

### Meals were just the start for YMOW client

**F**or YMOW client Ralph, the arrival of spring was extra sweet this year.

“It feels so good to get some natural vitamin D,” said Ralph, who can finally get outside and soak in the sun thanks to a new wheelchair ramp made possible by YMOW, Barrier Busters and Ralph himself.

A senior suffering from heart problems and a host of issues that require the use of a wheelchair, Ralph’s access to healthy food was one in a list of problems that were eased with a single call to Ypsilanti Meals on Wheels.

“The biggest problem was food preparation,” said Ralph. Before turning to YMOW, he relied on frozen and canned foods for most of his meals – not good choices for someone with a history of heart problems.

He now has access to healthy meals, and so does his furry companion, Whitney. When food was limited, Ralph said he sometimes had to choose between feeding himself or his St. Bernard. Now, Whitney receives regular deliveries of food through YMOW’s PALS (Pets Assisting the Lives of Seniors) program, leaving both Ralph and his best friend nourished and with more money to spend on other necessities.

Ralph’s new wheelchair ramp came as a result of his participation in CAPABLE (Community Aging in Place –Advancing Better Living for Elders). Through meetings with YMOW’s occupational therapist, social worker and nurse, Ralph also learned to safely navigate his bathroom and how to safely right himself in the case of a fall.

“The occupational therapist, Bridget (Daly), really helped me understand what I needed to do to be safe in the house,” he said.

But the biggest change is his wheelchair ramp.

Prior to construction of his ramp, Ralph had trouble even getting to his medical appointments. His occasional caregiver, a fellow senior with physical limitations of her own, couldn’t manage the dangerous drop between Ralph’s door and his porch.

“I couldn’t get out of my house,” he said.

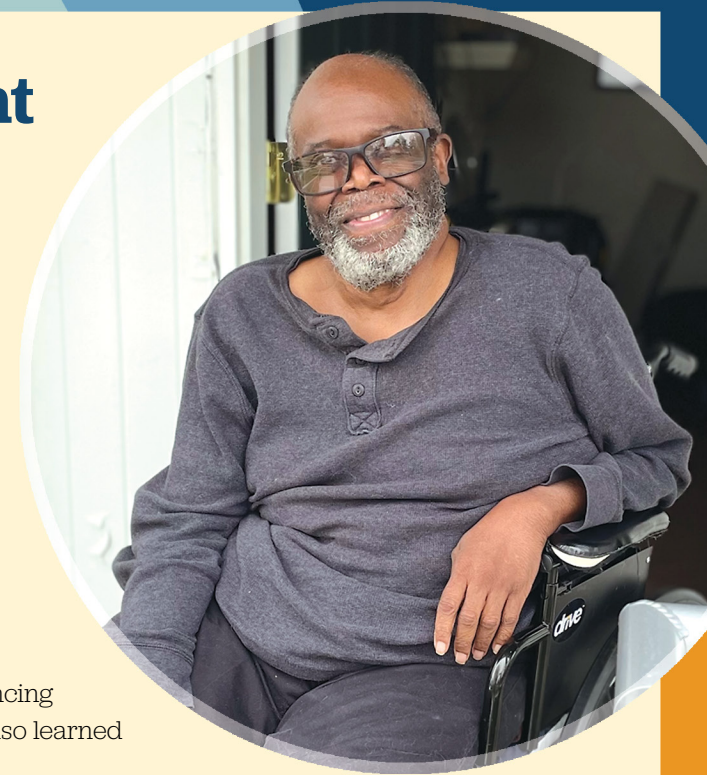
Now, he can get out on his own, even if it’s just to sit on his porch and take in some fresh air or chat with a passing neighbor. Soon, he hopes to start using the nearby bus route, and he might even take Whitney for a walk.



Ralph has completed his CAPABLE journey, but he continues to benefit from the program and the CAPABLE team. After a recent bout with pneumonia, Ralph returned home from the hospital just days before his taxes were due. Unsure of how to meet the deadline, Ralph turned to YMOW Social Worker Megan Berry for advice.

“Within an hour Megan was back with three options for help,” he said.

“Everybody who works there is good,” Ralph said of the team at YMOW. “Even the people who deliver the food always have a smile on their face. It’s almost like I’m giving them more than they’re giving me.”



# YMOW faced growth and loss, challenges and solutions in 2021

**W**hen we all took to our homes in March 2020, few predicted that our efforts to protect one another from COVID-19 would carry on through 2021 and beyond. Early 2021 brought welcome news of a vaccination, and YMOW staff were among the first to line up for the potentially life-saving shot. Meanwhile, staff encouraged clients to get vaccinated, providing them with local resources to receive the vaccine. Our efforts resulted in a 100 percent vaccination rate for staff and a nearly 100 percent vaccination rate among YMOW clients.

With an end to COVID in sight, the YMOW team turned their efforts toward the needs caused by COVID, including the need for medically-friendly meals. Several clients experienced new or worsened kidney and cardiac problems as a result of having contracted the virus. In response, YMOW launched renal and cardiac meals in March 2021 to support our clients' changing nutritional needs.

The dissolution of Washtenaw Community Funders at the end of 2020 placed meal service for clients under 60 at risk. Once again, YMOW staff jumped to action, securing alternative funding that will allow YMOW to continue serving our younger homebound neighbors through 2023.

2021 was another record-setting year of growth for Ypsilanti Meals on Wheels. We provided more meals and support services to more people than ever. Along with medically-friendly meals, we also added Care on Wheels chore and laundry support to the suite of support services available to clients. Through hands-on interactions with clients, YMOW's social workers realized that simple tasks were difficult and unsafe for some YMOW clients to perform on their own. Care on Wheels was started with funding from United Way of Washtenaw County. In partnership with Seniors Helping Seniors, Care on Wheels pairs senior caregivers with

YMOW clients to not only help with cleaning and laundry, but also to provide a welcome relief from isolation for both the caregiver and the client.

The pets of YMOW clients also saw new services in 2021. Thanks to a grant from Meals on Wheels America, YMOW's pet support program was expanded to include mobile grooming.

Our team grew, too, as we welcomed board members Scott Godbold, Adam Karibian and Brent Kolb in 2021. The board recognized the work and commitment of Executive Director Alison Foreman with a title change to president/CEO, and Volunteer Coordinator Jessica Cichowlas was promoted to volunteer manager.

Along with individual and organizational growth, 2021 also was a time of loss for YMOW. In December, we said our final goodbyes to longtime friend and champion of YMOW Cathy Day. Cathy's YMOW legacy will be remembered through our newly established honor, the Cathy Day Step Up to the Plate award. It will be given annually to a person or organization that exemplifies Cathy's can-do spirit, endless energy and selfless dedication to the YMOW mission.

It is the fulfillment of that mission that drives the YMOW team into 2022 – a year in which the YMOW team will strive to offer clients more meal options, grocery delivery and post-discharge meals to help those recovering at home after a hospital stay.

We could not meet the growing and changing needs of our homebound neighbors without the support of our community. We are grateful to every person, business and organization that has given their time, talent or treasure to help us step ever closer to our vision of a community where every senior feels nourished, valued and supported.



A handwritten signature in blue ink that reads "Alison Foreman" with a checkmark at the end.

**Alison Foreman, President/CEO**

A handwritten signature in blue ink that reads "Paula Dykstra".

**Paula Dykstra, Board Chair - President**




**New board members - left to right: Scott Godbold, Adam Karibian and Brent Kolb**

## 2021 by the numbers

 **119,915**  
meals delivered


**422**  
homebound  
neighbors  
served 

**27,583**  
pounds of produce  
delivered courtesy  
of Food Gatherers 

**342**  
volunteers  
donated  
**6,141** hours 


**29**  
clients received  
**3,080**  
medically friendly meals 

**13**   
clients received  
housekeeping assistance


**39**  
benefited from our  
CAPABLE program 

**252**  
Personal Care  
Pantry requests fulfilled 

 **3,025**  
pounds of cat litter  
distributed

**3** pets groomed 

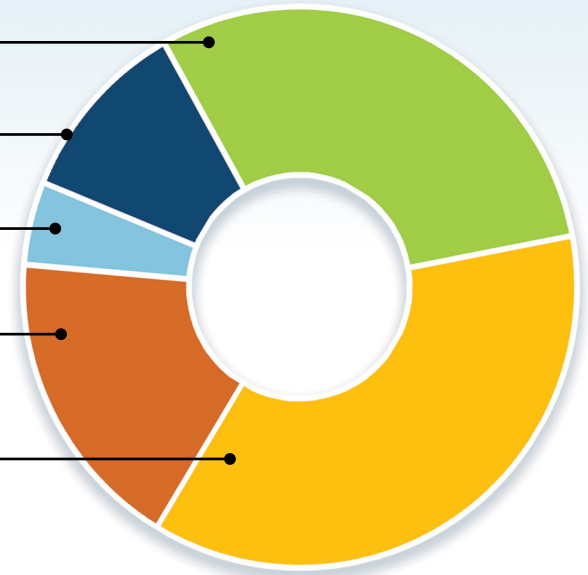
**4,200**  
pounds of food  
delivered to  
**41** pets 

 **21**  
vet visits  
provided

## Financial summary

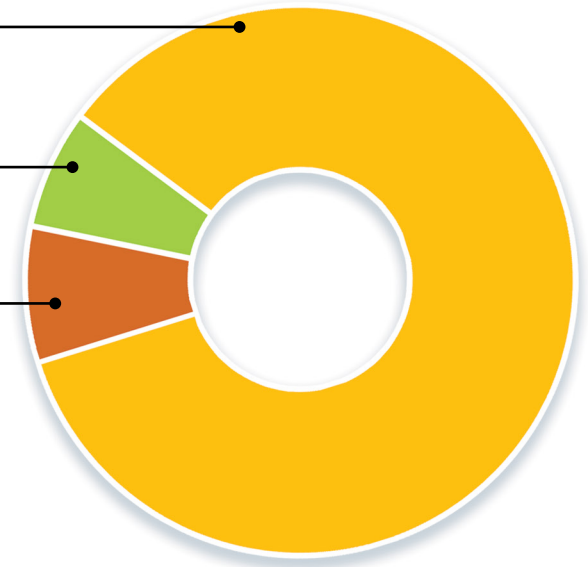
### 2021 Revenue\*

Other Grants and Awards	30%
Donated Services and Other	11%
Special Events	5%
Program Service Fees	18%
Public Contributions	37%
<b>Total revenue</b>	<b>\$1,883,826</b>



### 2021 Expenses\*

Program Services	85%
Management and General	8%
Fundraising	7%
<b>Total expenses</b>	<b>\$1,626,103</b>



\* Figures are preliminary, pending audit.

Full financial report available at  
<https://ymow.org/about/financials>.



**Thank you to these organizations for contributing \$2,000 or more to YMOW in 2021:**

- Bonisteel Foundation
- Charter Township of Superior General
- Edward F. Redies Foundation, Inc.
- Enterprise Holdings
- Fischer Family Foundation
- Frankenmuth Insurance Foundation
- Helen McCalla Trust Foundation
- JR Family Foundation
- Maiz Mexican Cantina
- Martin Family Foundation
- Old National Bank
- Wild Thyme Fund

**Welcome and thank you to these NEW corporate and community donors who joined our mission in 2021.**

- Carlos Lozano Agency, Farm Bureau Insurance
- Dexter Builders
- Dexter Family Dentistry
- Huron Valley PACE
- Lake Trust Credit Union
- Michigan Oral Surgeons
- Michigan Public Health Institute
- The Richter Team, CrossCountry Mortgage
- Speckhard- Knight Charitable Foundation

## YMOW Executive Staff

Alison Foreman, *President/CEO* • Kelly Schwartz, *Operations Director*

## Board of Directors 2022

Knox Cameron, Dan Carleton, Paula Dykstra, Scott Godbold, Susan Gregory, Adam Karibian, Brent Kolb, DDS, Tim Kowaleski, Christine Laing, Lou Maskill, Dieter Otto, Cyndi Shepard, Tara Truax

## Want to become a YMOW supporter?

Visit <https://ymow.org/donate> or send an email to [giving@ymow.org](mailto:giving@ymow.org).



Ypsilanti Meals on Wheels  
1110 W. Cross Street  
Ypsilanti, Michigan 48197  
[www.ymow.org](http://www.ymow.org)

**Thank you to these ongoing major supporters of the YMOW mission.**



Edward N. &  
Della L. Thome  
Memorial  
Foundation

Mary Thompson  
Foundation



**TOYOTA**  
TOYOTA NORTH AMERICA  
TOYOTA R&D

