



Thank You for a Fantastic 38th Annual Dinner and Auction!

Thank you to all of the amazing guests, sponsors, TCOA staff, and volunteers that came out to TCOA's 38th Annual Dinner and Auction, held on Thursday, November 16 at the Kellogg Center. A special thanks to Event Sponsor **Jackson National Life Insurance Company** and to all of the businesses and individuals who donated the items in the live and silent auctions. We wouldn't be able to host this event to benefit local older adults without your generosity.

To see more photographs from the Dinner and Auction please visit [TCOA's Facebook page](#). We would also love to see any photos that you captured during the event!

Please tag us [@TriCountyOfficeonAging](#)

Scam Awareness

More than two-thirds of older Michigan residents say someone has tried to scam them by phone, text, mail, or online in the last two years, a new poll shows. Three in ten say they've been the victim of at least one scam.

The poll, based at the University of Michigan Institute for Healthcare Policy and Innovation, is supported by the Michigan Health Endowment Fund. Started in spring,

Nearly 1 in 3
older
Michiganders
became a
scam victim
in the last
two years,
poll finds.



IHPI expects to issue Michigan-specific polls regularly, in conjunction with the release of reports from the National Poll on Healthy Aging, also based on IHPI and supported by AARP and Michigan Medicine, U-M's academic medical center.

"These findings about older Michiganders and scams, and our related national findings, suggest a real need for awareness and action by older adults, their loved ones and policymakers," said Jeffrey Kullgren, M.D., M.P.H., M.S., who directs both polls.

To read the full article, please click [here](#).

Volunteer Opportunities

Part of what made TCOA's 38th Annual Dinner and Auction so special was the outpouring of love from the community signing up to volunteer for the event. Starting in August, volunteers were asking businesses for silent auction items, picking these up to bring to TCOA, selling raffle tickets, and of course working during the event itself on November 16.



Two of the many amazing raffle ticket salespeople that volunteer their time each year are Gail Stevens (pictured above to the very left) and Greg Bender (pictured above in the middle). For the last several years, Gail and Greg have had a friendly competition to see who could sell the most tickets for the Dinner and Auction. Collectively, they brought in over \$2,000 that is used to help older adults, adults with disabilities, and caregivers throughout the tri-county area. This year, both sellers earned four free tickets to the event and invited their friends to come enjoy the fun.

Thank you Gail and Greg for supporting TCOA with your spectacular raffle sales skills!

Special Events are just one area of TCOA where volunteers are needed. With folks leaving Michigan for the warmer southern half of the country this season, we have a greater than normal need for **Meals on Wheels Delivery Drivers** as well as help in TCOA's **Central Kitchen**. Meals on Wheels delivery routes are located throughout Clinton, Eaton,



and Ingham counties.

To complete TCOA's volunteer application please visit: tcoa.org/volunteer/.



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! Some of TCOA's fabulous staff is pictured above in their festive Halloween costumes. Currently, we are accepting applications for the following positions:

Community Resource Navigator
Cook (Full Time)
Cook (Part Time)
Food Production Clerk
Nurse Case Manager
Office Assistant (Part Time)
Senior Cook
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.

View TCOA's open job opportunities and [apply online](#).

Upcoming Evidence Based Workshops

As we move into the holiday season, it's important to stay active and not let our fitness goals fall by the wayside!

There are two ways TCOA can help using the **Walk with Ease** program:

1) Stay on track by participating in the Walk with Ease **Self-Directed** program through the holiday season

- Start the 6-week walking program anytime that works for you!

-or-

2) Get back on track after the holidays by participating in the **Self-Directed Enhanced** program

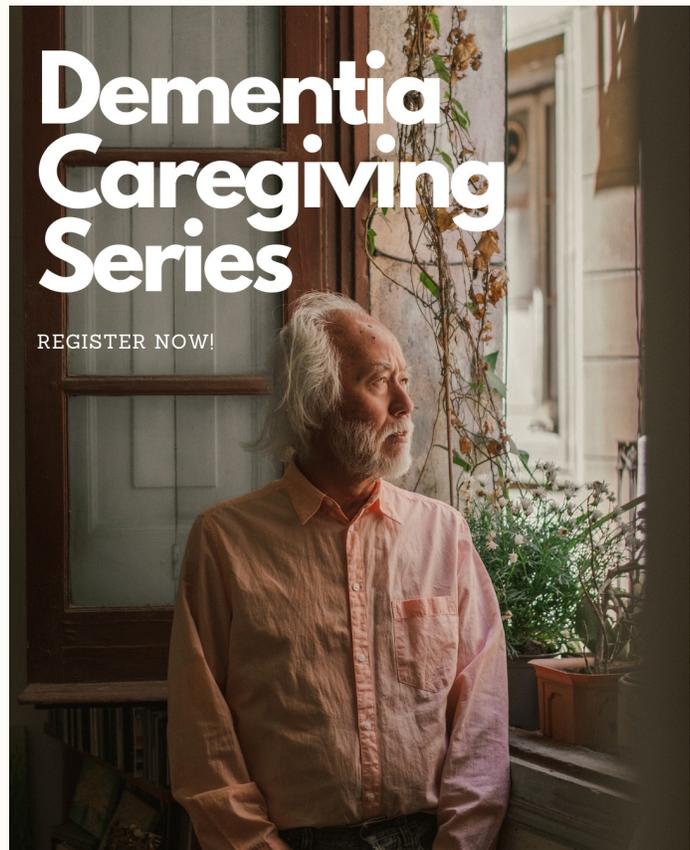
- Join us on Tuesdays, January 16 – February 20, 2024 from 12:30 – 1:30 PM EST at the Lansing Mall for group walks

And don't forget about the caregiver workshops! We are offering these workshops online via Zoom in the evening starting in January 2024. [Check out TCOA's website for details.](#)

Exciting news! TCOA is now offering a three-part series for dementia education. Anyone may attend—you can be caring for someone with dementia at home, in a nursing home, or across the county. Professional caregivers are welcome to attend, along with individuals who just want to learn more about dementia and how to interact with someone with dementia.

The first series will be offered at the Delta Township Library on Wednesdays, February 7 – 21, 2024 from 1:30 – 3:00 PM EST.

For more information or to register for any of these workshops, call TCOA at 517-887-1465 or email TCOA's Evidence Based Program's Manager, Christine Histed, at histedc@tcoa.org.



December Volunteer Spotlight: Mary Herdt

Mary Herdt first began volunteering with TCOA



after she retired from Michigan State University in 2012. Mary primarily assists with various administrative tasks. Yet, her volunteering at TCOA does not stop there! Mary has also helped with TCOA's Annual Dinner and Auction for many years, and became a Friendly Reassurance caller when that program began in 2020 as a response to social isolation during the pandemic.

Mary also volunteers with Ele's Place, Ronald McDonald House, with the Izzo Legacy Race, and serves on scholarship committees for the Capital Region Community Foundation.

In her spare time Mary enjoys gardening, quilting, knitting, and making cards for family and friends. In addition, she enjoys cooking and entertaining.

Thank you to Mary for all you do to help TCOA serve local older adults!

For more information about volunteering please

contact us at volunteer@tcoa.org
or apply at tcoa.org/volunteer.

Save the Date

Christmas Holiday

Monday, December 25
TCOA's Offices will be closed.

Christmas Holiday (Observed)

Tuesday, December 26
TCOA's Offices will be closed.

New Years Day

Monday, January 1, 2024
TCOA's Offices will be closed.

New Years Day (Observed)

Tuesday, January 2, 2024
TCOA's Offices will be closed.

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

Image credits, from top:

Staff and guests from Jackson National Life Insurance Company during TCOA's 38th Annual Dinner and Auction.

Photography: Dori Branson

Top raffle earners Gail Stevens (very left), Greg Bender (middle) and their friends during the Dinner and Auction.

Photography: Dori Branson

Staff member from raffle sponsor, Delta Retirement Center, choosing the winners from the raffle.

Photography: Dori Branson

TCOA staff members in Halloween costumes.

Image of a man looking out an open window with text that says, "Dementia Caregiving Series, Register Now!"

October Volunteer Spotlight: Mary Herdt

Photography: Kendra Voelz



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

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 byvoelzk@tcoa.orgpowered by



Try email marketing for free today!