

FOOD FOR THOUGHT

A Monthly Newsletter from East York Meals on Wheels

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Our Incredible
Volunteers**

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Amber!**

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Importance**

**East York
Meals on Wheels**

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A Message From Our Executive Director...

The month of May symbolizes the transition to warmer weather and sunshine, a time to get outside and enjoy all that nature has to offer. Like the growth of flowers from the April rain, we hope that programs like the Fresh Produce Delivery, Halal Meals on Wheels, and Diners Club will continue to flourish and expand as we add more clients and improve upon current practices. We are very thrilled with the response and feedback thus far and have enjoyed connecting with clients longstanding and new. I especially want to thank our Diner's Club members for a strong return, and for their warm embrace on my visit.

Our team also had the pleasure of having community activist and East York resident Patricia Moore visit our office last month, which left the group feeling inspired and motivated as we head into this new month. The work that she has done to support the East York community is inspiring, and we hope to continue to work with her as an true community ambassador to identify programs and clients that most need our support.

**From myself and the team, we wish you
a safe and reflective month of May!**

- 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.

Steve Collins started volunteering for East York Meals on Wheels in the summer of 2021. He was helping with a comedic pandemic video series, 'Kitty Calling' and was cast as a 'Meals On Wheels' delivery person. Life eventually reflected 'art' and Steve started volunteering as a meal delivery driver once a week!

He is very active in the community and has been volunteering with the East York Seniors Christmas dinner held at East York Community Centre for the past 10 years. Sometimes he even gets a little turkey if there is any left!

His favorite part of volunteering is the interaction with the clients. Steve tries to make time to ask how our clients are doing and gives them a weather report in case they want to go out. Thank you Steve for your service at EYMOW and in the community at large!



It is with mixed emotions that we announce Amber, our Meals on Wheels Coordinator's last day will be May 13th. Amber will be pursuing a change in work/lifestyle in her new Durham region home. The team at EYMOW is sad to see her go but very happy for what lies ahead! Amber has been with our agency since July 4th, 2012. In fact, she is currently the longest serving staff member!

It probably comes as no surprise to our volunteers, clients, and fellow staff members that Amber holds a wealth of knowledge about our agency and our programs. She has helped train and welcome many new employees and volunteers over the years and always makes you feel instantly apart of the team. Amber brings a sense of positivity to all that she does and everyone she talks too. I know our clients and volunteers can feel your warmth and smile over the phone when you're talking to them. You make the people we interact with feel seen and heard and it's clear you care for everyone we serve.

We will miss your office chats about celebrity encounters, expert knowledge of all things EYMOW and your exemplary work ethic and positive attitude! Please help us in wishing Amber farewell and welcoming in Ana as our new MOW Coordinator!

Program Updates

Volunteer Appreciation Week

We celebrated National Volunteer Week, April 24th- 30th, by gifting our tremendous volunteers with fresh cookies provided by Craigs Cookies. The team here at EYMOW wanted to provide volunteers with a small token of appreciation for their hard work and support this past year, especially with navigating the difficulties that came with volunteering during a pandemic. Thank you to all our volunteers for their constant support and effort. We truly couldn't do it without you!



Our May Diners Club will take place on Thursday, May 19th from 12-1:30 pm at **WATTS Diner** located at: 1 Eglinton Square. Our volunteer booking coordinator will give you a call one week before the event to see if you'd like to attend and to take your order.

Please let us know if you require a ride to the lunch and we will be happy to provide you with free transportation provided you live within our service area.

We are capping attendance to 10 clients over the summer. If you did not get a chance to attend last month, we will make sure to give you another chance to attend in June. Of course, we are continuing to monitor daily Covid-19 case counts and will update our policies and procedures as needed.

Please call our summer student, Laura at 416-424-3322 if you need to cancel or if you are not feeling well before lunch. We ask that all clients continue to monitor for Covid-19 symptoms and report if they are feeling unwell before or after attending the luncheon. If you're feeling "off" or just not yourself, it's best to play it safe and stay at home until you can get tested.

We ask that clients and volunteers continue to wear a mask while being transported to and from lunch.

Looking forward to dining with you!



Fresh Produce Delivery

Our produce delivery program will continue in May with an additional 10 clients added to our program. Our deliveries will continue to be bi-weekly with delivery dates on Fridays between 11-1:00 pm. Some clients who have expressed interest will be waitlisted and onboarded as soon as we build more capacity.

To date, our three produce bag deliveries have contained nutritious and fresh items such as green leaf lettuce, kiwi's, mini cucumber, baby carrots, bell peppers, bananas, bartlett pears, oranges, and mangos. We welcome suggestions from our clients so if there are any items you would like to see added, please let us know and we will do our best to add it to our list based on availability and price.

The program will continue to be a pay-what-you-can model, so the amount you pay is up to you! Any amount will help us sustain and grow the program. We ask that you **please attach your name and specify the program you are paying for with your payment.** Please also remember to return your delivery bag which each new order so that it can be sanitized.

If you live in East York and are interested in signing up for the fresh produce delivery, 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!



Importance of Healthy Eating

Healthy Eating for Seniors

Healthy eating is a key part of aging well. It is a way for you to stay healthy and strong, which is important to maintain your independence and quality of life.

Why Healthy Eating Matters

Eating a well-balanced diet can help with maintaining a healthy weight, promote and protect general well-being and provide essential energy and nutrients to maintain a healthy body and mind. Healthy eating can prevent, lower the risk or slow the progression of chronic diseases such as:

- heart disease
- type 2 diabetes
- muscle and bone loss (reduces your risk of falling or breaking your bones)

Balance is Everything

Healthy eating is balanced eating! This means consuming a variety of food groups such as proteins, carbohydrates (especially fibre), fats and fluids with every meal. As you age, your body needs less calories, but may need more of certain nutrients, such as vitamins or minerals. Eat a variety of healthy foods to make sure you get enough different nutrients. Choose vegetables and fruits, whole grain foods and protein packed foods that you enjoy.

Why are vegetables and fruit so important?

Researchers have known for a long time that vegetables and fruit are full of things that are vital to health, like fiber, vitamin C and E and other antioxidants. The brightest and most colorful vegetables and fruit – the dark green, orange, yellow and red ones – are packed with both essential vitamins and minerals and disease-fighting phytochemicals. It's important to eat the rainbow!

Drink Water

Fluids are essential to life. They help you to think clearly and keep your body temperature where it is supposed to be. They also help your bowels stay regular, because even mild dehydration can cause constipation. As you age, your sense of thirst may decline, but you still need to drink regularly whether you feel thirsty or not! To stay hydrated, drink throughout the day and with each meal and snack. Satisfy your thirst with water instead of sugary drinks.



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Dawit Tadesse, BSW, RSW
Registered Social Worker
Amber Wollen,
Meals on Wheels Coordinator
Farah Alim,
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Community Relations and
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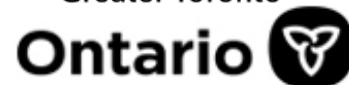
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Our Partners:



United Way
Greater Toronto



OCSA | Ontario Community
Support Association

IMAGINE
CANADA



East Toronto
Health Partners



@eymealsonwheels

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.



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Registered Charity Number #2913 9366 RR0001

