The season of warmth and new growth is here!
We wish each of you a beautiful Spring with many special blessings!

WELCOME TO OUR NEW RSVP VOLUNTEERS!

JANUARY 2017
Debrah Chimovitz
Lisa Howard
Frederick Osmun
Julie Reamer
Allen Taylor
Elizabeth Wates

FEBRUARY 2017
Richard Evans
Raymond Fick
Phyllis Jordan
Kimberly Leach
Charles McDonald
Gerard Ouellette
Harry Powers
Ramona Roldan
Edwin Shaffer
Judy Shultz
Teresa Wilson
Guillermina Young

MARCH 2017
Birdie Brooks
Linda Fulton
Marion Gorton
Judith Holm
Eugene Miron
Patricia Reilly
Kenneth Salowitz
Holly Socia
Twana Young

WELCOME TO OUR NEW RSVP STATION PARTNERS!
Hispanic Services Center Imlay City
Looking Glass Community Outreach
Veteran’s Affairs Lapeer County

HELP NEEDED!!
Along with the three new stations listed above, there are currently unmet needs for RSVP volunteers in the Lapeer County Senior Reach program, in the Genesee County Head Start Program, and for short friendly visits to seniors in nursing homes and assisted living facilities.
If you would like more information about any of these openings, please email RSVP@valleyaaa.org or call (810) 249-0820.
NOTICE: Mileage Reimbursement Change

The IRS mileage rate for business use of a vehicle has changed from 54¢ per mile to 53.5¢ per mile effective January 1, 2017.

SAVE THE DATE!

The 2nd annual Retired & Senior Volunteer Program recognition celebration is scheduled for

Wednesday, May 17, 2017 from 12:00 noon to 2:00 pm.

Invitations will be arriving in your mailbox soon

First a howling blizzard woke us,
Then the rain came down to soak us,
And now before the eye can focus….

CROCUS! ~ Lilja Rogers

Keep your brain active by regularly working to solve a variety of puzzles such as Word Search, Jigsaw, Crossword, Trivia, or Sudoku. Different parts of the brain will be exercised depending on what kind of puzzle you choose.
The Food Bank of Eastern Michigan began in 1981 as a small, grassroots community organization serving agencies in Genesee County. Due to the ever increasing need for services, the Food Bank has grown to serve more than 415 partner agencies throughout 22 eastern Michigan counties.

The Food Bank procures food from surpluses in the grocery industry. For example, if Kellogg’s produces more Rice Krispies than it sells, then somewhere there is a warehouse full of cereal with a date stamped on each box. When that date passes…the food is still good to eat, but can not be sold.

Many donations come to the Food Bank because of shifts in market forces. Misprints, damaged freight, over production, food drives, and other efforts cause food to be donated to the Food Bank.

Once food arrives at the Food Bank, it is sorted, inspected, and made available to partner agencies such as churches, soup kitchens, and food pantries to distribute to those in need. All Food Bank partner agencies are required to distribute food, without charges or fees, to needy clients.

We want to wish a very Happy Birthday to volunteers celebrating birthdays during this quarter!

**APRIL, 2017**
- Paul Bermudez * 4-4
- Mary Hill * 4-13
- Ethel Hooker * 4-15
- Kim Mowen * 4-18
- Janet Talarico * 4-23
- Mary Banks * 4-24
- William Stewart * 4-28
- Mary K. Jones * 4-29

**MAY, 2017**
- Delores Dillard * 5-1
- Nola Knapp * 5-2
- Phyllis Dickie * 5-5
- Harry Perkins * 5-5
- Leslie Smith * 5-8
- Richard Mowen * 5-12
- Linda Roberts * 5-22
- Iris Woodring * 5-22
- Joann Jordan * 5-28
- Gerard Ouellette * 5-29
- Hiam Andoni * 5-30

**JUNE, 2017**
- Carolyn Kirkby * 6-3
- Kenneth Lahmann * 6-3
- Kathleen Duso * 6-7
- Cheree Palmer * 6-14
- Birdie Brooks * 6-22
- Norman Cox, Jr. * 6-23
- Kenneth Berg * 6-25
- Nancy Epstein * 6-26
- Jeanne Aaronson * 6-28

DON’T FORGET TO PURCHASE YOUR RAFFLE TICKET FOR THE 2017 VALLEY AREA AGENCY ON AGING’S ANNUAL FUNDRAISER.

Tickets are $20 each and only 1,000 have been printed so your chances to win are high!

WIN SERVICES FOR A YEAR:
- 1st Prize $150 per month for Homemaker Services (or $1,800)
- 2nd Prize $100 per month for Groceries (or $1,200)
- 3rd Prize $100 per month for Gasoline (or $1,200)

CONTACT LORAINIE OR PAM BY EMAIL: RSVP@VALLEYAAA.ORG OR BY PHONE: (810) 249-0820 TO GET IN ON THE ACTION!
VERY IMPORTANT REMINDERS

Don’t forget to turn in your monthly Time Sheets: To accurately report the impacts of your volunteer service to the federal government, our office is REQUIRED to keep track of the number of hours volunteered each month. When you fill out your time sheets, please list all the hours you volunteered each day for that month on one time sheet and the total mileage amount (round trip) to your station and back home again each day. Even if you do not want mileage reimbursement, we need those time sheets! Please be sure it is received here in the RSVP office by the 5th of the following month by one of the following methods:

* Scan and & e-mail the time sheet to RSVP@valleyaaa.org
* Fax the time sheet to (810) 244-0980
* Send by US Mail to: RSVP, 225 E Fifth St, Suite 200, Flint, MI 48502

You can request postage-paid return envelopes and/or more blank time sheets by emailing rsvp@valleyaaa.org or calling Pam at (810) 249-0820.

Holiday Closings: Friday, April 14th in observance of Good Friday
Monday, May 29th in observance of Memorial Day

VOLUNTEERS ARE NEEDED FOR 4 UPCOMING SPECIAL EVENTS THIS SUMMER

Valley Area Agency on Aging will be sponsoring 4 separate Flint Seniors Matter events this summer. These 4 events, made possible with funding from the Charles Stewart Mott Foundation, will help update the seniors affected by the Flint Water Crisis.

We will need several volunteers for each of the 4 events to help with various duties including set up, registration, sorting and packaging food, greeting seniors and help direct traffic inside, assisting with outside parking, helping tear down and clean up after the event is over. Most of these volunteer duties will be scheduled for 2 hour or 4 hour shifts. If you have a few hours (between 8am & 5pm) to help us at any (or all) of the events this summer, please email RSVP@valleyaaa.org or call Pam at (810) 249-0820.

Thursday, 6-15-17
Hasselbring Sr. Ctr.
1002 W. Home Ave.

Friday, 7-21-17
Calvary Church
2111 Flushing Rd.

Wednesday, 8-23-17
Brennan Senior Ctr.
1301 Pingree Ave.

Thursday, 9-28-17
Asbury Church
1653 Davison Rd.

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Did you know…

Money is the number one thing that couples argue about?

Oak trees don't produce acorns until they are 50 years old?

Bananas grow pointing upwards?

Rio de Janeiro translates to river of January?

Leonardo da Vinci could write with the one hand and draw with the other simultaneously?

Orville Wright numbered the eggs that his chickens produced so he could eat them in the order they were laid.

The pin that holds a hinge together is called a pintle?

The US Declaration of Independence was written on hemp paper?

Eskimos use refrigerators to keep food from freezing?

English sailors came to be called Limeys after using lime juice to combat scurvy?

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Chicken Florentine Pasta

- 1 pound penne pasta
- Salt & Pepper
- 4 whole boneless, skinless chicken breasts, cut into bite-size chunks
- 2 tablespoons butter
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 3/4 cup chicken broth, more if needed
- 3/4 cup dry white wine or substitute more chicken broth
- 1 bag baby spinach
- 2 cups grape tomatoes, halved lengthwise
- 4 ounces Parmesan, shaved with a vegetable peeler, plus more for serving

Cook the pasta according to package directions in lightly salted water. Drain and set aside. Sprinkle the chicken with salt and pepper. Heat the butter and olive oil over high heat in a large skillet. Add the chicken chunks in a single layer and do not stir for a minute or two in order to allow the chicken to brown on the first side. Flip the chicken and brown on the other side. Cook until done, and then remove the chicken from the skillet.

Turn the heat to medium. Add the garlic and quickly stir to avoid burning. After about 30 seconds, pour in the broth and wine, stirring to deglaze the skillet. Allow the liquid to bubble up, and then continue cooking until it's reduced by at least half (most of the surface of the liquid should be bubbling at this point).

Turn off the heat. Add the spinach, tomatoes, chicken, cooked pasta and Parmesan shavings to the skillet. Toss to combine; the spinach will wilt as you toss everything. Add more Parmesan shavings and serve immediately!
The Gift of Gratitude

Science tells us that an “attitude of gratitude” is good for our health. Feeling grateful often makes us happier, but perhaps the best news about gratitude is that it requires little time and no money. Here are 4 ways that expressing gratitude can improve your life.

1. **Gratitude attracts what we want.** The universal law of attraction says that we attract the things we focus on. Choose your thoughts wisely; focus on what you want more of.

2. **Gratitude improves relationships.** Think about the people in your life who are appreciative of you and let you know it. How do you feel about them? Does their appreciation positively impact your relationship? YES! Don’t be shy about expressing when you are grateful for someone.

3. **Gratitude reduces negativity.** It’s hard to be negative for too long when you make the decision to focus your thoughts about things you are grateful for.

4. **Gratitude improves problem solving skills.** It helps us enter a problematic situation with a perspective of improvement and opportunity rather than challenge.

When we consciously practice being grateful for the people, situations, and resources around us we begin to attract better relationships and results.