

Food for Thought

Vol 30, No 7/8

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

Summer 2019

Volunteer Luncheon & Annual General Meeting Report

We truly have the best volunteers and we were happy to celebrate them at our annual Volunteer Recognition Lunch at Northlea United Church on June 20th.

The menu included chimichurri grilled flank steak and miso-glazed grilled salmon, with a variety of excellent salads and fabulous homemade potato chips. Catering was provided by Pusateri's Fine Foods again this year. After lunch, Executive Director Anne MacNeill thanked our many volunteers. She presented a Certificate of Appreciation to a long-serving volunteer, Donna McCarthy for 10 years of service, and a special youth recognition certificate to 12-year-old Ian Cassidy for 2 years of service.

The Annual General Meeting was held immediately following lunch. President Donald Wallace reported on the year's activities, noting the uncertain and changed environment given the new provincial government's announcement that the Local Health Integration Networks (LHINS) will be dismantled and the City of Toronto's complete review of their funding process. He noted the turnover on our Board of Directors but commented that he is gratified by the number of able candidates who have applied to serve. Thomas Moores, Secretary-Treasurer, presented the financial statements. He noted that the auditor had given us a qualified opinion because, as is the case with many charitable organizations, it is not possible to verify the completeness of cash donations. The year ended with a small deficit that will be covered by our reserve funds.

Executive Director Anne MacNeill reported on the year's activities, and expressed her satisfaction with EYMOW's performance despite staff turnover and flat-lined funding.

The members elected the Board of Directors for 2019-2020.

They are: Michelle Broom, Melissa Chin, Anne Erickson, Thomas Moores, Justin Safayeni, Earl Saltzman, and Donald Wallace. There is one vacancy on the Board due to the resignation of Vashni Naidoo this month. We are currently recruiting for that position. Immediately following the AGM, the board met and elected the following officers: Donald Wallace, President, Earl Saltzman, Vice-president and Thomas Moores, Secretary-Treasurer.

If you would like a copy of our Annual Report which contains summarized financial statements, or a copy of the complete Financial Statements, just call the office and we will mail them to you. The documents are also available on our website: www.eastyorkmealsonwheels.org.

Meals on Wheels Holiday Notices

We will deliver Meals on Wheels as usual on Monday, August 5th, but the office will be closed for the Simcoe Day holiday. Frozen orders for delivery the week of August 5th must be received before noon on Thursday, August 1st. Changes to hot meals for Sunday, Monday and Tuesday August 4th, 5th and 6th, must be made before noon, Friday, August 2nd.

Our office will be closed on Monday, September 2nd for the Labour Day holiday, but we will deliver meals as usual. Frozen orders for delivery the week of September 2nd must be received before noon on Thursday, August 29th. Changes to hot meal orders for Sunday, Monday and Tuesday September 1st, 2nd and 3rd, must be made before noon, Friday, August 30th.

Volunteer Anniversaries in July

Geoff Hall	24 years
Colleen Imrie	1 year
Harry LaPlante	13 years
Helen Linzer	24 years
Edelgard Mahant	7 years
Mary Jane Mingay	8 years

Thank you all!

Foot Care Clinics

Foot Care is provided by Spectrum Health Care. The next clinics are on Thursdays, August 15th and October 17th at noon. The fee is \$35. Call our office to book an appointment.

This is the summer issue of Food for Thought. The next issue will be published in September. We wish you all a healthy, happy & cool summer!



We had a small team in the 2019 Toronto Challenge. To date, we have raised \$5000, a result which tops last year by \$800! We know there are many more pledges still to be collected, so we are very pleased with the result. We will have final numbers for you in September. It's not too late to support this effort, so send in your pledge today. Thank you!

Thank You Anne!

The Board of Directors accepted the resignation of Anne Erickson at the end of June. Anne served on the Board for two years, and she made significant contributions in grant-writing and knowledge of the charitable sector. We are sorry to see her go and wish her well.

Accordingly, we have a vacancy on the Board of Directors. 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 commit several hours per month for meetings and some additional time for project work
- ✓ Skill or experience in one of public awareness, fundraising, health care, finance, social service, seniors issues.

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.



Summer Diners Club Calendar

Mon	Tuesday	Wednesday	Thursday	Fri
1 July	2 Longo's <i>Grocery shopping!</i>	3	4 St. Clair O'Connor <i>Current events discussion: legalization of cannabis</i>	5
8	9 Rise and Dine	10	11 Watts	12
15	16 Swiss Chalet	17	18 Rise and Dine	19
22	23 The Millwood <i>Storyteller Sarah Abusarar</i>	24	25 Eggsmart <i>See below</i>	26
29	30 Watts	31 August	1 St. Clair O'Connor <i>Chair Yoga with Lisa Gratrix</i>	2
5	6 Longo's <i>Grocery shopping!</i>	7	8 Watts	9
12	13 Eggsmart	14	15 Rise and Dine	16
19	20 Swiss Chalet	21	22 Eggsmart	23
26	27 The Millwood	28	29 Watts	30
2 September	3 Longo's <i>Grocery shopping!</i>	4	5 St. Clair O'Connor <i>Art class: adult colouring</i>	6

Happy Birthday in August to...

Marilyn Carruthers, Ian Cassidy, Jurgis Cernauskas, Gordon Champion, Gen Cieszynski, Jenny Govier, Joan Keill, Janet Marshall, Peter Maulucci, Tony McAlinden, Irene Miao-Glass, Mary Jane Mingay, Michelle Petick, Lilly Prussky, Lil Rowe, Linda Sinclair, Marie Vinnels, Andrea Walsh, Lily Williams, Erik Wright. Best wishes to you all!



New Location

We are happy to tell you that we are returning to Eggsmart at Donlands and O'Connor on the fourth Thursday of each month. We will be serving sandwiches and breakfast options. Stan Wadlow is closed to us until October.

Lost and Found

Found: a Honda car key on a fob. The key was found in a side pocket of a Meals on Wheels carry bag around the 14th of June. Call the office to claim.

Summertime Staffing

Between now and the end of October, there will consistently be at least one staff member on vacation all the time. Service delivery should not be effected but you might experience a slightly slower response to your calls or questions. Please bear with us, as staff take some much-deserved time off.

Also please note, you can speak to any staff member about any issue. We often find that clients think that they MUST speak to a particular person to cancel meals or change diet information. That is not the case. Anyone can respond to your requests.

Be Careful What You Wish For!

A couple had been married for thirty years and were celebrating the husband's 60th birthday. During the party a fairy appeared and said that because they had been such a loving couple all those years, she'd give them each a wish.

The wife said "we've been so poor all these years, and I've never gotten to see the world, I wish we could travel all over the world." The fairy waived her wand and POOF! She had the tickets in her hand. Next, it was the husband's turn. He paused for a moment and then said "well, I'd like to be married to a woman thirty years younger than I am". The fairy waved her wand and POOF!, he was ninety.

A New Initiative

You don't have to drive along our highways and byways very far to know that take-out coffee cups are one of the most commonly littered items. They are everywhere!

Now there is a solution! Ian Chandler, owner of the shredding company we use, Carbon Neutral Shredding, has developed a system for recycling these non-recyclable pollutants.

Ian has created StackitNOW, a recycling program designed to divert billions of waste coffee cups from landfill sites. The advantage of the system is that it ensures that lids are separated from the cups, that liquid waste is minimal and comingling with other garbage does not occur. Cups are shredded, generating a product that is satisfactory for paper mills to recycle in to tissue products.

Here's how it works: StackitNOW has provided EYMOW with stacking racks. When they are full, we simply call Carbon Neutral Shredding and they pick up, shred, recycle, bale and ship comingled cups and office waste to paper mills. All we have to do is collect the cups.

StackitNOW does most of the work, but does rely on consumers to participate, businesses to facilitate collection and pay for the service. As a Carbon Neutral Shredding customer and because we are not-for-profit and have charitable status, Ian has waived the fees.

Stacks for collecting are located in our office. Anyone is welcome to bring their rinsed cups in to our office. We will not be offering pick-up service from clients however. Our volunteers already have enough to do. Let's make a difference for our environment!

Happy July Birthday to...

Jean Ballinger, Bruce Bryden, Ngansin Chong, Indira George, Gloria Grimson, Ray Gyatt, Heide Heemsoth, Colleen Imrie, Mark Kruk, Tim McDonald, Heather McNair-Huckle, Alex Mejia, Lorraine Michael, Alexandrina Mitchell, Dorothy Phillips, David Pitt, Dean Rivers, Cameron Servais, Irma Singer, Robin Street, Hazel Thornton, Hue Van Truong, Mark Trusz, Peter Turley, Maria Vrozos, and Stephanie Zlateski. Congratulations!



S.O.S. We Need Help!

We are really short on Meals on Wheels volunteers. The summer months are a challenge, especially with staff vacations and many regular volunteers away. If you know anyone who could deliver meals in this community, please ask them to contact us. A couple of hours a week, or every two weeks, would be a huge help. It's easy and it's pleasant and it will help ensure that our clients get their meals on time.

City of Toronto Relief Programs

The City offers three tax and water relief programs to assist low-income seniors and low-income people with disabilities. The property tax, water and solid waste relief programs apply to those living in their principal residence and whose combined household income is less than \$41,228 for property tax increase cancellation and \$50,000 or less for the water relief program. There is also a property tax increase deferral program that allows you to defer payment until your home is sold.

The deadline for applying for the 2019 tax year is September 3rd, 2019. You may complete one application for all relief programs. Application may be made in person, by mail or by fax. We suggest you call 311 for additional information, including details about eligibility criteria and required documents.

Levels of Service 2018-2019

Meals on Wheels

17,085 hot meals
1093 Chinese meals
6,494 frozen meals
1,533 frozen soups,
breakfasts & desserts
242 containers of milk
206 clients
98 volunteers
4,385 volunteer hours
499 home visits by staff

Telephone

Reassurance

3,145 contacts
12 clients
6 volunteers
1,573 volunteer hours

Diners Club

1,036 meals
56 clients
91 luncheons
24 volunteers
486 volunteer hours

Volunteers

119 volunteers
Total volunteer hours
6,716

Volunteer Anniversaries in August

Stanley Golden 6 years
Laurie Ross 1 year

Thank you both!

Board of Directors
 Donald Wallace, president
 Earl Saltzman, vice-president
 Thomas Moores, secretary-treasurer
 Michelle Broom
 Melissa Chin
 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 (on leave)
 Canny Wu, Acting 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 500 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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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!