

Food for Thought

Vol 31, No 3

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

March 2020

New Fees for Services

Effective April 1, 2020, the prices we charge for our services will increase. We have made every effort to keep these increases as low as possible, but with rising costs, we have no choice but to recover some of our cost increases.

The new fees are as follows:

Meals on Wheels

| | |
|--|-----------------------------|
| hot meals (western & Chinese) | \$6.75 |
| hot meals, extra-portion | \$7.75 |
| frozen, entrée only | \$5.55 |
| frozen, package of 7 entrées | \$5.25 ea (package \$36.75) |
| frozen package, 5 or 6 entrées plus 5 or 6 sides (package \$35.75 or \$42.90) | \$7.15 ea |
| frozen dessert, soup or breakfast snack | \$1.85 |
| milk | 60 cents (no increase) |

Diners Club

| | |
|---|---------|
| Leaside United Church (4th Thursday of the month) | \$9.50 |
| The Millwood (4th Tuesday of the month) | \$9.50 |
| St. Clair O'Connor Centre (1st Thursday of the month) | \$9.75 |
| Longo's (1st Tuesday of the month) | \$10.75 |
| Halibut House (2nd Tuesday of the month) | \$10.75 |
| Swiss Chalet (3rd Tuesday of the month) | \$10.75 |
| Watts (2nd Thursday of the month) | \$10.75 |
| Rise and Dine (3rd Thursday of the month) | \$10.75 |
| Eggsmart (3rd or 4th Wednesday of the month) | \$10.75 |

Diners Club fees include transportation and escort both ways and occasional entertainment.

A New Chapter

Anne MacNeill is retiring as Executive Director of East York Meals on Wheels after thirty years of service. The Board of Directors has posted the job vacancy and has established a Search Committee. Ms MacNeill's departure date has not been formally established. She will stay on until her successor has been hired and well-oriented to the position, most likely departing in late spring or early summer.

Continued...

Anne came to EYMOW in May of 1990, after serving as Meals on Wheels Coordinator at Sprint Senior Care.

The next chapter for Anne and her husband John includes a move to the country, and more time to spend with family - particularly their grandchildren.

We are confident that most of you won't even notice the change. EYMOW has a top-notch team of front-line staff, who will make sure that services are delivered as you have come to expect. We will keep you posted on the timing of Anne's departure and on the results of our search for her successor.



For the ninth year, EYMOW is entering a team in the Toronto Challenge. The Toronto Challenge is a family event that raises money for not-for-profit organizations that improve the quality of life for seniors in our community. The 2020 Challenge takes place on Sunday, June 14th. Last year, we almost reached our fundraising goal of \$7500, so we are making that our target once again. With your support and new leaders in this effort (directors Melissa Chin and Tameeza Dhanani) we're sure we can do it.

Registrants are reminded to name EYMOW as your affiliate organization, and donors are reminded to indicate that your donation is in support of the Toronto Challenge. Thanks!

Foot Care Clinics

Next clinics: Thursdays, April 16th and June 18th, 2020 at 12 noon. \$35 fee.

March Volunteer Anniversaries

| | |
|-----------------------|---------|
| William Chow | 1 year |
| Nadia Fuller | 4 years |
| Heather McNair-Huckle | 4 years |
| Gill Willcox | 1 year |

Thank you all for sticking with us!

A Timely Reminder

It is time to change your clocks for the beginning of Daylight Saving Time (DST). You should *spring ahead* before you go to bed on Saturday, March 7th. Spring is coming!



Valentines Thanks

We hope you enjoyed the Valentines Day cards that we distributed on Friday February 14th. They were made by students at the Turning Pointe Academy of Dance on Vanderhoof Avenue, who range in age from four to thirteen. We hope you enjoyed their fun and imaginative creations!

Happy Birthday in March



Jane Arent, Donald Burton, Alison Chambers, William Chow, Sandra Dobos, Stanley Golden, Gary Howitt, Josephina Maccarone, Donna McCarthy, Sheila Molyneux, Anna Navratil, Steve O'Connor, Paul Plouffe, Phyllis Ridgway, Lucy Robinson, Rosemary Scott, Shawn Spencer, Joan Tilt, Gill Willcox, Janet Wood and Canny Wu. Congratulations!

March Diners Club Calendar

| Mon | Tuesday | Wednesday | Thursday | Fri |
|-----|---|---|--|-----|
| 2 | 3 Longo's <i>Grocery Shopping</i> | 4 | 5 St. Clair O'Connor <i>Art class: Self portraits!</i> | 6 |
| 9 | 10 Halibut House | 11 | 12 Watts Restaurant | 13 |
| 16 | 17 Swiss Chalet | 18 | 19 Rise and Dine | 20 |
| 23 | 24 The Millwood <i>Chair Yoga with Kathleen O'Connell</i> | 25 | 26 Leaside United Church <i>Adult colouring</i> | 27 |
| 30 | 31 Eggsmart | 1 <div style="text-align: center;">April</div> | 2 St. Clair O'Connor | 3 |
| 6 | 7 Longo's <i>Grocery Shopping</i> | 8 | 9 Leaside United Church | |

Diners Club News

Our return to Leaside United Church is being interrupted by more renovations. We will be going to this site in April, albeit much earlier in the month than usual, but then the space will not be available to us until the fall.

HELP! We are urgently in need of volunteer drivers to transport and escort clients to and from lunches. Drivers are reimbursed for gas expenses (at a flat rate) or they may stay for lunch and have the reimbursement applied to the cost of lunch. It's a pleasant and rewarding experience and we urge you to consider helping us AND our clients!

A Severe Shortage

We have a severe shortage of volunteers. The situation is putting uninterrupted delivery of services at risk. Even using all our staff resources (and those are very limited!) we are challenged daily to find enough people to do everything that needs to be done. This is an urgent plea to anyone with as little as a few hours a month, to help us serve our clients. Please get the word out and call 416-424-3322 if you can help.

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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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!