

FOOD FOR THOUGHT

A Monthly Newsletter From East York Meals on Wheels

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Our Incredible
Volunteers**



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**Elder Abuse
Prevention**



East York

Meals on Wheels

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A Message From Our Executive Director...

The month of October is one of the most exciting months of the year. With holidays like Thanksgiving, Diwali, and Halloween, you're sure to enjoy yourselves. The team is so excited for all the fun we'll have and all the good food our members will enjoy this month!

Up first, we have Thanksgiving! The office will be closed on Thanksgiving Monday because all our staff will be busy eating lots of good food with our friends and family. You can always trust that we will still be delivering meals on schedule even on a holiday. We hope that all of our members get a chance to gather with their loved ones and enjoy some delicious food!

As many of you may have already seen, we have postponed our Annual General Meeting, which will be taking place this month instead! Please see the section inside for more information. We hope to see you all there!

The team is also excited to announce our newly updated Halal menu! We have introduced eight new great tasting items that are both nutritious and delicious! Farah, our assistant coordinator, has been doing a wonderful job ensuring that the best quality foods are being delivered to each and every one of our Halal clients.

Farah also celebrated her one-year anniversary of working at EYMOW last month! We are so proud to have such a wonderful employee like her. Congrats Farah and thank you for all that you do!

From the team here at EY headquarters, we wish you a wonderful and warm month of October!

-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.

Congratulations Farah on your 1-year anniversary at EYMOW!

Farah Alim

Congrats!



Farah is our Meals on Wheels Assistant Coordinator and who started at the agency back in September 2021. She ensures that the Halal meals being served to our clients are fresh and delicious. She also helps to track client feedback. Farah has a bachelor's in Economics and has been living and working in the East York community for 20 years. She loves her community and working for EYMOW she feels she can help support the area and the people around her. EYMOW values Farah's unwavering work ethic, team spirit, and kind soul. She is a strong, capable, generous person and we are so lucky to have her!

Jenna-Marie Donnelly

Some of you may have noticed that your Sunday meal was delivered by Mrs. Galaxy Canada last month! Jenna-Marie is our new Sunday delivery volunteer! She witnessed our operations, met some of our staff, and made a delivery to our clients in East York. Jenna-Marie is an active member of the community and has worked with other charities including Daily Bread Food Bank, Anida, and other fundraising initiatives.


Thank you



Thank you, Jenna-Marie for volunteering with our agency!

Halal Menu Update

We are so excited to introduce our newly revamped Halal Meals on Wheels menu! Our new menu includes the same tasty items you loved but with brand new delicious additions! Every meal is prepared with fresh and delicious whole foods and is packed with the nutrients that your body needs to thrive. See below for a list of the new items!

- 1 Dall Palak
- 2 Loki Sabzi
- 3 Chapli Kabab
- 4 Rajma
- 5 Butter Chicken
- 6 Chicken Shawarma 
- 7 Kofta Curry
- 8 Karahi Chicken

Diners Club

OCTOBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						01
02	03	04	05	06	07	08
09	10	11 PARAMOUNT	12	13	14	15
16	17	18 AFGHAN CUISINE	19	20	21	22
23	24	25 HALIBUT HOUSE	26	27	28	29

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.

Important Information: Elder Abuse

Elder Abuse is defined by the World Health Organization as “a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person.” Often, an older person may experience more than one type of abuse at the same time.

Forms of Abuse

Financial Abuse: Financial abuse is the most common form of elder abuse reported. It is defined as any improper conduct, done with or without the informed consent of the older adult that results in a monetary or personal gain to the abuser and/or monetary or personal loss for the older adult

Neglect: Neglect is not meeting the basic needs of the older person. It can include the intentional withholding of care or the basic necessities of life or the unintentional failure to provide proper care to an older adult due to lack of knowledge, experience

Sexual Abuse: Sexual abuse is any sexual behavior directed toward an older adult without that person’s full knowledge and consent. Sexual contact with any person incapable of giving consent (dementia) is also sexual abuse

Psychological Abuse: Psychological abuse is any action, verbal or non-verbal, that lessens a person’s sense of identity, dignity and self-worth.

Physical Abuse: Physical abuse is any act of violence or rough handling that may or may not result in physical injury but causes physical discomfort or pain

Some Potential Signs of Elder Abuse

Financial Abuse: • Unexplained transactions, or unauthorized withdrawal of funds • Suspicious or forged signatures on cheques or other documents • Standard of living not in keeping with person’s income or assets • Changing names on a will, bank account, or title to a house without permission • Moving into the home of an older person and failing to contribute to household costs

Neglect: • Withholding care or denying access to necessary health services or medical attention/treatment • Improper use of medication, over or under medicating • Unexplained conditions such as dehydration or pressure sores • Lack of hygiene • Malnourishment or weight loss • Poorly maintained living environment • Abandonment or confinement of senior

Sexual Abuse: • Trusted other makes inappropriate sexual comments • Non-consensual sexual contact of any kind • Inappropriate touching • Making sexual remarks or suggestions • Joking of sexual nature • Sending or receiving of sexually explicit photos

Psychological Abuse: • Signs of depression, anxiety, confusion • Appears fearful or nervous around caregiver or other persons • Reluctance to talk openly or make eye contact • Isolated from family members or friends • Older adult or pets are threatened harm • Removal of decision making

Physical Abuse: • Unexplained injuries such as broken bones, bruises, cuts • Injuries for which explanation does not fit evidence • Unusual patterns of injuries • Rough handling • Over or under-use of medication • Restraints or confinement in a room or house

Reporting: We are all responsible for preventing and addressing elder abuse.

For Emergencies: Situations where the older adult’s safety is in immediate danger Call 911

Non-Emergency reporting: Senior Safety line 1-866-299-1011. Long term Care ACTION line 1-866-434-0144.

Retirement Home Regulatory Authority 1-855-275-7472. Crime stoppers 1-800-222-8477. Legal Aid Ontario 1-800-668-8258. Elder Abuse Prevention Ontario 1-800-366-0335. Toronto seniors help line 416-217-2077.

For more information on resources contact **East York meals on wheels** 416-424-3322

Source: Elder Abuse Prevention Ontario. Retrieved from <https://eapon.ca/factsheets/#1629317806227-910cc9a7-8a0b>

Rescheduled: Annual General Meeting and Volunteer Awards Ceremony

We are inviting you to our Annual General Meeting and Volunteer Recognition Event on Monday, October 17th at 6 p.m.

We will be hosting guests in person, as well as online via Zoom.

Location: East York Civic Centre (Committee Room A), 850 Coxwell Ave, East York, ON M4C 5R1. Limited paid parking is available via Moritmer Ave. Refreshments will be served.

Virtual Event Zoom link: To be provided shortly after event registration closes.

This year, you can read our Annual Report online at:
<https://bit.ly/3wI0ZuO>.

We hope you can make it on the 17th. Please kindly RSVP by following this link: <https://bit.ly/3RjIRzp> or by contacting our office by phone at 416-424-3322 or by email at admin@eastyorkmealsonwheels.org

Please feel free to contact us at any time with any questions, comments concerns, or accommodations. Thank you!

From,
The Team at EYMOW



YOU HAVE THE POWER TO HELP

No amount is too small to give!

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

Romodan Said

Meal Delivery Driver

Our Partners:



United Way
Greater Toronto



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:

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Registered Charity Number #2913 9366 RR0001

