



# TRI-VALLEY Current

Information from Tri-Valley Inc.

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

"Home With You"

January/February, 2008



## Tri-Valley Area Legislators

### STATE SENATORS

**Edward Augustus** 617-722-1485  
(Upton)

**Stephen Brewer** 978-355-2444  
(Brookfields, Charlton, Spencer, Sturbridge, Warren)

**Scott Brown** 508-384-6200  
(Franklin precincts 2,3,4)

**Richard Moore** 508-234-9555  
(Bellingham, Blackstone, Douglas, Dudley, Hopedale, Mendon, Milford, Millville, Northbridge, Oxford, Southbridge, Sutton, Uxbridge, Webster)

**Karen Spilka** 508-872-6677  
(Franklin, Medway)

### STATE REPRESENTATIVES

**Geraldo Alicea** 508-434-0235  
(Charlton, E. Brookfield, Oxford, Southbridge, Spencer)

**Jennifer Callahan** 508-865-7788  
(Bellingham, Blackstone, Millville, Sutton, Uxbridge)

**Paul Frost** 508-832-2840  
(Oxford, Sutton)

**Anne Gobi** 508-885-9596  
(Brookfield, North Brookfield, Spencer, W. Brookfield)

**Paul Kujawski** 617-722-2017  
(Douglas, Dudley, Oxford, Uxbridge, Webster)

**Paul Loscocco** 508-429-6158  
(Medway)

**John Fernandes** 508-473-3063  
(Hopedale, Mendon, Milford)

**George Peterson** 508-839-1000  
(Northbridge, Upton)

**Todd Smola** 413-283-2564  
(Sturbridge, Warren)

**James Vallee** 508-528-1095  
(Franklin, Medway)

## FY2009 BUDGET SEASON IS OPEN

### YOU MAKE THE DIFFERENCE

Lawmakers on Beacon Hill are in the midst of lobbying the House and Senate Ways and Means committee on the 2009 budget which goes into effect July 2008. Now is the time to contact your legislators and ask for their support on issues that greatly affect you and all seniors.

### LET THEM KNOW WHAT WE NEED

Tell lawmakers what your home care priorities are for the 2009 budget. Encourage them to support our programs.

- The Community First 1115 Waiver funded at \$45.8 M  
Line Item 4000-0650
- Care Management & Operations funded at \$46.8 M  
Line Item 9110-1633
- Purchased Services funded at \$115.2 M  
Line Item 9110-1630
- Meals on Wheels funded at \$8.4 M  
Line Item 9110-1900
- Family Caregivers funded at \$.5 M  
Line Item 9110-1650
- Protective Services funded at \$21.58 M  
Line Item 9110-1636
- Enhanced Community Options funded at \$58.5 M  
Line Item 9110-1500
- Geriatric Mental Health funded at \$3.9 M  
Line Item 9110-1640

### CONTACT YOUR STATE LAWMAKERS

CALL—See telephone numbers listed at left,  
or

WRITE—Rep. or Sen. \_\_\_\_\_  
State House, Boston, MA 02133

*A  
message  
from  
Marilyn*

I had the great honor and privilege of introducing Governor Patrick at Rep. Geraldo Alicea's fundraiser in Charlton on February 12th. Rep. Anne Gobi and Sen. Richard Moore also participated in the speaking

program. Many constituents from the 6th Worcester District were there and had the opportunity to speak freely with their legislators and the governor.

During this election year you will have many formal and informal opportunities to speak with legislators and even possibly the governor or federal officials. Please take advantage of these opportunities to speak to them about the importance of funding Tri-Valley's programs.

We have particularly identified specific line items for you on page one. Should you not have the opportunity to meet in person with a government official, please call them and request these items. If you don't call, they will think that you don't care about the programs or that these programs are not important.

If you want to continue these programs for seniors and younger disabled individuals you must speak up. It is important that you, your family members and friends tell government officials of the importance of Tri-Valley programs and ask for the increased funding to continue the programs and serve more people. We need your help to continue our program funding.

Thanks for your support.

*Marilyn*



*Marilyn L. Travinski pictured with Governor Deval Patrick*



## **HEALTHY LIFESTYLE**

Spring Into 2008

### American Heart Association Guidelines Update

Lou Pilczak, registered dietician, will be visiting the dining centers in March and April to present the second part of her nutrition education program. As always, Lou will have games, prizes and food samples to make the program enjoyable as well as educational. Anyone interested in attending may call the nearest dining center or the Tri-Valley office to confirm the dates and times of the programs listed below:

#### **March**

4th	Northbridge, 11:15 AM
6th	Upton, 12:15 PM
11th	Spencer, 11:15 AM
12th	Milford, 11:00 AM
18th	Sturbridge, 11:15 AM
19th	Sutton, 10:45 AM
25th	W. Brookfield, 11:15 AM
27th	Southbridge, 11:15 AM

#### **April**

8th	N. Brookfield, 11:00 AM
10th	Uxbridge, 11:30 AM
15th	Blackstone, 10:30 AM
23rd	Medway, 11:30 AM
24th	Oxford, 11:15 AM
30th	Millville, 11:15 AM

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

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

 508-949-6640 or  
1-800-286-6640 (MA only) TDD  
508-949-6654  
FAX 508-949-6651  
E-mail: [info@tves.org](mailto:info@tves.org)  
Website: [www.trivalleyinc.org](http://www.trivalleyinc.org)

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

## Save the Date

A FREE program for Caregivers:

### Senior Safety

#### Identity Theft, Fraud & Scams

Featuring

Attorney Julie Lesure and  
Elizabeth Haddad,  
from the Office of the Worcester  
County District Attorney Joseph  
D. Early Jr.

**Weds., April 2, 2008**

9-11:30 AM

For more information contact  
Laura Black Silver  
1-800-286-6640 ext 3079

## “March for Meals” Campaign

It's time again for the annual **March for Meals** campaign sponsored by the Meals on Wheels Association of America (MOWAA). The Tri-Valley Nutrition Program is once again participating in this nation-wide effort to raise public awareness “So No Senior Goes Hungry.”

There are two ways you can participate in this year's campaign. You can volunteer to help us pack and deliver meals to homebound seniors. Or you can make a donation to our program to help pay for additional meals. Last year our program delivered 257,067 Meals on Wheels in our 25 town service area and the demand keeps growing.

Donations may be made at any Tri-Valley Dining Center or mailed directly to Tri-Valley, Inc. March for Meals, 10 Mill Street, Dudley, MA 01571. For volunteer information or to make a referral please call 1-800-286-6640.



## George Kennedy Honored with George Wild Award

Nominated by the Upton Nutrition Site, George Kennedy was chosen from twelve nominees across the 25-town service area to receive the prestigious George Wild Award.

According to Judy Mosca, Upton site manager, “George is an amazing energetic 83-year old who is always available to help anyone in need. ‘No’ is not in his vocabulary.” Being a faithful Tri-Valley volunteer for over 12 years, George recognizes the need for volunteers and has been instrumental in many recruitments. He regularly volunteers at the nutrition site and delivers Meals on Wheels in his community. Beyond Tri-Valley, he actively volunteers for the Salvation Army and his church where he has led special drives to raise emergency funds for heating bills and prescription medications for seniors. As the owner of a printing business, he also donates his talents to many town organizations. Aptly written by Judy Mosca in her nomination letter, “Like many unsung heroes, we are all better off for knowing George Kennedy.”

Congratulations, George, you are truly an *Angel Among Us!*



*Pictured left to right: Pamela Woodbury (Spencer Sr. Center Director/a judge), George Kennedy, and Carol Muschler, Nutrition Director.*



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

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

NON-PROFIT  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 225  
WORCESTER, MA

Bellingham  
Blackstone  
Brookfield  
Charlton  
Douglas  
Dudley  
East Brookfield  
Franklin  
Hopedale  
Medway  
Mendon  
Milford  
Millville  
Northbridge  
North Brookfield  
Oxford  
Southbridge  
Spencer  
Sturbridge  
Sutton  
Upton  
Uxbridge  
Warren  
Webster  
West Brookfield



### **Tri-Valley Current SPONSOR**

**DNS The Business Printer**  
Worcester, MA  
(800) 892-4567

(Sponsorship space available)

### **On the WEB**

**[www.trivalleyinc.org](http://www.trivalleyinc.org)**

Have Internet access? Recent  
Help-line columns:

Jan.— The Secret PCA Program  
Feb.— Preparing for Digital TV

Go to:

<http://www.necn.com/category/1/3175>

To see NECN's story of how  
Tri-Valley Social Worker Jayne  
Cacciapuoti helped a Southbridge man  
reunite with his dog Bear.

## **Caregiver's Corner**

### **Caregivers**

#### **Do you need a break?**

- ◆ Are you caring for a parent, spouse, relative or friend who is age 60 or older?
- ◆ Do you need assistance finding help while you go on vacation, attend to your own medical needs, or just take some time for yourself?
- ◆ The Caregiver Program at Tri-Valley, Inc. has a Scholarship Fund which can provide relief.
- ◆ Caregiver Specialists can help you arrange for and finance short term respite in the home or in an assisted living or nursing home facility.

*For more information contact:*

**Tri-Valley's Caregiver Program, 1-800-286-6640**