



FOOD *for* THOUGHT



Fall 2019

Independence served with every meal

One of the things Rosiland misses most about being able to see is going to the grocery store. “I miss the smells,” she said. But grocery shopping, like most outings, is difficult for the 52-year-old, who can see some fuzzy shapes, colors and light, but little else.

In 2018, a doctor suggested Ypsilanti Meals on Wheels as one way to make life a little easier for Rosiland. She said it didn’t take long to realize the benefits, not only to her, but for her whole family.

“It took a weight off,” said Rosiland. Knowing her meals will arrive each day allows Rosiland’s husband, children and grandchildren to go about their busy lives without worrying about what she will eat for lunch.



Rosiland once enjoyed cooking. And although it’s no longer safe for her to use a stove or a knife, she still calls upon her cooking abilities to season her YMOW meals to her liking. “I can turn those meals into my own masterpiece,” she said.

Like many meal recipients, Rosiland said she was hesitant to accept the help of YMOW. But she quickly realized that by accepting help, she actually became more independent.

“Food is one thing my family doesn’t have to help me with,” she said.

Even with a busy house full of children and grandchildren, Rosiland said she sometimes becomes lonely and depressed. But that daily knock on her door from YMOW refuels her spirit.

(continued inside)

Left: Rosiland, YMOW Client

Save a bag, feed a senior

Use your reusable bags when you shop at either Ann Arbor Whole Foods Market, and earn 10 cents per bag for Ypsilanti Meals on Wheels.

October 1 to December 31

**WHOLE
FOODS**
MARKET

Meet our Volunteer of the Quarter

As a PhD and professor who has spent years studying the role of food in shaping culture, YMOW Volunteer of the Quarter Jessica Walker knows that a meal is about so much more than something to eat.



Jessica Walker,
YMOW Volunteer

But Jessica's interest in food wasn't the primary driving force that brought her to YMOW. "I wanted to get to know my community in a different way," said Jessica, who moved to Ypsilanti when she became a professor at University of Michigan about a year ago.

What better way to meet her new neighbors than by knocking on their door with a fresh, hot meal?

Jessica also knows firsthand how Meals on Wheels can improve the lives of people who are homebound. Her own parents each used their local Meals on Wheels service while recovering from surgeries. Meals on Wheels made her parents' recoveries easier, and gave Jessica peace of mind knowing that someone was checking in on them with every food delivery.

Jessica said she's aware that for some folks on her route, she might be the only person they see all day. She said the few minutes she takes to chat, to take out the trash or to gather the mail can make a big difference for someone living alone.

"It's no bother to me at all," Jessica said. "I'm just happy to have found a way to help my community."

Have a few hours to spare? We have a job for you!

YMOW relies on volunteers to bring meals and smiles to our clients every day. Volunteers also help with fundraising events, by serving on our board and committees, and with other activities that enrich the lives of our homebound neighbors.

Learn more about how you can help at <https://ymow.org/volunteer>, or contact Volunteer Coordinator Rolanda Logan at rolanda@ymow.org (734) 487-9669, Ext. 2.

Independence served with every meal

(continued from front)

"When I'm greeted with that smile, it makes me look at life different," she said.

YMOW has helped Rosiland and her family in other ways, too – by fixing a set of worn stairs that had become a safety hazard, and by providing her with a coat last winter and with fans to stay cool in the summer.

"A lot of people think that all they do is food," said Rosiland, who knows firsthand that Ypsilanti Meals on Wheels is about so much more than a meal.

Rosiland is one of about 50 under-60 clients served by YMOW. YMOW receives partial funding for the under-60 population through Washtenaw County Coordinated Funders but relies on donations to cover most of the cost.

"The under-60 population is one of the most difficult to fund," said Alison Foreman, YMOW Executive Director. "We continue to rely on donations to provide a bulk of the money we need to serve the young homebound residents of our community."

From festive lights to the Firehouse Museum, Holiday Home Tour starts the season in style



The EMU University House

Ypsilanti Meals on Wheels continues its decades-old tradition Saturday, Dec. 7, with the 23rd annual Holiday Home Tour and afterglow reception.

Each year on the first Saturday in December, guests are invited to tour several Ypsilanti homes, each decorated for the holiday season ahead.

The homes on this year's tour include:

- The EMU University House
790 N. Hewitt Rd.
Home of Dr. James Smith
& Dr. Connie Ruhl-Smith
- 2136 Collegewood St.
Home of Jeffrey & Jennifer Goulet
- 1304 Kingwood St.
Home of Ray & MaryBeth Strassel
- 416 E. Cross St.
Home of Bill & Cyndi Shepard

Guests are free to tour the four featured homes between 4 and 7 p.m. before convening at the Michigan Firehouse Museum, 110 W. Cross St., for the post-

tour reception from 6 to 9 p.m. Housed in an 1898 firehouse, the museum features a modern, multi-level exhibit area where guests can admire and peruse an impressive collection of tools and attire.

The museum also will be decorated for the holiday season.

The reception will include food, drinks and live music by Eventjazz, with special guest Danbee Lee on vocals. A wine and spirit pull, dancing, pinball and opportunities to support and celebrate the YMOW mission will be offered throughout the evening.

Tickets are \$70 and 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, www.ymow.org.

All proceeds from the tour will help to provide the clients of Ypsilanti Meals on Wheels with healthy meals and other services to help them live safely in their own homes.

Special thanks to event sponsors Michigan Medicine, Bank of Ann Arbor, Destination Ann Arbor, Enterprise, Ypsilanti Thrift Shop and Zingerman's.

To become a sponsor, contact Sally Ruterbusch at sally@ymow.org, or call (734) 487-9669, Ext. 6.

2019 ornament honors Bill's Drive-In

For more than 20 years YMOW has celebrated the holiday season with an ornament bearing the likeness of a local business or landmark. This year's honoree is Bill's Drive-In, famous for its hot dogs, chili dogs and homemade root beer since opening in 1935.



The 2019 ornament, as well as those from previous years, are available at the YMOW office, 1110 W. Cross St., or at Nelson Amos Studio in Ypsilanti. Each ornament sells for \$27, with profits going directly to provide services for homebound residents of Ypsilanti through YMOW.

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Food for Thought is published by Ypsilanti Meals on Wheels. For comments or questions, contact Sandy Bosch at sandy@ymow.org, or 734-487-9669, Ext. 6

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Our Mission

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

Did you know?

Ypsilanti Meals on Wheels relies on donations to cover the majority of costs associated with our services.

A donation of just \$20 is enough to provide a local senior with meals for a week. \$500 provides lunch or dinner for every YMOW client. Please donate today at www.ymow.org.

Ypsilanti Meals on Wheels
1110 West Cross St.
Ypsilanti, MI 48197

Non-profit Org.
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Upcoming events

- **October 1 – December 31:**
Whole Foods Dime at a Time – 10 cents donated to YMOW for every reusable bag used at an Ann Arbor Whole Foods location
- **October 1 – November 7:**
Donate supplies for our holiday card-making event – Stickers! Paper! Ribbon!
- **Saturday, November 9:**
YMOW New Office open house, 10 a.m. to 1 p.m., 1110 W. Cross St., Ypsilanti
- **November 2 and 8:**
Fall Service Days – email rolanda@ymow.org to join us
- **December 7:**
Holiday Home Tour
- **February 7:**
Valentine card-making at Cultivate
- **March 14:**
Pi and a Pint
- **May 14:**
Meals on Heels at the Freighthouse

YMOW is moving! But we're not going far

Come celebrate with us as we unveil our beautiful new workspace on the first floor of First Baptist Church of Ypsilanti, 1110 W. Cross St. The remodeled space includes workspace for office staff, a prep area where meals will be readied for delivery, and meeting space where YMOW staff and volunteers can gather as a team.

Come see our new home during an open house from 10 a.m. to 1 p.m. Saturday, Nov. 9. We'll have refreshments, kids' activities and fall treats for everyone.

Thinking of bringing a housewarming gift? We've assembled a wish list of items that we could use to make our new home even better for our staff, volunteers and guests.

<https://www.amazon.com/hz/wishlist/ls/3C27DQ2V06ETI>

A special thanks to First Baptist Church of Ypsilanti, the Thome Foundation and the Helen McCall Trust for making this move possible.



Want to go paperless?

If you would prefer to receive *Food for Thought* via email, please send a note to sandy@ymow.org

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