

# FOOD FOR THOUGHT

*A Monthly Newsletter From East York Meals on Wheels*

*In This Issue...*

**Highlighting  
Our Incredible  
Team**

**Menu & Hours**

**Program  
Reminders**

**East York  
Meals on Wheels**

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## A Message From Our Team

Spring is in the air! It's May newsletter time at East York Meals on Wheels!

We're closing early at 1:00 pm on Friday, May 10th, for a staff event but fear not, meal deliveries will roll out as usual.

Happy Victoria Day, everyone! Our office be closed on Monday, May 20th, to celebrate. Don't worry, though - meals will still make their way to your door on time. Just remember, any changes to your orders will need to be sent to our Meals on Wheels coordinator at least 48 hours in advance.

Shoutout to our awesome volunteers and clients for sharing your thoughts in the surveys! Your feedback is so important to our planning. Thank you so much for your time and insights.

Diners Club crew! Exciting news - we're cooking up some deliciously affordable lunch options and fresh programs just for you. Stay tuned for the tasty updates!

Hungry for more? Swing by the Common Ground Market and Café for your grocery fix and a cup of coffee while you're at it. Fresh produce at a steal - what's not to love?

The EYMOW team wishes you heartwarming moments spend with family, friends and community this month!

# Our Volunteer Spotlight!

*In the spirit of gratitude, we are regularly showcasing stories of some of our most dedicated volunteers who have worked through the pandemic to continue supporting our team and clients alike.*

This month, we are thrilled to showcase the volunteer efforts of Yifan Shi! Yifan, a recent addition to our team in January 2024, has swiftly become a crucial member of our Meals on Wheels delivery driver team. Yifan has enthusiastically embraced supporting EYMOW's mission, often making multiple deliveries weekly. Yifan is driven by his commitment to contributing to the local community and gaining experience in supporting services that cater to the needs of his neighbors. He appreciates how this role connects him with individuals from various backgrounds that enrich our diverse community.

In addition to volunteering for EYMOW, Yifan is a student of Information Technology at York University where he actively engages with his community.

Yifan's volunteering efforts are seen as valuable contributions to his professional growth and future career. We truly value his commitment to supporting EYMOW. Yifan's reliability and enthusiasm make him a wonderful volunteer and a valued member of this community!

*Thank you!*



**Yifan Shi**

*Welcome!*



**Meike Jourdain**

Introducing our new Volunteer Coordinator, Meike Jourdain! Meike is excited to be part of the EYMOW team and connect with our dedicated volunteers. With years of experience, she has supported food delivery services at Allan Gardens Food Bank and led a team of volunteer educators at a sexual health resource and support center.

Meike is deeply committed to the values of volunteerism and believes that volunteer efforts in social services play a crucial role in fostering community solidarity. She is eager to collaborate with the wonderful individuals who contribute to EYMOW's initiatives.

Please join us in welcoming Meike to the EYMOW team!



# Diners Club Updates

East York Meals on Wheels extends their gratitude for your ongoing support and participation in our Diners Club programs!

We value your input and suggestions for new lunch excursions. In light of the increasing cost of living, restaurant prices, and Diners Club fees have been impacted. We are actively searching for venues willing to collaborate with us to help lower your expenses, and we are exploring additional budget-friendly choices for you.

Please stay tuned for new budget-friendly outings that will be announced soon!

We served 836 meals to 84 Diners Club clients this year and we are excited to expand our offerings to serve even more clients this year!

Thank you for your continued support.

**DINERS CLUB**  
**MAY 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01	02	03
06	07	08 Swiss Chalet	09 Hermies	10
13	14 Astoria Greek	15	16 Longo's	17
20	21 Halibut House	22	23 AfghanCuisine	24
27	28 Eggsmart	29	30 Rise and Dine	31

**REMINDER**

Our lunches will be held from 12:00-1:00 pm.

Lunch will cost **\$14.50** plus a tip. The recommended tip amount is \$3 if the service was good.

**NEW!** All virtual programming is free for participants and will run from 12:00 pm to 1:30 pm.



# ***Meals on Wheels Program Updates***

We invite clients to share feedback on our new meals to gather valuable insights for our new supplier. We appreciate everyone who has provided input as we introduced our new hot meals.

**A quick reminder: we can cater to Pureed and Minced diets for our hot meals.**

Please note that our office will be closed on Monday, May 20th, for the Victoria Day Long weekend, but meal deliveries will continue as scheduled. **Kindly place your orders or make changes at least 48 hours in advance.**

## ***Produce Program Updates***



Introducing the debut of our innovative Wally Hydroponic NFT System, crafted to elevate our tower garden.

If you have a passion for gardening and want to volunteer to be apart of launching this new system, feel free to contact Farah and Meike! Stay tuned for its release this coming May! 🌱

## ***Social Work & Telephone Reassurance Updates***

**Seniors Technology Program:** For assistance with computer, email, or phone navigation, feel free to contact Catherine to schedule a session if you're interested.

**Telephone Reassurance:** If you're a senior who enjoys chatting on the phone, inform us, and we'll link you with one of our kind and caring volunteers.

If you're interested in the new **dental benefit Program** launched by the Canadian government, Catherine is available to assist you in getting started.

# Common Ground Market & Café

Feel free to drop by and register for a points card. With it, you can give your points to someone who could use a helping hand!

## Menu

Croissants  
Pistachio Carrot muffins  
Chocolate chip cookies  
Oatmeal cookies  
Chai  
Coffee  
Tea



## Hours

Wednesday 10-4 pm  
Thursday 10-4 pm  
Friday 10-3 pm



## Please Consider Donating Today

Culturally appropriate & affordable food for everyone!

I would like to make a donation in the amount of  
**\$200 \$100 \$75 \$50 \$25 (Other)**\_\_\_\_\_

I have enclosed a cheque or cash for the amount above

I prefer to charge my donation to **Visa** **Mastercard**

Card Number \_\_\_\_\_ Expiry Date \_\_\_\_\_ CVC \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone number \_\_\_\_\_

**THANK YOU FOR YOUR GENEROUS SUPPORT!**





# Staff

Adriano Murarotto MSW, RSW

Executive Director

Mary Skwarek

Manager, Operations

Taneka Dennis

Program Supervisor

Ana Gavino

Meals on Wheels Coordinator

Farah Alim

Food Service & Urban Agriculture

Coordinator

Catherine Brulé

Social Worker

Meike Jourdain

Volunteer Coordinator

Shakeel Ahmed

Meal Delivery Driver

## Our Partners:



## Board of Directors

Mat Savulescu

Chair/President

Tameeza Dhanani

Vice-President

Thomas Moores

Secretary-Treasurer

Stacy Beach

Justin Safayeni

Melissa Chin

Jill Krupa

Director Emeritus:

Carl Peterson

Honorary Life Member:

Alan Redway

## About Us!



East York Meals on Wheels (EYMOW) 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, Ontario Health, Ontario Community Support Association, United Way of Greater Toronto and Toronto Community Services and is a federally registered charity. EYMOW is a member of Imagine Canada, Ontario Community Support Association (OCSA), VolunteerToronto, Community Food Centers Canada and East Toronto Health Partners (ETHP) Ontario Health Team.



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