

Food for Thought

Vol 29, No 6

a monthly newsletter of East York Meals on Wheels
providing good food and social support through caring volunteers

June 2018



Please support our Team in this year's Toronto Challenge. Our goal this year is to raise \$7500. With your support we think we can do it. June is also the month for

the Great Canadian Giving Challenge. In June, every dollar donated through Canada Helps is an automatic entry for us to win \$10,000. Help us win!

Volunteer Stories

In response to our recent volunteer survey, it was suggested that we tell volunteer stories. We think it's a great idea, so here is our first. Executive Director, Anne MacNeill (AM) interviewed David Pitt (DP), a Meals on Wheels delivery volunteer who has been with us since 2011.

A.M: David, what brought you to volunteer with us?

D.P: I am retired, and have time available and I reserve much of my time for volunteering. Life has been extraordinarily good to me, and I want to give back. The second tenet of my own faith is 'to love my neighbour as myself'. Volunteering is like faith in action. I knew about MOW and I was strongly influenced to apply to EYMOW by my long time friend, Peter McMurtry, who has an enduring, positive experience volunteering there. I have volunteered once a week for almost 7 years. I asked a friend of mine who was looking for participation in work to join me so that we could team up, and make action happen for other people. It has been ideal preparation for work.

A.M.: Do you volunteer anywhere else?

D.P.: Yes, I volunteer at a downtown mission, serving lunch, once a week, to neighbourhood and street people. I discovered this opportunity on a marvellous website, *volunteertoronto.ca*. I saw requests for St John the Compassionate mission. I thought, if they are bold enough to declare themselves as compassionate, I am joining up, regardless of what they do. I joined and am still there 4 years later. I also volunteer with men from my church, who are unemployed, discouraged, depressed or isolated. I take each of them out for coffee once every two - three months, maintaining email contact in between. They need the respect of a listening ear, curiosity about their complex lives, and encouragement. It is inspiring to plumb for the assets that are there, sprouting up through the liabilities.

A.M.: How do you find the delivery process?

D.P.: We deliver mostly to apartments. We are a team of driver and runner and this helps when parking is an issue, the driver can stop and move the car as required.

While I am delivering, he is getting the next deliveries ready.

A.M.: What have been your experiences with our clients?

D.M.: I learn something new every week about seniors and adults with disabilities. They are vulnerable, brave, and resilient. I anticipate the 81 year old, a little confused periodically, but with a spontaneous smile, who lights up when I arrive. I ask if she was able to get out on her balcony for 5 minutes in the sun.. She says she has already done 300, side to side laps on her balcony today! I marvel at her focus, her health, and at what she is teaching me. I admire the balcony marathoner! She triumphs over the end game of nursing homes in spades and she is good for another six or nine or twelve months in her familiar home!

EYMOW is a lifeline to these unique seniors, enabling them to stay in their homes for years longer. We may equally be a lifeline to adult children who are concerned about whether mom or dad can continue on their own, and what may be the next step on the continuum. The reliability and quality of MOW enables these busy adult children, to have a little more breathing space in caring for their own children. EYMOW has to be one of the lowest-cost, preventative services funded by the Ministry of Health.

A.M.: Have you encouraged friends to volunteer too?

D.P.: Yes, I am trying to get my church group involved, as MOW badly needs new volunteers with summer coming up when volunteers go on holidays.

Menu Improvements Continue

We have made more changes to the hot meal menu in response to client feedback.

In our recent client survey, many clients told us that they do NOT like receiving two servings of the same vegetable on certain menu days. As of May 25, this will no longer happen. Bridgepoint has agreed to offer two different vegetables, and we will increase variety by adding cauliflower and turnip.

The other change we negotiated is the removal of one instance of baked fish. Farmer's sausage will be served instead, with mashed potatoes and peas.

We hope you like the changes.

June Volunteer Anniversaries

Janet Marshall	15 years
Colleen Peacock	2 years
Shawn Spencer	11 years

Thanks to you all!

Notice of Meeting

The Annual General Meeting of the corporation of East York Meals on Wheels will be held on Thursday, June 21st, 2018, at approximately 2:30 p.m., immediately after our Volunteer Luncheon in the Fellowship Room at Northlea United Church, 125 Brentcliffe Road

Foot Care Clinics: Thursdays, June 28th & August 16th at noon. \$35 fee. Call our office to book an appointment. **Please note change of date in June.**



June Diners Club Calendar



Mon	Tuesday	Wednesday	Thursday	Fri
				1
4	5 Golden Griddle	6	7 St. Clair O'Connor	8
11	12 Stan Wadlow <i>We're playing Left, Centre, Right!</i>	13	14 Watts Restaurant	15
18	19 Swiss Chalet	20 Rise and Dine <i>Note change of date</i>	21	22
25	26 East York Acres <i>David Wildsmith sings!</i>	27	28	29
2 <i>July</i>	3 Golden Griddle	4	5 St. Clair O'Connor	6

Suzanne Says

We've been anticipating the closing of Golden Griddle with pending construction in the Leaside area. That day is quickly approaching. Owner Sashi Thadathil has informed me that their doors will be closing on July 29th with construction on the site scheduled for September. That means that we will have three more luncheons at the Golden Griddle to attend as we will be doubling up in July. The Diners Club has been holding luncheons at Golden Griddle for many years and has been treated well by Sashi and Joanne (our server). Please plan to join us on June 5, July 3, and July 10 or all of those dates to wish them the best in their future endeavours. Stay tuned as I continue to search for a new lunch location.



Happy Birthday in June

John Arnason, Raymond Asselstine, John Bilicz, Nora Curran, Henry Dos Reis, Betty Laing, Tom Leone, Mario Leray, Margo Mingay, Ritche Miyashita, June Murdoch, Khalid Parmasad, Dimo Petkovski, Earl Saltzman, Skantha Sivakadachaiyar, Lynne Terris, Benjamin Williston, and Amber Wollen. Congratulations!

Meals on Wheels Notice

We will deliver Meals on Wheels as usual on Monday, July 2nd, but the office will be closed for the Canada Day holiday. Frozen orders for delivery the week of July 2nd must be received before noon on Thursday, June 28th. Changes to hot meals for Tuesday July 3rd, must be made before noon, Friday June 29th. And Happy Canada Day!

Board of Directors

Donald Wallace, president
Neil Gray, vice-president
Sukhanpreet Dhanotta, treasurer
Michelle Broom
Anne Erickson
Justin Safayeni
Earl Saltzman
Richard Stamper

Director Emeritus

Carl Peterson

Honorary Life Members

Edna Beange
Alan Redway

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Anne MacNeill, Executive
Director, Privacy Officer
Suzanne Christie
Diners Club Coordinator
Jasmine Dennis & Tuesday
Sandiland, Sunday & Holiday
Coordinators
Leslie Smith, Client Services
Coordinator
Mark Trusz,
Administrative Assistant
Amber Wollen, Meals on
Wheels Coordinator (on leave)
Canny Wu, Acting Meals on
Wheels Coordinator

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 Local Health Integration Network, 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.

Through the generosity of donors and volunteers, over 500 people living in this community benefit from Meals on Wheels, Diners Club, and Telephone Reassurance services. We appreciate their contributions, which help seniors, people with disabilities and chronic illnesses, and convalescents to lead more independent and fulfilling lives. Please consider East York Meals on Wheels when making a memorial donation, celebrating a special occasion, or leaving a bequest.

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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!