



**AmeriCorps  
Seniors**



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

## WINTER NEWSLETTER 2025/2026



### From the Desk of Carol Wood, Executive Director

What a roller coaster ride this year has been! We have faced uncertainty about the status of AmeriCorps Seniors—wondering whether the programs would continue and whether funding would remain in place. Through it all, volunteers stepped up and shared their stories with one another, with legislators, and with the public.

Despite the low points, we have also experienced many highs. We are deeply grateful for the volunteers who continued serving even as so many questions swirled around them—giving their time each day to their students, clients, and communities. They kept providing rides to medical appointments, making toys for children, greeting patients in the surgical lounge, and stocking shelves at the food bank.

This year, our partnership with CATA also expanded through State and Federal Section 5310 funding, allowing us to add a van that supports our program in serving seniors—a development we are truly excited about.

The Board and I sincerely appreciate all the hard work our staff has done to keep RSVP's programs running smoothly and for the care and dedication they show our volunteers every day.

As we look ahead to the coming year, from our home to yours, we wish you a joyful holiday season filled with love and happiness—and may the year ahead bring you peace.

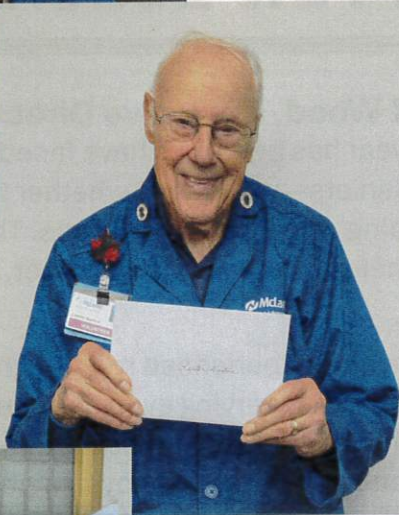




## Birthday Wishes



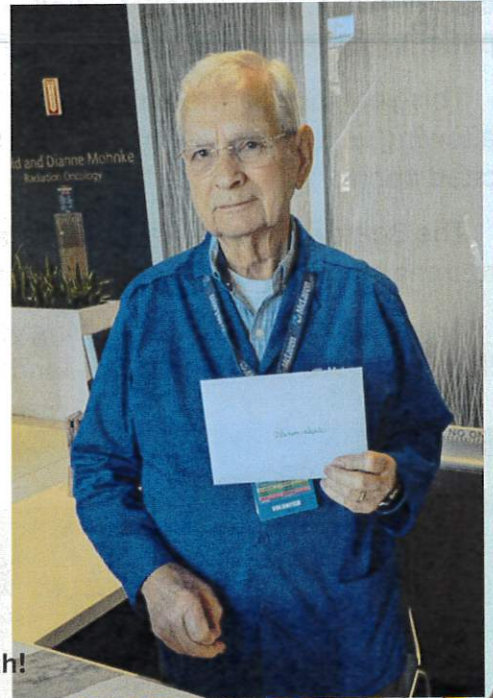
Lois Chain is 91 years old. Lois is a Retired & Senior Volunteer at the Information Desk at McLaren. She worked in the surgical department for 25 years when the hospital was known as Ingham Medical Center and has been volunteering for 22 years.



Lester Norton 93 year old and is part of the Retired & Senior Volunteer of Ingham, Eaton, & Clinton Counties. Lester has been volunteering since he retired from the Lansing School system in 1993. He has been serving our community for 32 years at McLaren Greater Lansing Hospital. He volunteers in the Registration Department. Lester escorts patients who have checked in for surgery to the appropriate floor and waiting room. He has helped thousands of patients with his calming, smiling presence as they prepare for surgery.



Eloise Robinson turned 93 on October 30, 2025, we celebrate Eloise Robinson — an incredible RSVP volunteer who has dedicated 23 years to our Caring Hearts program. Eloise spends her time knitting cozy hats, adorable scarves, and comforting lap blankets for those in need. Since joining on February 1, 2006, she has donated an astonishing 24,736 hours of service — and she's still going strong! Thank you, Eloise, for your compassion, creativity, and unwavering commitment to helping others. You are an inspiration to us all!



Vernon Sible recently celebrated his 87th birthday on October 13th! Vernon generously gives his time two days each week at the Karmanos Cancer Institute at McLaren Hospital, where he helps check in patients and answer their questions with kindness and care.

If you see Vernon during your visit, be sure to thank him for his dedication and many years of service. We're so grateful for all he does to make a difference!





### In Memory of James Gareth Seifert Jr. July 15, 1948 – October 24, 2025

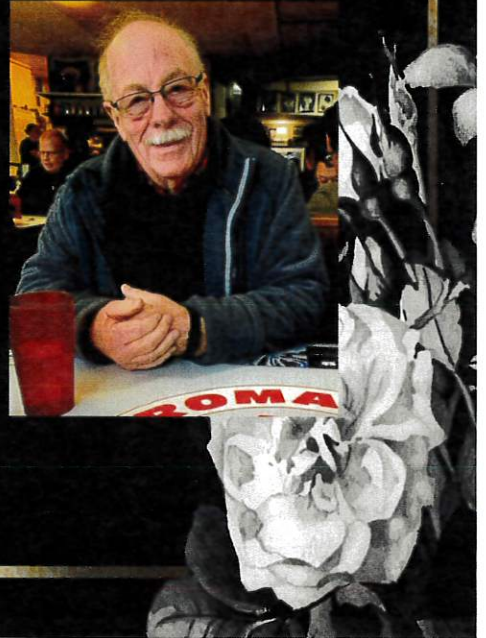
Jim graduated from Fraser High School and went on to proudly serve his country in the United States Air Force. While stationed at Grand Forks Air Force Base in North Dakota, he met the love of his life, Charlene. The two were married on August 26, 1972, and celebrated 53 wonderful years together.

Jim was a devoted husband, father, and friend. For 20 years, he owned and operated Mid-Michigan Industrial Supply, where his honesty, integrity, and strong work ethic left a lasting impression on everyone he met.

A man of deep faith, Jim was an active member of Immanuel Lutheran Church in Grand Ledge. He gave generously of his time, volunteering with RSVP and always lending a hand wherever it was needed.

As an RSVP volunteer, Jim served at L.O. Eye Care and as a Medical Driver. He especially loved providing rides to seniors so they could attend their medical appointments safely and comfortably. From September 2012 through October 2025, Jim dedicated 5,292 hours of service and drove countless miles in support of his community.

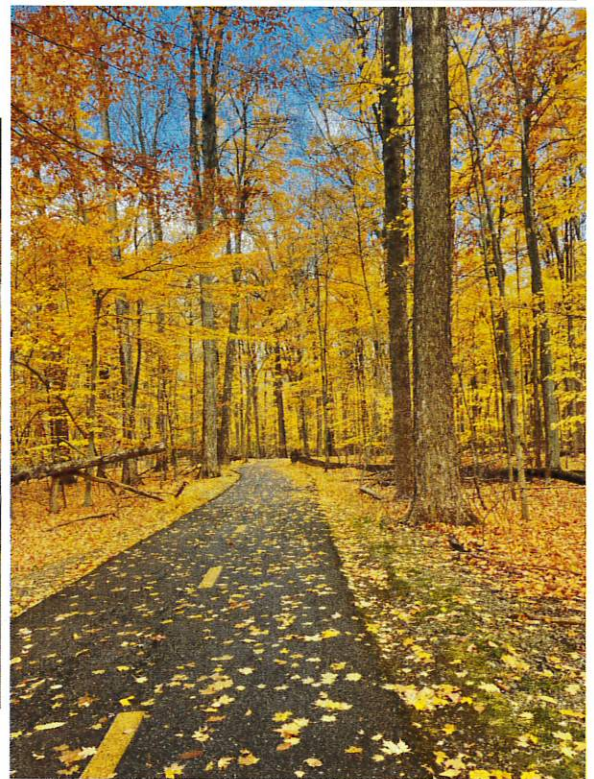
Jim's kindness, service, and quiet strength will be deeply missed by all who knew him. His legacy of compassion continues to inspire those who follow in his footsteps.



RSVP River Trail Volunteers—Lynette Jacobson, Lin Hirai, Lois Hopkins, & Jayne Higo



Fall day on the River Trail!





## Cream of Pumpkin Soup with Cranberries



**Serves 8**

**Nutrition Information**  
Amount per serving  
Sodium 65mg  
Total Fat 3g  
Saturated Fat 1g  
Protein 1g  
Cholesterol 2.5mg  
Total Carbohydrate 9g  
Dietary Fiber 0.5g  
Sugar 5g  
Calories 60

### Ingredients

- 3 1/2 cups Vegetable Broth, divided
  - 1 tablespoon light brown sugar
  - 1 cup Simple Truth Organic™ Whole Cranberry Sauce
  - 2 tablespoons unsalted butter
  - 1 cup yellow onion, chopped
  - 1/4 teaspoon cinnamon
  - 1/8 teaspoon ground ginger
  - Freshly ground black pepper
- 2 1/2 pounds pumpkin, peeled, seeded and cut into 1" pieces (about 6 cups)

### Instructions

- **Step 1** In a small bowl, combine 1/4 cup broth, brown sugar, and cranberry sauce. Set aside.
- **Step 2** In a medium saucepan, heat the butter over medium high heat. Add the onion and cook until tender.
- **Step 3** Stir the remaining broth, cinnamon, ginger, black pepper, and pumpkin into the saucepan. Heat to a boil then reduce heat to low. Cover and cook for 10 minutes or until pumpkin is tender.
- **Step 4** Place half of the pumpkin mixture into an electric blender. Cover and blend until smooth. Pour mixture into a medium bowl then repeat the blending process with the remaining pumpkin mixture.
- **Step 5** Return all of the pureed mixture to the saucepan and heat through. Divide soup among bowls and top each serving with a generous spoonful of the cranberry sauce mixture.

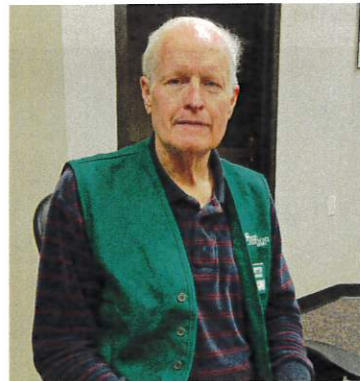
## MEET OUR NEW VOLUTEERS !!



**Jeannett Alexander is a Foster Grandparent at Holly Park Academy.**



**Joanne Stoutmiles is a Foster Grandparent at Grand River Head Start.**



**Alan Ende is a Senior Companion at Ingham Medical Care Facility on Dobie Road.**



**Jennifer Baragar is Senior Companion at Aria Nursing and Rehabilitation .**

**YOU TOO COULD BE A VOLUNTEER IF YOU ARE 55 YEARS OR OLDER, CALL OUR OFFICE AT 517 887-6116. WE WOULD LOVE TO HAVE YOU!**



# CHRISTMAS WORD SEARCH

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

BRIGHT  
FESTIVE  
HOLLY  
MERRY

CAROLS  
GARLAND  
JINGLE  
MISTLETOE

PRESENTS  
SANTA  
REINDEER  
SNOWFLAKES

CHIMNEY  
HOLIDAY  
JOLLY  
NOEL

ORNAMENTS  
RUDOLPH  
SNOWMAN  
STOCKINGS



## VOLUNTEER RECOGNITION



Our volunteers generously contribute countless hours to strengthening our community, and we are proud to recognize their impact. This year, we celebrated our Foster Grandparents and Senior Companions with a festive Halloween brunch. With support from staff and RSVP Board members, the event became a joyful and memorable gathering—made even more delightful by volunteers who arrived in costume. We extend our heartfelt thanks for your service.

(Left to right bottom picture)

Board members: Susan McPhail, Tracy Thomas, Sharon Rogers, Judy Tegreeny, Ericka Kahler, Kristie De Iuliis, & Eric De Iuliis

Pictured above are Cynthia Smith—Foster Grandparent, Hattie Hoskins—Foster Grandparent, Mary Ware—Senior Companion.

Pictured to the side are Bridgette Adams--Senior Companion, Brenda Juhas--Senior Companion, Robin Payton--Foster Grandparent, and Sharon Basil--Foster Grandparent.

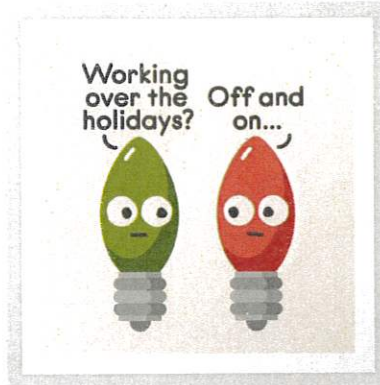




## 9 tips to fend off holiday stress

- 1. Plan ahead.** — Between co-workers, friends and family, it's inevitable that some commitments will end up on the same day. Make sure to plan on what you can attend in person or virtually. If you're hosting the holidays, create a menu to help you stay organized and make grocery shopping easier.
- 2. Say no.** — With holiday commitments, it is OK to say no to a few or all of them. It also will help relieve some stress. Try sharing your to-do list with other family members.
- 3. Plan spending.** — The holidays mean spending money. Make a budget and stick to it. Spending money on your loved ones is important, but it's also important to pay your energy bill. Don't buy gifts that you'll be paying off for the rest of the year.
- 4. Create relaxing surroundings.** — Turn on some music, light some candles or open the windows on a sunny day. Research has found that listening to music and the scent of citrus can boost feelings of well-being, and vitamin D is always a happiness booster.
- 5. Maintain healthy habits.** — The holidays are notorious for ruining healthy habits. A short workout each morning will help your decision-making throughout the day. Encourage your family to try snow shoeing or sledding to get in extra exercise. Eat healthy snacks like fresh fruit or vegetables throughout the season and to fill up before a dinner party or celebration with tempting, but unhealthy, foods.
- 6. Share feelings.** — Spending a holiday after a loss in the family can be difficult. Accept your feelings and open up about them to others. It may make you feel better to share. Try to switch up old traditions to ease the loss.
- 7. Respect differences.** — Family members will have different viewpoints than your own. Try your best to forgive and forget this holiday season. Focus on your similarities, and replace tension with something productive.
- 8. Be realistic.** — You are only one person, and you can only do so much. Be realistic with how much you can handle this season. Forget about perfection, and relax and enjoy the company surrounding you.
- 9. Take a break.** — Don't forget about your own needs. Take a nap, go for a short walk, read a book or watch a funny movie. Laughing relaxes the whole body, and can relieve physical tension and stress.

Holidays are meant to be a fun, enjoyable time with friends and family. These tips can help ensure you truly enjoy your holidays when stress starts to set in.





**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>

### **Retired & Senior Volunteer Program**

2400 Pattengill Ave.  
Lansing, MI 48910

Phone: 517-887-6116  
Fax: 517-887-7313  
[www.rsvp-lansing.com](http://www.rsvp-lansing.com)

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