

Tri-County Office on Aging



Monthly Newsletter



TRI-COUNTY OFFICE ON AGING

# Employment & Volunteer Job Fair

February 22, 2024  
3:00 - 5:00 PM

Join us at **Tri-County Office on Aging's** (TCOA) highly anticipated **Employment & Volunteer Job Fair** on February 22, 2024, from 3:00 - 5:00 PM. This event presents an incredible opportunity for job and volunteer seekers to connect with leaders about open roles at TCOA. Don't miss out on this fantastic chance to kick-start your professional journey! Open interviews will be offered.

Please prepare your resume ahead of time, dress professionally, and bring your true self to impress potential employers!

Take the first steps towards a fulfilling career!

Registration is preferred, but not required, contact TCOA's Volunteer and Outreach Specialist at [VoelzK@tcoa.org](mailto:VoelzK@tcoa.org) or **517-930-0633**.

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

[tcoa.org](http://tcoa.org)

## AARP Foundation Tax-Aide Program Begins Annual Free Tax Return Assistance

Tri-County Office on Aging (TCOA) and the AARP Foundation are partnering once again to

provide free tax return assistance and preparation through the AARP Tax-Aide Program beginning February 1 through April 15, 2024. The Tax-Aide program is available to anyone, with a special focus on taxpayers who are over 50 or who have low to moderate income. You do not need to be an AARP member to receive an appointment. Your taxes will be completed and filed at this appointment.

Please note that appointments are required and may be made by calling TCOA at 517-887-1440. Appointments will be available Monday through Thursday at the TCOA office located at 5303 S. Cedar St., Building 1, Lansing, MI 48911 from 9:00 AM - 4:00 PM.

Some tax returns are outside the scope of the Tax-Aide Program. If you have rental property, farmland, run a small business, receive a Schedule K-1, or have multiple transactions on an investment account, Tax-Aide may not be able to assist you with filing your tax return. For those tax situations, it is best to contact an alternative tax service.

There are Tax-Aide locations across the country. In the tri-county area, you may choose to have your taxes done at the following locations in addition to TCOA:

#### **DeWitt Township Community Center**

16101 Brook Road Lansing, MI 48906  
517-668-0270 (Appointment required)  
Mondays and Wednesdays, 9:00 AM - 3:00 PM

#### **East Lansing Public Library**

950 Abbot Road East Lansing, MI 48823  
517-351-2420 (Appointment required)  
Tuesdays and Wednesdays

#### **NorthWest Initiative**

510 West Ottawa Street Lansing, MI 48933  
517-999-2894 (Appointment required)  
Mondays and Tuesdays, 9:00 AM - 3:00 PM

#### **Windsor Township**

300 West Jefferson Street Dimondale, Michigan 48821  
517-646-0633 (Appointment required)  
Mondays and Tuesdays, 8:30 AM - 2:30 PM

**To find a location in your area, click the button below!**

**AARP Foundation Tax-Aide  
Locator**

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## **Volunteer Opportunities**

Pick up and deliver meals to seniors and people with disabilities during your lunch break! One of the areas that we need drivers are through substitutes. These are



people that are open to driving last minute if the scheduled driver becomes unavailable. We currently need volunteers in these areas and on these days throughout tri-county:

- Holt
  - Tuesday
  - Wednesday
  - Substitute Drivers
- Stockbridge
  - Wednesday
  - Substitute Drivers
- Dansville
  - Monday
  - Substitute Drivers
- Webberville
  - Monday
  - Thursday
  - Friday
  - Substitute Drivers
- Mason
  - Tuesday
  - Monday
  - Friday



If you are interested in other ways to serve, check out TCOA's website and find the volunteer application through the button below!

[Learn More!](#)



## **Employment Opportunities**

We are looking for people to fill the positions below! Come join Tri-County Office on Aging as we celebrate the agency's **50th Anniversary!** Currently, we are accepting applications for the following positions:

**Account Specialist**  
**Community Nutrition Program Manager**  
**Community Resource Navigator**  
**Food Production Clerk**  
**Fundraising Specialist**  
**Kitchen Porter 1**  
**Meals on Wheels Support**  
**Senior Cook**

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](#)

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# MMAP

## MICHIGAN MEDICARE/MEDICAID ASSISTANCE PROGRAM

*Navigating Medicare*

From January 1 to March 31, individuals currently enrolled in a **Medicare Advantage Plan** can change to another Advantage plan or switch from an Advantage plan to Original Medicare and add a Part D drug plan.

Whether you recently enrolled or have had an Advantage plan for years, this is your opportunity to confirm or change your plan choice. When doing this, think about your experience using your Advantage plan and review your plan's benefits. You should evaluate your Advantage plan in the following areas:

- Are your doctors and other providers in the plan network? Are your prescription drugs on the plan's formulary?
- Are you comfortable with your costs, including premiums, deductibles, copay, and coinsurance?
- Do you need additional coverage for things like dental, vision, and hearing care?
- Are you happy with your plan's additional benefits, such as fitness programs, mail-order pharmacy, nurse line, and other wellness services?

If you decide to make a change to your Advantage plan, you have from **January 1 to March 31** to do so. The Michigan Medicare/Medicaid Assistance Program (MMAP) specialists at the Tri-County Office on Aging can guide you through this process. This public program and its specialists provide non-biased education on Medicare and Medicaid options, eligibility, and medical bills, and can guide individuals through enrollment. Interested individuals can schedule a free appointment with a MMAP specialist by calling MMAP at **517-887-1416**.

Learn more about  
MMAP!

Understanding the complexities of caregiving can be overwhelming. That's why we're thrilled to share Trualta, a comprehensive online education and community platform tailored for families managing care at home.

Googling answers can be frustrating, anxiety-inducing, and unreliable. Trualta has a whole content library that's been clinically-validated and designed to get you what you need as quickly as possible.



Free caregiver training  
provided by:  
[tcoa.trualta.com](http://tcoa.trualta.com)

Ready to simplify your caregiver journey? Click the button below to get started!

Simplify your Caregiver  
Journey

## Upcoming Evidence Based Workshops

March is a busy month and we have several workshops planned!

- **Powerful Tools for Caregivers** (topic: self-care for caregivers)
  - ALIVE in Charlotte starting Monday, March 11 at 9:30 AM ET.
- **The Savvy Caregiver Program**  
(topic: in-depth dementia caregiving for primary caregivers)
  - Delta Township Library starting Tuesday, April 2 at 1:30 PM ET.
- **Diabetes PATH** (topic: diabetes management)
  - Eaton Rapids Medical Center starting Tuesday, March 12 at 9:00 AM ET.
- **Chronic Pain PATH** (topic: chronic pain management)
  - Westside YMCA in Lansing starting Thursday, March 21 at 9:30 AM
- **Matter of Balance** (topic: fall prevention)
  - St. Gerard Church starting Monday, March 4 at 1:00 PM ET.
  - ALIVE in Charlotte starting Monday, April 22 at 9:30 AM ET.
- **Walk with Ease** (topic: walking program that includes stretching, health information, and motivational strategies)
  - Self-Directed version available anytime

These workshops are FUN *and* provide education and support!

**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!



## February Volunteer Spotlight: Sharon Plavnick

When Michigan Medicare/Medicaid Assistance Program (MMAP) volunteer Sharon Plavnick was asked to discuss her volunteer work with TCOA, she said: "In my adult life, I've been a teacher, a counselor, and an attorney. Even though I'm mostly retired, I still have a deep need to be helpful and to use my brain. Volunteering for MMAP feels like the perfect fit. I spent a lot of hours this past year getting certified as a MMAP counselor, and I'm still learning all the moving pieces of the Medicare and Medicaid processes. Every time I help a client sort out all their choices and enroll in a program that is a good fit for them, it feels like we should celebrate! Participants are grateful for my help, but I'm grateful that TCOA allows me to do this important job.

For additional fun, I love to read, write, knit, and contradance (a form of folk dance comprised of long lines of couples). Best of all, I'm a grandmother to five amazing girls who are growing up far too quickly."

For more information about volunteering, please contact TCOA at [volunteer@tcoa.org](mailto:volunteer@tcoa.org). Click the button below to apply now!

Volunteer  
Application

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## Save the Date

**Black History Month**

**Low Vision Awareness Month**

**American Heart Month**

**Groundhog Day**

Friday, February 2

**Valentine's Day**

Wednesday, February 14

**National Caregiver's Day**

Friday, February 26

**Presidents Day**

Monday, February 19

TCOA closed.

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

**Image credits, from top:**

Graphic advertising about TCOA's upcoming Employment & Volunteer Job Fair.

Volunteers in TCOA's Central Kitchen helping to prepare meals for the nutrition program.

Volunteers in front of a Meals on Wheels delivery van.

TCOA's outreach table during East Lansing Pride Event, July 2023.

Photography: Kendra Voelz

MMAP's Logo

February Volunteer Spotlight: Sharon Plavnick



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