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OUR MISSION

To provide nutritious meals and social contact for the homebound elderly, ill, and disabled in eastern Washtenaw County to enable them to live in a healthier, safer, and more independent manner.

VOLUNTEERS NEEDED

Please contact Jennifer Raspbury, at 734-487-9669.

BOARD OF DIRECTORS

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YOU CAN HELP US WIN THE VITAL SENIORS PEOPLE'S CHOICE AWARD!

ONLINE VOTE TO DECIDE \$50,000 WINNER



Ypsilanti Meals on Wheels and Habitat for Humanity of Huron Valley are teaming up to empower local seniors to age safely at home, and you can help make it happen.

The joint project is a finalist in the Ann Arbor Area Community Foundation's Vital Seniors initiative - a communitywide competition to fund local innovations in aging.

30-second videos summarizing the 10 finalists' projects will be entered into an online vote for the \$50,000 People's Choice award. The public vote takes place from Oct. 1 to 21.

"We are calling on everyone to spread the word and to vote," said Alison Foreman, executive director of YMOW.

The YMOW/Habitat project uses the principles of CAPABLE (Community Aging in Place, Advancing Better Living for Elders), a model by Johns Hopkins University, to help local seniors age safely in their homes.

YMOW's video features Marilyn, an Ypsilanti resident and YMOW client who is among the first to benefit from the CAPABLE project. Marilyn already receives meals for herself and ani-meals for her pets. Through CAPABLE, she also will get help with organizing her finances, enjoy home repairs and modifications that will make her house safer, and she will work with an occupational therapist in hopes of regaining the ability to climb the stairs in her home.

Habitat even provided Marilyn with a microwave to properly heat her meals.

"CAPABLE aims to find tangible and lasting ways to help people age safely at home,"

Alison said. The CAPABLE model has been proven effective in allowing seniors to remain at home longer, therefore reducing the cost of their care. It also is recognized by the National Council on Aging as an evidence-based falls prevention program.

Each senior in the CAPABLE program is supported by a team consisting of a social worker, handyman, nurse and occupational therapist.

As a finalist in the Vital Seniors competition, YMOW/Habitat also remains eligible for hundreds of thousands of dollars in funding. Winners will be announced in early November.

"This is a big undertaking for YMOW and Habitat, but one that could mean life-changing interventions for local seniors," Alison said. "We are proud to bring the CAPABLE model to Washtenaw County and look forward to helping our neighbors improve their lives."

VOTE!
Oct. 1-21

survey.sogosurvey.com/r/110



A MESSAGE FROM THE PRESIDENT

Food is life! We all need food to be healthy, active and to live our best life no matter how old we are. Such a simple concept, and yet so many of our community members do not have access to something as basic as a meal.

Unlike many other communities, ours has a team of caring staff members, supportive board members and dedicated volunteers working hard every day to make sure no homebound or disabled client goes without the nutrition they need.

Need for YMOW's services has grown by 10% this year, with expectations that growth will climb to 20% over the next two years as the population continues to age. As we set records for meal delivery this year and maintain our NO WAITLIST motto, the YMOW team continues to find important ways to support those who need us most.

YMOW improves the lives of its clients by:

- Working with local universities to expand our social work program, leaving us better able to understand and meet clients' needs.
- Providing pet food for our clients' beloved companions through our Ani-meals program.
- Providing personal care essentials from our growing Personal Care Pantry.
- Assisting with minor home repair projects.
- Providing senior crisis intervention support.

Soon we hope to add Saturday meal delivery to the growing list of ways we help the community.

None of this would be possible without YOUR support. I hope you will join us by volunteering your time, attending one of our fundraisers, donating your dollars or providing items for our personal care pantry. Because every dollar donated and every moment spent helps our homebound neighbors live happier, healthier lives at home.

Together WE can deliver!

Kelly Schwartz
YMOW Board President

one dime at a time

Donate your dime from Oct. 1 to Dec. 31 to benefit Ypsilanti Meals on Wheels

Reuse a bag and give back to your local community. Donate your 10¢ bag refund for every bag you reuse while shopping with us and the proceeds will go to a local non-profit or educational organization.

Ypsilanti Meals on Wheels is a non-profit with the specific purpose of delivering prepared meals to the homebound elderly, disabled, and ill residents in Eastern Washtenaw County in the City and Township of Ypsilanti, Augusta Township, Superior Township, eastern Pittsfield Township and York Township. YMOW's purpose is to deliver meals to those needing this service without discrimination because of race, sex, color, religious orientation, national heritage or ability to pay.

YPSILANTI MEALS ON WHEELS

WHOLE FOODS MARKET

Supporting our local and global communities

INTERN DISCOVERED A NEW PASSION AT YMOW

Katrine Weismantle can become passionate about almost anything. So it is no surprise that she fell in love with the senior population while completing her internship at Ypsilanti Meals on Wheels. This yearlong internship was part of Katrine's work toward her Master of Social Work (MSW) degree from the University of Michigan.



Through YMOW, Katrine discovered what she called the "vulnerability of a growing population." The experience opened her eyes to the problems

facing the aging population, the need for large-scale advocacy, and the good she can do with a simple visit, a conversation or an offer to help.

Like the offer she made to help Valerie kick her smoking habit.

"She hasn't quit entirely," Katrine said. But thanks to her help as a Trained Tobacco Treatment Specialist, Katrine equipped Valerie with the tools to help her understand why she smokes and how she can work toward quitting.

Katrine's work with YMOW also opened her eyes to the needs of a lesser-known population – LGBTQ elders. Upon learning of the distinct struggles that this population faces, Katrine became a research assistant for SAGE, Services & Advocacy for GLBT Elders. She is currently working on an evaluation of the organization's friendly callers program, which pairs volunteers with aging members of the community for regular wellness calls.

"LGBTQ elders are some of the most socially isolated people in the United States," Katrine said. "Many have been rejected by their families and are fearful of making their sexuality known even with the many advancements this community has made. Many also have no children to turn to for support. This leads to a clear gap in services and support."

As graduation looms closer, Katrine isn't quite sure of her next step. But the Illinois native and Michigan State graduate knows one thing for sure.

"I know I want to do something that makes a change," Katrine said.

One day, she would like to earn the responsibility and title of executive director, and when she does, she will have YMOW Executive Director Alison Foreman to thank

for showing her how it's done.

"Alison has demonstrated the model for cultivating community relationships. She does her job in ways that the entire community respects. Her honest work and dedication is something that I strive to duplicate in any role I transition into," Katrine said.

BEER, FOOD AND MUSIC ENJOYED AT SUNDAYS IN THE GARDEN



Sundays in the Garden at Cultivate Coffee and Tap House was quite an event for Ypsilanti Meals on Wheels. While enjoying live music, food and drink at Cultivate, YMOW earned \$720 July 29 to help provide meals for our homebound neighbors.

Fueled by a \$500 donation from M4 CIC, a distributor for featured brewer Transient Ales, YMOW also welcomed individual donations and earned \$1 for every Transient beer sold.

"We love working with Cultivate! They are a great like-minded organization with a focus on the Ypsilanti community," Jennifer Raspbury, volunteer coordinator at Ypsilanti Meals on Wheels, said.

A special thank-you to Cultivate for hosting such a wonderful event, the band Sophiyah E. & Frankie P., and to our volunteers: Jennifer Watts, Ashleigh Oliveria, Nashwan Al-Gumaei from Arbor Lakes Pharmacy, Rodman Hodges and Mark Jacobson.

TERRY'S BAKES UP BIRTHDAY GREETINGS

The Michigan Avenue storefront occupied by Terry's Bakery has been feeding Ypsilanti since the 1850s. Current owner Mark Swanson took that role a step further when he began baking for Ypsilanti Meals on Wheels.

Mark's relationship with YMOW began about 20 years ago, almost immediately after he and his wife, Debbie, bought the iconic bakery with Debbie's brother, J.T. Goodridge, and his wife, Renee Smith.

Help began in the form of decorated cookies for YMOW's annual Holiday Home Tour - a contribution that continues today. Next, Mark started helping with holiday food deliveries, and later, he started baking pies for YMOW's Pie and a Pint event, held each March 14 at Cultivate.

Terry's Bakery's latest contribution to the YMOW mission is a monthly supply of birthday cupcakes.

"It was my wife's idea," Mark said. "She said everyone deserves to be remembered on their birthday."

At the first of every month, Terry's Bakery provides YMOW with enough cupcakes, complete with frosting and sprinkles, to treat every YMOW client who has a birthday in the coming weeks.

"It just makes me smile and feel good," Mark said.

Cupcakes are delivered with a card signed by the YMOW staff.

"Everyone deserves a treat on their birthday. This is just our small way of wishing our clients well on their special day," said YMOW Office Administrator Carey Miller.



Mark still supplies hundreds of cookies for the annual Home Tour and enjoys helping to deliver meals at Thanksgiving, Christmas and New Year's.

"It actually allows me to sleep in a bit," said Mark, who typically arrives at the bakery between 3 and 5 a.m. to start making the day's supply of muffins, rolls, cookies, cheesecakes and brownies with Renee.

"Mark and Terry's Bakery are important parts of our YMOW team," said YMOW Executive Director Alison Foreman. "Support from the community, whether in the form of cash donations, volunteer hours or a cupcake, reminds our homebound neighbors that someone cares."

Walk-in service is available at Terry's from 7 a.m. to noon every Thursday to Saturday, or call (734) 482-9511 to order treats for your special occasion.

ART OPENS DOORS TO YMOW MEAL RECIPIENT

James is surrounded by pieces of a wide and open world – self-created portraits of zebras and lions, a bust of Cleopatra and artfully crafted porcelain eggs from Europe fill the walls, shelves and tables of his living space.

Despite being largely homebound, James finds ways to stay connected with the world outside the house he shares with his three tiny zebra finches. Through his painting, his writing and the smile with which he greets his Meals on Wheels care associate each day, James continues to live a full and happy life – a life made just a little better by Meals on Wheels.

"I'm really grateful to Meals on Wheels," James said. "It's not always easy to get to the grocery store, and I don't always have the energy to prepare a proper meal. But with Meals on Wheels, I know I don't have to worry about those things."

Before he began receiving meals, James spent a lifetime bringing comfort to others as a psychiatric nurse. When numerous health conditions forced him to leave his job, he found himself on the receiving end of care.

"My doctor suggested Meals on Wheels," said James, who has come to enjoy not only his daily meals, but his daily visit from Care Associate Jerome.

"Jerome has become a friend," James said.

Food isn't the only necessity for someone confined to their home. When James needed help getting his necessary medications, YMOW arranged for delivery from the nearby Kroger pharmacy.

"I had no idea Kroger had that option," said James, who remains grateful to YMOW Client Care Specialist Kim Armstrong for finding a solution to his problem.

"I depend on them a lot," James said of YMOW – for food, for daily visits and for the comfort of knowing that there is always someone beyond his walls who is willing to lend a hand.



HOLIDAY
Home Tour
2018

DECEMBER 1, 2018

An invitation to enter someone's home is a great honor, and YMOW is lucky enough to have five historic homes opening their doors for the 2018 Holiday Home Tour. Thanks to generous sponsors and tour goers, this event has become YMOW's largest fundraiser, as well as the unofficial start to the holiday season in Ypsilanti.

Over the years thousands of visitors and residents have attended the Holiday Home Tour to see the beauty and charm of Ypsilanti while doing their part to ensure that no senior goes hungry. The 22nd annual Holiday Home Tour includes some of the most striking homes and buildings in the Ypsilanti area, each dressed in their holiday best.

The homes on this year's tour include:

SYLVIA BETHEA & CARL SCHEIR at
212 Mansfield Street

SHAWN MCDONALD at 6950 Hickory Run

ANGELA & PATRICK QUINN at 703 Oxford

ANGELA & JOHN KRAWIEC at 213 Oakwood

MAURICE & DAWN STOVALL at
1600 Margarita Street

After admiring the participating homes, guests are invited to the Back Office Studio, 13 North Washington St., Ypsilanti, for an Afterglow reception of beverages, heavy hors d'oeuvres and desserts. The grand opening of the Back Office Studio is this fall and we are pleased to be the first organization to host an event in the newly renovated space.

Ypsilanti residents might remember the building as the home of Pub 13 and Club Divine. Back Office Studio puts the space to a new use as a coworking studio for independent professionals and entrepreneurs in need of a comfortable, well-equipped work space. Back Office Studio offers meeting rooms, comfortable workstations, networking, high-speed internet and more.

The Saturday evening tour is from 5-9 p.m., followed by the reception from 8 to 11 p.m. Tickets purchased before

Nov. 1 are \$50. The cost goes to \$70 after Nov. 1. Tickets can be purchased at the YMOW office, 1110 W. Cross St.; Nelson Amos Studio, 23 E. Cross St.; Haab's, 18 W. Michigan Ave., or via the YMOW website, YMOW.org.

Individual, family, and business sponsorships are available from \$100 to \$10,000 and each helps to make this important fundraiser a success. The Glacier Hills Legacy Fund will match the first \$50,000 in sponsorships, making your generous gift go even further. For more information about becoming a sponsor, contact Executive Director Alison at YMOW (734) 487-9669 or alison@ymow.org by Nov. 18.

Special thanks to these local sponsors: Maiz, Atomic Object, Zingerman's community of businesses, Washtenaw County Convention and Visitors Bureau, Reinhart Realtors, Pat Walters Heating & Cooling, IBEW 252, & Stefforia, Petik & Associates.



**WINE AND LIQUOR NEEDED FOR
YMOW'S MOST SPIRITED FUNDRAISER**

In the "spirit" of the holidays, the 2018 Holiday Home Tour will include a chance to win some top-shelf libations for your upcoming celebrations.

After the success of last year's inaugural wine pull, this year's event is being expanded to include wine as well as bottled spirits.

Here's how it works:

- Generous donors contribute bottles of varying values.
- Pull participants pay \$20 for a chance to choose a wrapped bottle of wine or \$30 to choose a bottle of liquor from the collection.
- No one goes home empty handed.
- Money raised will be doubled as part of Glacier Hills' promise to match the first \$50,000 raised by the Holiday Home Tour.
- We need bottles from all price points, but ask that donations be valued no lower than \$20 for wine and \$30 for spirits. Bottles can be of any size.
- Donations can be dropped off between 9 a.m. and 4 p.m. Monday through Friday at the YMOW offices, 1110 W. Cross St., Ypsilanti.
- Please contact Jen Raspbury at jennifer@ymow.org or call (734) 487-9669 with any questions or to arrange pickup or delivery of a donation. All donations to the pull are tax-deductible.

YMOW BOARD WELCOMES FOUR NEW MEMBERS

The YMOW Board of Directors welcomed four new members in recent months, rounding out a diverse group of community members who have dedicated their time and talent to drive the YMOW mission.



Terry Alexander joined the YMOW Board of Directors late last year as a way to give back in retirement.

"I enjoy the work, I enjoy the people and I believe in the YMOW mission," Terry said.

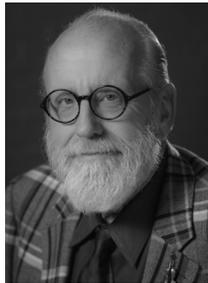
His main goal as a member of the board and the YMOW Marketing and Communications Committee is to help spread the word throughout the community of the services YMOW provides.

Terry lives in Canton with his wife, Annie. He enjoys volunteering at several local non-profits, going to movies, travel, auto racing and golf.

With jobs such as lobster fisherman, English teacher and auto parts salesman on his resume, **Dan Carleton** added YMOW board member to the list when he joined the board in 2017.

Now a consultant to the gear industry through his self-owned company, Gear Gear, Inc., Carleton said he believes strongly in giving back to his community.

In addition to his service on the YMOW board, Dan also serves on the Marketing and Communications Committee and volunteers to help deliver meals whenever possible. Dan also volunteers at Huron Valley Humane Society and is a member of the American Gear Manufacturers Association



He lives in Ypsilanti with Beowulf, an American Staffordshire Terrier/Great Pyrenees that he rescued from HVHS.

Jack Janiga knows firsthand how Meals on Wheels can improve the life of a senior.

"My parents had used the Meals on Wheels service in their community," he said. As a member of the YMOW board of directors and marketing and communications committee, Jack hopes to help bring that service to more people in the area where he now lives and works.



Jack had a long career in the security business before launching a career in the parking industry more than 14 years ago. He now serves as the Michigan general manager for LAZ Parking, the nation's second-largest parking company. LAZ manages more than 1 million parking spots in the U.S., including those at EMU.

Jack said he hopes to use his business acumen and professional relationships for the betterment of YMOW, perhaps even tapping EMU parking staff as volunteers.

Jack is a member of the Michigan Parking Association board. He lives in Wayne County with his wife, Rachel, and their Australian shepherd, Luke. Jack and Rachel have four grown children and two grandchildren.



Sarah Rehbein, director of accounts payable at Home Point Financial, was a YMOW volunteer before joining the board.

"After working on the Meals on Heels committee, it was obvious this group is passionate about the people they serve. I decided this was the organization I wanted to support long term," said Sarah, who also is a member of the YMOW Events and Fundraising Committee.

Her work with local non-profits extends to her role as chair of Home Point Financial's We Care committee, which provides assistance and support throughout the community. The We Care initiative has raised funds for Special Olympics of Michigan, provided volunteer hours at Food Gatherers and Habitat for Humanity, collected toys for Motts Children's Hospital and sponsored a booth at Humane Society Huron Valley's Walk & Wag.

Sarah lives in Pittsfield Township with husband Paul and their two bichons frises. She loves to travel and hopes to someday own her own food truck or restaurant.

"Each of these new members brings a unique set of skills and experiences to the board," said YMOW Executive Director Alison Foreman. "We welcome their input and are grateful for their commitment to helping us feed our hungry homebound neighbors."

For more information about becoming involved with the YMOW Board of Directors or a YMOW committee, contact Alison at alison@ymow.org or call her at (734) 487-9669, Ext. 104.

**HOLIDAY VOLUNTEERS
NEEDED
CALL 734-487-9669**

NEW HIRES WILL TELL THE STORIES OF YMOW'S WORK



Ypsilanti Meals on Wheels recently expanded its team by hiring two staff members charged with spreading the word about YMOW's mission.

YMOW's new communications staff includes Communications Coordinator Sandy Bosch and Communications Associate Rolanda Logan-Cannon. Together they will launch a new, more vibrant YMOW

website, create regular newsletters for supporters and clients, and produce informative materials about YMOW's services and support opportunities. They've also formed a Marketing and Communications Committee consisting of six YMOW board members and community supporters.

Telling the stories of those who rely on YMOW for food and other services is a primary focus for both Sandy and Rolanda.

"Our clients are the core of YMOW, so sharing their stories with our supporters and donors is essential," Rolanda said.

SANDY BOSCH, *Communications Coordinator*

Sandy's new role as communications coordinator perfectly pairs two of her favorite things – writing and serving the senior population.

After a long career in community journalism, Sandy left her job as a reporter in 2014 to pursue a long held desire to work with older adults and to help them age safely in their homes.

Sandy's goal is to use her writing and communication skills to share the story of YMOW with the community, with donors and supporters, and with those who might be in need of the organization's many services.

"YMOW is an organization that the entire community should be proud of. I want people to know about the good we do and the people who make that possible," Sandy said.

Sandy, who also works as a freelance writer, lives in Pittsfield Township with her husband, Dave. She is a

member of the UM Choral Union and volunteers in the St. John the Baptist Church music ministry in Ypsilanti and at Evangelical Home Saline.

ROLANDA LOGAN-CANNON, *Communications Associate*

Rolanda comes to YMOW from Growing Hope, where she led youth and schools programming, teaching children about wellness, healthy eating and connecting families to healthy food resources. She has worked or volunteered with four local non-profits - Girls Group, Swoop's Food Pantry, Groundcover News and Food Gatherers.

Rolanda is an Ypsilanti native and is passionate about making a difference in her community. She is pursuing her bachelor's degree in media studies and journalism at Eastern Michigan University.

Outside of her role at YMOW, you can find Rolanda reading at YDL, deepening her yoga practice and enjoying time with her husband and family.



VOTE!

Oct. 1-21

survey.sogosurvey.com/r/110



1110 W. CROSS ST.
 YPSILANTI, MI 48197
 WWW.YMOW.ORG

Non-profit Org.
 U.S. Postage
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 Ypsilanti, MI
 Permit No. 720

Address Correction Requested



YPSILANTI
Holiday Ornaments

2018 Holiday Ornament Order Form

Limited quantities are available for past years' ornaments.

_____ 2018 The Chick Inn (\$27.00)	\$ _____
_____ 2017 Automotive Heritage Museum (\$27.00)	\$ _____
_____ 2016 Hutchinson House (\$27.00)	\$ _____
_____ 2015 Stark Weather Hall, EMU (\$27.00)	\$ _____
_____ 2014 Historic Depot Town (\$27.00)	\$ _____
_____ 2014 First Baptist Church (\$27.00)	\$ _____
_____ 2013 First United Methodist Church (\$27.00)	\$ _____
_____ 2012 Haab's Restaurant (\$27.00)	\$ _____
_____ 2011 Sidetrack & Frenchies (\$27.00)	\$ _____
_____ 2010 First Presbyterian Church (\$27.00)	\$ _____
_____ 2009 Ladies' Literary Club (\$27.00)	\$ _____
_____ 2008 Ypsilanti Historical Museum (\$27.00)	\$ _____
_____ 2007 The Old Firehouse (\$27.00)	\$ _____
_____ 2006 Old Ypsilanti High School (\$27.00)	\$ _____
_____ 2005 Ypsilanti Farmers Market (\$27.00)	\$ _____
_____ 2003 The Water Tower (\$27.00)	\$ _____
Amount Enclosed	\$ _____

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____

Email _____

Ornaments will be available to pick up on Saturday, December 1, 2018 at Back Office Studio. Please make checks payable to Ypsilanti Meals on Wheels.

Mail form to: 1110 W. Cross St., Ypsilanti, MI 48197

Don't miss these opportunities to support YMOW

VOTE FOR YMOW'S VITAL SENIORS VIDEO: OCT. 1-21

WHOLE FOODS DIME AT A TIME; OCT. 1- DEC. 31

Support YMOW every time you shop at Whole Foods. Just bring your own bag and choose to donate your 10-cent rebate to YMOW at checkout.

HOLIDAY HOME DELIVERIES: THANKSGIVING, CHRISTMAS AND NEW YEAR'S DAY

Help us bring holiday cheer to our homebound neighbors by helping with meal delivery. Contact Jennifer Raspbury at (734) 487-9669, or jennifer@ymow.org.

HAPPY ANNIVERSARY, YMOW!; MONDAY, JAN. 14

YMOW celebrates 45 years since its first meal delivery. Stay tuned for ways you can get involved.

VALENTINE'S DAY CARD MAKING AT CULTIVATE; SATURDAY, FEB. 9

Join us for our fourth annual card-making event and silent auction from 9 a.m. to 1 p.m. Cards will bring a little extra love to our clients on Valentine's Day and the silent auction will help to ensure no senior goes hungry.

3RD ANNUAL PIE & A PINT; THURSDAY, MARCH 14TH

Join us at Cultivate Coffee and Taphouse for a slice of pie and a drink! From 3:14 p.m. to close, every \$10 purchase of a slice of pie and a drink will provide \$5 toward meals for YMOW clients.