



# Tri-County Office on Aging September 2023 E-News

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Website



## SAVE THE DATE!

November 16, 2023: **TCOA 38th Annual Dinner and Auction** at the Kellogg Hotel and Conference Center, East Lansing at 6:00 PM.

**Tickets for \$75.00 each are available online.**  
Visit [tcoa.org](https://tcoa.org) for more information or to sponsor.



## Volunteer Opportunities

Keep TCOA in mind for any one-time team building excursions! Groups who package meals in the Central Kitchen help TCOA to provide nutritious meals to those in need.

We also have a need for continuing volunteers in each of TCOA's programs. Check out [TCOA's website](#) to learn more.



## Employment Opportunities

TCOA is hiring! View TCOA's open job opportunities and [apply online](#).

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## Upcoming Evidence Based Workshops

- **The Savvy Caregiver Program** (topic: dementia caregiving)
  - Sparrow Health Center in Lansing starting Wednesday, September 13
- **Powerful Tools for Caregivers** (topic: self-care for caregivers)
  - Virtual via Zoom starting Thursday, September 21
  - Burcham Hills in East Lansing starting Wednesday, October 11
- **Diabetes PATH** (topic: diabetes management)
  - Sam Corey Senior Center in Holt starting Wednesday, September 13
- **Chronic Pain PATH** (topic: chronic pain management)
  - Burcham Hills in East Lansing starting Tuesday, October 2
- **Matter of Balance** (topic: fall prevention)
  - St. Gerard Church in Lansing starting Monday, September 11
  - Ivan Woods Senior Apartments in Lansing starting Tuesday, September 12
  - Stockbridge Area Senior Center in Stockbridge starting Monday, October 2

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

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## Medicare Open Enrollment

Open Enrollment for Medicare begins **October 15** and runs through

**December 7, 2023.**



**MEDICARE**  
OPEN ENROLLMENT  
OCTOBER 15 - DECEMBER 7, 2023

Please reach out to the Medicare Medicaid Assistance Program (MMAP) at Tri-County Office on Aging to set up a *free* appointment to ensure that you have the best plan.

Contact MMAP at **517-887-1416**.



## **September Volunteer Spotlight: Michigan State University's Infrastructure Planning and Facilities Team!**

A big thank you to Michigan State University's Infrastructure Planning and Facilities team for coming out to TCOA in August and volunteering in TCOA's Central Kitchen! This group helped us sort bread slices into *23 boxes* for future participants. Because of volunteers such as this group, TCOA is able to feed **500,000** people throughout Clinton, Ingham, and Eaton Counties each year.

Please keep TCOA in mind for any one-time team building excursions! Groups who package meals in the Central Kitchen help TCOA to provide nutritious meals to those in need. We can work with groups for events in the evenings, weekends, and during the day. For more information, or to plan an event, please contact us at [volunteer@tcoa.org](mailto:volunteer@tcoa.org).

## **Michigan Home Heating Credit Deadline**

Reminder! The deadline for the Michigan Home Heating Credit is September 30, 2023.

The Home Heating Credit is one way the State of Michigan helps low-income families pay some of their heating expenses if they are a qualified Michigan homeowner or renter. Please refer to [michigan.gov](http://michigan.gov) for more information and to see if you are eligible.



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

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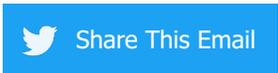
Downtown East Lansing Pride Event,  
Photography: Kendra Voelz

(Upcoming, Left) Employees from Peckham, Inc. during a informational presentation event,  
Photography: Casey Cooper

(Upcoming, Right) MMAP Coordinator, Sue Thuma, during Grange Acres Summer Carnival,  
Photography: Kendra Voelz

Michigan State University's Infrastructure and Planning Team During a Volunteer Event,  
Photography: Kendra Voelz

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