

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**

**Reminders for
our programs**

**Important updates
for volunteers**

**East York
Meals on Wheels**

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A Message from Our Executive Director

Welcome back to another edition of Food for Thought!

I sincerely hope that you are all keeping well and staying safe. This past month was great for our team here in East York, and we hope that it brought you the same joy! We feel blessed and appreciative of the people who have helped us through.

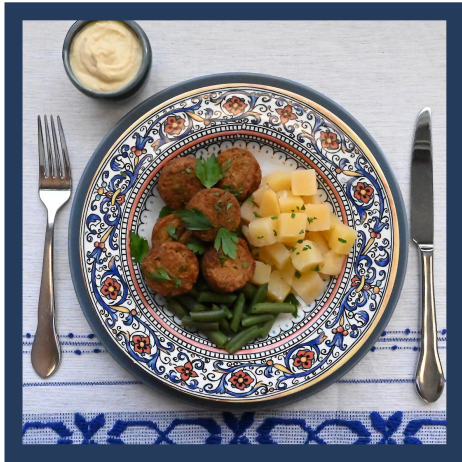
As the season changes, I want to announce that EYMOW will be teaming up with the Children's Breakfast Clubs to offer winter coats to individuals who are in need. Contact us for more info!

This year especially, we know that many of our neighbours are in greater need than ever before. Think about giving, whether it is through a small donation of your time, money or effort. EYMOW is here to support those in need, and for 51 years we have done it together with you! We are in search of a generous sponsor for the contents of this year's holiday gift bag (filled with essential health and wellness products for our clients) as well as this year's Christmas Day meals.

Stay warm and stay safe East York and Leaside!

- Adriano Murarotto MSW, RSW

Photos Taken by Emily Pinho for East York Meals on Wheels



A big thank you to Emily Pinho, a student photographer from Humber College who lent her talent to our agency and captures these wonderful photos! Keep your eye on our website and social media, where you may see more photos like these pop up in the near future.



[@eymealsonwheels](https://www.instagram.com/eymealsonwheels)

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.

Velma Ko

Velma has been with us since 2005 and is one of our long-time volunteers. We eventually recruited Velma to be a volunteer for both the Diner's Club and the Meals on Wheels Program. What motivates Velma to stay involved is her history with our staff and clients. Velma feels the clients add another dimension to her perception of life. All the clients she meets are so trusting of volunteers and welcome her with smiles, despite their brief encounter. Velma believes it is important to get to know a wider circle of people in her community, including staff, volunteers, and clients. Velma says, "What I see is courage and hope in taking control of your life, regardless of the circumstances. Live your life to the best of your ability and when you need help, it is there, just ask."

Thank you Velma for all of your hard work and help! You are truly a gift who is always willing to be there for us when we need help.



Derek Withers

Derek joined our agency back in 1999 when a former volunteer recommended delivering for EYMOW as a community service. 20 years later, we are honoured to recognize Derek for his dedication and passion to our agency and community. Until early this year, Derek delivered to our clients weekly and was generous to help as a spare when we were in need. Derek says, "I enjoyed delivering meals to very appreciative clients. They usually had a smile or a word of thanks, especially when I took my young granddaughter with me. I liked exploring the various streets in Leaside and East York using the maps provided by the Meals on Wheels staff. It was a rewarding experience for 20 years."

It will not be the same without Derek on our weekly roster. Thank you for being a tireless volunteer and setting an excellent example for us all. We will miss you!



Program Updates

Diner's Club

Diners Club is still on hold for the time being. Please check back here for updates in the coming months. We will be reaching out to you once a safe date to resume has been confirmed. Take care of yourselves and please stay healthy and safe!

Mary & the Baby!

As many of you know, our Diner's Club coordinator Mary Skwarek recently went on maternity leave in anticipation for her October due date. We are happy to share that Olivia Ann was born on Friday October 23rd at 6:47pm! She weighed 7.95lbs and was 50 cm long. Mary and her husband are over the moon in love with Olivia and are enjoying every single exhausted, amazing moment with her.

We miss you Mary, and cant wait to meet Olivia Ann!



Client Services Coordinator

Commencing November 4th, our Client Services Coordinator Leslie Smith will be away on a leave of absence. During this time, we are encouraging her clients to contact our Meals on Wheels Coordinator, Amber Wollen, at 416 424 3322.

Meals on Wheels

Frozen Order Deadline Reminder

Reminder to all clients that as of September, the new deadline for placing frozen orders (or editing an existing order) for our Apetito and Rose Reisman suppliers will need to be submitted by Thursday at 12:00pm for the following week's delivery. Note: For Apetito, orders placed by Thursday noon can be delivered as early as Wednesday of the following week.

Rose Reisman Fresh Frozen Breakfast: Special Offer

Thanks to Rose Reisman Catering, we are happy to announce a 10% discount on all Rose Reisman Fresh Frozen Breakfast items purchased in the month of November!

What is your favourite? We would love to hear from you!

If you have any questions or concerns, contact Amber at mowcoord@east yorkmeals on wheels.org or call our office at 416-424-3322

COVID-19: Closed Office Reminder

As case numbers continue to rise, East York Meals on Wheels would like to remind clients that we continue to operate out of a closed office with no public access. If need be, appointments can be arranged by contacting us at 416-424-3322 or admin@east yorkmeals on wheels.org

Volunteer Updates

New Vulnerable Sector Screening Policy

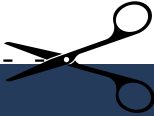
East York Meals on Wheels is an agency that prides itself on providing high quality and client focused community services. For the purposes of accountability, service excellence and alignment with industry standards, we have decided to adopt and implement this additional screening tool for both employees and client facing volunteers.

Office Administrative Assistant Volunteer Position

Got some spare time? East York Meals on Wheels is offering a new volunteer opportunity within our office to help staff with answering phones, send/receive mail, and other administrative tasks. If you are interested in learning more, please contact our Volunteer Coordinator, Canny Wu at Volunteer@east yorkmeals on wheels.org or 416-424-3322.

Notice to all Food Packing Volunteers

We are implementing additional safety precautions to protect our volunteer packers when preparing hot meals for delivery in our small space. Moving forward, please ensure to wear closed toe and slip-resistant shoes (no sandals or open-toed shoes) when packing at the back of our offices. We appreciate your understanding and cooperation.



Donate, Volunteer, Host an Event! HELP SUPPORT OUR MISSION

Please send me information about...

EYMOW services volunteer opportunities

memorial gifts/leaving a equest other

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 membership 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
Leslie Smith, RSSW
Client Services Coordinator
(on leave)
Mary Skwarek,
Diners Club Coordinator
(on leave)
Amber Wollen,
Meals on Wheels Coordinator
Lisa Mingay & Rosemary Scott,
Sunday & Holiday Coordinators

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



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.



Contact Us:

416-424-3322

admin@eastyorkmealsonwheels.org

Registered Charity Number #2913 9366 RR0001