



TRI-VALLEY Current

Information from Tri-Valley Inc.

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

"Home With You"

Winter 2010/2011



*Best Wishes for
a Happy Holiday
Season and a New
Year filled with
Peace, Love and
Good Health*

*From
Everyone
at Tri-Valley*



Make a New Year's Resolution

Connect with your
community by
volunteering with
Tri-Valley!

Call 1-800-286-6640
for a full list of
opportunities
available to you.

New Healthy Aging Program at Tri-Valley

Healthy Eating for Successful Living in Older Adults is a program for seniors who want to learn more about how nutrition and lifestyle changes can promote better health. The program focuses on heart and bone healthy nutrition strategies to help maintain or improve wellness and prevent chronic disease development or progression.

Healthy Eating uses the USDA's *MyPyramid* as a framework and includes recommendations for combining physical activity with good nutrition.

Beginning in January 2011, Tri-Valley will offer *Healthy Eating* at various locations throughout the 25-town service area. The free sessions are scheduled once a week for six weeks (2 1/2 hours each).

Healthy Eating adds a nutrition component to Tri-Valley's ongoing Healthy Aging programs, *My Life My Health*, *Chronic Disease Self-Management* and *A Matter of Balance* (more detail on self-management programs in the article below).

Managing Your Own Illness

There is a growing movement in America to help seniors take more responsibility for their own health through techniques called "self-management."

Arthritis, diabetes, heart disease—these are illnesses and chronic conditions that affect seniors at a much higher rate than younger people. More than one in three people over the age of 65 have a fall each year. Two out of ten people over the age of 60 have diabetes. Seventy percent (70%) of Americans who die each year, die of a chronic disease.

Self-management programs empower elders to take control of their health, and to maintain a healthier lifestyle. Classes are held in self-management techniques, usually in "peer learning" groups, where members support each other.

One of the best known of these programs is The Stanford University Chronic Disease Self-Management Program, which stresses the consumer's role in managing their illnesses and building their self-confidence so they can be successful in adopting healthier behaviors. The Stanford program consists of workshops conducted once a week for two and a half hours over six weeks in community-based settings like a senior center, or a meals program.

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Senator Moore Honored with 'Home Care Hero' Award

A Home Care Hero award from the 27 agency members of Mass Home Care was given to State Senator Richard T. Moore (D-Uxbridge) for his outstanding effort on falls prevention, medication management, and home care services for the elderly.

His award was presented by Marilyn L. Travinski, Executive Director of Tri-Valley, Inc. and a member of Mass Home Care, on Sunday, October 17, 2010 at Senator Moore's Annual Harvest Brunch at Pleasant Valley Country Club.



"We all have the means to bestow on others the most lavish gifts; love, joy, peace, hope, kindness, acceptance, encouragement, laughter, forgiveness, time. There is not enough money to buy them and not too little money to give them. The more you spend, the wealthier you become; yet nothing will cost you more than what you freely possess to give."

— Edna Eliot

Managing Your Own Illness (continued from page 1)

People with different chronic conditions meet together, and the workshops are run by trained and certified leaders, at least one of whom has a chronic illness.

Workshops help train seniors to deal with issues like frustration, pain, isolation, and fatigue; exercise to improve strength and endurance; eating healthier; how to use medications properly; how to talk effectively with a doctor or other health care professional.

These basic self-management programs have been proven to help people with chronic conditions to improve their health status by reducing unhealthy behaviors, which in turn leads to less need of health care services, like hospital visits.

Massachusetts is one of the states that is offering *The Stanford Chronic Disease Self-Management Program* and *A Matter of Balance*, a program designed to reduce the fear of falling and to increase the activity levels of older adults.

Self-management programs began across the country several years ago. Since that time, more than 44,000 seniors have received help through disease and disability prevention programs nationally. These programs lead to positive outcome for seniors. People who participated in *A Matter of Balance*

program on fall prevention, for example, report that they are more confident in taking a walk, climbing stairs, carrying bundles without falling, and more confident that they can increase their strength, find ways to reduce falls, and protect themselves if they do fall. They also report fewer falls after taking the course.

To learn more about self-management and healthy aging programs at Tri-Valley, call 1-800-286-6640.

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

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An Equal Opportunity/Affirmative Action Employer

Winter Food Project — 16th Year!

Tri-Valley's **Winter Food Project** is an annual tradition that brings goodwill and good food to elders with serious needs. According to Marilyn Travinski, Executive Director, "Our Winter Food Project deliveries of about 9,000 non-perishable meals will help clients struggling to heat their homes and pay for prescriptions, rent and other necessities during the coldest and most difficult months of the year."

For the third year, the project is enhanced with the addition of an **Emergency Pet Food Fund**. Many people will often feed their pet before themselves so we hope to alleviate some stress this holiday season by providing a week's worth of food. Plans to continue the project throughout the year will rely on individual donations from employees as well as community support.



WAYS YOU CAN HELP: In addition to making a donation to Tri-Valley, consider buying groceries for your loved one or neighbor or gift certificates to their local grocery store, pharmacy or favorite restaurant.



✂ _____

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 _____

I wish to direct my donation to one of the following funds:

- Most Immediate Needs
- Winter Food Project
- Emergency Pet Food

This donation is in honor of _____ or, in memory of _____

NAME(S) _____

ADDRESS _____

TOWN/CITY _____ STATE _____ ZIP _____

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Please make check payable to TRI-VALLEY, INC. Mail check and form to:
Tri-Valley, 10 Mill Street, Dudley, MA 01571
Donations may also be made on-line at Tri-Valley's website: www.trivalleyinc.org



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

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and caregivers.*

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800AgeInfo
Information for Massachusetts Elders and Their Families
1-800-AGE-INFO (1-800-243-4636) www.800ageinfo.com

SNAP for Seniors
Reminder to all seniors, the Supplemental Nutrition Assistance Program (SNAP) has been streamlined for seniors. Even if you own your home and car, or have been ineligible in the past, you might want to consider applying for SNAP (formerly know as Food Stamps).
Using SNAP is completely confidential. SNAP recipients receive a card which works just like a debit card. During these difficult economic times, even a modest monthly SNAP benefit can help to offset some of your household expenses.
To apply, call 1-866-950-3663 or visit your local Department of Transitional Assistance.

**ALONE WITH
CONFIDENCE**

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of a button away...**



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