

# FOOD FOR THOUGHT

*A Monthly Newsletter from East York Meals on Wheels*

*In This Issue...*

**Highlighting  
Our Incredible  
Volunteers**

**Remembrance  
Day**

**Halal Meals  
on Wheels  
Update**

**East York  
Meals on Wheels**

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## **A Message From Our Executive Director...**

In November, we remember the sacrifice of Canada's Fallen. Our team will be observing Remembrance Day by wearing a poppy all month and taking part in a moment of silence November 11th. We ask and encourage all community members to do the same.

As of this month, our passionate team of staff and volunteers have been coordinating the delivery of Halal Meals for a full three and a half months to almost 100 individuals! We appreciate everyone involved in continuing to support us and this first-of-its-kind program, for the East York community. Read ahead for some statistics on this program thus far. Follow us on our social media channels to get this first update on the future of this program.

Finally, we are gearing up for the upcoming holiday season and it seems to be approaching sooner than we expected. We know you are all excited to hear our plans for our annual Holiday Stockings and donation drive. Hang tight for the next newsletter for more details on our holiday giveaways!

Stay safe, keep warm!

- Adriano Murarotto MSW, RSW



# Our Heroic Volunteers

*In the spirit of gratitude, we are regularly showcasing stories of some of our most dedicated volunteers who have worked through the pandemic to continue supporting our team and clients alike.*



Paul And Parkash Mahant have been with EYMOW for about 10 years and were referred to the organization through a close friend.

At times Edelgard Mahant, Parkash's wife and Paul's mother, would accompany them on their deliveries as well.

The Mahant family strongly believe that volunteering is a fulfilling experience. They found that delivering meals to seniors is a worthwhile task. Most EYMOW clients are seniors, living by themselves and are not able to prepare food by themselves. They believe that everyone deserves a hot and nutritious meal every day.

Through their volunteering, they are able to provide a good meal and also meaningful social connections between individuals of all ages and backgrounds.

Thank you Paul and Parkash for your dedication to EYMOW! Your support does not go unnoticed and we are grateful for all your help!



Sanjay Verma has been volunteering with EYMOW for around 3 years. He wanted to volunteer with a meals on wheels organization because he believes giving back and supporting your community will help you find inner peace and life fulfillment.

Sanjay continues to stay involved with EYMOW because he enjoys providing a service to individuals that need it the most. Nothing makes Sanjay happier than seeing the smile on clients faces after receiving their hot meal. Thank you Sanjay for always helping us out when we need it the most. We are extremely thankful for your support.

# Remembrance Day 2021



On November 11th we remember the bravery of those who served and continue to serve our Nation during times of war, conflict, and peace. Canadians are asked to participate by observing a moment of silence on November 11th at 11:00am. This is to mark the sacrifice of the many who have fallen in service of our country, as well as to acknowledge the courage of those who still serve. Many wear a poppy throughout the month of November as a reminder and appreciation for those that have and continue to serve.

We will take part in a moment of silence on November 11th and we encourage our clients, volunteers, and community to do the same. Visit <https://legion.ca/remembrance/importance-of-remembrance> for more information on the history and importance of Remembrance Day.

## Holiday Season Updates

Holiday Season is right around the corner and we hope this will be the best season yet! We have some exciting plans for this year's Holiday Stockings and donation drive.

Stay tuned for updates on our donation drive and annual Holiday Stockings. We want to remind our clients that we will be delivering meals as usual December 24th (Friday and Saturday meals), December 26th and December 31st (for Friday and Saturday meals).



# HALAL MEALS ON WHEELS

## COMMUNITY UPDATE

Pilot has been extended until December 31st, 2021



### Who we serve:

- 92.1 % seniors or persons living with a disability
- 100% living at or below poverty line and racialized persons
- 57% struggle daily to access food

## +100 RESIDENTS



### NEIGHBOURHOOD IMPROVEMENT AREAS SERVED



## 2

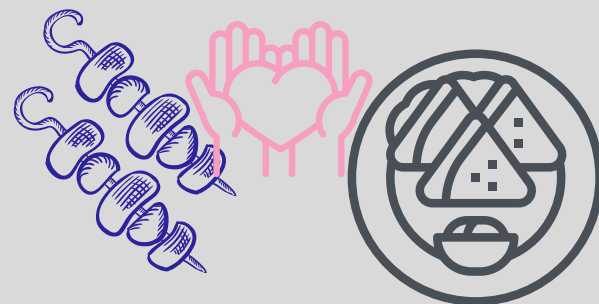
Thorncliffe Park, Flemington Park

We serve all of East York and have recently expanded our area to include other adjoining neighbourhoods with the support of our community partners.

## 1,923

We serve fresh, chilled halal meals, produced in a HMA Halal Certified facility that is family owned and operated locally here in Toronto. Meals are delivered on Tuesdays and Thursdays between 1-4pm.

### MEALS SERVED



### NEIGHBOURHOOD VOLUNTEERS TRAINED



## 14

This initiative has attracted passionate volunteers who deliver each week on bikes, e-scooters, trikes and cars and on foot. We are very proud to see neighbours helping neighbours.



# Volunteer Updates



From rain to sun, to snow to hail, our volunteers have been through it all. We want to continue to thank all our volunteers for braving mother nature's surprises to continue to deliver to our clients. We've gifted our volunteers with a one of a kind, EYMOW embroidered beanie to stay warm through the colder months.

Not a volunteer but still interested in getting a hat? We have news for you! This year we will be making a limited time supply of EYMOW Merchandise available for order. Keep checking our website and social media channels for updates!



## Volunteer Referral Program

In true EYMOW fashion, we're making changes to sweeten the deal... We're updating the way we recruit our volunteers to respond to a growing need for meals right here in East York. We'd like to introduce a limited time incentive for volunteers to pass the word along to their friends and family. If your referral sticks with us, we will provide you with a modest gift card to a nearby business to help support our local economy here in East York. Have a friend or family member interested in volunteering? Have them email [Mary, operations@eastYorkMealsonWheels.org](mailto:Mary.operations@eastYorkMealsonWheels.org), or fill out the volunteer form on our website: <https://www.eastYorkMealsonWheels.org/volunteer-application>. Make sure they mention your name so we know who to send the gift card to! Thanks for your referrals!

## 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 Number \_\_\_\_\_ Thank you!



# Staff

Adriano Murarotto MSW, RSW  
Executive Director  
Mary Skwarek,  
Manager, Operations  
Dawit Tadesse, BSW, RSW  
Social Worker  
Amber Wollen,  
Meals on Wheels Coordinator  
Jillian Rago  
Program and Admin Assistant  
Farah Alim,  
Program Assistant  
Rosemary Scott,  
Sunday & Holiday Coordinator

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Alan Redway

Our Partners:  
East Toronto  
Health Partners



United Way  
Greater Toronto



@eymealsonwheels

## About Us!

East York Meals on Wheels (EYMOW) 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, Ontario Community Support Association and Toronto Community Services and is a federally registered charity.

EYMOW is a member of Imagine Canada, Ontario Community Support Association, Volunteer Centre of Toronto and East Toronto Health Partners (ETHP) Ontario Health Team.



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Registered Charity Number #2913 9366 RR0001

