



**AmeriCorps  
Seniors**



**Retired & Senior Volunteer Programs  
of Ingham, Eaton & Clinton Counties**  
2400 Pattengill Avenue, Lansing, MI 48910  
517 887-6116

## FALL NEWSLETTER 2024



### A Message from Carol Wood, Executive Director...

Senior Companion Volunteers annually are given an evaluation by their site supervisor. We wanted to share some of the comments with you: **What do you like best about the Senior Companion Program?**

Has truly been very helpful with our clients as most do not have anyone to socialize with and our two volunteers are always very attentive.

That they are seniors working with seniors.

Positivity and 1 to1 individual attention to our residents.

Positive interaction with others, decreased depression, helping others.

Individual companionship with our residents. Brings love and happiness.

Individual attentions for our residents. Decreases depression.

Their hearts and the way they go above and beyond.

The opportunity for our residents to socialize with someone outside the nursing home as well as give senior companions a purpose and a chance to make a difference in their lives

The opportunity for the residents to have 1 to 1 in room visits.

The opportunity for the residents to engage and socialize with someone closer to their age, who has a better understanding of their situation.

This program allows us to focus on other tasks knowing that the senior companions are visiting with others.

That each resident assigned to a senior companion is getting a little extra attention.

**You could be Senior Companion and make a difference, reach out and give us a call today!!**

*Carol Wood*



### River Trail

As a River Trail volunteer you can experience picking up everything from the kitchen sink (volunteer found on the trail) to a lost dog. This volunteer sent us the picture and following story about what he encountered on the trail. I saw a dog on the run near Crego Park. I was finally able to corral it at Potter Park. The dog had collar and tags I was able to called its owner who was thrilled to be reunited with her pet. She has lost the dog at Evergreen Cemetery, south of Crego Park and across busy Mt Hope Rd. **A happy ending!**

## HOT OFF THE PRESS



### Yarn Room with RSVP Volunteer Rachel Carlson

Rachel has been donating her time and talents to clean and reorganizing the donations of yarn that we get for our "Caring Heart Volunteers". Caring Hearts volunteers work from home, knitting and crocheting items that we give to other organizations during the year. We have been very fortunate in getting donations of yarn which keeps a smile on our volunteers faces. It does take time to organize the yarn once it comes in and Rachel has developed a system that showcases the yarn beautifully.

### NEEDS

To our Caring Heart Volunteers we are in need of baby blankets and lap blankets for Hospice patients.

If you would enjoy knitting and/or crocheting and are 55 years or older come share your talents and become a RSVP Volunteer. Volunteers donate hats, mittens, scarfs, baby blankets, lap blankets and more. They are distributed to day care centers, Head Start, schools, hospital, hospice, homeless centers, police and fire departments. Call our office 517 887-6116 and ask for Jim Dell or send us an email at [community@rsvp-lansing.com](mailto:community@rsvp-lansing.com)

### **STAFF CHANGES**

Due to family issues Linda Sanchez Gazella resigned as Senior Volunteer Coordinator as of August 1, 2024. We are happy to announce that Joy Suits has been promoted to that position. Her work schedule is Monday thru Friday 8:30am to 3:00pm. With Joy's promotion we also promoted Audrey Gordon to RSVP/FGP/SCP Office Assistant. Audrey's work schedule is Monday, Tuesday, Thursday and Friday 8:30am to 3:00pm.

Joy Suits is the SCP volunteer coordinator who is primarily responsible for the placement of volunteers at sites in skilled nursing facilities, adult day-care facilities, and Telephone Reassurance.

Audrey Gordon helps all three volunteer programs under the RSVP umbrella. Her primary role is answering the phone, the development and file storage of materials for data collection from volunteers, sites, and placements. Audrey is the point person for Chromebook training for FGP and SCP volunteers.



Joy Suits



Audrey Gordon

# REMEMBERING OUR VOLUNTEERS

## Melanie Miller Passed Away August 20, 2024



Melanie was 74 years young.



Melanie Miller was a Foster Grandparent Volunteer who started with our program on June 19, 2019. She served at People's Church Preschool for five years. Melanie's teacher made the following comments about her: Grandma Melanie makes a positive impact in our classroom. Grandma Melanie has been a blessing to the teachers, children and families. I have so many stories, so many moments throughout each day, Grandma Melanie is the best. She brings in homemade banana bread for the children and cuddles with them when they're sad. She is a treasure.

### Some Great Places to Volunteer



Impression 5 Museum

#### R. E. Olds Museum

**Come check out all the great places there are for you volunteer and make a difference. Call our office and we will send you an application.**



## Slow-Cooker Stew



- 1 pound beef stew meat
- 2 medium potatoes, peeled and cubed
- 1 can (14-1/2 ounces) beef broth
- 1 can (11-1/2 ounces) V8 juice
- 2 celery ribs, chopped
- 2 medium carrots, chopped
- 1 medium sweet onion, chopped
- 3 bay leaves
- 1/2 teaspoon salt
- 1/2 teaspoon dried thyme
- 1/2 teaspoon chili powder
- 1/4 teaspoon pepper
- 2 tablespoons cornstarch
- 1/2 cup frozen corn
- 1/2 cup frozen peas

### Directions

1. In a 3-qt. slow cooker, combine first 12 ingredients. Cover and cook on low for 7-8 hours or until meat is tender. Discard bay leaves.
  2. In a small bowl, combine cornstarch and water until smooth; stir into stew. Add corn and peas. Cover and cook on high for 300 minutes or until thickened.
- Nutrition Fact—1-1/3 cups: 273 calories, 7g fat (2g saturated fat), 56mg cholesterol, 865mg sodium, 31g carbohydrate (9g sugars, 4g fiber), 22g protein. Diabetic Exchanges: 3 lean meat, 2 vegetable, 1 starch

- 6 bone-in chicken thighs skin removed
- 2 pounds red potatoes (about 6 medium), cut into 3/4-inch pieces
- 1 large onion, coarsely chopped
- 2 tablespoons olive oil
- 3 garlic cloves, minced
- 1-1/4 teaspoons salt, divided
- 1 tablespoon minced fresh rosemary or 1 teaspoon dried rosemary, crushed, divided
- 3/4 teaspoon pepper, divided
- 1/2 teaspoon paprika
- 6 cups fresh baby spinach (about 6 ounces)
- Lemon wedges, optional

### Directions

1. Preheat oven to 425 degrees. In large bowl combine potatoes, onion, oil, garlic, 3/4 teaspoon salt, 2 teaspoons fresh rosemary or 1/2 teaspoon dried rosemary, and 1/2 teaspoon pepper; toss to coat. Transfer to 15x10x1-in baking pan coated with cooking spray.
2. In a small bowl, mix paprika, the remaining salt, rosemary & pepper. Sprinkle chicken with paprika mixture; arrange over vegetable. Roast 35-40 minutes.
3. Remove chicken to serving platter. Top vegetables with spinach. Roast until spinach wilted, 8-10 minutes.

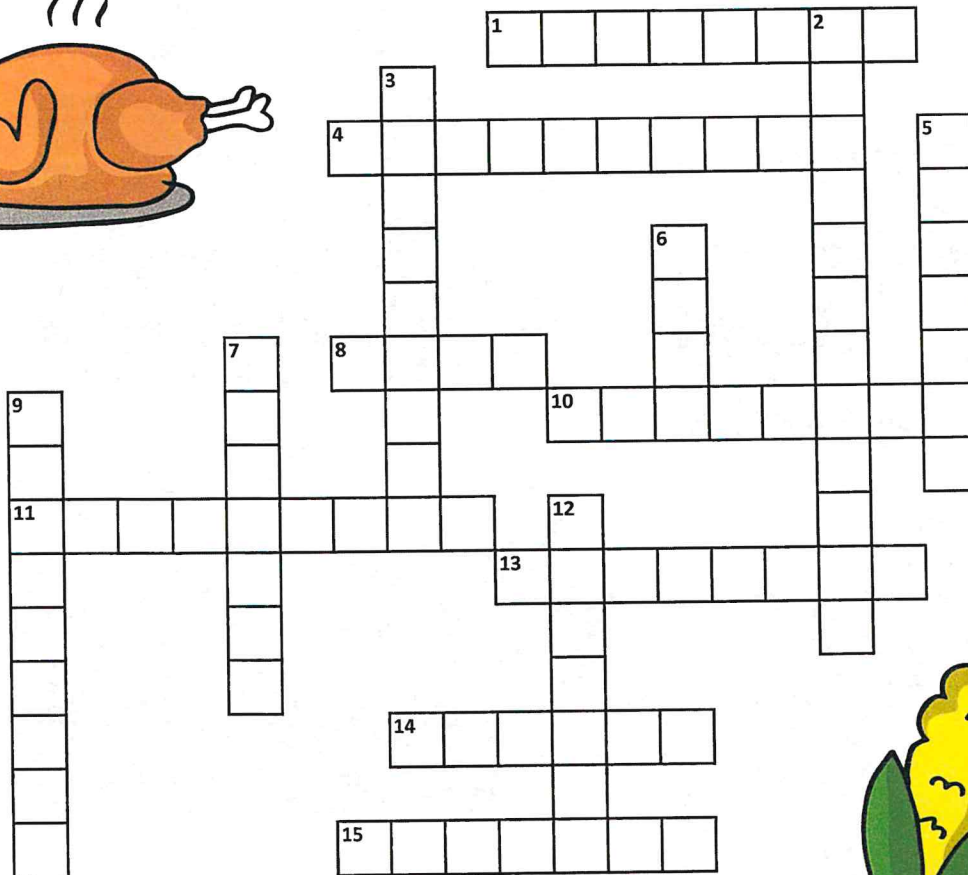
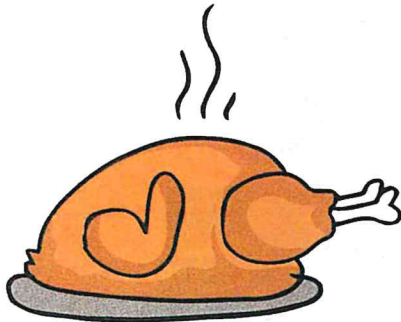
## Sheet-Pan Chicken and Vegetables



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# THANKSGIVING

## Crossword



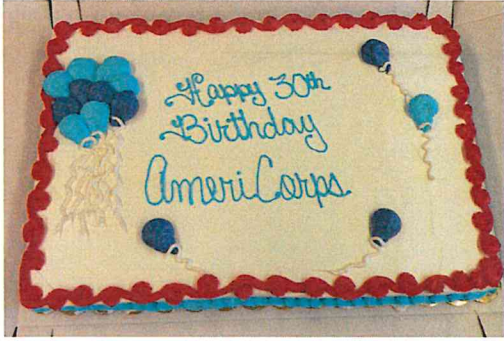
### ACROSS

- 1. First village established by the Pilgrims
- 4. Symbol of abundance and nourishment
- 8. An essential grain in the New World diet
- 10. Literally, travelers going to a holy place
- 11. The Pilgrims' boat
- 13. 16th and 17th century English Protestants
- 14. The traditional holiday bird
- 15. American Indian who taught the Pilgrims many things

### DOWN

- 2. 4th Thursday of November
- 3. A traditional American Indian dwelling
- 5. Gathering of crops
- 6. Season for harvesting
- 7. Country the Pilgrims left behind
- 9. Indigenous people who were present at the first Thanksgiving
- 12. Bright orange squash used to make pie

# VOLUNTEERS



Grandma Jessie, Grandma Hattie



Celebrating 30 years of AmeriCorps



Mayor's Senior Fair



Gerald Justice on River Trail



Gary Suits with walkers on the River Trail.



# DEPRESSION

Depression (also known as major depression, major depressive disorder, or clinical depression) is a common but serious mood disorder. It causes severe symptoms that affect how a person feels, thinks, and handles daily activities, such as sleeping, eating, or working.

To be diagnosed with depression, the symptoms must be present for at least 2 weeks.

There are different types of depression, some of which develop due to specific circumstances.

- Major depression includes symptoms of depressed mood or loss of interest, most of the time for at least 2 weeks, that interfere with daily activities.
- Persistent depressive disorder (also called dysthymia or dysthymic disorder) consists of less severe symptoms of depression that last much longer, usually for at least 2 years.
- Perinatal depression is depression that occurs during pregnancy or after childbirth. Depression that begins during pregnancy is prenatal depression, and depression that begins after the baby is born is postpartum depression.
- Seasonal affective disorder is depression that comes and goes with the seasons, with symptoms typically starting in the late fall or early winter and going away during the spring and summer.
- Depression with symptoms of psychosis is a severe form of depression in which a person experiences psychosis symptoms, such as delusions (disturbing, false fixed beliefs) or hallucinations (hearing or seeing things others do not hear or see).
- People with bipolar disorder (formerly called manic depression or manic-depressive illness) also experience depressive episodes, during which they feel sad, indifferent, or hopeless, combined with a very low activity level. But a person with bipolar disorder also experiences manic (or less severe hypomanic) episodes, or unusually elevated moods, in which they might feel very happy, irritable, or "up," with a marked increase in activity level.

If you have been experiencing some of the following signs and symptoms, most of the day, nearly every day, for at least 2 weeks, you may have depression:

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration, or restlessness
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Fatigue, lack of energy, or feeling slowed down
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, waking too early in the morning, or oversleeping
- Changes in appetite or unplanned weight changes
- Physical aches or pains, headaches, cramps, or digestive problems without a clear physical cause that do not go away with treatment
- Thoughts of death or suicide or suicide attempts

Not everyone who is depressed experiences all these symptoms. Some people experience only a few symptoms, while others experience many. Symptoms associated with depression interfere with day-to-day functioning and cause significant distress for the person experiencing them. Depression can also involve other changes in mood or behavior that include:

- Increased anger or irritability
- Feeling restless or on edge
- Becoming withdrawn, negative, or detached
- Increased engagement in high-risk activities
- Greater impulsivity
- Increased use of alcohol or drugs
- Isolating from family and friends
- Inability to meet the responsibilities of work and family or ignoring other important roles
- Problems with sexual desire and performance

Depression can look different in men and women. Although people of all genders can feel depressed, how they express those symptoms and the behaviors they use to cope with them may differ. For example, men (as well as women) may show symptoms other than sadness, instead seeming angry or irritable. And although increased use of alcohol or drugs can be a sign of depression in anyone, men are more likely to use these substances as a coping strategy.

In some cases, mental health symptoms appear as physical problems (for example, a racing heart, tightened chest, ongoing headaches, or digestive issues). Men are often more likely to see a health care provider about these physical symptoms than their emotional ones. (From the National Institute on Mental Health) **If you or someone you know is struggling or having thoughts of suicide, call or text the 988 Suicide and Crisis Lifeline at 988 or chat at 988lifeline.org . In life-threatening situations, call 911.**

**NEED  
Call**



**TO BORROW A TOOL?  
the Capital Area Housing Partnership at 517-332-4663.**



## **RSVP MISSION**

RSVP is a community based organization that recruits a broad range of volunteers to meet the diverse needs of our partner organizations. We strengthen the organizations we serve while enriching the lives of our volunteers. Our volunteers are dedicated and caring individuals with vast life experiences which contribute to the unique services we provide.

## **SERVICES FROM TRI-COUNTY OFFICE ON AGING**

**TCOA can help with the following services:**

<b>Congregate Senior Dining Sites</b>	<b>517-887-1393</b>
<b>Crisis Services</b>	<b>517-887-1440</b>
<b>Health and Wellness Activities</b>	<b>517-887-1450</b>
<b>Home Delivered Meals</b>	<b>517-887-1460</b>
<b>Home Repair or Chore Services</b>	<b>517-887-1440</b>
<b>Information and Assistance</b>	<b>517-887-1440</b>
<b>In-Home Services</b>	<b>517-887-1440</b>
<b>Legal Assistance</b>	<b>888-783-8190</b>
<b>Long Term Care Ombudsman</b>	<b>866-485-9393</b>
<b>Non-Covered Medical Needs</b>	<b>517-887-1440</b>

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Office Hours:  
Monday - Thursday  
8:30am - 4:00pm