

FOOD FOR THOUGHT

*A Monthly Newsletter of East York Meals on Wheels
"Providing good food and social support through caring volunteers"*



Progress is impossible without **CHANGE!**

A Message From Our Executive Director

I hope this message finds you well! Our team is pleased to introduce several exciting new menu options starting in September. EYMOW has partnered with a local caterer to offer a new frozen breakfast Menu. We hope that you enjoy the new options, and can't wait to hear your feedback. Our personal favourite is the omelet, and we are eager to try the waffles! We hope these new offerings satisfy your taste buds, and help start your morning off on the right foot!

As for us here at the organization, we've been updating our office with the incredibly generous donations we have been fortunate to receive to help us brighten up the space! We have received new workstations from TapMango, a bundle of houseware and furniture, such as lounge chairs for our front and rear reception areas from IKEA North York, and fresh paint from Dulux Paints on Laird! We are blessed, and super thankful for the donations provided to us, and look forward to sharing the new look everyone once it is completed.

Thank you once again to all of our dedicated volunteers, staff, and family that have helped us through yet another incredible year. We couldn't have done it without you!

Sincerely,
Adriano Murarotto, MSW RSW



OUR HEROIC VOLUNTEERS

In the spirit of gratitude, we would like to begin 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.



Lilly started delivering meals in November 2019 after hearing about EYMOW through a family member that once volunteered with our agency. Volunteering and giving back to the community clearly run in the family, as Lilly occasionally brings her children along for a delivery route. It is great to see that volunteering is a family effort! Lilly has been invaluable during the pandemic; continuing to volunteer weekly, willing to switch her schedule to accommodate new volunteers and even coming in on short notice.

For those clients who have met Lilly, I am sure you can agree that she is friendly, caring and is always willing to have a nice chat with you along her route.

Thank you, Lilly for always having our clients' best interest at heart!

"Volunteers do not necessarily have the time; they have the heart" -

Elizabeth Andrew

Fred is a new Meals on Wheels delivery volunteer that joined our agency during height of the pandemic in April 2020. He heard about us through a long time Meals on Wheels volunteer, and we are grateful that he chose our agency to lend his helping hand!

Fred is always willing to volunteer extra shifts when he can, and has gotten to know many of the clients we serve. He has a genuine interest in helping the community and people of all ages and abilities.

Fred says, "I've enjoyed my experience with MOW and have a heart for my customers – it's been rewarding".

Thank you, Fred for being a consistent, considerate, and kind volunteer.

We appreciate you!





Tom joined our team after hearing about EYMOW from a friend at work. Tom sits on our Board of Directors as the secretary-treasurer and ensures that the agency is financially sound and in good standing. He is a true expert at what he does, and it is clear he is very supportive of our agency's mission, needs and new endeavours.

Once the pandemic hit, Tom offered to volunteer for us weekly where he could, in addition to his board duties and full-time job! He is dedicated to serving our clients and is a compassionate and sincere person. He recently moved to the East York neighbourhood and takes pride in knowing that he has an impact on his own community.

Welcome to the neighbourhood Tom, and thank you for your expertise and compassion!

Staffing Updates

- We are happy to announce that we have hired Miguel as our Program and Administrative Assistant. Welcome to the team Miguel!
- If you have called or visited our office recently you may have heard a familiar voice – Amber, our Meals on Wheels coordinator has returned from her parental leave! Welcome back Amber, we're so glad to have you!
- Canny will be staying with us for a few more months as the team transitions. She will be taking on the coordination of our volunteers and records database. We're happy to have Canny remain with us for a little while longer.
- Most of you are aware that Mary, our Diner's Club Coordinator is expecting. She will be with us until the end of the month. We Wish her all the best with the newest member of the family!

Diner's Club Updates

As many of you have already been informed, Diners Club is looking to reopen as the city is now in Stage 3! Your health and safety are our priority and so we are taking all safety precautions and will be opening slowly in late Fall, if we feel it is still safe to do so. Thank you for your patience as we navigate through this time. We will keep you posted when more information is available.

We hope to see you soon!

Stack it Now

For the time being, we are not accepting coffee cups for recycling in our Stack It Now program. We are not comfortable handling used coffee cups.

Foot Care Clinics

Foot Care Clinics are cancelled. We are re-evaluating the current situation and will let you know promptly about when the clinics will resume.





About us

East York Meals on Wheels 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, and Toronto Community Services and is a registered charity (#: 12913 9366 RR0001). The agency is a member of Imagine Canada, the Ontario Community Support Association, and the Volunteer Centre of Toronto.

Staff

Adriano Murarotto MSW RSW,
Executive Director
Miguel Fernandez,
Program and Administrative Assistant
Canny Wu,
Volunteer & Database Coordinator
Leslie Smith, RSSW
Client Services Coordinator
Mary Skwarek,
Diners Club Coordinator
Amber Wollen,
Meals on Wheels Coordinator
Lisa Mingay & Rosemary Scott,
Sunday & Holiday Coordinators

Board of Directors

Donald Wallace, president
Earl Saltzman, vice-president
Thomas Moores,
secretary-treasurer
Stacy Beach
Michelle Broom
Melissa Chin
Tameeza Dhanani
Justin Safayeni
Director Emeritus:
Carl Peterson
Honorary Life Member:
Alan Redway

Our Partners:



East Toronto
Health Partners



Donate, Volunteer, Host an Event

HELP SUPPORT OUR MISSION

Please send me information about...

- EYMOW services volunteer opportunities
- memorial gifts/leaving a bequest other
- 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 membership 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# _____

Thank you for your support!