



**AmeriCorps
Seniors**



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

SUMMER NEWSLETTER 2023



A Message from Carol Wood, Executive Director...

We began wondering whether we would see those warmer days heading into spring and summer. They are slowly but surely happening. We see flowers blooming, hear mowers in the distance, gardens starting to be planted and people taking walks in the neighborhood.

This is a wonderful time to volunteer with RSVP and help others in our community. We have a host of locations in the Tri-County area where you can serve. We also have things you can do from the comfort of your home. If you are 55 years or older check out our website at <https://www.rsvp-lansing.com>, you can also call our office at 517 887-6116 and talk with staff about opportunities using your talent and skills for others.

RSVP has been serving the Tri-County area for over 50 years and we are proud of the difference we are making in lives each and every day. The average age of our volunteers is between 70 to 80 years young. It is never too late to play a pivotal role in some one's life.

Carol Wood

Parks & Rec Facilities

**Alfreda Schmidt Southside Community Center—5825 Wise Rd., Lansing, MI 48911
Phone: 517 483-6686**

Cemetery Office—200 N. Foster 2nd floor, Lansing, MI 48912 Phone: 517 483-4303

Fenner Nature Center—2020 E. Mt. Hope, Lansing MI 48910 Phone: 517 483-4224

Foster Community Center—200 N. Foster, Lansing, MI 48912 Phone: 517 483-4233

Gier Community Center—2400 Hall St., Lansing, MI 48906 Phone: 517 483-4313

Groesbeck Golf Course—1523 E. Cesar Chavez, Lansing, MI 48906 Phone: 517 483-4232, Tee time: 517 483-4333

Letts Community Center—1220 W. Kalamazoo, Lansing, MI 48915 Phone: 517 483-4311

Turner-Dodge House—100 E. North St., Lansing, MI 48906 Phone: 483-4220

IN-SERVICE TRAINING...WHAT YOU LEARN



Students from MSU doing health screening for Senior Companion & Foster Grandparent volunteers.



CATA meeting with SCP & FGP volunteers to talk about their services, answer questions and help to resolve problems.



Stephanie Grace with the Attorney General's office spoke to SCP & FGP about phone scams.



Listening and learning at our April In-Service, the speaker was Brenda Long with the MSU extension. Brenda talked about budgeting and credit.

Volunteers interviewed about the River Trail



WILX-TV interviewing our volunteers on the River Trail. See the story at: <https://www.wilx.com/video/2023/05/19/lansing-riverwalk-patrol-volunteers-work-keep-area-safe-enjoyable/>



WLNS interviewing our volunteers and you can see this story at: https://www.youtube.com/watch?v=seJ_ZHEggQ8



We thank Jim Kenny, Dick Schaefer, and Bob Nelson for taking time out of their day to participate in interviews with our local news stations. If you are interested in being a volunteer on the trail, give Jim Dell a call at our RSVP office at 517 887-6116.

Partners patrol the trail, experience nature, walkers, joggers and the friendly dog walkers.

Come and enjoy free concerts in the park this summer!

LANSING PARKS & RECREATION

7-9PM

CONCERTS
IN THE PARK

2023

| | | |
|------------|-------------------------------|---------------------|
| JUNE 14TH | TEJANO SOUND + TEJANO | MOORES PARK |
| JUNE 21ST | THE KATHY FORD BAND + COUNTRY | DURANT PARK |
| JUNE 28TH | FROG & THE BEEFTONES + BLUES | FULTON PARK |
| JULY 12TH | SEA CRUISERS + OLDIES | TURNER-DODGE HOUSE |
| JULY 19TH | MIXED FLAVORS + R&B/FUNK | BENJAMIN DAVIS PARK |
| JULY 26TH | SHELBY & JAKE + AMERICANA | BANCROFT PARK |
| AUGUST 2ND | GLOBAL VILLAGE + HITS | SYCAMORE PARK |
| AUGUST 9TH | ALDACO + TEJANO | FRANCES PARK |



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

Fresh Local Produce Abounds at Farmers Markets In the Lansing Area

Downtown Lansing Farmers Market Reutter Park 400 S Capitol Ave, Lansing, 48933

Farmers Market Schedule: Tuesdays 3 p.m. - 7 p.m. | June 6 – September 26, 2023

No Market – July 4 & 18, August 15, and September 19

Farmers Markets at the Capitol East Lawn of the State Capitol Building 100 N Capitol Ave, Lansing, 48933

Farmers Market Schedule: July 18, 2023 | 9 a.m. – 2 p.m. August 15, 2023 | 9 a.m. – 2 p.m. September 19, 2023 | 9 a.m. – 2 p.m.

Allen Farmers Market 1611 East Kalamazoo, Lansing, 48912 Farmers Market Schedule:

Wednesdays 3 p.m. – 6:30 p.m. | Year-Round

South Lansing Farmers Market 5016 S. Martin Luther King Jr Blvd, Lansing, 48910

Farmers Market Schedule: Thursdays 3 p.m. – 7 p.m. | May 18 – October 19, 2023

Westside Farmers Market 500 S Martin Luther King Blvd, Lansing, 48915

Farmers Market Schedule: Saturdays 9 a.m. – 1 p.m. | May 20 – October 2023

Lansing Mobile Farmers Market returns July 6th

The Lansing mobile Farmers Market returns Thursday, July 6th. There are variety of healthy, tasty items available from local farmers along with other non Michigan grown items such as bananas, lemons, sweet potatoes and more. Accepted forms of payment include EBT, WIC, Senior Market Fresh coupons, credit/debit and cash.

The Senior Project Fresh/Market Fresh program is aimed at helping older adults eat healthier as they age.

The program provides participants free nutrition education and \$25 in coupons that can be exchanged for fresh fruits, vegetables, and other healthy foods sold at local farmers' markets and roadside stands.

Residents who are aged 60 or older with a total household income of \$25,142 or less for an individual, or \$33,874 for a couple, are eligible to apply for the program.

Residents who are aged 55 or older who belong to a Michigan federally recognized tribe or urban tribal group are also eligible.

Applicants must live in the county where coupons are obtained. The program runs from May 1 to October 31 each year.

Ingham Tasha Stetler Tri-County Office on Aging 5303 S. Cedar Street Lansing, MI 48911 Phone: 517-887-1393
Email: StetlerT@tcoa.org

Eaton Serenia Beals Capital Area Community Services, Inc. 1370 N. Clinton Trail Charlotte, MI 48813 Phone: 517-543-5465 Email: sbeals@cacs-inc.org

Clinton Roxanne White MSU Extension 100 E. State Street, Suite G100 St. Johns, MI 48879 Phone: 989-224-5240 Email: harrin76@msu.edu

For further information on other food resources and food assistance please call Greater Lansing Food Bank at (517) 853-7800 between 9 a.m. - 4 p.m., Mon - Fri. If you need immediate assistance call 2-1-1.



If you're looking for a fast, veggie-forward pasta dish that doesn't involve red sauce, then look no further. Snap peas and fresh basil flavor an easy white sauce in this tasty, 20-minute weeknight dinner treat.

YIELDS: 4 - 6 serving(s) **PREP TIME:** 20 mins **TOTAL TIME:** 20 mins

Kosher salt and freshly ground black pepper

1 lb. gemelli or other short pasta

8 oz. snap peas, trimmed

2 tbsp. unsalted butter

4 cloves garlic, chopped

2 tbsp. all-purpose flour

1 1/4 c. whole milk

2 c. shredded rotisserie chicken (about 8 ounces)

1 1/2 oz. Parmesan, grated (about 1/3 cup)

2 tbsp. chopped fresh basil, plus more for garnish

Directions

SAVE RECIPE

Step 1 Bring a large pot of salted water to a boil. Cook pasta according to package directions, adding peas during the last 2 minutes of cooking time. Reserve 1/2 cup pasta water, then drain.

Step 2 Meanwhile, melt butter in a large skillet over medium heat. Add garlic and cook, stirring, until fragrant, 1 to 2 minutes. Add flour and cook, stirring, 1 minute. Slowly whisk in milk, stirring constantly. Cook, stirring occasionally, until thickened, 3 to 4 minutes. Season with salt and pepper.

YIELDS: 6 - 8 serving(s) **PREP TIME:** 25 mins

TOTAL TIME: 3 hrs 35 mins

All-purpose flour, for work surface

1/2 recipe Basic Pie Dough or frozen pie crust

5 large eggs, well beaten

1 c. half-and-half

2 tbsp. chopped scallions

2 tsp. chopped fresh tarragon

2 tsp. Dijon mustard

Kosher salt and freshly ground black pepper

4 oz. Gruyère, grated (about 1 cup)

4 oz. asparagus, chopped into 2-inch pieces

Directions

SAVE RECIPE

Step 1 Preheat oven to 350°F. On a lightly floured surface, roll dough into a 13-inch circle. Fit into bottom and up sides of a deep-dish pie plate; crimp edges. Chill at least 30 minutes.

Step 2 Whisk together eggs, half- and-half, scallions, tarragon, and mustard in a bowl. Season with salt and pepper. Pour into prepared crust. Sprinkle with half the Gruyère and arrange asparagus over top. Top with remaining cheese.

Step 3 Bake, just until set, 45 to 50 minutes. Cool on a wire rack for 15 minutes before serving.



HUGE SUMMER

WORD SEARCH PUZZLE



AUGUST
BARBECUE
BASEBALL
BEACH
BIKE
BOAT
CAMP
FAMILY
FISHING
FLIGHT
FLIP FLOPS
FLOWERS
FRIENDS
GARDEN
HEAT
HOLIDAYS
HOT
HUMID
ICED TEA
INSIDE
JULY
JUNE
LEMONADE
OUTSIDE
PARK
PICNIC
PLAY
POOL
RELAX
SANDALS
SHORTS
SKATEBOARD
SOCCER
SUNSCREEN
SUNSET
SWIMMING
TAN
TANK TOPS
TENT
THEME PARK
TOUR
TRAVEL
TRIP
VACATION
WATERPARK

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The words appear UP, DOWN, BACKWARDS, and DIAGONALLY. Find and circle each word.



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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**
2400 Pattengill Ave.
Lansing, MI 48910

Phone: 517-887-6116
Fax: 517-887-7313
www.rsvp-lansing.com

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