

FOOD FOR THOUGHT

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

In This Issue...



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Updates**



**Celebrating National
Volunteer Week**

**Highlighting our
incredible
volunteers**

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A Message from Our Executive Director...

May the Fourth be with you!

I would like to take this opportunity to thank all of our very dedicated volunteers who have helped support EYMOW throughout the pandemic. We are so glad to share that 95% of our volunteers (and all employees) have received their first dose of the vaccine. Many of whom went to local clinics right here in East York.

At the beginning of April, the small business owners of 2 Thorncliffe Park Drive (2TPD) were contacted by **Metrolinx** about the **Ontario Line** project. Metrolinx plans on using this land as a storage shed and maintenance yard for their fleet of trains. All the while, community consultations have not occurred. We, along with many other family-run businesses and non-profits are at risk of being **displaced** as a result of this transit line. We are hopeful that we can change the course of their plan and continue to call this plaza our home. Our focus is to ensure that this community does not suffer from the removal of vital services and community space. Do you have more to say on this matter? Send your thoughts directly to the office of the Minister of Transportation's at the information below:

Caroline Mulroney, 777 Bay Street, 5th Floor, Toronto, Ontario, M7A 1Z8 or through email via:

<https://www.ontario.ca/feedback/contact-us?id=26938&nid=97174>

Sign the petition: <http://chng.it/M6gtM5BcXB>

Help us save our community space!

-Adriano Murarotto, MSW RSW



Local Updates

CONSTANTINE™
YORKVILLE RUN

EYMOW Fundraiser: Yorkville Constantine Run September 12th, 2021

Please join us in supporting this great event! The run will be fundraising for over 30 of the city's finest charities.

During the pandemic many local charities were forced to cancel events typically used to help offset costs that are not covered by other our other funders. Thankfully, the Yorkville Constantine Run has committed to running their event both in person and online. If you're looking for some exercise or want to help a good cause, sign up for the Yorkville Constantine Run! If you would like to contribute but don't want to register, we will gladly receive your donation (at whatever amount) here at the office.

Registration Opens: WED, MAY 5th at 12 PM

Registration Page: <https://raceroster.com/events/2021/36892/2021-constantine-yorkville-run>

EYMOW Celebrates National Volunteer Week

We celebrated National Volunteer Week, April 18-24th, by gifting our volunteers some fresh herb plants from Sheridan Nurseries. The team here at EYMOW wanted to provide volunteers with a small token of appreciation for their hard work and support this past year. Thank you to all our volunteers for being sup-herb!



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.



John Whelan

John Whelan began delivering meals during the height of the pandemic in September 2020.

John always had a special connection with Meals on Wheels (MOW). His mother received service from MOW, and when visiting her, she would always offer him a portion of her meal. After his retirement, volunteering for EYMOW was John's way of showing his gratitude to the organization and the impact the meals had on his mother's livelihood.

John is motivated to stay involved because of the joy he sees on clients' faces with each visit.

It reminds him how these visits break up the day for our clients and provide them the gift of a hot and nourishing meal. John shared; "On the days when I am feeling a little down, this activity lifts my spirits. When I am up, I have a sense of purpose and joy in my day. I tell my friends how satisfying doing this small volunteer work is. Besides, it's fun!"

Thank you John, for your generosity and support! Your impact on the lives of our clients and our organization is irreplaceable support!

Lisa Sepp Wilson

Lisa began volunteering for East York Meals on Wheels back in March 2020. Lisa always wanted to be part of Meals on Wheels, since her grandmother had used the service. When Lisa discovered a Meals on Wheels agency in her neighbourhood she promised to volunteer when she had the time.

Despite her hectic work schedule and being a single mother of two, she comes every Friday to deliver meals to our clients all over East York. Lisa stays involved because of the joy of doing something good for the community.

"I would encourage anyone who can drive and has extra time to volunteer at their local MOW. It's a very important service to so many seniors and even younger people staying at home."

Thank you Lisa, for being a dedicated volunteer. We are very grateful for you and for all the help you provide for EYMOW!



Program Updates

Meals on Wheels

Rose Reisman Breakfast Menu

Please see our Rose Reisman menu attached with this edition of our monthly newsletter. Please call the office if you're interested in trying out any of these Breakfast items and an EYMOW staff would be happy to take your order or answer any questions you may have. We will continue to order Rose Reisman Breakfast entrees on a bi-weekly basis.

Order Date: Thursday, April 29th by noon
Delivery Week: May 3rd, 2021

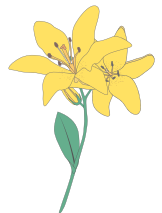
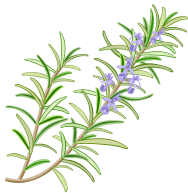
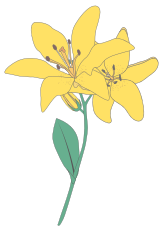
Order Date: Thursday, May 13th by noon
Delivery Week: May 17th, 2021

Order Date: Thursday, May 27th by noon
Delivery Week: May 31st, 2021

Meals on Wheels

Volunteers Urgently Required

We are in search of **Monday-Friday** Volunteer Drivers as we suspect that our roster will begin to thin out during the summer months. Vulnerable Sector Check is Required, and route stipend (\$) and Free Training is provided!



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 for your support!



Staff

Adriano Murarotto MSW RSW,
Executive Director
Jillian Rago
Administrative and Program
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

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:

IMAGINE
CANADA

Ontario 

East Toronto
Health Partners



Be sure to check out our newly
refreshed website!
www.eastYorkmealsonwheels.org

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.



@eymealsonwheels



Contact Us:

416-424-3322

admin@eastYorkmealsonwheels.org

Registered Charity Number #2913 9366 RR0001



COVID-19 IMMUNIZATION CLINICS FOR EAST TORONTO

East Toronto Health Partners (ETHP) is opening COVID-19 Immunization Clinics across East Toronto to ensure the community has access to the COVID-19 vaccine when it is available to them. Clinic locations will open in phases based on vaccine supply.

WHO is eligible to receive a vaccine?

ANYONE living in a priority neighborhood.

HOW DO I BOOK AN APPOINTMENT?

Our team would be happy to help you register, or, Contact ETHP's COVID-19 Vaccine Booking Office at 437-537-5131, or call the provincial COVID-19 vaccine call centre at 1-833-943-3900.

CLINIC LOCATIONS:

**JIMMIE SIMPSON RECREATION CENTRE
870 Queen Street East, Toronto, ON M4M 3G9**

**MICHAEL GARRON HOSPITAL
825 Coxwell Avenue, East York, ON M4C 3E7**

**THORNCLIFFE PARK COMMUNITY HUB (EAST YORK
TOWN CENTRE)
45 Overlea Blvd, Toronto, ON M4H 1C2**

Need Help Booking or a Ride?

Give EYMOW a call at (416) 424-3322, we can help with vaccine registration and providing free transportation to and from your appointment.