

# *Food for Thought*

Vol 31, No 1

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

January 2020

## **Toronto East Ontario Health Team Announced**

On December 3rd, 2019, The Honourable Christine Elliott, Deputy Premier and Ontario Minister of Health announced East Toronto Health Partners (ETHP) as the Toronto East Health Team, one of the first of twenty-four Ontario Health Teams in the province to implement a new one-team approach to help keep clients, patients and families in our communities healthy and well. Ontario Health Teams (OHTs) are a new way of organizing and delivering care that is more connected to patients in their local communities. Health care providers (including hospitals, doctors and home and community care providers) will work as one coordinated team – no matter where they provide care.

Together, ETHP provides a comprehensive basket of health and social services, tailored to meet changing local needs. We provide primary to acute care, food security to supportive housing, home-based healthcare and community support services, long-term care, birth to end-of-life care, and settlement to employment.

As part of the preparation for the establishment of the ETHP, providers of Meals on Wheels (MOW) in East Toronto have been meeting to review the service, including capacity and delivery models. The providers are East York Meals on Wheels, Woodgreen Community Services, The Neighbourhood Group (True Davidson Meals on Wheels) and Warden Woods Community Centre. These four agencies provide Meals on Wheels service from the lake north to Eglinton, and from Kennedy Road to the Don Valley Parkway/Bayview Avenue.

Senior staff from the four agencies have been discussing the ideal state for MOW provision in East Toronto, from a client perspective. We have examined unserved, under-served and overlapping areas of service, pricing, days and times of meal delivery, type of meals available, range of client choice, responsiveness and timeliness of service and service start, among many other things.

A total of twenty-four teams were announced in early December, including three others in Toronto: the North York Health Team (immediately north of us) and the North Toronto Health Team (immediately west of us) and the North Western Toronto Health Team. East York Meals on Wheels will need to work with both the North York and North Toronto Teams teams too, because our service area extends into their areas.

We will keep you posted on activities, but rest assured, you should experience no changes to the health-care services you receive during this development/transitional phase.

## Thanks to Service Canada

We were delighted to receive, and even happier to pass along to our clients, 150 B.A.S.S.I.C. 2020 calendars. B.A.S.S.I.C. stands for "Bringing an Awareness of Senior Safety Issues to the Community". It is a partnership between service providers and members of the community who care about older adults. We have extras in the office if you'd like one.



## Happy Birthday in January

Wendy Arnold, Maureen Cairns, Melissa Chin, Joyce Frost, Betty Gregory, Deepali Hedge, Alex Kesik, Vabeez Master, Peter McMurtry, Elidia Ocampo, So Hing Poon, Brian Semple and Collin Young. Congratulations!

## Welcome New Volunteers

Over the fall months we were delighted to welcome ten new volunteers. Welcome to the Meals on Wheels program, Colleen Acton, Jan Frans Donker, Lilly Delic, Robert Hough, Alex McDonald, and Sanjay and Mamta Verma; to the Telephone Reassurance program, Colleen Acton and Eamonn Merek; and to the Board of Directors, Stacy Beach and Tameeza Dhanani.

We appreciate your willingness to give to the community and we hope you enjoy volunteering with us. Welcome!

***New Year Smile  
Good news for people  
who wear glasses.  
This year you'll finally be able  
to see 2020.***

## January Volunteer Anniversaries

Ron Blais	9 years
Darlene Brown	6 years
Cheryl Dan	7 years
Emily Field	1 year
Deepali Hedge	8 years
Donna McCarthy	11 years
Steve O'Connor	25 years
Huseyin Tiftikci	2 years
Ryan Tudor-Roberts	1 year

These nine dedicated volunteers have contributed more than 3,500 hours of service. That's the equivalent of two people working full time, without a day off, for a year. Thank you very much!

### Foot Care Clinics

Next clinics are on Thursdays, February 20th and April 16th, 2020 at 12 noon.  
\$35 fee.

## Reminder to Meals on Wheels Volunteers

In December we asked volunteers to complete online training required for ongoing City of Toronto funding. The training is about the Customer Service Standard under the Accessibility for Ontarians with Disability Act. Quite a few of you have completed the training and submitted your signed Certificate of Training. For those of you who have not yet done so, please submit your signed certificate as soon as possible.

If you cannot do the training online at home, you are welcome to do it in the office with our assistance, or we will provide you a hard copy version of the training. The training is quick, easy and painless and will help us comply with City grant requirements. Thanks!

# January Diners Club Calendar

Mon	Tuesday	Wednesday	Thursday	Fri
		1 <b>Happy New Year!</b>	2 <b>St. Clair O'Connor</b> <i>Mini Putt!</i>	3
6	7 <b>Longo's</b> <i>Grocery Shopping</i>	8	9 <b>Watts Restaurant</b>	10
13	14 <b>Eggsmart</b>	15	16 <b>Rise and Dine</b>	17
20	21 <b>Swiss Chalet</b>	22	23 <b>Eggsmart</b>	24
27	28 <b>The Millwood</b> <i>Chair Yoga with</i> <i>Kathleen O'Connell</i>	29	30 <b>Leaside United</b> <b>Church</b> <i>Art class: still life</i>	31
3 <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">February</span>	4 <b>Longo's</b> <i>Grocery Shopping</i>	5	6 <b>St. Clair O'Connor</b> <i>Current events</i> <i>discussion</i>	7

## Diners Club News

After nearly thirty years, we have decided to bring our Diners Club lunch at the Stan Wadlow Centre to an end. Attendance has been declining for some time, and despite all our efforts to reverse the trend, it has continued. Our clients have spoken and we hear you.

It has become very clear that clients generally prefer restaurants as Diners Club locations. We are happy to oblige, but we do like to find locations that allow us to offer some kind of entertainment after the meal. If you have any suggestions for such a location, preferably in the eastern part of East York, do let us know.

Thanks to the City of Toronto and the staff at the clubhouse for their cooperation and support over the past thirty years.

We are returning to Leaside United Church on January 30th, now that the extensive renovations to the main floor are complete. There is a new kitchenette off the Hearth Room, and there are two new gender-neutral washrooms. We are looking forward to hosting our clients in this newly-renovated space. Bring your artistic flair on the 30th, as Mary will be holding an art class. No talent required!



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 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.

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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 \_\_\_\_\_

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Thank you for your support!