



Tri-County Office on Aging August 2023 E-Newsletter

Visit Our Website



All Hands on Deck: Medicaid Beneficiaries Must Take Action to Keep Their Coverage

We need your help to get the word out to people enrolled in Medicaid that they may have to take action to remain covered and that there are steps they can take if they lose Medicaid.

Please visit TCOA's website to read the full article from Alison Barkoff, Acting Administrator and Assistant Secretary for Aging: <https://conta.cc/3ry274r>

National Health Center Week



AUGUST 7 – 11, 2023

Upcoming Community Partner Event

National Health Centers Week Begins August 7, 2023

Every August, the National Association of Community Health Centers (NACHC) sponsors National Health Center Week (NHCW) to celebrate and increase awareness of America's 1,400 Community Health Centers (CHCs). National Health Center Week is an opportunity to highlight the commitment and passion of Community Health Center staff, board members, and supporters who make it possible to provide quality, comprehensive healthcare services to more than 30 million patients across 14,500 communities annually.

Ingham County Health Department will once again be celebrating National Health Center Week this August at three locations:

New Hope Community Health Center

Healthcare for the Homeless Appreciation Day

430 N Larch St, Lansing, MI 48912

Monday, August 7, 2023

10:00 am – 3:00 pm ET

Forest Community Health Center

Patient Appreciation Day

2316 S Cedar St, Lansing, MI 48910

Wednesday, August 9, 2023

10:00 am – 2:00 pm ET

Cedar Pediatrics Health Center

at the **Ingham County Human Services Building**

Patient Appreciation Day

5303 S Cedar St, Lansing, MI 48911

Wednesday, August 9, 2023

9:00 am – 12:00 pm ET

Let's Celebrate Disability Independence Day!

The Americans with Disabilities Act (ADA) provides protection from employment discrimination as well as better access to goods, services, and communications for people with disabilities. Disability Independence Day was celebrated on July 26, 2023. The ADA not only broke down barriers individuals with disabilities faced everyday but also marked a time of change that soon developed as common barriers were diminished, such as narrow doors and small bathroom stalls.

Join Disability Network Capital Area (DNCAP) in celebrating the anniversary of the ADA with games, snacks, music, vendors, and more! Call DNCAP at 517-999-2760 for more information.

DNCAP's Local ADA Celebration Event:

Lansing Mall

5330 W. Saginaw Highway

Lansing, MI 48917

Saturday, August 5, 2023

12:00 – 4:00 pm ET



Volunteer Opportunities

From checking-in on local older adults to preparing meal bags and boxes, volunteers are critical in supporting our mission.

Visit our [online volunteer application](#) to join our volunteer team!

Employment Opportunities

TCOA is hiring! View TCOA's job postings and apply online at tcoa.org/employment.

Upcoming Health and Wellness Workshops

- **Powerful Tools for Caregivers**
 - Virtual via Zoom starting Thursday, September 21
 - Burcham Hills in East Lansing starting Wednesday, October 11
- **The Savvy Caregiver Program**
 - Sparrow Health Center in Lansing starting Wednesday, September 13
- **Diabetes PATH**

- Sam Corey Senior Center in Holt starting Wednesday, September 13

- **Matter of Balance**

- Ivan Woods Senior Apartments in Lansing starting Tuesday, September 12
- Stockbridge Area Senior Center in Stockbridge starting Monday, October 2

All workshops are free to attend but donations are accepted. To register, call TCOA at 517-887-1465 or email histedc@tcoa.org.

Volunteer Spotlight!

The Senior Proxy Project is a monthly program in which volunteers deliver non-perishable food and fresh produce to seniors who have difficulty leaving their home. Our volunteers dedicate their limited free time during the workday to serve over 100 participants each month, and they continually go above and beyond to help their community. This month, instead of spotlighting a specific volunteer, we'd like to thank everyone who works with us!

As we all know, scheduling with volunteers can be tricky because of other obligations, such as work and family. Even with these struggles, our volunteers have been great at communicating their availability with us. Some volunteers have been delivering food on the same days every month for years, and they've been able to develop a personal relationship with the program participants. Other volunteers don't have a regular schedule, but this makes them more flexible with where they can go; for example, we had a last-minute change in May, and one of our volunteers offered to do two routes in one morning, driving all the way from south Lansing to Haslett.

Many of our volunteers also participate in other TCOA programs. A new recruit started volunteering with the Senior Proxy Project this summer, and after several weeks of driving told us that he would like to do "at least two things per week"—so we set him up with Greater Lansing Meals on Wheels and he's been volunteering ever since!

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Tri-County Office on Aging
5303 S Cedar St Bldg 1
Lansing, MI 48911
517-887-1440

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3 YEARS

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