

FOOD FOR THOUGHT

A Monthly Newsletter From East York Meals on Wheels

In This Issue...

**Highlighting
Our Incredible
Team**



**Friendly
Reminder!**

**East York
Meals on Wheels**

p. 416-424-3322

e. info@eastYorkmealsonwheels.org

a. 52-2 Thorncliffe Park Drive

Toronto, ON M4H 1H2

www.eastYorkmealsonwheels.org

A Message From Our Team

March is here, and it brings the official beginning of Spring! We are well into 2023, and the end of our long winter is in sight! Before we welcome Spring, we will celebrate St. Patrick's Day, and our offices will be open and celebrating with our volunteers and clients!

We would like to officially welcome the Interim President of our Board of Directors, Melissa Chin! Melissa has stepped up to fill this role, and we are so grateful for all she brings. Please see the section inside for more information on Melissa!

Our new programs are going well and are being run successfully! If you are interested in our new virtual programming, please continue to read the section inside for more information.

The team understands that keeping up with and remembering our policies can be challenging, so we have included a few friendly reminders to ensure our clients are clear on our agency policies.

We have also decided to change how we issue tax receipts to our donors slightly. I'd like you to please read the section inside to learn more about our new tax receipt procedure.

I wish you a marvelous March from all of us at EYMOW!



**GOOD FOOD
ORGANIZATION**



In alliance with Community Food Centres Canada 2023

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.

Read below to find out more about the interim President of our Board of Directors!

Thank you!



Melissa Chin

Volunteering with East York Meals on Wheels has been a rewarding experience for Melissa since she started in February 2019. As a healthcare professional, Melissa has always been passionate about positively impacting the Canadian healthcare system. EYMOW's mission to serve seniors and people with disabilities in the community aligns perfectly with her values, and she was thrilled to have the opportunity to join the organization as a board member. As a board member, Melissa is committed to supporting EYMOW's mission and ensuring that the organization continues to provide quality services to those in need. While Melissa's involvement with EYMOW is primarily community engagement, she also volunteers with the Canadian College of Health Leaders, where she participates in certification reviews.

When asked why she volunteered with us, Janet shared that she had worked in the community as a clinical nurse specialist in the Regional Geriatric Program. She had made referrals for our services and delivered meals on "volunteer day." She found it a fun and engaging experience and decided to continue volunteering with us, where she has been for over 24 years! Janet's favourite part about volunteering is interacting with our clients and their families. She finds it to be a rewarding experience and enjoys listening to their stories. In addition to this, she also appreciates working with our staff and sitting on the Advisory Board. Outside of her volunteer work with us, she is active in her church, which has started several faith-based community outreach programs. We're grateful to have

volunteers like her who are passionate about making a positive impact in our community! Thank you for your continued support and dedication to our cause!

Thank you!



Janet Wood

VIRTUAL Diners Club

NEW!

EYMOW's new online programming has launched!

East York Meals on Wheels online programming is in its pilot phase and is run through our Diner's Club Program. It's a completely virtual program offered to anyone living in our service area. This is a perfect opportunity to dip your toes into the Diners Club program without having to leave your home. The program will be run once a month on Tuesdays from 12-1:30 pm and will be at no cost to participants. You will enjoy a variety of activities and presenters each month including, a chair yoga class, storyteller presenters, guest speakers, and more. Anyone interested in joining this programming is invited to connect with us via email at admin@eastyorkmealsonwheels.org or call us at **416-424-3322**.

If you are struggling with technology or need help learning how to attend virtual programming, **Tech Serve TO** can help! They provide one-on-one training to seniors on how to use technology right in the comfort of their own homes. The best part is that there is no cost for this service! To set up an appointment please call **1-888-418-4771** or contact our office.

DINERS CLUB MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01	02	03
06	Quarry Cafe 07	08	09	10
13	Paramount 14	15	16	17
20	VIRTUAL Speaker 21	22	23	24
27	28			

REMINDER

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

We are capping each lunch to 20 people who need a ride.

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.





Diner's Club Reminders

We want to remind our Diner's Club clients and let anyone interested in joining know that we have partnered with Woodgreen to provide rides to many more clients. Thanks to this partnership, we have provided a lift to every person who needed one for every lunch.

1. If you need a ride to lunch, please remember that a bus with the Woodgreen logo on it will be outside your home between 11:00 am and 11:30 am.



2. Once you have spoken to our volunteer, placed your order, and let them know you will need a ride, you are confirmed and can expect the Woodgreen bus to be outside your home the day of the lunch.

3. We will no longer be providing reminder calls. Please be ready to be picked up by Woodgreen during the abovementioned timeframe. If you have any questions, please give us a call at **416-424-3322** or email admin@eastyorkmealsonwheels.org



Friendly Reminders

Just a friendly reminder to all of our Meals on Wheels clients that the deadline to cancel your order is **one business, before noon**, before your expected delivery day. Unfortunately, you will still be charged if we do not receive a meal cancellation notice in time. Also, we would like to remind our hot meal clients that if you need to cancel or change your **delivery for the weekend, you must let our office know before noon on Friday.**

To all of our Diners Club clients, if you can't come to lunch, please call our office to let us know about this at least **one hour before lunch starts.** This will allow us enough time to cancel your order with the restaurant.

Please inform us of any changes by calling the office at **416-424-3322** or emailing admin@eastyorkmealsonwheels.org. Thank you for understanding!

Tax Receipt Notice

Please note that we will no longer issue yearly tax receipts. We will send a tax receipt as soon as donations come in, either by email or mail. If you prefer a printed tax receipt, please let our office know so we can adjust your profile settings in our database.

If you are a volunteer receiving a tax receipt instead of a gas mileage reimbursement, we will issue your tax receipts quarterly.

Please contact us if you have any questions or concerns: **416-424-3322** or **admin@east york mealson wheels.org**



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** **NEW!**
Card number _____ expiry date _____
Name _____
Address _____
Phone number _____



THANK YOU FOR YOUR GENEROUS SUPPORT!



Staff

Adriano Murarotto MSW, RSW

Executive Director

Mary Skwarek

Manager, Operations

Meghann Fahey

Admin & Client Services Coordinator

Audrey Thompson, MSW, RSW

Registered Social Worker

Ana Gavino

Meals on Wheels Coordinator

Farah Alim

Assistant Coordinator

Rafael Granado

Volunteer Coordinator

Karissa Sakumoto

Project Coordinator

Vibhas Bapat

Meal Delivery Driver

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

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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Registered Charity Number #2913 9366 RR0001

