

## **Judge Stacia Buchanan: Delivering Compassion**

“It is important for judges to be in the community in a real way to see how people are living.”

So says Judge Stacia Buchanan, of 54A District Court in Lansing.

But the spark to find a way to give back in her community ignited back before she was appointed to the bench in August 2017.

“As a criminal defense attorney, I met a lot of people suffering from poverty and food insecurity,” she remarked. “I wanted to do my part to help, so I signed up for Meals on Wheels in September 2016.”

And since taking on her role on the bench, she continues to volunteer for Meals on Wheels (MOW).

The Ingham County MOW program is run through the Tri-County Office on Aging. Meals on Wheels provides meals to seniors and disabled persons. Volunteers deliver food to their doors five days per week and they provide frozen meals for the weekend. And even more importantly, the volunteers also provide regular contact to ensure that all the clients are well (able to answer the door, able to have a conversation, e.g.).

“It is very rewarding because the clients are happy to see me, and I am happy to see them,” shared Judge Buchanan. “It is a great reprieve from a job that can be negative and stressful at times.”

In addition to Meals on Wheels, Judge Buchanan also enjoys giving her time to other charitable activities, such as adopting a family for the holidays and providing shoes to those in need through Footprints of Michigan.

Doing whatever she can is important to her.

“Judges are often isolated from the community and the problems that affect their constituents,” she remarked. “This brings joy to help someone, and that helps the judge keep a positive attitude in the courtroom.”