

# Food for Thought

Vol 30, No 4

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

April 2019

## Canada's New Food Guide: Eating Together is Good for Your Health!

The 2019 Food Guide was released in January and reaction to it has been mixed. It departs from the usual format and makes no quantitative recommendations. While many view that change negatively, most nutrition experts agree that adding recommendations about healthy eating habits is positive.

A section in the Guide titled *Healthy Eating is More than the Foods You Eat*, points out the importance of eating meals with others:

“Seniors often tend to eat alone. This can result in a sense of isolation and feelings of loneliness, especially at meal times. These feelings, along with other changes you may experience as you age, can result in a loss of appetite. Eating less can impact your intake of important nutrients. By eating with others more often, you can:

- make mealtime more sociable
- spend more time eating and enjoying a meal
- increase the amount of food you eat which can help you get more of the important nutrients you need for health

Having a meal with friends or neighbours or participating in a community meal program are great ways to eat with others.” Diners Club is the perfect opportunity to enjoy good food in the company of others! Call 416-424-3324 to reserve a spot.



Please support team EYMOW in the 2019 Toronto Challenge, which takes place on Sunday, June 9th. We hope to raise \$7500 this year. Call the office to

pledge today and help us reach our goal! Thanks!

## Meals on Wheels Notice

We will deliver Meals on Wheels as usual on Friday, April 19th, but the office will be closed for the Good Friday statutory holiday. The office will be open on Easter Monday, April 22nd.

All frozen orders for delivery the week of April 22nd must be received before noon on Thursday, April 18th. Changes to hot meal orders for Friday the 19th, Saturday the 20th, Sunday the 21st and Monday the 22nd, must be made before noon, Thursday, April 18th.

We are negotiating with the kitchen for a special Easter Sunday dinner but details were not available at the present time.

## Fees for Services

Effective April 1st, 2019, these are our prices:

### 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 of 5 entrées & 5 sides   | \$7.10 ea |
| frozen dessert, soup or breakfast snack | \$1.80    |
| milk                                    | 60 cents  |

### Diners Club

|   |         |
|---|---------|
| Stan Wadlow Clubhouse, East York Acres, |         |
| Leaside United Church & The Millwood    | \$9.00  |
| St. Clair O'Connor Centre               | \$9.50  |
| Longo's, Swiss Chalet, Watts            |         |
| & Rise and Dine                         | \$10.75 |
| Fees are all-inclusive.                 |         |

## Foot Care Clinics

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

## It's Tax Time!

Woodgreen Community Services offers a free Income Tax Clinic staffed by volunteers. They prepare simple tax returns including T1 adjustments, Disability Tax Certificates, and up to ten years of back taxes. Call 416-645-6000 x1187.

*A bus driver is driving a group of seniors when a lady taps him on his shoulder. She offers him a handful of peanuts, which he accepts. 15 minutes later, she taps him on the shoulder and hands him some more. She repeats this five more times. Finally, he asks, 'Why don't you eat the peanuts yourself?' 'We can't', she said, 'we have no teeth'. Puzzled, he asked, 'So why do you buy them?' The old lady replied, 'We just love the chocolate around them.'*

## Happy Birthday in

Stephane Beaulieu,  
Jo-Anne Beer, Ross Beer, Ron Blais, Clint Cluster, Marion Cornell, Emily Field, Shirley Fountain, Indira Geer, Roberta Gray, Gordon Hoita, Horst Kiessling, Velma Ko, Christine Koroloff, Margaret Kruzely, Harry LaPlante, Eileen MacDonald, Aileen Matrakoukas, Darius Matrakoukas, Vashni Naidoo, Anne Proctor, Laurie Ross, Midge Sandiland, Michael Warren, and Wai Ping Yee. Congratulations!

## April Volunteer Anniversaries

|                      |         |
|----------------------|---------|
| Andrea Corlett       | 2 years |
| Anne Erickson        | 2 years |
| Lilly Prussky        | 2 years |
| Rosemary Scott       | 2 years |
| Hasan Tiftikci       | 2 years |
| Eric Wright          | 2 years |
| Sarah Zipora Richman | 1 year  |

Thanks to you all!

## Welcome New Volunteers

We are really happy to welcome these new volunteers who have joined the EYMOW team over the last few months: William Chow, Emily Field, Jenny Govier, Nilojan Murugathas, Ryan Tudor-Taylor, Gill Willcox, and Hannah Withers. Thank you so much for giving us your time.

# April Diners Club Calendar

| Mon | Tuesday  | Wednesday | Thursday  | Fri |
|-----|--|-----------|---|-----|
| 1   | <b>2 Longo's</b><br><i>Grocery Shopping</i>                    | 3         | <b>4 St. Clair O'Connor</b><br><i>Chair yoga with Lisa Gratrix</i>  | 5   |
| 8   | <b>9 Stan Wadlow</b><br><i>Cooking Class: Red Lentil chili</i> | 10        | <b>11 Watts Restaurant</b>  | 12  |
| 15  | <b>16 Swiss Chalet</b>   | 17        | <b>18 Rise and Dine</b>   | 19  |
| 22  | <b>23 East York Acres</b><br><i>Bingo!</i>                     | 24        | <b>25 Leaside United Church</b><br><i>Current events discussion</i> | 26  |
| 29  | <b>30 The Millwood</b><br><i>See below</i>                     | 1         | <b>2 St. Clair O'Connor</b><br><i>Documentary: Jane Goodall</i>     | 3   |
| 6   | <b>7 Longo's</b><br><i>Grocery Shopping</i>                    | 8         | <b>9 Watts Restaurant</b>   | 10  |

## Diners Club News

On Tuesday March 26<sup>th</sup> our Diners Club Coordinator, Mary Skwarek, spoke to members of Bethany Baptist Church about Diners Club. There were twelve people in attendance and everyone seemed willing to learn more about Diners Club. There was interest in our art classes, the restaurants we visit and the free transportation. Overall, it was well received. Mary will be speaking next at Leaside Presbyterian Church on Wednesday April 10<sup>th</sup> at 1:00 pm.

We are returning to The Millwood, at 921 Millwood Road. Our first return visit will be on April 30<sup>th</sup>, and, presuming all goes well, we'll schedule it for the fifth Tuesday of the month, when they occur. (July 30<sup>th</sup> and October 29<sup>th</sup>). The menu will include soup, salad, choice of two entrées and dessert. April's menu is creamy turkey soup, Caesar salad, choice of chicken fingers with plum sauce or egg salad sandwich, and fruit salad for dessert.

Enjoy your ride to Diners Club events in our new van. We just purchased a new bright blue Dodge Caravan to replace our aging Toyota Sienna. This purchase was made possible through the generous contributions of our supporters. Thank 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

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 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!