

FOOD FOR THOUGHT

A Monthly Newsletter from East York Meals on Wheels

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**Highlighting
Our Incredible
Volunteers**

**Volunteer
Appreciation/
AGM**

**Program
Updates**

**East York
Meals on Wheels**

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A Message From Our Executive Director...

September marks our second month of the Halal MOW pilot program. In such a short amount of time, we have served approximately **400** tasty meals to over 60 individuals with the help of our supplier HalalMeals, our partners at TNO and Bike Brigade, our volunteers, staff, clients, and all our supporters! We are excited to be one of the first "mainstream" MOW serving organizations in the city to adopt a Halal menu.

With the start of September we say farewell to our summer student **Laura**. Wishing her all the best in her studies at UGuelph! Also, at the end of September we will be seeing our beloved **Canny** conclude her extended contract with us. She will be deeply missed and we can't express how thankful we are to have had her support throughout the years. See p.2 for more!

We are also happy to announce that we will once again be combining the Annual General Meeting (AGM) and Volunteer Appreciation Event! Please join us on **Monday, September 27th at 5:00pm for the Volunteer Appreciation Ceremony and the Annual General Meeting** following at **6:00pm**. Light refreshments to be provided. We are also preparing for a virtual event as a backup plan. Guests will have to observe standard event safety protocol.

Stay safe and stay cool everyone!

- 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.



Craig Keys started delivering meals during the height of the pandemic in November 2020. Craig chose to volunteer for EYMOW because his mother worked at a local Meals on Wheels agency for many years. He learned from her the impact the Meals on Wheels program has on seniors who want to maintain their independence.

He also enjoys volunteering with EYMOW and other local groups because he can see the direct effect on his community. Aside from Meals on Wheels, he also drives patients for the Canadian Cancer Society throughout the winter. What motivates Craig to stay involved with Meals on Wheels is the positive response he gets from most of the clients he serves weekly. His favourite part about volunteering is being able to connect with his community and making it a better place. Craig says, "If we do not volunteer, I am not sure how many of the clients would obtain their meals."

Thank you, Craig, for your generous contribution of time and energy to EYMOW. We cannot thank you enough for helping us when we needed it most!

Our Uncanny Coordinator

In true EYMOW fashion, we like to offer our supporters a look at the people behind the scenes (and sometimes behind the mask!). Canny Wu joined our team in 2017 as our interim MOW coordinator. She covered for two parental leaves and then went on to become our Volunteer and Database coordinator during the pandemic. Canny will sadly be leaving us at the end of September for her new career in Web Development.

For many of us, Canny has been a great source of support, a phone call away, and always willing to help. Her humble attitude and strong work ethic are just some of the many great things that we adore about her. But, what is most interesting about Canny are the things that very few people know. This includes her passion for gaming, her knack for computer animation, and her use of alias of either "Jennifer or Emily" depending on which barista she gets at the local Starbucks! Haha!

"Many people are not familiar with the powerful impact agencies like East York Meals on Wheels has on the aging and vulnerable population. I am very proud to be part of such an organization and work with such an amazing team of dedicated volunteers." - Canny Wu

From the bottom of our hearts, Thank You, Canny for your sincere dedication to our team and for the countless hours of work you put in to ensure clients received meals throughout the pandemic! You will be deeply missed by our volunteers, clients and members of our team. Best wishes in your new career from all of us here at EYMOW headquarters!



YOU'RE INVITED

**VOLUNTEER
APPRECIATION
EVENT**

&

**ANNUAL GENERAL
MEETING (AGM)**

September

27

2021

At 5:00 pm

**52- 2 Thorncliffe Park Drive
alternatively we may have to
hold this event online. Notice
will be given on Sept. 20th.**

Light Refreshments To Be Served

Go to <https://bit.ly/3kN6Msb> to RSVP for this event



Program Updates



Apetito Menu

Enclosed with September's newsletter edition you will find a copy of the Apetito frozen menu.

As we hit another bump in the road with the COVID-19 pandemic we encourage you to order a few entrees to have on hand in your freezer for the days you just don't feel like heading out to the grocery store or cooking.

Apetito orders are placed every Thursday by noon for delivery as early as Wednesday of the following week. Orders can be placed as frequently as you like (weekly) or as infrequent as you like (on a need-be basis). No minimums are required.

Please call the office and speak to an EYMOW staff for more information or if you would like to place an order.

Pricing:

- Frozen entrée: \$5.55
- Frozen soup/dessert/breakfast snack: \$1.85
- Frozen meal package - 5 entrees + 5 sides: \$35.75
- Package of 7 frozen entrées: \$36.75



Diners Club

ATTENTION Diners Club Members!
We will be contacting you this month via phone call. We want to know what your thoughts and feedback are on restarting this program. Your feedback will help ensure that we are meeting your unique needs. Stay tuned for a phone call from our team.





Volunteers Needed!



Meals on Wheels Drivers

We are actively searching for MOW Drivers!
If you are:

- ✓ available Sunday-Friday from 11am - 1pm
- ✓ have access to a vehicle
- ✓ 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.



EAST YORK MEALS ON WHEELS

Volunteer Training Video

We are excited for the future release of our NEW volunteer training video produced by our own, Canny Wu. We will be posting the full video on our website and YouTube channel. Check our social media and upcoming newsletter for updates on the exact date of this launch!



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
Canny Wu,
Volunteer & Database
Coordinator
Mary Skwarek,
Diners Club Coordinator
(on leave)
Dawit Tadesse, BSW, RSW
Social Worker
Amber Wollen,
Meals on Wheels Coordinator
Rosemary Scott,
Sunday & Holiday Coordinator
Laura Bellantone,
Summer Student

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:



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.

Registered Charity Number #2913 9366 RR0001



@eymealsonwheels



Contact Us:

416-424-3322

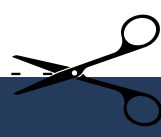
admin@east yorkmealsonwheels.org



Volunteer Updates

Strategic Planning Updates

East York Meals on Wheels has officially kicked-off a new strategic planning process for 2021 and beyond. The Strategic Planning Steering Committee would like thank all of our stakeholders for the feedback that was provided.



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I wish to make a donation to support the work of the agency.

I have enclosed a cheque

Here is my donation membership of \$200 \$100 \$75 \$50 \$25 _____

I prefer to charge my donation to Visa Mastercard
Card number _____ Expiry date ___/___

Signature _____
Name _____ Address _____
Phone# _____

Thank you for your support!



