

FOOD FOR THOUGHT

A Monthly Newsletter From East York Meals on Wheels

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Our Incredible
Volunteers**



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AGM**



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Meals on Wheels**

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A Message From Our Executive Director...

The month of September marks the end of summer and the beginning of fall. Though we'll miss the warm weather, the team and I are excited for all the things that the fall season brings!

The first big milestone of September is Labour Day weekend. Our office will be closed to the public on Labour Day and our staff will be celebrating the holiday with their friends and family, and we hope that you all can do the same. Our meal delivery schedule will not be impacted. Enjoy some fun in the sun and the warm weather while we still can!

We are especially excited for our big events happening this month which include the Annual General Meeting/Volunteer Appreciation Ceremony and the Yorkville Constantine Run! These events will be a lot of fun and will give the people in our community the opportunity to socialize, enjoy the outdoors, and meet new people! It will be nice to see people in person!

Speaking of meeting new people, we would like to welcome two new members to our staff, Meghann, and Rafael! Meghann is our new Admin & Client Services Coordinator and Rafael is our new Meal Delivery Driver. Be sure to say hello when you meet our new team members. They are so excited to meet you all! Lovely additions to our team!

From the team and I, we wish you a happy and healthy month of September!



-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 pandemic to continue supporting our team and clients alike.

Tom Moore joined the EYMOW Board of Directors in September 2018. A former co-worker had previously volunteered with the organization and recommended Tom get involved.



"Living in the area, it seemed like a great opportunity to contribute my skills in a positive manner to the neighbours in my community. I also have family members who are clients of other Meals on Wheels organizations which opened my eyes to the impact the organization's work has on the lives of clients." Tom's favourite part about volunteering with EYMOW is seeing how large of an impact our organization has on the broader community. He says, "while we have a much smaller staff and volunteer base than some larger charitable organizations, I feel the work and impact the organization can do rivals that of a much larger organization, which is a testament to the great volunteers and staff we have."

Thank you, Tom, for your service on our board, your willingness to help us with meal deliveries, and your commitment to our community!

The team at EYMOW is thrilled to welcome Meghann, our new Admin & Client Services Coordinator to the team! Meghann will be acting as the first point of contact for all outside inquiries and supporting management in overseeing and coordinating the various EYMOW programs. You may have already met Meghann over the phone or in person. If not, you may soon see her at Diners Club, delivering a meal to your door or welcoming you into our office! Meghann graduated from Brock University with an Honours Bachelor of Kinesiology and is continuing her learning this fall at Seneca College and will be completing a Graduate Certificate in Nonprofit Management. Throughout her undergraduate education, Meghann worked for and volunteered with many other nonprofit organizations and in the healthcare industry. Please help us in welcoming Meghann to EYMOW!



Program Updates



Diners Club

Diners Club Clients,

We recognize that the last few years have been difficult for us as we navigated through the pandemic. Our team was overjoyed to restart Diners Club, albeit slowly this past Spring and we're working to add new restaurants and new programming to our rotation in the fall. We were excited to offer our lunches free of charge during the Spring and Summer months as a kind gesture to welcome you back. We are so glad to see our clients return to service, and even some fresh faces too!

We have heard directly from our partner venues that restaurants have also greatly suffered during the last three years and while they are excited to welcome us back, they've had no choice but to raise their prices. We have tried to delay passing this increase along to you for as long as we could, but we must raise our fees to **\$12 per lunch** effective **September 1st, 2022**.

Tipping also goes along way for the employees who take good care of us while our group is dining. Tipping is standard, and therefore strongly encouraged as our servers do a great job attending to our needs and requests. **\$3 is the recommended tip amount**, if you feel that you've been well served.

It is our goal to ensure Diners Club remains affordable to our clients. If the cost is unaffordable for you, we want to reassure you that subsidies will be made available to those who qualify. We may have to limit how many subsidies that we offer, so please reach out to our social worker Dawit at 416-424-3322 ext.2226 if you'd like to apply. We will ask you to provide proof of your most recent CRA issued Notice of Assessment as part of the subsidy approval process.

We thank you once again for joining us, and we hope to continue seeing you at our luncheons!

-East York Meals on Wheels

DINERS CLUB

SEPTEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				01	02	03
04	05	06	07	08	09	10
11	12	13 QUARRY CAFE	14	15	16	17
18	19	20	21	22	23	24
25	26	27 SWISS CHALET	28	29	30	

REMINDER

Our September 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! Please see update above



You're Invited!

Annual General Meeting

The team at EYMOW would like to invite you to attend our Annual General Meeting to be held on **Monday, September 26th from 6:00 pm until 7:30 pm** at our office at **2 Thorncliffe Pk. Dr. unit 52!**

We will be honouring our volunteers and discussing the business of the organization presented by the EYMOW team. This year, you can read our **Annual Report** on our website under publications, or, by following this link: <https://bit.ly/3wI0ZuO>

A light meal and refreshments will be served. Members are welcome to mingle and socialize with all our amazing team members, board members, volunteers, and clients who will be in attendance.

We truly appreciate all the work that our amazing volunteers do, and we would like to dedicate part of the evening to acknowledging their hard work and more importantly thank them for all that they do. We have several awards that we will be giving out to some outstanding volunteers that have gone over and above. Below is a list of the awards and the recipients. Congratulations and thank you!

2022 EYMOW Volunteer Award Nominees



Longest Standing Volunteer Award (Frontlines) - *Barry Schneider*

Service Award (going above and beyond) - *John Spicer*

Biggest Heart Award (selfless contributions to the community) - *Peter Turley*

Early-Bird Award (attendance and punctuality) - *Irene Miao-Glass*

NEW! **Community Heart Award** (recruitment, and outreach) - *Daya Saddrudin*

NEW! **Key Contributor Award** (Outstanding Board Member) - *Donald Wallace*

If you will be attending the event, please send your **RSVP** to admin@eastyorkmealsonwheels.org or click this link: <https://bit.ly/3RjIRzp>

Please RSVP before Friday, September 23rd

We hope to see you all there!

Now
Accepting Donations



CONSTANTINE YORKVILLE RUN

The Constantine Yorkville Run is fast approaching on **September 11th** and we reached close to 50% of our fundraising goal of \$10,000! Please help us to reach 100%! Any amount is appreciated.

Your donation will help us improve and build on programming for EYMOW. Our programs will continue to tackle food insecurity and improve the lives of the residents of East York.

There are two ways to donate:

1. visit the link below. This will direct you EYMOW's donation page on the Constantine Yorkville run website. Donate directly to the team we have set up.
2. You can also bring any funds you raise into the office, and we will process your donation through the Yorkville Run's website.

Constantine Yorkville Run will issue you a tax receipt.

Fill in your information below or donate now

at:

<http://bitly.ws/tpo4>



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

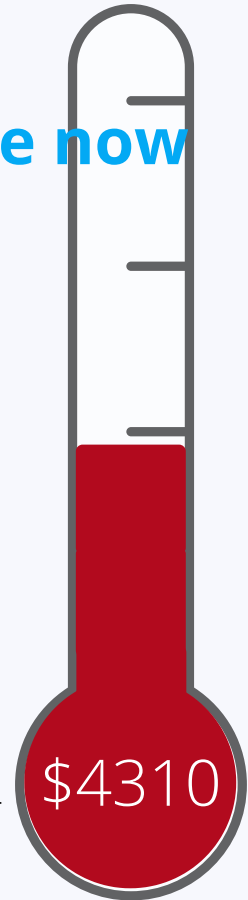
I prefer to charge my donation to **Visa** **Mastercard**

Card number _____ expiry date _____

Name _____

Address _____

Phone number _____



THANK YOU FOR YOUR GENEROUS SUPPORT!



Staff

Board of Directors

Our Partners:

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

Romodan Said

Meal Delivery Driver

Rafael Granado

Meal Delivery Driver

Special thanks to Laura Bellantone

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



United Way
Greater Toronto



CANADA



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.



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Registered Charity Number #2913 9366 RR0001

