



"Home With You"

# TRI-VALLEY Current

Information from Tri-Valley Inc.

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

March/April, 2008

Celebrating  
National  
Volunteer  
Recognition  
Week  
April 27—  
May 3



TRI-VALLEY  
VOLUNTEERS  
ARE  
"THE HEART  
OF THE  
COMMUNITY"

THANK  
YOU!

## THE ECONOMIC STIMULUS PAYMENT WHAT IT MEANS FOR YOU...

Congress recently passed the Economic Stimulus Act of 2008, entitling anyone receiving over \$3,000 of qualified income in 2007 to receive a one-time check from the government for between \$300-\$600. This one-time Economic Stimulus Payment is triggered when individuals or couples file a tax return for 2007.



### IF YOU RECEIVE...

Social Security Benefits  
Railroad Retirement Benefits  
Veteran's Benefits  
Social Security Disability payments

...you could be qualified to receive the one-time Economic Stimulus Payment **even if you do not normally file an annual tax return.**

### REMEMBER:

- If you qualify for the Economic Stimulus Payment, you must file a simple tax return (Form 1040A) for your 2007 income.
- If you do not normally file a tax return **you have until October 15, 2008** to file a return and still receive the Economic Stimulus Payment.
- The payment **will not** count as income against benefits you are already receiving.

### ASSISTANCE IS AVAILABLE:

There is help available if you have questions or need help filling out your 1040A Form. **The IRS has opened a telephone helpline dedicated to questions about the Economic Stimulus Payment (1-866-234-2945).** Other resources for filing tax returns include:

**IRS Taxpayer Assistance Centers (TAC)**—1-800-829-1040 or visit [www.irs.gov](http://www.irs.gov) for listings.

**Tax Counseling or the Elderly (TCE) Program** (including the AARP Tax Aide Counseling Program) provides free tax help to people 60 years or older—1-888-227-7669

**The Volunteer Income Tax Assistance (VITA) program** provides help to low- and moderate-income taxpayers—1-800-906-9887

(reference: National Association of Area Agencies on Aging)  
(continued page 4)



A  
message  
from  
*Marilyn*



## **SPOTLIGHT: Savers Bank Heat Project**

Savers Bank has given \$10,000 to Tri-Valley to disburse for fuel assistance to needy elderly residents of Southbridge, Sturbridge, Charlton, Uxbridge, Auburn, and Grafton. Recipients must meet the project's qualifying standards.

This benefit will continue until all of the funding has been expended.

Thank you Savers Bank for recognizing a critical need in the community and coming forth to help!

Call Tri-Valley for more information and an application at 1-800-286-6640.

The slogan for this year's National Volunteer Recognition Week is "Volunteers, the Heart of the Community." Whether you help to deliver meals, advocate for residents of nursing homes, help someone to pay their bills, share your expertise as a board member, or perform any other volunteer role for Tri-Valley; your efforts are appreciated by me and the rest of the agency staff.

We could not provide the menu of services we do without your help and your donation of time. Every time you donate your services you help us to reach our goal of serving people 60 and over, younger people with disabilities, and caregivers. You are truly the heart of Tri-Valley and the community that we serve.

The words "thank you" seem insufficient to express my gratitude for your willingness to lend a hand whenever and wherever there is a need. If it were not for you and your fellow volunteers, our agency would not be able to provide as many services to as many people as we are currently reaching. You are also our good will emissaries in the 25 communities that comprise our service area.

Thank you from the heart for showing how much you care. We appreciate your efforts today and throughout the other 364 days of the year.

With gratitude,  
*Marilyn*

*"Everybody can be great...because anybody can serve.  
You don't have to have a college degree to serve.  
You don't have to make your subject and verb agree to  
serve. You only need a heart full of grace.  
A soul generated by love."  
—Dr. Martin Luther King, Jr.*

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



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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  
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## You can be an “ANGEL” for Tri-Valley

### OPEN YOUR HEART ...

♥ to pack, deliver or serve meals to an elderly neighbor or shut-in. Tri-Valley is looking for reliable people to help Meals on Wheels reach as many people as possible in your community.

♥ to elders living in nursing homes as a volunteer Ombudsman. In just an hour or two a week you can provide information and advocacy for residents of nursing homes and rest homes.

♥ by visiting or by providing escorted transportation to an elder in your neighborhood. Tri-Valley offers the opportunity to be a Companion Volunteer.

♥ to an elder who needs help with check writing, budgeting, and balancing the checking account. Money Managers are insured, trained volunteers who visit once or twice monthly to help keep track of income and expenses.



*Please “open you heart” and call  
Tri-Valley at  
1-800-286-6640 today.*

*Kameron, one of our littlest “Angels” accompanied his mom Sue to the Dudley nutrition site during school vacation. He helped by folding the menus to go out with the home-delivered meals that his mom and other volunteers were packing.*



## Caregiver's Corner

### SAVE THE DATE

June 13th

A Free Program for Caregivers

**ASK DR. GONZALEZ**

**GERIATRIC PSYCHIATRIST**

Pleasant Valley Country Club

Sponsored by

The Caregiver Program of Tri-Valley, Inc.

## HEALTHY LIFESTYLE

### Exercise to Stave Off Disability

According to the Arthritis Foundation, “It’s time to make a choice: Use your body or lose your independence.” Studies show that without regular physical activity, a person with arthritis nearly doubles his or her decline in function. Over time, this may result in the inability to perform the basic daily tasks essential for independent living.

The key is to get moving. Exercise helps strengthen muscle and tissue. When you don’t exercise, the muscles become smaller and weaker, enabling bones to become more prone to fractures.

The Arthritis Foundation offers a few tips:

- Don’t sit in one position too long. Staying in one position for long periods of time may actually cause stiffness in the joint.
- Ask your doctor which activities, such as swimming, walking, bicycling or even gardening or dancing, may be best for you.
- Ask a friend or family member to join you in these activities. Make exercise fun!

Remember it may hurt a little when you first start your program. Start slowing by dividing your exercise time into ten or fifteen minute segments.



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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PERMIT NO. 225  
WORCESTER, MA

Bellingham  
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Douglas  
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Northbridge  
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Oxford  
Southbridge  
Spencer  
Sturbridge  
Sutton  
Upton  
Uxbridge  
Warren  
Webster  
West Brookfield



*(More on the Economic Stimulus Payment from page 1)*

## PROTECT YOURSELF FROM FRAUD!

A separate IRS mailing went out in late March to people who no longer are required to file tax returns—certain recipients of Social Security and veterans disability benefits—explaining what you need to do to receive your Economic Stimulus Payment and a copy of a 1040A form to fill out.

### Be aware:

- All communications from the IRS will come in writing. Avoid providing personal information to those who communicate in other ways.
- The IRS will **never** call or email asking for your Social Security number or bank account information.
- The IRS will **never** send a letter or email asking for a response by phone or email, and they will **never** ask to come to a person's home.
- Never pay anyone or go through a third party intermediary to speed up the payment process.
- If you suspect fraud, you should contact the IRS at 1-866-234-2945 or the IRS fraud email at [phishing@irs.gov](mailto:phishing@irs.gov).

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

**DNS The Business Printer**  
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(Sponsorship space available  
call Tri-Valley at 1-800-286-6640)

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

Have Internet access? Recent Help-line columns:

March — File For Your Tax Rebate

April — Don't Borrow On Your Tax Refund



**Would you like to receive the *Tri-Valley Current* in PDF format via e-mail? E-mail your request to [info@tves.org](mailto:info@tves.org) or call the Tri-Valley office.**