

Food for Thought

Vol 30, No 6

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

June 2019

Good News!

We are delighted that Canny Wu has agreed to return to EYMOW, to serve as Acting Meals on Wheels Coordinator once again, during Amber Wollen's impending parental leave. Canny will rejoin staff sometime in July so that she and Amber have a little overlap time for training. Amber will be starting her leave sometime in late July or early August.

This transition should be relatively smooth for all of us. It won't impact our clients and volunteers very much, but is a tremendous relief for staff as significant training will not be required. Of course, we will keep you posted on *baby* news!



It's nearly time for the 2019 Toronto Challenge, which takes place on Sunday, June 9th. Our team is ready to go and we are trying to raise \$7500! Call the office to

pledge today and help us reach our goal! Thanks!

Volunteers are Invited

Our annual Volunteer Recognition Luncheon will take place at on Thursday June 20th at 1 p.m. at Northlea United Church. Street parking is available, but we do recommend car-pooling.

You are invite to enjoy a delicious buffet from Pusateri's Fine Foods. We are repeating last year's menu because we received such rave reviews. The menu includes Chimichurri grilled Flank Steak, Ginza grilled Salmon with Miso glaze, home style potato salad, garden salad with balsamic vinaigrette, vegetarian: Beet & Goat Cheese stacks, red quinoa waldorf salad, freshly baked assorted gourmet cookies, and tea and coffee.

Please tell us if you are coming or not and what your menu preference is (i.e.

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

Director Resigns

With regret, the Board of Directors accepted the resignation of Vashni Naidoo in May. Vashni has accepted an overseas assignment for a minimum of six months, so remaining on the Board is not practical. While her tenure was quite short, Vashni made significant contributions to the work of the Board and took the lead in our participation in the 2019 Toronto Challenge. We are sorry to see her go.

As a result 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 commit several hours per month
- ✓Skill or experience in one of public awareness, fundraising, health care, 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 anne@eastYorkmealsonwheels.org.

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 June

John Arnason, Raymond Asseltine, John Bilicz, Florence Daw, Irene King, Larry Koroloff, Betty Laing, Gwen Lees, Mario Leray, Colleen Levelton, Freda MacLellan, Shirley Maulucci, Wilena McKenzie, Patrice McNally, Margo Mingay, Ritchie Mayashita, June Murdoch, Dimo Petkovski, Earl Saltzman, Skantha Sivakadachaiyar, Veronica Smith, Raymond Stonall, Lynne Terris, Glen Whitfield, Michael Williams, Reg Winter and Amber Wollen. Congratulations!

June Volunteer Anniversaries

Janet Marshall	16 years
Colleen Peacock	3 years
Shawn Spencer	12 years

Thanks for your commitment!



Meals on Wheels Notice

We will deliver Meals on Wheels as usual on Monday, July 1st, but the office will be closed for the Canada Day statutory holiday.

All frozen orders for delivery the week of July 1st must be received before noon on Thursday, June 27th. Changes to hot meal orders for Monday the 1st and Tuesday the 2nd, must be made before noon, Friday, June 28th.

Deep Thoughts

The adult version of *head and shoulders, knees and toes* is *wallet, glasses, keys and phone*.

When you clean out a vacuum cleaner, you become a vacuum cleaner.

June Diners Club Calendar

Mon	Tuesday	Wednesday	Thursday	Fri
3	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
10	11 Stan Wadlow <i>Discussion of current events: climate change</i>	12	13 Watts Restaurant	14
17	18 Swiss Chalet	19	20	21
24	25 The Millwood	26	27 Rise and Dine	28
1 July	2 Longo's <i>Grocery Shopping</i>	3	4 St. Clair O'Connor <i>Bingo! Bring your quarters</i>	31

Diners Club News

Please note, we will not be going to Leaside United Church on June 20th, due to a conflict with our Annual Volunteer Recognition Lunch and Annual General Meeting.

In other news, after sixteen years of hosting a Diners Club lunch at East York Acres, we are finally bringing the program at this building to an end. Attendance has been declining for some time, and a survey of building residents revealed a lack of interest. So, effective immediately, we will no longer be hosting lunch at this location. We encourage those residents who were taking advantage of the service to join us at other locations.

What Can We Do for You?

Our Client Serves Coordinator, Leslie Smith, is a wealth of information about services available in this community, In addition to liaising with the Local Health Integration Network to ensure professional services are in place for our clients, she also can connect clients with a wide variety of other services. These include medical alert systems, grocery store delivery, in-home hair stylists, in-home foot care, house cleaning and laundry services that pick up your dirties and return them clean and folded. Any East York Meals on Wheels client can make use of Leslie's skills and knowledge.

Board of Directors

Donald Wallace, president
Earl Saltzman, vice-president
Thomas Moores, secretary-treasurer
Michelle Broom
Melissa Chin
Anne Erickson
Vashni 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.



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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!