

# FOOD FOR THOUGHT

*A Monthly Newsletter from East York Meals on Wheels*

*In This Issue...*

**Highlighting  
Our Incredible  
Volunteers**

**Volunteer  
Appreciation/AGM**

**Thanksgiving &  
Fee Increase  
Announcement**

**East York  
Meals on Wheels**

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

In the spirit of October and Thanksgiving season, we want to offer up a huge thank you to YOU, the community, for supporting us. We would not be where we are today without your support. October marks our third month of the Halal MOW pilot program and we are extremely excited to say that we will be extending the program until December 31st, 2021. As of this month, we are serving upwards of 85 clients and we simply cannot wait to see where this program will take us!

This month we welcome Farah Alim, our new Program Assistant. She will be supporting the team with the growing demand for the Halal MOW program as well as assisting the MOW and DC program coordinators.

Mary Skwarek will also be returning later this month, and will assume the role of EYMOW's first ever Operations Manager. She will oversee our client services as well as assisting with the relocation of our office in 2022. At this time, Diners Club will still be on hold until further notice but we appreciate the excitement of our Diners Club members and we hope to see you all soon!

Our team continues to advocate for the safety of all our community members. It is with this mission in mind, that we have implemented a mandatory proof of vaccination for staff, volunteers, contracted staff, and anyone else entering the office. Please contact the office if you need assistance with booking the vaccine.

**From myself and the team at EYMOW, we wish you a safe and enjoyable Thanksgiving weekend!**

- 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 COVID-19 crisis to continue supporting our team and clients alike.*



Lynne Kilpatrick and Larry Bambrick joined our agency back in November 2020. One of the reasons why they wanted to volunteer for EYMOW is because food security is an important issue to them. With so many seniors and people with disabilities in need, the idea that they could help deliver meals to people's homes seemed like something they could get behind.

Lynne and Larry are motivated to stay involved with EYMOW because they feel it's their responsibility to give back to their community. They've been very fortunate with their careers and opportunities, and they felt it was time to show their gratitude by giving back. They enjoy volunteering because they know that they can provide hot meals to vulnerable clients, such as seniors or people who are often isolated or homebound.

"Volunteering is important. So many organizations in the city that help people who need help, rely on volunteers. So, if you can, pitch in. For an hour. Once a week. Even, once in a while - it all makes the difference," says Lynne and Larry.

Thank you, Lynne, and Larry for your time and support! The both of you are setting an extraordinary example for us and we want to let you know that your dedication is essential to the work that we do.



Rosalind Chaundy has been one of our Meals on Wheels volunteers since January 2020. Rosalind wanted to help out a local organization, and she thought EYMOW was the perfect place to start. Despite her busy schedule, she volunteers for the Meals on Wheels program on a bi-weekly basis and spares for the agency on multiple occasions.

What motivates Rosalind to stay involved is that she is at a time in her life where she realizes how grateful she is for what she has and, wanted to give back to the community by volunteering on a long-term basis.

One of Rosalind's favourite parts about volunteering for Meals on Wheels is the impromptu conversations that sometimes come up with clients she brings the meals to. Rosalind thoroughly enjoys the interactions with clients and the meaningful human connection she builds along the way.

Thank you, Rosalind, for your generosity and hard work. You gave us a helping hand when we needed it and we are so grateful for your help.

# Volunteer Appreciation Awards and AGM



Although celebrating our Volunteer Appreciation Awards and AGM virtually this year, we are extremely thankful for all our attendees, our volunteers, our staff, our board members, and community for taking the time to attend. We hope next year we can host the event in person and have a much larger and safer gathering.

Another, thank you to our amazing Volunteer and Database Coordinator, Canny, and Jillian, our Admin and Programs Assistant for putting together the awards and gifts. EYMOW is extremely grateful for the kindness and support of all of our volunteers.

## List of Volunteer Award Recipients

### Long-Term Volunteers

*Jo-Anne Beer*  
*Janet Wood*  
*Barry Schneider*  
*Cindy Knoll*  
*Velma Ko*  
*Earl Saltzman*  
*Ross Beer*  
*Donna McCarthy*  
*Paul Mahant*  
*Parkash Mahant*  
*Edelgard Mahant*

### cont'd Long Term Volunteers

*Angela Innis*  
*Shawn Spencer*  
*Irene Miao Glass*  
*Peter Turley*  
*Jill & Renee Godin*  
*Darlene Brown*  
*Roberta Gray*  
*Andrea Corlett*  
*Joanne Pais*  
*Cheryl Dan*

### Early Bird

*John Harper*  
*Roberta Gray*  
*William Chow*  
*Earl Saltzman*  
*Donna McCarthy*  
*Alex McDonald*  
*Jamie Paul Rock and Casey Rock*

### Biggest Heart Award

*John Harper*



# Thanksgiving Weekend Meal Announcement



A reminder to all clients that we will deliver Meals on Wheels as usual on Thanksgiving Monday, October 11th. 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 10th. Please let us know whether you'd be interested in receiving a Thanksgiving meal as soon as possible. Cancellations or changes for Sunday, October 10th, Monday, October 11th & Tuesday, October 12th must be made before NOON on Friday, October 8th. Please provide our team with ample notice.

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](mailto:Amber@eastyorkmealsonwheels.org) at [mowcoord@eastyorkmealsonwheels.org](mailto:mowcoord@eastyorkmealsonwheels.org) or call [our office at 416-424-3322](tel:416-424-3322).

## Program Updates

2021 Prices In Effect November 1st, 2021

In late 2020, our food suppliers notified that their prices are increasing. Since then, we have absorbed the impact of the increase in hopes that we would shelter our clients from any sudden change to their financial situation during the pandemic. With inflation and the cost of food increasing again, we have decided upon a modest fee increase, the first since April 2020. Please contact us if you have any concerns. Full and partial subsidies are available. Here are the new rates:

Hot Meal	Frozen Meal (incl. side) 5+5	Dessert/soup/breakfast snacks
6.95	37.50	
Hot Meal w/Extra portion	Frozen 7pack	2.00
7.91	38.71	Milk
Chinese Meals	Frozen entre only	0.75
6.95	5.75	

## Halal Meals on Wheels

We are extremely proud to announce that backed by popular demand, we will be extending the Halal MOW pilot program until December 31st, 2021.

If you, or someone you know:

- Lives in East York (Concorde Pl, Wynford and Flemington communities included)
- Identifies as Muslim,

And, falls in one of the following categories: senior (65+) physically/cognitively impaired, a new mother, under-housed/homeless, or convalescing.

Contact our office (416) 424-3322 and our team will be here to help!



# Volunteers Needed!



## Halal Meals on Wheels Volunteers

We are actively searching for HMOW Volunteers!  
If you are:

- ✓ available Tuesday and Thursday, 2-4 pm
- ✓ have access to a vehicle or bike
- ✓ and have a G2 (at minimum)
- ✓ interested in giving back to the community

Please call us at 416 424-3322 or visit our website to complete an online volunteer application.

## NEW Volunteer Training Video

ATTENTION! New and existing volunteers! We have a new training video created and edited by Canny, our former Volunteer and Database Coordinator. Please follow the link below to view: <https://www.youtube.com/watch?v=h4TtyJ-xVk8>



## EAST YORK MEALS ON WHEELS

Volunteer Training Video

# 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  
Jillian Rago  
Program and  
Administrative Assistant  
Mary Skwarek,  
Diners Club Coordinator  
(on leave)  
Dawit Tadesse, BSW, RSW  
Social Worker  
Amber Wollen,  
Meals on Wheels  
Coordinator  
Rosemary Scott,  
Sunday & Holiday  
Coordinator

Farah Alim,  
Program Assistant

## Board of Directors

Donald Wallace, President  
Michelle Broom, Vice-  
President  
Thomas Moores,  
Secretary-Treasurer  
Stacy Beach  
Melissa Chin  
Tameeza Dhanani  
Justin Safayeni  
Mat Savulescu  
*Director Emeritus:*  
Carl Peterson  
*Honorary Life Member:*  
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.



## Contact Us:

416-424-3322

admin@east yorkmealsonwheels.org

Registered Charity Number #2913 9366 RR0001

