



# Tri-Valley CURRENT

Information from  
TRI-VALLEY, INC.

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## After our move, there's still heavy lifting to do

DUDLEY – When people look around a new home and say, “All moved in,” it’s usually with a sense of accomplishment and a sigh of relief. Then they prepare to settle in and enjoy the place.

Tri-Valley, Inc. has a great sense of accomplishment for having transformed a former Stevens Mill carding shop into its new offices. It’s a marvelous, roomy headquarters from which to provide services reaching 25 towns for years to come.

Besides its new home, Tri-Valley carries a new name reflecting a wider focus that includes younger, disabled clients and the growing needs of caregivers. But we have not had the luxury of that relaxing, releasing sigh.

We worked many months to renovate the 20,000 square feet on a five-year lease-purchase option, moving in October. Then the owner of the property informed us of his need to sell immediately. As this newsletter goes to press, we are exploring the various options to make it possible for us to accomplish this.

Moving from Webster to create this wonderful new space already obliged Tri-Valley to commit \$1.2 million for a construction loan. In addition, the agency is now poised to come to our old and new friends with this update and the likelihood of moving forward our purchase plans.

“What we know now,” Executive Director Marilyn Travinski said, “is that we engage literally thousands of lives and that we are just now benefiting from elbow room for the first time in years.

“We made the move with careful planning, and we may have to make a major adjustment. We hope people in the communities who realize this and support our mission – who know what a vital difference we make – will be ready to adjust their giving in light of the new realities.”

Tri-Valley, Inc. Board Treasurer Brian Perry noted, “Even though we had an initial investment to relocate, our space in this complex makes long-term financial sense. This location also offers opportunities to tie in with other activities that make life easier for those we serve.”

For 30 years, Tri-Valley Elder Services, Inc. (now Tri-Valley, Inc.) has served elders from the 25-town area between the Blackstone and Quaboag valleys, linking them with vital services and care ranging from housekeeping to money management assistance and meals either at home or in group social situations. The aging of our population and the need for some similar services for younger people made it a natural to reconsider the agency’s name.

Upcoming newsletters will shine light on how the new areas of emphasis complement our core programs for direct service our elders.



*Tri-Valley's new office provides adequate meeting space allowing visitors to meet with care management staff and access the information or help that they need.*

## SPOTLIGHT: Respite Under 60

A little known service Tri-Valley provides is respite for the caregiver of a person under the age of 60 with Alzheimer's disease.

The first step in accessing this service is a telephone call to Tri-Valley's Information and Resource Department (I&R). Anyone may call Tri-Valley and make a referral.

Once a referral is made a Care Manager will set up a home visit to determine eligibility.

The person with Alzheimer's disease would have to need assistance with several of the following activities of daily living: meal preparation, bathing, dressing, eating, walking, toileting, and/or medication management.

If the person is eligible for the program, the Care Manager will then design a service plan tailored to meet his or her needs. The goal of this plan is to provide a much needed break and peace of mind for the caregiver.

Services may include: Companion, Homemaking (housework, laundry, shopping, food preparation,), Adult Day Health, Social Day Care, Personal Care, Home Delivered Meals, and Personal Emergency Response System.

Payment for services received is based on the Alzheimer's client's income and his or her spouse's income. The fees are set on a sliding scale which ranges from seven dollars to 100% of the cost of the services rendered.

The Tri-Valley Care Manager will continue to provide on-going support and assistance.

*If you or anyone you know might benefit from this program please contact Tri-Valley at 1-800-286-6640.*

*"We make a living by what we do,  
but we make a life by  
what we give."  
— Sir Winston Churchill*

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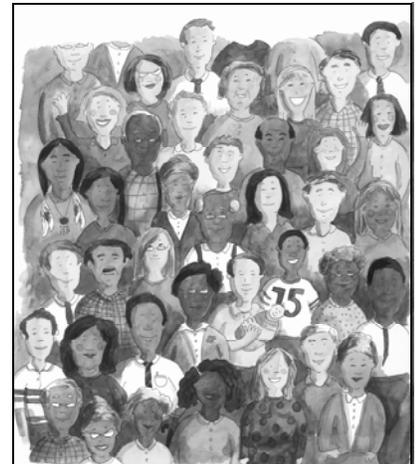
## MARCH FOR MEALS "So No Senior Goes Hungry"

March 2006 marks the 5th annual March for Meals campaign sponsored by the Meals on Wheels Association of America. The campaign is designed as a nationwide initiative to raise public awareness of senior hunger, and to encourage action on the part of the local community.

Throughout the month of March, Tri-Valley nutrition sites will sponsor various events to help raise money and gather new volunteers for Meals on Wheels.

Tri-Valley's program provides meals to individuals sixty years and older, who are homebound, and unable to prepare their own food due to illness, incapacitation, or the absence of a caregiver. In addition to public and private funding, the program depends on the generosity of hundreds of volunteers to pack and deliver meals. Last year alone, the program delivered 237,588 meals throughout its twenty-five town service area.

You can support Tri-Valley's March for Meals through a donation of either money or volunteer time. Donations may be made at any Tri-Valley meal site or mailed directly to Tri-Valley, Inc.—March for Meals, 10 Mill Street, Dudley, MA 01571. For volunteer information, or to locate your nearest meal site, please call 1-800-286-6640.



# Caregiver's Corner

## Long Distance Caregiving

How can you provide care for a frail elder when you live some distance away? Whether you live in a different town, another state or across the country; long distance caregiving can be emotionally and financially challenging. Concerns about the person's health and safety can be overwhelming.

The Family Caregiver Support Program has developed a new Long Distance Caregiving booklet to provide caregivers with some helpful guidelines and resources.

The booklet highlights the following topics to assist you with the process:

Assessing the Situation from a Distance:

How to utilize phone conversations to gather information and listen for warning signs.

How to prepare travel arrangements in advance and be ready to commute.

*(continued on last page)*



*Volunteers pictured left to right: Sid Brigham, Patty Sumner, and Stanley Lewandowski*

## ANGELS AMONG US —

### Meals on Wheels fulfills more than appetites

Stanley Lewandowski of Charlton didn't have any shrink-wrap experience. He was a retired guidance counselor when he signed on to help pack and deliver Meals on Wheels last year.

But now he's doing a little of both – working the cellophane applicator like a pro in the kitchen at the new Tri-Valley, Inc. headquarters and then chatting with eager recipients of the hot and cold meals he delivers in Dudley and Webster. Drivers like Stanley know that many seniors welcome the few minutes of company as much as the meals.

His Tuesday crewmates serving Webster-Dudley number up to a half dozen. But on many days and at other sites, more volunteers are needed either to pack or deliver meals. Tri-Valley puts out more than 1,000 meals a day, five days a week from 12 locations. It takes just a couple of hours on volunteers' available mornings.

Alex and Phyllis Menafo of Dudley have filled their retirement with helping others, but also find volunteering for Meals on Wheels a “together” activity. Besides, Phyllis says, “Who knows? Someday we may need services.”

#### **Meals on Wheels need Volunteers**

##### **Sites in:**

Franklin  
Milford  
Southbridge  
Sturbridge  
Northbridge  
Oxford  
Upton  
Uxbridge  
West Brookfield  
Sutton  
Spencer  
Dudley

When that time comes, hopefully younger volunteers like Alice Christian of Webster will be there for them. “I do it on my extra time,” the mother of a schoolgirl says. “I enjoy it. It's good for me; it's good for people around me.”

“I don't have a lot of volunteers,” Tri Valley Site Manager Janis McWhirk says, “but the ones I have are really, really good. “There have to be duplicates out there somewhere.”

***To volunteer to help at Meals on Wheels sites, please call Tri-Valley at 1-800-286-6640.***



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

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

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- Hopedale
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- Milford
- Millville
- Northbridge
- North Brookfield
- Oxford
- Southbridge
- Spencer
- Sturbridge
- Sutton
- Upton
- Uxbridge
- Warren
- Webster
- West Brookfield

## Long Distance Caregiving *(continued from page 3)*

### The Needs Assessment:

If you suspect there are problems use the assessment tool to help determine the person's general health, the safety of their home, and their legal and financial status.

### Local Resources:

Identify valuable services that will help the person remain independent in the home. When contacting local resources there are a number of important questions that you may want to ask. You should also be prepared to answer questions about the person for whom you are the caregiver. These questions are listed in the booklet.

### Creating a Caregiving Plan:

The booklet assists you in working together with the person in need of assistance and all other significant caregivers to develop a plan to manage caregiving responsibilities.

### Resources On-Line:

Research the many government, caregiving and health resources available on line to keep up to date on important information and resources.

For a copy of the  
**Long Distance Caregiving  
booklet contact  
Laura Black Silver, LICSW,  
Caregiver Specialist,  
Tri-Valley at  
1-800-286-6640, ext 3079**

### **Reminder— Medicare D Enrollment Deadline: May 15th**

Contact your current health insurance provider or call SHINE at 1-800-243-4636 option #2 for assistance with health insurance options.

### **On the WEB [www.tves.org](http://www.tves.org)**

Have Internet access? Upcoming Help-line column:

January— Medicare D Online  
February — Home Heating Deduction

Send your e-mail address to [info@tves.org](mailto:info@tves.org) and keep up-to-date with Tri-Valley legislative alerts.

### **Tri-Valley Current SPONSOR DNS The Business Printer**

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