

# Food for Thought

Vol 30, No 3

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

March 2019

## New Fees for Services

Effective April 1, 2019, the prices we charge for our services will increase. We have made every effort to keep these increases as low as possible, but with rising costs, we have no choice but to recover some of our cost increases.

The new fees are as follows:

### Meals on Wheels

hot meals (western & Chinese)	\$6.65
hot meals, extra-portion	\$7.65
frozen, entrée only	\$5.50
frozen, package of 7 entrées	\$5.20 ea
frozen package, 5 or 6 entrées plus 5 or 6 sides	\$7.10 ea
frozen dessert, soup or breakfast snack	\$1.80
milk	60 cents

### Diners Club

Stan Wadlow Senior Action Centre (2nd Tuesday of the month),  
East York Acres (4th Tuesday of the month) & Leaside United Church  
(4th Thursday of the month) \$9.00

St. Clair O'Connor Centre (1st Thursday of the month) \$9.50

Longo's (1st Tuesday of the month), Swiss Chalet (3rd Tuesday of the  
month), Watts (2nd Thursday of the month) & Rise and Dine  
(3rd Thursday of the month) \$10.75

Diners Club fees include transportation, escort both ways and  
occasional entertainment.

## Introducing a New Director

We are delighted to announce that we have filled the vacancy on the Board of Directors, subsequent to Neil Gray's resignation last month. Please welcome Melissa Chin to EYMOW.

With experience in leading organizations, strategy, mergers and integrations, corporate planning, project management, and working with international partners, Melissa is currently employed as Executive Director of the Multinational Association of Supportive Care in Cancer (MASCC). Prior to working at MASCC, Melissa worked at the University Health Network as Manager of Corporate Planning,

developing the corporate strategy and overarching priorities for Princess Margaret Cancer Centre, Toronto General and Toronto Western Hospitals, Toronto Rehabilitation Institute, and the Michener Institute for Education. Prior Melissa worked at Deloitte in the management consulting practice, focussing on advisory services in health care strategy and operations to help clients develop innovative and practical solutions.

Melissa is an Honours in Life Science graduate of the University of Toronto and holds an MBA from McMaster University.

Outside of her professional endeavours, Melissa enjoys spending time with family and friends over a good meal or board game, pet-sitting, cycling, pottery, travelling to new destinations and giving back where she can. She is taking on her fifth year riding for the Ride to Conquer Cancer, a 110 km+ ride from Toronto to Niagara, raising money for the Princess Margaret Cancer Centre. She also volunteers at Camp Oochigeas, a camp for kids affected by childhood cancer providing experiences where kids can focus on being kids.

We're delighted to have a director with such depth of knowledge of health care and we look forward to working with her.

***For sale: Parachute. Only used once, never opened.***



**A Timely Reminder**

It is time to change your clocks for the beginning of Daylight Saving Time (DST). You should *spring ahead* before you go to bed on Saturday, March 9th. Spring is coming!

**March Volunteer Anniversaries**

Catherine Cassidy	1 year
Ian Cassidy	1 year
Nadia Fuller	3 years
Heide Heemsoth	1 year
Ilse Hoben	17 years
Anne Jack	2 years
Heather McNair-Huckle	3 years

Thanks to you all!



Please support team EYMOW in the 2019 Toronto Challenge, which takes place on Sunday, June 9th. Our goal this year is \$7500. With your support we think we can do it. Thanks!

**Happy Birthday in March**



Jane Arent, Alison Chambers, Panagiota Charitou, Sandra Dobos, Stanley Golden, Ilse Hoben, Gary Howitt, Zivko Kotlarovski, Sydna Larmand, Donna McCarthy, Ryan McNeil, Sheila Molyneux, Anna Navratil, Steve O'Connor, Paul Plouffe, Phyllis Ridgway, Rosemary Scott, Shawn Spencer, Joan Tilt, Helen Vodovec, Duncan Wilson, Janet Wood, Edith Young, and Eva Xia. Congratulations!

**Foot Care Clinics**

Clinics are offered by Spectrum Health Care on Thursdays, April 18th & June 20th. Appointments start at 11:30 a.m.. \$35 fee. Call our office to book an appointment.



# March 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>Mini-putt!</i>	8
11	<b>12 Stan Wadlow</b> <i>Art Class: abstract painting</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>Current events discussion</i>	27	<b>28 Leaside United Church</b> <i>Story teller Bernice Hune—see below</i>	29
1  2	<b>2 Longo's</b> <i>Grocery Shopping</i>	3	<b>4 St. Clair O'Connor</b> <i>Chair yoga</i>	5

## Diners Club News

We enjoyed our first chair yoga class at the Mennonite Centre last month. Instructor Lisa Gratrix led us through an hour lesson where we stretched our leg muscles, torso and arms. Each pose was modified to accommodate all skill levels. We learned how to focus on our breathing to help with the transition into movements and holding a pose. It was relaxing and challenging all at the same time! We left with a sense of accomplishment after a nice workout and a great lunch. We look forward to Lisa's next class in the coming months.

We are excited to welcome Bernice Hune to Leaside United Church on Thursday March 28<sup>th</sup> from 1:00 – 2:00pm. CBC is making a documentary about Bernice's life and her storytelling and so they would like to film her visit to Diners Club. Bernice tells traditional folktales from Asia as well as stories about Canada's immigrant history. She has performed across Canada as well as in Singapore. On this occasion Bernice will be telling a story about the 1950's in Leaside. Bernice says, "The audience is a significant part of the documentation and so telling this story at the United Church on Millwood Rd. is highly significant. My family (4 kids) stood out in 1950's Leaside. I am keen to revisit the community."

Diners Club clients may appear on camera, but only briefly. Bernice's storytelling will be the main focus. If anyone would like to attend but feels uncomfortable about being on camera, please let Mary know and we will accommodate you.

**Board of Directors**  
 Donald Wallace, president  
 Earl Saltzman, vice-president  
 Thomas Moores, secretary-treasurer  
 Michelle Broom  
 Melissa Chin  
 Anne Erickson  
 Washni Naidoo  
 Justin Safayeni

**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
- 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!