

# Food for Thought

Vol 30, No 12

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

December 2019



All of us at East York Meals on Wheels  
wish all of you a peaceful and healthy holiday season!

Anne

Cathy

Mary

Amber

Mark

Lisa

Rosemary

Lucie

## We Have Another New Director

At the Board meeting on November 18th, the Directors elected Stacy Beach to serve on the Board. All vacancies have now been filled.

Stacy has twenty years experience in the financial services and telecom industries. She has an undergraduate degree in Economics from McMaster University and received her MBA from the Schulich School of Business. She is currently the Director, Loyalty and Rewards with Royal Bank, having previously worked at Coast Capital Savings, TD Canada Trust and Rogers Communications. Her skills include strategic leadership, project management and marketing.

Stacy teaches marketing at George Brown College and Durham College. She is a resident of Danforth village.

Stacy's volunteer experience includes serving as a site planner with CIBC Run for the Cure, as a volunteer yoga instructor at Homes First agency and working with international microfinance organizations through Bankers without Borders.

We are delighted to have Stacy on board. Welcome!

## 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.

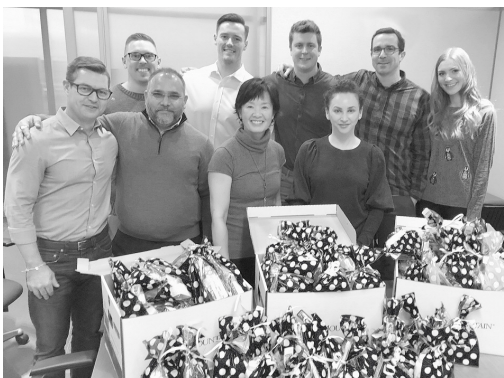
Put the significance back in Christmas and give the gift that gives. Our *Significant Santa* form is included with this newsletter. Just fill it out, return it to us, and we'll make your holiday shopping easier and rewarding for those on your shopping list.

### **Christmas Gifts for YOU!**

A local business has kindly offered to sponsor our annual *Christmas stocking* program. Members of their team (*see below*) put together 150 bags of assorted goodies for us to distribute to our clients over the holidays. They wish to remain anonymous.

Thanks also to Toronto Police Communications D Platoon who provide candies every year.

A **BIG Thank You** to you all!



### **Tax Time Donations**

Canada Helps is a non-profit organization through which people make donations on-line. Canada Helps reports that 10% of donations are made in the last three days of December, and that December 31st - the tax deadline - accounts for 6% of the year's donations. *Wrap up the year by giving back!*

### **Holiday Notices**

We will deliver Meals on Wheels as usual on December 25th, 26th, and January 1st. The office, however, will be closed from 2 p.m. on December 24th to 9 a.m. on December 27th and from 2 p.m. on December 31st to 9 a.m. on January 2nd. Please let us know whether you want a Christmas Day meal or not, as soon as possible.

On the 25th, we'll be serving a traditional Christmas Dinner with turkey, gravy, peas, carrots, mashed potatoes, cranberry sauce, and stuffing, with a butter tart square for dessert. Why not invite a guest to your Christmas feast, and order an extra meal?

Please inform us of any changes effecting December 25th through 27th, before noon on Monday, December 23rd. Orders for frozen meals for delivery the week of December 23rd must be in before noon on Thursday, December 19th. If you usually receive your frozen meals on Wednesday, note that they will be delivered on Friday, December 27th unless you request otherwise.

Cancellations or changes for January 1st and 2nd must be made before noon on Monday, December 30th. Frozen meal orders for delivery the week of December 30th, must be received before noon on Friday, December 27th. Delivery will be Thursday, January 2nd.

Let us know about any changes as soon as possible. Thanks!

# December Diners Club Calendar

Mon	Tuesday	Wednesday	Thursday	Fri
2	<b>3 Longo's</b> <i>Grocery Shopping</i>	4	<b>5 St. Clair O'Connor</b> <i>Storyteller Pat Bisset: the story of Marguerite de Roberval</i>	6
9	<b>10 Stan Wadlow</b> <i>Art class: still life in</i>	11	<b>12 Watts Restaurant</b>	13
16	<b>17 Swiss Chalet</b> <i>Enjoy the Festive Special!</i>	<b>18 Eggsmart</b>	<b>19 Rise and Dine</b>	20
23	24	25 Merry Christmas!	26	27
30	31	1 Happy New Year! <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">January</span>	<b>2 St. Clair O'Connor</b>	3
6	<b>7 Longo's</b> <i>Grocery Shopping</i>	8	<b>9 Watts Restaurant</b>	10

## Happy Birthday in December



Noel Armstrong, Gwenne Dixon, Bill Elliott, Sophia Filipopoulos, Paul Gordon, Angela Inniss, Susan Lateneresse, Kathy Laupacis, Diane Richardson, Justin Safayeni, Carol Stevenson, Georgina Svoboda, David Topp, Joanne Vail, and Donald Wallace. Congratulations!

## Holiday Diners Club

Enjoy the Festive Special at Swiss Chalet on Tuesday December 17th. It includes the quarter chicken dinner, white or dark, with stuffing and cranberry sauce, plus Lindor chocolate truffles and a scratch card!

### Foot Care Clinics

Next clinics are on Thursdays, December 19th and February 20th, 2020 at 12 noon. \$35 fee.

## December Volunteer Anniversaries

Parkash Mahant      8 years  
Margo Mingay      29 years

**Board of Directors**  
 Donald Wallace, president  
 Earl Saltzman, vice-president  
 Thomas Moores, secretary-treasurer  
 Stacy Beach  
 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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[info@eastyorkmealsonwheels.org](mailto: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!