

# Food for Thought

Vol 30, No 2

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

February 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.



For the eighth year, EYMOW is entering a team in the Toronto Challenge. The Toronto Challenge is a family event that raises money for not-for-profit organizations that are improving the quality of life for seniors in our community. The 2019 Toronto Challenge takes place on Sunday, June 9th. Last year, we fell short of our \$7500 goal, so we are making that our target once again. With your support and a new leader in this effort (director Vashni Naidoo) we think we can do it.

## Director Resigns

We regret that Vice-president Neil Gray has resigned from the Board of Directors effective February 25th, 2019. Neil has served as a key member of the Board for nine years. He has consistently offered his knowledge and skills with quiet humour and insight. He will be sorely missed. Thank you Neil, for your dedication to this agency and the community we serve.

Earl Saltzman will assume the Vice-president's role. Thomas Moores has been elected Treasurer.

We have a vacancy on the Board. We are looking for a candidate who has...

- ✓A knowledge of and interest in the East York community
- ✓Interest in not-for-profit social service
- ✓Knowledge of, or experience in policy governance
- ✓Willingness to give several hours a month
- ✓Skill or experience in marketing. If you are interested in a challenging, fun and rewarding volunteer experience, send a letter of interest and/or resume to Anne MacNeill by postal mail or to [director@east yorkmeals on wheels.org](mailto:director@east yorkmeals on wheels.org).

The co-founder of this agency, Edna Beange, passed away on January 7, 2019 at the age of 98. A tireless advocate for seniors' services, Edna left an indelible mark on this community.

## New Service for Assistive Devices

The Assistive Device Exchange (A.D.E.) is a free online classified site that was created especially for listing and buying gently used assistive devices and equipment for people who have disabilities such as mobility, hearing, and sight.

Individuals who have assistive equipment they no longer need can offer it on the Assistive Device Exchange at a reasonable price or giveaway, and people who need this type of equipment can search and make arrangements to view, examine and acquire the item. The site is 'buyer beware' and items should be professionally evaluated before taking ownership.

Financial assistance from both government and community to purchase new equipment is limited, and perfectly good pieces of used equipment wind up stored in basements and garages. In some cases, equipment that has been used a handful of times ends up in landfills as families who inherit items are turned down at second-hand stores and are unsure of the legalities of rehoming items.

In 2012, the first version of the A.D.E. was launched in Simcoe County and in 2017, with the generosity of The United Way, The Assistive Device Exchange launched its website:

[www.assistivedeviceexchange.com](http://www.assistivedeviceexchange.com).

The Assistive Device Exchange helps everyone: it helps de-clutter space, saves people money, allows access for people who could not otherwise afford these needed devices, and prevents devices from going into landfill.

Check it out!

## February Volunteer Anniversaries

Jo-Anne Beer	24 years
Clint Cluster	8 years
Indira George	8 years
Jessica George	8 years
Imelda Huitema	4 years
Cindy Knoll	11 years
Tim McDonald	18 years
Peter McMurtry	23 years
Rick Pike	7 years
Justin Safayeni	2 years
Nancy Sherwin	1 year
Stephanie Sidey	8 years
Colleen Todd	7 years
Andrea Walsh	1 year

Thanks to you all!

## Happy Birthday **FEBRUARY** in

Anne Cairney, Gwen Dimon, Pat Fenbow, Pauline Granton, Anne Jack, Karen Jean, Hazel Keith, Marianne Knight, Cindy Knoll, Rob Koppel, Lynne Laframboise, Joan MacDonald, Jacob Mahoney, Jesus Orellana, Asim Ozses, Ethel Palmer, Georgios Panagakos, Wilma Pollock, Ethel Rubery, Josip Surbek, Derek Withers, Hannah Withers and Fotina Zikas. Congratulations!

## Foot Care Clinics

Clinics are offered by Spectrum Health Care on Thursdays, February 21st & April 18th. Appointments start at 11:30 a.m.. \$35 fee. Call our office to book an appointment.

*The worst time to have a heart attack is during a game of charades. ☺*

# February Diners Club Calendar

Mon	Tuesday	Wednesday	Thursday	Fri
4	<b>5 Longo's</b> <i>Grocery Shopping</i>	6	<b>7 St. Clair O'Connor</b> <i>NEW! Chair Yoga!</i> <i>See below</i>	8
11	<b>12 Stan Wadlow</b> <i>Cooking Class: one pot red lentil chili</i>	13	<b>14 Watts Restaurant</b> 	15
18	<b>19 Swiss Chalet</b>	20	<b>21 Rise and Dine</b>	22
25	<b>26 East York Acres</b> <i>Discussion: the Legalization of Cannabis</i>	27	<b>28 Leaside United Church</b> <i>Guest speaker</i>	1 March
4	<b>5 Longo's</b> <i>Grocery Shopping</i>	6	<b>7 St. Clair O'Connor</b> <i>Documentary movie</i>	8

## Diners Club News

We are delighted to introduce chair yoga to our Diners Club events calendar. Our first class will take place at St. Clair O'Connor on February 7th. Our instructor will be Lisa Gratrix. Lisa has been teaching yoga for seventeen years and has focussed on yoga for seniors for the past eleven years. She completed a one year/300 hour training course from YogaSpace yoga studio in Toronto. Since yoga is a journey, Lisa still takes courses to improve her teaching. She enjoys teaching seniors because they show such an appreciation for yoga and she loves helping others learn to relieve pain and grow stronger. Lisa believes that practicing chair yoga is important because it can improve strength, balance and mindset. Chair yoga can help maintain your independence. Please wear comfortable clothes and bring a water bottle if you have one.

## Meals on Wheels Notice

The office will be closed on Monday, February 18th for the Family Day holiday. We will deliver Meals on Wheels as usual. If you wish to make any changes to your hot meal order for Sunday the 17th, Monday the 18th or Tuesday the 19th, please inform us before noon on Friday, February 15th.

Frozen meal orders for delivery the week of February 18th, must be received before noon on Thursday, February 14th. Thanks!

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

**Director Emeritus**  
 Carl Peterson

**Honorary Life Members**  
 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.



**East York Meals on Wheels**  
 2 Thorncliffe Pk. Dr. # 52  
 Toronto ON M4H 1H2  
 phone 416 424-3322  
 fax 416 424-4627  
[www.eastyorkmealsonwheels.org](http://www.eastyorkmealsonwheels.org)  
[info@eastYorkmealsonwheels.org](mailto:info@eastYorkmealsonwheels.org)



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!