

Food for Thought

Vol 29, No 3

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

March 2018

New Fees for Services

Effective April 1, 2018, the prices we charge for our services will increase. We have made every effort to keep these increases as low as possible, but with rising costs, we have no choice but to recover some of our cost increases.

The new fees are as follows:

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
frozen dessert, soup or breakfast snack	\$1.75
milk	60 cents

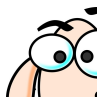
Diners Club

Stan Wadlow Senior Action Centre (2nd Tuesday of the month) & East York Acres (4th Tuesday of the month) & 980 Broadview (3rd Wednesday 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) & Topham Corner (2nd Thursday of the month) & Rise and Dine (3rd Thursday of the month)	\$10.25
Diners Club fees include transportation and escort both ways and occasional entertainment.	

How Best to Thank Volunteers

Every agency that relies on the contributions of volunteers knows it is of paramount importance that those who give their time feel that their contribution is valued. So, how do we make sure our volunteers feel valued?

This year, we are reviewing our volunteer appreciation practices. We want to ensure that all our volunteers feel appreciated and that they think our practices are appropriate. We have included a short survey with this newsletter and we are asking our volunteers to complete it and return it to our office. Please help us thank you!



Happy March Birthday to...

Neunzio Abbatangelo, Jane Arent, Helena Brosseau, Alison Chambers, Sandra Dobos, Phil Elston, Nadia Fuller, Stanley Golden, Susan Harrison, Ilse Hoben, Zizko Kotlarovski, Sydna Larmand, Donna McCarthy, Rose McLennan, Ryan McNeil, Mira Mitrovic, Sheila Molyneux, Irvyn Morris, Anna Navratil, Steve O'Connor, Dennis O'Malley, Randy Penney, Oie Raud, Phyllis Ridgway, Catherine Sanderson, Rosemary Scott, Shawn Spencer, Joan Tilt, Mary Walsh, Denzil Way, Duncan Wilson, Janet Wood, Canny Wu and Eva Xia. Congratulations!



March Volunteer News

We celebrate the anniversaries of these volunteers in March:

Nadia Fuller	2 years
Ilse Hoben	16 years
Anne Jack	1 year
Heather McNair-Huckle	2 years
Eric Robinson	24 years

We are delighted to welcome these new volunteers who responded to our urgent cry for help:

Angelina Chan
Asim Ozses
Brian Roach
Nancy Sherwin
Huseyin Tiftikci
Candice VanDuyse

Thanks also to our current volunteers who did extra deliveries during our period of drought. No client went unserved thanks to old and new volunteers.



A Timely Reminder

It is time to change your clocks for the beginning of Daylight Saving Time (DST). You should *spring ahead* before you go to bed on Saturday, March 10th. Spring is coming!

Meals on Wheels Notice

We will deliver Meals on Wheels as usual on Friday, March 30th, but the office will be closed for the Good Friday statutory holiday. The office will be open on Easter Monday, April 2nd.

All frozen orders for delivery the week of April 2nd must be received before noon on Wednesday, March 29th. Changes to hot meal orders for Friday the 30th, Saturday the 31st, Sunday the 1st and Monday the 2nd, must be made before noon, Thursday March 29th.

We are negotiating with the kitchen for a special Easter Sunday dinner but details were not available at press time.



For the seventh year, EYMOW is entering a team in the Toronto Challenge. The Toronto Challenge is a family event that raises money for not-for-profit organizations that are improving the quality of life for seniors in our community. The 2018 Toronto Challenge takes place on Sunday, June 10th. Our goal this year is to raise \$7500. We know our target is high, but with the support of the community we think we can do it.

March Diners Club Calendar

Mon	Tuesday	Wednesday	Thursday	Fri
			1 St. Clair O'Connor Golf!	2
5	6 Golden Griddle	7	8 Topham Corner Café & Diner	9
12	13 Stan Wadlow <i>Alan Redway: The History of East York</i>	14	15 Rise and Dine	16
19	20 Swiss Chalet	21 980 Broadview	22	23
26	27 East York Acres	28	29	30
2 <div>April</div>	3 Golden Griddle	4	5 St. Clair O'Connor	6

A Kind Gesture

Last month, we received a number of hand-drawn, laminated placemats from the 179th Toronto Brownies (Northlea United Church) to distribute to our clients. The delightful, creative mats were made for our clients and they showed cheery, colourful pictures and warm and funny messages.

We have now distributed all the placemats; we're sorry if you didn't get one, as we didn't have enough for everyone.



Foot Care Clinics

Thursdays, April 19th and June 21st 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

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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.

Imagine 
 A New Spirit of Community
 Un nouvel esprit communautaire

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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!