



Simple changes leave CAPABLE client empowered to help herself

Michelle has never been one to sit back and let things happen. A lifelong activist, she has advocated for people in need, stood up for civil rights and spoken up against injustice. So, when a pair of surgeries left this 78-year-old weak and without the confidence she once had, she didn't hesitate to do something about it.

Michelle called Ypsilanti Meals on Wheels (YMOW), and in June 2021, became part of the relaunch of CAPABLE (Community Aging in Place Advancing Better Living for Elders). CAPABLE, an evidence-based program co-developed at Johns Hopkins School of Nursing, enlists a multidisciplinary team of professionals consisting of an occupational therapist, nurse, handy person, social

worker and others to help seniors set and reach goals to improve their ability to age at home.

"It's about listening to what they need to help them live independently and safely," said YMOW nurse Amber Dallwig.

Amber and the rest of the CAPABLE team heard Michelle's desire to care for her home, and her concern that the vacuum she had was too heavy to maneuver. They heard her say that the mop she once used to clean her kitchen floor was too cumbersome. And they heard her concern about making the most of her health benefits.

The CAPABLE team listened. Occupational Therapist Kellie Childs provided Michelle with a lightweight vacuum and mop and enlisted the assistance of YMOW Social Worker Megan Berry to guide Michelle through a review of her health care plan.

With the help of CAPABLE, Michelle was able to access her vision benefits and get new glasses, as well as make the most of her dental and hearing coverage. Meanwhile, Amber showed Michelle ways to improve her sleep, and therefore, her overall mood.

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Michelle said she feels safer, more confident and more like herself since working with YMOW's CAPABLE team.

Development Manager brings new events to YMOW

YMOW welcomed Development Manager Madison Montambault to the team in May, taking the position formerly held by Sally Ruterbusch.

As Development Manager, Madison manages YMOW's fundraising events and finds new ways to help YMOW raise the money needed to serve our homebound neighbors. In just four months, Madison has already added several events to the YMOW calendar, including an Oktoberfest celebration held Oct. 6 in cooperation with Ann Arbor Meals on Wheels and StoryPoint Saline, and a virtual cooking class with award-winning chef Ji Hye Kim of Miss Kim in Ann Arbor. Madison also worked closely with the staff, including Volunteer Manager Jessica Cichowlas, to organize our series of First Thursday Food Truck events.

Madison said she will use the skills she gained as Development, Membership and Events Coordinator at Matthaei Nichols Botanical Gardens and Arbo-retum in Ann Arbor to serve the homebound population of Ypsilanti.

"I look forward to helping YMOW raise money so we can help as many people in need as possible," Madison said.

A professional opera singer, Madison said her work as a performer with nonprofit organizations has helped her to develop an understanding of the needs and workings of organizations like YMOW. She holds bachelor's and master's degrees in vocal performance from the University of Michigan, where she also earned a minor focusing on non-profits and development.

Madison has performed with opera theaters in Detroit, Indianapolis and Florida. She also enjoys hiking, kayaking, time with family and friends, and listening to all kinds of music, from Eminem to Puccini.

**Development Manager
Madison Montambault**



Third-quarter honoree takes volunteering beyond meal delivery

Volunteering for Ypsilanti Meals on Wheels isn't just about delivering meals. Sometimes, it's about counting bottles of shampoo, attending a meeting of the Meals on Heels planning committee or calling a client in need of a friendly chat.

Mary Fayad, our volunteer of the third quarter, does all of these things and more.



A volunteer for more than six years, Mary had plans to join the Meals on Wheels mission even before her retirement. Mary had served as her mother's meal provider. When her mother died, Mary chose to honor her by continuing to provide seniors, especially those without family to provide for them, with nutrition and support.

Mary was accompanying YMOW drivers on weekly shifts when COVID-19 put a temporary end to ride-alongs in March 2020. At the same time, donations of toiletries, cleaning supplies and incontinence products for the YMOW Personal Care Pantry were coming in just as quickly as client requests for the items.

When she received an email from Volunteer Manager Jessica Cichowlas asking for someone with organizational skills to help get the pantry in order, Mary stepped up. **(continued on back)**

Join us on Saturday, December 4, for a *Roaring Holiday Event*

Join Ypsilanti Meals on Wheels (YMOW) as we celebrate the launch of the holiday season at Meals on Heels: a *Roaring* Holiday Event.

Set for 7:00 - 8:30 p.m. Saturday, December 4, this virtual event combines our traditional December fundraiser with our annual tribute to 1920s glamour, all in the safety and comfort of your home.

The evening will include:

- Music by local artists
- Heavy appetizers for 2 by Simply Scrumptious (delivered to your home). Choose between meat and vegetarian.
- Cocktail/mocktail demonstration by The Bar at 327 Braun Court (kit for 2 drinks delivered to your home)
- Prizes for best 1920s outfit/costume and best shoes
- Silent Auction

Individual tickets on sale now for \$125 and \$150. The higher ticket price includes a bottle of wine or spirits from our donated collection.

Visit ymow.org/meals-on-heels for tickets and more information.

Sponsorships are still available! Contact Madison at giving@ymow.org.



10 ways you can make the holidays happier for YMOW clients

The holidays can be an especially challenging time for our Meals on Wheels clients. Many feel isolated throughout the year, and the festivities of the holidays only makes them feel more alone.

YMOW staff and volunteers do our best to make this time of year the best it can be for our homebound neighbors, and you can help!

Here are a few simple ways you can make someone's holiday season a little warmer and brighter this year.

1. Volunteer to deliver meals on Thanksgiving, Christmas or New Year's Day.
2. Purchase items from our Amazon wish list (amzn.to/3m28zud).
3. Donate holiday gifts such as:
 - Warm socks
 - Large-print word puzzle books or adult coloring books
 - Colored pencils
 - Unscented lotions and soaps
 - Toys and treats for pets
 - Blankets and pillows
 - Kitchen or bath towels
 - Foot care products
 - Crochet and knitting supplies
 - Simple craft kits
4. Make holiday greeting cards that we can deliver to our clients.
5. Host a giving tree or sponsor a senior event at your school, workplace or place of worship.
6. Create your own gifts, such as filling a mug with soup or hot beverage mix.
7. Create holiday decorations to add a little cheer to a senior's home.
8. Spread some holiday cheer by caroling in our clients' neighborhoods.
9. Sign up to make friendly calls, reminding our senior neighbors that they are not alone.
10. Create blankets and throws using your crochet or knitting skills. Or create simple fleece tie blankets using soft, colorful fleece. Visit [instructables.com](https://www.instructables.com) for simple directions.



URGENT REQUEST: The YMOW Personal Care Pantry is in immediate need of items to help clients keep themselves and their homes clean. Please visit our Amazon wish list for a full list of needed items. amzn.to/3m28zud

FOOD *for* THOUGHT

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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Upcoming events

Meals on Heels - a Roaring Holiday Event

Saturday, December 4, 7:00 p.m. • Join us via Zoom • ymow.org/meals-on-heels

Valentine Card-Making Event

Saturday, Feb. 12, 2022 • Details to follow/location TBA

Pi(e) & a Pint • Monday, March 14, 2022 • Details to follow/location TBA

Ypsilanti Meals on Wheels
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CAPABLE

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"It's going well," Amber said of Michelle's CAPABLE journey. With the nursing portion of Michelle's CAPABLE intervention complete, she will continue to work with YMOW's occupational therapist. Plans are to help her clear out and organize her home, both for her own comfort and for fall prevention.

"I'm much more confident when I'm stronger," said Michelle, who is slowly working her way back up to her daily workout and regular walks. She's also taking a writing class, with plans to write and publish her own memoirs.

"I don't want to stop being active," she said, and with the help of CAPABLE, she doesn't have to. Michelle said CAPABLE is making her stronger, inside and out.

"They're very supportive and they're showing me how to advocate for myself," Michelle said. "I don't feel helpless anymore."

Volunteer goes beyond meal delivery

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"I had already cleaned all of my own closets about five times," said Mary, who was eager to find a new way to help YMOW, not to mention a way to get out of the house as COVID raged on. She began coming in every Friday to log new donations, organize the pantry shelves and take stock of what had gone out to clients and what donations were needed.

Volunteer Manager Jessica Cichowlas said Mary's help has been invaluable.

"Mary's special eye and organizational skills are key to keeping the pantry clean and manageable," Jessica said. An organized pantry means clients can get the items they need in a timely manner, and staff can easily see when supplies are running low.

With a return of ride-along routes, Mary is once again delivering meals each Wednesday. Meanwhile, she continues to keep tabs on the pantry and helps with prep before her weekly route. She also makes regular calls to three YMOW clients who rely on her for a friendly chat and a little relief from isolation.

Through the years Mary has been at the center of YMOW's annual December fundraiser, doing everything from planning to serving punch and guiding guests.

"I do whatever needs to be done," Mary said. "I just love doing it."



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