



TRI-VALLEY Current

Current Topics

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Information from Tri-Valley Inc.

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

"Home With You"

May/June, 2007

What is the
Elder Advice
Program?
—see page 2

**DID
YOU
KNOW
?**

RIGHTS UNDER MEDICARE

MAP (The Massachusetts Medicare Advisory Project) provides advice and free legal representation to Massachusetts elders and individuals with disabilities, whether they are enrolled in traditional Medicare or in a Medicare Advantage Plan.

Call MAP at:
1-800-323-3205 for
help in protecting
your Medicare
rights.

ADULT FOSTER CARE CHANGES OPEN DOORS FOR FAMILY CAREGIVERS

Earlier this year, regulation changes implemented in the Massachusetts Adult Foster Care (AFC) program opened the door to allow family members to become paid caregivers for an elder or disabled family member over the age of 16. A spouse, parent of a minor child or legally responsible relative, such as a legal guardian, may not be a paid caregiver. All other relatives do qualify. This new change opens up AFC to more people who will now be able to join the program.

The AFC program offers the advantage of postponing or avoiding nursing home placements. Participants can live with family members or non-relatives, and are happier and more independent as residents of the community.

Participant eligibility requirements include:

- Being a MassHealth Standard or Commonwealth recipient
- Having a medical diagnosis and/or permanent disability
- Requiring cueing or supervision with at least one ADL (activity of daily living), such as bathing, dressing or eating to enroll in the Standard AFC program **OR**
- Requiring physical assistance with at least three ADLs, or physical assistance with two ADLs coupled with management of behavioral concerns, such as wandering, resisting care or being verbally abusive on a regular basis to enroll in the Enhanced AFC program.

Tri-Valley's AFC program staff provide support and ongoing supervision. The caregiver provides 24-hour supervision, assistance with daily activities and other personal care services. Qualifying caregivers receive a tax-free monthly stipend.

Referrals for this program are now being accepted. For more information, contact Tri-Valley's AFC program at 1-800-286-6640.

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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
Website: www.tves.org

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SPOTLIGHT:

What is the Elder Advice Program?

The Elder Advice Program at Tri-Valley is designed to assist the older adult and their caregivers, regardless of income or level of need. It is a short term program which provides information, in-home assessment and referral services. This service is **free of charge** and can assist both older adults and their family members.

The Elder Care Advisor meets with family members to assess the need for services and provide information and referrals. This service can be very helpful for older adults who have experienced recent physical changes and may be over income for other services or reluctant to accept services.

Caregivers may include a spouse, adult child, neighbor, friend or relative who is assisting in the care of an elder. Long distance caregivers who have questions or concerns about services may also contact Tri-Valley about services and providers in the area.

Call 1-800-286-6640 to request an Elder Care Advice referral.

HEALTHY LIFESTYLE

Safeguard Against Food Borne Illness

Summertime is here. Time for picnics and warm weather foods like potato salad, fresh fruits and vegetables. With this in mind, here is a little refresher course on safe food handling and preparation.

Disease-causing bacteria is found in raw and cooked meats, salads, dairy products and seafood. Even safely cooked, ready-to-eat foods can become cross-contaminated if not handled properly.

Food borne illnesses can take days to incubate. Often you don't connect the flu-like symptoms with the offending food. Symptoms may include abdominal cramps, headache, fever, nausea, vomiting, diarrhea, chills, or even stiff neck, confusion or convulsions. See your doctor if you suspect any form of food borne illness.

The good news is that most food borne illness can be prevented. Here are a few steps for safe food handling.

1. Wash your hands (for a minimum of 20 seconds) and food-handling surfaces often with hot, soapy water.
2. Avoid cross-contamination. Never use the same knife or surface when cutting raw meats and fruits and vegetables.
3. Heat and cook foods to safe internal temperatures.
 - Beef, pork, eggs, fish, and shellfish – at least 145 degrees
 - Ground beef – at least 155 degrees
 - Poultry, stuffed meats and all microwave-cooked foods – at least 165 degrees
4. Refrigerate or freeze perishables within two hours.
5. Reheat all foods to an internal temperature of 165 degrees for 15 seconds.

Lastly, remember to observe all food expiration dates.



YOU CAN BE AN “ANGEL” FOR THE OMBUDSMAN PROGRAM

The Ombudsman Program at Tri-Valley utilizes staff and volunteers to visit 22 nursing and rest homes in its 25 town service area. They let residents know that the Ombudsman Program is available to protect their rights and to resolve concerns and complaints.

Cathy Stone, Tri-Valley’s Ombudsman Director, recently remarked, “Without volunteer assistance, we would be unable to make the necessary visits to each nursing facility in our large service area.”

Ombudsman volunteers receive State Certified training ongoing supervision and support. Mileage expense is reimbursable.

Volunteers are needed now. Please call Cathy Stone at 1-800-286-6640 to find out how you can help.

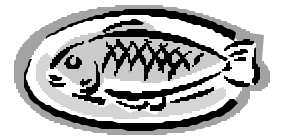
“There is no better exercise for your heart, than reaching down and helping to lift someone up.”
— Bernard Meltzer

Caregiver’s Corner

Scholarships Available Caregivers, do you need a break?

Do you need assistance finding someone to help Mom or Dad, while you go on a vacation, attend a wedding, or just take some time for yourself? The Caregiver Program at Tri-Valley has a scholarship fund which provides relief and assistance for caregivers. The services include but are not limited to helping caregivers arrange for and fund short term respite in the home or in an assisted living or nursing home facility, adaptive equipment, and other caregiver resources. This service is available to any caregivers of elders age 60 and over, residing in the 25 towns served by Tri-Valley. If you or anyone you know could benefit from this assistance please contact Tri-Valley’s Caregiver Program at 1-800-286-6640.

NUTRITION EDUCATION PROGRAM



“Something Fishy”

During the summer months, Lou Pilczak, RD, will present “Something Fishy” at Tri-Valley’s meal site locations listed below. The program will focus on the health benefits of Omega 3 Fatty Acids and involve a game with small prizes for winners.

6/26/07	Uxbridge	12:00 noon
6/27/07	Upton	12:15 p.m.
7/03/07	Southbridge	11:00 a.m.
7/11/07	Milford	11:00 a.m.
7/12/07	Franklin	10:45 a.m.
7/17/07	Northbridge	11:15 a.m.
7/18/07	Spencer	11:00 a.m.
7/25/07	Sutton	10:45 a.m.
7/26/07	Sturbridge	11:00 a.m.
8/03/07	Oxford	11:00 a.m.
8/08/07	W. Brookfield	11:00 a.m.

To make a reservation for the “Something Fishy” program and/or lunch, please call 1-800-286-6640 at least 48 hours in advance and ask for the Nutrition Program.



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

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younger people with disabilities,
and caregivers.*

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*"The Miracle is this — the more
we share, the more we have."
—Leonard Nimoy*

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May — Preventing Falls
June — Breast Cancer & Elders
Send your e-mail address to info@tves.org and keep up-to-date with
Tri-Valley legislative alerts.



ANNUAL FUND DRIVE

An opportunity to express your support!

Your gift to Tri-Valley is one way to express your support of services to seniors. You can honor a special person in your life through a donation in his or her name. Memorial donations may also be established.

Please consider one of the following gift categories.

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

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