



# TVES CURRENT

Information from  
TRI-VALLEY ELDER SERVICES, INC.

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Volume 2, Issue 5

## *Happy Holidays!*

Dear Friends,

Merry Christmas, Happy Hanukkah, and Kwanza!

The year 2005 was a momentous one for Tri-Valley. The project that began over six years ago with ideas and site inspections became plans, drawings and the conversion of the upper floor of one of the buildings in the Stevens Mills complex. The upper floor was gutted, a new roof, new windows, new heating, electrical and security systems installed. A concrete floor was poured and the studs went up.

Working closely with Ramon Hovsepian, our architect, and David Hillhouse of R. H. White, our construction company, was a wonderful cooperative effort as we hammered our way through the challenges of a mill conversion and some installation delays.

We hoped to move in July, and finally moved at the end of October. We celebrated a Board and Staff luncheon after our Annual Meeting that was truly a Thanksgiving feast.

While we have added more than 25% to our office space, it seems like more because the area is efficiently laid out. Our meeting rooms are fabulous and provide us with the opportunity to host large and small meetings simultaneously. This mill complex has a huge parking lot, too. Thereby eliminating our "Parking Violation" notices.

Every morning one-third of our spacious lunchroom and our catering kitchen are used as a meal site where the bulk food delivery is portioned out, packaged, and sent out to our Meals on Wheels recipients on the Webster-Dudley meal routes.

We are still working on the punch list details, balancing the heat, completing signage, hanging pictures, putting together shelving, etc. We hope that our missing furniture will arrive before the New Year. But, these are the minor details. Overall we are thrilled! We are reveling in our new space!

In the midst of the transition chaos, we produced the 11th Annual Tri-Valley Winter Food Project. This year about 7,000 shelf stable meals were assembled and are on their way to needy seniors in our 25 communities.

Various OPEN HOUSE programs and a dedication will be hosted in the spring. We hope many of you will come to celebrate with us.

We wish you PEACE, LOVE, HEALTH, and JOY at this sacred time of year and throughout 2006.



*Board President Irene Garand and Executive Director Marilyn Travinski*



## *From Everyone at Tri-Valley*

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*Marilyn Travinski moving the crates.*



*Grace Kirk, Marilyn Travinski, Brian Perry and Elton Jones in the new boardroom.*



*The moving crew and agency staff share a meal in the new lunchroom after the job is done.*



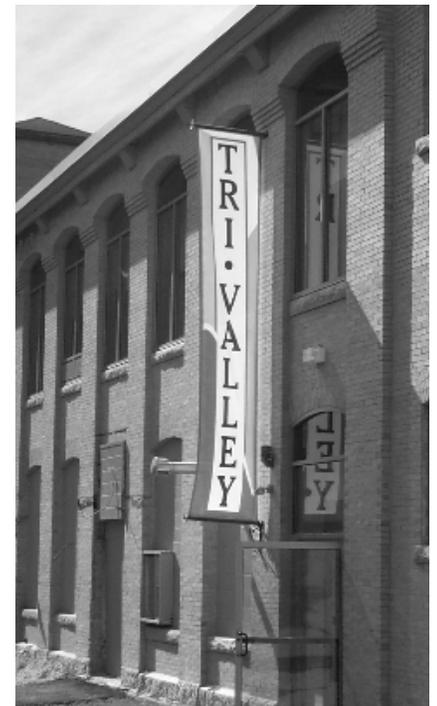
*Renovations in progress at the old Stevens Mill building.*



*Mary Lou Staples, Irene Garand, Marilyn Travinski and Brian Perry pose with boulders blasted out of the parking lot.*



*Tri-Valley Volunteers enjoy a special Holiday Open House.*



*Tri-Valley's new entrance with banner.*

The *TVES Current* is a bimonthly publication of:  
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*Workers get ready to pack bags of non-perishable food.*

## Winter Food Project—11th Year!

Another winter rolls around and so does Tri-Valley's Winter Food Project bringing goodwill and good food to elders in dire need of support. "They are often alone and extremely vulnerable during the winter months when fixed incomes force many to choose among food, heat and prescriptions," said Tri-Valley Executive Director Marilyn Travinski. "The rising cost of fuel this year has only exacerbated this dilemma and the food situation could become perilous."

This year about 7,000 non-perishable meals are being packaged and delivered. Elders identified with serious needs will receive enough food for the entire month of January and a good part of February, the coldest, darkest and loneliest months of the year. Since the project's inception over 81,550 meals have been provided. The project's success relies on the generous support from area businesses and individuals.

**WAYS YOU CAN HELP:** Keep the gift of food in mind when planning holiday gifts; a week's worth of groceries for your loved one or neighbor or gift certificates to their local grocery store or favorite restaurant, and please also consider a donation to Tri-Valley's Winter Food Project.

Your gift to **TRI-VALLEY'S WINTER FOOD PROJECT** 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 \_\_\_\_\_

This donation is in honor of \_\_\_\_\_

This donation is in memory of \_\_\_\_\_

NAME(S) \_\_\_\_\_

ADDRESS \_\_\_\_\_

TOWN/CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

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## Part D woes?

Enrolling or re-enrolling in health care coverage is a challenge this year. Medicare Part D is here and it's causing a lot of confusion and rumor. The choice of medical benefits and prescription benefits under combined policies, separate policies, or auto-enrolled policies can be overwhelming.

Be aware of deadlines and make an informed choice. Contact your current health insurance provider or call SHINE at 1-800-243-4636 option #2 for assistance with your health insurance options today.

## Southbridge Savings Bank Supports Money Management for Area Seniors



*Philip Pettinelli, President & CEO of the Southbridge Savings Bank presents a \$2,000 check to Marilyn Travinski for the Tri-Valley Money Management Program. This is the bank's fourth year of support toward this valuable service.*

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