

Food for Thought

Vol 30, No 10

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

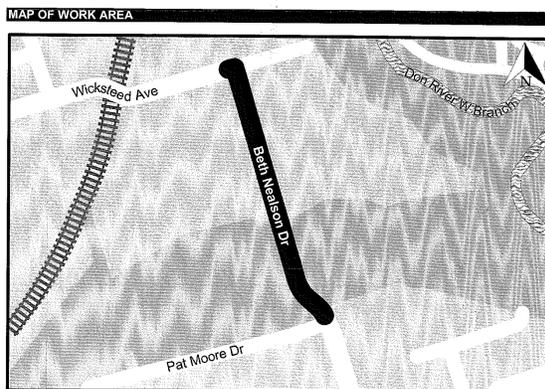
October 2019

Supporting Volunteerism

Employers sometimes support the volunteer work of their employees and pensioners with donations to the organizations for which they volunteer.

Thanks to volunteer Irene Miao-Glass, we recently learned about the Scotiabank Employee Volunteer Program. This program provides an annual donation of \$1000 to agencies who benefit from Scotiabank employees, past and present.

We encourage you to check with your employer to see if they offer a similar program. It's a double benefit for us! We profit from the contribution of the volunteer AND we receive a healthy donation. Thanks Irene!



having it postponed. Beginning this month and ending sometime in December 2019, water main replacement and road reconstruction will take place on Beth Neilson Drive, from Wicksteed Road to Pat Moore Drive.

Beth Neilson Drive will not be closed, and the work will be done in sections. However, the road will be reduced to one lane of two-way traffic. See map at left for construction area and plan accordingly!

Election 2019

Make sure you are on the voter's list. For those of you without internet, you can call 1-800-463-6868 before October 15th to make sure.

We highly recommend voting at the advance polls. You just never know what might happen on election day that prevents you from casting a ballot. Advance polls will be held on October 11, 12, 13, and 14 at your regular polling station. Plan ahead, vote early.

When you go to vote, you will need one piece of government-issued identification that includes your name, a photo and your current address (driver's license or passport are ideal). Alternatively, you need 2 pieces of ID, both of which have your name and current address, for example, your voter information card and a bank statement.

Traffic Disruption

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

This work was originally scheduled for early summer, but we were successful in

October Volunteer Anniversaries

Margot Bolin	3 years
Jill Godin	5 years
Renee Godin	5 years
Jodi Johnson	2 years
Velma Ko	14 years
Jacob Mahoney	1 year
Corinne Papania	13 years
Natalie Richards	5 years
Earl Saltzman	12 years
Linda Sinclair	3 years
Marg Underhill	5 years
Michael Whitney	1 year
Derek Withers	20 years

Thank you all!

Meals on Wheels Notice

We will deliver Meals on Wheels as usual on Monday, October 14th, but the office will be closed for the Thanksgiving Day statutory holiday.

All frozen orders for delivery the week of October 14th must be received before noon on Thursday, October 10th. Changes to hot meal orders for Sunday the 13th, Monday the 14th and Tuesday the 15th, must be made before noon, Friday, October 11th.



Happy Birthday in October

Donald Bensley, Jaloo Cooper, Gail DiModugno, Margaret Esse, Kotzo Kotzev, Rosemarie Kyla-Lassila, Jennifer Mills, Alyssa Mitchell, Sharon O'Flaherty, Ljuba Osmakova, Lutchi Roberts, Ali Shirazi, Stephanie Sidey, Ilka Surbek, and Sally Van Wyck. Congratulations!

Welcome and Thanks!

Over the summer months, we were fortunate to welcome seven new volunteers. We appreciate the contributions of Garland Anthony, Valerie Gouthro, Deborah Lace-Kelly, Alyssa Mitchell, Arjun Sharma, David Topp, and Collin Young.

Interestingly, these volunteers learned about us either on the internet or were referred by another EYMOW volunteer. All of them served in Meals on Wheels.

Stackit NOW!

Don't forget! You can bring your rinsed, waste coffee cups/drink cups in to our office where we are collecting them as part of the StackitNOW programme. When our Stackit racks are full, Carbon Neutral Shredding picks them up, for shredding, recycling, baling and shipping them to paper mills. All we have to do is collect the cups. 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. We have filled the racks once already so keep them coming and help keep our community clean.

Reminder: It's *That* Time of Year!

It's time to remind you that Daylight Saving Time ends on Sunday, November 3rd. Before you go to bed on Saturday November 2nd, turn all your clocks back. This is a good time to replace batteries in smoke detectors, and change your furnace filters.

October Diners Club Calendar

Mon	Tuesday	Wednesday	Thursday	Fri
	1 Longo's <i>Grocery Shopping</i>	2	3 St. Clair O'Connor <i>Sandra McNamara talks about Loyalists and her family roots</i>	4
4	8 Stan Wadlow <i>Current events discussion: crime in Toronto</i>	9	10 Watts Restaurant	11
14	15 Swiss Chalet	16	17 Rise & Dine	18
	22 The Millwood	23	24 Eggsmart	25
28	29 Rise & Dine	30	31 Watts Restaurant	1 November
4	5 Longo's <i>Grocery Shopping</i>	6	7 St. Clair O'Connor <i>Chair yoga with Lisa Gratrix</i>	8

Diners Club News

We are resuming our Diners Club at Stan Wadlow Centre this month. Come prepared to discuss recent events in the City.

We would like to know if diners would appreciate it if we held a Diners Club lunch on a Wednesday. As you know, our current schedule has lunches only on Tuesdays and Thursdays. If there is demand, we would be happy to accommodate those people who would appreciate a Wednesday lunch. Let us know if you would.

A New Age Group!

I just discovered my age group. I am a *Seenager* (a senior teenager). I have everything I wanted as a teenager, only 55 to 60 years later: I don't have to go to school or work, I get an allowance every month, I don't have a curfew, I have my own pad, I have a driver's license and my own car, and I don't have acne! Life is good.

Foot Care Clinics: Clinics are offered by Spectrum Health Care on Thursdays. October 17th and December 19th, at 11:30 a.m.. \$35 fee. Call our office to book.

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 Thomas Moores, secretary-treasurer
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Director Emeritus
 Carl Peterson

Honorary Life Members
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 Lisa Mingay & Rosemary Scott, 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 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
info@eastYorkmealsonwheels.org



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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!