



FOOD *for* THOUGHT

Summer 2021

Youngest clients at risk of losing service *Under-60 program needs funding to survive*

While learning to walk again following his December 2020 surgery, 56-year-old David suffered a fall that sent his elbow through the screen of his television set. He now considers that fall a blessing because it indirectly connected him to Ypsilanti Meals on Wheels.

Following the fall, David called Lamar, his social worker in the Eastern Michigan University school of social work. Lamar not only set David up with a new TV, he suggested a call that would change the course of David's recovery.

"He encouraged me to call YMOW," David said.

David now receives meals every week – meals that were difficult to obtain without Meals on Wheels.

"There was no getting to the store," David said. But with Meals on Wheels, his food is delivered to his door, leaving him with one less thing to worry about and more time to concentrate on getting better.

Often known as a source of support for older adults, YMOW is one of just a few programs nationwide to offer food support to younger people, like David. Since 1988, homebound residents younger than 60 have been eligible for YMOW services through funding from sources including Ford Motor Co., Pfizer, and most recently, the Washtenaw County Coordinated Funders.

With the disbanding of that organization earlier this year, clients like David are at real risk of losing this vital support. That includes the 40 people under 60 who are currently receiving meals as well as those on our waiting list.

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David and Yoshi

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New services expand meaning of “More Than a Meal”

Medically friendly meals

One of the many lingering effects of the COVID-19 pandemic is new or worsened kidney damage. A report by the National Kidney Foundation shows that people hospitalized with COVID-19 are at significant risk of acute kidney injury, also known as acute renal failure. This can lead to serious illness, dialysis, and even death.

To help YMOW clients with COVID-19-related kidney problems, as well as those with chronic conditions, YMOW has launched a three-month pilot program that provides medically friendly meals tailored to their nutritional needs. Also available through the pilot are meals tailored to cardiac patients.



“These meals give clients with kidney and heart problems the proper nutrition for their conditions, leaving them to concentrate on other aspects of getting and staying well,” said Amber Dallwig, YMOW RN.

Twenty-five YMOW clients are currently receiving medically friendly meals, thanks to funding from Feeding America and the Edward N. and Della L. Thome Memorial Foundation. With additional funding and continued support, YMOW hopes to extend the program through the rest of this year and beyond.



Help around the house

A \$7,500 grant from United Way of Washtenaw County will allow YMOW to launch a household chore and laundry service for clients who struggle with these essential tasks.

Set to begin in August, this program will initially provide 10 to 14 seniors with three hours of housekeeping and laundry service each month.

Grant money also provides for the purchase of cleaning supplies, including lightweight brooms and vacuums, to help clients more easily perform such tasks on their own.

Through this program we hope to improve clients’ overall well-being by providing a cleaner living environment, socialization with a caregiver, and improved safety, knowing that necessary tasks are being performed without risk of slips, falls or injury.

ADEPT/CAPABLE+ programs resume

After a long hiatus caused by the COVID-19 pandemic, YMOW’s CAPABLE+ and ADEPT programs are back in action helping people to more safely and confidently age at home.

CAPABLE (Community Aging in Place Advancing Better Living for Elders) is an evidence-based program developed by nurses at Johns Hopkins University.

Working with a team of professionals that includes a social worker, nurse, occupational therapist and handy person, seniors are empowered to make changes that will help them to live more safely as they continue to age at home. YMOW’s enhanced version of this program, CAPABLE+, enlists the help of Legal Services of South Central Michigan and Housing Bureau for Seniors to meet the unique needs of YMOW clients.



ADEPT (Aging with Dignity & Empowered by Positive Tools) is YMOW’s own telehealth adaptation of the CAPABLE program. It provides eligible clients with electronic tablets and internet service to allow them to meet with the CAPABLE+/ADEPT team virtually as they make changes to improve their living and living situations.

Want to go paperless?

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



We're adding to our team!

We are looking for a few key people to help us meet the needs of our homebound neighbors.

Client Care Associate

As YMOW returns to a six-day delivery schedule, we need more drivers to make those deliveries run smoothly. Known as Client Care Associates, YMOW drivers are responsible for sorting and packaging meals for delivery and safely and efficiently delivering those meals to clients.

A safe driving record and a commitment to helping YMOW clients are the key requirements of this position.

If you know of a compassionate, hardworking person who would make a good addition to the YMOW team, encourage them to send a resume and cover letter to info@ymow.org, subject line "YMOW CCA Submission." An employment application can be requested at info@ymow.org in lieu of a resume/cover letter.

Social Worker, full- or part-time

With programs like CAPABLE+, ADEPT, and chore and laundry support, we are meeting more client needs than ever. To do so, we need to add a second social worker to our staff.

This person will play a key role in improving the in-home safety of YMOW clients as they continue to age at home.

If you know of someone who would enjoy this important and rewarding job, encourage them to send a resume, cover letter and writing sample to info@ymow.org and include in the subject line: "YMOW SW Submission."

Saturdays are back! Volunteers needed!

After 18 months, YMOW will return to a six-day delivery schedule beginning Monday, September 13. That's good news for everyone, including YMOW volunteers!

This expanded weekly schedule means we will need additional volunteers to deliver nutritious meals and a friendly smile to our homebound neighbors.

Interested in taking a mini route or assisting a Client Care Associate as a ride-along volunteer? Contact Jessica Cichowlas at volunteer@ymow.org or visit <https://ymow.org/volunteer/> for more information.



Youngest clients at risk of losing service

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"Unless a new source of funding is found, we will no longer be able to provide food for our Under-60 clients," said YMOW Executive Director Alison Foreman.

Unlike David, not all Under-60 clients will improve to the point of no longer needing service. Alison said support of chronically ill adults allows them to age into YMOW's senior support program with better health and fewer needs.

YMOW Social Worker Megan Berry said that despite extremely low incomes, many Under-60 clients do not qualify for other support programs, including home-delivered meals through Medicaid.

"Due to mental and physical health problems, these clients have great difficulty obtaining or preparing food and other essentials," Megan said. With food pantries as their only real option, many rely on YMOW as their primary source of food and nutrition. YMOW offers a lifeline where little other support is available.

In addition to prepared meals, Under-60 clients have access to fresh produce, YMOW's Personal Care Pantry, pet support such as food and veterinary care, and weekly calls from a YMOW volunteer. These calls help to improve mental and physical health by providing a relief from isolation.

With the support of YMOW, David is looking forward to the day when he's strong enough to once again shop and prepare his own meals. He said he has YMOW to thank for putting that goal within reach.

DONATE NOW

<https://ymow.org/donate/>

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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 734-217-4578.

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We're Cultivate's Partner of the Month

We are excited and honored to be Cultivate Coffee & Tap House's Community Partner in September. Throughout the month, \$1 from each Grow Ypsi beer, cocktail and espresso drink purchased will be donated to YMOW.

Visit Cultivate from 3 to 6 p.m. Sunday, September 12, to learn more about the work we do and the many ways that you can help!

Cultivate is located at 307 N. River St., Ypsilanti.

Learn more at cultivateypsi.com.



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

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Upcoming events

- Thursday, August 19, 7 p.m.
Dancing with the Michigan Stars
Marriott Ypsilanti, 1275 S. Huron St.
Tickets and information:
bit.ly/3jXacK9
- Thursday, September 23, 7 p.m.
food pickup 4 - 6 p.m.
Virtual cooking class with Miss Kim, Ann Arbor
Tickets and information:
ymow.org/miss-kim
- Saturday, December 4, 6 p.m.
Meals on Heels – a Roaring Holiday Event
Michigan Firehouse Museum
110 W. Cross St., Ypsilanti
Tickets and information:
ymow.org/meals-on-heels

TBA:

- **Movie Night at StoryPoint Saline**
- **Oktoberfest at StoryPoint Saline**

Don't miss our First Thursday Food Trucks!

Join us from 5 to 8 p.m. August 5 and September 2 for delicious food, live music and more, all while supporting Ypsilanti Meals on Wheels!

Bring a lawn chair, bring your friends and settle in for a pleasant summer evening. A portion of all sales helps to support YMOW and all of the services we provide to neighbors in need.

FREE ADMISSION

For more details follow our Facebook Event at <https://bit.ly/363v1eV>



MEALS ON HEELS IS BACK!

Mark your calendars for the return of Meals on Heels! This 1920s-themed celebration is set for 6 p.m. Saturday, December 4, at the Michigan Firehouse Museum, 110 W. Cross St., Ypsilanti. Tickets on sale soon at ymow.org.

Interested in sponsoring our event? Contact Madison at giving@ymow.org.



Ypsilanti Meals on Wheels
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www.ymow.org 734-487-9669