

VOLUNTEER

Why become
a YMOW volunteer?



Above:
Sharon and Robert,
YMOW clients



Right:
Virginia, YMOW volunteer
since 1974

*“The smallest act of kindness
is worth more than the
grandest intention.”*

– Oscar Wilde

Through the simple gesture of delivering a meal, YMOW volunteers ensure that our homebound neighbors get the nutrition they need, while reminding them that they are not alone.

A YMOW volunteer often is the only person a homebound senior will see all day. As a YMOW volunteer, you're not just delivering food. You're providing a personal safety check and a daily reminder that someone cares.

Things every volunteer should know:

- Meal prep and delivery takes place between 10 a.m. and 1:30 p.m. Monday - Friday and between 11 a.m. and 1:30 p.m. on Saturdays.
- Volunteers can choose to ride along with a YMOW Client Care Associate or take a route of their own.
- A typical volunteer route takes no more than two hours to complete.
- You choose the frequency at which you volunteer. You can be scheduled daily, weekly, monthly, etc.
- Families, groups, co-workers and individuals are welcome.
- Volunteers are provided with detailed delivery instructions for each client and turn-by-turn directions.
- All volunteers must sign safety and HIPAA waivers before delivering meals.
- All volunteers must complete a 30-minute orientation before beginning their first shift.



Ypsilanti Meals on Wheels helps people maintain their independence and cuts health care costs by allowing our clients to remain in the comfort of their homes.

Volunteering for Ypsilanti Meals on Wheels is a great way to make a huge impact in a short amount of time. When you volunteer for Ypsilanti Meals on Wheels you're doing your part to guarantee meals are delivered to 200 seniors and homebound neighbors every day.

Opportunities are available to individuals, families, groups and co-workers. Volunteers can participate on a regular basis that meets your schedule, or you can ask to be called when needed.

Greeting homebound neighbors with a meal and a smile is a rewarding volunteer experience, but there are many other ways to help our organization.

Volunteers are needed to:

- Assist with mailings and other clerical tasks.
- Help with our fundraising events.
- Serve on an event or board committee.
- Become a board member.
- Make greeting cards, blankets or other gifts for our clients.
- Collect items for our Personal Care Pantry.
- Become part of our Pen Pal program.
- Make a donation to support our clients.
- Help us gain financial support by writing and researching grants.
- Take photos or video at an event or to promote YMOW.
- Make simple clothing repairs.
- Participate in a YMOW Service Day.
- Organize a work day to help a homebound neighbor with yard cleanup.

Gary, YMOW volunteer since 2019



Have another way to help our clients?

Let us hear it!

Please call (734) 487-9669 or email volunteer@ymow.org to learn more about how you can be part of the YMOW mission.

Did you know?

Lonely seniors are at a 29% higher risk of heart disease and 32% higher risk of stroke. Make someone happier and healthier by becoming a YMOW volunteer.

"I wondered why someone didn't do something. Then I realized I'm someone."

- Author unknown



Trae, YMOW volunteer, and Georgia, YMOW client

Questions about volunteering?

Contact Ypsilanti Meals on Wheels

1110 West Cross Street
Ypsilanti, Michigan 48197

Email: volunteer@ymow.org

Phone: 734-487-9669

Learn more at:

ymow.org

