

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**

Happy New Year!

**New frozen
breakfast deadline**

**East York
Meals on Wheels**

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A Message from Our Executive Director...

This past year was unlike any other. Our community has been faced with many complex challenges in our mission to adapt and keep each other safe. During this time, we have seen an emphasis placed on the negative news and the fear of the unknown. One lesser-known fact about this pandemic is that community services in Toronto (and globally) have been working non-stop behind the scenes to collaborate and innovate to help serve the most vulnerable people in our communities. While most media coverage is fixated on big box stores and BBQ joints, the truth is that the actual heroes hardly get captured in the headlines. Let's take a moment to honour the providers of basic needs, healthcare, social services, counselling, group homes, day programs, IT support, teachers, civil servants, transportation services, food chain supply, and let's not forget - The people who are overseeing the operations and governance of organizations that offer essential services. I remember exploring the meaning of communities as a child and playing with figurines that represented a variety of professionals including some of the roles listed above (and maybe Spider-man and GI Joe). I also remember a time where the importance of keeping the people working in those roles safe was a greater concern than the need to go out to the mall. It takes a community to band together to get through hard times like these. We are honoured to serve our community. Thank you for the ongoing support of our team here at EYMOW and thank you for doing your part in this battle to keep our community safe.

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.

Katie & Haley

Katie and Haley started delivering meals during the height of the pandemic in May 2020. They believe in the positive impact that EYMOW has in the community and wanted to be involved, despite their busy work schedules. What motivates Katie and Haley most is the impact our organization has, and the clients they meet on their routes. The pair thoroughly enjoy their interactions with clients but above all, being able to help clients receive the food they require, especially during this challenging time.

Katie and Haley said, “East York Meals on Wheels offers a great opportunity to be a positive contributor to our local community. It is a fun addition to our weekend routine that we look forward to always. It's been a great experience for us so far and we're excited to keep going!”

Thank you, Katie and Haley for your dedication and hard work. We are thrilled to have both of you among our team of volunteers!



Barry Schneider

Barry has been a longstanding volunteer at EYMOW, having started with us back in 2002 when he found our ad in the local newspaper. Having heard a friend speak highly of the service, Barry decided to come on board. For the past 18 years, he has been our Tuesday meal packer and even occasionally delivers meals. What motivates Barry most to stay involved is the gratitude he receives from helping others in the community, along with the support and appreciation from the agency. As an active member in his community, Barry was also part of East York Garden Club and Daily Bread Food Bank. Barry says, “Everyone has to find their own way to do something important for the community, so just go out and have a run at it.”

Thank you, Barry! It is quite difficult to sum up just how much your support means to our agency. You have made an unforgettable difference, and we are forever grateful for your service!



Program Updates

Meals on Wheels

Rose Reisman Gourmet Announcement

Please note we are making a minor change to our Rose Reisman Gourmet ordering. We will be moving from a weekly ordering schedule to bi-weekly ordering effective immediately.

Please see dates & deadlines below for your reference.

Thank you for your patience and understanding.

January 2021

Order Submit Date: January 7th by 12:00 pm for Delivery Week of January 11th, 2021

Order Submit Date: January 21st by 12:00 pm for Delivery Week of January 25th, 2021

February 2021

Order Submit Date: February 4th by 12:00 pm for Delivery Week of February 8th, 2021

Order Submit Date: February 18th by 12:00 pm for Delivery Week of February 22nd, 2021

Client Payment & Donations

Reminder to all clients that we accept email money transfer for as a form of bill payment or donation. Our account is set up with autodeposit, therefore there is no need to set up a security question or password. Feel free to send all e-mail money transfers to

director@eastyorkmealsonwheels.org and please remember to include the name of the client in the message field provided.

Client Services Coordinator

After a 22-years of service here at EYMOW, Client Services Coordinator Leslie Smith is stepping down from her position. Leslie started with the agency in 1998. Her last day will be January 4th, 2021. We are thankful for her service and wish her all the best. All inquiries will continue to stream to Amber Wollen, (416) 424-3322 or, mowcoord@eastyorkmealsonwheels.org.

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)
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



Contact Us:

416-424-3322

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Registered Charity Number #2913 9366 RR0001