

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**

New Team Member

**Happy Valentine's
Day!**

**East York
Meals on Wheels**

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A Message from Our Executive Director...

Welcome to the February edition of Food for Thought!

We are delighted to receive client feedback on the content that you would like to see added to our newsletter. Your input does matter greatly to us, and we are always happy to hear from our followers. The team here is filled with hope and optimism as we embark on another year. Some of our renewed hope stems from news that this nation has recently received regarding the roll out of the COVID-19 vaccines. This is especially good news for those who live and work in the Thorncliffe area of East York, which has been identified as a priority neighbourhood for the roll out. We are especially mindful of the risk that our frontline volunteers and staff are faced with every day while delivering meals to the most vulnerable members of our community. Our team is ready and waiting for the go-ahead to receive the vaccine ourselves, and in fact, many of the volunteers that we canvassed are also supportive. While we wait for more news on when that might take place, we are continuing to review and improve our safety protocol to ensure that everyone is kept safe while we go about delivering a record number of meals to our community's most vulnerable population. We welcome you to visit our new website for more frequent updates from our team by following the information at the bottom of this page. Please remember that we are only a phone call away if you require support. Stay safe and stay warm this winter.

- 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.

Eileen Foley Jung

Eileen joined our agency in June 2020. She has been a resident of East York for over 30 years and appreciated the agency's positive impact within the community. What motivates Eileen to stay involved is the opportunity to do good for others and to give back to the community. Delivering meals to the same group each week allows Eileen to become familiar with clients, and share a smile. She knows they are genuinely happy and grateful to have a visitor stop by to drop off their meals, especially these past few months, as many are secluded due to COVID. Eileen says, "Being part of this community service is a wonderful way to contribute to making our society/neighbourhood a kinder and caring place to live."



Thank you, Eileen, for your generosity and support! We appreciate your love and dedication towards helping others.

Donna McCarthy

Donna began volunteering for EYMOW through our corporate partnerships program with Foresters in 2009. She is one of our long-time volunteer runners, whose role plays an integral part in supporting our volunteer drivers. What motivates Donna to stay involved is that regardless of rain or shine, she is always greeted with a smile and a "thank you" from the clients in East York. Donna says, "I have worked with a lot of people at EYMOW. Earl has been my driver every Wednesday and Friday for many years and we just get along so well. We make a great team with his sense of humour and sharp wit!"



Thank you, Donna, for your support in the last 12 years! Your generous contribution of time and energy to our agency has been incredible!

Program Updates

Meals on Wheels

Maintaining a Safe Distance

The safety of our clients and volunteers is of utmost priority here at EYMOW. We'd like to extend a friendly reminder to please **maintain a safe distance of 6-ft** when meals are being delivered to your residence. Having a plan in place for the volunteer drop off is highly recommended.

Here are a few suggestions which may help you:

- When answering the door for volunteers, please step back and allow for two metre distance between you and the volunteer.
- Place a small table inside your doorway for volunteers to place meals and avoid contact.
- Wear a mask or other PPE while answering the door.

New Social Worker!

Our agency has taken the opportunity to expand our team with the addition of a Social Worker. This role will replace the Client Services Coordinator position, meaning we are now able to offer enhanced personal services, such as: assessments, counselling, health and social systems navigation, care planning, as well as broadening our outreach in the community. We are happy to officially announce the newest member of our staff, Dawit Tadesse! If you hear a new voice on the phone, or see a new face around the office, take a moment to express a warm welcome to EYMOW's new Social Worker.



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# _____

Thank you for your support!

Staff

Adriano Murarotto MSW RSW,
Executive Director
Miguel Fernandez,
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
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



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