



TRI-VALLEY Current

Information from Tri-Valley Inc.

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

"Home With You"

March/April, 2007

Join in
the
MARCH FOR
MEALS
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Tri-Valley
Offices
Dedicated
To
Travinski

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Photos
on
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Building Dedication

*Tri-Valley Inc.
recently took a
pause from the
daily hum of its
new central office
to dedicate the
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celebrate some of
the people who
made it possible.*

This issue of the *Tri-Valley Current* is dedicated in memory of Ramon Hovsepien — architect and friend who faithfully saw us through the building project process.

Building Dedication

DUDLEY – The pastel office partitions, the blinking multi-line phones, the “clip-clip” sound of papers pushing their way through the photocopier. Tri-Valley Inc. recently took a pause from the daily hum of its new central office to dedicate the building and celebrate some of the people who made it possible.

In particular, we celebrated the contributions of Marilyn L. Travinski and the late Betty M. Warnke in leading Tri-Valley efforts over the years that have helped improve and extend thousands of lives across South Central Massachusetts.

Ms. Travinski, executive director since 1992, was honored by the Tri-Valley directors’ decision to dedicate the one-time Stevens Linen Mill building to her. The December 12 ceremonies attended by U.S. Representative Richard Neal, State Senator Steve Brewer, State



Tri-Valley President Irene M. Garand addresses the invited guests.



Congressman Neal, Representative Kujawski, Senator Brewer and Marilyn Travinski converse before the dedication ceremony.

Representatives Paul Kujawski and Jennifer Callahan, Representative-Elect Geraldo Alicea, along with local officials and more than 60 colleagues and friends, took place in the spacious conference room that was likewise dedicated. Mrs. Warnke, who served as a volunteer, director and board chairman over three decades, will be remembered by all who gather in the room named in her honor.

More than 200 people came through the offices during an open house the next day, despite a heavy rainstorm.

(Continued on page 3)



First Vice President Tom Cullen presents a personalized hardhat to Marilyn.



Marilyn and State Representative Jennifer Callahan.

The presentations were both formal and fanciful. Praise from the politicians mixed easily with a white hardhat and a toolkit in a bright pink carrying case, nods to Ms. Travinski's adopted role as hands-on overseer of the two-year construction/renovation project.

Citing her years as a state legislator as well as those leading Tri-Valley, Congressman Neal said, "You couldn't have had a better advocate all of these years than Marilyn Travinski."



Invited guests applaud during the program.

Guests viewed the newly unveiled plaque located in Tri-Valley's main reception area.

The plaque reads:

This building was dedicated on December 12, 2006
to
Marilyn L. Travinski
Executive Director/CEO, Tri-Valley, Inc.
Leader
Educator
Legislator
Visionary



Marilyn serves as an inspiration to others through her life of service and advocacy on behalf of seniors and the entire community. Her legacy is a thriving agency meeting the expanding needs of its clients and their caregivers.

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Current



A
message
from
Marilyn

What excitement and joy we shared as we held the dedication on December 12, 2006! Struggling through eight years of site search, deals that fell through and myriad other problems, it seemed that the dedication of a new Tri-Valley agency home would never materialize. Now it has.

Betty Warnke's life and work will always be honored as we named the large conference room in her memory. I am still amazed that the Board chose to dedicate the building to me. Sometimes I stop as I'm rushing past the plaque to reread the inspiring words once again. Having a building named after you takes getting used to.

In the end, our dedication was not about Betty Warnke, me, or the building. The building is wonderful but it is merely a tool for our service delivery. The dedication was a recognition of the work that the staff of Tri-Valley has accomplished for 30 years and our goals for continuing service in the years to come.

(Building Dedication continued)

Mrs. Warnke, formerly of Sturbridge, became involved with Tri-Valley as a Meals on Wheels volunteer in her town. Her board service stretched from 1989-2001. "Betty was a perfectionist in everything she did, but worked towards making the people around her comfortable through her diplomacy, kindness, and graciousness," Ms. Travinski recalls.

The memorial plaque located in the Betty M. Warnke Conference Room reads:

Betty M. Warnke
1936-2006
Tri-Valley Volunteer & Fundraiser
President of the Board of Directors
Advocate for Seniors and the
Disabled Community
Business Woman
Gourmet Cook and Gracious Hostess



Betty was a wonderful friend to Tri-Valley and to the many people whose lives she touched.



Tri-Valley's Executive Board stand proudly at the doorway to the Betty M. Warnke Conference Room. Pictured left to right: Brian J. Perry, Mary Lou Staples, Thomas J. Cullen, Irene M. Garand, Grace M. Kirk, and Elton C. Jones.

(Continued on page 5)

Staff members and visitors shared praise for the work space they've occupied for about one year. The spacious Warnke conference room is a center for workshops for caregivers, volunteers and staff from Tri-Valley and other area agencies. The 20,000 square foot space allows staff to function with adequate and well-lit space and modern computer networks. It has drawn rave reviews for the bright lunchroom that also serves as a Meals on Wheels preparation area for Dudley.

In concluding her acceptance of the dedication honors, Ms. Travinski directed her praise toward the 70-member Tri-Valley staff and volunteers, past and present. "Although there are many moments I will remember," she said, "In the end, I will say I was most proud to be one of us."



Marilyn Travinski sports the "You're Looking at a Legend" cap given to her by agency staff.



Senator Brewer, Dudley Police Chief Steven Wojnar, and Ted Avlas of the Webster Five Foundation enjoy socializing at the reception.



Board Member Nancy Bradley writes a message in Marilyn's dedication memory book.



Board Members Barbara Clancy, Claudia Allen and Lucy Beeman enjoy refreshments at the reception.

Current

ELDER FRAUD ALERT

The Office of Jury Commissioner is warning the public to beware of a jury duty telephone scam, after receiving a flurry of reports that this nationwide identity theft con has recently reached Massachusetts.

Citizens from around the state have received calls from people claiming to be court officials chasing scofflaws who have missed jury duty. When the target protests that they knew nothing of the supposedly missed jury duty, the caller demands personal identifying information, such as Social Security numbers and dates of birth, to confirm that the target is not at risk of fine or arrest.

"This is a particularly ingenious scam because it preys on people's fears and indignation at being falsely accused of breaking the law," said Pamela J. Wood, jury commissioner for the commonwealth. "The scam artist will often pose as a sheriff or court officer, and state that you or someone close to you, such as your child or spouse, has missed jury duty and will be fined or arrested if they don't report to the court immediately. Because the caller isn't selling something or directly asking for personal information, the target often doesn't recognize the scam and is only too eager to offer information to persuade the caller that they've made a mistake." The jury duty scam has been reported in many other states over the past year, but is only now appearing in Massachusetts.

The telephone call is a clear indication that the call

is bogus, according to Commissioner Wood. She reports that neither the Office of Jury Commissioner nor the courts ever contact jurors by telephone regarding their jury service. While skipping jury duty will lead to reminder notices and eventual prosecution if not resolved, all communications are sent through the mail. A person who has missed jury duty will be instructed to call the Office of Jury Commissioner, but only after receiving written notice by mail with details about the date and place of their missed jury service.

The Office of Jury Commissioner offers the following guidelines to anyone who gets a call about missing jury duty: If you receive a telephone call claiming that you or someone you know has missed jury duty, under no circumstances should you give the caller any personal information about yourself or anyone else. Hang up and call the Office of Jury Commissioner at 800-THE-JURY (843-5879), or send an e-mail to:

Juror-Help@jud.state.ma.us

requesting confirmation of your juror status. Don't be victimized by someone trying to take advantage of your sense of civic duty.

For more information on identity theft, how to avoid it, and what to do if you've been victimized, contact:

Massachusetts

Attorney General's Consumer Hotline:

617-727-8400



750 VOLUNTEERS WITH ROOM FOR MORE!

Tri-Valley is fortunate to receive volunteer help from more than 750 people throughout its 25-town services area. Yet despite the large number of Angels, more volunteers are greatly needed for Tri-Valley's numerous programs.

This could
be a
picture of
YOU!!!

Perhaps you'd like to be a Companion or a Friendly Visitor who provides socialization, visits and medical escort to area elders? Or perhaps you are good with numbers.

Money Managers assist elders with bill paying, check account balancing or establishing a budget.

Volunteer drivers are always needed to drive weekly or monthly as their schedule permits, and are assigned routes that make deliveries as quick as possible, ensuring the lunchtime meals arrive fresh and warm. If being on the road isn't for you, you can help at the nutrition sites by serving or packing meals.

Advocacy may be your strength. The Ombudsman Program enlists and trains volunteers to visit and advocate on behalf of nursing home residents, allowing the residents to voice their concerns and have their complaints addressed.

Please consider making a difference in someone's life in as little as one hour a week. Call Tri-Valley to learn more about the many options available in your community: 1-800-286-6640 or 508-949-6640.

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

Caregiver's Corner

REFLECTIONS ON A LIFE

"My Gift to You"

As our population ages, more adults are considering the legacies they want to leave their descendents. While gifts are often thought of in terms of financial bequests, the most valuable legacies can be personal memoirs, special recipes, picture albums, or cherished belongings. Now can be a wonderful time to consider what is most precious to you and to explore ways to pass on a special legacy to your children, grandchildren and future generations.

If you are interested in having Laura Black Silver from the Tri-Valley Caregiver Program lead a discussion at your senior center, civic, social or church group, please call her at 1-800-286-6640.



Tri-Valley Care Manager Brenda Puzo presents flowers to Ellen Doble in honor of her 100th birthday. A festive celebration was held at the Uxbridge Senior Center where Ellen received the Boston Globe's Golden Cane for being the oldest resident in Uxbridge. Happy Birthday Ellen!

MARCH FOR MEALS

"So No Senior Goes Hungry"

It's time again for the annual March for Meals campaign sponsored by the Meals on Wheels Association of America. For the 6th year, the Tri-Valley Nutrition Program is 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 242,124 Meals on Wheels in our 25 town service area and the demand keeps growing.

For information about volunteer opportunities, please call 1-800-286-6640 or 508-949-6640. Donations may be made at any Tri-Valley meal site or mailed directly to Tri-Valley.



— MARCH FOR MEALS DONATION FORM—

Please consider one of the following gift categories.

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

This donation is in honor of _____

This donation is in memory of _____

NAME(S) _____

ADDRESS _____

TOWN/CITY _____ STATE _____ ZIP _____

Please make check payable to **TRI-VALLEY, INC. MARCH FOR MEALS**

Mail to:

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



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

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

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UNIBANK PRESCRIPTION PROJECT

—SENIORS—

Help Available for Prescription Drugs



The Unibank Pharmacy Assistance project provides funding to offset prescription drug costs for eligible people aged 60 and over. If you live in Blackstone, Douglas, Hopedale, Mendon, Millville, Northbridge, Sutton, Upton, Uxbridge, Grafton or Millbury you may qualify. Applicants must meet financial qualifications. Call the Tri-Valley office for an application or for more information: 1-800-286-6640 or 508-949-6640.

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call Tri-Valley at 1-800-286-6640)

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www.tves.org

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