



# TRI-VALLEY Current

Information from Tri-Valley Inc.

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

"Home With You"

Spring 2012

## Eating for a Cause

June 4th

**PUBLICK  
HOUSE**  
Sturbridge

All you can eat buffet  
to benefit  
Tri-Valley's  
**MEALS ON  
WHEELS**  
and the Charlton  
Masonic Angel Fund

### New England Comfort Feast

Shepherd's Pie  
Chicken Pot Pie  
Seafood Pie  
Macaroni & Cheese  
(Includes: Tossed  
Salad, Dinner Rolls,  
Dessert,  
Coffee, Tea, Soft  
Drinks & Iced Water)

### Seating Times:

4:30—6:15

6:30—7:30

Adults \$13/  
Children \$5 (4-12 yrs.)

Tickets available at the  
Tri-Valley office or at the  
door on June 4th.

The Publick House will  
donate \$4 to  
Meals on Wheels for  
every dinner served.

## May is Older American's Month — You Gave, Now Save

A recent study finds that millions of older Americans are missing out on over \$20 billion in free and low-cost support that is available to help pay for health care, prescriptions, food, and utilities. The #1 reason caregivers and elders call information services is to see if help is available in their communities.

A national campaign has been launched, called *You Gave, Now Save*, which tries to connect elders with benefit programs they know little about. Here are some of the benefits listed:

- **Supplemental Security Income (SSI)** provides cash help to people 65 or older, or blind or disabled. Younger adults with a disability who have very low incomes and limited savings can also apply.
- **Medicaid Health Care:** Medicaid is for low-income people - but if your income is over the limit --- you can "spend-down" to qualify by using money you spent on medical care.
- **Medicare Savings Programs:** The Qualified Medicare Beneficiary (QMB) Program pays for Medicare premiums (Part A and Part B), deductibles, copayments, and/or coinsurance. The Specified Low-Income Medicare Beneficiary (SLMB) Program and the Qualified Individual (QI) Program help pay for Medicare Part B premiums. The Qualified Disabled and Working Individuals (QDWI) pays for Medicare Part A premiums. The program is for people with Medicare who are under age 65, disabled, and no longer qualify for free Medicare Part A because they returned to work.
- **Extra Help for Drugs:** If you have Medicare's Part D for drugs, but have limited income and savings, you may qualify for the Low-Income Subsidy known as "Extra Help" to pay your Part D premiums, deductibles, and prescription copayments.
- **Prescription Advantage:** Massachusetts has a program to help people with limited incomes and savings pay for their prescriptions, and to get drugs at a lower price.
- **Patient Assistance Programs:** Many drug companies have programs that help people with limited incomes afford their medicines. These manufacturers offer their drugs for free, or at a discount.
- **Supplemental Nutrition Assistance Program (SNAP)** offers you a special debit card to help buy the food you need. Massachusetts also has a Senior Farmer's Market coupon program to help you buy fresh fruits and vegetables.
- **Fuel Aid/Weatherization:** There are programs to help you heat your home and make it more energy efficient.

The 22-page *You Gave, Now Save* booklet also lists housing, legal aid, transportation and veterans benefits. To download a copy, go to <http://www.ncoa.org/assets/files/pdf/center-for-benefits/You-Gave-Now-Save-Guide-to-Benefits.pdf>. See your local librarian for help in downloading and printing the booklet.



A  
message  
from  
*Marilyn*

In April, during National Volunteer Recognition week, we honored our dedicated team of 900 volunteers. Their willingness to give their time and talent allows us to reach many more people who need our help.

***You can help by becoming a volunteer or thanking someone who volunteers.***

In May, Older American's Month, we are working diligently with our legislators to gain their support for our programs for seniors.

***You can help by contacting your legislators about funding for home care and other senior programs.***

In June, we look forward to community support through two great events, the Publick House dinner on June 4<sup>th</sup> and the Cohasse Country Club Charity Golf Tournament on June 15<sup>th</sup>, both to benefit Tri-Valley's Meals on Wheels plus the Charlton Masonic Angel Fund and Southbridge Food Share.

***You can help by supporting our fundraisers (annual appeal page 4).*** We appreciate whatever you can do to enhance our mission of service.

*Marilyn*

## Program Highlights

### • Money Management 20th Anniversary

A ceremony was held at the State House on May 8th to celebrate the 20th Anniversary of the Massachusetts Money Management Program and to recognize volunteers.

Irene Garand, Past President of Tri-Valley's Board of Directors received her 17 year service award as a Money Management Advisory Board Volunteer. Irene was also honored with citations from the offices of Senator Brewer and Representative Smola.



*Senator Brewer presenting citation to Irene Garand*

### • AFC & PCA Program Benchmarks



Program staff recently reached **200 clients** in Adult Family Care (AFC) and **300 consumers** in Personal Care Attendant (PCA). Congratulations to this hard-working team!

### • Tri-Valley Welcomes Seniors to the New Uxbridge Meal Site Location

All seniors are welcome to lunch at the Faith Fellowship Church, the new home for Tri-Valley's Congregate and Meals on Wheels program in Uxbridge. Noontime lunch is served Monday through Friday. Please call Site Manager Beverly Clark at (774)482-6174 (48 hours in advance) to make your reservation.

The *Tri-Valley Current* is a quarterly publication of:

Tri-Valley, Inc.  
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## Oral Health and Diabetes

“Diabetes can affect the health of teeth and gums...”



### What is the public health issue?

Diabetes affects millions of people in the United States, and it is a very serious health problem. There are different types of diabetes, but all affect the way the body can use certain types of foods, such as bread (carbohydrates) that the body breaks down into sugars (glucose). The body needs carbohydrates and glucose for energy, blood flow, and nutrition for the brain. If the body can't use carbohydrates and glucose, the immune system (part of the body that fights off infection and disease) doesn't work as well. People living with diabetes can have many other health problems, such as blindness; sores or cuts that don't heal well; loss of feeling/tingling in the hands and feet; problems during pregnancy; and heart, kidney, and periodontal (gum) disease.

#### Diabetes in Massachusetts Adults

- 319,278 (6.4%) have diabetes
- 121,326 (32.8%) with diabetes didn't see a dentist in the last year
- Over 30% of people with diabetes had 6+ teeth missing, versus 12% of non-diabetics

### How can diabetes affect dental health?

Unfortunately, gingivitis and periodontal disease affect people living with diabetes more often and more seriously than people who do not have diabetes. Diabetes can cause changes in the teeth and gums, especially when it is not controlled with a proper treatment plan from the doctor. Diabetes increases the risk for gingivitis (small gum infection), and more seriously, periodontal (gum) disease. Gingivitis can go away with good cleaning of the teeth, but periodontal disease is a long-term infection that hurts the gums and bone holding the teeth. If too much of the gums and bone is lost, teeth become loose and can fall out. Diabetes can affect the mouth in other ways by changing the way people taste food; increasing the time it takes the mouth to heal from cuts or sores; decreasing saliva (dry mouth); and increasing risk for other infections in the mouth.

### How can you keep your teeth and gums healthy if you have diabetes?

- See your doctor often
- Visit a dentist at least every six months (even if you don't have natural teeth) and talk to your dentist about how you control your diabetes
- Take your medicine(s) and check your blood glucose (sugar) correctly; exercise; and eat proper foods as directed by your doctor
- Brush twice daily for two minutes with fluoride toothpaste, and floss at least once each day
- If your mouth feels dry, drink a lot of water, or chew sugarless gum
- Don't smoke cigarettes and limit alcohol drinks
- Check your mouth regularly for any problems or changes. See your dentist if your gums bleed when you brush or floss; or if you notice dry mouth, pain, white spots, and/or a bad taste in your mouth

*For more information, contact:*

Massachusetts Department of Public Health  
Office of Oral Health at 617-624-5943 or at [Oral.Health@state.ma.us](mailto:Oral.Health@state.ma.us)



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

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

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**800AgeInfo**  
*Information for Massachusetts Elders and Their Families*  
**1-800-AGE-INFO (1-800-243-4636)**  
**www.800ageinfo.com**

**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 \_\_\_\_\_

This donation is in honor of \_\_\_\_\_  
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Please make check payable to TRI-VALLEY, INC. Mail check and form to:  
Tri-Valley, Inc., 10 Mill Street, Dudley, MA 01571