

Food for Thought

Vol 29, No 4

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

April 2018

Survey Says...

More than fifty clients completed our recent survey about our hot meals. Thank you to all of you.

We are starting to make changes based on your feedback. One of the more frequent complaints was about the desserts. Many of you felt that they are rather dull, and that more variety would be appreciated.

Accordingly, and thanks to Bridgepoint, our supplier, we are making the following changes:

We have removed one serving each of cookies, mousse, fruit cocktail and custard and will replace them with orange cake, carrot cake, coconut square and butterscotch square.

The kitchen has also agreed to cook the vegetables more, since many of you commented that they are undercooked.

More changes are coming and we will keep you informed.

Volunteer Survey

Please complete the Volunteer Appreciation Survey we distributed last month. Your opinions matter to us and will effect our volunteer appreciation practices in the future. If you've lost the survey, it is available on our website, under Newsletters and More, <http://www.east yorkmeals on wheels.org/downloads/>. Thank you.

Volunteer Toronto Identifies Volunteer Shortage

Volunteer Toronto (VT) has identified a critical shortage of volunteers in Toronto's Meals on Wheels programs. The organization (of which we are a member) connected with 17 of 21 agencies that run the program. A whopping 88% said that recruiting sufficient volunteers was a current challenge. The remaining 12% said that they had cut back on meal deliveries in order to reduce the number of volunteers needed. On average, it was determined that agencies need a 19% increase in the number of volunteers to meet program demands.

VT notes that there are particular challenges in recruiting for Meals on Wheels. The first is time-frame: volunteers need to be available mid-day during the work week. Another is the need for a car. This factor alone seriously limits the pool of potential volunteers. Further, drivers may be put off by parking struggles, heavy traffic and poor driving conditions.

Volunteer Toronto recommends that 1) agencies build partnerships to reach new groups of potential volunteers, 2) funders increase grants, 3) corporations consider ongoing commitments as opposed to single day volunteer opportunities and 4) a working group be set up to address the issue.

Happy Birthday in



Isabelle Bauman, Jo-Anne Beer, Ross Beer, Gail Birnie, Ron Blais, Madeline Brennan, Suzanne Christie, Clint Cluster, Marion Cornell, Katrina Easton, Henrietta Gabriel, Fides Garde, Roberta Gray, Velma Ko, Margaret Kruzely, Harry LaPlante, Ilene MacDonald, Maria Nunno, Anne Proctor, Eric Robinson, Midge Sandiland, Richard Stamper, Michael Warren, and Weichun Yao. Congratulations!

Impossibilities



1. You can't count your hair.
2. You can't wash your eyes with soap.
3. You can't breathe through your nose when your tongue is out.

Put your tongue back in your mouth, you silly person.

April Volunteer Anniversaries

Andrea Corlett	1 year
Anne Erickson	1 year
Leslie Knight	1 year
Lilly Prussky	1 year
Rosemary Scott	1 year
Richard Stamper	1 year
Hasen Tiftikci	1 year

Thanks to you all!



Please support our Team in this year's Toronto Challenge. Our goal this year is to raise \$7500. With your support we think we can do it.

Reminders for Volunteers

We know there are lots of details to remember when delivering hot meals in the Meals on Wheels program. Here is yet another thing to keep in mind: All our soups are broth-based, with two exceptions: cream-based soups are provided for clients on a pureed diet AND for clients on a vegetarian diet.

Cream soups are labelled as such, but the client's name is not on the label.

Foot Care Clinics

Thursdays, April 19th and June 21st at noon. \$35 fee.

Call our office to book an appointment.

New Fees for Services

Fees in effect at April 1, 2018

Meals on Wheels

hot meals (western & Chinese)	\$6.60
hot meals, extra-portion	\$7.60
frozen, entrée only	\$5.25
frozen, package of 7 entrées	\$5.00 ea
frozen package, 5 or 6 entrées plus 5 or 6 sides	\$6.85 each pair
frozen dessert, soup or breakfast snack	\$1.75
milk	60 cents

Diners Club

Stan Wadlow Senior Action Centre (2nd Tuesday of the month) & East York Acres (4th Tuesday of the month)	\$8.75
Golden Griddle (1st Tuesday of the month) & St. Clair O'Connor Centre (1st Thursday of the month)	\$9.25
Swiss Chalet (3rd Tuesday of the month) & Rise and Dine (3rd Thursday of the month)	\$10.25



April Diners Club Calendar



Mon	Tuesday	Wednesday	Thursday	Fri
2	3 Golden Griddle	4	5 St. Clair O'Connor <i>Paula Stapleton sings!</i>	6
9	10 Stan Wadlow	11	12	13
16	17 Swiss Chalet	18	19 Rise and Dine	20
23	24 East York Acres <i>Bingo!</i>	25	26	27
30 May	1 Golden Griddle	2	3 St. Clair O'Connor <i>Golf!</i>	4

Diners Club News

We have unexpected changes in the Diners Club calendar to report to you. We have decided to discontinue the luncheon at 980 Broadview, due in part, to declining attendance. We would be happy to include residents of the building in other Diners Club events, so if you live in the building and want to attend other locations, just give us a call.

After our last lunch at Topham Corner Café and Diner, the owner informed us that she has sold the business and it is now closed. This was a popular spot so we are very disappointed.

Needless to say we want to find new locations to host Diners Club lunches. Suzanne has been pounding the pavement looking for new venues, and we will keep you posted on our progress. If you know of a place that you think would be suitable, we would be delighted to hear from you.

Welcome New Volunteers

Last month we welcomed six new volunteers to the Meals on Wheels program. We are delighted to welcome six more this month. Please welcome...

Catherine Cassidy	Ian Cassidy
Heide Heemsoth	Braden King
Emma McQuaid	Andrea Walsh

Board of Directors

Donald Wallace, president
Neil Gray, vice-president
Sukhanpreet Dhanotta, treasurer
Michelle Broom
Anne Erickson
Justin Safayeni
Earl Saltzman
Richard Stamper

Director Emeritus

Carl Peterson

Honorary Life Members

Edna Beange
Alan Redway

Staff

Anne MacNeill, Executive
Director, Privacy Officer
Suzanne Christie
Diners Club Coordinator
Jasmine Dennis & Tuesday
Sandiland, Sunday & Holiday
Coordinators
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 500 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!