

FOOD FOR THOUGHT

A Monthly Newsletter From East York Meals on Wheels

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**Highlighting
Our Incredible
Team**



New Hours!

**Program
Reminders**

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Meals on Wheels**

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A Message From Our Team

East York Meals on Wheels Newsletter for March:
Enhancing Meal Services

Warm wishes to all our clients for a joyful Easter and Ramadan this month!

Please be aware that our office will be closed on Friday, March 29th (Good Friday) and Monday, April 1st (Easter Monday). Remember to submit your orders and cancellations by noon on March 26th.

Exciting news for our hot meal clients! We have teamed up with a new supplier to offer improved packaging and higher quality meals. Starting from March 1st, 2024, relish meals from the fresh menu, including bread and butter, soup, hot entrée, and dessert. Stay tuned for the monthly meal calendar to explore the delightful meals on their way to you.

If you're in the area, visit the Common Ground Market & Café for a cozy drink, treat, and some shopping. Be sure to continue reading and check out the updated hours.

The EYMOW team wishes you a month filled with friends, family and community.

Our Volunteer 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.

Thank you!



Andrea Naccarato

Andrea embarked on her volunteering journey at East York Meals on Wheels in November 2023. Through her role as an Office Administrator, she contributes to the community, connects with new people, and enhances her skill set. Additionally, she actively participates in the Telephone Reassurance program, seeking more ways to give back. Volunteering with EYMOW and the Stephen Lewis Foundation allows her to serve the community. Meeting and interacting with both the community and staff brings her immense joy. On a personal level, Andrea enjoys reading novels and writing. Ultimately, she finds fulfillment in making a positive impact. Thank you Andrea for your support and giving back to the community of East York!

Thank you!



Harshil Dhunnoo

Harshil has been serving as a packer volunteer with East York Meals on Wheels since January 22nd, 2024. Volunteering offers a chance to show appreciation and contribute to the community, fostering personal growth and development. The warm atmosphere and friendly people at East York Meals on Wheels create a positive volunteering environment. Harshil is currently pursuing a Graduate Certificate program in Marketing Management at Seneca and has a keen interest in exploring new places and enjoying good food. Thank you, Harshil for sharing your community spirit with us!

Diners Club Updates

Dear valued clients,

We want to express our heartfelt gratitude from the EYMWOW team for contributing to the ongoing success of the Diners Club!

In our efforts to maintain the smooth operation of the Diners Club, we will be introducing a cancellation fee starting April 1st. Transportation is a vital aspect of our lunch outings, and we are pleased to announce that our clients will still benefit from complimentary transport services. We collaborate closely with our transportation partners to ensure that everyone can attend these events.

Starting April 1st, clients are required to give a minimum of two days' notice for cancellations before their scheduled Diners Club session.

This advance notice allows our transportation partners to make necessary adjustments to their routes. A lunch charge of \$14.50 will apply if a cancellation or non-attendance occurs within this two-day window.

Please note that we are currently unable to provide meal deliveries in case of short-notice cancellations or absences during lunch outings.

We truly appreciate your unwavering support!

DINERS CLUB

MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				01
04	Eggsmart 05	06	07 Swiss Chalet	09
11	Astoria Greek 12	13	Afghan Cuisine 14	15
18	Longo's 19	20	Halibut House 21	22
25	Hermies 26	27 Virtual Bingo	28	29

REMINDER

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

Lunch will cost **\$14** 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.



Meals on Wheels Program Updates

Our office will be closed on Friday, March 29th (Good Friday) and Monday, April 1st (Easter Monday). Kindly ensure that you submit your orders and cancellations by noon on March 26th. Wishing everyone a Happy Easter!

Exciting news! Our monthly hot meal calendar is now available! We are eager to receive your feedback on the new menu. Stay tuned for a team member to reach out to you this month for a brief client satisfaction survey.

Common Ground Updates



Common Ground Market & Café has new hours! We look forward to serving you soon!

Wednesday: 10am-4pm

Thursday: 10 am-4 pm

Friday: 10 am-3 pm

Social Work & Telephone Reassurance Updates

SADP (South Asian Diabetes Prevention Program) is organizing in-person events in March to support individuals dealing with anxiety, stress, and healing. They are also conducting seminars on maintaining a healthy and balanced diet for those managing diabetes. These events will take place at Flemington Health. For any inquiries, feel free to contact the office at 416-424-3322 ext.2226.

Flemington Health offers gentle exercise programs, including gentle yoga, stretches, and tai chi, either online or in person. All registered clients can join these sessions, and you can sign up to become a client online as well. The address is 10 Gateway Blvd.

News To Know

What Is Elder Abuse?

Elder abuse is any action, or inaction, occurring in a relationship where there is an expectation of trust, which causes harm or distress to an older person. Elder abuse may happen to any older person regardless of gender, culture, race, financial status, and mental or physical condition.

There Are Four Types Of Abuse Or Neglect

1. Financial - misuse of the Power of Attorney or money

EXAMPLES:

- Elder has signed/changed documents (Power of Attorney, a new will, etc.) when unable to comprehend the transaction.
- Lost jewelry, silverware, or other valuables
- Change in level of care/absence of required aides (walker, glasses, etc.)

2. Emotional/Psychological - causing emotional fear, or diminishing self-esteem.

EXAMPLES:

- Agitation or Fear
- Depression/Denial
- Helplessness/Hesitation to talk openly

3. Physical - causing injury or physical discomfort

EXAMPLES:

- Cuts, bruises, burns or welts
- Unexplained injuries or broken bones
- Poor skin condition
- Not seeking medical attention when warranted

4. Neglect - the failure of the caregiver to meet the needs of older adults.

EXAMPLES:

- Inadequate clothing, poor skin condition or hygiene
- History of accidents or injuries and/or untreated medical condition, injury, dehydration, malnourished.
- Lack of needed medical items (e.g. glasses, false teeth, cane or walker)/lack of access to medical attention.

Please reach out to our social worker if you need support or have questions



Please Consider Donating Today

Culturally appropriate & affordable food for everyone!

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 _____ CVC _____

Name _____

Address _____

Phone number _____

THANK YOU FOR YOUR GENEROUS SUPPORT!



Staff

Adriano Murarotto MSW, RSW

Executive Director

Mary Skwarek

Manager, Operations

Taneka Dennis

Program Supervisor

Ana Gavino

Meals on Wheels Coordinator

Farah Alim

Food Service & Urban Agriculture

Coordinator

Catherine Brulé

Social Worker

Reona Solomon

Social Worker: Student Placement

Shakeel Ahmed

Meal Delivery Driver

Our Partners:



Board of Directors

Mat Savulescu

Chair/President

Tameeza Dhanani

Vice-President

Thomas Moores

Secretary-Treasurer

Stacy Beach

Justin Safayeni

Melissa Chin

Jill Krupa

Director Emeritus:

Carl Peterson

Honorary Life Member:

Alan Redway

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.



Contact Us:

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