

Food for Thought

Vol 31, No 4

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

April 2020

An Urgent Notice for Meals on Wheels Clients

You can help us get through the current covid-19 pandemic by doing the following things:

- 1) If you are self -isolating please call the office to let us know.
- 2) **When your volunteer delivers, please keep a safe distance from them- 6 or 7 feet is necessary. This is to protect both you and the volunteer.**
- 3) When possible, put a small table or a chair inside your door so that volunteers can just place your meal there, without entering your home.
- 4) Order a supply of frozen meals so that you have food on hand in the event we have to cancel hot meal delivery. It could happen.
- 5) If your meal is late, please don't call the office until after one o'clock. We are very short-staffed and it is a challenge to keep up with all the phone calls. Thanks for your cooperation.

Laughter is Good for Your Health

Amid the madness we are living through these days, we thought you might enjoy a few chuckles. After all, we're all in this together - separately!

As protective masks get harder and harder to find, some folks are coming up with creative (though ineffective) substitutes. Here are a few:

- ☺ a 1/2 grapefruit or orange or lemon
- ☺ large cabbage leaves
- ☺ a brassiere cup
- ☺ a water jug or water cooler bottle with the bottom cut out
- ☺ feminine hygiene napkin
- ☺ clear plastic bags (because, hey, if corona virus doesn't kill you, this will!) and this one...

"Well, I finally lost it! On an already terrible morning, after listening to the news and the stock market report, I went shopping. I saw a man whose cart was full of sanitizers, wipes, soap, all the things that people really need these days. With attitude, I called him a selfish jerk, and gave him the low down on the elderly, moms, and all the other people who really need these things. I told him he should be ashamed of himself.

After a moment, he looked at me and said "are you done? because I really need to get on with re-stocking the shelves."



The City of Toronto has cancelled the 2020 Toronto Challenge. The decision was made to adhere to Public Health’s Guidance for large community events. It is not possible to reschedule the Challenge to a later date this year.

The City is exploring alternative options for achieving their goal of supporting seniors in the community. Their statement says: *While we understand that this decision is disappointing, it is necessary to protect the health and wellbeing of our participants and volunteers, many of whom are seniors or support seniors in our community and long-term cares homes.*

For East York Meals on Wheels, the cancellation of the Challenge represents the loss of approximately \$7000. We are crossing our fingers that the community will step up, be generous and make donations to replace this significant loss.

Foot Care Clinics

Foot Care Clinics are cancelled. We will let you know when they will resume.

We Had a Severe Shortage.... But

We were experiencing a severe shortage of volunteers. However, in the past two weeks we have received many calls from people offering to help deliver meals, in response to social media postings and major media stories. Generally, the people offering help are working from home, or have been laid off and so they have time to help agencies providing services to those who need it. We thank you all from the bottom of our hearts for your willingness to help us all during this challenging time.

April Volunteer Anniversaries

| | |
|----------------|---------|
| Andrea Corlett | 3 years |
| Lily Prussky | 3 years |
| Hasan Tiftikci | 3 years |

A small but mighty group! Thanks!

Happy Birthday in April

Rookmin Baijnath, Laurie Ball, Constantin Bassoulos, Stephane Beaulieu, Jo-Anne Beer, Baldwin Bensley, Ron Blais, Suzanne Christie, Clint Cluster, Marion Cornell, Jan Frans Donker, Gordon Hoita, Roberta Gray, Velma Ko, Margaret Kruzely, Harry La Plante, Ted Markakis, Anne Proctor, Nancy Redding, Midge Sandiland, June Scott, Michael Warren, and Wai Ping Yee. Congratulations!



Suspending Stack it Now

For the time being, we are not accepting coffee cups for recycling in our Stack It Now program. We are not comfortable handling used coffee cups. Thanks for understanding.

The Empty April Diners Club Calendar

We have cancelled all Diners Club lunches, effective March 16, in order to adhere to recommended Covid-19 precautions. The initial cancellation was for two weeks, but we are extending the cancellation indefinitely, and will resume when Public Health informs us that it is safe to re-open.

We know our clients will miss the opportunity for socializing and dining together, but we know that this closure is necessary. We will keep you posted on the resumption of activities. If you have any questions or concerns, please call the office at 416-424-3324.

In other Diners Club news, Mary will be away from the office until April 6th. Other staff and volunteers will be addressing Diners Club issues.

And finally, special thanks to former staff member Mary Jane Mingay for covering for Mary during her absence. Even our former staff are dedicated!

A Reminder re New Fees for Services

Effective April 1, 2020, these are our fees:

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 | \$7.15 ea; package \$35.75 or \$42.90) |
| frozen dessert, soup or breakfast snack | \$1.85 |
| milk | 60 cents (no increase) |

Diners Club

Leaside United Church (4th Thursday)
and The Millwood (4th Tuesday of the month)
\$9.50

St. Clair O'Connor Centre (1st Thursday)
\$9.75

Longo's (1st Tuesday of the month)
Halibut House (2nd Tuesday of the month)
Swiss Chalet (3rd Tuesday of the month)
Watts (2nd Thursday of the month)
Rise and Dine (3rd Thursday of the month)
Eggsmart (3rd or 4th Wednesday of the month)
\$10.75

Tips for Seniors this Tax Season!

As a senior, you may be eligible for benefits and credits when you file your taxes. We have tips to help you get all of them!

Get free tax help

If you have a modest income and a simple tax return, volunteers may be able to **do your taxes for free**. Tax clinics are usually open from February to the end of April. To find a free tax clinic, visit canada.ca/taxes-help.

Beware scams! Look out for suspicious emails, calls, letters, or text messages that say they are from the CRA. If someone asks for personal information, such as your credit card, or passport number, it's a scam.

Get credits. You may be able to claim credits such as the disability tax credit, the Canada caregiver credit, the Public Transit Tax credit and the GST/HST credit,.

Board of Directors
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 Earl Saltzman, vice-president
 Thomas Moores, secretary-treasurer
 Stacy Beach
 Michelle Broom
 Melissa Chin
 Tameeza Dhanani
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 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.

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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!
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