

FOOD FOR THOUGHT

A Monthly Newsletter From East York Meals on Wheels

In This Issue...

**Highlighting
Our Incredible
Volunteers**



**Holiday
Notice**

**East York
Meals on Wheels**

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A Message From Our Executive Director...

November is here and so are the beautiful fall colours and cool weather! We are now officially in the fall season, so now is the perfect time to do all the fun fall activities before winter arrives. Some staff favourites are apple-picking, drinking hot apple cider, and taking in the fall colours on a scenic drive.

We are also now entering the start of the holiday season. We are excited to prepare for the holidays and all the special gifts we have in store for our members. One example is our holiday calendar fundraiser that will feature our furry friends! We would love to see your adorable pets as a part of our fundraiser. Please see inside the newsletter for more information!

As many are aware, we have been searching for a new EY headquarters. We have indeed secured a new location at 66 Overlea and will be moving in the Spring of 2023. Thankfully the site is only a short walk from our current office. We are working to make sure that the new layout will include features that will make your visits more welcoming and enjoyable. We hope to feature project updates over the winter months. I hope you're all as excited as we are to hear that EYMOW will be staying local for the next decade (or more).

Please help us in welcoming Rafael, our new volunteer coordinator! Rafael originally started at the agency as a volunteer delivery driver, but when we needed a skilled volunteer coordinator on our team, Rafael answered our call! Welcome to the team!

Wishing all of our readers all the very best!

-Adriano Murarotto MSW,RSW



Our Volunteer and Employee Spotlight!

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.

Welcome to Rafael, our new Volunteer Coordinator! Keep reading to learn more!

Rafael was born and raised in São Paulo, Brazil. He came to Canada in the summer of 2014, joining the 9th grade at St Mary's Catholic Secondary School.

Congrats!



**Rafael de Campos Melo
Granado**

He's a recent Honours Biology for Health Science and Psychology graduate at the University of Toronto. Rafael has been a part of the EYMOW team as a volunteer since January 2022, when he started helping with Thursday's Halal delivery and eventually took on Tuesday's Halal route and hot meals delivery whenever he had time. Rafael found out that EYMOW was hiring a Volunteer Coordinator to assist them in their mission. Rafael says, "upon looking at the requirements I saw that I fit all of them and decided to apply. To my surprise, 5 days later I got a call from Mary, offering me the position of Volunteer Coordinator, I was shocked and amazed at the same time, I couldn't believe it!"

Rafael has been hard at work recruiting, communicating with, and scheduling volunteers for all the programs that we offer. Thank you, Rafael!!

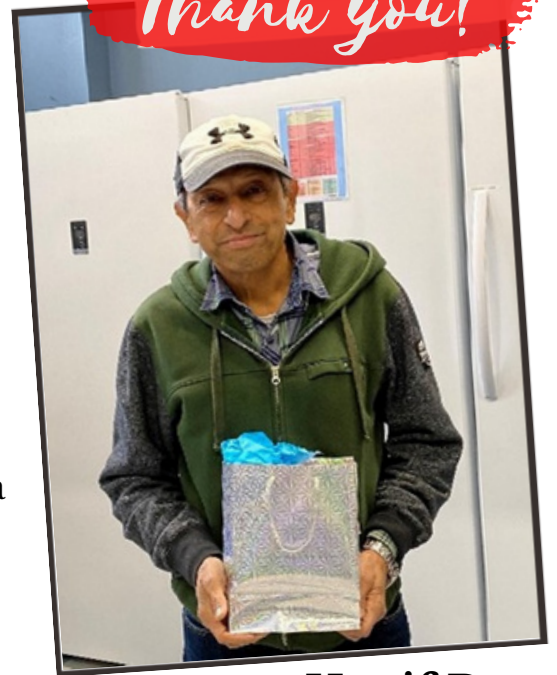
Spotlight on Hanif, our Halal Meals Delivery Driver!

Hanif Docter started volunteering for East York Meals on Wheels in the summer of 2021. At a time where others were staying home, and socially distancing, Hanif was making sure his community was being fed nutritious meals. Hanif started out by volunteering once a week, delivering our Halal meals to our clients in East York. Soon enough Hanif started coming in twice a week and shortly after, began taking two routes a day! Nowadays Hanif comes in every Tuesday and Thursday, delivering more than 40 meals to members of our community a day! It is fair to say that we owe him a lot for his efforts in helping the agency.

On top of volunteering for EYMOW, Hanif also stays active in the community volunteering for other agencies and causes, including helping our city conduct their electoral process.

All of us at EYMOW are so thankful for the work Hanif does for the agency and community!

Thank you!



Hanif Docter



Produce Program

Dear Produce Program Clients,

We have a couple of small changes to announce! We have made the decision to switch the day that we deliver our fresh produce bags from Friday to Thursday! This will ensure a dedicated volunteer is always available to greet you with a fresh bag of fruits and vegetables.

Nothing more about the program will change for now, except for the day on which the bag is delivered to you.

We will also be switching to paper bags that can be recycled and don't require the scrub that we give each of the textile bags currently being circulated. You may notice this switch in the coming weeks.

Our hope is to utilize more locally sourced products and to one day expand this great service. Please reach out to the office if you have any questions or concerns!

Please email admin@eastyorkmealsonwheels.org or call the office at 416-424-3322.

Thank you!
The EYMOW Team



Diners Club

DINERS CLUB NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01	02	03	04	05
07	08 RISE & DINE	09	10	11	12
14	15	16	17	18	19
21	22 SWISS CHALET	23	24	25	26
28	29 HALIBUT HOUSE	30			

REMINDER

Our October lunches will be held from 12:00-1:00pm.

We are capping each lunch to 10 people who need a ride.

NEW pricing in effect! Lunch will cost \$12 plus a tip. The recommended tip amount is \$3 if the service was good.



Holiday Notice

The holidays are fast approaching! We'd like to give our clients as much notice as possible as to what our holiday meal delivery schedule will look like so you can plan accordingly.

We will deliver Meals on Wheels as usual on December 25th, 26th, & 27th, and January 1st, & 2nd. However, the office will be closed from 2 p.m. to 9 a.m. from December 23rd to December 28th and from 2 p.m. on December 30th to 9 a.m. on January 3rd, 2023.

Please inform us of any changes affecting your meal deliveries between December 23rd through 29th, **before noon on Wednesday, December 21st**. Cancellations or changes for December 30th, January 1st, 2nd, 3rd & 4th must be made **before noon on December 29th**.

Halal meals will be delivered on Wednesday, December 28th and Thursday, December 29th. If you need to cancel your meals any reason, please let us know before noon on **Wednesday, December 21st**

Please inform Ana at mowcoord@east yorkmealsonwheels.org or at 416-424-3322 of any changes as soon as possible.

More information about the hot Christmas dinner will be highlighted in the December newsletter.

CALLING ALL GARDENERS

NEW

As the winter approaches and the outdoor gardens are covered in frost and snow, why not visit EYMOW and try your hand at tending to a [hydroponic tower garden!](#)

We're looking for volunteers (current volunteers or clients) to help EYMOW grow, maintain and harvest fresh lettuce and herbs for the winter season! The produce we grow will be used to help "feed the need" in our community and supplement our produce program offerings.

If you're interested and would like more information, please email admin@east yorkmealsonwheels.org.

New Arrival



Calling All Pet Owners

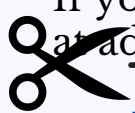
Do you live in East York and have an adorable pet at home? If the answer is "yes", then this message is for you!

Each year EYMOW holds a holiday fundraiser where we give a gift to our donors who donate/fundraise over a set amount of dollars in December. Last year, our Historic Photos of East York Calendar was a HUGE hit, and we sold out in a couple of weeks. This year we decided to get up close and fur-sonal with a calendar that features the "Pets of EYMOW"! That's right! We want to see your pets, furry, feathered, we want to see them all!

We are looking for pet-models of all different variations, and sizes to be featured in the calendar! We're looking to be pet-inclusive. We know that you adore your pet, so why not share their cuteness with the rest of us? All we need from you is the basic information about your pet and a high-quality photo.

Please submit your picture before Monday, November 14th at 5:00 pm for a chance to have your pet entered into the calendar. Our team will decide which photos make the cut, based on the quality of photo provided and fit with the theme of the calendar.

If you have any questions about the calendar, please reach out to us via email at admin@eastyorkmealsonwheels.org or call the office at 416-424-3322.



REMINDER: YOU HAVE THE POWER TO HELP

No amount is too small, each donation helps a neighbour in need

I would like to make a donation in the amount of

\$200 \$100 \$75 \$50 \$25 (Other)_____

I have enclosed a cheque or cash for the amount above

I prefer to charge my donation to **Visa** **Mastercard**

Card number _____ expiry date _____

Name _____

Address _____

Phone number _____

THANK YOU FOR YOUR GENEROUS SUPPORT!



Staff

Adriano Murarotto MSW, RSW

Executive Director

Mary Skwarek

Manager, Operations

Meghann Fahey

Admin & Client Services Coordinator

Dawit Tadesse, BSW, RSW

Registered Social Worker

Ana Gavino

Meals on Wheels Coordinator

Farah Alim

Assistant Coordinator

Rafael Granado

Volunteer Coordinator

Our Partners:



United Way
Greater Toronto



CANADA



Board of Directors

Donald Wallace

President

Stacy Beach

Vice-President

Thomas Moores

Secretary-Treasurer

Melissa Chin

Tameeza Dhanani

Justin Safayeni

Mat Savulescu

Jill Krupa

Director Emeritus:

Carl Peterson

Honorary Life Member:

Alan Redway

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, United Way of Greater Toronto and Toronto Community Services and is a federally registered charity. EYMOW is a member of Imagine Canada, Ontario Community Support Association (OCSA), VolunteerToronto and East Toronto Health Partners (ETHP) Ontario Health Team.



Contact Us:

416-424-3322

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Registered Charity Number #2913 9366 RR0001

