



**AmeriCorps  
Seniors**



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

## WINTER NEWSLETTER 2022/2023



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

#### Why is volunteering important for seniors?

Volunteering keeps the brain active, which contributes to mental health. Meaningful and productive activities can help you feel happier and have a positive outlook on life. According to the National Institute on Aging, volunteering may also lower your risk of dementia and other health issues.

#### What are the 5 benefits of volunteerism?

##### Benefits of volunteering

Gain confidence. Volunteering can help you gain confidence by giving you the chance to try something new and build a real sense of achievement.

Make a difference...

Meet people...

Be part of a community...

Learn new skills...

Take on a challenge...

Use your talents and experience...

Have fun!

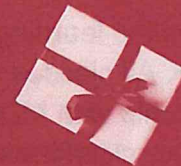


*Carol Wood*

All the best to you  
and yours this  
holiday season  
and  
thanks for a  
wonderful year.  
We couldn't have  
done it without  
you!

You have a big heart  
and your participation and  
contribution prove this.

*Thank You*  
for **Volunteering.**



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

## INFORMATION JUST FOR YOU

### Schmidt Community Center

#### Senior Special Events

Please note: There is a \$5/person fee associated with some of the events and programs. You must register with the Schmidt Center to attend.

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Description</u>
12/20/2022 \$5/Person. Registration required	12:30-2pm	Log Cabin Fever	Come click your heels together for a fun-filled afternoon. Warm apple cider, donuts, and movie with friends.
2/3/2023 FREE	6:30-8:30pm	African American History Celebration	Ms. Leola Taylor & others will present a bit of Black History through song, instruments & dance.
1/10-5/23/2023 FREE	10am-12pm	Billiards	Practice your trick shots with friends every Tuesday at Schmidt Center.
1/9-5/22/2023 FREE	12:30pm-2pm	BINGO	BINGO is offer every Monday at Schmidt.
1/3-1/31/2023 FREE	10am-12pm	Box Your Way to Better Health	Start the new year with better health. Shape up with new Box, Balance, Lift workout video No matter your level of fitness, this workout is remarkable.
1/5-5/25/2023 FREE	10am-12pm	Bridge Club	Every Thursday join us for game of Bridge.
1/3-5/26/2023 FREE	9-10am	Coffee Hour	Enjoy coffee, cookies & conversation every weekday morning.
1/17/2022 FREE	11am-1:30pm	Keeping His Dream Alive	Screening the movie "Selma" and discussing the life & times Dr. Martin Luther King Jr. Explore what we can do to promote his dream of peace, love and rights for all mankind around the world. Refreshments will be provided.
2/14/2023 \$5/Person Registration required	10:30am-1:30pm	Valentine Party	Let's fill the room with love, laughter & smiles while dancing, enjoying a game or two of Sweetheart BINGO. Refreshments, music & lunch provide.

#### GetSetUp Online Learning Offers Free Virtual Classes For Adults Age 55+

GetSetUp is an online learning platform with hundreds of virtual, interactive classes for Michigan's older adults age 55+. All classes are led by older adults. GetSetUp is offered for free through 2023 through a partnership with MDHHS. There is a huge variety of topics such as technology use and staying safe online, exercise/fitness, languages, cooking, hobbies, etc. To increase access, MDHHS and GetSetUp have also partnered with the Library of Michigan to offer the classes at 400+ libraries throughout the state so that patrons can use library computers and direct questions to library staff.

**Visit <https://www.getsetup.io/michigan> to get started.**



## In tribute to Dorothy Rush



Dorothy Elaine (Curry) Rush, age 96, died on October 25, 2022 in Williamston, MI. Dorothy was always quick with a smile and loved making new friends, as well as maintaining relationships with her old friends. She would say one was silver, the other gold.

Dorothy was born on December 23, 1925 in Prophetstown, IL to Taylor and Marcella (Lindberg) Curry. After graduating high school, Dorothy attended Illinois State University. She married her true love Leo on August 1, 1950, in Prophetstown, IL. Marsha was born on November 13, 1951; Steve was born August 25, 1954.

After working as a bookkeeper/accountant for the Snyder Development company, Dorothy and Leo moved to Muskegon, MI to be closer to their family. She moved to Gorham, ME in 2006, returning to Michigan in 2015, residing in Williamston. Dorothy joined the Lions Club in Bloomington, IL in 1993 and as she moved was a member in the Muskegon Northside, Westbrook ME, Williamston MI Lions Clubs, earning Lion of the Year and Melvin Jones Awards. Dorothy loved working with

children, volunteering as a foster grandparent at Reeths-Puffer in North Muskegon, MI, Gorham Schools in Maine, as well as at Cornell School in Okemos, MI.

Dorothy, or "Toots" as she was nicknamed by Leo, loved family get-togethers and loved watching her grandchildren and great-grandchildren, as well as her many nieces and nephews grow, mature and thrive. She is survived by her grandchildren: Nick (Bridget) Schoepf, Kim (Mike) Curle, Kristina (Nate) Brott, and Jon (Katie) Schoepf. She has six great-grandchildren: Collin, Vivian, Clara, Freddie, Bess, and Liam, as well as many nieces and nephews.

Dorothy was predeceased by Leo, her children Marsha & Steve, her siblings Keith (Lois), Kenny (Virginia), Doris (Richard) Brumbly, and Dianne (Ron) Smith.

Dorothy's teacher made the following comments: "Dorothy is a tremendous volunteer at Cornell Elementary. Her spirit and enthusiasm are infectious. Dorothy gives targeted help to her kindergarten students in reading and writing, and is a constant supporter of their learning goals. With her caring and enthusiasm Dorothy works to motivate the students, and she never shies away from an adventure...she joined kindergarten and their teacher ON A SCHOOL BUS when they went on a field trip to an apple orchard! The students are often in awe of her, as she navigates the classroom both with and without her walker to help them.

Likewise, having her a part of these young student's lives allows them the opportunity to have a relationship with an elderly person, and to show respect and care. Dorothy is a role model of caring and perseverance. She shows the children what it is like to be life-long learner, the importance of giving back to your community, and how to care for one another."







### **5 Ingredient Double Chocolate Peppermint Cookies**

Chocolate and Peppermint is my all time favorite flavor combination so it's no surprise that these cookies are a holiday staple in our house. These Double Chocolate Peppermint Cookies are super easy and quick to make with just 5 ingredients!

PREP TIME 10 mins COOK TIME 13 mins TOTAL TIME 23 mins

#### **Ingredients**

- ☐ 1 box Devil's Food Chocolate Cake Mix
- ☐ 1/2 cup room temperature butter 1 stick
- ☐ 2 eggs
- ☐ 2/3 cup milk chocolate chips divided
- ☐ 1/2 cup peppermint bits divided

#### **Instructions**

Preheat oven to 350 degrees F.

Stir together cake mix, butter and eggs until combined. Stir in 1/2 cup chocolate chips and 1/4 peppermint bits. Using a cookie scoop, divide dough onto baking sheets. Top with remaining chocolate chips and peppermint bits, if desired. Bake at 350 degrees for about 13-15 minutes or until cookies are puffy and no longer glossy. Cool for a few minutes on the baking sheets before transferring to cooling racks. Once completely cooled, store in an airtight container for up to one week.

### **Peppermint Bark**

Peppermint Bark is one of the easiest Christmas treats you can make! With just 3 ingredients it definitely belongs on your annual cookie tray.



PREP TIME 5 mins COOK TIME 10 mins TOTAL TIME 3 hrs 15 mins

#### **Ingredients**

- ☐ 6 ounces semi-sweet chocolate broken into pieces, use high quality chocolate
- ☐ 10 ounces white chocolate broken into pieces, use high quality chocolate
- ☐ 1/2 teaspoon peppermint extract optional
- ☐ 1/4 cup crushed candy canes or peppermint candies

#### **Instructions**

Line an 8"x8" baking pan with parchment paper trying to make it as smooth as possible; set aside.

In a double boiler, first melt the semi sweet chocolate, stirring continuously – don't let the water boil. To microwave, place the chocolate in a glass bowl with a teaspoon of vegetable oil. Microwave on high in 20-30 second intervals, stirring between each one, until chocolate is melted. (I prefer the double boiler method) Once melted pour into the prepared pan and spread evenly.

Set aside and let set to room temp, don't cool in the refrigerator. Once the semi-sweet chocolate layer is set, melt the white chocolate in the double boiler. Once melted stir in 1/2 teaspoon of peppermint extract. Pour on top of the semi sweet chocolate layer and spread evenly, tapping the pan lightly on the counter to even it out. Sprinkle the crushed candy cane on top of the white chocolate. Let cool completely for 2-3 hours and once hardened break into pieces.

## **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.)



Name: \_\_\_\_\_

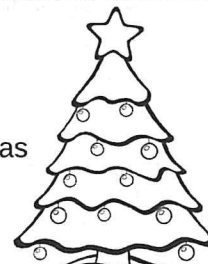
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# Christmas Carols Word Search

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

Find the **Christmas** words in all **CAPITAL** Letters

- **WHITE** Christmas
- **FROSTY** the Snowman
- Jingle **BELLS**
- Santa **BABY**
- Have **YOURSELF** a Merry Little Christmas
- **RUDOLPH** the red-nosed Reindeer
- Rockin' around the Christmas **TREE**
- (There's no **PLACE** like) Home for the Holidays
- **JOY** to the World
- Deck the **HALLS**
- **SILENT** Night
- Jingle Bell **ROCK**
- First **NOEL**
- You're a mean one Mr. **GRINCH**
- Holly **JOLLY** Christmas
- Beginning to **LOOK** a lot like Christmas
- **SANTA** Claus is Coming to Town
- We Wish you a **MERRY** Christmas
- Let it **SNOW**
- **JINGLE** Bells
- Winter **WONDERLAND**
- I'll be **HOME** for Christmas



(The words may be hidden vertically, horizontally or diagonally.)



## TIPS TO PREVENT HOLIDAY STRESS AND DEPRESSION

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

1. **Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones for other reasons, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

2. **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events or communities. Many may have websites, online support groups, social media sites or virtual events. They can offer support and companionship. If you're feeling stress during the holidays, it also may help to talk to a friend or family member about your concerns. Try reaching out with a text, a call or a video chat. Volunteering your time or doing something to help others also is a good way to lift your spirits and broaden your friendships. For example, consider dropping off a meal and dessert at a friend's home during the holidays.

3. **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children or other relatives can't come to your home, find new ways to celebrate together, such as sharing pictures, emails or videos. Or meet virtually on a video call. Even though your holiday plans may look different this year, you can find ways to celebrate.

4. **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.

5. **Stick to a budget.** Before you do your gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

Try these alternatives:

Donate to a charity in someone's name.

Give homemade gifts.

Start a family gift exchange.

6. **Plan ahead.** Set aside specific days for shopping, baking, connecting with friends and other activities. Consider whether you can shop online for any of your items. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for meal prep and cleanup.

7. **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

8. **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.

Try these suggestions:

Have a healthy snack before holiday meals so that you don't go overboard on sweets, cheese or drinks.

Eat healthy meals. Get plenty of sleep. Include regular physical activity in your daily routine. Try deep-breathing exercises, meditation or yoga. Avoid excessive tobacco, alcohol and drug use.

Be aware of how the information culture can produce undue stress, and adjust the time you spend reading news and social media as you see fit.

9. **Take a breather.** Make some time for yourself. Find an activity you enjoy. Take a break by yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

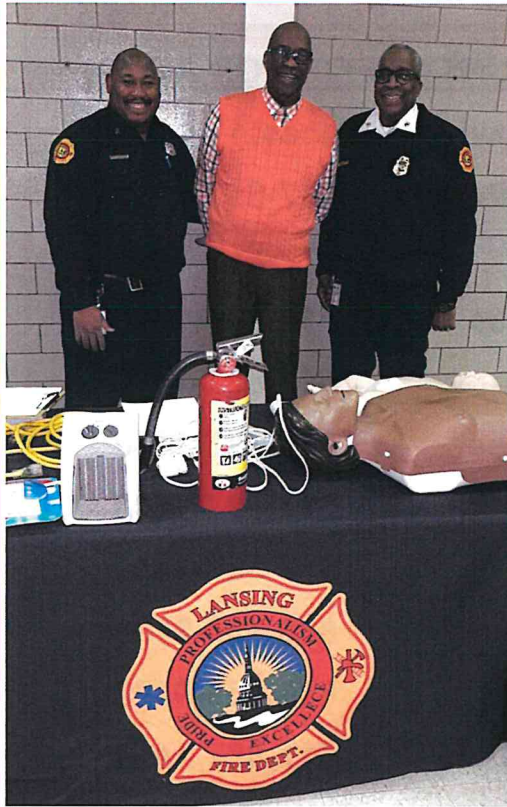
Some options may include: Taking a walk at night and stargazing, Listening to soothing music, Reading a book

10. **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Take control of the holidays. Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.



## HIGHLIGHTS



***November In-service with Lansing Fire Department***





**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