

Food for Thought

Vol 29, No 9

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

September 2018

A Change in Staff

We are sorry to inform you that Suzanne Christie, our Diners Club Coordinator has resigned effective September 1, 2018. We have enjoyed working with Suzanne and we appreciate that she has been stretched, dividing her attention between full-time work here and her own growing business. So, she has decided to give her business her undivided attention. We certainly wish her luck!

Suzanne may be around a little in the first few weeks of September, to help her successor with the transition.

Here is a message from Suzanne:

Dear Diner Club Members,

Thank you for a wonderful experience working and dining with you as your Diners Club Coordinator over the past two years. It is with both excitement and sadness that I have resigned this position to move on with my own business in a full-time capacity. It's been wonderful to see the connections made through this program. We have had many laughs together ...memories that will stay with me for many years to come. As you did for me, please welcome the new coordinator with a smile and help her find her way around East York. Continue to have fun with your friends ...it's important to stay connected. I plan to. I'll join you from time to time for lunch.

We are pleased to introduce you to our new Diners Club Coordinator, Mary Skwarek. Mary started with us on August 20th and has been working with Suzanne in order to learn all about the Diners Club programme.

Mary is a graduate of the University of Guelph, where she earned an Honours Bachelor of Arts in Art History. She subsequently went on to George Brown College's Baker/Patisserie programme and more recently began studies at Ryerson working toward a Food Security Certificate. Since 2012, she has worked at both CBC and Paperny Entertainment as a producer and coordinator.

At CBC, Mary worked on the show "The Goods" as a Food Producer and coordinator. She also held contract positions on various television series including Steven and Chris, The Great Canadian Baking Show, Chopped Canada, Master Chef Canada, Chef in Your Ear, and Top Chef Canada.

Mary's background is diverse, but she has developed a passion for healthy, sustainable and accessible food for all, and that is what inspired her interest in working with us. We are delighted to have Mary on board and urge you to be welcoming and patient with her as she learns. Welcome Mary!

Happy Birthday in September

Michelle Broom, Mangal Chhibber, Yin Feng Fang, Jessica George, Renee Godin, Geoff Hall, Joan Harrison, Shirley Hunter, Vera Ignatowitsch, Jodi Johnson, Linda Johnson, Lynn Johnston, Anthony Lenkey, Paul Mahant, Kathy Mclay, Joanne Pais, Jane Parsons, Corinne Papania, Albert Payne, Cathy Quendack, Natalie Richards, Tuesday Sandiland, John Saridis, Nancy Sherwin, Leslie Smith, Michael Stewart, Jean Thomson and Joan Totten. Congratulations!



Making a Difference

We think the work we do matters, but it is gratifying when clients let us know that we do. We recently received a significant donation from a client we served six years ago. He was unable to afford Meals on Wheels at the time and we were able to offer him financial assistance. His circumstances have since changed. We wanted to share a part of the letter that he sent with his gift.

I always remember people who have helped me during my struggles with cancer and both you (Leslie) and EYMOW are at the top of my list of people to thank for all your help. Despite my continuing issues, I am feeling fit and happy. I also have a new car and a new job, which I hope will allow me to forge a new life for myself. Thank you once again for all your help and guidance.

Do You Know GLOW?

GLOW is Toronto's largest clothing bank. It stands for *Gently Loved Outfits to Wear*. GLOW is operated by New Circles, a not-for-profit, grass-roots agency that provides basic necessities to those with low incomes.

GLOW serves much of East York. If you qualify for service, you may shop for clothing four times a year. If you are a senior, with mobility issues, GLOW offers Seniors Glow Day, when they provide transportation.

Shopping is by appointment. They are open Monday to Friday from 10 a.m. to 5 p.m. with an extension until 7 p.m. on Thursdays.

They are located at 161 Bartley Drive, (south of Eglinton between Bermondsey and O'Connor.)

If you don't need help yourself, perhaps you can help others by donating gently worn or new clothing and accessories.

To find out if you qualify, or for more information call 416-422-2591.

September Volunteer Anniversaries

Tanya Evers	1 year
Pauline Granton	1 year
Alex Mejia	13 years
Irene Miao-Glass	5 years
Midge Sandiland	2 years
Skantha Sivakadachaiyar	1 year
Janet Wood	19 years

Thanks to you all!

Foot Care Clinics: Thursdays, October 18th & December 20th at noon. \$35 fee.
Call our office to book an appointment.

September Diners Club Calendar

Mon	Tuesday	Wednesday	Thursday	Fri
3	4	5	6 St. Clair O'Connor Golf!	7
10	11 Rise and Dine	12	13 Watts Restaurant	14
17	18 Swiss Chalet	19	20 Rise and Dine	21
24	25 East York Acres Horse Races!	26	27 Leaside United Church <i>see below</i>	28
1 October	2	3	4 St. Clair O'Connor	5

Diners Club News

The Diners Club calendar has seen a lot of change lately and we are working to add locations to replace those we have lost. Stan Wadlow will be resuming in October and we are happy to report that we will be returning to Leaside United Church on the fourth Thursday of each month. We will be using the Hearth Room, which is a warm and inviting space. Epicure Catering will be providing the food for this location and the fee will be \$8.75.

New locations are great but what we would really like to do is find new clients! The number of clients we serve in Diners Club has been declining for some time and of course, this is a matter of some concern for us. If you know of anyone who you think might enjoy these outings, we encourage you to tell them about the programme. And if you have any information about what might discourage people from attending, we would really like to hear from you. Our ears are always open and we are happy to make any improvements that might encourage attendance. Thanks!

A friend tried to annoy me with bird puns, but I soon realized that toucan play that game.



The final tally in our Toronto Challenge fundraising effort is \$4200. We fell short of our goal but the funds raised are still vitally important. Thanks to all our team members and our supporters.

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 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
- memorial gifts/leaving a bequest
- 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.
- volunteer opportunities
- other

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 _____

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Thank you for your support!