AmeriCorps Seniors

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

FALL NEWSLETTER 2022

A Message from Carol Wood, Executive Director...

Where did summer go...it was just here and we were enjoying vegetables from the garden, walks after dinner and it was still daylight. Fall is in the air and knocking at the door. People are talking about turning on their heat and looking for those sweaters in the back of the closet and recipes for homemade soup.

Jason, Gloria and Gerald have been working hard on placing Foster Grandparents back in the classrooms. We are getting calls everyday from schools wanting more Foster Grandparent volunteers. So if you know of someone who would be a good fit, call staff and give them their name and phone number. Please check with the person before giving us their name and number.

Senior Companion volunteers have been returning to various sites and still participating in the Telephone Reassurance program. Speaking about our Telephone Reassurance Program, Patricia Wright came up to me at our 2022 Volunteer Recognition Luncheon and told me about her experience with the program. Patricia is going back a site, but wanted me to know she still wants to make calls to her clients. Patricia stated how much her clients look forward to talking with her and she does not want to let them down. It was heartwarming to hear how this project has helped the clients and volunteers and the relationships they have formed.

2022 Volunteer Recognition Luncheon, what a good time we had. It was so good to see so many that were able to come out and enjoy the event. We had great food from Morton's Catering. The Cadillac Room was a great location and the Senior Class Band was excellent. We saw people dancing, and singing along to the music. We want to thank the following people for raffle prizes:

- Senator Curtis Hertel
- Representative Sarah Anthony
- Judge Tony Flores
- Judge Kristen Simmons
- Judge Cynthia Ward
- Board Member Judy Tegreeny
- Betty Wilkes
- RSVP staff

Carol Wood

ARE YOU 55 YEARS OR BETTER? COME VOLUNTEER WITH US!

INFORMATION JUST FOR YOU

Schmidt & Foster Community Center
Senior Activities for the fall

Monday
9 am-10 am Coffee talk
10 am-12 pm Walking, work out, lap swims
12 pm-1pm Lunch provided TCOA
12:30 pm-2 pm Bingo

Tuesday
9 am-10 am Coffee talk
10 am-12 pm Billiards, Pickleball
12 pm-1 pm Lunch provided TCOA
12:30 pm-2 pm Scrappers

Wednesday
9 am-10 am Coffee talk
10 am–12 pm am Same as Monday
12 pm-1 pm Lunch provide TCOA
12:30 pm-2pm Wi Wednesday

Thursday
9 am-10 am Coffee Talk
10 am-12 pm Walking, Bridge Club
12 pm-1 pm Lunch provide TCOA
12:30 pm-2 pm Basketball

Friday
9 am-10 am Coffee Talk
10 am-12 pm Same Monday
12 pm-1 pm Lunch TCOA
12:30 pm-2 pm Crafters Club

Lunch provided by TCOA suggested donation $3.00 CALL (517) 483-6686 FOR MORE INFORMATION

Senior Special Events

Please note: There is a $5/person fee associated with these events and programs. You must register with the Schmidt Center to attend.

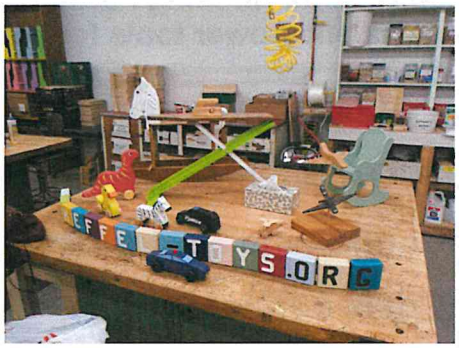
Date	Time	Event	Description
October 31 Monday	12;30-2 pm	Howl-O-Ween Custom Bash	We will screaming for the most creative silliest, cutest custom. Winners will be given a spooky prize.
Nov. 17th Thursday	12:30-2pm	Thanksgiving Harvest Bingo	Senior-Let us be thankful and grateful to come together for a game of Bingo. Join us for Thanksgiving break for refreshments and Bingo. When you yell "Thanksgiving" instead of "Bingo", you will gobble up the perfect prize.
Dec. 20th	12:30-2pm	Log Cabin Fever	Come click your heels together for a fun-filled afternoon. Warm apple cider, donuts, and movie with friends.

We want to thank the following people and organizations for their donations to RSVP!

Connie & Edwin Hildbrandt, Amazon Smile, Capitol Area United Way, Bonnie Wischmeyer, Peter Farougi, Eric & Kristie Hewitt, Charles Abraham, Plumbers & Pipefitters Local 333, Kramer Management Group, Ingham County Fair, Michigan Retailers, IBEW 352 & IBEW 665.

If you would like to donate, please contact our office by calling 517 887-6116 or send your check to 2400 Pattengill, Lansing, MI 48910 and address the check to RSVP. We are a non-profit and we will send you a statement for your taxes.

HIGHLIGHTS



Scheffel Toys Open House Sept. 22nd

Santa's Elves carry on Mr. Scheffel's tradition of making toys. The 'Elves' come from very diverse backgrounds. Engineering: civil, design and mechanical engineers, 2 psychologists, a psychiatrist, informational technology and special insurance sales, an elementary school teacher, secondary education and high school basketball coaches, a retired high school shop teacher, a RN, a die sinker, production scheduler, a former Lansing police officer, an administrative law judge, an attorney, a fellow from Michigan Department of Transportation and various other backgrounds. None of the toys are sold; all toys are given to 30-32 local agencies to satisfy their 'Wish Lists'. They do the distribution. We have little contact with children.

2022 Annual Volunteer Recognition Luncheon

Pasta Fagioli Soup

Ingredients

1/2-pound Italian turkey sausage links, casings removed, crumbled
In a large saucepan, cook sausage over medium heat until no longer pink; drain, remove from pan and set aside.
1 small onion, chopped
1-1/2 teaspoons canola oil
1 garlic clove, minced
In the same pan, sauté onion in oil until tender.
Add garlic; sauté 1 minute longer.
2 cups water
1 can (15-1/2 ounces) great northern beans, rinsed and drained
1 can (14-1/2 ounces) diced tomatoes, undrained
1 can (14-1/2 ounces) reduced-sodium chicken broth
3/4 cup uncooked elbow macaroni
1/4 teaspoon pepper
Add the water, beans, tomatoes, broth, macaroni, and pepper; bring to a boil. Cook, uncovered, until macaroni is tender, 8-10 minutes.
1 cup fresh spinach leaves, cut as desired
Reduce heat to low; stir in sausage and spinach. Cook until spinach is wilted, 2-3 minutes.
5 teaspoons shredded Parmesan cheese
Garnish with cheese. Nutrition Facts 1-1/3 cups: 228 calories, 7g fat (1g saturated fat), 29mg cholesterol, 841mg sodium, 27g carbohydrate (4g sugars, 6g fiber), 16g protein. Diabetic Exchanges: 1-1/2 starch, 1 lean meat, 1 vegetable, 1/2 fat.

Dental Services For Medicaid and Uninsured Clients

Care Free Dental Clinic—1100 W. Saginaw Hwy. Lansing, MI 48915—(517) 272-5053 www.carefreemedical.com/clinics/dental *(accepts Medicaid and works with uninsured)*

Destiny Dental—5601 S. Cedar St., Lansing, MI 48911—(517) 882-0800 www.destinydentalcare.com/ *(accepts Medicaid for dentures and dental work for an approved service. Has discounted dental services.)*

Forest Community Health Center—Ingham Community Health Dept., 2316 South Cedar Street, Lansing, MI 48910—(517) 887-4302 www.hd.ingham.org *(accepts Medicaid and works with uninsured. Has absorbed the dental clinic formerly at the VA. Hopes to be providing denture services in 2020.)*

Lansing Community College- Dental Hygiene Clinic 515 N. Washington Square, Lansing, MI 48933—(517) 483-1458 https://www.lcc.edu/services/community-campus-resources/dental-clinic.html (reduced rate dental services)

Michigan Donated Dental Services (866)263-4067 www.smilemichigan.com/Resources/Michigan-Donated-Dental-Services (accepts Medicaid and works with uninsured)

My Community Dental Centers 623 Court House Dr., Charlotte, MI 48813—517-541-8157 www.mydental.org *(accepts Medicaid and works with uninsured for dental and denture services.)* 1307 E. Townsend Rd., St. Johns, MI 48879—(989) 224-3053 www.mydental.org *(accepts Medicaid and works with uninsured for dental and denture services.)*

Autumn Word Search

B	U	G	U	N	T	L	C	Z	M	A	D	A	O	F
M	Q	A	E	A	T	Y	I	Q	U	R	P	E	A	L
E	T	A	U	H	S	P	S	T	K	P	E	M	G	F
A	C	N	A	N	A	N	U	E	L	O	I	W	N	E
Y	J	N	Z	Y	R	M	I	E	R	L	I	G	F	T
S	K	G	V	O	N	D	C	P	Y	O	G	Z	U	A
S	M	X	C	M	Y	I	D	S	U	X	M	B	V	T
H	Y	A	K	S	D	S	C	D	A	M	O	S	E	X
J	E	R	Q	E	H	A	G	B	L	E	P	U	C	U
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ACORN
APPLE CIDER
AUTUMN
BONFIRE
FAMILY
HAYRIDE
LEAVES
PUMPKIN
SCARECROW
SMORES
TURKEY
THANKS

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Sparrow LifeTime Membership Program

Sparrow is here to support you at every stage of life. As you age, your life changes. From your goals to your day-to-day, your needs evolve. At Sparrow were here to ensure that you're living your best life no matter your age, which is why we started our Senior LifeTime program for adults 55 years and over.

Sparrow LifeTime is a free, healthy-living program open to Mid-Michigan residents age 55+. Join right now using our online registration form at https://www.sparrow.org/sparrow-community-health/community-health-wellness/sparrow-senior-programs/sparrow-lifetime or by calling (1.800.772.7769). If you have questions or would like to request information, please contact the LifeTime program coordinator at 517.364.8146.

LifeTime Signature Series, Events, and Classes

Lunch with a Doctor Series--LifeTime members have the opportunity to learn and socialize at Lunch with a Doctor. Relax with friends over a healthy meal before listening to an educational presentation and having health-related questions answered by a Sparrow expert. Topics include everything from arthritis and heart-healthy living to memory care, and cancer prevention.

Senior Health Series--Sparrow is promoting greater health awareness through our annual Senior Health Series. During this six-week seminar series, you'll hear from Physicians, Dietitians, Physical Therapists, and more as they cover various aspects of a senior health topic. Previous themes have included balance and fall prevention, memory care and aging, and arthritis and joint care.

Exercise Classes--Your LifeTime membership includes access to a variety of free fitness classes led by certified professionals. You'll learn new exercises to improve cardiorespiratory endurance, muscular strength, balance, and flexibility. Or, if you prefer staying active outdoors, you can get to know other LifeTIme members and enjoy nature through one of our group walks held at a local park.

October, November & December 2022

Date	Time	Event
Oct 4, 18, Nov 1, 3, 15	9:30am	LifeTime Strength and Stability Sign Up
Oct 7	1pm	Cardiac Nutrition Class Sign Up
Oct 11, Nov 8, 22, Dec 13, 27	4pm	Orthopedic Total Joint Replacement Class Sign Up
Oct 11, Nov 8, 22, Dec 13, 27	4pm	WebEx - Orthopedic Total Joint Replacement Class Sign Up
Oct 12, Nov 3	11am	Lunch with a Doctor Sign Up
Oct 25	4pm	Orthopedic Total Joint Replacement Class Sign Up
Oct 25	4pm	WebEx - Orthopedic Total Joint Replacement Class Sign Up
November 2022		
Nov 1	9:30am	LifeTime Pilates Stretch Sign Up
Nov 29	10am	LifeTime Gentle Fascial Flow Sign Up
December 2022		
Dec 9	12pm	LifeTime Cooking Demo: Healthy Winter Comfort Foods Sign Up
Dec 13	9:30am	LifeTime 12 Days of Fitness Holiday workout Sign Up

Volunteers enjoying 2022 Recognition....

NEED TO BORROW A TOOL?
Call the Capital Area Housing Partnership at 517-332-4663.
They even lend power tools for your DIY projects.

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:

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

Retired & Senior Volunteer Program
2400 Pattengill Ave.
Lansing, MI 48910

Phone: 517-887-6116
Fax: 517-887-7313
www.rsvp-lansing.com

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