

FOOD FOR THOUGHT

A Monthly Newsletter from East York Meals on Wheels

In This Issue...

**Highlighting
Our Incredible
Volunteers**

**Electricity
Support
Program**

**Newsletter
Volunteers**

**East York
Meals on Wheels**

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A Message From Our Executive Director...

On March 8th, we recognize the incredible achievements, raise awareness, and encourage others to advocate for gender equality on behalf of the amazing women in our lives for International Women's Day. We are very privileged to have such amazing and inspiring women on our team (Volunteers, staff and board members) and want to make sure that we honour each of them and our clients every day for all that they do.

This month also marks the transition from the cold of winter to the warmth of Spring. We are excited about all the new opportunities that this month will bring, whether that be the launching of new programs or the continued success of our current initiatives backed by the dream team of hardworking and compassionate individuals here at EYMOW!

From myself and the team at EYMOW, we wish you a safe and enjoyable month of March!

- 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.

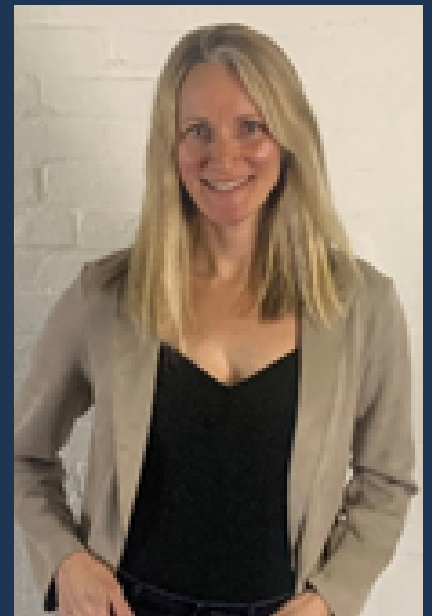


Tyler started volunteering for East York Meals on Wheels in March 2020. He wanted to help as best he could in the community, and as someone who both enjoys driving and likes to meet new people, it felt like a great fit for him. Tyler says, “as a young person with a demanding job and schedule in commercial real estate, I don’t always have the time to give back, but it’s absolutely necessary, and any chance I get, I always try to make last-minute routes, if at all possible.”

His favourite part about volunteering is meeting the great people we deliver to. “They could not be happier to see you when you arrive and that is a rewarding experience.”

Thank you, Tyler, for your willingness to pick up deliveries where you can. Our clients are lucky to have such a caring and kind volunteer.

Andrea Walsh began volunteering for us in 2019 as a meal delivery driver. She is a physician and has two kids in elementary school and enjoys volunteering for their schools’ activities and field trips. Andrea was drawn to volunteer with our agency because it allows for flexibility to work around her everyday life. Andrea says, “many volunteering opportunities require multiple days a week at specific times. East York Meals on Wheels allows me to work around my work schedule and my kid’s activities.”



The most valuable part of volunteering for Andrea is the relationships she starts to build with the community that she delivers to. She sees how grateful our clients are to have her come by with a meal and wellness check. Andrea says, “I would encourage anybody to try and do something in your community regardless of how busy you are.”

Thank you, Andrea, for making time for our agency and our community! We are lucky to have you in our group of volunteers and we’re always grateful for the time you dedicate to our programs.

East York Meals on Wheels and The Neighborhood Organization have partnered to address the urgent need for healthy food in Thorncliffe and the surrounding areas by giving away free HALAL meals to seniors, people living with disabilities, new mothers, and individuals convalescing from hospital. This new limited-time program delivers an additional vegetarian HALAL entrée every Wednesday free of charge until March 31st, 2022, between the hours of 9:00am-5:00pm.

We are extremely thrilled with the program thus far, as our organization is serving over 1300 meals per month to over 130 individuals in need! Refer a friend or call us at 416-424- 3322 to inquire about qualifying.

Diners Club

We are eager to re-start Diners Club again in April! Please check back here next month for more details and expect a phone call from our Diners Club coordinator.

Our team is looking forward to seeing familiar faces, visiting our favourite restaurants, and welcoming new potential spots in the summer.

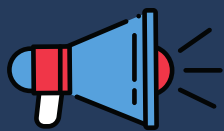


Fresh Produce Box Delivery Program

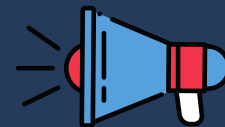


As mentioned in our February newsletter, our team is planning on moving forward with launching our Fresh Produce Box pilot program that will deliver fresh vegetables and fruits directly to community members. Fresh vegetables and fruits are integral to the health and wellbeing of all individuals. EYMOW seeks to overcome these barriers and improve access to fresh food by delivering produce boxes directly to our clients' doorsteps. We are aiming to launch this program in the Spring and will confirm the exact launch date with all interested clients once this is official.

If you have any questions about this program or would like to be included, please call (416) 424-3322 or email Socialwork@east yorkmealsonwheels.org



Volunteer Updates



NEWSLETTER FOLDING SUPPORT

Attention all volunteers! We are looking for someone who would be willing and interested in folding our newsletters for us every month. You are welcome to pick up the newsletters at our office and take them home to fold or you may do so in our boardroom. There are approximately 200 newsletters that need be folded before the 3rd of every month. This task will take a total of 3 hours which will be counted as part your volunteer hours. We are also looking for volunteers to help organize sort, and stuff billing envelopes in the office each month. This task will take approximately 4 hours.

DELIVERY VOLUNTEER DRIVERS

East York Meals on Wheels is in continued need of delivery drivers, and Diners Club volunteer drivers. Our hot Meals on Wheels program runs Monday - Friday from 11:00 - 1:00pm and our Halal Meals on Wheels program runs every Tuesday and Thursday from 2:00-4:00pm and Wednesday from 9:00am- 5:00 pm. These programs help provide vital food services to those in the East York community. Diners Club runs from 12:00-1:00pm once a month. Volunteer drivers pick up and drop of clients at their homes before and after lunch.

Please email Mary at operations@east yorkmeals on wheels.org if you are interested in any of the above positions.



Donate Today

HELP SUPPORT OUR MISSION

Please fill out the below to make a donation to support the work of the agency.

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 ____/____

Signature _____

Name _____ Address _____

Phone# _____

THANK YOU FOR YOUR GENEROUS SUPPORT!





Ontario Electricity Support Program



Have You Heard About The Ontario Electricity Support Program?

- The Ontario Electricity Support Program is an Ontario Energy Board (OEB) Program that lowers electricity bills for lower-income households.
- The Program provides a monthly credit to eligible customers based on household income and household size. The program credits are applied directly to eligible customers' bills.
- The program is available to all lower-income customers who have accounts with electricity distributors or unit sub-meter providers. Customers must apply to the program.

If you want more information about the program or need assistance with the online program application, please feel free to contact EYMOW and our social worker will assist you.

If you require a paper application form or assistance in completing the form, please contact our office at (416) 424-3322.

OESP MONTHLY CREDIT AMOUNTS BY HOUSEHOLD INCOME LEVEL

Household Income (After Tax)	Household Size (Number of people living in household)						
	1	2	3	4	5	6	7+
\$28,000 or less	\$45	\$45	\$51	\$57	\$63	\$75	\$75
\$28,001 – \$39,000		\$40	\$45	\$51	\$57	\$63	\$75
\$39,001 – \$48,000			\$35	\$40	\$45	\$51	\$57
\$48,001 – \$52,000					\$35	\$40	\$45



Staff

Adriano Murarotto MSW, RSW
Executive Director
Mary Skwarek,
Manager, Operations
Dawit Tadesse, BSW, RSW
Social Worker
Amber Wollen,
Meals on Wheels Coordinator
Farah Alim,
Program Assistant
Rosemary Scott,
Sunday & Holiday Coordinator
Graeme Hewson,
Program and Administrative
Assistant

Board of Directors

Donald Wallace,
President
Stacy Beach,
Vice-President
Thomas Moores,
Secretary-Treasurer
Melissa Chin
Tameeza Dhanani
Justin Safayeni
Mat Savulescu
Director Emeritus:
Carl Peterson
Honorary Life Member:
Alan Redway

Our Partners:

East Toronto
Health Partners

Ontario 

TNO
THE NEIGHBOURHOOD
ORGANIZATION



United Way
Greater Toronto

IMAGINE
CANADA

OCSA | Ontario Community
Support Association

About Us!



@eymealsonwheels

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.



Contact Us:

416-424-3322

info@eastyorkmealsonwheels.org

Registered Charity Number #2913 9366 RR0001

