

FOOD FOR THOUGHT

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

In This Issue...

**Highlighting our
incredible
volunteers**

New logo & website!

**Holiday notices/
Significant Santa**

**East York
Meals on Wheels**

p. 416-424-3322

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A Message from Our Executive Director...

Happy Holidays!

As a small non-profit, we have focused on ensuring that meal delivery would continue throughout the pandemic as it is an essential service. When demand increased and in-person programs were being placed on hold, we took it upon ourselves to re-group and re-strategize. Through this challenging time, we have delivered 4000+ more meals than we did last year. To help us accomplish all of our ambitious objectives while also delivering more meals than ever, we have added a volunteer coordinator, and a marketing and communication specialist. At times even our own friends and family have contributed by making masks for the team, soup holders, helping to paint our office and even donating funds to help cover the cost of Christmas Day Meals and our Annual Stocking Stuffers. Our team has been working hard behind the scenes to ensure service is delivered to a high standard, and at the same time, carrying the agency through its first major transformation in more than 30 years! We are all filled with excitement to begin offering MORE to our clients and our enthusiasm to serve our community is unbridled. We encourage our supporters to reach out to us with your input via our new website and in our upcoming strategic planning surveys. A big THANK YOU goes out to all of our clients, volunteers, donors, board members and staff who have helped to make this a record-breaking year! We are blessed to have so many people supporting our agency in many different ways! Let's hope that 2021 is filled with more positivity and a renewed sense of prosperity. Wishing you all a happy and safe holiday season!

- Adriano Murarotto, MSW, RSW

Agency Updates

New Logo

East York Meals on Wheels is beyond excited to officially share our brand new logo! Over the last several months, the team has been working together to find a symbol that best represents who we are, and what we do. Designed by our Administrative Assistant, Miguel, our new logo demonstrates that EYMOW delivers more to our clients than a simple meal - we deliver care, assurance, happiness, and much more. We hope you love the new look, and would love to hear your thoughts!



Updated Website

Have you visited our website lately? If so, you may have noticed our website is completely redesigned! As part of our agency brand refresh, Administrative Assistant Miguel took on the role of updating EYMOW's website with a fresh look. Along with its new appearance, our website has incorporated an array of new features, such as dedicated contact forms for each of our services, a client referral page, and online volunteer applications. Drop by www.eastyorkmealsonwheels.org to take a peak at our recent changes!

Instagram

East York Meals on Wheels is now officially on Instagram! If you'd like to stay updated on all the latest from our agency, catch a peak at what goes on behind the scenes, or simply support our organization, give us a follow at [@eymealsonwheels](https://www.instagram.com/eymealsonwheels).

Mask Donation for All Clients and Volunteers

As part of their holiday giving event, RxBIO will be donating 18,000 Level 1 disposable masks to East York Meals on Wheels for all staff, clients, and volunteers! RxBIO is dedicated to spreading love in the community and keeping everyone safe this holiday season. Follow them on their Instagram [@rxbiocorp](https://www.instagram.com/rxbiocorp)

We'd like to thank our community for all of the support with the recent changes around the agency. We are incredibly grateful for the positive feedback we've received, as well as the donations provided by our clients, volunteers, and staff. Stay tuned to our social media for news, highlights, and more from East York Meals on Wheels!



[@eymealsonwheels](https://www.instagram.com/eymealsonwheels)

East York Meals on Wheels

FUN WAYS TO GIVE BACK...AND RECEIVE!



START

Would you like to give
or give AND receive?

GIVE &

RECEIVE

Do something
spectacular this
season by donating
\$50+ to EYMOW and
receive gifts and
perks for yourself!



You're all done!

You have _____
successfully
donated to a
GREAT CAUSE,
and have helped
bring a warm
meal to someone
in need.

Mail it in to us!

Our address is
_____ located on the title
page of the
newsletter.

Give us a call
at 416-424-3322
to see how you
can donate

OR send it in with
a volunteer

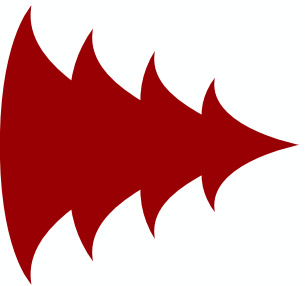
YES

NO

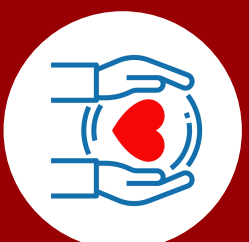
Do you have
a stamp? _____

Place this card in
your envelope. _____

Complete the back
of this card _____



East York Meals on Wheels



Holiday Donation Options!

GIVE

TIER

\$100 Donation

1
Your donation will help provide **20+** hot meals to those clients who are in need.

\$50 Donation

2
Your donation will help provide **10+** hot meals to those clients who are in need.

\$25 Donation

3
Your donation will help provide **5+** hot meals to those clients who are in need.

GIVE & RECEIVE

TIER

\$125 Donation

1
What's Included:

- Holiday Gift Basket (\$30 Value)
- Annual Membership Fee Included
- Donation Letter

\$65 Donation

2
What's Included:

- Annual Membership Fee Included
- Donation Letter

\$35 Donation

3
What's Included:

- A letter sent to the person of your choice acknowledging that a donation was made on their behalf.

To: East York Meals on Wheels



I'd Like to:

GIVE

GIVE & RECEIVE

My Donation:

TIER

1

2

3

My Significant Santa:

Name:

Address:

Program Updates

Meals on Wheels

Happy Holidays!

We'd like to remind clients that East York Meals on Wheels will be delivering meals as usual on December 25th, 28th, and January 1st. The office, however, will be closed on the following dates:

- December 24th (at 2:00 p.m.) until December 29th (at 8:30 a.m.)
- December 31st (at 2:00 p.m.) to January 4th (at 8:30 a.m.)

On December 25th, we will be serving a traditional Christmas Dinner with roast turkey, gravy, peas, carrots, mashed potatoes, cranberry sauce, and stuffing, with a butter tart square for dessert! Please let us know as soon as possible whether you'd like to receive a Christmas Day meal.

Please inform us of any changes effecting December 24th through 29th, before noon on Wednesday, December 23rd. Cancellations or changes for December 31st-January 4th must be made before noon on Wednesday, December 30th. Please let us know about any changes as soon as possible.

Thank you!

If you have any questions or concerns, contact Amber at mowcoord@east yorkmeals on wheels.org or call our office at 416-424-3322

Diner's Club

Diners Club is still on hold for the time being. Please check back here for updates in the coming months. We will be reaching out to you once a safe date to resume has been confirmed. Take care of yourselves and please stay healthy and safe!

Client Services Coordinator

Commencing November 4th, our Client Services Coordinator Leslie Smith will be away on a leave of absence. During this time, we are encouraging her clients to contact our Meals on Wheels Coordinator, Amber Wollen, at 416 424 3322.



COVID-19: Closed Office Reminder

As case numbers continue to rise, East York Meals on Wheels would like to remind clients that we continue to operate out of a closed office with no public access. If need be, appointments can be arranged by contacting us at 416-424-3322 or admin@east yorkmeals on wheels.org

Staff

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

Board

of Directors

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

Our Partners:

IMAGINE
CANADA

Ontario 

East Toronto
Health Partners



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.

The agency is a member of Imagine Canada, the Ontario Community Support Association, and the Volunteer Centre of Toronto.



Contact Us:

416-424-3322

admin@eastyorkmealsonwheels.org

Registered Charity Number #2913 9366 RR0001

Our Heroic Volunteers

In the spirit of gratitude, we will be 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.

Katie & Haley

Katie and Haley started delivering meals during the height of the pandemic in May 2020. They believe in the positive impact that EYMOW has in the community and wanted to be involved despite their busy work schedules. What motivates Katie and Haley to stay involved is the impact that our organization has and the clients they meet on their routes. The pair thoroughly enjoy their interactions with clients and most of all, being able to help clients receive the food they require, especially during this challenging time.

Katie and Haley said, “East York Meals on Wheels offers a great opportunity to be a positive contributor to our local community. It is a fun addition to our weekend routine that we look forward to always. It's been a great experience for us so far and we're excited to keep going!”

Thank you, Katie and Haley for your dedication and hard work. We are thrilled to have both of you among our team of volunteers!



Barry Schneider

Barry has been a longstanding volunteer at EYMOW, having started with us back in 2002, when he found our ad in the local newspaper. Having heard a friend speak highly of the service, Barry decided to come on board. For the past 18 years, Barry has been our Tuesday meal packer and even occasionally delivers meals. What motivates Barry most to stay involved is the gratitude he receives from helping others in the community, along with the support and appreciation from the agency. As an active member in his community, Barry was also part of East York Garden Club and Daily Bread Food Bank. Barry says, “Everyone has to find their own way to do something important for the community, so just go out and have a run at it.”

Thank you, Barry! It is quite difficult to sum up just how much your support means to our agency. You have made an unforgettable difference, and we are forever grateful for your service!



Volunteer Updates

New Vulnerable Sector Screening Policy

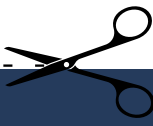
East York Meals on Wheels is an agency that prides itself on providing high quality and client focused community services. For the purposes of accountability, service excellence and alignment with industry standards, we have decided to adopt and implement this additional screening tool for both employees and client facing volunteers.

Office Administrative Assistant Volunteer

Got some spare time? East York Meals on Wheels is seeking a volunteer opportunity within our office to help staff with answering phones, send/receive mail and other administrative tasks. If you are interested in learning more, please contact our Volunteer Coordinator, Canny Wu at Volunteer@east yorkmeals on wheels.org or 416-424-3322.

Notice to all Food Packing Volunteers

We are implementing additional safety precautions to protect our volunteer packers when preparing hot meals for delivery in our smart kitchen. Moving forward, please ensure to wear closed toe and slip-resistant shoes (no sandals or clogs/shoes) when packing at the back of our offices. We appreciate your understanding and cooperation.



Donate, Volunteer, Host an Event!
HELP SUPPORT OUR MISSION

Please send me information about...

EYMOW services volunteer opportunities

memorial gifts/leaving a request 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!