

Food for Thought

Vol 29, No 2

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

February 2018

Survey Results

Last month, we asked for your reaction to changes we might make in our hot Meals on Wheels meals. About 20% of our clients have responded to date.

We asked which of the meal components clients would be willing to give up, in order to allocate the savings to improving another part of the meal. The vast majority of clients agree that the margarine or margarine and bread could be eliminated, with improvement wanted in the starch or dessert.

Before we make changes, we would like to hear from more clients. Accordingly, we are reprinting our survey questions below, and ask that you complete the survey and return to our office with a volunteer, or call us with your responses. We need your name to ensure we do not get duplicate answers. Thank you.

If we were to drop an item, which one would do you think we could drop?

- margarine
- margarine AND bread
- soup
- dessert

With the money saved, which item would you want us to improve?

- soup
- dessert
- meat (protein)
- vegetables
- potatoes, rice, pasta (starch)

For the item you chose above, how would you like it to improve?

- quantity
- quality
- variety
- other.... please tell us.....

S.O.S!

We really need help! Over the next two or three months, we are short two to three volunteers on Tuesdays, Wednesdays and Thursdays. If you know of anyone who you think might be willing to help deliver Meals on Wheels - even for a short period - please have them call us at 416-424-3322.

Meals on Wheels Notes

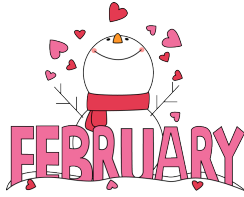
The office will be closed on Monday, February 19th for the Family Day holiday. We will deliver Meals on Wheels as usual. If you wish to make any changes to your hot meal order for Sunday the 18th, Monday the 19th or Tuesday the 20th, please inform us before noon on Friday, February 16th.

Frozen meal orders for delivery the week of February 19th, must be received before noon on Thursday, February 15th. Thanks!

We encourage those who order hot meals to order a few frozen meals to have on hand, in case of a meal delivery cancellation. Unfortunately, there's lots of winter weather ahead!

Happy Birthday In

Angie Almeida, Anne Cairney, Kenneth D'sa, Danuta Desa, Gwen Dimon, Tanya Evers, Pat Fenbow, Elizabeth Finlay, Joseph Gayle, Pauline Granton, Anne Jack, Marianne Knight, Cindy Knoll, Rob Koppel, Lynne Laframboise, Jesus Orellana, Ethel Palmer, Georgios Panagakos, Wilma Pollock, Ethel Rubery, Josip Surbek, Derek Withers and Fotina Zikas. Congratulations!



Foot Care Clinics

Thursdays, February 15th and April 19th
at noon. \$35 fee.

Call our office to book an appointment.

February Volunteer Anniversaries

Jo-anne Beer	23 years
Clint Cluster	7 years
Henry Dos Reis	7 years
Indira George	7 years
Jessica George	5 years
Adam Gross	6 years
Imelda Huitema	3 years
Lynn Johnston	2 years
Cindy Knoll	13 years
Adrian Lemos	7 years
Tom Leone	7 years
Tim McDonald	17 years
Peter McMurtry	22 years
Andrea Paris	7 years
Randy Penney	7 years
Rick Pike	6 years
Kevin Riddell	7 years
Justin Safayeni	1 year
Stephanie Sidey	7 years
Colleen Todd	6 years
Jim Winn	7 years

Thanks to all of you!

To all the Kids who Survived the 30's, 40's, 50's....

We fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents.

We ate worms and mud pies made from dirt, and the worms did not live in us forever. The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law!

No one was able to reach us all day. And we were O.K.

We would leave home in the morning and play all day, as long as we were back when the streetlights came on.

We had no childproof lids on medicine bottles, doors or cabinets and when we rode our bikes, we had no helmets, not to mention, the risks we took hitchhiking.

We drank water from the garden hose and NOT from a bottle.

As children, we would ride in cars with no seat belts or air bags.


We shared one soft drink with four friends, from one bottle and NO ONE died.

We ate cupcakes, white bread and real butter and drank soda pop with sugar in it, but we weren't overweight because WE WERE ALWAYS OUTSIDE PLAYING!

Forward this to your kids so they will know how brave their parents were.



February Diners Club Calendar

Mon	Tuesday	Wednesday	Thursday	Fri
			1 St. Clair O'Connor <i>Michael Danckert, David Wildsmith, guitar and vocal duo</i>	2
5	6 Golden Griddle	7	8 Topham Corner Café & Diner	9
12	13 Stan Wadlow <i>Speaker: The History of Todmorden Village</i>	14 	15 Rise and Dine	16
19	20 Swiss Chalet	21 980 Broadview	22	23
26	27 East York Acres	28	1 St. Clair O'Connor March	2
5	6 Golden Griddle	7	8 Topham Corner Café & Diner	9

Preventing Falls

Did you know that 50% of people over the age of 80 will fall at least once a year? The increased likelihood of falling is related to loss of muscle strength, lack of flexibility and balance. Older adults may also experience medication-related dizziness, impaired vision because of cataracts.

Fortunately many falls are preventable, especially those that occur around the home. Reduce your risk by eliminating scatter rugs and poor lighting. Always use the handrail on stairs. Wear indoor shoes that fit well and have low-heels and non-skid soles. Get rid of clutter that presents a tripping hazard. Make sure that outdoor surfaces are salted. Outside stairs can also be painted with a mixture of sand and paint for better traction.

In the bathroom, consider a raised toilet seat and grab bars in the tub and shower areas. Non-slip adhesive strips or a rubber mat in the bathtub are also recommended.

These efforts are worth your time and trouble. Falls are the leading cause of death from injury among older adults.

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Wheels Coordinator (on leave)
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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
- volunteer opportunities
- memorial gifts/leaving a bequest
- other
- 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.

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!