

FOOD FOR THOUGHT

*A Monthly Newsletter from East York Meals on Wheels
"Providing good food and social support through caring volunteers"*

In This Issue...

Highlighting our
incredible
volunteers

Free ride offer for
vaccination
appointments

Office Renovation

East York Meals on Wheels

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A Message from Our Executive Director...

At the end of March, East York celebrated the opening of the **Thorncliffe Mass Immunization Clinic** which operates out of the Hub at **East York Town Centre**. They are now booking appointments for the following populations:

- Adults turning 70 or older in 2021
- Residents of seniors congregate care settings
- staff and essential caregivers of seniors congregate care settings
- Individuals who receive home care
- Individuals living in shelters or experiencing homelessness
- First Nations, Inuit and Metis Adults and Faith Leaders

We are excited to hear that our **frontline volunteers** are now eligible to receive their vaccination. We welcome all EYMOW clients and volunteers to contact our office if you require assistance in registering for an appointment. Our team has also partnered with the **City of Toronto** to offer **FREE RIDES** to vaccination appointments for seniors. Our team will assist in arranging transportation on behalf of members of the community.

We are also excited to announce that EYMOW will be partnering with the Yorkville Run taking place September 12th both in online format as well as potentially in person. Funds raised will go directly to supporting our cause. Please visit our team site to register as a runner (<https://raceroster.com/events/2021/36892/2021-constantine-yorkville-run>).

- Adriano Murarotto MSW, RSW



Our Heroic Volunteers

In the spirit of gratitude, we will be regularly showcasing stories of some of our most dedicated volunteers who have worked through the COVID-19 crisis to continue supporting our team and clients alike.



Beth and Heather

Beth Bennington and Heather Whetstone joined our team during the height of the pandemic in April 2020. They wanted to contribute to the community of East York after hearing about the shortage. They felt a sense of responsibility to look after our vulnerable citizens, especially during the pandemic. They have gotten to know the clients and look forward to seeing them each week. As caregivers themselves to their elderly parents, they also want to give back to the community after receiving so much help from strangers, healthcare workers, and volunteers.

Beth says, “I learned very quickly that Meals on Wheels is about much, much more than meal delivery-the clients bring as much benefit to me as I bring by helping out. It has been a reminder that a small, kind gesture goes a long way towards building your community.” Heather says, “Volunteering at Meals on Wheels is the most satisfying part of my week.”

Thank you, Beth, and Heather for the energy and passion you put into our cause. We love the positive energy you bring to our agency and we are forever grateful for your tireless support!

Roberta

Roberta Gray is one of EYMOW's many long-time volunteers. No matter rain or shine, Roberta is always on time to deliver meals. Roberta was attracted to our organization because she wanted to be part of a team that truly cares, supports, and provides an essential service to residents in the East York Community. What motivates Roberta to stay involved is knowing that she is making a difference in the lives of the clients and helping them live independently. Roberta says, “Volunteering is very a rewarding and beneficial position. By volunteering, it helps make your community a better place to live. You get to meet new friends, have a purpose in life, and knowing you made a difference in the world.”

Thank you, Roberta, for your dedication and hard work for the past 5 years. Please know that all your hard work makes all the difference in our community. We are honored to have you among our volunteers!



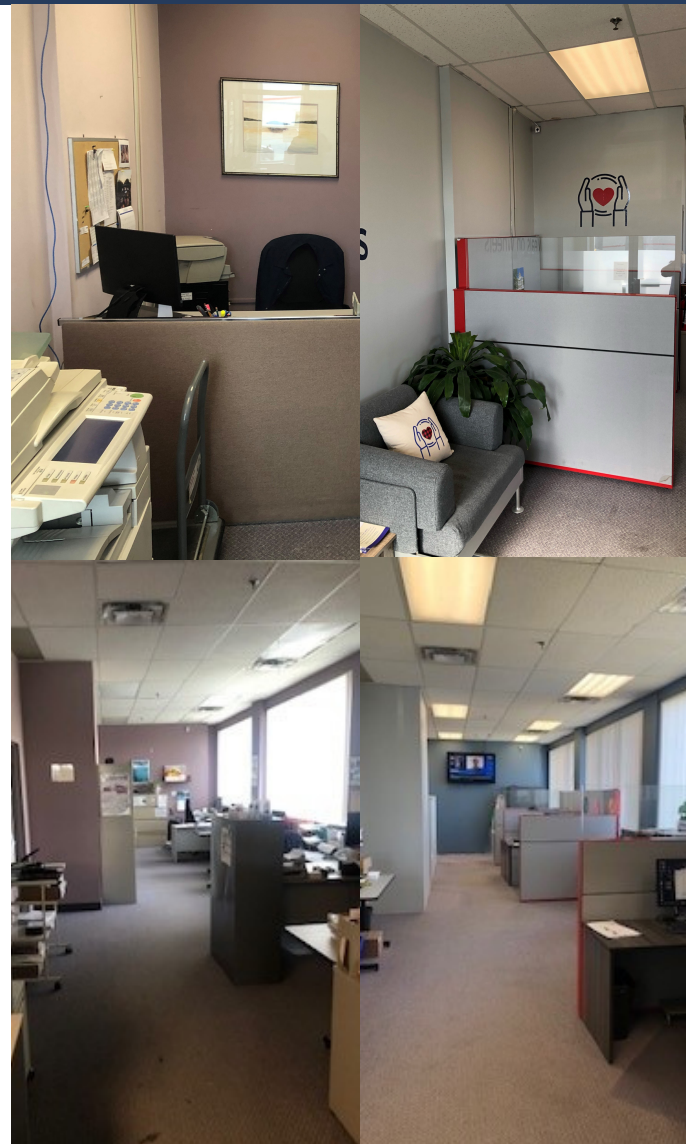
Agency Updates

Office Renovations

Over the past years we have focused heavily on providing a high level of service quality. As a result, we've put some mileage on the interior of our facility. Fortunately for the team, renovations have been made possible through generous donors such as TapMango, Dulux Paints, Roy-All Appliances, Liberty Village Plumbing and CCS Associates.

We are so thankful for the outpouring of support for our project as it spanned over several months. Our team worked alongside some star volunteers to make this happen.

A special thanks to **Jill and Renee Godin** who helped with the interior design, **Lino and Justin Murarotto** for moving the donations across the city, and **Fritz** from Dulux on Laird who helped us with all the paint and supplies we needed to complete the job. The result is something that we are truly proud of. We love having a work environment that matches the vibrancy of our team and the brightness of the path ahead of us! We hope you like before/after shots of our office transformation.



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Program Updates

Meals on Wheels

Rose Reisman

We will continue to order Rose Reisman Breakfast entrees on a bi weekly basis. April dates are as follows:

Order Date: Thursday, April 1st by noon
Delivery Week: April 5th, 2021.

Order Date: Thursday, April 15th by noon
Delivery Week: April, 19th, 2021

Order Date: Thursday, April 29th by noon
Delivery Week: May 3rd, 2021

Easter Sunday Meal

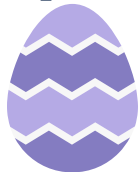
We will be serving Roast Turkey with gravy, sweet potato-mashed and a mix of Broccoli, Cauliflower & Carrots. Happy Easter to you and yours from your friends at EYMOW!

Billing and Invoices

Please note that we are in the midst of updating our client information system. Your April billing invoice will likely look a little different but will contain all of the same important information. Please do not hesitate to give us a call should you have any questions.

Volunteers Urgently Required

We are in search of Volunteer Drivers and Runners as we suspect that our roster will begin to thin out during the summer months. Vulnerable Sector Check is Required, and route stipend (\$) and Free Training is provided!



Donate, Volunteer, Host an Event!

HELP SUPPORT OUR MISSION

Contribute to EYMOW!

I would like to become a member of EYMOW (\$25 annual fee)
I wish to make a donation to support the work of the agency.

Here is my donation of \$200 \$100 \$75 \$50 \$25 ____

I have enclosed a cheque

I prefer to charge my donation to Visa Mastercard

Card number _____ Expiry date ____/____

Signature _____

Name _____ Address _____

Phone Number _____

Thank you for your support!



Staff

Adriano Murarotto MSW RSW,
Executive Director
Jillian Rago
Program and Administrative
Assistant
Canny Wu,
Volunteer & Database
Coordinator
Mary Skwarek,
Diners Club Coordinator
(on leave)
Dawit Tadesse, BSW, RSW
Social Worker
Amber Wollen,
Meals on Wheels Coordinator
Rosemary Scott,
Sunday & Holiday Coordinator

Board of Directors

Donald Wallace, president
Michelle Broom, vice-president
Thomas Moores,
secretary-treasurer
Stacy Beach
Melissa Chin
Tameeza Dhanani
Justin Safayeni
Mat Savulescu
Director Emeritus:
Carl Peterson
Honorary Life Member:
Alan Redway

Our Partners:

IMAGINE
CANADA

Ontario 

East Toronto
Health Partners



Be sure to check out our newly
refreshed website!
www.eastYorkmealsonwheels.org

About Us!

East York Meals on Wheels 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, and Toronto Community Services and is a registered charity.

The agency is a member of Imagine Canada, the Ontario Community Support Association, and the Volunteer Centre of Toronto.



@eymealsonwheels



Contact Us:

416-424-3322

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Registered Charity Number #2913 9366 RR0001



COVID-19 IMMUNIZATION CLINICS FOR EAST TORONTO

East Toronto Health Partners (ETHP) is opening COVID-19 Immunization Clinics across East Toronto to ensure the community has access to the COVID-19 vaccine when it is available to them. Clinic locations will open in phases based on vaccine supply.

WHO CAN BOOK AN APPOINTMENT?

COVID-19 vaccination appointments are being made available to populations within the guidelines set forth by the Ontario Government's COVID-19 vaccine implementation plan. (see cover page for details)

HOW DO I BOOK AN APPOINTMENT?

Our team would be happy to help you register, or, Contact ETHP's COVID-19 Vaccine Booking Office at 437-537-5131, or call the provincial COVID-19 vaccine call centre at 1-833-943-3900.

CLINIC LOCATIONS:

**JIMMIE SIMPSON RECREATION CENTRE
870 Queen Street East, Toronto, ON M4M 3G9**

**MICHAEL GARRON HOSPITAL
825 Coxwell Avenue, East York, ON M4C 3E7**

**THORNCLIFFE PARK COMMUNITY HUB (EAST YORK
TOWN CENTRE)
45 Overlea Blvd, Toronto, ON M4H 1C2**

**WARDEN HILLTOP COMMUNITY CENTRE
25 Mendelssohn Street, Scarborough, ON M1L 0G6**

Need a Ride?

Give us a call at (416) 424-3322, we can help with providing free transportation to and from your appointment.