



**AmeriCorps
Seniors**



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

FALL NEWSLETTER 2025



In Loving Memory of Roy Jackson

Roy Jackson, a beloved member of our staff, passed away after a long illness. His warm smile and joyful spirit were a blessing to RSVP, touching the hearts of staff and volunteers alike. Roy was selfless in his willingness to help others. No matter how he was feeling, he was always looking for ways to give back. We will deeply miss his infectious laughter, his quick-witted jokes, and the light he brought into every room. His legacy of kindness, generosity, and unwavering positivity will remain with us always.



From the Desk of Carol Wood, Executive Director

Supporting Our Community Through Service

The *Retired & Senior Volunteer Programs (RSVP)* of Ingham, Eaton, and Clinton Counties continues to make a meaningful impact across the Tri-County area. As the new school year begins, our **Foster Grandparents** are returning to the classroom, ready to connect with and support a new group of students. Their dedication to helping children succeed is truly invaluable, and we are deeply grateful for their service.

Our **Senior Companion Volunteers** provide vital support to older adults—both in residential facilities and through friendly reassurance calls that help seniors age in place with dignity and connection. Every day, we hear inspiring stories from clients, teachers, and volunteers about the profound difference these services make.

RSVP Volunteers generously contribute their time and talents in a wide variety of roles throughout the community. From providing medical transportation for seniors, to patrolling the River Trail, to delivering Meals on Wheels—our volunteers are making an impact in ways both big and small.

Whatever your talent or passion, there is a place for you to serve. We are here to help you find the right opportunity to give back and be part of something meaningful.

These programs—and the funding that sustains them—are essential to the well-being of countless individuals in our community. We must continue to advocate for their support by helping those responsible for funding understand the measurable and lasting benefits they bring to the Tri-County area.

Please reach out to your elected officials and let them know how much you value and appreciate these vital services.

10 Reasons Why Hydration is Important

Staying hydrated is a simple yet critical part of maintaining good health. But most people just aren't getting the fluids they need every day. In fact, research shows 75% of Americans are chronically dehydrated.

As we age, drinking enough water is even more important. Dehydration is common among older adults, occurring in up to 28% of this population.¹ Adults 60 and older are at greater risk for dehydration for a number of reasons, including natural drops in thirst levels and body composition changes. Older adults are also more likely to take diuretics and other medications that cause fluid loss in the body. If you're struggling to drink eight 8-ounce glasses of water a day—the amount recommended by many health experts—here are 10 great reasons to stay hydrated.

1. Improved brain performance — Even mild dehydration—as little as 2% fluid loss—can affect memory, mood, concentration, and reaction time. Adding just a few glasses of water to your daily intake can have a positive effect on cognition, stabilize your emotions, and even combat feelings of anxiety. This is especially important for older adults who are at higher risk for both dehydration and impaired cognitive function.

2. Digestive harmony —Your body needs water in order to digest food properly. Without enough, you may experience irregular bowel movements, gas, bloating, heartburn, and other discomforts that can hurt your quality of life. When you make it a point to stay hydrated, it can help get things moving in the right direction again. Water aids in breaking down soluble fiber from your diet to keep your digestion process on track. Mineral water is especially beneficial—look for products enriched with sodium and magnesium.

3. More energy —Dehydration can slow down circulation and affect the flow of oxygen to your brain. A lack of fluids can also cause your heart to work harder to pump oxygen all throughout your body. All of that expended energy can make you feel tired, sluggish, and less focused. When you stay hydrated by drinking more H₂O, you'll prevent dehydration and have more pep to get you through the day.

4. Weight loss and weight management —Since it provides a sense of fullness, water can help you feel satisfied in between meals—instead of heading to the snack cupboard. It can also help boost your metabolism. According to study, adults who upped their water intake by just 1% consumed fewer calories. They also reduced their overall intake of sugar, cholesterol, sodium, and saturated fat.³

5. Decreased joint pain —Did you know the cartilage in our joints contains approximately 80% water? Staying hydrated helps your joints stay well-lubricated, which helps reduce friction by creating more of a "cushion" between the bones. Less friction means smoother-moving joints and fewer aches and pains.

6. Better temperature regulation —Research shows that when you're dehydrated, your body stores more heat. This in turn lowers your ability to tolerate hot temperatures. Hydrating with plenty of water helps you produce sweat when you're overheated during activity, which in turn cools your body down. This built-in cooling mechanism is critical in preventing heat stroke and other potentially deadly heat-related conditions.

7. Kidney stone prevention —Kidney stones are clumps of mineral crystals that form in the urinary tract. If you've ever experienced one, you know how painful they can be. Staying hydrated with plenty of water can help dilute the concentration of minerals in your urinary tract and make stones less likely. Water also helps flush harmful bacteria from your bladder and can aid in preventing urinary tract infections (UTIs).

8. Healthier heart —Your blood is made up largely of H₂O. When you don't drink enough glasses of water, it becomes concentrated, which can cause an imbalance of vital minerals (electrolytes). These minerals, like potassium and sodium, are key to the proper functioning of your heart.

9. Improved detoxification —Sufficient water intake supports your body's natural detoxification systems, which remove waste and harmful substances through urination, breathing, perspiration, and bowel movements. Hydrating with plenty of water supports your own powerful, built-in detox processes and can help enhance your overall health.

10. Fewer headaches — Even a mild fluid loss can cause the brain to contract away from the skull, leading to headaches and migraines in some people. Staying hydrated may help keep head pain in check.

Volunteers At In-Service



Chicken, Bacon, Ranch Pasta



Prep time 10 minutes

Cook time 10 minutes

Serving for 6

Ingredients

Penne Pasta	1lb. Box
•Olive Oil	2 tablespoons
•Sour cream	1 cup
•Shredded cooked chicken	2 1/2 cups
•Bacon, cooked & crumbled	3/4 lb.
•Fresh Grated Parmesan cheese (optional)	1 cup
•Hidden Valley Ranch Seasoning	1 pkg or 3 Tbsp

Instructions

Bring a large pot of well-salted water to a boil. Cook the pasta according to package directions until al dente. Drain, toss with the olive oil and set aside to cool.

Stir the seasoning mix with the sour cream. When the pasta is cool, toss with the sour cream mixture, chicken, bacon and Parmesan cheese, if using. Chill for at least 1 hour and serve cold.

Enchilada Stuffed Sweet Potatoes

Ingredients

- 6 medium sweet potatoes, scrubbed and dried
- 4 Tbsp. olive oil
- 2 tsp. kosher salt
- 2 garlic cloves, finely chopped
- 1 jalapeño, seeded and finely chopped
- 1 onion, chopped
- 2 Tbsp. all-purpose flour
- 1 cup chicken broth
- 1 1/2 cups shredded rotisserie chicken
- 1 (4-oz.) can diced green chiles
- 1/2 tsp. black pepper
- 1/2 tsp. paprika
- 1/2 cup sour cream
- 1 lime, juiced, plus wedges for serving
- 1 cup shredded monterey jack cheese (about 4 oz.)
- Cilantro, for serving



1. Preheat oven to 400°F.

2. Line a baking sheet with foil. Prick the sweet potatoes 3 to 4 times each with a fork and place on the baking sheet. Brush the potatoes all over with 2 tablespoons of the oil and sprinkle all over with 1 teaspoon of salt.

3. Bake the potatoes until the skin is crisp and browned and the tip of a paring knife slips easily into the flesh, 45 minutes to 1 hour.

4. Make the filling. In a large skillet, heat the remaining 2 tablespoons oil over medium heat. Add garlic, jalapeño, and onion, and sauté until softened, about 3 minutes. Sprinkle the flour over top, then stir together and cook until lightly browned and bubbling, about 1 minute. Slowly add the chicken broth while whisking constantly. Stir, until slightly thickened, about 1 minute. Stir in the chicken, green chiles, pepper, paprika, and remaining 1 teaspoon salt. Remove from the heat and stir in the sour cream and lime juice.

5. When the potatoes are cooked, let them cool for 5 minutes to make them easier to handle. Switch the oven to broil.

Nutrition Information Per Serving
(Serves 6)

Calories 418 Fat24 g Saturated fat8 g
Trans fat0 g Cholesterol56 mg Sodi-
um722 mg Carbohydrates30 g Fi-
ber5 g Sugar8 g Protein16 g Vitamin
D0 mcg Calcium225 mg Iron2 mg
Potassium674 mg

Name: _____

Date: _____

Fall is here, and the word search is full of autumn treasures waiting to be found! Can you track down and circle each cozy fall word hidden in the grid? Don't forget to check them off the list as you go!



Fall

Word Search



ACORN	Y	T	S	E	V	R	A	H	L	Q	N	R	T	K	K	K	M	A	R
APPLE	C	R	I	S	P	A	U	T	U	M	N	L	E	T	K	W	K	I	C
AUTUMN	M	Q	N	V	V	F	Z	I	Y	W	Z	R	E	D	N	K	N	P	N
BONFIRE	N	Y	D	M	Y	Y	L	Z	N	T	L	N	L	A	I	T	R	O	V
BREEZY	L	N	F	Q	D	T	O	L	N	F	L	R	D	R	V	C	H	C	W
CHESTNUT	G	E	B	Y	W	C	N	R	L	H	Z	O	H	F	P	E	N	U	O
CHILLY	Z	M	D	O	W	P	W	N	M	L	G	C	L	B	F	O	S	N	R
CIDER	G	A	R	I	N	I	K	P	M	U	P	A	S	D	L	R	B	R	C
CINNAMON	N	P	J	N	R	F	Y	L	L	I	H	C	C	W	H	C	L	O	E
CORNUCOPIA	I	L	M	V	T	Y	I	M	P	T	F	H	N	X	E	H	W	C	R
COZY	V	E	B	F	X	F	A	R	N	K	E	T	O	W	T	A	L	D	A
CRISP	I	M	R	D	F	G	L	H	E	S	G	G	M	R	Q	R	T	L	C
FLANNEL	G	F	E	Y	O	T	E	A	T	L	O	K	A	H	H	D	L	E	S
FOLIAGE	S	T	E	K	L	C	D	N	N	L	G	E	N	Q	D	L	L	N	R
GOLDEN	K	H	Z	P	I	W	U	T	D	N	H	V	N	Q	K	P	T	M	C
HARVEST	N	T	Y	P	A	T	T	E	N	N	E	Z	I	X	P	D	N	M	B
HAYRIDE	A	R	S	G	G	X	N	L	K	B	T	L	C	A	K	C	N	C	R
HEARTH	H	L	Z	R	E	M	L	H	Q	A	W	S	Q	U	I	R	R	E	L
LANTERN	T	Y	P	N	L	T	L	G	M	T	R	L	A	N	T	E	R	N	R
LEAVES																			
MAPLE																			
ORCHARD																			

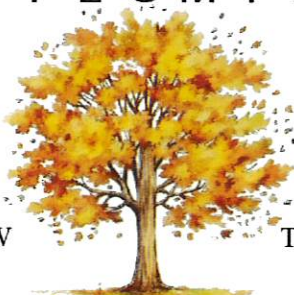


PUMPKIN

QUILT

RAKE

SCARECROW



SPICE

SQUIRREL

SWEATER

THANKSGIVING



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VOLUNTEERS



Volunteers at Regency with Stacie Jackson, Activity Director Mary Brandon, Mary Brinkley Nancy Ecklebarger, and Joyce Price

Mary Brandon with client Lilly at Sip & Social



Kim Hunt with her client at Medilodge of Lansing

Billy Wilburn with Shana Rutan at Medilodge of Okemos



Rhonda McLeod at Medilodge of Campus reading to her clients.

OPPORTUNITIES FOR YOU

ALLEN FARMERS MARKET Season: May 14th – October 29, 2025, Wednesday 3 pm-6:30 pm. Location: Allen Market Place, 1629 E. Kalamazoo, Lansing

BATH SUMMER FARMER MARKET Season: May 29-October 30, 2025, Every Thursday 3 pm-6:30 pm
Location: James Couzens Memorial Park 13753 Main Street, Bath

CAPITOL FARMERS MARKET Season: September 23rd, 9 am-2 pm. Location: East Lawn of Michigan State Capitol Building Capitol Ave. at Michigan Ave., Lansing

DEWITT FARMERS MARKET Season: June 3rd – October 7, 2025, Tuesday, 4 pm-7 pm. Location: North of the intersection of Main and Bridge Streets, Dewitt.

EAST LANSING FARMER'S MARKET Season June 1st – October 26, 2025, Sunday 10 am – 2 pm. Location: Valley Court Park, 280 Vally Court, East Lansing

GRAND LEDGE FARMERS MARKET Season: June 7 – September 27, 2025, Saturdays, 9 am -1 pm. Location: Jaycee Park, 525 E., Grand Ledge

MASON FARMERS MARKET Season: July 12 – September 27, 2025, Saturday 9 am – 1 pm. Location: Lee Austin Park, Corner of Lansing Street and Ash Street, Mason

MERIDIAN TOWNSHIP FARMERS MARKET Season May – October 2025, Saturdays 8 am-2 pm & June – October 2025, Wednesday 3 pm – 7 pm. Location: Marketplace on the Green, 1995 Central Park Drive, Okemos

AFFORDABLE HEART AND STROKE RISK ASSESSMENT Monday, September 15, 2025 at 9 am. Location: Veterans of Foreign Wars Post 671, 12250 Old U.S. 27, Dewitt Hosted by Life Line Screening Call 844 558-0996, use priority code LMAC678 to save.

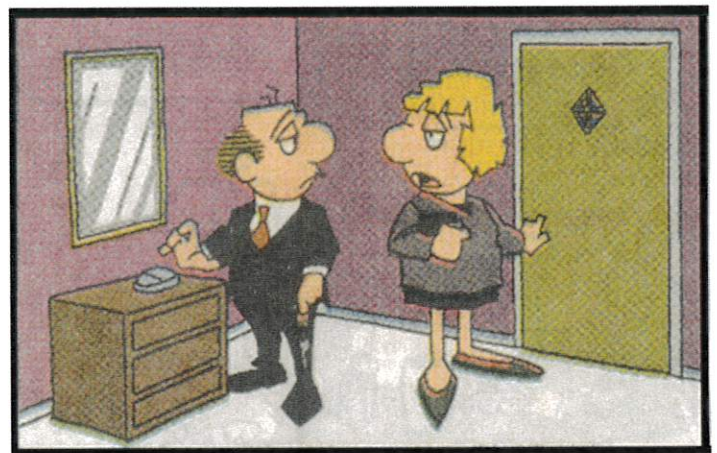
BIG BROTHERS BIG SISTERS MILES FOR MENTORSHIP 5TH Annual Miles for Mentorship supporting Big Brothers Big Sister. October 12, 2025 at 9:30 am. Location: Hawk Island Park, Lansing

GIBBLEGUTS.COM

By Dan Gibson



Looks like we're going to need another computer instructor ...it only took them a day to drive this one nuts.



"Leave the cell phone . . . if it rings, people will see you don't know how to answer it."

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:

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 - Friday
8:30am - 4:00pm