

Food for Thought

Vol 31, No 2

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

February 2020

Diners Club: The Solution to the February Blahs!!!!

You've had enough of winter, and you've got cabin fever. It's cold and gray and you could use a change of scenery. We have a solution!

Diners Club! The club that isn't a club offers you an opportunity to get out, in the company of others, with a personal chauffeur to get you where you need to go. We have nine different locations from which to choose, (see calendar on Page 3) offering everything from fish and chips, to salads, soups and sandwiches, to all-day breakfast and barbequed chicken. With just 24 hours notice, we will arrange for a friendly driver to pick you up from home, escort you to the location, and take you home again. On some occasions, you'll have an opportunity to go grocery shopping, on others you can learn a little yoga, or exercise your creativity in a painting class, or enjoy some musical entertainment. If you just want to chat with new acquaintances, you'll find a place to do that too!

During February, we are offering an incentive for you to attend Diners Club. If you have not attended before, your first visit will be free of charge. If you bring a friend or two, their meals will also be on us.

We understand that sometimes it's hard to try something new, so we want to assure you that our volunteers and staff are warm and welcoming and know how to help new attendees feel comfortable. Mary Skwarek, our Diners Club Coordinator will make it her mission to ensure your experience is an enjoyable one!

If you decide to attend again, you'll find that our lunches offer really excellent value. Fees range from \$9 to \$10.75, and include transportation both ways, an arm to lean on, a good meal in the company of others, and often some activity after lunch.

We really hope you'll give Diners Club a try! Call 416-424-3322 for more information or to arrange to attend.



Follow us....

A recent Twitter post by the son of a long-term client reminded us that many may not be aware that this agency does have a social media presence. Twitter may not be relevant for many of us, but it clearly does have impact. Here is the tweet: *Wednesday my mom moves into a LTC facility. Today I called @EYMealsOnWheels to cancel the lunches they have been bringing her for years. Nothing but gratitude. They are AWESOME. Organized, and they clearly care for their clients. Always called if mom didn't answer their knock. We appreciate the*





Happy Birthday

Angie Almeida,
 Meshelle Aucoin, Carol Belenchuk, Anne Cairney, Lilly Delic, Tameeza Dhanani, Gwen Dimon, Karen Jean, Marianne Knight, Cindy Knoll, Lynne Laframboise, Joan MacDonald, Jacob Mahoney, Alex McDonald, Georgios Panagakos, Jelisaveta Panic, Joan Plouffe, Wilma Pollock, Ethel Rubery, Josip Surbek, Derek Wither, Hannah Withers, and Fotina Zikas. Congratulations!

Meals on Wheels Volunteers

In December we asked volunteers who have direct contact with clients, to complete online training in customer service under the Accessibility for Ontarians with Disability Act. Here is the link: <https://www.accessforward.ca/newado/csstandardmodule/>

The training will help us receive ongoing funding from the City of Toronto. About 33% of you have done the training. We would really appreciate it if the remaining 66% would do the training and submit your certificate as soon as possible.

The training is very simple, takes no more than twenty minutes and will lower the risk of losing about \$30,000 in funding. 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. Thanks!

Foot Care Clinics

Next clinics: Thursdays, February 20th & April 16th, 2020 at 12 noon. \$35 fee.

February Volunteer Anniversaries

Jo-Anne Beer	25 years
Melissa Chin	1 year
Clint Cluster	9 years
Indira George	9 years
Jessica George	9 years
Cindy Knoll	12 years
Tim McDonald	19 years
Rick Pike	8 years
Justin Safayeni	3 years
Stephanie Sidey	9 years
Colleen Todd	8 years

It is gratifying that so many volunteers maintain lengthy relationships with EYMOW. Here is the breakdown of our volunteers' length of service:

- up to three years: 40 %
- four to five years: 8%
- six to ten years: 29%
- eleven to fifteen years: 9%
- sixteen to twenty years: 7%
- twenty-one to twenty-five years: 5%
- more than twenty-six years: 2%

We must be doing something right, or we're just very lucky. Thanks to you all.

Groundhog Day: Did You Know?

Canadian groundhogs Wiarion Willie, Shubenacadie Sam, Balzac Billy and Winnipeg Willow are rarely accurate in their predictions. Like their American cousin, Punxsutawney Phil, they are correct about 37% of the time.

Groundhog Day derives from Candlemas, an ancient festival marked by the lighting of candles to brighten things up and monitor the weather to see if spring was approaching. The first North American Groundhog Day took place in 1888. Canada's first event took place in Wiarion in 1956.

February Diners Club Calendar

Mon	Tuesday	Wednesday	Thursday	Fri
3	4 Longo's <i>Grocery Shopping</i>	5	6 St. Clair O'Connor <i>Alfia Chan, Service Canada, discusses income plans, tax credits and scams</i>	7
10	11 Halibut House <i>NEW! See below</i>	12	13 Watts Restaurant	14
17	18 Swiss Chalet	19	20 Rise and Dine	21
24	25 The Millwood <i>Drum Circle workshop with Veronica Johnny</i>	26 Eggsmart	27 Leaside United Church <i>Bingo!</i>	28
2	3 Longo's <i>Grocery Shopping</i>	4	5 St. Clair O'Connor <i>Art class</i>	6

March

Diners Club News

We have a new location! We will be visiting the Halibut House at 3003 Danforth Ave (in Shoppers World) on the second Tuesday of every month starting on Tuesday February 11th.

The fee for this lunch will be \$10.75. Clients may choose between the Haddock and Chips or Haddock and Coleslaw. Coffee, tea or pop is included. Join us at this popular spot known for great fish and chips and friendly service.

We have a real treat for you this month at The Millwood. Join us for a Drum Circle workshop! We'll learn about Indigenous music and culture with Veronica Johnny. Veronica is an art educator, multi-media artist and workshop facilitator of Cree-Metis heritage. She is the lead singer of the Indigenous Canadian band, "The Johnnys". Her partnerships include work with the Toronto District School Board, the Ontario Arts Council, the Northwest Territory Metis Nation Cree Language Program, the Banff Centre for the Arts, and the Art Gallery of Ontario.

In this workshop, participants can sing along or just relax and take in the beautiful energy of the hand drum songs. Veronica shares teachings about the four sacred medicines and the seven ways we heal. Past participants have described how they feel afterward: "happy, relaxed, peaceful, connected". Make your reservation today!

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 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!