



**AmeriCorps
Seniors**



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

SPRING NEWSLETTER 2023



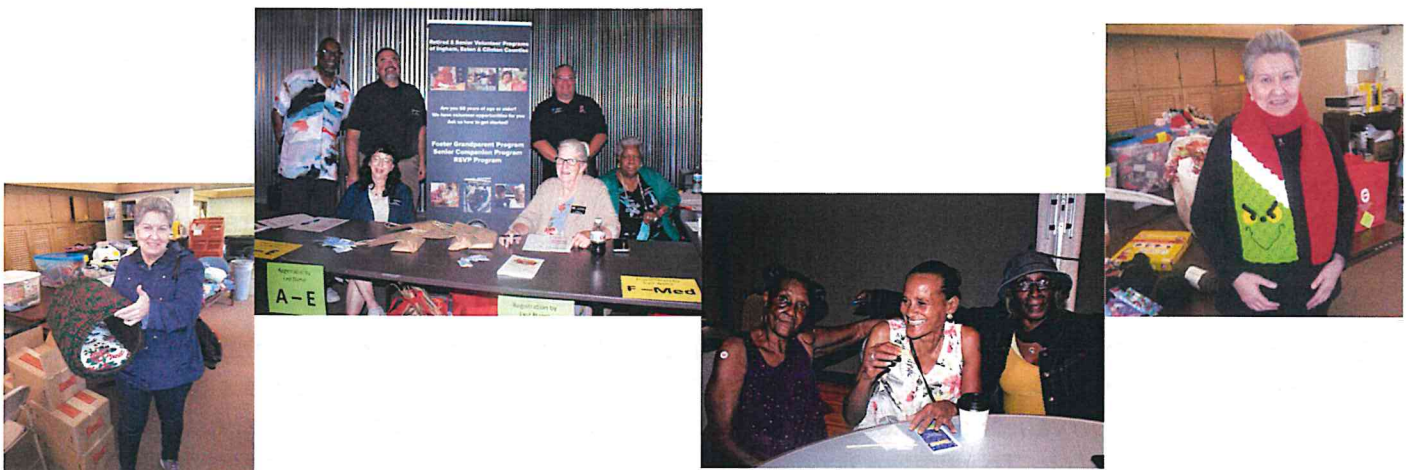
A Message from Carol Wood, Executive Director...

Spring is on the move with sunny days and flowers starting to push their way up out of the ground. We are actively recruiting new volunteers for all three programs, Senior Companions, Foster (Classroom) Grandparents, and RSVP. Staff are attending neighborhood meetings, social clubs, senior apartment complexes, going to churches, senior dining sites, you name an event and we will come and give a presentation about our programs and explain the benefits they can have on your life. Please feel free to call our offices if you have a group that would be interested.

In this issue of our newsletter you will see that Gerald Lee retired as Volunteer Coordinator for SCP/FGP programs. We will miss Gerald, we wish him and his lovely wife Michelle the best.

Soon we will be sending out our Volunteer and Site Survey's and we encourage you to fill these out and return them to us. It helps us with planning, improving services, and understanding what you like or dislike about the programs.

Carol Wood



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>
1/10-5/23/2023 FREE	10am-12pm	<u>Billiards</u>	Practice your trick shots with friends every Tuesday at Schmidt Center.
1/9-5/22/2023 FREE	12:30pm-2pm	<u>BINGO</u>	BINGO is offer every Monday at Schmidt.
1/3-1/31/2023 FREE	10am-12pm	<u>Box Your Way to Better Health</u>	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	<u>Bridge Club</u>	Every Thursday join us for game of Bridge.
1/3-5/26/2023 FREE	9-10am	<u>Coffee Hour</u>	Enjoy coffee, cookies & conversation every weekday morning.
4/6-4/27/2023 Free	10am-12pm	<u>Chair Yoga</u>	Come enjoy good health while seated. Relaxation, stress reduction and body awareness in the comfort of your chair.
3/28/2023 \$5.00	10am-12pm	<u>March Mad Hatter Day</u>	Last Tuesday of month we celebrate Mad Hatter Day wearing your favorite, craziest, or funniest hat. Prizes given out.
5/5/2023 \$5.00	10am-12pm	<u>Mother's & Father's Day Celebration</u>	Dress to impress on this special day. We pay tribute to all parents with certificates, music, flowers, raffles & refreshments.
5/5/2023 \$5.00	9am-12pm	<u>Pool Shark Tournament</u>	Senior pool players encouraged to show off your billiards skills, 1st, 2nd, 3rd place trophy.
4/17 & 4/24 Free bring prize	12:30-1:30pm	<u>White Elephant Bingo</u>	Bring a gift for the prize table, when you win you can pick from the table or steal from someone who all ready won.

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.**

Letter from Gerald Lee

January 16, 2023

Dear FGP, SCP, and RSVP Volunteers,

It is with a heavy heart that I let you know, I have retired from RSVP. This happened December 27, 2022.

Because of health issues, I decided that I could no longer give 100% to my job, Carol, Jan, Jim, Jason, Gloria, Joy or Roy with my continued issues.

Just to give you a glimpse of what was going on, I spent 10 days in October, 10 days in November and 11 days in December in the hospital.

I am doing better, and I want to thank each and every one of you for all that you do for your children and patients, Keep up the good work and may GOD continue to Bless us all.

When we see each other out and about a hi-five, fist bump, elbow bump, nod or just a plain old fashion hug will be all right with me.

Love you all and miss you already.

Gerald R. Lee, Retiree

Tri-County Meals on Wheels Current Process for Home Delivered Meals

Meals on Wheels home delivered meals clients now have the option to receive one week's worth of frozen and/or shelf stable meals delivered at one time, or resume typical Monday-Friday delivery of hot and/or cold meals. Clients (and/or their emergency contacts) have been contacted directly with information about these changes. Safety precautions are being taken by volunteers to minimize personal contact with clients.

Questions can be directed to the individual Meals on Wheels Offices:

Greater Lansing Area Meals on Wheels (service area: Lansing, East Lansing, Haslett & Okemos) Ph: 517-887-1460

Rural Ingham Meals on Wheels (service Area: Holt, Mason, Williamston, Webberville, Stockbridge, Leslie, Dansville and Onondaga) Ph: 517-676-2775

Clinton County Meals on Wheels Ph: 989-224-3600 or 1-888-224-3030

Eaton County Meals on Wheels Ph: 517-541-2330

Who is eligible for Meals on Wheels? An assessment is completed for each potential home delivered meals participant to determine eligibility based on state and federal standards. Generally, a person is eligible if they are: 60 years of age or older, the spouse or partner of someone age 60 or older

An individual living with a disability who is under age 60 and resides with a person eligible or receiving Meals on Wheels. Unable to obtain or prepare nutritious meals Living with an adult in the same residence who is not able to prepare nutritious meals. Confined to their home or unable to leave their home under normal circumstances.

Ingredients

2 cups uncooked corkscrew or spiral pasta
3/4 pound fresh asparagus, cut into 1-inch pieces
1 medium sweet yellow pepper, julienned
1 tablespoon olive oil
6 medium tomatoes, diced
6 ounces boneless fully cooked ham, cubed
1/4 cup minced fresh parsley
1/2 teaspoon salt
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1/8 to 1/4 teaspoon cayenne pepper
1/4 cup shredded Parmesan cheese

Directions: Cook pasta according to package directions. Meanwhile, in a large cast-iron or other heavy skillet, sauté asparagus and yellow pepper in oil until crisp-tender. Add tomatoes and ham, heat through. Drain pasta; add to mixture. Stir in parsley and seasonings. Sprinkle with cheese.

Nutrition Facts

1-1/3 cups: 204 calories, 5g fat (1g saturated fat), 17mg cholesterol, 561mg sodium, 29g carbohydrate (5g sugars, 3g fiber), 12g protein. Diabetic Exchanges: 1-1/2 starch, 1 lean meat, 1 vegetable, 1/2 fat.



STIR-FRY INGREDIENTS:

2 tablespoons olive oil, divided
2 boneless skinless chicken breasts, cut into bite-sized pieces salt and pepper
1 batch Stir-Fry Sauce (see below)
1 bunch broccoli, chopped into small florets, stem discarded
1 teaspoon toasted sesame oil

toppings: sliced green onions, toasted sesame seeds

STIR-FRY SAUCE INGREDIENTS:

2/3 cup water
1/3 cup reduced-sodium soy sauce
3 tablespoons rice vinegar
2 tablespoons cornstarch
2 tablespoons honey
2 cloves garlic, peeled and minced
1 teaspoon ground ginger

INSTRUCTIONS

TO MAKE THE STIR-FRY:

Heat 1 tablespoon olive oil in a large sauté pan over medium-high heat. Add chicken breasts, and season with a generous pinch of salt and pepper. Cook for about 5 minutes, stirring occasionally, until the chicken is browned and mostly cooked through. While the chicken is cooking, make your sauce. (See below.) TO MAKE THE SAUCE: Whisk all ingredients together in a small bowl until combined.

Once the chicken is browned, add the remaining 1 tablespoon of olive oil and broccoli, and stir to combine. Continue cooking for an additional 3 minutes, until the broccoli is bright green. Stir in the sauce and cook for an additional 1 minute until the sauce has thickened. Remove from heat and stir in the sesame oil until combined. Serve warm, garnished with green onions and toasted sesame seeds. Or transfer to a sealed container and refrigerate for up to 3 days.

We Are Here To Help Ingham County Treasurer's Office

The Ingham County Treasurer's Office has partnered with multiple community organizations to assist people with delinquent taxes and other issues that might be threatening the roof over their heads.

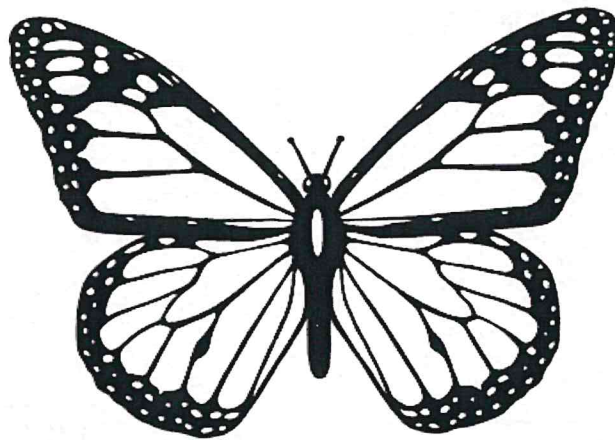
If you are having trouble paying your delinquent taxes **the first thing to do is call us.** We are here to help, but we can only do that if you reach out.

To speak with someone at the Treasurer's Office about your situation call 517-676-7220.

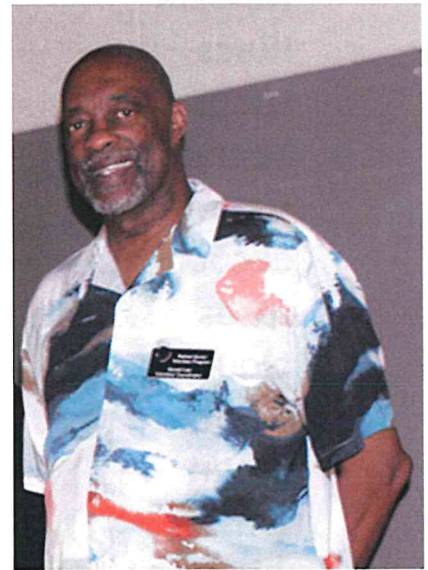
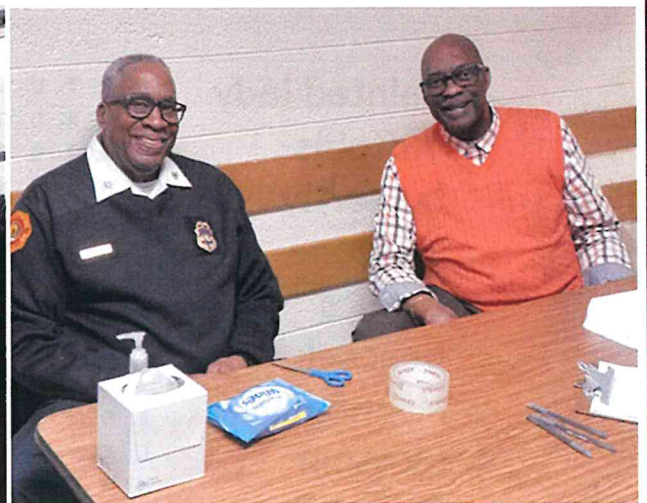
Spring

painted lady
 daffodils
 butterfly
 sunshine
 picnics
 peacock
 Monarch
 blossom
 flowers
 lilacs
 tulips
 Mother
 summer
 cocoon
 roses
 cloud
 worms
 green
 grass
 wind
 moth
 rain
 grow
 May

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

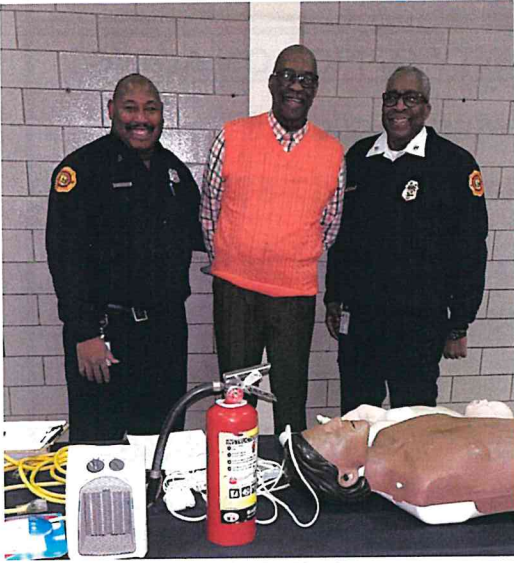


GERALD LEE RETIRES FROM RSVP



Sharing happy times with Gerald and volunteers!!

Gerald Lee Retires from RSVP!



We will miss his wonderful smile and kind words...enjoy retirement!



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