

38TH ANNUAL DINNER AND AUCTION

TRI-COUNTY OFFICE ON AGING

THURSDAY, NOVEMBER 16, 2023

6:00 – 8:00 PM EST

KELLOGG HOTEL & CONFERENCE CENTER

TCOA's 38th Annual Dinner and Auction on Thursday, November 16 beginning at 6:00 PM EST at Kellogg Hotel and Conference Center is **only two weeks away!** All proceeds benefit TCOA's programs and services. **Get your event tickets now** before the extended November 3 deadline!

Special thanks to Event Sponsor **Jackson National Life Insurance Company**!

Raffle Tickets

As part of the 38th Annual Dinner and Auction, TCOA and Raffle Sponsor Delta Retirement Center are once again teaming up to host the cash prize raffle! All proceeds will benefit in-home supports, including Meals on Wheels, for older adults and persons with disabilities in Clinton, Eaton, and Ingham Counties.

Prizes

Grand Prize: **\$1,000**

First Place: **\$500**

Second Place: **\$300**

Third Place: **\$200**

Cost to Enter

\$5.00 = one ticket

\$20.00 = five tickets

If you sell and return \$400+ by November 9, 2023 you will earn *two free tickets* to the event!

How To Enter

1. To get tickets for you or your organization email TCOA's Volunteer and Outreach Specialist, Kendra Voelz, at VoelzK@tcoa.org. If you are a Meals on Wheel's Volunteer, you may obtain tickets at your local branch office as well.
2. Fill out your ticket stub(s) and return them to TCOA's office by **November 9, 2023**. If you are attending the Dinner and Auction on November 16, you may also return them that evening.

Winners will be selected and announced during TCOA's **38th Dinner and Auction** at approximately 8:00 PM EST on November 16, 2023 at the Kellogg Center in East Lansing. *Winners do not need to be present to win.*

Questions? Email Kendra at VoelzK@tcoa.org or call 517-887-1487.

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GIVING TUESDAY

Giving Tuesday is a movement that unleashes the power of radical generosity around the world and Tri-County Office on Aging is looking forward to participating once again this year on **Tuesday, November 28!** This year on TCOA's social media, we will be sharing the story of one of TCOA's Case Coordination participants, Leslie. She is one of the many people that TCOA is able to help daily and we could not do that without your generosity.

We are asking you to consider becoming one of TCOA's **Champions of Independence!** Whether this is through a financial contribution, or by becoming one of TCOA's **Virtual Champions** by 'liking' and sharing our posts on social media, your participation is greatly appreciated. We look forward to sharing Leslie's story with you and celebrating the goodness of humanity this Giving Tuesday.

Don't want to wait until Giving Tuesday? **Click here to donate now.**



**New Legal Self
Help Center in
St. Johns**

On Thursday, November 16



from 7:00 – 8:00 PM EST, Briggs District Library in St. Johns will be hosting an Open House to kick off the opening of their Legal Self Help Center! Members of the public will have access to a private computer, internet, and printer/scanner in their local

history room. Light refreshments will be offered during the event. No library card or advance registration is needed. This event is open to the public.

The library's staff will be on hand during the hours listed below to help navigate michiganlegalthelp.org and direct people to additional community resources.

Monday – Thursday: 11:00 AM – 7:00 PM

Friday: 11:00 AM – 5:00 PM

Saturday: 11:00 AM – 2:00 PM

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 Meals on Wheels Volunteer Delivery Drivers.

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



Employment Opportunities

Are you or someone you know looking for a rewarding new job? Consider applying for a position at TCOA! We are accepting applications for the following full time positions:

- Food Production Clerk
- Lead Accountant
- Nurse Case Manager
- Senior Cook
- Staff Accountant
- Van Driver

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

To meet the needs of caregivers who work during the day, TCOA is offering our caregiver workshops in the evening via Zoom. If you are a caregiver of someone with dementia you could attend both workshops!

- **Powerful Tools for Caregivers** is a six-week workshop that focuses on caregiver self-care and topics include stress management, dealing with losses, dealing with difficult emotions, how to communicate in challenging situations, and so much more.
 - This workshop will be offered on Tuesdays, January 9 – February 13, 2024 from 6:00 – 7:30 PM EST via Zoom.
- **Savvy Caregiver Program** is a six-week workshop for caregivers of those with dementia. In this workshop, we will focus on what dementia is, the impact dementia has on the brain, how to manage daily life, how to communicate more effectively and much more! For a caregiver to qualify for this workshop the person with dementia cannot live in a 24/7 care facility like long term care or assisted living.
 - The workshop will be offered on Wednesdays, January 31 – March 6, 2024 from 5:30 – 7:30 PM EST via Zoom.

To register, please call TCOA at **517-887-1465** or email TCOA's Evidence Based Programs Manager, Christine Histed, at HistedC@tcoa.org. For a full workshop schedule, click [here](#).



On Thursday, October 26, 2023, TCOA's MMAP Coordinator, **Sue Thuma**, was a guest speaker representing TCOA at a Capitol press conference highlighting the importance of the annual Medicare Open Enrollment Period (October 15 – December 7, 2023). Along with Sue, Federal HHS Region V Regional Director, Michael Cabonargi and the former Director of the Michigan Department of Public Health, Raj Wiener spoke during the event.

Great job Sue, thank you for representing TCOA in such a great manner with your amazing knowledge about Medicare and Medicaid!



November Volunteer Spotlight: Susan Williams

Susan Williams was born in Plymouth, Michigan. After marriage, moving to Kalamazoo, and having two sons, she earned a Master's degree in Occupational Therapy (OT) from Western Michigan University at the age of 41! Susan's new profession in OT took her to Virginia, Mississippi, and eventually back to Michigan, where she worked in hospital,

inpatient therapy, and outpatient therapy settings. Most recently she was teaching and

coordinating clinical practice experiences for OT students. During that time, Susan was introduced to the Matter of Balance (MOB) program. She stated, "I took the training, because as an OT, I had treated many patients who had experienced falls resulting in injuries, some which were very serious. Matter of Balance is a comprehensive, evidence-based program which can help prevent falls and preventive medicine is the best kind of medicine! I really wanted to coach MOB in the community because it helps people learn to be safe and independent as they age, including me! I love how people who attend the MOB classes share with each other and inspire each other in reaching their goals. Thank you, TCOA, for giving me this opportunity!"

Thank you, Susan, for your dedication to helping older adults and for being a shining example of living life to the fullest! We simply can't do this work without volunteers like you.

For more information about volunteering please contact us at volunteer@tcoa.org or apply at tcoa.org/volunteer.

Save the Date

Veteran's Day

Friday, November 10

TCOA's Offices will be closed.

TCOA's 38th Annual Dinner and Auction

Kellogg Hotel and Conference Center

219 S. Harrison Road,

East Lansing, MI 48824

Thursday, November 16, 2023

6:00 – 9:00 PM EST

Thanksgiving Holiday

Thursday, November 23

TCOA's Offices will be closed.

Thanksgiving Holiday (Observed)

Friday, November 24

TCOA's Offices will be closed.

Giving Tuesday,

Tuesday, November 28

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

Image credits, from top:

Photograph of Briggs District Library in St. Johns, Michigan.

Selfie of TCOA employees Kristina Selleck, Erin Scott, and Casey Cooper (from left to right) during the Walk to End Alzheimer's with the Alzheimer's Association on Sunday, October 15.

Photography: Casey Cooper

TCOA's MMAP Coordinator, Sue Thuma, at an Outreach Event.

Photography: KC Austern

Photograph of one of TCOA's Case Coordination Participants, Leslie.

October Volunteer Spotlight: Susan Williams



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TCOA.org

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