



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



# SUMMER NEWSLETTER



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

Summer is here with warm weather, school graduations, weddings, family reunions, cookouts, and fun in the sun. RSVP is working hard to place volunteers, recruit new volunteers and adapting to our changing world.

It is also construction season and there are orange barrels everywhere. If you have tried to come to our building, you know that we are in the middle of City's Combine Sewer Overflow (CSO) project. If you need to come to our offices, please make sure you **first call for appointment so can let you know the best route to get in the building.**

Our highlights include 56 volunteers on the River Trail utilizing all three carts, they are enjoying being on the trail and seeing first hand the nature that is part of Lansing. Last year our volunteers spent over 1,864 hours on the River Trail between April and October of 2021. One of our seasoned River Trail volunteers Al Cosper passed away this spring, he and his River Trail partner Phyllis enjoyed serving together on the River Trail. Al also served at the Capital Region International Airport and at the Salvation Army kitchen.

The Lansing School District has summer classes in two locations, and were able to place twelve Foster Grandparents serving in the various locations from Day Care, to Head Start, school district placements. Each year our teachers evaluate our volunteers on their impact in the classroom with students. Teachers had so many glowing and kind words to say about our FGP volunteers and the influence that they make each day in their classrooms.

Senior Companion volunteers over the course of this year have been able to go back to many of the nursing care facility and work with clients. We also have a robust Telephone Reassurance program which allows senior to call other seniors at least a couple of times a week. These phone calls allow the senior to connect with someone who is close to their age and helps them feel that they are cared about. Volunteers made over 13,400 calls to other seniors in 2021.

Helen Simons one our retired Foster Grandparent & Senior Companion's passed on June 10, 2022.

We hope everyone has a wonderful summer and do not forget to tell your friends and neighbors about RSVP!!

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

# INFORMATION JUST FOR YOU

## Schmidt & Foster Community Center Senior Activities for the summer

### Monday

9 am-10 am Coffee  
10 am-2 pm Open Rec  
10 am-10:30 am SVW

### Tuesday

9 am-10 am Coffee  
10 am-10:30 am SVW!  
10 am-2 pm Scrappers Club

### Wednesday

9 am-10 am Coffee  
10 am-10:30 am SVW!  
10 am -2 pm Senior Open Rec

### Thursday

9 am-10 am Coffee  
10 am-10:30 am SVW!  
10 am-2pm Scrappers Club  
10 am-2pm Senior Open Rec.

### Friday

9 am-10 am Coffee  
10 am-10:30 SVW!  
10 am-2pm Senior Open Rec.  
9 am-2 pm Round the table crafts

**CALL (517) 483-6686 FOR MORE INFORMATION**

**Enhanced Fitness/Walking for Health FREE** The program consists of a 5-minute warm up, a 20 minute walk, 20 minutes of strength training with ankle and hand weights (provided), 10 minutes of stretching. Participants may walk indoors or outdoors and are encouraged to work at their own level. Exercises can be modified done from sitting or standing positions. This class is funded by a grant from Tri-County Office on Aging. Instructor: Robert Kostelnik, Certified Enhanced Fitness Instructor. **No class 7/4 and 9/5.**

<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Age</u>	<u>Location</u>
7/11-9/30	Monday, Wednesday, Friday	9-10am	50+	Foster Community Center 200 Foster

**July Senior Cinema** Come enjoy old movie classics every Monday after lunch. Popcorn is provided so please call to register 517 483-6686.

<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Age</u>	<u>Location</u>
7/11-7/29	Monday	1:30pm	50+	Schmidt Community Center

**Create Your Own Journal** Let's start something for you, 2022! Come and collect your thoughts and emotions on paper, reflecting and recording memories. Notebooks are provided.

**Senior Fun Day** Now that spring has sprung, let the fun begin! It will be your choice to show us what spring has sprung in you. Come share your story or talents!. This event is held on the last Friday of every month. (6/24, 7/29, 8/26, 9/30)

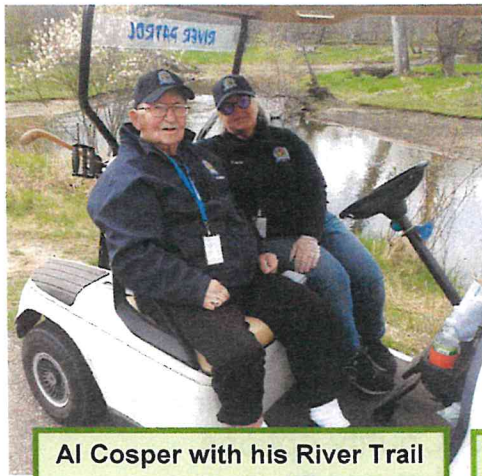
<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Age</u>	<u>Location</u>
6/24-9/30	Friday	12:30-2pm	50+	Schmidt Community Center

**National Hot Dog Day \$3/Per Person** July is National Hot Dog Month, so come and celebrate it with your friends. Hot Dogs, toppings and beverages provided.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Age</u>	<u>Location</u>
7/21	Thursday	12-2pm	50+	Schmidt Community Center

**Ice Cream Social** That's what I'm screaming about I scream, you scream, we all scream for ice cream or a root beer float. Bring your ideas for new social plans for our senior program.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Age</u>	<u>Location</u>
8/25	Thursday	12-2pm	50+	Schmidt Community Center



Al Cospoer with his River Trail partner Phyllis.



In Memory of these volunteers



Helen Simons June 10, 2022

See what our volunteers are doing....

**Evaluation comments from teachers about our Foster Grandparents Volunteers!!**

**“I love that the Foster Grandparents form such a loving relationship with both students and staff. The kids look to them for guidance & help and just generally love the attention from the Grandparents!”**

**Impact your Grandparent made with one or more children?  
“How she connects with a young boy on a daily basis at breakfast, she talks about his plans for the day and things he might be worried about or struggling with. Not only does she do this with one child but multiple ones.”**

**“We have a child who runs to Grandma for comfort. This child only sleeps by Grandma at nap time. Grandma holds her hand while she falls asleep. Best Grandma ever!”**

**“Grandma is loved by all the students in our class. On days when she is not here, we all feel it. She has worked tirelessly to help students with their math skills.”**

**“There is so much I love about the Foster Grandparent Program. I appreciate have multiple generations in the same classroom, and our Grandfather makes such a positive impact on the children .”**

**Disability Network Capital Area located at 901 E Mt Hope Ave, Lansing, MI 48910**  
**Phone: (517) 999-2760**

Knowing what resources are available in your community and knowing how to navigate through them can seem overwhelming. Disability Network Capital Area assists with connecting individuals and families to these resources.

Housing: Subsidized, barrier free and home modifications  
Transportation: In and out of County options  
Emergency services and supports  
Assistive Technology: How and where to obtain  
Social Security and other public benefit programs  
Benefits Planning

The Social Security Benefits Specialist can help individuals understand how working will affect a variety of benefits, such as SSDI, SSI, Medicaid, Medicare part A, B and D, housing subsidies, MI Bridges and more. Benefits Counselors can help you to identify if there are risks by providing you with accurate information which will help you make an informed financial decision.



**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](http://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/](http://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](http://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](http://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](http://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](http://www.mydental.org) (accepts Medicaid and works with uninsured for dental and denture services.)

# WELCOME SUMMER

S P M Y B H B O A R D W A L K F S A U G U S T C  
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AUGUST  
 BOARDWALK  
 FIREFLIES  
 HAMBURGERS  
 LAKE  
 POOL  
 SHORE  
 SUNGLASSES  
 VACATION

BASEBALL  
 BOATING  
 FIREWORKS  
 HOT DOGS  
 MOSQUITOES  
 POPSICLES  
 SHORTS  
 SUNSCREEN

BEACH  
 CAMPING  
 FISHING  
 ICE CREAM  
 MOVIES  
 ROCKLAND LAKE  
 SNOW CONES  
 SWIMMING

BEAR MT  
 CARNIVAL  
 FLIP FLOPS  
 JULY  
 PARTIES  
 ROLLERCOASTER  
 SPLASH  
 THEME PARK

BIKES  
 COOKOUTS  
 FUN  
 JUNE  
 PICNICS  
 SANDALS  
 SPRINKLER  
 TRAVEL

## RECRUITING VOLUNTEERS

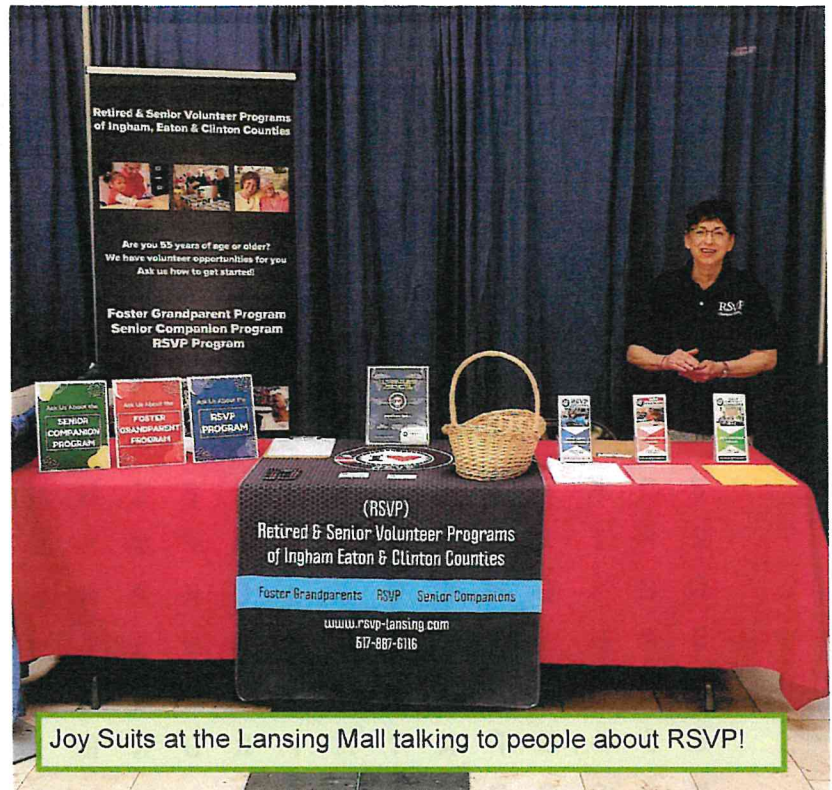
The services that we provide can only happen with volunteers. We help seniors who are 55 years or older find placements where their interests, time and talents can do the most good.

Our Classroom Grandparents help children settings whether in daycare, Head Start, or public school. Grandparents rock babies or help a students learn to read with one on one tutoring,

Our Senior Companions volunteer visit clients in nursing facilities. They talk with clients, play games, work with them on crafts in the community room. They call seniors who are living alone twice a week and instead of being a pen pal you are phone pal.

Our RSVP volunteers serve at numerous non-profit organizations in the tri-county area. From the airport to River Trail, to serving at hospitals to knitting. You name it we do!

If you have an organization you would like us to make a presentation in front of about our services and how seniors can volunteer. Please call our office at 517 887-6116 and ask to speak with Jim or Gerald. You can also email us at [community@rsvp-lansing.com](mailto:community@rsvp-lansing.com)



Joy Suits at the Lansing Mall talking to people about RSVP!



Retired & Senior Volunteer Programs of Ingham, Eaton, and Clinton Counties is a non-profit. We are funded with grants from AmeriCorp Seniors, Behavioral and Physical Health and Aging Services Administration of Michigan, Tri-County Office on Aging, Ingham County, City of Lansing and private individuals. These grants and donations help us fund and support the services we provide. Over 90% of the money we receive supports volunteers and allows them to help provide service to the most vulnerable population whether young or old. You may be asking yourself how can I help. You can send a donation to:

**Retired & Senior Retired & Senior Volunteer Programs of Ingham, Eaton, and Clinton Counties (RSVP) 2400 Pattengill, Lansing, MI 48910.**

# HIGHLIGHTS



River Patrol Volunteers at the game!



FGP/SCP Volunteers learning about Chromebooks!!!



Some of our hard working volunteers, Foster Grandparents at Impression 5 Museums, knitters & crocheters, River Walk Patrol, Medical Driver, the May 2022 In-Service and Sparrow volunteer. Come join



### NEED TO BORROW A TOOL?

Call 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>

**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 - Thursday  
8:30am - 4:00pm