



"Home With You"

# TRI-VALLEY Current

Information from Tri-Valley Inc.

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

Spring 2011

Celebrating  
National  
Volunteer  
Recognition  
in April



TRI-VALLEY  
VOLUNTEERS  
ARE  
"TOUCHING  
LIVES,  
LIFTING  
SPIRITS"

THANK  
YOU!

## "March for Meals" Raising Awareness

During Tri-Valley's March for Meals Campaign many activities were held at nutrition site locations across the agency's 25-town area. Raising awareness of senior hunger, the need for volunteers and fundraising were all part of the campaign.



*At the Milford Nutrition Site, Police Chief Thomas O'Loughlin (center) and School Superintendent Robert Tremblay (right) teamed up with volunteer Maria Hipolita to serve dozens of seniors and thank volunteers.*

Although the March event is over, our efforts continue on an agency-wide level to keep the momentum and inspire more people to volunteer and support programs for seniors. Now in April, we celebrate our wonderful team of volunteers and encourage you to join them in **"touching lives, lifting spirits"** by

- Visiting an elderly neighbor as a Friendly Visitor or as a Companion providing transport and escort to medical appointments, errands or out for a coffee.
- Packing and/or delivering lunch to homebound elders in your community.
- Being the voice for elders living in nursing homes as an Ombudsman Volunteer.
- Helping a senior balance a checking account, set up a budget and pay bills as a Money Manager Volunteer.

Tri-Valley provides training and supervision for all volunteer positions (mileage reimbursement for some). In speaking about her many years as a volunteer, Diane Gaudet, SSJ said, "I have experienced that I receive much more than I give and will continue to volunteer as long as I am able. I encourage you to call Tri-Valley today (1-800-286-6640) to find out what opportunity is right for you."



## *A message from Marilyn For Tri-Valley Volunteers*

The slogan for this year's National Volunteer Recognition Week is "Touching Lives, Lifting Spirits." As one of our agency's volunteers, you directly touch the lives and lift the spirits of many people each day. You make it possible for our agency to complete our mission of serving the needs of older adults, younger disabled individuals, and caregivers.

I am especially thankful for your services during this past difficult winter. Many people are happy to lend a hand when the sun is shining and roads are not flooded or icy. This winter tested the resolve and goodwill of everyone living in New England, but so many of you completed your volunteer tasks despite the weather and less than optimal conditions. On behalf of the clients who received meals and other services because of your special efforts, I want to express my sincere appreciation.

Whatever your volunteer assignment, you are a vital member of the Tri-Valley community. We could not reach as many people as we do without your assistance and willingness to help your neighbor. At a time when rising costs and declining monetary support are adversely affecting our programs, we are even more reliant on the donation of time and talent that you give to our agency.

Thank you for helping to make a difference in the lives of the many people our organization serves. On behalf of those clients and the Tri-Valley Board of Directors, I thank you for your inspiring and dedicated volunteer service.

With gratitude,  
*Marilyn*

## **ALONE WITH CONFIDENCE**

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## **Caregiver's Corner**

### **New Spanish Caregivers Guide Available**

The new Spanish language edition of the Caregivers Guide is now available. The comprehensive book offers information on services for anyone caring for an older adult or someone who has Alzheimer's disease. The guide includes vital information on support services, housing options, insurance and benefits, long distance care-giving, grandparent's raising grandchildren and so much more. The guide is available **Free** by calling the Caregiver Program at Tri-Valley, 1-800-286-6640.

*"Our lives are to be used and thus to be lived as fully as possible, and truly it seems that we are never so alive as when we concern ourselves with other people." — Harry Chapin*

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

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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.

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# Current SPOTLIGHT:



State Representative Ryan Fattman (center) visited the Sutton Nutrition Site and assisted with meals on wheels delivery. He is pictured with volunteers Donna and Henry Whittier.



Upon her retirement from Tri-Valley with 27 years of service, Ellen-Ann (Ellie) Christian (left) received a citation from the Commonwealth presented by State Representative Geraldo Alicea with Marilyn Travinski.

## HEALTHY LIFESTYLE

### What's New for Americans in the 2010 Dietary Guidelines

The revised guidelines place an emphasis on healthy eating and energy balance while continuing to reinforce the food groups and patterns of a healthy diet. Following are the significant changes:

- Managing calories to manage weight – people should balance calories and physical activity to maintain a healthy weight or to lose weight
- Eating more nutrient dense foods while limiting sodium, solid fats and sugar
- Foods and nutrients to increase – whole grains, and protein from various sources including plant-based protein and seafood in place of some meat and poultry
- Nutrients of concern – shortfall nutrients include potassium, dietary fiber, calcium and vitamin D due to inadequate intake of vegetables, fruits, whole grains, milk and milk products, and seafood. Vitamin D can be supplied by fortified foods such as milk, some yogurts, breakfast cereals, certain fish, egg yolks, and dietary supplements.

**For more information go to:**

**[www.dietaryguidelines.gov](http://www.dietaryguidelines.gov) or [www.eatright.org](http://www.eatright.org)**



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*“I've learned that you  
shouldn't go through life with a  
catchers mitt on both hands.  
You need to be able to throw  
something back.” — Maya Angelou*



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

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

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**On the WEB [www.trivalleyinc.org](http://www.trivalleyinc.org)**  
Have Internet access? Recent Help-line columns:  
March — Medicare Changes for 2011  
April — Diabetes Nation

**Facebook users...look for  
Tri-Valley's new page!**

**800AgeInfo**  
*Information for Massachusetts Elders and Their Families*  
**1-800-AGE-INFO (1-800-243-4636) [www.800ageinfo.com](http://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 \_\_\_\_\_

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