



Happy New Year!



One of the many reasons we are excited to welcome 2024 is that Tri-County Office on Aging (TCOA) is celebrating its **50th anniversary** this year! As we move forward in serving older adults, adults with disabilities, their families and caregivers, TCOA will continue to fulfill our mission to *promote and preserve the independence and dignity of the aging population*. Read on to learn more about Area Agencies on Aging (who are all turning 50 years old in 2024!) and TCOA's role in serving the community.

Tri-County Office on Aging is part of a nationwide network of agencies called **Area Agencies on Aging** (AAA) created by Congress in 1974 under the federal Older American Act. Their aim is to connect older adults to home and community-based services to maximize their independence and dignity. Throughout Michigan, there are 16 AAAs that serve 83 counties. TCOA serves three of these counties including Ingham, Eaton, and Clinton. When TCOA was first established, it was located in the Lansing Civic Center in downtown Lansing. Today, TCOA operates within the Ingham County Human Services complex at the corner of Cedar and Jolly in south Lansing.

AAAs are run by **Boards of Directors** which consist of representatives of local units of government, consumers, and other important community partners. AAAs also have **Advisory Councils** that may include older adult leaders and service providers.

Through the various information and resources that AAAs provide, they are able to assist older adults, people with disabilities, and caregivers. As an Area Agency on Aging, **Tri-County Office on Aging** provides many of the same services as other AAAs including providing specialized assistance on Medicare, Medicaid, and health insurance issues through the **Michigan**



Medicare/Medicaid Assistance Program (MMAP). TCOA also provides **Care Management**.

This is a service that assists older people and their family conducting an in-home assessment of the elder's condition and living situation; developing a care plan to assist the elder in maintaining a quality of life; determining if the elder qualifies for any government programs; and educating the elder about the services and programs from which they can choose.

These are just a few examples of the many services that TCOA provides. Explore more through the button below.

[Learn More!](#)



Volunteer Opportunities

Are you looking to become more involved in your community and even make new friends? Consider volunteering with TCOA and helping people within your area!

Currently we have a great need for winter season volunteers with Meals on Wheels Delivery Drivers, Central Kitchen, and Congregate Dining Sites.

[Learn More!](#)



Employment Opportunities

Each position at TCOA keeps us aligned with our mission to promote and preserve the independence and dignity of the aging population. We'd love to have you join our team! Currently, we are accepting applications for the following positions:

Community Resource Navigator
Cook (Part Time)
Food Production Clerk
Nurse Case Manager
Senior Cook
Social Work Case Manager
Staff Accountant

Full Time positions offer comprehensive benefits, including—but not limited to—medical, dental, vision, paid holidays, generous time off, and 100% employer paid pension. Individuals from diverse backgrounds are encouraged to apply.

TCOA is a qualified employer under the Public Student Loan Forgiveness (PSLF) Program.

Apply
Online

Upcoming Evidence Based Workshops

- ***New* Dementia Caregiving Series** (topic: dementia education for anyone). This series is evidence *informed*, not evidence based.
 - Delta Township Library starting Wednesday, February 7, 2024 at 1: 30 PM EST.
- **Powerful Tools For Caregivers** (topic: self-care for caregivers)
 - Virtual via Zoom starting Tuesday, January 9, 2024 at 6:00 PM EST; perfect for caregivers who work during the day!
 - ALIVE in Charlotte, starting Monday, March 11, 2024 at 9:30 AM EST
- **The Savvy Caregiver Program** (topic: dementia caregiving for primary caregivers)
 - Virtual via Zoom starting Wednesday, January 31, 2024 at 5:30 PM EST; perfect for caregivers who work during the day!
- **Diabetes PATH** (topic: diabetes management)
 - Ivan Woods Senior Apartments starting Tuesday, January 16, 2024 at 9:30 AM EST
 - Virtual via Zoom starting Monday, January 22, 2024 at 1:30 PM EST
- **Chronic Pain PATH** (topic: chronic pain management)
 - Westside YMCA in Lansing starting Thursday, March 21 at 9:30 AM EST
- **Matter of Balance** (topic: fall prevention)
 - Burcham Hills Independence Living starting Monday, January 8, 2024 at 9:30 AM EST. **Workshop is full.**
 - ALIVE in Charlotte starting Monday, April 22, 2024 at 9:30 AM EST.
- **Walk with Ease** (topic: walking program that includes stretching, health information, and motivational strategies)
 - Self-Directed Enhanced: Optional group walks at the Lansing Mall starting Tuesday, January 16, 2024 at 12:30 PM EST.

Check out TCOA's website for details. Pre-registration is required to attend these workshops. Please call Tri-County Office on Aging at **517-887-1465** or email TCOA's Evidence Based Programs Manager, Christine, at **HistedC@tcoa.org**.

Learn More!



January Volunteer Spotlight: Betty Lowe

97 year old Meals on Wheels (MOW) volunteer, Betty Lowe, has been volunteering with TCOA at Serenity Place, Grand Ledge for many years. The fellow MOW volunteers at Serenity Place describe her as their own Energizer Bunny—her age doesn't stop her from helping others!

Betty grew up in Kansas and times were often tough for her and her family. She remembers less fortunate people coming to her home and being provided with food and warmth. No one went away hungry. Betty's father strongly believed that if a person is in need, it is only right to share what they have, whether this was through tools, labor, or food.

Betty has carried on her family's commitment to be in service to others and we are so grateful that she chose Tri-County Office on Aging to share her generosity. Thank you Betty for all that you do!

For more information about volunteering please contact us at volunteer@tcoa.org. Click the button below to apply now!

Volunteer
Application

Save the Date

New Years Day

Monday, January 1, 2024
TCOA closed.

New Years Day (Observed)

Tuesday, January 2, 2024

TCOA closed.

Martin Luther King Jr. Day

Monday, January 15, 2024

TCOA closed.

TCOA's mission is to promote and preserve the independence and dignity of the aging population.

Image credits, from top:

Historical image of a man standing before a sign that says, "Building Site for Lansing Senior Citizens Center."

Historical image of the Lansing Senior Citizens Center.

Members from Big Brothers Big Sisters posed in front of a home-delivered meal van.

TCOA staff members posed as a group smiling at the camera.

January Volunteer Spotlight: Betty Lowe



Tri-County Office on Aging
5303 S Cedar Street, Bldg 1
Lansing, MI 48911

[TCOA.org](https://tcoa.org)

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

[Unsubscribe cooperc@tcoa.org](mailto:cooperc@tcoa.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by voelzk@tcoa.org powered by



Try email marketing for free today!