

Food for Thought

Vol 29, No 1

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

January 2018

A Generous Gift

We are very grateful for a significant donation received last month. In September, we applied to the George C. Hunt Family Foundation for financial support. The Foundation supports local seniors organizations in order to *relieve suffering or disability caused by old age*. Happily, our application was approved and we received a contribution of \$4000. This gift goes a long way toward reaching our fundraising goal of \$36,000. Thank you.

Fundraising Report

In our November newsletter we told you about the eight-year freeze in our provincial funding and asked for your financial support.

The response to our request has been absolutely overwhelming. In just November and December we received more than \$11,000 in donations, excluding the \$4000 from the Hunt Foundation referred to above.

January Volunteer Anniversaries

Ron Blais	7 years
Darlene Brown	4 years
Cheryl Dan	5 years
Monica Delic	4 years
Grace Gross	5 years
Deepali Hegde	6 years
Donna McCarthy	8 years
Steve O'Connor	23 years

Thanks to all of you!



Happy New Year to all of you. May 2018 bring you health and peace.

A Client Remembers EYMOW

We have just received word that a long-term Meals on Wheels client, who died last year, has remembered EYMOW in her will. Doreen Lumsden left more than \$100,000 to the agency.

While this is a substantial gift, it is not its size that matters to us. Rather, it is the fact that our services were so valued and appreciated that Ms Lumsden felt they should be recognized in this way. Her gift will help us provide services to others in this community for a long time. The reaction of one of our directors sums it up perfectly: *What a generous and humbling tribute. This gift shows how much EYMOW meant to her, and reminds us that it must be important to many others not in a position to offer this kind of support.*

Rest assured Doreen, we will use your gift wisely. The bequest will be put in our Memorial Fund to be used to offset operating deficits and otherwise as the Board of Directors sees fit.

Welcome New Volunteers

Since September, we have been extremely fortunate to welcome thirteen new volunteers.

We are delighted to have Meals on Wheels delivery volunteers join the team: Josephine Decena, Tanya Evers, Jodi Johnson, Nicholas King, Kathy Mclay, Daniel Prodea, Steven Robinson, Frances Rotstein, Skantha Sivakadachaiyar, and Manolo Mapili.

Our Office Administration team is happy to welcome Pauline Granton, and Gloria Elston is volunteering at Diners Club. And, as we told you last month, Michelle Broom is our newest director.

Welcome to you all and thank you for offering your time and talents to EYMOW.

Happy Birthday In **JANUARY**

Ruth Allen, Evdokia Athanasiou, Noreen Braithwaite, Norma Campbell, Joyce Frost, Glen Fuller, Deepali Hegde, Jutta Keylwerth, John Labus, Adrian Lemos, Jeanne Mack, Peter McMurtry, Eva Munro, Dianne Pollard, So Hing Poon, Anne Rosenberg, Brian Semple and Shirley Zablockis. Congratulations!

Friendship Month at Diners Club

Our Friendship month at Diners Club met with some success. You may remember that we offered a free lunch to any Diners Club attendee who brought a new diner to lunch. The new client also enjoyed their lunch for free. Happily, four diners and guests took advantage of this offer.

Tell Us What You Think

We are always trying to find ways to satisfy our clients and we think that the quality of our meals (in the Meals on Wheels programme) is of primary importance to them. We have been asking clients about what changes we might make to improve the meals.

In order to keep the meals affordable, we think we could drop a meal item and spend what we save on another part of the meal. So 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.....

Please send this page back to the office with a volunteer, or call us to tell us your opinion. Please tell us your name so that we don't get duplicate answers. Thanks.

January Diners Club Calendar

Mon	Tuesday	Wednesday	Thursday	Fri
1	2 Golden Griddle	3	4 St. Clair O'Connor <i>We're Golfing!</i>	5
8	9 Stan Wadlow <i>East York History speaker (see below)</i>	10	11 Topham Corner Café & Diner	12
15	16 Swiss Chalet	17 980 Broadview <i>Bingo!</i>	18 Rise and Dine	19
22	23 East York Acres <i>Michael Danckert sings!</i>	24	25	26
29	30	31	1 St. Clair O'Connor <div style="border: 1px solid black; border-radius: 50%; padding: 2px; display: inline-block;">February</div>	2
5	6 Golden Griddle	7	8 Topham Corner Café & Diner	9

History Series at Stan Wadlow Luncheon

We are holding a series of presentations at the Diners Club held at Stan Wadlow. Members of the East York Historical Society will share their knowledge of important places in the former Borough of East York.



On January 9th, Mike Dolbey presents *Woodbine Gardens: its past and how it shaped the future of East York*. On February 13th, Margaret McRae will talk about *The History of the Todmorden Village Area*. And on March 13th, Alan Redway presents *The History of East York 1924-1998 Toronto's Garden of Eden*.

We thank the East York Historical Society for this series, and we encourage you to come out to learn about this community. Imagine a meal, a presentation and transportation all for \$8.50!



Foot Care Clinics

Thursdays, February 15th and April 19th at noon. \$35 fee.
Call our office to book an appointment.

Board of Directors

Donald Wallace, president
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Wheels Coordinator (on leave)
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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
- 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!