



Tri-County Office on Aging July 2023 E-Newsletter

Visit Our Website



Upcoming Health and Wellness Workshops

Diabetes PATH

- AL!VE in Charlotte starting Tuesday, July 11: Space is still available!
- Sam Corey Senior Center in Holt; beginning Wednesday, September 12.

Powerful Tools for Caregivers

- Sparrow Health Center in Lansing; beginning Thursday, August 8.
- Virtual via Zoom; beginning Thursday, September 21.

The Savvy Caregiver Program

- Sparrow Health Center in Lansing; beginning Wednesday, September 12.

Matter of Balance

- Ivan Woods Senior Apartments in west Lansing; beginning Tuesday, September 12.
- Stockbridge Area Senior Center in Stockbridge; beginning Monday, October 2.

For a full list of workshops visit www.tcoa.org/classesevidence-based-programs.

To register, call TCOA at 517-887-1465 or email Christine at histedc@tcoa.org.



Image of Staff from Safe Haven and Haven is Your Home Care
Photography: Dori Branson

Thank you for Supporting TCOA!

The 35th Annual Meals on Wheels Charity Golf Outing held on June 13, 2023 at Forest Akers West was a huge success! Thank you to all golfers, sponsors, volunteers, auction item donors, and online auction bidders for helping TCOA raise funds to support Meals on Wheels, and in-home services for local older adults.

Special Thanks and Appreciation to the 2023 Meals and Wheels Golf Outing Sponsors:

Platinum:

Jackson National Life Insurance Company®

Golf Cart PLUS:

Dart Bank

Silver Plus:

**Cypress Home Care, Ingham County Medical Care Facility,
McLaren Greater Lansing, and Michigan Financial Group**

Skins and Mulligans Sponsor:

Home Care Alternatives and Loving Hands Homecare Agency

Silver:

**By Dawn's Early Light Home Care, Chalgian and Tripp Law, Consumers Energy,
DBI Business Interiors, Klug Law, Lansing Board of Water and Light,
Shaheen Chevrolet and Your Michigan Chevy Team**

Bronze:

Mom's Meals and Oasis Senior Advisors

Table Sponsors:

Capital City Market, Clerical-Technical Union of Michigan State University, Independence Village East Lansing, Medilodge Capital Area, Newman Lofts, Shaheen Chevrolet and Your Michigan Chevy Team, and Sparrow Specialty Hospital

Hole Sponsors:

44North, A&W Restaurants, Auto-Owners, Caswell Law PLLC, Hospice of Lansing, Family and Elder Law of Mid Michigan, Mayotte Group Architects, Lansing City Council Member Patricia Spitzley, and Top Flite Financial

Air Quality Alert

Recently Michigan has been experiencing air quality alerts due to the Canadian wildfires. In response, the Michigan Department of Health and Human Services (MDHHS) is recommending Michiganders to check the Air Quality Index online regularly to determine if any actions need to be taken. The Air Quality Index (AQI) is a color-coded way for residents to see what the levels of some types of air pollution are in their area. The higher the AQI, the worse the air quality is and the more cause for concern.

Live color-coded air quality conditions that indicate if air quality is healthy (green) or unhealthy (yellow, orange, red, and purple), along with steps to protect your health, can be found through <https://www.airnow.gov/>. An app with the same name, AirNow, is also available for free download.

MDHHS has set up a hotline for Michigan residents to ask health-related questions related to air quality issues. The number is (800) 648-6942. The hotline is available Monday through Friday, 8 am to 5 pm, excluding holidays.

Click on the link below from Michigan Department of Health and Human Services' Chief Medical Executive, Dr. Bagdasarian to learn more: https://www.youtube.com/watch?v=k4_EMMRkxrs



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.



**THANK
YOU,
Robin!**

Image of Staff from Safe Haven and Haven is Your Home Care
Photography: Dori Branson

This month's Volunteer Spotlight shines on Robin Barfoot! Robin has been a volunteer for Tri-County Office on Aging for 40 years. She first began volunteering with TCOA to deliver meals to people's homes—back when TCOA was located at the Civic Center. Robin's role as a volunteer has included working in the Central Kitchen, helping with distribution of Carry Out Meals, and delivering for the Senior Proxy Project.

Robin grew up in Whitehall, Michigan, just north of Muskegon. When Robin turned 17, she moved to Kalamazoo to attend Western Michigan University to pursue a degree in Liberal Arts. Yet, plans changed and she had an opportunity to backpack through Europe for a few months. After her trip, Robin returned to the United States and life brought her to New Jersey and Philadelphia where she worked as a waitress for a short period. Ultimately, Robin decided that she wanted to pursue a career in something impacting the environment. She completed her degree in 1980 from Stockton University, New Jersey. After graduating Robin went to work for the Department of Transportation in New Jersey where she wrote Environmental Impact Studies. In 1985, Robin returned to Michigan and accepted a position for the Michigan Public Services Commission where she worked in a variety of roles throughout the years. After working in Emergency Planning and Response, she retired in 2016.

Thank you Robin for your many years of service to the Community!

Tri-County Office on Aging

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