

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 Database

Spring is In!

**East York
Meals on Wheels**

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A Message from Our Executive Director...

In the month of March, Mother Nature slowly ushers us away from wintery weather and into the warmth of Spring. On March 20th, please join us in celebrating the Spring Equinox. What will you do to celebrate? Will you buy a new plant? Will you engage in some Spring cleaning? Perhaps you will attempt outdoor exercise? Either way, we are going to be here rooting you on! After almost three decades, our team will be transitioning from Canesto's CIMS to a new client database called Alayacare. The change in systems brings many new functions that will help safeguard data, increase our menu options, and find new efficiencies that will help us keep costs low for our clients.

Have you heard all the buzz about the COVID19 vaccine rollout? We are happy to announce that our team has been scheduled to receive their first dose of the vaccine. Our frontline workers have been eagerly awaiting this moment and look forward to doing our part to reduce the spread of COVID19. EYMOW continues to advocate for the prioritization of our neighbourhood and, for the inclusion of volunteers into the prioritization framework for vaccine distribution. We hope that you are considering getting vaccinated as well!

I would like to offer a BIG THANK YOU to all of our supporters (including our generous donors). A special shout out to our employees: **Amber, Canny, Miguel, Dawit** (the new guy) and **Rosemary** for their hard work and dedication to EYMOW's mission. The team is what makes this place so great! Stay safe everyone!

- Adriano Murarotto MSW, RSW

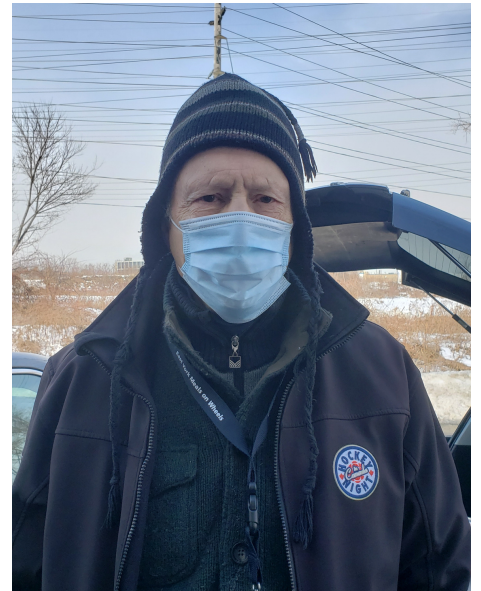
Our Heroic Volunteers

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.

Earl Saltzman

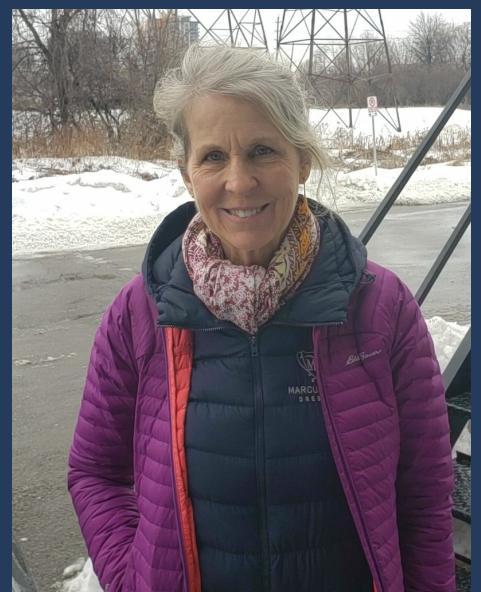
Shortly after his retirement, Earl was looking for volunteer work in his neighbourhood. He decided to join EYMOW after he saw a sign asking for volunteers. He has been an active volunteer since 2007 and even sat on our Board of Directors from 2015 to 2020. What motivates Earl to stay involved is his belief in strengthening the community by contributing his time to local organizations and assisting people in need. Earl is one of our most reliable volunteers and spares for us on multiple occasions. His favourite part about volunteering is knowing our work helps people stay in the homes they are comfortable in rather than having to move to a care facility. Earl says, "Let's all work to strengthen community feeling, it benefits everyone."

Thank you, Earl, for your generosity and countless hours of volunteer work. You have made an unforgettable difference and we are forever thankful for the time you have dedicated to us.



Cindy Knoll

Cindy is a long-standing volunteer, starting with us in 2008. Not only is she active in the Meals on Wheels program, but she is also one of our Telephone Reassurance volunteers as well. One of the reasons that attracted Cindy to EYMOW is our long-standing history of immediate responsiveness to our clients and volunteers over the phone instead of relying on automatic voice messages. Cindy believes this personalized approach comes from the dedication of the staff and spreads to all who come in contact. What motivates Cindy to stay involved is her fondness for the clients and staff. She enjoys visiting the clients each week and catching up with other volunteers too. Cindy says, "Delivering food is a great heart exercise and the next best thing to sitting down and sharing a meal with the clients!" Thank you Cindy, for your dedication and hard work. Your generosity is seemingly endless, and we appreciate everything you do!



Program Updates

Meals on Wheels

Rose Reisman

We will continue to order Rose Reisman Breakfast entrees on a bi weekly basis.

March dates are as follows:

- Order Date: Thursday, March 4th by noon\
Delivery Week: March 8th,
- Order Date: Thursday, March 18th by noon
Delivery Week: March 22nd.
- Order Date: Thursday, April 1st by noon
Delivery Week: April 5th

New Database System

As of March 1st, East York Meals on Wheels has introduced an entirely new internal database system in our office. Though this change will have little to no impact on our clients, there are some changes you may notice, such as a new billing format.

Please note that your March 31st invoice may differ slightly from what you're used to. Feel free to call the office upon receipt if you need help navigating the new format or have any other questions related to your statement.



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
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



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Registered Charity Number #2913 9366 RR0001