



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

## SPRING NEWSLETTER 2025



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

Spring brings with it a sense of renewal—a chance to start fresh. The goals and promises we made to ourselves and others are now within reach, waiting to be transformed into action. As the days lengthen and, hopefully, warm, let's take a moment to reflect on how we can create a meaningful impact in our own lives and the lives of those around us.

If you're 55 or older, there are countless ways to give back. You can become a Foster Grandparent, helping in classrooms, or a Senior Companion, supporting fellow seniors. You could volunteer as an airport greeter, join Scheffel Toys to create and paint wooden toys, patrol the River Trail, or assist at local gems like the R. E. Olds Museum, Fenner Nature Center, or Potter Park Zoo. These are just a few of the many ways to get involved and leave a lasting impact.

If you'd like more information, feel free to call or email our office—we're happy to help!

***Additionally, please consider supporting RSVP, a non-profit organization, with a donation. You can donate through our website at [www.rsvp-lansing.com](http://www.rsvp-lansing.com) by clicking the donation button or by sending your gift to RSVP, 2400 Pattengill, Lansing, MI 48910. Your generous contribution will help us continue providing services to seniors throughout the Tri-County area.***

*Carol Wood*

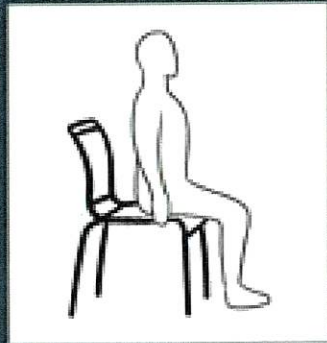


### Gerald R. Lee our friend and co-worker

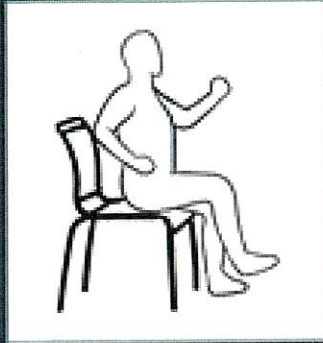
Gerald R. Lee, Sr., a man who never met a stranger, transitioned from labor to reward on Monday, December 16, 2024. A graduate of Lansing Public Schools, Gerald's quick wit and infectious laughter made him a memorable figure to all who knew him. Gerald's career with the phone company took him to several cities, including Atlanta, Georgia; Denver, Colorado; Minneapolis, Minnesota; and Des Moines, Iowa, before he returned to Lansing, Michigan. Throughout his life, Gerald remained committed to love and connection. Though he had been married previously, in 2015 he met the love of his life, Michelle, and the two were married on Friday, May 7, 2016. After retiring in Lansing, Gerald dedicated his time to RSVP, where he helped connect senior volunteers across the community. Gerald will be remembered as a man who brought joy, love, and laughter wherever he went. His legacy of service, faith, and kindness will continue to inspire all who had the privilege of knowing him.

# CHAIR EXERCISES

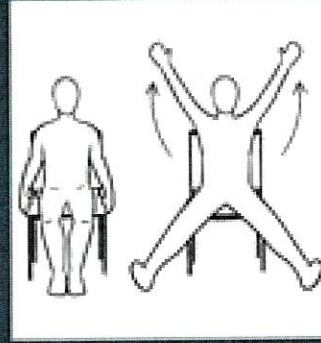
## GET READY



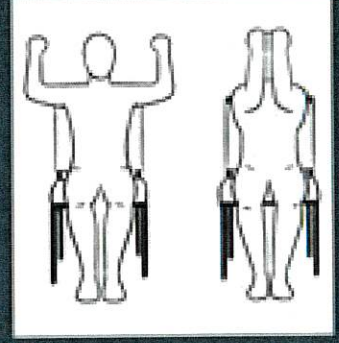
## MATCH IN PLACE



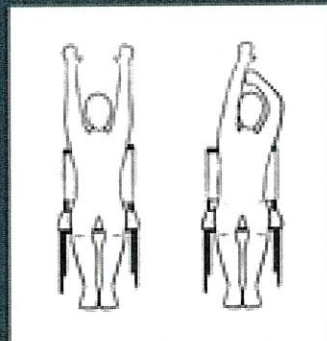
## SEATED JUMPING JACK



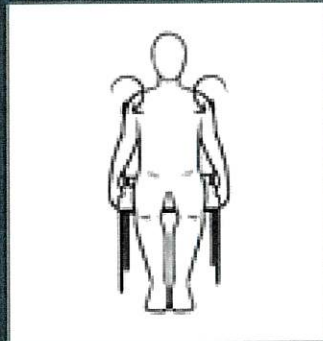
## DO THE PEEKABOO



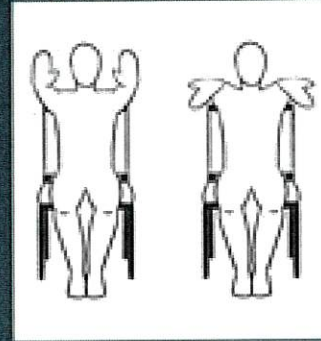
## RELEASE SOME TENSION



## MOVE YOUR JOINTS



## FOCUS ON EXTREMEITIES



## GET HEAVY



It's no secret that regular exercise is essential for healthy aging. But physical changes — like weaker muscles and bones — can make it harder to exercise as you get older. That doesn't mean that older adults and people with limited mobility have to be sedentary. Chair exercises are a great way for seniors to stay active in their golden years. Seated and standing options also make chair workouts accessible to many people.

What are the best chair exercises for seniors?

A fitness plan for healthy aging should include aerobics, strength training, and balance and flexibility exercises. And a chair-based exercise routine is no exception. You can modify seated and standing chair exercises based on your fitness level and ability.

Get your primary care provider's OK — especially if you have chronic conditions — before you try new chair exercises. And make sure you have a sturdy chair. Then, you can try the following 12 moves for a full-body chair workout. Remember to stay in a pain-free range of motion rather than pushing through discomfort.

# Volunteers receiving services from RSVP

MSU School of College of Osteopathic Medicine students providing health screening for RSVP seniors.



Shoes donated by Footprints of Michigan to our seniors volunteers!



## Sweet & Sour Meatballs



### Nutrition Facts

5 meatballs: 389 calories, 19g fat (8g saturated fat), 30mg cholesterol, 682mg sodium, 47g carbohydrate (36g sugars, 2g fiber), 11g protein.

### Ingredients

- 1 can (20 ounces) pineapple chunks
- 1/3 cup water
- 3 tablespoons vinegar
- 1 tablespoon soy sauce
- 1/2 cup packed brown sugar
- 3 tablespoons cornstarch
- 30 frozen fully cooked Italian meatballs (about 15 ounces)
- 1 large green pepper, cut into 1-inch pieces
- Hot cooked rice

### Instructions

Drain pineapple, reserving juice. Add water to juice if needed to measure 1 cup; pour liquid into a large skillet. Add 1/3 cup water, vinegar, soy sauce, brown sugar and cornstarch; stir mixture until smooth.

Cook over medium heat until thick, stirring constantly. Add the pineapple, meatballs and green pepper.

Simmer, uncovered, until heated through, about 20 minutes. Serve with rice.

## Ham and Pea Pasta Alfredo

### Ingredients

- 1 package (16 ounces) fettuccine
- 2 tablespoons butter
- 1-1/2 pounds sliced fully cooked ham, cut into strips (about 5 cups)
- 2 cups fresh sugar snap peas
- 2 cups heavy whipping cream
- 1/2 cup grated Romano cheese
- 1/4 teaspoon pepper

### Directions

Cook fettuccine according to package directions. Meanwhile, in a large skillet, heat butter over medium heat. Add ham and peas; cook and stir 5 minutes. Stir in cream, cheese and pepper; bring to a boil. Reduce heat; simmer, uncovered, 1-2 minutes or until sauce is slightly thickened and peas are crisp-tender. Drain fettuccine; add to skillet and toss to coat. Serve immediately.

### Nutrition Facts

1-1/4 cups: 582 calories, 32g fat (18g saturated fat), 151mg cholesterol, 1032mg sodium, 45g carbohydrate (6g sugars, 3g fiber), 33g protein.



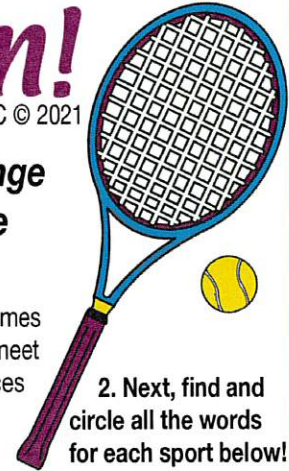
# Reading Club Fun!

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## Spring Sports

### Challenge Puzzle



1. Can you match each spring sport to its definition?

- tennis
- baseball (softball)
- soccer
- lacrosse
- track and field
- skateboarding

- known as the great American pastime
- popular new sport made famous in the X-Games
- series of separate athletic events, held at a meet
- played one on one or in pairs; the ball bounces
- sport invented by Native Americans
- the most popular sport in the world

2. Next, find and circle all the words for each sport below!

B K B W O G R I N D N R H S Q R H X M W S V M F M H E L M E T C K K N B P U W  
 G P U N S T I C K N E A Y F H A O Y O U V J E A E P A M H O J A V E L I N S T  
 N O H I T T E R V B L C H O C I M D S P X I N K I O L H W S Q L K E D L D N R  
 D U E Z O F F S I D E S K U R L E N O L L I E I G A C E M H M F Z X L A I E S  
 F R E E K I C K S G C X U L A Q R Q W A P G T E X O F G G O N Y A I P O H J L  
 A N S C N L O P P C O N X L D M U R O I X H A L F P I P E T B E M Y P C Y P M  
 B R K R G W B D H I O A P G L R N G L F Y J Q R A C K E T P V K T H T R D J P  
 B E R E R Q M P D C O O L O E B J F O U L B A L L S Z D Y U Y E C A P Z S N L  
 K L Z A W O R L D C U P P K K D K X H P Y B T Q T Z P U X T F T C V O D T R O  
 R A Z S W U Z Z B M W A I N E C C R K V H E G O A L L Q M A A P E N W M E K V  
 Z Y D E N F M J T G Y O U N I E M F V T R K P R I T R E S M Y V I N E H E J E  
 A D K N B W L B X V H Q S K N R P C X W U M R F U A G W D I C X A V R Y P C O  
 Y B A R A T O S R S U L L F E I B E T Y S W E O I I C O L R T F O U P O L U B  
 I I V K C O N B E P R Z X D W P N U R N M S E H P S K N P Y G I W R L H E D E  
 S Y L F K P G N F R D U M P I R E G N W Z K B A C O R N E R K I C K A T C I N  
 K U E A H N J W E I L P Z H V L W I H T I K L N Y U D I H X R O F O Y T H S P  
 I Y T U A Z U L R N E T H R O W I N I R T B C B L N H O P J U K A Z E L A C U  
 C R D L A N J M J E T Z H U U E P V N T H C P Q E F L J G H G I G Z S F I S U A  
 K E B T D Y P X E F A C E O F F Q S T F G R I P T A P E F B L D U U F O E S L  
 O T R N R Z G M T F A S T B A L L F L Y B C M I E H G W W J Z Y B A T T E R M  
 F M B V N S V O L L E Y U I U T R U C K S L B G P I T C H E R F P U F R X F R  
 F E T S B P U N T C E G L Y H K K H A M M E R T H R O W R X G W U J P G B S J

#### tennis

- ace
- racket
- love
- set
- volley
- net
- umpire
- match point
- fault
- backhand

#### baseball

- batter
- pitcher
- catcher
- bunt
- home run
- foul ball
- inning
- strikeout
- no-hitter
- fastball

#### soccer

- goal
- corner kick
- punt
- offsides
- World Cup
- goalie
- kickoff
- throw-in
- referee
- free kick

#### lacrosse

- stick
- goal
- cradle
- crease
- face-off
- foul
- helmet
- goal keeper
- power play
- scoop

#### track and field

- hurdle
- vault
- long jump
- relay
- javelin
- shot put
- discus
- hammer throw
- sprint
- steeplechase

#### skateboarding

- kickflip
- half-pipe
- rail
- grind
- trucks
- nollie
- fakie
- safety pads
- grip tape
- deck

# VOLUNTEERS

**Volunteers reading essays about ML King from youth in the community!**



**Holiday gathering with Foster Grandparents and Senior Companions**



**Board Member Curtis Smith talking with volunteers.**

**Board Member Tracy Thomas with our special guest!**



**Grace United Bell Ringers entertaining the volunteers!**

## Spring Cleaning Tips for Seniors and Caregivers

Say goodbye to winter and welcome the fresh start of spring. While the idea of spring cleaning may seem daunting, it offers numerous benefits for seniors, especially when it comes to their physical health and overall well-being. Over time, clutter can accumulate, and some seniors may hold onto items they no longer need. Seasonal cleaning is an excellent opportunity to tackle this and improve their living environment.

### Review Medications

Seniors' medication needs often change, so it's essential to review medication lists regularly and dispose of expired medications safely. Organizing medications in an accessible and secure manner helps prevent errors.

### Declutter & Clear Pathways

Tidying up old clutter creates a more organized and peaceful living space. Create a plan to decide which items to keep, donate, or discard. Clearing pathways reduces the risk of falls and accidents. Caregivers can assist with rearranging furniture, improving accessibility, and ensuring proper lighting. Installing handrails and non-slip flooring also contributes to safety. A clutter-free home reduces safety risks and can help prevent hospitalization.

### Check Alarms & Fire Extinguishers

Ensure all alarms and fire extinguishers are in good working order. Test smoke detectors and replace their batteries twice a year. Don't forget to check the expiration dates on fire extinguishers. Regular checks are crucial for safety.

### Clean Out the Fridge & Pantry

A clean fridge helps prevent foodborne illnesses. Check expiration dates, take stock of food items, and organize the pantry. Store food properly to minimize the risk of bacterial contamination and ensure food safety.

### Organize Important Documents

Organizing important documents—such as healthcare records, financial information, and legal papers—is vital for seniors. Proper categorization and safe storage ensure that important documents are easily accessible when needed. Don't forget to keep legal documents like wills and powers of attorney in order.

### Improve Air Quality

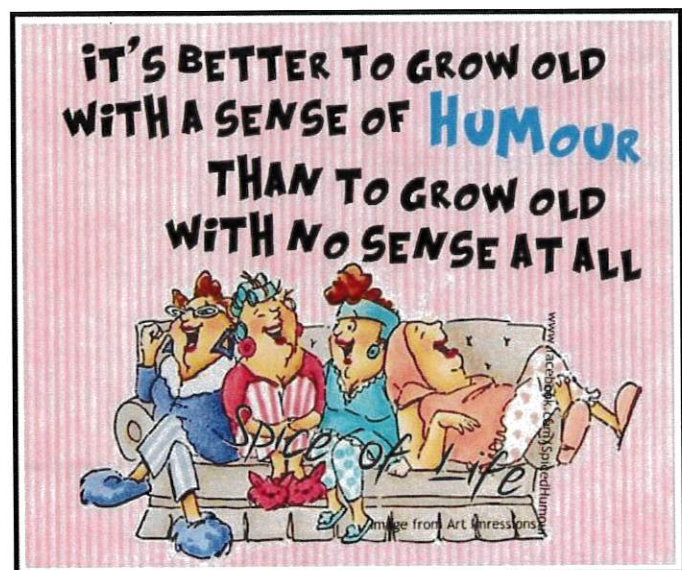
Indoor air quality can be affected by dust, pollen, and other allergens. Cleaning, dusting, and replacing air filters can help improve air quality, which is especially beneficial for seniors with respiratory issues, allergies, or asthma. Fresh, clean air contributes to better overall health.

Spring cleaning may feel like a big task, but it's an opportunity to make the home safer, healthier, and more comfortable for seniors. With a little preparation, it can make a huge difference in their quality of life.

## Texting FOR Seniors



**BFF** - best friend fell  
**BTW** - bring the wheelchair  
**TTYL** - talk to you louder  
**BYOT** - bring your own teeth  
**LMDO** - laughing my dentures out  
**FWIW** - forgot where I was  
**IMHAO** - is my hearing aid on?  
**OMMR** - on my massage recliner  
**ROFLACGU** - rolling on the floor laughing and can't get up



**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 various 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