



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

FALL NEWSLETTER

A Message from Carol Wood, Executive Director



Is it really September??? Yes, it is!!! RSVP has been working hard this summer helping volunteers and our community. We ended a successful school year in June, we were able to have some volunteers back in classrooms. We had a few volunteers at the Holt Schools, and at Foster Community Center Learning Labs Classrooms. As we continue to work with the various school districts in the area our goal continues to get volunteers back in the classroom and helping children to achieve their full potential.

Slowly, the senior facilities are opening up and SCP volunteers are able to get back to seeing their clients in-person.

Volunteers have been creative in keeping in touch with teachers, and clients and are anxious to get back with in-person contact.

We are also excited to let you know that Verizon Foundation gave us a grant of \$10,000 to help with the implementation of the Chromebooks for Foster Grandparent and Senior Companion Volunteers. This generous gift has brought us one step closer to getting these devices in the hands of our volunteers. They will be able to take classes online, communicate with students, read stories to children, talked with clients in nursing facilities and use these tools as they are volunteering. FGP & SCP volunteers are excited to get the Chromebooks and start learning. We will begin group classes in September to help volunteers become familiar with the Chromebooks so they can start using them at home.

Carol Wood

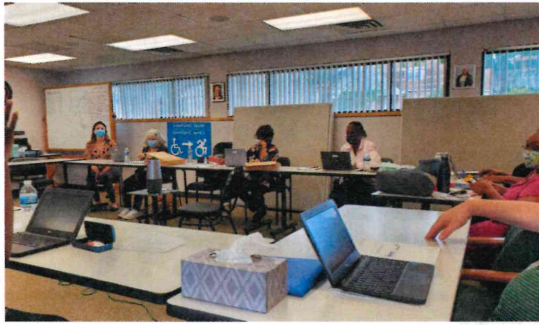


WANTED: MORE MEDICAL/NUTRITION DRIVERS!

1035 MEDICAL RIDES HAVE BEEN SCHEDULED IN 2021 SO FAR

INFORMATION JUST FOR YOU

A Word from Jason Wilkes, SCP and FGP Program Director:



We have STARTED...started what you may ask? It is the Chromebook training. In the picture are some of the volunteers that have been part of the "Living Well Classes" with Carol Barrett at Disability Network and they got a sneak preview into the world of technology. They learned how to log in and open an email and respond to it. We will be starting classes in September for Foster Grandparents and Senior Companions.

Schmidt Community Center

Senior Activities

Sept. 7, 2021 to Dec. 17, 2021

Monday

9 am-10 am Coffee
10 am-2 pm Open Rec
10 am-10:30 am Chair Dancing
12:30 pm-1:30 pm Tai Chi

Thursday

9 am-10 am Coffee
10 am-2 pm - Open Rec
12:30 pm-2:30 pm - Bingo

Tuesday

9 am-10 am Coffee
9 am-10 am Scrapbooking
10 am-2 pm Open Rec
12:30 pm-2:30 pm Bingo

Friday

9 am-10 am Coffee
9 am-12 pm Round the Table Crafts
1 pm-2:30 pm Movie Day

Wednesday

9 am-10 am Coffee
9:30 am-10:30 am Chair Yoga
12 pm-1 pm Lunch & Learn
12:30 pm-1:30 pm Chair Dancing

CALL (517) 483-6686 FOR MORE INFORMATION



First, in person in-Service on July 1st, 2021 so good to see all the smiling faces

See what our volunteers are doing....



Want to volunteer? Call our office at 517 887-6116 & ask Jim. If you use the Internet you can go to:

<https://www.wlns.com/news/tmsg-90-year-old-helps-lansing-police-patrol-river-trail/>
To see a news video regarding the River Trail Volunteers.

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.



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Tri-County Office on Aging Classes

A Matter of Balance: Managing Concerns about Falls is an award-winning evidence-based program designed to manage falls and increase activity levels in older adults. The workshop meets in small groups (approximately 8-12 participants) and is led by 2 trained facilitators. The workshop meets for 2 hours per session for 8 sessions in community locations. Participants learn to identify and recognize beliefs about falls and fitness, identify barriers to exercise and its importance to preventing falls, identify potential home and community fall hazards and strategies to reduce the risk of falling and learn about community resources.

This is a free class you can take from the comfort of your own home virtual using Zoom on Tuesdays and Thursdays from October 12, 2021 to November 4, 2021. There is a Zoom orientation on Thursday, October 7, 2021 at 10:00 am. Call the TCOA office to register at 517-887-1465 or e-mail histedc@tcoa.org

FALL WORD SEARCH

Fall Word Search

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



CORN
 AUTUMN
 BONFIRE
 BOOTS
 OCTOBER
 RAKE

THANKSGIVING
 HARVEST
 LEAVES
 CARNIVAL
 APPLES
 APPLE CIDER

PUMPKIN
 FOOTBALL
 SWEATER
 NOVEMBER
 SEPTEMBER
 SUNFLOWER



Happy Retirement Fran Woodring

Congratulations on Retirement to Fran Woodring who has served at RSVP as a volunteer for 27 years. Fran decided to retire at 95 years young. Members of our staff visited with Fran, with a cake, balloons, and a Year of Service certificate. Fran said it was the first time she had balloons.

Fran worked for 20 years in a factory near Jackson making car parts. She said it was a dirty and noisy place and was glad to get out of there.

We thank you Fran for your many years of service! Her clients will miss Fran too! Enjoy your retirement.



Change of Address or Phone Number?

Please be sure to call our office if you have recently moved or switched phones. Thank you.

HIGHLIGHTS

Special Thank you to our partners...

Disability Network of Capital Area and Michigan Disability Right Coalition purchased foam carrying cases and mice for the Chromebooks. These Chromebooks are part of the technology efforts from AmeriCorp Seniors. We sincerely appreciate this support and it will help to make this experience one that enriches the lives of our volunteers.

UAW 602 located at 2510 W. Michigan Ave. was generous enough to allow us to use their hall on August 2nd, for our in-service meeting.

Having partners in our community helps make what we do more successful for all involved.



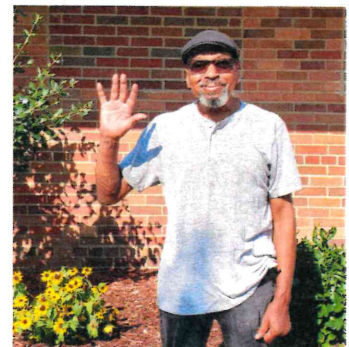
Yarn donations have been coming into the office quite frequently lately. We received two VERY LARGE donations of yarn at the end of July and the beginning of August. The Caring Hearts Knitters are always appreciative when they see the new yarn as they bring in their items that they made. The hats, mittens, and scarves that are made with this donated yarn are distributed to the homeless and needy school children. Baby blankets are given to the hospitals and lap blankets are taken to various hospice locations. So many benefit from your donations...thank you!

Roy Jackson started with RSVP in October of 2019, as part of the AARP/SCEP program. This program matches eligible older job seekers with local nonprofits and public agencies, so they can increase skills and build self-confidence, while earning a modest income.

Roy has helped organize the supplies, yarn room, delivered hand-made items to non profit organizations that include baby blankets to newborns at our hospitals, to lap blankets for those in hospice. He also has helped at in-service trainings.

Roy became a permanent part-time member of our staff on August 16, 2021. Many of you have probably met or seen Roy at some of our functions. We appreciate his dedication to the program and the care Roy takes with the hand-made items to make sure they are getting to those in need.

Roy Jackson and Jason Wilkes at the in-service meeting July 1, 2021, Be sure to welcome Roy as a permanent staff member of RSVP!!!





NEED TO BORROW A TOOL?
Call the Capital Area Housing Partnership at 517-332-4663.
They even lend power tools for your DIY projects.



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.

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

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