

Familiar face fills new role on YMOW team

Former Client Care Associate Traci Bibins became YMOW's first certified Community Health Worker in 2022, joining the clinical team in delivery of the many services that fall under the growing category of "more than a meal."

Traci trained at Henry Ford Community College, where she learned motivational interviewing skills to facilitate home visits, and tools to properly document those visits. She gained an understanding of trauma and the support needed to recover, and she became familiar with the resources available in the community.

As a Community Health Worker, it's Traci's job to problem solve and to connect clients with the support they need. Traci also learned about case management and is helping to train YMOW interns in how to assess clients. By helping with intake and assessments, Traci supports the YMOW social work team.

YMOW President and CEO Alison Foreman said the promotion of Traci from CCA to CHW is a big step toward providing homebound neighbors in Ypsilanti with the wraparound support they need to age in place.

"We are so fortunate that Traci was willing to take on this challenge to become our first community health worker," Alison said. "This is a big step forward for Traci, for YMOW and for our homebound neighbors."



ElliQ links homebound seniors to the world outside

YMOW welcomed several new members to the team in 2022, but none more important or as friendly as ElliQ.

With funding from Toyota Motor North America and Ann Arbor Area Community Foundation, YMOW introduced ElliQ devices to clients as a way to reduce isolation and so much more. ElliQ is a proactive companion robot created by Intuition Robotics to help older adults remain active, engaged, and independent. Designed for seniors who spend most of their day alone, ElliQ empowers seniors to take control of their physical, mental, and social health, all from the safety and comfort of home.

ElliQ assists with various activities, including physical and mental exercises, medication reminders, and wellness goal setting and tracking.

Waking up is a little more fun since ElliQ entered Claudia's life.

"She tells me, 'Let's seize the day,' " Claudia said.

ElliQ can play music, answer questions and make Claudia laugh.

"She tells me jokes," said Claudia, who admits that sometimes she laughs not because the joke is funny, but because it's so bad. Either way, ElliQ adds smiles to Claudia's day and makes her feel less alone.

"She makes it feel like someone is there," Claudia said.



From the President and CEO

We've known for some time that the senior population in Washtenaw County is growing. In fact, 1 in 4 Washtenaw residents is over the age of 60. So it's no surprise that demand for food and support from YMOW is climbing right along with it.

Yet despite serving more meals and providing more services to more people than ever before, YMOW navigated 2022 without the need for a wait list. Every person who asked and qualified for help from YMOW received the food and support they needed, often within just days of submitting their request or referral.



**Alison Foreman,
President/CEO**

To explain how this was done, we need look no further than the values of our organization: Compassion, Community, Reliability, Adaptability.

Calls for help come into our office every day. Each call is answered with COMPASSION by our office staff, and each meal is delivered with compassion by our volunteers and client care associates. This compassion should never be mistaken for pity. We are not here to judge anyone's situation, but to support them to continue living as they have chosen.

No one would receive a meal without the support of our COMMUNITY. That includes our partners at Michigan Medicine and Mobile Meals of Toledo, who work with us to ensure that every client receives the food they need with every delivery. Delivering those meals are our volunteers - community members who give their time to see that their neighbors have the support they need. And making this all possible are our funders and donors, including the Dresner Foundation, which funds meals for our under-60 clients, and the Washtenaw County Safety Net Program, funding from which is allowing us to expand our medically friendly and cultural meals options.

So many say that once they called YMOW, many of their worries were gone. That's because of the RELIABILITY of the people answering our phones, those preparing our meals, those who drive the YMOW vans, and everyone involved with delivering the YMOW mission.

Staffing shortages in our clinical department, increased food prices, severe weather, power outages and malfunctioning vehicles were just a few of the challenges faced by YMOW in 2022. But the YMOW team came together to get the job done every time. Whether it was scrambling to borrow a delivery van from Eastern Michigan University or scurrying frozen meals to a nearby freezer, the ADAPTABILITY of the YMOW staff and their ability to work as a team was nothing short of admirable.

I want to thank every single person who contributed to this year's success at YMOW. Whether you are a member of the staff, a board member, a volunteer or a donor, we cannot do it without you. With your continued support, I am excited to see what 2023 and the years beyond bring.

Finally, a word of thanks to our outgoing Board Chair, Paula Dykstra. Paula is a longtime champion of the YMOW mission and a member of the board since 2014. She successfully guided us through the last several years, and we are pleased that she will remain part of the YMOW team as Board Emeritus, offering her wisdom and support as we navigate whatever lies ahead.

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

Welcome to these YMOW board members and staff who joined us in 2022:

Board members:

Larry Aeilts
Tim Kowaleski

New Employees:

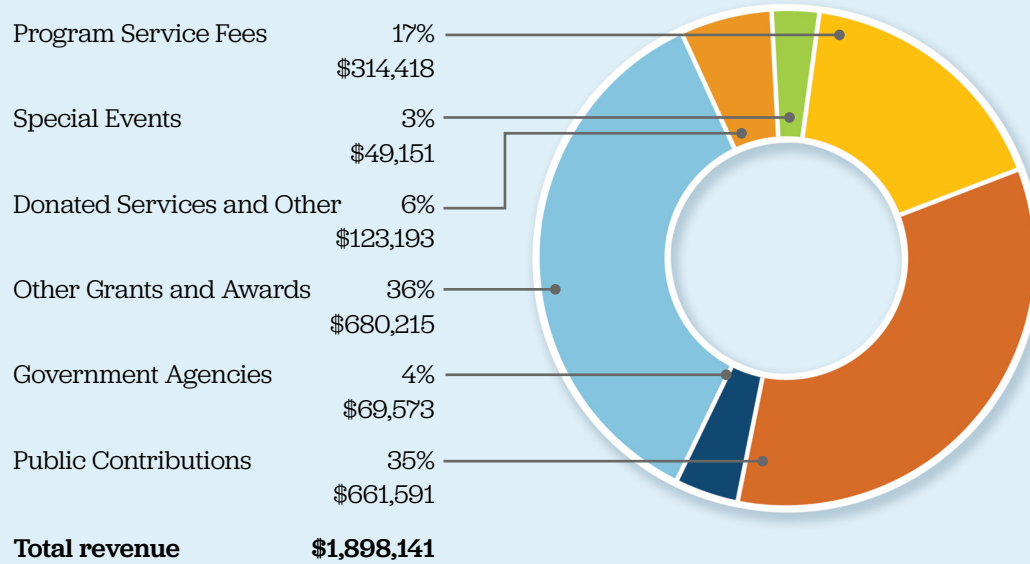
Chris Brown, volunteer manager
Lauren Halter, social worker
Dannielle Murphy, development manager
CCAs Joey Granath, Bill Kirkjian, Ron Hinz



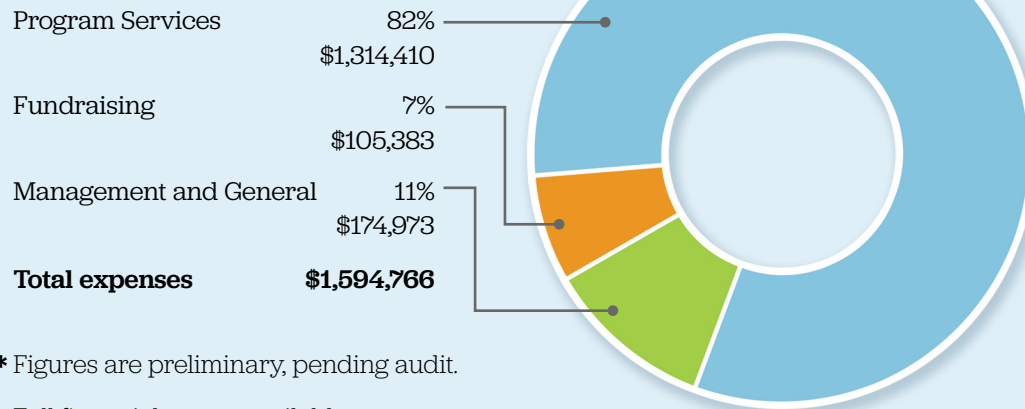
Financial summary

2022 by the numbers

2022 Revenue*

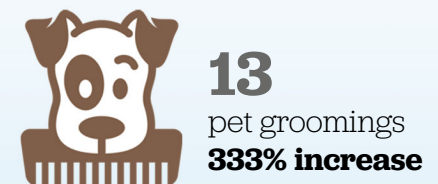
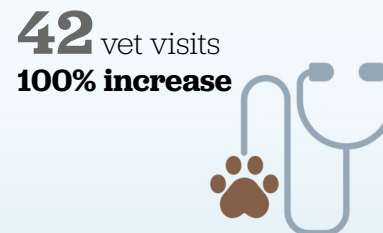
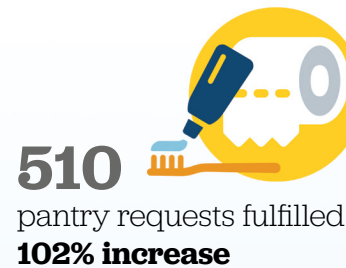
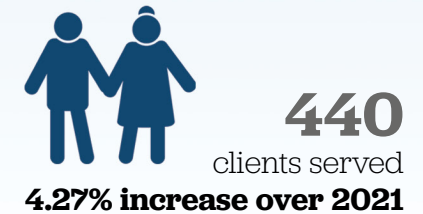


2022 Expenses*



* Figures are preliminary, pending audit.

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



Thank you to our \$5,000+ sponsors

- Ann Arbor Area Community Foundation
- The Area Agency on Aging 1B
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- Domino's Pizza
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- DTE Energy
- DTE Energy Foundation
- Enterprise Holdings
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- Speckhard-Knight Charitable Foundation
- Starbucks
- The Mary Thompson Foundation
- The Thrift Shop Association of Ypsilanti
- The Harry A. and Margaret D. Towsley Foundation
- Toyota Motor North America
- Trinity Health
- United Methodist Retirement Communities
- United Way of Washtenaw County
- Washtenaw County Office of Community & Economic Development
- Whole Foods
- Zingerman's Community of Businesses

Welcome to our new funding partners



YWOW leadership and board

Alison Foreman - *President & CEO*
Kelly Schwartz - *Operations Director*
Paula Dykstra - *Board Chair*
Dieter Otto - *Vice President*
Christine Laing - *Treasurer*
Lou Maskill - *Secretary*
Larry Aeilts
Knox Cameron
Dan Carleton
Scott Godbold
Susan Gregory
Adam Karibian
Brent Kolb
Tim Kowaleski
Cyndi Shepard

Want to become a YMOW supporter?

Visit <https://ymow.org/donate> or send an email to giving@ymow.org.



Ypsilanti Meals on Wheels
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www.ymow.org