

38TH ANNUAL DINNER AND AUCTION

TRI-COUNTY OFFICE ON AGING

THURSDAY, NOVEMBER 16, 2023

6:00 – 8:00 PM EST

KELLOGG HOTEL & CONFERENCE CENTER

Mark your calendars for the **38th Annual Dinner and Auction**! Join TCOA on November 16 at the Kellogg Hotel and Conference Center in East Lansing for an evening of dining, live and silent auctions, games, drinks, and many opportunities to network and socialize with TCOA's community supporters. Proceeds benefit TCOA's programs and services for Clinton, Eaton, and Ingham county seniors, caregivers, and persons with disabilities.

Registration opens at 5:30 pm, and the event begins at 6:00 pm.

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

Tickets for \$75.00 each are available online.

Visit tcoa.org/tcoa-events for more information or to learn about sponsorship opportunities.

Raffle Tickets Available Now!

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

Cost to Enter

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

First Place: **\$500**

Second Place: **\$300**

Third Place: **\$200**

\$5.00 = one ticket

\$20.00 = five tickets

If you sell \$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.

License: R71435



Person-Centered

At Tri-County Office on Aging we are proud to say that we are a **Person-Centered** organization. This philosophy recognizes that all participants are unique individuals with needs, wants, goals, and dreams. The Person-Centered approach was designed to encourage people working with individuals in Long-Term care situations to view the individual's needs through their eyes and to honor their preferences, choices, and abilities.

Because of people like **YOU** we are able to empower TCOA's participants with this approach.

Thank you!

To learn more, please visit: tcoa.org/about/

Volunteer Opportunities

TCOA is looking for people like **YOU** to volunteer! TCOA feeds 500,000 people each year through our Nutrition Programs. This amazing number would not be possible without volunteers.

Some of our current openings include:

Congregate Dining Sites:

- Colonial Woods, Lansing
- Marsh Pointe, Haslett
- Sam Corey Senior Center, Holt

Eaton County Meals on Wheels:

- Delta Township

Rural Ingham Meals on Wheels:

- Stockbridge, Thursdays
- Stratford Apartments, Holt; Mondays, second and fourth week
- Holt (West/Downtown); Mondays, second and fourth week
- Mason; Tuesdays and Fridays, first and third week
- Onondaga, Wednesdays



Senior Proxy Project

- 2 - 4 more volunteers needed

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:

- Lead Accountant
- 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

• Walk with Ease

- If you haven't heard yet, TCOA is now offering a 6-week walking exercise program called Walk with Ease. While walking is the central activity, this is a multi-component program that also includes health education, stretching and

strengthening exercises, and motivational strategies. Participants commit to walk 10 minutes, 3 times per week for 6 weeks. Walks can be done own your own or with a group.

- Self-Directed version: Program is available anytime for participants who want to complete the 6-week program on their own. A Participant Guidebook is provided.
- Self-Directed Enhanced version: Complete the 6-week program between October 8 – November 18 and check in with the leader weekly. Optional group walks at the Meridian Mall in Okemos starting Wednesday, October 11 at 10:15 am. A Participant Guidebook is provided.

• **Powerful Tools for Caregivers**

- Topic is self-care for caregivers including stress management, dealing with difficult emotions, communication in challenging situation and much more!
 - Burcham Hills in East Lansing starting Wednesday, October 11 at 1:00 pm

• **Chronic Pain PATH**

- Topic is how to manage day to day life with chronic pain including pacing activities, dealing with depression, healthy eating and much more!
- Burcham Hills in East Lansing starting Tuesday, October 2 at 1:00 pm

For more information, click [here](#).



Medicare Open Enrollment

Have you booked your *free* appointment with TCOA's Medicare Medicaid Assistance Program yet to ensure you have the best Medicare plan?

Open Enrollment for Medicare opens in two weeks on **October 15** and runs through **December 7, 2023**. Please reach out to TCOA's MMAP team to schedule your one-on-one appointment now!

Contact MMAP at [517-887-1416](tel:517-887-1416) or email TCOA's MMAP Coordinator, Sue Thuma, at ThumaS@tcoa.org.

October Volunteer Spotlight: Nola Meade

Nola Meade first began volunteering with Greater Lansing Meals on Wheels with her late husband, David, in February 2020. After moving to Colonial Woods Apartments, she began assisting TCOA's Congregate



Dining Site to be up and serving again in 2022 after the Covid-19 pandemic site closure in 2020. Nola continues sharing her kindness and compassion with the program participants today.

Thank you Nola for your continued support of TCOA!

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

Save the Date

Healthy Living for your Brain and Body

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

Thursday, October 26, 2023

2:00 – 3:00 PM EST

Join TCOA and the Alzheimer's Association for a *free* education program, "Healthy Living for your Brain and Body." Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

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

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

Image credits, from top:

A young volunteer at the Williamston Senior Dining Site speaks with a 103-year-old participant and her son, who were regulars at the site.

Photography: Don DeKoninck

TCOA's Senior Proxy Project Coordinators, Leah Mohnke and Cindy Horn during a volunteer event with Ingham County Health Department.

TCOA's Special Project Coordinator, Karen Smith, at an Outreach Event.

October Volunteer Spotlight: Nola Meade

Photography: Whitney Beard



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

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