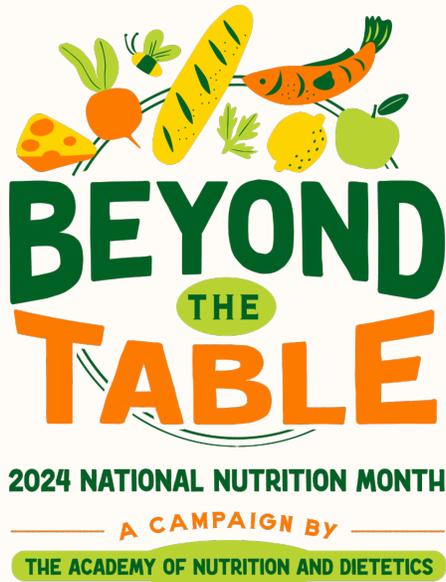




Monthly Newsletter



Happy **National Nutrition Month®**! The Academy of Nutrition and Dietetics developed the National Nutrition Month® campaign 50 years ago to invite everyone to make informed food choices while continuing to develop healthful eating and physical activity habits.

This year's theme is **Beyond the Table**; this theme addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets, and even home food safety and storage practices. It also describes the various ways to eat, not only around a dinner table but also on the go, in schools and restaurants, at games and events. This theme also includes sustainability; for instance, decreasing food waste from school and work to home and beyond.

[Learn More](#)

TCOA's **2024 Sponsorship and Funding Support Opportunities** booklet is now available!

This booklet contains information on how to sponsor TCOA's **2024 Meals on Wheels Charity Golf Outing** and TCOA's **39th Annual Dinner and Auction**, as well as more information on volunteering and other ways to show support for local adults, adults with disabilities, their families and caregivers.

TCOA is proud to partner with dozens of community businesses and organizations to help fund older adult

services and programs offered by Tri-County Office on Aging. Please contact Heather Febres-Cordero at Febres-Corderoh@tcoa.org or 517-887-1377 to learn more.

Join Us!

39th Annual Dinner and Auction:

Thursday, November 21, 2024, at Kellogg Hotel and Conference Center

Meals on Wheels Charity Golf

Outing: Tuesday, June 11, 2024 at Forest Akers West



2024 Sponsorship and Funding Support Opportunities

Promoting and Preserving the Independence and Dignity of Older Adults since 1974.

Cheers to Fifty Years!

2024 Sponsorship and Funding Support Opportunities

Upcoming Evidence Based Workshops

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

- **Diabetes PATH** (topic: diabetes management)
 - Eaton Rapids Medical Center in Eaton Rapids, starting Tuesday, March 19 at 9:00 AM
- **Chronic Pain PATH** (topic: chronic pain management)
 - Westside YMCA in Lansing starting Thursday, March 14 at 9:30 AM
- **Powerful Tools for Caregivers** (topic: self-care for caregivers)
 - ALIVE in Charlotte starting Monday, March 11 at 9:30 AM
- **The Savvy Caregiver Program** (topic: in-depth dementia caregiving for primary caregivers)
 - Delta Township Library in Lansing starting Tuesday, April 2 at 1:30 PM
- **Matter of Balance** (topic: fall prevention)
 - ALIVE in Charlotte starting Monday, April 22 at 9:30 AM

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.



Volunteer Opportunities

At TCOA, we are always looking for new individuals to join us in our mission to *promote and preserve the independence and dignity of the aging population.*

Because volunteers offer their time and efforts to TCOA, we aim to enrich our volunteers' lives with community work ensuring they contribute in a way that suits their schedules, abilities, and interests.

Volunteers have the option to:

- Deliver for Meals on Wheels
- Advise during Medicare/Medicaid Assistance Program Open Enrollment
- Facilitate Health and Wellness workshops
- Help at a Senior Dining Site
- Help plan fundraising events and solicit sponsors and auction items

What TCOA's volunteers accomplished during Fiscal Year 2023:

- Delivered and served around 400,000 meals through Meals on Wheels and Senior Dining Sites.
- Volunteers who help solicit donations for TCOA's events help bring in thousands of fundraising dollars each year.
- Evidence-based improvements in the well-being of over 100 workshop participants per year.
- Over 3,000 hours of check-in phone calls placed by Friendly Reassurance callers.

Apply
Now!

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:

- Accounting Specialist**
- Food Production Clerk**
- Kitchen Porter 1**
- Meals on Wheels Support**
- Nutrition Operations Assistant**
- Senior Cook**
- Social Work Case Manager**

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

TCOA has partnered with Trualta, an online education and support platform crafted for families managing care at home. Dive into its extensive library filled with practical lessons on a variety of topics including:

- Caregiver burnout
- Caring for kids
- Dementia & Alzheimer's
- Developmental disabilities
- Diabetes
- End-of-life care
- Heart health
- And more!

Say goodbye to endless Google searches and hello to curated caregiving advice.

Experience trualta for yourself by clicking the button below to sign up!

Simplify your Caregiver
Journey



**Caring for your loved one
but don't know where to get
the information you need?**

tcoa.trualta.com

The AARP Tax Program has filled its

appointments at Tri-County Office on Aging.
The other AARP tax locations are:

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
517-646-0772 (Appointment required)
Mondays and Tuesdays, 8:30 AM - 2:30 PM

If these locations are full as well, please call 211 to schedule an appointment with the Volunteer Income Tax Program (VITA) at one of their locations.



**March Volunteer Spotlight:
Beryl Frenger**

Born and raised in Plymouth, Indiana, Beryl Frenger moved to Michigan after graduating from Manchester College with a degree in Social Work. Beryl spent her 33-year career in the criminal justice system. Specifically, 21 years as the Chief Probation Officer in Ingham County (55th District Court) and the last 12 years as the Trial Court Administrator for Eaton County.

Now retired, Beryl spends her time volunteering for TCOA's Meals on Wheels program as well as other nonprofits including Holt Community Food Bank, Lansing City Rescue Mission, Lasagna Love, Greater Lansing Food Bank, Food Rescue US, and the Salvation Army. Beryl also collaborates on various community service projects with the Sisters of Service (S.O.S.).



During her free time in the summer, you can find Beryl kayaking and relaxing with family and friends. She enjoys walking, refinishing furniture, traveling, concerts, and attending shows at the Wharton Center in Lansing. Beryl is passionate about sports including cheering for Spartan football and basketball games. She is also a fan of her beloved Chicago Cubs. As a lover of cooking, Beryl can often be found cooking for her friends (and strangers) at every fall tailgate for

Michigan State University home game.

Beryl has been married to her husband, Greg, for 25 years. They have two adult children and two rescue dogs.

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

Volunteer
Application

Save the Date

Older Michiganians Day

Wednesday, May 1, 2024

Meals on Wheels Charity Golf Outing, Forest Akers West

Tuesday, June 11, 2024

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

Image credits, from top:

National Nutrition's 2024 Logo: Beyond the Table

The first page of 2024's Sponsorship and Funding Support Opportunities Booklet

Volunteers posing for a photograph

Image of the front of TCOA's office.

Photography: Kendra Voelz

Ad for the free caregiving platform, Trualta.

Photograph of March 2024's Volunteer Spotlight Beryl Frenger



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