affect Risk of Falls

<p>Previous Falls: Prior falls are one of the strongest predictors of future falls.</p>	<p>Medication: There is strong association between the occurrence of falls and fractures in older people and the use of certain medications.</p>
<p>Muscle Weakness and Reduced Physical Fitness: Decreases in muscle strength and endurance can leave one unable to prevent a slip, trip, or stumble from becoming a fall.</p> <p>Examples of Muscle weakness “I need to push with my hands to stand up from a chair”, This is a sign of weak leg muscles, a major reason for falling</p>	<p>Home Hazard: Home hazards that have been demonstrated to increase the risk of falling for older people.</p> <p>Examples may include: throw rugs and loose, worn, or deep pile carpets; electrical cords in walkways; raised door sills; cluttered floors; poor lighting; slippery floors; poorly designed tubs, toilets, and fixtures in the bathroom; no aids or poorly installed aids such as grab bars or handrails; and pets that get under foot.</p>
<p>Balance and Gait Deficits: Unsteadiness or needing support while walking are signs of poor balance. Balance deficits are significantly linked to risk of falling.</p>	<p>Other Fall Risk Factor Include: Acute Illness that causes weakness or dizziness; Low Vision; Improperly used or unmaintained Assistive devices; Certain types of footwear and Clothing</p>

Falls Prevention

<p>Exercise classes</p> <p>There are publicly funded seniors exercise classes, in the community, that focus on improving and maintaining functional performance through strength and balance to prevent injury and falls.</p>	<p>MedsCheck program</p> <p>If you are taking at least 3 prescription medications for chronic conditions, you can request medications review with you pharmacist. MedsCheck program is paid for by the Ontario Government through the Ontario Drug Benefit (ODB)</p>
<p>Physiotherapy may help you improve your strength, motor function and balance. Depending on your situation & risk, you may be eligible for publicly funded clinic-based physiotherapy.</p>	<p>Home Hazards: Reduce home hazards that might cause a trip or slip.</p> <p>Occupational Therapist: Can help you identify home hazards and help you develop simple solutions to prevent falls.</p>



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

Graeme Hewson,
Community Relations and
Operations Assistant

Board of Directors

Donald Wallace,
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:



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

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