

Food for Thought

Vol 28, No 11

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

November 2017

Free Lunch!

November is Friendship Month at Diners Club. Invite a friend to any of our Diners Club lunches scheduled in the month of November and receive your lunch and your guest's lunch **free of charge**.



(Your guest must be a first time visitor to Diners Club.) Call to reserve a seat for yourself and your friend.

It's Not Too Soon

Dare we say the word *Christmas*? It's never too soon to get your shopping under control! We offer gift certificates for delivered meals and Diners Club meals. You choose from any of our service offerings. It's a thoughtful gift for anyone who could use a little help with meal preparation or who would enjoy a social outing. Call our office, and speak to Mark to arrange.



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

A New Addition!

We are delighted to announce the arrival of Hailey Ryan Annie Wollen! Meals on Wheels Coordinator Amber Wollen and her husband Mike welcomed Hailey on October 19th at 6:30 a.m.. She weighed in at 8 pounds, 10 ounces and has a full head of dark hair. She looks just like Amber. Mother and baby are both well and everyone is happy.



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.

Eight Things that are Guaranteed

1. You can't wash your eyes with soap.
2. You can't count your hair.
3. You can't breathe through your nose with your tongue out.
4. You just tried number 3.
6. When you did number 3, you realized that it's possible, but you look like a dog.
7. You're smiling right now because you were fooled.
8. You skipped number 5.
9. You just checked to see if there is a number 5.

Foot Care Clinics

Thursdays, October 19th & December 21st at noon. \$35. Call our office to book an appointment.

A Timely Reminder

Daylight Saving Time ends on Sunday, November 5, 2017. Before you go to bed on Saturday, November 4th, remember to turn all your clocks back an hour. Change the batteries in your smoke and carbon monoxide detectors too. Find your snow shovel. ☺

November Volunteer Anniversaries

Ross Beer	11 years
Sukhanpreet Dhanotta	2 years
Richard Dymond	14 years
Roberta Gray	1 year
Marion Hamilton	5 years
Marianne Knight	30 years
Paul Mahant	6 years
Khalid Parmasad	2 years
David Pitt	6 years
Barry Schneider	15 years
Ruby Stanley	14 years
Peter Turley	11 years
Donald Wallace	10 years



Thanks to all of you!

Happy Birthday in November

Ram Bala, Darlene Brown, Angela Conetta, Linda Conetta, Andrea Corlett, Robert Creighton, Cheryl Dan, Sukhanpreet Dhanotta, Jill Godin, Phyllis Goodhew, Neil Gray, Jean Hannah, John Irvine, Ravi Sean Lakhan, Erika Latzsch, Helen Linzer, Edelgard Mahant, Parkash Mahant, Grace Mogavero, Marilyn Murray, Alice Nowaczyk, Janice Pike, Rick Pike, Angeliki Saridis, Barry Schneider, Doug Snell, Hasan Tiftikci, Colleen Todd, Miklos Toth and John Zeritis. Congratulations!

Reminders for Volunteers

If a client does not answer the door when you deliver a meal, please call the office right away and let us know. Unhappy outcomes can be addressed and/or prevented if we are promptly informed.

Under no circumstances should a meal ever be left at a client's door. Even when a client leaves a note instructing you to do so, meals must NEVER be left.



November Diners Club Calendar

Mon	Tuesday	Wednesday	Thursday	Fri
		1	2 St. Clair O'Connor <i>Golf! There's a prize for top score!</i>	3
6	7 Golden Griddle	8	9 Topham Corner Café & Diner	10
13	14 Stan Wadlow <i>Bingo!</i>	15 980 Broadview <i>Horse Races!</i>	16 Rise and Dine	17
20	21 Swiss Chalet	22	23	24
27	28 East York Acres <i>David Wildsmith sings and plays the guitar!</i>	29	30	1
4	5 Golden Griddle	6	7 St. Clair O'Connor	8

Provincial Funding Update

We are now preparing our provincial budget submission for the fiscal year 2018-2019. We have been informed that our grant for next year will be the same as this year.

This now marks the eighth year that our grant will remain the same. Our last funding increase was in 2011-2012, and at that time we received a 1.5% increase.

Ten years ago, in 2008-2009, our total expenses, were \$445000. In 2018-2019 our expenses are projected to be \$511,000. We think we have done very well to hold expenses down to a fifteen percent increase over ten years. Unfortunately, we have exhausted our options for thrift. Many of our expenses - just like yours at home - are fixed or are out of our control.... rent, hydro, heating, insurance, gasoline, postage, and employer payroll costs like CPP, EI and WSIB are expenses we cannot change.

Our only other options for addressing revenue shortfalls, are to raise our prices to clients and to turn to our donors for more support. The former option is not attractive, because we know that clients will likely cut back on needed services to stay within their budgets. The latter option is challenging because there is so much competition for donor support.

Board of Directors

Donald Wallace, president
 Neil Gray, vice-president
 Sukhanpreet Dhanotta, treasurer
 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.

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!