



"Home With You"

TRI-VALLEY Current

Information from Tri-Valley Inc.

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

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July/August, 2007



Angel Among Us
—see page 3

DID YOU KNOW ?

Free Health
Insurance
Counseling is
available
through
SHINE

(Serving the Health
Information Needs of
Elders)

Call
1-800-AGE-INFO
and press "2" for
SHINE

PRESCRIPTION DRUG PROGRAM NOW OPEN ALL YEAR ROUND

Great news for seniors! The recently signed State Budget contains provisions that allow the Prescription Advantage Program to have continuous open enrollment. This means seniors will not have to wait for an open enrollment period and can join at any time.

The Prescription Advantage Program may reduce premiums/co-payments and will eliminate the donut hole or gap for Medicare Beneficiaries enrolled in Stand Alone Part D Plans or Medicare Advantage Drug Plans. Prescription Advantage is not restricted to low income beneficiaries. You may join with income up to \$51,050 (single) and \$68,450 (married), and there are no asset limitations. For Medicare Beneficiaries with income below \$30,631 (single) and \$41,071 (married), there is no charge to join Prescription Advantage. Otherwise there is a \$200 enrollment fee.

To enroll in the program, simply call 1-800-AGE-INFO (1-800-243-4636) and press "1" for application and enrollment information.



Tri-Valley Care Managers prepare to deliver fans.

TRI-VALLEY FANS OUT TO HELP SENIORS BEAT THE HEAT

Tri-Valley staff called on hundreds of clients during the summer to check their well-being during the heat of the season and their need for electric fans.

Fans went flying off store shelves, in the Webster/Dudley/Oxford area, where Tri-Valley Executive Director Marilyn L. Travinski purchased nearly 50 fans. "We have been making extra checks on our at-risk clients for a number of years, Travinski said, and our staff is always prepared to respond."

This year, the agency had the added help of the Good Shepherd Youth Group in Linwood. The 7th—10th grade group from the Good Shepherd Church led by Carol Zabinski, held a car wash to raise funds for their "Summer Good Samaritan" project which was to purchase fans for Blackstone Valley elders who

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A
message
from
Marilyn

Tri-Valley staff members are strongly motivated to accomplish our mission of service to seniors, younger people with disabilities and caregivers. Our motivation increases when we are partnered by community groups who want to assist us.

This summer we were thrilled by the participation of the Good Shepherd Youth Group from Linwood who raised funds so that more fans could be given to people who had difficulties enduring our hottest summer days. Many people received fans and the members of the youth group learned that they could make a difference in the lives of their neighbors by their efforts. What a wonderful lesson to take into adulthood! Those young people will grow to become valued and respected members of their communities.

Through the years, Tri-Valley has partnered with many different groups assisting in our charitable efforts. If your group would like to partner with us on a project, please give us a call. We would like to work with you to enhance our mission of service.

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Tri-Valley, Inc.
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Dudley, MA 01571

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Caregiver's Corner SAVE THE DATE

Upcoming Programs for Caregivers & Professionals

Life Changes: Health, Hope & Healing for the Resilient Heart
Friday, September 21, 2007

8:30AM-2:00PM—Sheraton Milford Hotel
4.8 nursing contact hours

Social Work CEU application has been submitted

Keeping Your Grandchildren Safe Online
Tuesday, September 25, 2007

6:00PM-8:00PM—Worcester Senior Center

Mental Health Issues in Older Adults
Thursday, October 11, 2007

9:00-11:30AM—Pleasant Valley Country Club
Social Work CEUs

For further information contact:

Laura Black Silver, LICSW, Tri-Valley, Inc. Caregiver Specialist
1-800-286-6640 Ext. 3079

HEALTHY LIFESTYLE—

STROKE — Remember the first three letters — S T R

Quick identification and medical care can mean life or death for the stroke victim. Sometimes symptoms of a stroke are difficult to identify. You can recognize a stroke by asking three simple questions:

S Ask the individual to **SMILE**

T Ask the person to **TALK** (speak a simple sentence coherently)

R Ask him or her to **RAISE BOTH ARMS**

If the person has trouble with any one or these tasks, call 911 or your emergency medical services immediately!

Specific warning signs provided by the American Stroke Association are:

- Sudden numbness or weakness of face, arm or leg, especially on one side
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Not all the warning signs occur in every stroke. Don't ignore signs of stroke, even if they go away. Remember, stroke is a medical emergency!



Bullets were still showering Omaha Beach in mid-June of 1944, 10 days after the initial D-Day invasion along the coastline at Normandy, France.

The retreating Germans used air strikes to strafe the beaches where the Allied troops were bringing in supplies for the forward units. Among them, crawling for cover, surrounded by chaos, was Wendell Wright.

Today he lives in Sturbridge and has spent in 12 of his 85 years as a Tri-Valley, Inc. volunteer ombudsman, money manager and, currently, companion to home-bound clients. But he revealed recently that he's actually fulfilling a promise he made to himself amid the sand, the blood and the tears of Omaha Beach.

"I said, 'Dear God, if you get me home safely to my loved ones, dear God, I'll do good for other people,'" Wright recalled. "I made a covenant with the good Lord. He's kept me going, and that's how I pay him back."

Already active in his church, Wright waded deeper into volunteerism after retiring from a career in industrial sales in 1984, spending a decade as a Literacy Volunteer. Upon being introduced to Tri-Valley, the self-described "people person" discovered new serving and learning experiences.

A carryover from his sales days is the collection of colored folders he keeps on Tri-Valley clients that he visits to provide companionship. He'll drive over and chat, or take them out for errands, shopping or a cup of coffee. They tell him varied stories of their own lives as former town leaders, strapping workingmen, a retired jockey – even a one-time commander of a German submarine, or "U boat."

*"How wonderful it is that nobody need wait a single moment before starting to improve the world."
—Anne Frank, Diary of a Young Girl*



MEET WENDELL WRIGHT

"I said, 'Life is very strange. Years ago we're trying to destroy each other.' But I really miss him," added Wright, illustrating the joy of his relationships and the loss he feels when clients pass on or move on after months or several years. It is the satisfaction of helping, Wright says, that keeps him in the game.

Beyond the two-hour weekly commitment to his two or three clients at any given time, he forges bonds with and helps out family members as well. He'll extend his stays to allow family caregivers to run errands or just get out for other activities themselves.

"Wendell always brings his positive attitude with him wherever he goes and he is a great asset to the program," said Barbara Dupuis, Tri-Valley Program Director.

A lot of what Wright does is just listen, working through language barriers and speech difficulties for clients who have suffered strokes. But he's eager to talk, especially about his volunteer time.

"When I talk about Tri-Valley, I feel like I'm back in business," the former salesman said. "I'm selling Tri-Valley."

To learn about ways to serve as a Tri-Valley volunteer, call us 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.*

NON-PROFIT
U.S. POSTAGE
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- Northbridge
- North Brookfield
- Oxford
- Southbridge
- Spencer
- Sturbridge
- Sutton
- Upton
- Uxbridge
- Warren
- Webster
- West Brookfield



(continued from page 1—Fan Project)
otherwise might not have the money to purchase them.

With funding from the youth group and other general donations, fans were purchased and delivered to clients having trouble keeping cool in their homes. “It makes so much sense to do this, said a pleased recipient. Thank you!”

Weather extremes anytime of year bring about the need for special attention and wellness checks by the agency. “You can’t treat delivery of services to a vulnerable community as a routine,” Travinski said. “Our first need is to make sure our elder and handicapped clients can manage in these situations.”

DIAL 211

FOR NON-EMERGENCIES & SOCIAL SERVICE INFO

This free service is known as Mass 211. The Federal Communications Commission established 211 as a resource for social service and response agencies. Massachusetts is the 17th state to adopt the 211 system. Residents are encouraged to call 211 for information on social services ranging from where to find after-school programs to where the closest food bank is located. Callers will be able to speak confidentially with multilingual referral specialists 8 a.m. - 8 p.m., Monday-Friday.

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(Sponsorship space available — call Tri-Valley)

On the WEB www.tves.org

Have Internet access? Upcoming Help-line column:

July — Telephone Scams
August — Managing Your Debt

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