

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**

**Updates on all of
our programs**

**Thanksgiving
dinner meal special**

**East York
Meals on Wheels**

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w. eastYorkmealsonwheels.org

A Message from Our Executive Director

Dear Community,

I hope all is well!

Teamwork and strong relationships are two critical components to our operations here at EYMOW. Our job is to find you the best quality food and to deliver the best quality service. Recently, we struck a new partnership with Rose Reisman Catering. As a result, we launched an entirely new frozen breakfast menu with some truly great options. Multiple orders have already come in, and we are hopeful that you all have a chance to try out these delicious new options.

Speaking of teamwork, we recently received a very generous donation of over 100 fresh potted flowers from Steve Moffat at North American Produce. Our team has been working to distribute these flowers along with our meals. We hope that this small gift brings you as much joy as we get from serving you! Additional thanks going out to Zubeda Nanji and Rick Gosling of the Children's Breakfast Clubs for their work in making this donation possible for our clients and volunteers. As we continue to monitor the health situation at hand, I would like to reassure everyone that our team will be doing our absolute best to ensure that screening and other safety protocol is maintained, to ensure the safe preparation and delivery of meals.

We hope you enjoy!
Buon Appetito!



Our Heroic Volunteers

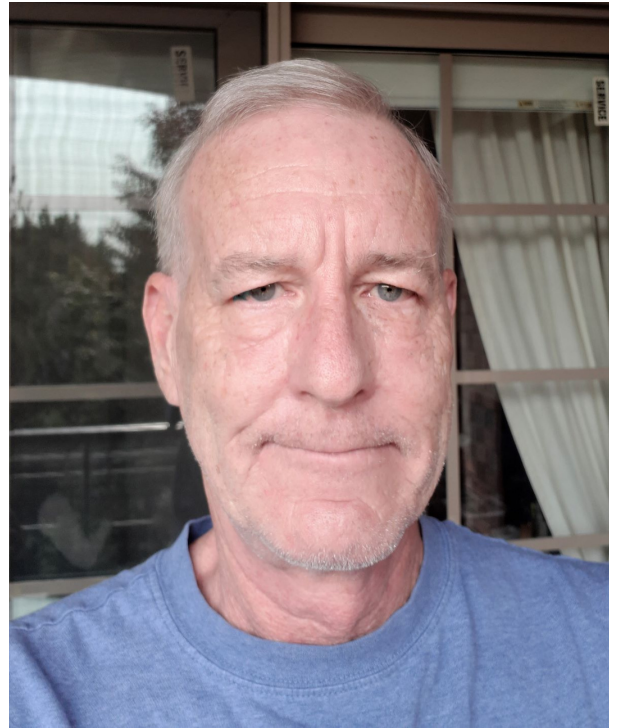
In the spirit of gratitude, we will be regularly showcasing stories of some of our most dedicated volunteers who have worked through the COVID-19 crisis to continue supporting our team and clients alike.

Michael Whitney

Michael started delivering meals in October 2018 when he found out about EYMOW through social media, and wanted to get involved with the community. His past volunteer experience includes lending a helping hand at Habitat for Humanity and Evergreen. What motivates Michael to volunteer is seeing the clients every week, learning about their lives, and putting a smile on their faces. Even in the midst of COVID-19, Michael stuck by us and delivered meals to our clients all over East York.

Michael says, “Volunteering for Meals on Wheels allows me to give back to the community. Hopefully I am contributing to the client’s ability to maintain their independence and stay in their homes, a place where I am sure many clients feel most comfortable.”

Thank you, Michael, for the immeasurably valuable work you have done for our community. We feel honoured to have you on our team!



Alex McDonald

Alex joined our agency in December 2019 after hearing about Meals on Wheels through a family friend. Once a week, no matter rain or shine, Alex will always have a big smile on his face when he delivers meals to our clients. What motivates Alex to stay involved is how happy he makes the clients feel each week. He appreciates the gratitude and thanks he receives, and also loves to catch up with clients with some good conversation. His favourite part about delivering for EYMOW is getting to know new people and developing a rapport. Alex says, “This organization is incredible and I’m so grateful to be a part of it. I hope all those we are helping are staying safe and making the best of the last few days of warm weather“

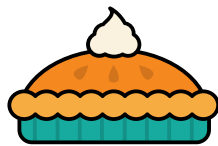
Thank you Alex, for bringing such positive energy to our agency. We are forever thankful for the time you have given us!



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 are however happy to announce that Canny will be the main contact person for Diner's Club as Mary is now on leave. She will be reaching out to you once a safe date to resume is confirmed. In the meantime, we hope everyone is able to get outside and enjoy the fall foliage this month. Happy Thanksgiving! Take care of yourselves and please stay healthy and safe



Foot Care Clinic

Foot Care Clinics are cancelled. We are re-evaluating the current situation and will let you know promptly about when the clinics will resume.

Stack It Now

For the time being, we are not accepting coffee cups for recycling in our Stack It Now program. We are not comfortable handling used coffee cups.

Thanksgiving Weekend Meal Announcement

Reminder to all clients that we will deliver Meals on Wheels as usual on Thanksgiving Monday, October 12th. Although the office will be closed, we will be serving a traditional hot turkey dinner with gravy, cranberry sauce and pumpkin pie for dessert on Sunday, October 11th.

Please let us know whether you'd be interested in receiving a Thanksgiving meal as soon as possible. Cancellations or changes for Sunday, October 11th, Monday, October 12th & Tuesday, October 13th must be made before NOON on Friday, October 9th.

As much notice as possible is preferred.

From your friends at East York Meals on Wheels,
we wish you all good health and a Happy Thanksgiving!

For any questions or concerns, contact Amber at mowcoord@eastYorkmealsonwheels.org or call our office at 416-424-3322

COVID-19: Closed Office Reminder

As case numbers continues 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@eastYorkmealsonwheels.org

Program Updates

Meals on Wheels

Frozen Meals

With the cooler weather and flu season coming soon, we encourage you to put in an order for some frozen meals of your choosing to have on hand. Having meals delivered to your doorstep certainly beats going out to a grocery store, especially during these times.

NEW FROZEN ORDER DEADLINE

Effective immediately, the new deadline for clients placing a frozen order or editing an existing order for our *Apetito* and *Rose Reisman* suppliers, will need to be submitted by **Thursdays at NOON** for the following week delivery.

Breakfast Menu (Rose Reisman)

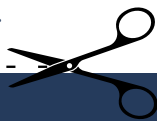
Orders placed by Thursday noon can be delivered as early as Tuesday of the following week. Should you have a hot meal or *Apetito* frozen order scheduled for later in the week and wish to receive your *Rose Reisman* order then, we can accommodate this, you just have to let our office know when you're placing the order. Otherwise, Tuesdays will be your presumed delivery day.

Please note: We have recently finished our first trial week of the frozen breakfast items from *Rose Reisman*. There are a few changes to be made going forward (mainly dealing with the packaging) in accordance with all of the feedback we received. Thank you for being patient with us.

Enclosed is a list of the nutritional facts for the breakfast items being offered.

Apetito

Orders placed by Thursday noon can be delivered as early as Wednesday of the following week.



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

Please send me information about...

- EYMOW services volunteer opportunities
- memorial gifts/leaving a request 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
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.

Registered Charity Number #2913 9366 RR0001



Contact Us:

416-424-3322

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