



Tri-Valley **CURRENT**

Information from
TRI-VALLEY, INC.

NOVEMBER/DECEMBER 2006

Volume 3, Issue 2



Holiday Open House

Wednesday, December 13, 2006

1:00 - 4:00 p.m.

**TRI-VALLEY
10 MILL STREET
DUDLEY, MA**

Please join us in celebration of our
newly dedicated building.

~ Light refreshments will be served ~

Happy Holidays From Everyone at Tri-Valley!

Caregiver's Corner

National Family Caregivers Month

National Family Caregivers Month is a time to recognize the millions of caregivers who provide support to older adults. More than 22 million people in this country care for frail and chronically ill family members in their communities. They provide a variety of assistance from transportation to financial management, cooking, housekeeping, and personal care. Many older adults would not be able to live independently without the dedication of their caregivers.

Caregivers face many emotional, physical and financial challenges. When a group of "carepartners" from an Alzheimer's support group were asked what would help them the most in their caregiving role, they unanimously said "respite time." Caregivers need someone to stay with the person they are caring for so that they can be free to focus on their own medical needs, attend special family events, or maintain their social connections.

If you have the opportunity to offer assistance to a caregiver, consider giving them the gift of time. Offer to stay with their loved one so that they can get a break. Plan a specific date when you will be available. If you can't personally provide respite, but know of a caregiver who could benefit, refer them to the Caregiver Program at Tri-Valley.

During the 2005-2006 fiscal year, the Caregiver Program Fund at Tri-Valley helped to support special respite opportunities for 54 caregiver situations. To find out more about the Caregiver Program Fund contact Laura Black Silver, Caregiver Specialist, at 1-800-286-6640 Ext. 3079.



Lucille Frigon receives an award from Secretary Jennifer Davis Carey of the Executive Office of Elder Affairs in honor of National Caregivers Month.

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Tri-Valley, Inc.
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Dudley, MA 01571

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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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Attention Everyone on Medicare!

Medicare Part D, the Medicare prescription drug benefit, is holding an **Annual Open Enrollment** between **November 15 and December 31**, with an effective date of January 2007. If you don't have prescription drug coverage, you can join a Medicare Part D Plan at that time.

If you currently have prescription drug coverage, be aware that many plans will be changing in 2007. In early October, you should have received information about changes to your current drug plan. The plan you have now may not be the best plan for you in 2007. If you wish to change plans, you can do so between **November 15 and December 31**, and the change will be effective January 2007.

PROGRAM UPDATE

Adult Family Care Level II Now Available

MassHealth has implemented an exciting change that allows family members (with the **exception of** a spouse, legal guardian or parent of a minor child) to be recognized caregivers. The criteria for consumer eligibility for the AFC Level II program will include a medical diagnosis, hands-on assistance with three or more activities of daily living, and be an active MassHealth member. Supports will include monthly visitation by a Registered Nurse and a care manager for the program and optional attendance by the consumer at an Adult Day Health program. Relatives who are currently caring for their disabled or elderly family members may be eligible to receive financial and other support for their work. It is expected that other programs allowing family members to be paid for the care they provide will be available once new regulations are implemented in early 2007.

Referrals are being accepted now. We are certain that this will prove to be a great new venture for Tri-Valley and for the entire state.

SPOTLIGHT:

Winter Food Project—12th Year!

The Winter Food Project helps the neediest and most frail seniors in Tri-Valley's 25-town service area. "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 has only made this dilemma more pronounced."

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 88,550 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 _____

Please make check payable to TRI-VALLEY, INC. Mail check and form to:
Tri-Valley, 10 Mill Street, Dudley, MA 01571



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

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and caregivers.*

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On the WEB www.tves.org

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Upcoming Help-line columns:

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Special billing arrangements can be made and credit card
payments are accepted.

Call Tri-Valley for more information.