

Food for Thought

Vol 30, No 11

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

November 2019

We Have a New Director

At the Board meeting on October 21st, the Directors elected Tameeza Dhanani to serve on the Board, filling one of our two existing vacancies.

Tameeza is a financial professional who has worked at Hydro One for twelve years. She is currently the Manager of Strategy and Integrated Planning having previously served as project manager, IT Finance and Vendor Manager and senior advisor in the office of the Chief Operating Officer. She was educated at McMaster and received her MBA from Brock University.

She is the mother of two young daughters, ages two and three, wife of an actuary, and daughter of immigrant parents. She grew up in Thorncliffe Park.

Tameeza's volunteer experience includes serving on the Board of Directors of Denlow Public School, MOSAIC Employee Resource Group (ERG) and Hydro One's Women in Trade, Technology & Engineering ERG. She also volunteers with the Aga Khan Foundation.

We are very pleased to have Tameeza on board. Welcome!

Changes in *apetito* Menu

Our frozen meal provider, *apetito*, has made improvements, deletions and additions to their menu. New menus and order forms will begin shipping to clients beginning November 13, 2019.

Improvements have been made to the following items:

Chicken a la King
Steak and Mushroom Pie
Meatballs in Gravy
Meatballs and Peppers
Baked Ham

The following, less popular items will be removed from the menu, although they are available for order until the new menu comes into effect:

Vegetable and Lentil Pot Pie
Coconut Lime Chicken
Ham and Broccoli Casserole
Creamed Salmon Supreme

New additions to the menu are:

Scrambled Eggs and Home Fries
Chicken with Tangy BBQ Sauce
Apple Braised Pork
Tuna Pasta Casserole

We hope you enjoy the changes and suggest you order a few meals to have on hand in case we have a "snow day".

A



Gift that Makes a Difference

Many thoughtful people today choose to give donations to favorite charities instead of purchasing *tangible* gifts. The trend helps to offset the often commercial tone of holiday gift-giving and makes a real difference

in the lives of many people. Please consider a donation to East York Meals on Wheels, in honour of a friend or family member this holiday season. We'll send an attractive card acknowledging your gift to the recipient (no amount is mentioned) and you'll receive a tax receipt and our gratitude.

Put the significance back in Christmas and give the gift that gives. Our *Significant Santa* form is included with this newsletter. Just fill it out, return it to us, and we'll make your holiday shopping easier and rewarding for those on your shopping list.

November Volunteer Anniversaries

| | |
|-----------------|----------|
| Ross Beer | 13 years |
| Michelle Broom | 2 years |
| Roberta Gray | 3 years |
| Marion Hamilton | 7 years |
| Marianne Knight | 32 years |
| Paul Mahant | 8 years |
| Vabeez Master | 5 years |
| David Pitt | 8 years |
| Barry Schneider | 17 years |
| Peter Turley | 13 years |
| Donald Wallace | 12 years |

Thank you all!

Get Your Flu Shot

It's time to get your annual flu shot. For those who are at serious risk of complications from the flu - like seniors - the high-dose flu vaccine is the preferred choice. It is available from your family doctor and at Public Health Flu Vaccination Clinics.

Toronto Public Health is holding a clinic at East York Town Centre on Friday November 15th, from 2:30 to 7:30 p.m. Appointments are available and walk-ins are welcome. Call 416-338-7600 (press option 3) for more information.

It takes about two weeks for the vaccine to become effective and the protection only lasts a few months. Therefore, mid-November is the ideal time to get the shot.

Pharmacies also administer the flu vaccine, although typically they do not have the high-dose vaccine.




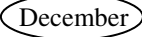
Birthdays

Darlene Brown, Marcel Campbell, Marlene Champion, Suzanne Christie, Andrea Corlett, Cheryl Dan, Cathy Gianacou, Jill Godin, Jean Hannah, Farida Hassam, Marilyn Hayman, Julian Huffer, Erika Latzsch, Helen Linzer, Joyce Lovell, Edelgard Mahant, Parkash Mahant, Liz Micallef, Alice Nowaczyk, Janice Pike, Richard Pike, Barry Schneider, Hasan Tiftikci, Huseyin Tiftikcci, Colleen Todd, Ryan Tudor-Roberts, Michael Whitney, and John Zeritis. Congratulations!

Head Scratchers

Every "c" in "Pacific Ocean" is pronounced differently. And consider the "ou" in through, tough, thought and though!

November Diners Club Calendar

| Mon | Tuesday | Wednesday | Thursday | Fri |
|-----|---|--|---|-----|
| | | | | 1 |
| 4 | 5 Longo's <i>Grocery Shopping</i> | 6 | 7 St. Clair O'Connor <i>Mini Putt!</i> | 8 |
| 11 |  12 Stan Wadlow <i>Storyteller Pat Bisset: the story of Marguerite de Roberville</i> | 13 | 14 Watts Restaurant | 15 |
| 18 | 19 Swiss Chalet | 20 | 21 Rise & Dine | 22 |
| 25 | 26 The Millwood | 27 Eggsmart <i>See below</i> | 28 Leaside United Church | 29 |
| 2 | 3 Longo's <i>Grocery Shopping</i>  | 4 | 5 St. Clair O'Connor <i>Christmas movie</i> | 6 |

Diners Club News

In response to feedback from a number of clients, we are going to offer a Diners Club lunch on a Wednesday. Some clients have told us that they are not able to attend on Tuesdays or Thursdays, and we want to accommodate them. Our first Wednesday lunch will be at Eggsmart on November 27th. We are also investigating the possibility of a lunch on Wednesday December 18th. We will keep you posted.

Foot Care Clinics

Clinics are offered by Spectrum Health Care on Thursdays.

December 19th and February 20th, 2020 at 12 noon. \$35 fee. Call our office to book.

Hallowe'en Creations

Thanks to the 32nd Toronto Girl Guides for the delightful crafts they made for Hallowe'en. We used some on tables at Diners Club and delivered the rest to Meals on Wheels clients. Thanks to leader Anne Marie McGonigle and all the Guides.



Board of Directors
 Donald Wallace, president
 Earl Saltzman, vice-president
 Thomas Moores, secretary-treasurer
 Michelle Broom
 Melissa Chin
 Tameeza Dhanani
 Justin Safayeni

Director Emeritus
 Carl Peterson

Honorary Life Members
 Alan Redway

Staff
 Anne MacNeill, Executive Director, Privacy Officer
 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.



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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!