



**AmeriCorps
Seniors**



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

FALL NEWSLETTER 2023



A Message from Carol Wood, Executive Director...

We hope you have had a good summer and are looking forward to fall and all the vibrant colors. We will soon be collecting leaves and enjoying cooler days. During the summer our volunteers have been busy making an impact in our community, from summer school to the River Trail. Contact with us if you are 55 years or older and want to make a difference in your community.

Over the summer we hired Linda Sanchez Galleza as our Senior Companion Volunteer Coordinator. Linda retired from the City of Lansing as the Human Resource Director. Linda has years of experience working with the RSVP programs in our community and she will be a great addition to our staff. She will be working with Gloria Cannon who is our Foster Grandparent Volunteer Coordinator.



Carol Wood



SCAM! ALERT!

NOTICE: Two separate frauds were reported recently where a victim was called by a subject saying they were the witnesses or subpoenaed to a federal case and they missed their court date.

The subject requests cash as a bond then asks to meet the victim near a legitimate court/bond facility. The suspect then meets the victim, takes their cash and provides a fake receipt. The victims also reported the suspect stayed on the phone with the victim for the entire time to avoid the chance the victim contacts law enforcement. The suspect's number comes up as 517-676-2431 which is the Ingham County Sheriff's Office and is spoofed.

Bonds will never be accepted like this. Hang up and call the legitimate number and attempt to verify this story. Call the City of Mason if you have any questions or if you believe you have been a victim of this scam at 517.676.9155.

What does it mean to be a Foster Grandparent in the classroom ?

Stories from the classroom about how senior volunteers from our Foster Grandparent Program have made impacts in the lives of their students.

"Mrs. Campbell sets a wonderful example for the Foster Grandparents in our building. She shows compassion for the students with her kindness and patience as she helps them throughout the school year. She has an excellent rapport with all of the students in our classroom. When former students see Mrs. Campbell in our school, she is always greeted with a big hug."

"My Foster Grandparent, Grandma Lucille, made a positive impact on all my students the minute she would walk in the door. Her kind, caring, soft-spoken persona gave the kids someone to look forward to seeing twice a week. She was a great active listener to anything the kids wanted to share with her. She took the time to greet the kids and make those personal connections. She was always willing to work with any student and support their learning. She loved listening to the kids read, and had nothing but kind words to say about their progress. Grandma Lucille always made me feel special too. She consistently asks about my personal life and made sure to remind me to always take care of myself. She had a way of letting me know the work I was doing with the kids was very impactful and so impressive. Her reassurance about what I do every day helped remind myself of why I love doing what I do."

"I had a student who was struggling a lot with reading. During small groups she dreaded reading to herself from her book box. When she started reading her books to Grandma Janice, not only did her reading improve, but she also began to show excitement and confidence when reading! She now LOVES to read and has shown so much growth!"

"I have a little one who was so withdrawn and wouldn't participate and sometimes cry most of the day. Grandma Gail has brought her out of her shell and taught her how to engage with others."

"Jerrell has been helping a boy in my room and he has grown up so much. I watched him on the playground have an interaction with another child using many of the strategies Jerrell has taught him throughout the year. I also now have children who seek out Jerrell for assistance on writing, reading, and math assignments."

"It gives the grandparent something to look forward to, allows them to feel a sense of purpose and love from a caring child, and also allows them to feel like they're making a difference in a child's life."



HELP FOR THOSE IN NEED

HELP FOR HOMEOWNERS IS AVAILABLE

If you are a homeowner and are behind on your mortgage payments, property taxes or utilities, help is available. The Michigan Homeowner Assistance Fund (MIHAF) was established as part of the American Rescue Plan Act of 2021 to help lessen financial hardship and aid in preventing delinquencies, defaults, foreclosures, loss of utilities or home energy services. For more information, call MIHAF Customer Service (844) 756-4423 or email MSHDA-HO-HAF-Program@michigan.gov



Tri-County on Aging Options Counseling

Options Counseling is an interactive process, directed by the participant, to fully discuss and explore choices, opportunities, and resources with people of all ages and incomes seeking long term supports and services (LTSS) to address their personal, service and support needs. TCOA's Options Counselor is trained to work with you, family members and/or significant others in your support circle to connect you to vital resources and services that fit your current situation and preferences to assist you to live in the environment of your choice.

An Options Counselor can help you develop your own personal long-term care plan. Whether you are in a nursing home, hospital, rehabilitation facility, community setting, or in your own home, an Options Counselor can guide you through your questions about living in the community:

Can I live in the community safely and independently?

What services and support are available for me in my home?

What services, assistive devices, or home modifications are available to support me in my home?

What funding resources may be available for services and supports?

Examples of services Options Counseling can provide:

Unbiased information about long term services and supports

Assistance with referrals and resources as needed

Information about possible resources available to pay for the services

A consumer-driven approach that ensures that your choices are respected

Follow-up and help with planning next steps

Counseling when and where you need it

Please contact TCOA's Options Counselor for more information or to make an appointment. A visit can take place in your home, the hospital, a nursing home, a rehab facility, or at TCOA's offices. Options Counseling is also available by telephone and email.

Contact: KC Austern, LMSW-clinical, 517-887-1418 or austernk@tcoa.org

Tater Tots Casserole



Ingredients

3/4 pound bulk hot Italian sausage
3/4 pound lean ground beef (90% lean)
1 small onion, chopped
2 cans (10-1/2 ounces each) condensed cream of celery soup, undiluted
2 cups frozen cut green beans, thawed
1 can (15-1/4 ounces) whole kernel corn, drained
2 cups shredded Colby-Monterey Jack cheese, divided
1/2 cup 2% milk
1 teaspoon garlic powder
1/4 teaspoon seasoned salt
1/4 to 1/2 teaspoon cayenne pepper
1 package (32 ounces) frozen Tater Tots

Directions

In a Dutch oven, cook the sausage, beef, and onion over medium heat until meat is no longer pink; drain. Add the soup, beans, corn, 1 cup cheese, milk, garlic powder, seasoned salt, and cayenne. Transfer to 2 greased 11x7-in. baking dishes. Top with Tater Tots; sprinkle with remaining 1 cup cheese.

Cover and freeze 1 casserole for up to 3 months. Cover and bake the remaining casserole at 350° for 40 minutes. Uncover and bake until bubbly, 5-10 minutes longer.

To use frozen casserole: Thaw in the refrigerator overnight. Remove from the refrigerator 30 minutes before baking.

Cover and bake at 350° for 50 minutes. Uncover and bake until bubbly, 5-10 minutes longer. Nutrition Facts 1 piece: 370 calories, 22g fat (8g saturated fat), 48mg cholesterol, 1085mg sodium, 30g carbohydrate (4g sugars, 3g fiber), 16g protein.

Chicken Burrito Skillet

Ingredients

1 pound boneless skinless chicken breasts, cut into 1-1/2-inch pieces
1/8 teaspoon salt
1/8 teaspoon pepper
2 tablespoons olive oil, divided
1 cup uncooked long grain rice
1 can (15 ounces) black beans, rinsed and drained
1 can (14-1/2 ounces) diced tomatoes, drained
1 teaspoon ground cumin
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 teaspoon chili powder
2-1/2 cups reduced-sodium chicken broth
1 cup shredded Mexican cheese blend
1 medium tomato, chopped
3 green onions, chopped

Directions

Toss chicken with salt and pepper. In a large cast-iron or other heavy skillet, heat 1 tablespoon oil over medium-high heat; sauté chicken until browned, about 2 minutes. Remove from pan.



In same pan, heat remaining oil over medium-high heat; sauté rice until lightly browned, 1-2 minutes. Stir in beans, canned tomatoes, seasonings, and broth; bring to a boil. Place chicken on top (do not stir into rice). Simmer, covered, until rice is tender, and chicken is no longer pink, 20-25 minutes.

Remove from heat, sprinkle with cheese. Let stand, covered, until cheese is melted. Top with tomato and green onions.

FALL WORD SEARCH

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

ACORN

FOOTBALL

NOVEMBER

SEPTEMBER

APPLES

HALLOWEEN

OCTOBER

SUNFLOWER

AUTUMN

HARVEST

PUMPKIN

SWEATER

CANDY

HAYRIDE

RAKE

THANKSGIVING

CIDER

LEAVES

SCARECROW

TURKEY

NATIONAL SERVICE ROUNDTABLE



CEO of AmeriCorps Michael Smith was in Lansing meeting with staff and volunteers in our community. Jason Wilkes, Program Director for Foster Grandparent and Senior Companion. Also participating was Sally Churchill a Foster Grandparent volunteer and Robin Exelby a Senior Companion volunteer. This was a great opportunity to highlight our programs and the impact we are making in the community.

We sincerely appreciate your presence and participation in last week's national service roundtable, which significantly contributed to the overwhelming success of our time with Michael Smith. We recognize this is a busy time of year and are grateful you made this convening a priority.

It was truly inspiring to hear your stories of service and how your personal journeys led you to AmeriCorps in various ways. From AmeriCorps members and Seniors volunteers to program staff and supervisors, it was a privilege to have each of you with us to engage in such enriching discussion. The collective expertise and insights shared during the roundtable were remarkable, and we know Michael and the AmeriCorps agency staff benefited from hearing the different perspectives on important topics, such as recruitment, retention, the living allowance, and AmeriCorps policy.

We hope the attached group photo will serve as a reminder of the day and how much you all are valued in our service community. Thank you for your leadership and ongoing commitment to advancing AmeriCorps in Michigan and across the country. Please don't hesitate to reach out if you have any further feedback or suggestions regarding the roundtable or any other matter. We highly value your input and would be delighted to hear from you.



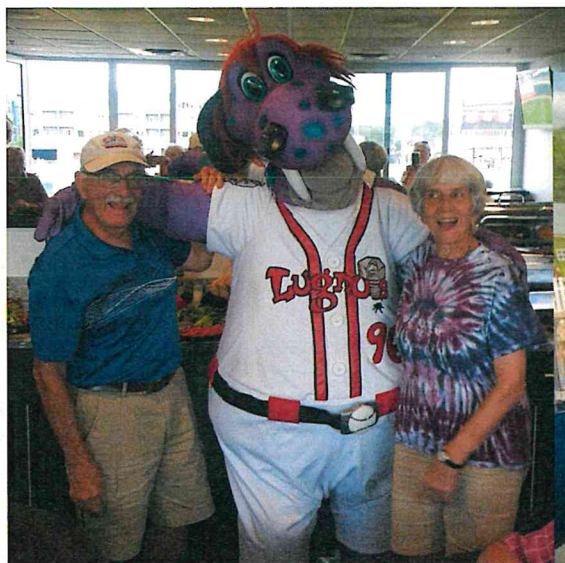
Volunteers and staff over the summer!



Senior Companions & Foster Grandparent Volunteers at our In-Service Training Sessions. Learning and enjoying ice cream!



RSVP volunteers with RJ Scheffel Toy enjoying a Lugnut game.



Jim Dell at the Meridian Township Senior Event.



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:

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**
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Phone: 517-887-6116
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www.rsvp-lansing.com

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