

FOOD FOR THOUGHT

A Monthly Newsletter From East York Meals on Wheels

In This Issue...

**Highlighting
Our Incredible
Team**



**East York
Meals on Wheels**

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A Message From Our Team

We are in June, which means summer is almost here! This is an exciting time for all who enjoy the sun and warm weather!

June is also LGBTQ+ Pride Month and Alzheimer's and Brain Awareness Month. EYMOW proudly supports and honours both communities! This month, we will also dedicate time to promote awareness of Alzheimer's and the importance of brain health.

June also hosts Father's Day! We wish all the paternal figures in East York a happy and healthy Father's Day!

Inside the newsletter, you will find more information on our new donor platform Zeffy and updates on our Halal Meals on Wheels program regarding a new meal delivery time.

We also have some updates on our Diner's Club Program! We are happy to announce that we are ramped up to full capacity again and will host eight lunches monthly! Please see the section inside the newsletter for more information.

Finally, we are excited to announce that we have an official move-in date for our new space! We will officially relocate to the new site on June 26th! Please read the section inside for more information.

As always, the team at EYMOW wishes you all the best and an abundance of happiness for June!

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.

We have an individual named Mat in the heart of our volunteer community at East York Meals on Wheels. Since January 2021, Mat has been an integral part of our organization, serving as a dedicated board member. With a deep passion for addressing food insecurity and helping vulnerable populations, Mat's commitment

Thank you!



Mat Savulescu

for making a meaningful difference is evident in all aspects of his volunteer work. Mat exemplifies the spirit of service that drives our mission through his strategic contributions, leadership skills, and genuine dedication. Let us take a closer look at Mat's inspiring journey and his impact on our community. When asked why he chose to volunteer with us, Mat shared his deep passion for addressing food insecurity issues and helping vulnerable populations in our community. As a board director, he saw an opportunity to contribute strategically to an organization that aligns with his values and works towards creating positive change. Thank you, Mat, for your exceptional commitment and for making a positive impact on the lives of others.

Vibhas is our exceptional meal delivery driver who joined EYMOW in January 2023. Inspired by his Wife's involvement with Scarborough Meals on Wheels, Vibhas chose to use his free time to help serve the EYMOW mission and provide healthy, nutritious meals to members of our community. "We both admire and appreciate the work and service to the East York Neighbourhood." Vibhas Said. His favorite part of EYMOW is witnessing the profound joy on people's faces when they receive their meals and Fresh Produce Bags. Through these moments, he truly comprehends our service's positive impact on those we serve. The ability to directly contribute to their well-being fills his heart with immeasurable happiness and a sense of fulfillment. Sadly, Vibhas's contract has come to an end. We are incredibly grateful for his contributions and positive impact. Thank you, Vibhas, for being an inspiring force of change!

Farewell!



Vibhas Bapat

Diners Club Information

We are happy to say that we will still be hosting our in-person session for our Virtual Diner's Club program! We invite our clients to join us **in person at our agency**, where we will connect to the Virtual Diner's Club Zoom call in our boardroom as a group. This way, even those without internet access can join our online programming! A **FREE light lunch** will be provided to those who come to our agency. All attendees will be entered into a draw for a **\$25 gift card** for participating!

We also want to announce that we are running Diner's Club again at full capacity! From now on, we will host 8 lunches monthly and still provide our clients with **FREE** transportation. We are working towards creating a set schedule based on client preference and transportation availability. Cheers to more lunches with friends!

If anyone is interested in joining this programming, please contact us via email at admin@eastyorkmealsonwheels.org or call us at **416-424-3322**. Space may be limited for in-person sessions.

DINERS CLUB

JUNE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
05	06 Afghan Cuisine	07 Eggsmart	08	09
12	13 Halibut House	14 Quarry Cafe	15	16
19	20 Swiss Chalet	21 Longos	22	23
26	27 Rise and Dine	28 Virtual Speaker	29 Halibut House	30
03	04	05	06	07

REMINDER

Our lunches will be held from 12:00-1:00 pm.

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 12:00 pm to 1:30 pm. Members can also join this programming by coming in person to our office.



New Donor Platform

During the pandemic, many charities struggled to do more with less. Inflation has hit food-based organizations disproportionately, and we continue to struggle to meet rapidly growing demand. Since 2019, we have doubled the number of residents we serve in East York.

To keep our costs low, our team has recently transitioned to a new donor platform called Zeffy. We have decided to change to save on fees companies like “Canada Helps” take for their service (+3% premium +transaction fees). **With Zeffy, 100% of the donations pledged will flow directly to our charity, and to sustain their free platform, the decision to cover service fees is totally left to the donor.**

We will continue to email or mail your tax receipt to you. If you are receiving an emailed copy of your tax receipt, it will now be coming from Zeffy’s email: contact@zeffy.com

Check out our new donation page here!



NEW Halal Meal Delivery Time

We have listened to the feedback from our clients and volunteers, and effective from the week of June 12th onwards, our Halal Meals on Wheels program will operate with an **11:30 am - 1:30 pm delivery window**. The vast majority favor an earlier delivery time, and we are happy to announce this!

By moving our delivery time up by a few hours, we aim to make it more convenient for our clients to receive their meals at a time that works best for them.

We understand this may inconvenience some of you, and you may need to adjust your schedules to accommodate this change. Please contact our office at **416-424-3322** if you have any questions or concerns, and we will happily work with you to ensure you can continue receiving or delivering our meals.



NEW SITE UPDATES



We are very excited to announce our new office and community food hub will be relocating on June 26th, 2023!

Together with the community, we are working hard to design a brilliant NEW and innovative space that will allow us to continue to run our traditional programs while introducing a new social enterprise market & café, indoor and outdoor programming space for seniors and new mothers, and a newly designed kitchen space. This new space wouldn't be possible without the financial support of Metrolinx.

We will consult our Client Advisory Committee and volunteers and work with our team to ensure operations run smoothly during this transition. Our volunteers will be notified of any changes to meal delivery procedures.

We can't wait to welcome you all to see the new site and meet our team in person! Our new address will be 66 Overlea Blvd, Unit 15. Toronto ON M4H 1C4



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 _____

NEW!



THANK YOU FOR YOUR GENEROUS SUPPORT!



Staff

Adriano Murarotto MSW, RSW

Executive Director

Mary Skwarek

Manager, Operations

Meghann Fahey

Admin & Client Services Coordinator

Ana Gavino

Meals on Wheels Coordinator

Farah Alim

Assistant Coordinator

Rafael Granado

Volunteer Coordinator

Karissa Sakumoto

Project Coordinator

Our Partners:



United Way
Greater Toronto



Board of Directors

Melissa Chin

Interim President

Stacy Beach

Vice-President

Thomas Moores

Secretary-Treasurer

Tameeza Dhanani

Justin Safayeni

Mat Savulescu

Jill Krupa

Director Emeritus:

Carl Peterson

Honorary Life Member:

Alan Redway



community food centres
CANADA good food is just the beginning

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, Ontario Health, 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, Community Food Centers Canada and East Toronto Health Partners (ETHP) Ontario Health Team.



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