



TRI-VALLEY Current

Information from Tri-Valley Inc.

Serving people over 60, younger people with disabilities, and caregivers

"Home With You"

Summer 2010

DID YOU KNOW ?

- Tri-Valley began its **35th** Fiscal Year on July 1, 2010 — the date of incorporation is June 10, 1976.
- Elderly Home Care Corporation of Southern Worcester County, Inc. was the original name.
- In 1983, the name was changed to Tri-Valley Elder Services, Inc.
- With increased programs for younger people with disabilities, in 2005, the agency name was changed to: **Tri-Valley, Inc.** with a tagline of **Home With You.**

**Celebrating
35 years!**

Assistance for Technology Loans At Tri-Valley

Tri-Valley has been chosen to serve as an access site for The Massachusetts Assistive Technology Loan Program (MA AT Loan Program) operated by Easter Seals-MA. Easter Seals works in partnership with Sovereign Bank to handle the loan distribution.

The MA AT Loan Program enables persons with disabilities to secure the technological assistance to improve the quality of their lives through enhanced independence. Loans are accessible to low income borrowers and others who would not otherwise qualify for consumer loans. Purchases made from these loans include but are not limited to modified vehicles, computers and peripherals including software, hearing aids and prosthetics, mobility devices and adapted home media appliances procured for their adaptive functionality.

Tri-Valley will provide information and application assistance to qualified individuals on-site or in their homes.

For assistance, call Tri-Valley's Information and Referral Department at 508-949-6640 or 1-800-286-6640. Additional information about the MA AT Loan Program can be found at www.massatloan.org.

IN THE COMMUNITY

My Life My Health

a chronic disease self-management program

Coming to the Bellingham Senior Center

6 week program beginning

September 13th (Info session August 30th)

A Matter of Balance

a falls prevention program

Coming Soon to Milford

8 week program beginning

September 28th

Call Tri-Valley at 1-800-286-6640 for more information about these and upcoming healthy aging programs in your community.



A
message
from
Marilyn

As Tri-Valley recognizes the start of our 35th year of service, we are excited by new programs which will continue to expand our service to seniors, the younger disabled and caregivers.

Our efforts to increase community education in health and wellness resulted in having two Stanford University trained “Master Trainers” on our staff who train health educators in the community. These trained class leaders work with people who attend *My Life My Health* classes where they learn better management of chronic disease conditions. Another course, *A Matter of Balance*, involves exercises and information to prevent falls—a major cause of death and serious disability in seniors. These program offerings will continue to grow in number and subject matter. We hope that you will participate in them.

Our new Care Transition Programs will begin this fall when specially trained counselors will be available to meet with a person being discharged from a hospital, nursing home or rehabilitation facility to assist in making decisions about future housing choices by sharing information on community housing and service possibilities. Options Counselors will also work with disabled individuals who choose to move out of a nursing facility into the community.

Thank you for being with us as we grow into our 35th year.

Marilyn

HOME SAFETY

Home Oxygen Fire Safety Campaign

Do you use home oxygen or know someone who does? Do you know that using home oxygen increases the risk of fire and burns? State Fire Marshal Stephen D. Coan and the Task Force on Home Oxygen Safety, which includes the Executive Office of Elder Affairs and the Massachusetts Councils on Aging Association, have launched a public education campaign about increased fire dangers when you bring oxygen into the home. The critical message of the campaign is to educate patients, families, caregivers, and even physicians about these dangers. Television and radio public service announcements are currently being aired and will run through June. In addition, a new pamphlet that explains the dangers of home oxygen use and fire has been produced. Download the *Breathe Easy - Using Home Oxygen Safely* pamphlet from www.mass.gov/dfs then click on *Fire Safety Topics* then *Home Oxygen Safety*. For more information call the Department of Fire Services at (978) 567-3380.

What Are the Fire Risks?

The main danger is smoking. You should not smoke, and no one should smoke around you if you are using oxygen: **the fire danger is too great.** It puts everyone nearby – families, neighbors and pets at significant risk. Home oxygen adds more oxygen into the air, making fires burn faster and hotter. Furniture, clothes, bedding and hair absorb oxygen and can catch fire more easily. Keep 10 feet away from any flame or heat source such as electric razors, gas stoves, heaters, hair dryers, and candles. Don't use flammable products such as petroleum based lip balms or lotions. Quitting smoking is the best thing for your health and safety. Ask your doctor for help.

*We cannot live only for ourselves. A thousand fibers connect us with our fellow men.
~ Herman Melville*

**Connect with your community
by volunteering with Tri-Valley!**

Call for a full list of opportunities available to you.

The *Tri-Valley Current* is a quarterly publication of:

Tri-Valley, Inc., 10 Mill Street, Dudley, MA 01571

TEL 508-949-6640 or 1-800-286-6640 (MA only)

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Tri-Valley, Inc., a private, non-profit agency, receives funding from the Commonwealth of Massachusetts through the Executive Office of Elder Affairs and from the Federal government, under the Older Americans Act, through the Central Massachusetts Agency on Aging. Funds are also received from other public and private sources.

An Equal Opportunity/Affirmative Action Employer

HEALTHY LIFESTYLE

FARMERS' MARKETS — Enjoy locally grown produce!



Wherever you live in Massachusetts there is a farmers' market close to you. In addition to fresh, locally grown fruits and vegetables, there is a bounty of other native products including baked goods, jams and jellies, maple products, honey, cheeses, flowers, eggs, and more.

Here are some good reasons to buy and eat locally grown produce:

- Locally grown food tastes and looks better. Crops marketed close to home are picked at their peak and usually sold within 24 hours of harvesting.
- Local food supports local families. Local farmers who sell directly to consumers cut out the middleman and can get full retail prices for their products.
- Local food builds trust. With all the issues related to food safety, there is comfort in knowing where your food comes from.
- Local food builds community. When you buy direct from a farmer, you are supporting a local business.
- Local food preserves open space. When farmers get paid more for their products from nearby shoppers, they are less likely to sell farmland for development.
- Local food keeps taxes down. According to studies, farms contribute more in taxes than they require in services whereas most residential development contributes less in taxes than the cost of required services.
- Local food benefits the environment and wildlife. Massachusetts farmers are leaders in the use of environmentally sound growing practices. Our farms encompass a patchwork of fields, meadows, woods, streams, and ponds that provide essential habitat for wildlife.
- Local food makes a lighter carbon footprint. On average our food travels 1,500 miles from farm to plate. Each calorie of food produced requires an average of 10 calories of fossil-fuel inputs from travel, refrigeration and processing. Purchasing locally-grown food is a simple way to save fuel and counter the adverse effects of global warming.

For a complete list of farmers' markets, agricultural fairs, and other farm-related information go to the Massachusetts Department of Agricultural Resources website: www.mass.gov/massgrown or call 617-626-1700.

Carmen DiTolve Receives George Wild Award

At Tri-Valley's August 9th Nutrition Project Council Meeting, the George Wild Award was presented to Carmen DiTolve of Milford for his outstanding and long term volunteer work for the agency. The award is given each year to a Nutrition Program volunteer who demonstrates exemplary service.

Carmen is a Member of the Board of Directors, Nutrition Project Council, the Milford Council on Aging and a volunteer Meals on Wheels Driver for the Nutrition Program.

Congratulations Carmen!



Pictured left to right: Executive Director Marilyn L. Travinski, Carmen DiTolve, and Nutrition Program Director Carol Muschler.



TRI-VALLEY, INC.
10 Mill Street
Dudley, MA 01571

*Serving people 60 and over,
younger people with disabilities,
and caregivers.*

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On the WEB www.trivalleyinc.org

Have Internet access? Recent Help-line columns:

July — Seniors & Safer Drinking

August — Tips For Older Job Seekers

800AgeInfo

Information for Massachusetts Elders and Their Families

1-800-AGE-INFO (1-800-243-4636) www.800ageinfo.com

ANNUAL FUND DRIVE

An opportunity to express your support!

Your gift to Tri-Valley is one way to express your support of services to seniors. You can honor a special person in your life through a donation in his or her name. Memorial donations may also be established.

Please consider one of the following gift categories.

- \$25 \$50 \$100 \$200 \$500 Other _____

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Please make check payable to TRI-VALLEY, INC. Mail check and form to:
Tri-Valley, Inc., 10 Mill Street, Dudley, MA 01571

If you do not wish to receive this newsletter, contact us via e-mail at info@tves.org or call the Tri-Valley office.