

Food for Thought

Vol 30, No 5

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

May 2019

Here We Grow Again!

As some of you may have noticed, our Meals on Wheels Coordinator, Amber Wollen, is expecting baby number two! With a due date of August 4, 2019, Amber will be away on parental leave for approximately one year, starting sometime in July. We are happy for Amber and her husband Mike, and of course, big sister Hailey, who turns two in October.

We are looking for someone to take over for Amber and at the present time we are wooing Canny Wu, who served in this capacity during Amber's first parental leave. Since Canny knows the job and was an excellent "fit" with the EYMOW team we would consider ourselves extremely lucky if we were able to lure her back. We'll let you know how it goes.

Notice of Meeting

The Annual General Meeting of
the corporation of
East York Meals on Wheels
will be held on
Thursday, June 20th, 2019, at
approximately 2:30 p.m.,
immediately after our Volunteer
Luncheon in the Fellowship Room at
Northlea United Church,
125 Brentcliffe Road

Save the Date!

Our annual Volunteer Recognition Luncheon will take place on Thursday June 20th at 1 p.m. at Northlea United Church. We will let you know about the menu soon. Stay tuned!



We are accepting pledges for team EYMOW in the 2019 Toronto Challenge, which takes place on Sunday, June 9th. We are trying to raise \$7500 this year. Call the office to pledge today and help us reach our goal! Thanks!

Meals on Wheels Notice

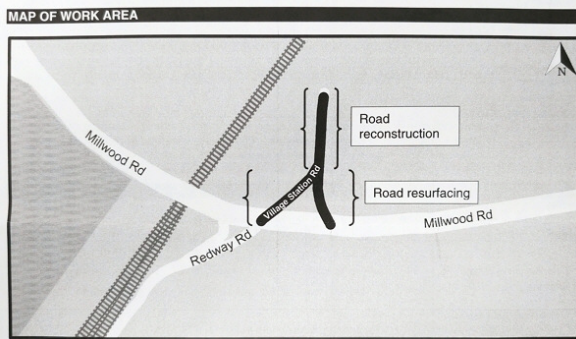
We will deliver Meals on Wheels as usual on Monday, May 20th, but the office will be closed for the Victoria Day statutory holiday.

All frozen orders for delivery the week of May 20th must be received before noon on Thursday, May 16th. Changes to hot meal orders for Sunday May 19th, Monday the 20th and Tuesday the 21st, must be made before noon, Friday, May 17th.

Traffic Disruption

The City has informed us of planned road construction that will likely impact volunteers coming to, and leaving the office.

Beginning this summer and ending sometime during the winter of 2020, Village Station Road will be reconstructed and resurfaced. This will impact traffic on Millwood Road and on Laird Drive. See map below for construction area and plan accordingly!



May Volunteer Anniversaries

Stephane Beaulieu	1 year
Don Bensley	16 years
Anne Cairney	6 years
Alison Chambers	23 years
Angela Inniss	7 years
Joanne Pais	2 years
Eva Xia	4 years

Thanks to you all!

Foot Care Clinics

Clinics are offered by Spectrum Health Care on Thursdays. For the month of June only, the clinic date has been changed to Wednesday, June 19th. In August we will return to our regular schedule of the third Thursday of the month, i.e. August 15th.

Clinics begin at 11:30 a.m.. \$35 fee.

Call our office to book.

Happy Birthday in May

Marion Armstrong, Alex Austin, Peter Biliias, Margo Bolin, Joanne Brook, Ginette Cascallar, Jasmine Dennis, Anne Erickson, Sandra Grasser, Marion Hamilton, Mildred Harlock, Imelda Huitema, Aziz Juma, Viktor Kapac, Elli Kardasovski, Sebastiano Latino, Anne MacNeill, Verdeen McBurnie, Colleen Peacock, Francis Rego, Doris Servais, Marg Underhill, Evelyn Waines, Lloyd Wijesinghe, and Sun Moke Yee. Congratulations!

Meals on Wheels Delivery Do's & Don'ts

- ✓ If a client does not answer the door, call them from your next stop or from your cell phone. If there is no answer, call the office.
- ✓ Do not leave meals outside a client's home even if they leave a note asking you to do so.
- ✓ Delivery notes on Route Sheets can change daily, please read them each time you deliver: don't assume it is "business as usual".
- ✓ If you must leave a frozen package with a neighbour or superintendent, please make sure it will be kept in a freezer.
- ✓ Please return "On Delivery" signs after you are finished your route. We have enough for each route, not for each driver.
- ✓ If you have been given a key to unlock a client's door, please make sure you lock it after delivery.

After the birth of your first child, your role in life becomes apparent.

May Diners Club Calendar

Mon	Tuesday	Wednesday	Thursday	Fri
		1	2 St. Clair O'Connor <i>Documentary: Jane Goodall</i>	3
6	7 Longo's <i>Grocery Shopping</i>	8	9 Watts Restaurant	10
13	14 Stan Wadlow <i>Art class: watercolour</i>	15	16 Rise and Dine	17
20	21 Swiss Chalet	22	23 Leaside United Church <i>The Hill Chamber Players (see below)</i>	24
27	28 The Millwood <i>Discussion of current events: climate change</i>	29	30 Rise and Dine	31
3 June	4 Longo's <i>Grocery Shopping</i>	5	6 St. Clair O'Connor <i>Laurence Hutchman, poet, talks about the history of North York</i>	7

Diners Club News

Join us at Leaside United Church on May 23rd for a performance by The Hill Chamber Players. The group is a quartet (including oboist Wendy Bornstein) but on this occasion they will be performing as the trio of Nancy Nourse, flute/piccolo, Jeff Densham, bassoon/flute and Velma Ko, violin/viola. Nancy is a teacher at Claude Watson School for the Arts, a composer/arranger and member of the Ontario Pops Orchestra. Jeff is a woodwind doubler who returned to performing after a 30 year career as a music educator. He has performed in many orchestras, bands and ensembles including the Stratford Festival and the Shaw Festival. Until recently, he was principal bassoon of Richmond Hill Philharmonic Orchestra. Velma Ko is a violinist/violist, recently retired from public school teaching who is reviving a performing career, as a soloist, in chamber music and orchestras. In addition to membership in many music organizations, she volunteers for seniors groups including East York Meals on Wheels.

Note: We are ending our luncheons at East York Acres due to declining attendance.

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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.

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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!