



TRI-VALLEY Current

Information from Tri-Valley Inc.

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

Current Topics

Savers Bank Heat
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"Home With You"

Early Winter 2010

*Best Wishes for
a New Year filled
with Peace, Love
and Good Health
From
Everyone
at Tri-Valley*

Make a New Year's Resolution

Be part of a creative
advocacy team making
life more "like home"
for nursing home
residents.

Tri-Valley will hold a
training program for
new Ombudsman
Volunteers on
February 5, 8 & 9
(snow date Feb. 10)

Ombudsman volunteers
are trained and
certified to visit
residents in nursing and
rest homes. Visitation
times are flexible.

**Call Cathy
at Tri-Valley's
Ombudsman Program
1-800-286-6640
to see if this
opportunity is right
for you.**

THE WAIT LIST AND WHAT IT MEANS FOR YOU

You have probably heard by now that there is a wait list for home care services at Tri-Valley. This was required for all home care agencies across Massachusetts because of cutbacks in program funding made by the Legislature and the Governor.

Some people will be placed on services right away depending upon need so we are still taking referrals. It is important to make the call to request services because even if you are placed on a wait list, you will have reserved your place in line when funding becomes available again.

At present there are over 2,300 people statewide awaiting home care services. We encourage you to write or call your State Representative and/or Senator to let them know you are concerned about the existing wait list and how it impacts you, a relative, neighbor or friend.

Tri-Valley will continue to provide services to as many people as possible and our staff will monitor our wait list to ensure the safety of individuals waiting for services. Rest assured that we are doing everything possible to get through this difficult time with as little impact as possible to our clients and our potential clients.

Mail to your State Legislator at: State House, Boston, MA 02133
E-mail your State Legislator via: www.mass.gov/legis/
General State House Telephone: 617-722-2000

Tri-Valley participating in Give a Day — Get a Disney Day



In 2010, Disney hopes to inspire community volunteerism through the "Give a Day, Get a Disney Day" program. One million people who perform volunteer service for a participating organization will receive a one-day ticket to a Disney theme park. Starting January 1, 2010, you can go to www.disneyparks.com to search for volunteer opportunities. You will see that Tri-Valley is registered as a community partner with a number of volunteer opportunities listed. Potential and current volunteers must register through the Disney website. Jayne Cacciapuoti, Community Support Services Director, is coordinating the program at Tri-Valley and can offer further information if needed.



A
message
from
Marilyn

As the end of the first decade of the 21st Century closes, I marvel at the great challenges that we met as a society: “9-11,” Katrina, more war, major recession, unemployment, growing poverty and abuse to name a few. How we respond to the needs of frail seniors and the disabled population in these challenging times defines our humanity as individuals and as a society.

Overall, these challenges have made us more grateful for our blessings, more kind and considerate, and have increased the importance of caring for the needs of family, friends and neighbors as well as assisting people in our greater communities.

At Tri-Valley we are grateful for the donations that enable us to provide our clients with critical services, food, lift chairs, grab bars and other simple assistive devices. These items allow them to experience more independence and safety as they age in their own homes.

We are especially grateful for the increased donations of gift cards which allow clients to purchase groceries, pharmacy items and new bedding.

We will continue to serve our clients in every way possible through the crippling statewide deficits and the mandatory waitlist.

We ask that you continue to support our work with your donations, your prayers and your political support—reminding legislators at every opportunity that our work is an economical way to support people in their homes so that they are not forced by circumstance into institutions where it will cost the state a great deal more tax dollars for their care.

We wish you the best of all wonderful blessings in the New Year.

Marilyn

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

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

TEL 508-949-6640 or 1-800-286-6640 (MA only)

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Website: 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.

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IN THE COMMUNITY

• Savers Bank Heat Project

Savers Bank has generously allocated \$5,000 to begin the third year of its Heat Project to help needy elderly residents of Southbridge, Sturbridge, Charlton, Uxbridge, Auburn and Grafton. Assistance for the 2009/2010 winter season is immediately available to eligible seniors.

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

• Healthy Aging Programs

Tri-Valley is now offering Health Promotion and Maintenance Programs including **A Matter of Balance** and **Chronic Disease Self-Management**. Both programs are available on a varied schedule throughout the service area. Call Tri-Valley for more information.

SAFETY TIPS

Preparing for Winter Weather

A winter storm can leave people trapped at home, without utilities or other services. The Massachusetts Emergency Management Agency (MEMA) suggests having a **Winter Emergency Supply Kit** with the following items:

- Flashlight with extra batteries
- Portable radio or NOAA Weather Radio
- Charged cell phone
- First-aid kit
- Essential prescription medicines
- Non-perishable food
- Manual can opener
- Water (one gallon per person/per day)
- Extra blankets and sleeping bags
- Fire extinguisher

It is also a good idea to develop a plan to check with elderly or disabled relatives and neighbors to ensure their safety.

Winter Food Project — 15th 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. According to Marilyn Travinski, Executive Director, "Our Winter Food Project deliveries of about 8,000 non-perishable meals will help clients struggling to heat their homes and pay for prescriptions, rent and other necessities during the coldest and most difficult months of the year."

For the second year, the project is enhanced with the addition of an **Emergency Pet Food Fund**. "Many people will often feed their pet before themselves so we hope to alleviate some stress this holiday



season by providing a week's worth of food," said Jayne Cacciapuoti, Community Support Services Director, who coordinates the project. Plans to continue the project throughout the year will rely on individual donations from employees as well as community support.

WAYS YOU CAN HELP: Keep the gift of food in mind; 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, Inc.



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 _____

I wish to direct my donation to one of the following funds:

Most Immediate Needs Winter Food Project Emergency Pet Food

This donation is in honor of _____ or, 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
Donations may also be made on-line at Tri-Valley's website: www.trivalleyinc.org



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

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

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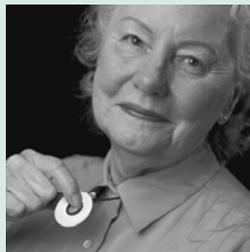


SNAP for Seniors

The Massachusetts Food Stamp Program, now called the Supplemental Nutrition Assistance Program (SNAP) has been streamlined for seniors. Even if you own your home and car, or have been ineligible in the past, you might want to consider applying for SNAP.

Using SNAP is completely confidential. SNAP recipients receive a card which works just like a debit card. During these difficult economic times, even a modest monthly SNAP benefit can help to offset some of your household expenses.

To apply, call 1-866-950-3663 or visit your local Department of Transitional Assistance.



THE GIFT OF SAFETY

Help is only a push of a button away with Tri-Valley's Lifeline Program.

- Safe
- Affordable
- Reliable
- Immediate availability

FREE OFFER

For a limited time you are entitled to:
**FREE INSTALLATION OF A LIFELINE®
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Offer expires February 28, 2010

Special billing arrangements can be made and credit card payments are accepted.
Call Tri-Valley for more information.

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