

FOOD FOR THOUGHT

A Monthly Newsletter From East York Meals on Wheels

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Our Incredible
Team**

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Announcement**

**Program
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Meals on Wheels**

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A Message From Our Team

As we enter September, we are excited to transition into the fall weather!

We would like to remind our clients of the **Labour Day Holiday on September 4th**. Our office will be closed; meal delivery will continue as normal.

As August comes to an end we want to remind clients of our price increase in September. If you have any questions or concerns, please give our office a call. Subsidies are available pending qualification.

As we transition to becoming a DineSafe certified facility, we would like to inform our volunteers that there may be some delays in our volunteer send-off and packing as we ensure our food is up to proper food safety standards. Please prepare for delays up to 30 minutes.

Our Telephone Reassurance program continues to grow throughout the month of August into the month of September. If you are interested in becoming a volunteer, please take a look inside or give our office a call for more information.

We also want to remind our readers of our Annual General Meeting and Volunteer Appreciation Ceremony happening this September, 25th. The event will take place at our new office. This event will be catered with a light dinner and refreshments. We look forward to the event in September!

The team here at EYMOW wishes you a safe and happy month of September!

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.



Stacy Beach

We are thrilled to shine a spotlight on one of our amazing volunteers, Stacy Beach! Her journey with East York Meals on Wheels began in November 2019, when she joined our team as a board member.

As a resident of the East End, Stacy was keen on contributing to an organization that directly serves her community. Upon discovering East York Meals on Wheels, she was captivated by our mission and the tangible impact we were making on local lives.

Stacy says that working alongside a dynamic and engaged board, as well as our dedicated Executive Director, has allowed her to expand her knowledge and refine her skills. Her genuine commitment to helping us evolve to meet the changing needs of our community reflects her profound dedication to our cause.

Beyond her involvement with East York Meals on Wheels, Stacy volunteers with a pro-bono not-for-profit consulting company, specializing in aiding non-profits with strategic planning, marketing materials, and addressing complex challenges.

Stacy's unwavering dedication and community spirit make her an exceptional volunteer. Her contributions go beyond the ordinary, enriching the essence of our organization. Let us take a moment to applaud Stacy for her continued commitment to East York Meals on Wheels and the community we serve.

We would like to welcome our new Social Worker, Catherine Brulé to East York Meals on Wheels! Catherine has recently graduated from the Bachelor of Social Work program at the Toronto Metropolitan University and started working for our agency at the beginning of August!

Catherine has been getting around to meet each of our clients through home visits and over the phone. She is excited to serve the East York community.

We are thrilled to have her on board. You can expect to meet Catherine in our office, over the phone, or out for delivery in the upcoming weeks. Let's all give her a warm welcome from the EYMOW family!



Catherine Brulé

Diners Club Updates

We are excited to be running our Diners Club program at full capacity this fall! We look forward to seeing more clients out at our lunches. As we move into the new season we want to remind our clients that our Diners Club prices will increase. Our fee will now be **\$14 plus a tip** per lunch.

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 your efforts to inform us in time.

If you are interested in joining our Diners Club program, please get in touch with our Diners Club Coordinator via email at admin@east yorkmealsonwheels.org or call us at **416-424-3322**.

DINERS CLUB SEPTEMBER 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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.

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Afghan Cuisine

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Quarry Café

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Halibut House

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Longo's

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Swiss Chalet

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Rise and Dine

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Virtual Speaker

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Halibut House

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Meal Delivery Program Updates

We want to remind our clients that our price increase is in effect starting September 1st. Our Western/Chinese Hot Meals will increase to \$7 for regular portions and \$7.91 for extra portions. Frozen meals will be increased to \$43.35 per 7 entrees and \$6.56 per individual entree. The frozen dessert /soups will be increased to \$2.24. Please contact our Meals on Wheels Coordinator Ana for more information via email at mowcoord@eastyourmealsonwheels.org or by phone at **416-424-3322**.

Volunteer Updates and Reminders

We would like to update our volunteers that we are currently expecting delays in our packing and handoff of Hot Meals to our dedicated delivery drivers. As we navigate through change, we must follow more guidelines to ensure that our food to being delivered according to food safety standards. Please be mindful and patient of these delays. If you have any questions or concerns please contact our volunteer coordinator Rafael via email at volunteer@eastyourmealsonwheels.org or by phone at **416-424-3322**.

Social Work and Telephone Reassurance Updates

As we welcome our new social worker Catherine, we want to remind our clients that advocacy for a PSW, transportation, permits, or even a listening ear is available and ready at your finger tips.

Our Telephone Reassurance program continues to grow and we are currently looking for more volunteers. If you are interested in volunteering for our TR program please contact our social worker Catherine via email at socialwork@eastyourmealsonwheels.org or by phone at **416-424-3322**.

Annual General Meeting & Volunteer Appreciation Ceremony

We invite you to our Annual General Meeting and Volunteer Recognition Event!

Date: Septemeber 25th, 2023 (7pm)

Location: Our new office! 66 Overlea Blvd., unit 15 Toronto ON M4H 1C4
Free parking is available in the plaza.

Light dinner and refreshments will be served.

An invite will follow or you can RSVP to mary@eymow.com

CONGRATULATIONS TO THIS YEAR'S VOLUNTEER AWARD RECIPIENTS

Longest Standing Volunteer: Angela Inniss

Service Award: Patricia and David Burke

Early Bird Award: Amarjeet Makkar

Community Heart Award: Kyla Bowman and Jasmin Teichman

Biggest Heart Award: Darlene Brown



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

Ana Gavino

Meals on Wheels Coordinator

Laura Bellantone

Client & Admin Services Coordinator

Farah Alim

Assistant Coordinator

Catherine Brulé

Social Worker

Rafael Granado

Volunteer Coordinator

Karissa Sakumoto

Project 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:

416-424-3322

info@eastyorkmealsonwheels.org

Registered Charity Number #2913 9366 RR0001

