

FOOD FOR THOUGHT

A Monthly Newsletter From East York Meals on Wheels

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Our Incredible
Team**

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Club
Restaurant!**

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East York

Meals on Wheels

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A Message From Our Team

Welcome to our October newsletter! We wish everyone a happy **Thanksgiving** and remind you that our office is closed on **Monday, October 9th**, but meal delivery will continue normally.

On behalf of the team at EYMOW, we'd like to extend our sincere thanks to everyone who joined us for our Volunteer Appreciation Event and Annual General Meeting in September! We enjoyed sharing our new space with you and look forward to announcing new programming soon.

We immensely enjoyed recognizing and thanking our amazing volunteers at this year's event. We couldn't run our programs without them! If you are an active volunteer and didn't get a chance to attend our event, please stop by, say hi, and pick up your volunteer appreciation gift from our team!

We welcomed a new member to our team in September! Taneka Dennis is our new Program Supervisor. We are excited to work with her as she works to develop our programs. Please see our Welcome section to learn more about Taneka.

We want to remind clients of our price increases that took effect in September. If you have any questions or concerns, please don't hesitate to call our office at **416-424-3322**. Subsidies are available pending qualification.

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!



Sandra Iacovetta

Sandra and Sean, the mother-son duo, embarked on their volunteer journey with us in April 2023, where they delivered our hot meals to neighboring clients. What makes their story particularly touching is the catalyst that led them here.

"We have a friend who recently retired and started volunteering at East York Meals on Wheels with his son, a father-son team," Sandra shared. This heartwarming example of a family joining forces for a meaningful cause sparked an idea in Sandra's mind. She pitched the concept of volunteering together to her son, and he readily embraced the idea, recognizing it as a beautiful way to spend his spare time before venturing into higher education in Ottawa.

As volunteers, Sandra and Sean found their favourite aspect of their service was the beautiful connections they forged with our clients.

Sandra reflects, "The clients were always very kind and appreciative." Beyond the joy of providing meals, they discovered the profound impact of a friendly face and a compassionate conversation. Their experience highlighted the incredible power of human connection, a reminder that a warm gesture can sometimes mean as much as a hot meal.

Sandra and Sean's journey with us is a testament to the profound impact volunteers can have on the lives of others. Their story serves as a reminder that volunteering is not just about giving back; it's about creating beautiful memories and connections along the way.

We all at East York Meals on Wheels are grateful to have Sandra and Sean as part of our volunteer family!

Thank you!



Sean Donnelly

Diners Club Updates

Unfortunately, Afghan Cuisine closed its doors suddenly last month. Taneka worked quickly to find a new halal restaurant for Diners Club.

We are visiting a new restaurant Mandi Afandi! We are excited to hear your thoughts about our new place.

We kindly remind our clients that for any **cancellations** regarding our in-person lunches, **please notify our office 24 hours in advance** if you cannot attend lunch. We appreciate you taking the time to inform us.

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

DINERS CLUB OCTOBER 2023

MONDAY

02

TUESDAY

Mandi Afandi 03

WEDNESDAY

04

THURSDAY

Quarry Café 05

FRIDAY

06

09

Halibut House 10

11

Longo's

12

16

Swiss Chalet 17

18

Eggsmart 19

20

23

Rise and Dine 24

Virtual Speaker 25

26

27

30

Halibut House 31

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.

Meal Delivery Program Updates

We want to remind our clients that our price increase came into effect on September 1st. Our Western/Chinese Hot Meals increased to \$7 for regular portions and \$7.91 for extra portions. Halal Meals increased to \$7 per meal. Frozen meals increased to \$43.35 per 7 entrees and \$6.56 per individual entrée. The frozen dessert /soups increased to \$2.24.

Please contact our office for information at 416-424-3322.

Volunteer Updates and Reminders

A reminder to all of our Monday through Friday Hot Meal delivery drivers. We have implemented a different packing method that allows us to begin serving the meals at an earlier time. If it suits you, you can come in at 10:45 a.m. to pick up your buckets and begin your route. If you would like to pick up your buckets at 11 a.m., that is also fine.

Social Work and Telephone Reassurance Updates

Our social worker, Catherine, can help ensure you can get **PSW, physio, and OT assessments** if you have trouble with medication, walking, or cleaning.

If you are also interested in our **TR program**, spots are available! Please contact the office at **416-424-3322** or email **socialwork@eastYorkmealsonwheels.org** if you are interested in any of the programs or supports.

Reona, our New Student Social Worker from TMU, is very excited to get to know you! She will be helping our social worker and is looking forward to saying 'hi' either on the phone or during an in-person visit.

EYMOW Employee Updates

Welcome!



Taneka Dennis

We are thrilled to introduce Taneka as our new program supervisor! Welcome to the EYMOW team! Taneka will run the Diners Club and grow and supervise our programming.

After 15 years in the Health Care Sector of Long Term Care, Taneka has learned that it takes a team to accomplish the big and small things. "Individually, I've always strived to make every workplace I have been in as positive as possible. I believe that the clients deserve the utmost care we can provide them. As a leader... it is simple: lead by example. I can not ask others to do that which I can not do myself. When faced with new challenges, I meet them head-on but continue to build on the resources of others. In summation, I love my community, my family, and my dogs."

Quote: "Never be afraid to learn something new every day."



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:

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