

FOOD FOR THOUGHT

A Monthly Newsletter From East York Meals on Wheels

In This Issue...

**Highlighting
Our Incredible
Team**



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Meals on Wheels**

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A Message From Our Team

May is here, and with it, we hope it brings lots of sunshine and flowers!

Firstly, we would like to give a warm **THANK YOU** to everyone who donated this Ramadan. We raised \$1200, which will go directly to supporting our Halal Meals on Wheels program.

May hosts two special holidays, which are Mothers Day and Victoria Day. We wish all the maternal figures in our community a happy Mother's Day! This is a reminder that our **office will be closed on Victoria Day, Monday, May 22nd**; however, meal delivery will be carried out as usual.

The team has decided to make some minor adjustments to the in-person offering for our **Virtual Diner's Club Program**. We will now offer a complimentary light lunch and a prize! Please see the section inside for more details.

We also have some exciting new additions to our Frozen Meals Menu, such as Butter Chicken! I'd like you to please read the newsletter for the complete list of new additions.

We are very excited to announce that EYMOW will be moving to a new office space in June! This has allowed us to design a space that helps us efficiently carry out our current programs and innovate new ones! I'd like you to please read inside for more information.

All of us here at EYMOW wish you nothing but the very best for the month of May!

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.

Kyla, one of our Meal delivery drivers, ensures our clients receive nutritious meals weekly. When we asked Kyla why she chose to volunteer with EYMOW, she shared a touching story about her mother, who firmly believed in supporting the community and volunteering. Kyla's mother volunteered with Meals on Wheels

Thank you!

in the High Park area, but now lives in a nursing home for those with Alzheimer's. Kyla wants to honor her mother by giving back to the community and found that volunteering with East York Meals on Wheels was a perfect way. Kyla's favourite part of volunteering with us is the connections she builds with our clients and the feeling of genuinely having hands-on experience in helping her community. Additionally, when her kids are available, they often help her, bringing awareness and gratefulness that is so important. In addition to volunteering with East York Meals on Wheels, Kyla is actively involved in her local community center and her children's school. Thank you, Kyla!



Kyla Bowman

We wanted to take this opportunity to highlight one of our dedicated Meals on Wheels volunteers, Jeremy Weeks. Jeremy started volunteering with EYMOW in October 2022. When asked why he chose to volunteer with us, Jeremy shared that a friend also volunteers with our organization, and he knew we were looking for people. Jeremy's favourite part about volunteering with us is learning more about the people and places in his community. His commitment to building connections and relationships with those around him is truly admirable. In addition to his involvement with East York Meals on Wheels, Jeremy is a member of the Royal Canadian Curling Club at Queen and Broadview and loves to sing! It's always great to see volunteers active in multiple aspects of their community! Thank you, Jeremy!

Thank you!



Jeremy Weeks

VIRTUAL Diners Club

NEW!

The team is excited to announce that we have created another avenue for our clients to access 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!

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.

If you are struggling with technology or need help learning 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 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 MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02 Afghan Cuisine	03 Eggsmart	04	05
08	09 Halibut House	10	11 Rise and Dine	12
15	16 Swiss Chalet	17 Quarry Cafe	18	19
22	23 Longos	24	25 Halibut House	26
29	30	31 Virtual Speaker	01	02

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 will be outside your home between 11:00 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.

4. If you are still waiting to see the WoodGreen bus outside your home by 11:35 pm, please call our office at **416-424-3322** to let us know so we can follow up.

NEW Menu Options!

Our cooks are hard at work to craft the best possible entrees that we can. We are excited to announce that we have added some **new** options to our **Frozen Meals Menu!** These new menu options are available as of April 24th. Please see the list below for the new additions.

- Meatloaf with Tomato Sauce
- Cabbage and Beef Casserole
- Honey Apple Glazed Chicken
- Vegetable Curry
- Butter Chicken



If you have any questions or are interested in receiving frozen meal deliveries, please contact the office by calling us at **416-424-3322** or emailing us at admin@eastYorkMealsonWheels.org. Thank you!



NEW SITE UPDATES



We are very excited to announce our new headquarters will be opening this June! Metrolinx and the Province's new Ontario Line Project have led to the expropriation of our beloved and newly renovated office. Though it poses many challenges to the tenants, (including three grassroots non-profits), we have successfully located a new location only STEPS away from our current location. Along with the help of CBRE, we were able to secure a former Starbucks location at 66 Overlea Blvd. 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 & cafe, indoor and outdoor programming space, and a newly designed kitchen space. More details to come on the BIG build that is currently taking place over at 66 Overlea. Our Grand Opening will take place in September, We can't wait to welcome you all in to see the new site, and to 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

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



Ontario Community
Support Association



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.



Contact Us:

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