

FOOD FOR THOUGHT

A Monthly Newsletter From East York Meals on Wheels

In This Issue...

**Highlighting
Our Incredible
Team**



**Program
Updates**

**East York
Meals on Wheels**

p. 416-424-8322

e. info@eastYorkmealsonwheels.org

a. 15 - 66 Overlea Blvd

Toronto, ON M4H 1C4

www.eastYorkmealsonwheels.org

A Message From Our Team

Welcome to our November newsletter! We remind you that daylight saving time is on **Sunday, November 5th!** Please set your clocks back 1 hour and prepare for the cozy winter season just around the corner!

Speaking of winter, we have started organizing our holiday fundraiser. This year, we will gather Marc Garneau High School students to bake and package holiday cookies. We will sell **Holiday Cookie Boxes** in our new Cafe & Market through December, with proceeds going to EYMOW programs and services. **If you'd like to volunteer to help us bake cookies, please email mary@eymow.com**

We are thrilled to announce the opening of EYMOW's social enterprise - **Common Ground Cafe & Market!** We sell fresh fruits, vegetables, and dried goods and a delicious cafe menu, including coffees and freshly baked chocolate chip cookies! We are so proud of the team for their hard work that went into planning this new social enterprise over the last year. Read on to learn more about this innovative Cafe & Market.

Since cold and flu season is approaching, we want to remind our clients and volunteers of the steps they can take to keep themselves and their loved ones safe this season. We have a few reminders inside the newsletter for you to remember.

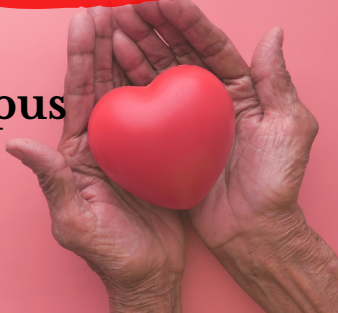
The team here at EYMOW would like to wish you a wonderful month filled with friends, family, and community.

Our Volunteer 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.

Thank you!

Christa Opus



It is with great pleasure that we introduce Christa, a dedicated member of our volunteer team at East York Meals on Wheels (EYMOW) since the fall of 2022! Christa's choice to volunteer with EYMOW was driven by a deep-seated commitment to giving back and supporting our mission to enhance the quality of life for individuals in East York. Her desire to be a part of this mission reflects her genuine concern for the well-being of those in our community.

One of her favourite aspects of volunteering is her role in making calls to our Diner's Club members. She finds joy in the social interactions with our seniors as she invites them to different restaurants to enrich their social lives. Christa also volunteers at an EarlyON Child and Family Centre, contributing her data entry skills to further support community initiatives.

We are grateful to have Christa as an Administrative Support Volunteer at EYMOW. Her enthusiasm and commitment truly make a difference in our organization!

Kaitlin's initial journey into volunteering with East York Meals on Wheels stems from the closure of her previous volunteer position at a local food bank; she was eager to continue her role as a delivery driver, a much-needed service in our community.

What sets Kaitlin apart is her deep-rooted love for our local community. Her favorite aspect of volunteering here is the sense of togetherness and responsibility it fosters among neighbors. She says, "I think more than ever, we need to look out for our neighbors," she embodies this ethos in every delivery she makes.

In addition to her role with EYMOW, she is a volunteer driver for Toronto Cat Rescue. Beyond her volunteering roles, she also works as a full-time dog walker, exemplifying her love for animals and people.

Kaitlin's unwavering dedication serves as an inspiration to us all. We are grateful to have her as a part of our EYMOW family, and her commitment to community service is genuinely praiseworthy!

Thank you!



Kaitlin Monkman

Diners Club Updates

Hello Diners Club Members,

I want to thank all the members who have attended the past month. It has been a pleasure meeting all of you! Diners Club has been going through a transition over the past month, with always the members in mind to give a pleasurable, person-centered experience. With this being said, transportation safety to and from each outing is our priority.

Transportation pick up and drop off times are flexible, between **10:30 am to 12:00 pm**. Many variables might affect pick-up times, for example, traffic. , for this is out of our control. We want to ask for your patience and hope to see all Diners Club members soon!

NEW! Virtual Bingo in November!

Starting in November, there will be virtual bingo! Every Diners Club member will receive one bingo card in your invoice with a link to join online to win gift cards. Each card will have a link to join. If you have any questions or need support accessing the link, please feel free to connect with Taneka.

If you are interested in joining our Diners Club program, please get in touch with us at taneka@eymow.com or call us at **416-424-3322**.

DINERS CLUB NOVEMBER 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|------------------|-----------|----------------------|--------|
| | | 01 | 02 | 03 |
| 06 | Mandi Afandi 07 | 08 | 09 Swiss Chalet | 10 |
| 13 | Longo's 14 | 15 | 16 Eggsmart | 17 |
| 20 | Halibut House 21 | 22 | 23 Virtual Bingo | 24 |
| 27 | Rise and Dine 28 | 29 | 30 Afghan Cuisine | |

REMINDER

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

Lunch will cost **\$14** plus a tip. The recommended tip amount is \$3 if the service was good.

NEW! All virtual programming is free for participants and will run from 12:00 pm to 1:30 pm.



Common Ground Cafe & Market

NEW!



The Common Ground Cafe & Market is now open!! The cafe and market is an equitable and dignified community space for everyone to enjoy a coffee, treat and shop the produce market.

The hours of operation are:

Wednesday 10-4 pm

Friday 10-3 pm

Please come by to sign up for a point card and inquire about how to access free drinks and food.

We hope to see you there!

Fresh Food Delivery Program Updates



We are introducing **NEW** reusable Eco-friendly produce bags to save the environment!!

We remind everyone that the Fresh Food Delivery program operates on a Pay-What-You-Can system. Please look for the Pay-What-You-Can envelope in your produce bags and return the envelope with your delivery person.

Social Work and Telephone Reassurance Updates

Decluttering Program:

The social worker has been working on a decluttering program; if there are cleaning services or programs you would be interested in, please do not hesitate to reach out at **416-424-3322** or **socialwork@east yorkmeals on wheels.org**

If you are still interested in the subsidy program for **Halal Meals on Wheels**, please reach out to our social work team. We still have space to offer full subsidy or partial subsidies.



Cold & Flu Reminders

Learn how to protect yourself, your family, and your Community from cold, Flu, Covid-19, and other respiratory illnesses this winter.

If you have symptoms of COVID-19 listed below, assume that you may have a virus and may be contagious.

• Any one or more of:

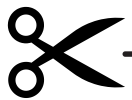
- Fever/Chills
- Cough
- Shortness of breath
- Decrease/loss of taste

• Any two/more of:

- Runny Nose or Nasal Congestion
 - Headache
 - Extreme Fatigue
 - Sore Throat
- Muscle aches/Joint pain
- Gastrointestinal symptoms (Vomiting/Diarrhea)

If you have Symptoms STAY HOME and SELF-ISOLATE until all the following has subside:

- Your symptoms have been improve for at least 24 hours (or 48 hours if you had nausea, vomiting or diarrhea)
 - You do not have a fever.
- You have not developed additional symptoms.



Please Consider Donating Today

Culturally appropriate & affordable food for everyone!

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 _____ CVC _____

Name _____

Address _____

Phone number _____

THANK YOU FOR YOUR GENEROUS SUPPORT!



Staff

Adriano Murarotto MSW, RSW
 Executive Director
 Mary Skwarek
 Manager, Operations
 Taneka Dennis
 Program Supervisor
 Ana Gavino
 Meals on Wheels Coordinator
 Farah Alim
 Assistant Coordinator

Catherine Brulé
 Social Worker
 Reona Solomon
 Social Worker: Student Placement
 Rafael Granado
 Volunteer Coordinator
 Shakeel Ahmed
 Meal Delivery Driver

Our Partners:



Board of Directors

Melissa Chin
 Interim President
 Stacy Beach
 Vice-President
 Thomas Moores
 Secretary-Treasurer
 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, Ontario Health, 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, Community Food Centers Canada and East Toronto Health Partners (ETHP) Ontario Health Team.



Contact Us:
 416-424-3322

info@eastyorkmealsonwheels.org

Registered Charity Number #2913 9366 RR0001

