

Food for Thought

Vol 30, No 1

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

January 2019

Free Lunch!

February is Friendship Month at Diners Club. Invite a friend to any of our Diners Club lunches scheduled in the month of February and receive your lunch and your guest's lunch *free of charge*. (Your guest must be a first time visitor to Diners Club.) Call to reserve a seat for yourself and your friend.



We are also going to extend this offer to Meals on Wheels clients. Any MOW client who refers someone else for service (who lives in our service area) will receive a free meal as will the newly referred client. We have the capacity to serve more people than we do currently, so we are happy to accept new referrals. Spread the word! We welcome new clients.

More Christmas Thanks!

This photo is of some members of the Grade 10 Art class at North Toronto Collegiate who made little angels for the Christmas bags for Meals on Wheels clients. They were made with love and sent with good wishes. The greeting cards were decorated by a Pathfinder group in Leaside.

Also, thank you to the 115th Toronto Beavers for the hand-made holiday cards.

A Generous Gift

We are very grateful that the George C. Hunt Family Foundation has once again offered their very generous support to EYMOW. The Foundation supports local seniors organizations in order to *relieve suffering or disability caused by old age*. Last month we received a gift of \$4000. Thank you.

We received notice recently that long-time Diners Club client Eddie Gale, who passed away in May of 2017, remembered EYMOW in her will. Eddie left more than \$63,000 to the agency. We appreciate the recognition of our role in making Eddie's life better in her later years.

When people die, they often ask for donations, or leave bequests, to organizations focussed on the illness from which they suffered. We appreciate being remembered for the difference we make while people are alive. Thank you Eddie!



Volunteer Spotlight

We are shining a light on volunteer Irene Miao-Glass this month. Irene has been volunteering at East York Meals on Wheels for five years. She is our Thursday Meals on Wheels meal packer and also helps out in the office doing administrative work, including preparing bills and newsletters for distribution.

Originally from Hong Kong, Irene came to Canada forty years ago. She returns to Hong Kong once a year but Canada is home. She retired eleven years ago after thirty years with Scotiabank. She has a grown daughter in New York and siblings here in Toronto. Irene sat down with Executive Director, Anne MacNeill recently for an informative chat.

A.M.: Tell me how you came to volunteer with us.

I.M.G.: After I retired, I knew I had to find something to do, I needed a reason to get up and get dressed and get out of the house. I knew I couldn't just sit around in my pyjamas all day!

A.M.: So tell me about volunteering and why you came to us.

I.M.G.: I have three volunteer commitments. I volunteer one or two days per week at a museum, I spend one day a week at Sunnybrook Hospital and of course, I am here every Thursday. I found the EYMOW job posting on Volunteer Toronto and it fit my need for flexible scheduling and proximity. Volunteering is a win-win proposition. You help someone else while helping yourself!

A.M.: Do you have other interests or activities?

I.M.G.: Yes, I love to do crafts, I knit and sew and I bake. I can't sit still, so I always have to be doing something! I am also the President of my condo association.

A.M.: Do you enjoy your work here?

I.M.G.: Yes I do. It has its challenges, and you really need to pay attention to the details. I want to make it as easy as possible for Meals on Wheels delivery volunteers. I enjoy coming here. The people are so nice and I think we do a good job. I was particularly pleased when Chinese meals were added to our offerings.

All of us at EYMOW enjoy working with Irene. She is definitely a high-energy go-getter and we thoroughly enjoy the fruits of her baking labours! Irene sets an good example for all of us in her enthusiasm for life and her willingness to try just about anything! Thank you Irene for all you do for EYMOW.

Foot Care Clinics

Thursdays, February 21st & April 18th. Appointments now start at 11:30 a.m. as opposed to noon. \$35 fee.

Call our office to book an appointment.

We can also refer you to a foot-care nurse who will come into your home if you are unable to come to our office. The fee is \$35 for a single client and \$65 for a couple.

Call Leslie for more information.

January Diners Club Calendar



Mon	Tuesday	Wednesday	Thursday	Fri
	1 Happy New Year!	2 Longo's <i>Grocery Shopping</i>	3 St. Clair O'Connor <i>From the Headlines: all about current events</i>	4
7	8 Stan Wadlow <i>Michael Danckert sings</i>	9	10 Watts Restaurant	11
14	15 Swiss Chalet	16	17 Rise and Dine	18
21	22 East York Acres <i>Robbie Burns Day performance by David John Kirby sponsored by Amica</i>	23	24 Leaside United Church <i>Storyteller Bernice Hune: Growing up in Leaside</i>	25
28	29 Watts Restaurant	30	31 Rise and Dine	1 February
4	5 Longo's <i>Grocery Shopping</i>	6	7 St. Clair O'Connor <i>NEW! Chair Yoga</i>	8
11	12 Stan Wadlow <i>NEW! Cooking class!</i>	13	14 Watts Restaurant	15

Note to Diners Club clients: Please return your Emergency Contact person form to Mary.

Happy Birthday in January

Wendy Arnold, Catherine Cassidy, Joyce Frost, Deepali Hegde, Marta Kellen, Joyce Latimer, Vabeez Master, Peter McMurtry, Elidia Ocampo, So Hing Poon, Brian Semple, and Carole Stacey. Congratulations!

Your New Year Chuckle

What is black when you buy it, red when you use it and gray when you throw it away?
charcoal

What word in the English language is always spelled incorrectly?
incorrectly

January Volunteer Anniversaries

Ron Blais	8 years
Darlene Brown	5 years
Cheryl Dan	6 years
Deepali Hegde	7 years
Donna McCarthy	10 years
Steve O'Connor	2 years
Asim Ozses	1 year
Huseyin Tiftikci	1 year

Thanks to you all!

Board of Directors
 Donald Wallace, president
 Neil Gray, vice-president
 Michelle Broom
 Anne Erickson
 Thomas Moores
 Vashni Naidoo
 Justin Safayeni
 Earl Saltzman

Director Emeritus
 Carl Peterson

Honorary Life Members
 Edna Beange
 Alan Redway

Staff
 Anne MacNeill, Executive Director, Privacy Officer
 Jasmine Dennis & Tuesday Sandiland, Sunday & Holiday Coordinators
 Mary Skwarek, Diners Club Coordinator
 Leslie Smith, Client Services Coordinator
 Mark Trusz, Administrative Assistant
 Amber Wollen, 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 400 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.

East York Meals on Wheels accepts paid advertisements in *Food for Thought*. We appreciate the support of advertisers, and make every effort to accept advertisements only from reputable businesses. Acceptance of advertisements in this publication should not be construed as endorsement. We make no guarantees regarding products or services. For rates, contact Anne MacNeill at 424-3322.



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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 _____
 Phone _____

Thank you for your support!