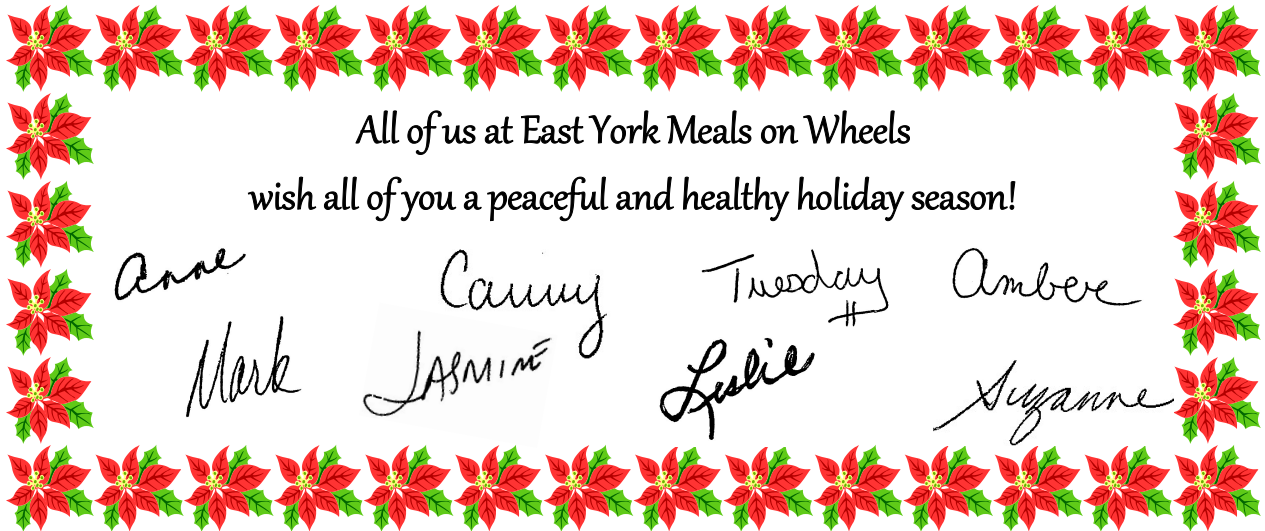


Food for Thought

Vol 28, No 12

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

December 2017



All of us at East York Meals on Wheels
wish all of you a peaceful and healthy holiday season!

Anne

Cariny

Tuesday #

Amber

Mark

Jasmine

Lucie

Suzanne

We Have a New Director

The vacancy on our Board of Directors has been filled. We are delighted to announce that Michelle Broom was elected to the Board at the meeting held on November, 20, 2017.

Michelle is a dietitian who is motivated to help people lead healthy lives through better nutrition. She has more than twenty years experience in education, nutrition and in managing a non-profit organization. She served as General Manager and Nutrition Manager of the Grains and Legumes Nutrition Council of Sydney, Australia for seven years and successfully increased funding and improved communication strategies. She has also volunteered with Second Harvest and Diabetes Canada.

Michelle is an Australian and moved to Canada in June to be closer to family. She enjoys gardening, cooking, hiking and camping and plans to try snow-shoeing this winter. She stays fit by running and playing golf and tennis.

We are pleased to have a director with such a unique and relevant set of skills and we are sure we will benefit from Michelle's contributions. Welcome Michelle!

A Gift that Makes a Difference

Many thoughtful people today choose to give donations to favorite charities instead of purchasing *tangible* gifts. The trend helps to offset the often commercial tone of holiday gift-giving and makes a real difference in the lives of many people. Please consider a donation to East York



Meals on Wheels, in honour of a friend or family member this holiday season. We'll send an attractive card acknowledging your gift to the recipient (no amount is mentioned) and you'll receive a tax receipt and our gratitude.

Put the significance back in Christmas and give the gift that gives. Our *Significant Santa* form is included with this newsletter. Just fill it out, return it to us, and we'll make your holiday shopping easier and rewarding for those on your shopping list.

Christmas Gifts for YOU!

We are very happy to inform you that a local business, which has asked for anonymity, has offered to pay for meals on Christmas Day for all our Meals on Wheels clients. This is a very generous offer and we very much appreciate it. There will therefore be no charge to you for the Christmas dinner.

Christmas dinner this year will be roast turkey and gravy, stuffing, cranberry sauce, mashed potatoes, peas, carrots and a butter tart square.

The same company has also offered to sponsor our annual *Christmas stocking* program. Members of their social committee are putting together 130 bags of assorted goodies, for us to distribute to our clients over the holidays.

Thanks to volunteer Darlene Brown, who helped fill the bags with other donated goodies.... candies from Toronto Police Communications D Platoon, and toothbrushes, toothpaste and floss donated by Dr. Maureen Fenn.

A BIG *Thank You* to you all!

December Volunteer Anniversaries

Katrina Easton	1 year
Phil Elston	2 years
Aysun Karasikli	3 years
Parkash Mahant	6 years
Ryan McNeil	4 years
Margo Mingay	17 years
Mike Wollen	1 year

Thanks to all of you!

*Tact is the art of making people feel
at home when that is where
you wish they were.*



Happy Birthday

Noel Armstrong, Gwenne Dixon, Richard Dymond, Bill Elliott, Paul Gordon, Grace Gross, James Henderson, Angela Inniss, Kathy Laupacis, Ilma Lillevars, Elizabeth MacLeod, Nick Ouzounis, Justin Safayeni, Ruby Stanley, Ta-Sung Sun, Georgina Svoboda, Joanne Vail, Donald Wallace, Paul Wollen, and Dale Woolner. Congratulations!

Tax Time Donations


Canada Helps is a non-profit organization through which people make donations on-line. Canada Helps reports that 10% of donations are made in the last three days of December, and that December 31st - the tax deadline - accounts for 6% of the year's donations.



**Wrap up the year
by giving back!**



December Diners Club Calendar

Mon	Tuesday	Wednesday	Thursday	Fri
4	5 Golden Griddle	6	7 St. Clair O'Connor <i>Michael Danckert sings!</i> 	8
11	12 Stan Wadlow <i>Horse Races!</i>	13	14 Topham Corner Café & Diner	15
18	19 Swiss Chalet <i>Festive Special!</i>	20 980 Broadview <i>A holiday lunch!</i>	21 Rise and Dine	22
25	26	27	28 East York Acres <i>Holiday Lunch and Left, Centre, Right</i>	29
1	2 Golden Griddle	3	4 St. Clair O'Connor <i>Team Golf!</i>	5

Holiday Notices

We will deliver Meals on Wheels as usual on December 25th and 26th, and January 1st. The office, however, will be closed from 2 p.m. on December 22 to 9 a.m. on December 27th and from 2 p.m. on December 29th to 9 a.m. on January 2nd. Please let us know whether you want a Christmas Day meal or not, as soon as possible.

On the 25th, we will serve a traditional Christmas Dinner with all the trimmings. Why not invite a guest to your Christmas feast, and order an extra meal?

Any changes effecting December 24 through 27, must be received in the office before noon on Thursday, December 21. Orders for frozen meals for delivery the week of December 25 must be received before noon on Thursday, December 21.

Cancellations or changes for January 1 and 2 must be received in the office before noon on Friday, December 29. Frozen meal orders for delivery the week of January 1, must be received before noon on Thursday, December 28.

You'll make life easier for us if you tell us about changes as soon as possible.



Foot Care Clinics

Thursdays, December 21st & February 15th at noon. \$35 fee.
Call our office to book an appointment.

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.

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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info@eastYorkmealsonwheels.org



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!