



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

SPRING NEWSLETTER 2024



A Message from Carol Wood, Executive Director...

Do you wonder if volunteering makes a difference? Here is an example of how you can make an impact in a person's life. A medical client who receives free rides to and from her appointments, took the time to write RSVP the following. "My appreciation for the family like feeling I receive from RSVP drivers, a job very well done. Transportation is key to independent living that gives senior people an opportunity to be whatever is their desire because it is never too late. Admiring the goodness of your reliable drivers are tremendous blessing.

Jim fills me with a feeling of protection and care, giving me a sense of being a team making the trip to unknown offices easier for me. Jim's observation of movement is so sharp and his help so forth coming, all goes smooth as Jim shows you detailed responsibility for my best interest. His 12 years with RSVP are richly embedded in his helpfulness. I know few words can describe the stress reduced and comforting behavior and assistance provides assurance I am in good hands."

Be one of the one of those people making a difference in someone's life.

Carol Wood

WE NEED YOUR HELP

The Retired & Senior Volunteer Programs of Ingham Eaton and Clinton Counties (RSVP) is looking for donations of yarn.



YARN NEEDED!

- In 2023 our Caring Hearts crocheters and knitters made:
- 464 Winter Hats
 - 307 Pairs of Mittens
 - 215 Scarfs
 - 125 Baby Hats
 - 76 Baby Blankets
 - 78 Lap blankets
 - 80 Head Bands



With spring in the air, you may be thinking about cleaning, please remember RSVP if you have yarn that you no longer want or need. Each year our Caring Heart volunteers knit or crochet hats, mittens, scarfs, baby blankets, and lap blankets. They donate their time and RSVP helps to supply the yarn for their projects.

2400 Pattengill Ave. Lansing, MI 48910 | 517-887-6116 | www.rsvp-lansing.com

Remembering



Laynester (Lindy) Moore passed away in January of 2024. Lindy became a volunteer in 2017. She served as a Senior Companion.

Lindy volunteered at Aria Nursing and Rehab. She loved her site and her clients. When asked what she enjoyed most about her volunteer site, Lindy said the following: "The Bible Group Study on Fridays. To laugh, to participate with clients as they play BINGO on Wednesdays. Penny auctions are fun too.

Getting to know my clients and other staff I learned to play cards with three clients. Coloring with clients at Aria.

I love my site they make me feel so welcome and appreciated."

Thank you for your service.....



Trivia Answers

1. Answer: Gary Powers was imprisoned for his spying activities. 2. Answer: "Tom Sawyer" was written by Mark Twain, and it was the first book to be written on typewriter. 3. Answer: They were all invented by women. 4. Answer: Believe it or not, this amazing fact is entirely true. 5. Answer: A British designer named Mary Quant eventually became famous for inventing the miniskirt in 1964. 6. Answer: Both men were known for wearing coonskin hats. 7. Answer: This is entirely true. Until 1921, Hershey Kisses came wrapped in foil only. The little plumes eventually became one of the most iconic aspects of Hershey Kisses. 8. Answer: During 1963, every household was attached to a ZIP code for the first time. 9. Answer: He said to never trust anyone over the age of 30. 10. Answer: This iconic satellite was named Sputnik. 11. Answer: This popular show was hosted Ed Sullivan. 12. Answer: In 1952, the polio vaccine was created. 13. Answer: Amelia Earhart was a famed pilot and adventurer. 14. Answer: Lee Harvey Oswald is famous for killing John F. Kennedy. Later, Oswald was killed by Jack Ruby. 15. Answer: Her name was Rosa Parks. 16. Answer: Although it became a territory in 1898, Hawaii did not become a state until 1959. 17. Answer: Andy Warhol was known for his colorful renditions of everyday items. 18. Answer: The names of the Three Stooges are Moe, Larry and Curly. 19. Answer: The lovely Marilyn Monroe was married to DiMaggio for a short period of time. 20. Answer: Muhammad Ali was originally named Cassius Clay, but he changed his name later in life. 21. Answer: Thurgood Marshall was named to the Supreme Court in 1967. 22. Answer: Presidents Truman, Eisenhower, Kennedy, Johnson and Nixon led during different stages of stages of Vietnam War. 23. Answer: Disneyland initially opened in 1955. 24. Answer: This was the slang term for a drive-in movie theater. 25. Answer: Sir Edmund Hillary reached the summit of Mount Everest in 1953. He was accompanied by a Tibetan mountaineer named Tenzing Norgay.

Trivia Questions

1. Question: In 1960, someone used a U-2 plane for spying and was imprisoned by Russia. Who did it?
2. Question: What was the name of the first novel that was ever written using a typewriter?
3. Question: What do fire escapes, laser printers, bulletproof vests and windshield wipers have in common?
4. Question: Each day Hasbro prints more money for Monopoly than the United States Treasury prints for the entire country. Is this true or false?
5. Question: Who created the miniskirt in 1964?
6. Question: During the 1950s, Daniel Boone and Davy Crockett were famous for wearing a certain kind of hat. What was it?
7. Question: True or false? When Hershey Kisses first came out in 1907, they did not have an inner strip. This was added in 1921 to distinguish Hershey Kisses from their competition.
8. Question: In 1963, the United States Postal Service added something to every address in the United States. What was it?
9. Question: Bob Dylan said you should not trust people over a certain age. What age was that?
10. Question: In 1957, Russia launched the world's first satellite into orbit. What was it called?
11. Question: From 1948 to 1971, a popular variety show was a hit on television. It remained on the air for more than two decades. Who hosted this show?
12. Question: What disease did Jonas Salk create a vaccine for in 1952?
13. Question: Which woman became famous for making a solo flight across the Atlantic Ocean?
14. Question: What was the name of the assassin who was killed by Jack Ruby?
15. Question: In 1955, a woman refused to give up her seat on a bus in Alabama. What was her name?
16. Question: When did Hawaii become a state?
17. Question: Which 1960s artist developed a reputation for stylized Campbell soup cans?
18. Question: What were the Three Stooges' names?
19. Question: Which actress married Joe DiMaggio in 1954?
20. Question: Cassius Clay was a legendary boxer. What name did he eventually go by?
21. Question: Who was the first African-American man to serve on the Supreme Court?
22. Question: The Vietnam War technically lasted from 1955 to 1975. Can you name all of the presidents involved?
23. Question: What year did Disneyland open?
24. Question: What was the passion pit in the 1950s?
25. Question: In 1953, a famous explorer became the first person to climb Mount Everest. Who was it?

Easy Sweet-and-Sour Meatballs



Nutrition Facts 1 serving: 330 calories, 15g fat (7g saturated fat), 24mg cholesterol, 572mg sodium, 40g carbohydrate (31g sugars, 2g fiber), 9g protein.

Ingredients

1 can (20 ounces) unsweetened pineapple chunks
1 package (12 ounces) frozen fully cooked homestyle or Swedish meatballs, thawed
1 large green pepper, cut into 1-inch pieces
3 tablespoons cornstarch
1/3 cup cold water
3 tablespoons cider vinegar
1 tablespoon soy sauce
1/2 cup packed brown sugar
Hot cooked rice, optional
Thinly sliced green onions, optional

Directions

Drain pineapple, reserving juice. Set pineapple aside. Add enough water to juice if needed to measure 1 cup. In a large skillet over medium heat, cook the meatballs, green pepper and juice mixture until heated through.

In a small bowl, combine the cornstarch, cold water, vinegar and soy sauce until smooth. Add brown sugar and reserved pineapple to the pan; stir in cornstarch mixture. Bring to a boil; cook and stir until thickened, about 2 minutes. If desired, serve with rice and top with green onions.

Classroom Foster Grandparent Volunteers

Bring Out the Best of America

Help guide students to higher academic achievement. Care for premature infants or children with disabilities. Mentor teenagers and young mothers. The Foster Grandparent program connects role models like you to young people with exceptional needs.

Enrich your life while enriching the lives of others. AmeriCorps Seniors volunteers who serve in the Foster Grandparent program provide the kind of comfort and love that sets a child on a path to a successful future. AmeriCorps Seniors volunteers report better health and longevity having served their community.

Benefits

Health and wellness. AmeriCorps Seniors volunteers experience decreased anxiety, depression, and loneliness. 84% of volunteer report stable or improving health after one year of service.

Self-improvement. See the daily impact of your service as you build on the skills you already have and develop new ones.

Stipend. Some programs offer a modest stipend to qualified, low-income volunteers.

Community. Connect with others and be part of something bigger. 88% of volunteers who felt a lack of companionship reported fewer feelings of isolation after becoming an AmeriCorps Seniors volunteer.

New skills. AmeriCorps Seniors volunteers often tap their wealth of experience and wisdom and channel it in new directions.

Insurance. Most programs offer accident, personal liability, and excess automobile liability insurance.

Name: _____

Date: _____

Springtime

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

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|---------|----------|--------|----------|-----------|-------------|-----------|
| vibrant | umbrella | tulips | sunshine | spring | springbreak | showers |
| seeds | rainbow | rain | rabbit | puddle | picnic | peeps |
| pastels | new | nest | may | march | lily | lilac |
| lamb | ladybug | kite | hunt | holiday | grass | goodies |
| flowers | eggs | easter | duck | daffodil | crawfish | chocolate |
| chick | carrot | candy | buzzing | butterfly | bunny | bubble |
| bonnet | blossom | bloom | birds | bees | basket | april |

VOLUNTEERS



WHY VOLUNTEER?

Volunteers strengthen communities, but did you know that volunteer opportunities for seniors also have many benefits to a person who serves? This is especially true for older adults who spend their time giving back. Volunteerism can improve your health, relationships, and skillsets. Take a look at the benefits of volunteering for older adults. Some of them might surprise you!

Benefits of Volunteering for Older Adults

Are you 55 years or older thinking about helping out in your community? Here are nine things you could gain through volunteering.

1. It's good for your mental health

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.

2. It prevents loneliness and isolation

Social isolation is a major issue that many older adults face. The feeling of loneliness and few interactions with others can negatively impact a person's health. Getting out into the community and volunteering promotes socialization. Plus, individuals who engage in volunteering activities experience a shorter course of depression than those who do not, according to the Corporation for National and Community Service.

3. It gives you a feeling of purpose

As we grow older, our sense of purpose might begin to fade. Children grow up and move out of the house, we retire from our jobs, and some physical activities may become more difficult. Regaining a feeling of purpose through volunteering can help older adults feel recharged with a new zest for life. It can also be a motivating factor for setting and accomplishing other goals.

4. It helps you meet new friends

Life changes, such as moving to a new neighborhood or retiring from a career, can make finding friends to spend time with difficult. Volunteering is a great way to meet new people with common interests. By working together towards the same mission, you can build friendships with like-minded peers who are finding creative solutions in your community.

5. It gives you and a loved one a way to reconnect

Do you struggle to find new activities to do with your spouse or grandchildren? Volunteering is a great way to reconnect and strengthen your relationships. Together, you can learn, help others, and make meaningful memories to share with family members and friends.

6. Volunteering for older adults increases physical activity

Physical activity is highly important when it comes to staying healthy and independent as we age. Volunteering keeps you moving, whether you are serving meals at a shelter, helping to clean up your local parks, or walking around the neighborhood with someone as a companion.

7. It bridges the generation gap

By interacting with younger generations, older adults are able to share important life lessons. On the other hand, younger generations can teach seniors new ways of looking at life. By building a connection with each other, both generations can offer respect and affirmation.

8. It helps you engage with old interests

Do you have an old hobby that has slipped to the wayside? It might be time to revisit it. Put your interests to good use by finding a volunteer activity that includes something that you used to enjoy. For example, if you retired from a teaching career, you might enjoy volunteering at a youth center.

Volunteer activities can align with almost any interest, including art, building, cooking, business, and exercise. Do some research to find the one that best fits your interests.

9. It helps you learn new skills

Sometimes, monotony can make life a little dull. If you find yourself bored or with too much time on your hands, volunteering might be just what you need to spice things up. Many volunteer activities allow you to try things you've never done before and learn new skills. Take a look at opportunities that are a little outside of your comfort zone. You may develop a passion you never knew you had!

NEED
Call



TO BORROW A TOOL?
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

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