



TRI-VALLEY Current

Information from Tri-Valley Inc.

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

"Home With You"

Winter 2012

Join
Tri-Valley's
March for
Meals
Campaign
(page 3)



TIPS FOR CAREGIVERS

- Don't wait until there is a crisis
- Learn about a family member's diagnosis
- Organize important information
- Explore community resources and services
- Talk about finances, legal issues and healthcare wishes
- Learn to ask for and accept help
- Make taking care of yourself a priority: exercise, eat right, take time off without feeling guilty, and establish a support system



Powerful Tools for Caregivers

The Caregiver Program at Tri-Valley is sponsoring a new program called *Powerful Tools for Caregivers*.

Designed to assist family caregivers, this program will help you take care

of yourself while caring for an older relative or friend. You will benefit from this program whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing facility or across the country.

Get the tools you need to:

- reduce stress
- communicate effectively
- reduce guilt, anger, and depression
- help you relax
- make tough decisions
- set goals and problem-solve.

Sessions are held once a week for six weeks (1½ hours each session).

For more information, please contact Laura Black Silver, LICSW, Caregiver Specialist 1-800-286-6640, Ext. 3079.

UPCOMING HEALTHY AGING PROGRAMS:

Feb 29 - Apr 4
(1-3:30 pm)

Diabetes Self-Management – My Life My Health*
Depot Court, Bellingham

Mar 22 - Apr 26
(1-2:30 pm)

Powerful Tools for Caregivers
E. Brookfield Baptist Church Harrington Center

Mar 22 - Apr 26
(9:30-noon)

Healthy Eating for Successful Living in Older Adults*
Birmingham Court, Milford

Tri-Valley is providing these Evidence-Based Healthy Aging Programs free of charge. For more information, call 1-800-286-6640.

*With support from the Metrowest Health Foundation



Help Available for Prescription Drugs

Unibank's Pharmacy Assistance project provides funding to offset prescription drug costs for eligible people aged 60 and over.

If you live in Blackstone, Douglas, Hopedale, Mendon, Millville, Northbridge, Sutton, Upton, Uxbridge, Grafton or Millbury you may qualify. Applicants must meet financial qualifications.

Call the Tri-Valley office for an application or for more information, 1-800-286-6640 or 508-949-6640.

Volunteers Needed For TEAMS Program

(Tri-Valley, Inc. Elder Advocates for Medical Services)

In today's ever changing healthcare system, many elders dealing with multiple health issues are in need of help navigating through an often complex system. The TEAMS program provides skilled volunteer advocates trained in the team approach. Volunteers drive and accompany elders to doctor appointments, treatment or other medical events to act as an advocate and/or surrogate family member. Their role is to coach, support and empower elders to take charge of their health care, assist in asking questions, record details from the physician and report to caregivers as requested.

Tri-Valley encourages people to share life experiences, learn new skills and find meaningful ways to give back to their communities through volunteering. To find out more about this exciting new program and positive volunteer experience, please contact Jayne Cacciapuoti at (800)286-6640 or email at jcacciapuoti@tves.org.

Be Prepared Year-Round!

The extreme weather that we experienced last year, brings to mind the importance of being prepared year-round for weather emergencies and power outages. According to MEMA (Mass. Emergency Management Agency), every family should maintain a well-stocked Emergency Kit that includes flashlights, battery operated or crank-powered radio, extra batteries, first-aid kit, bottled water, non-perishable food and a manual can opener. Other important items are a charged cell phone and charger that can be used in the car, essential prescription medicines, extra blankets and personal hygiene items. If your water supply could be affected by a power outage, fill your bathtub and spare containers with water. Bathtub water should be used for sanitation purposes only.



Tri-Valley's Nutrition Program suggests maintaining an Emergency Food Shelf throughout the year with the following non-cook and quick-cook foods: peanut butter, canned meats and tuna fish, crackers like grahams or saltines, granola bars or fruit cookies, cold cereals, juice boxes, powdered mild, condensed milk or boxed milk (ex. Parmalat), dried fruit, canned fruit or applesauce, canned soups, stews, beans, dehydrated soups and stews, instant oatmeal or other hot cereal.

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

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

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An Equal Opportunity/Affirmative Action Employer

"May you have warmth in your igloo, oil in your lamp, and peace in your heart."

—Eskimo Proverb



Margaret Collette Honored with George Wild Award

Nominated by the Spencer Nutrition Site, Margaret Collette was chosen from twelve nominees across the 25-town service area to receive the prestigious George Wild Award for outstanding volunteerism for Tri-Valley's Nutrition Program.

With 12 years of volunteer service to the program, this untiring volunteer is in constant motion helping daily at the Nutrition Site located at Howe Village. Margaret packages meals for home delivery, welcomes participants, and performs many other tasks involved in the congregate meals that are served Monday through Friday at the site. Margaret is known for her kindness and ability to put others before herself. Congratulations, Margaret, for being an *Angel Among Us!*



Pictured left to right: Spencer Nutrition Site Manager Nancy Stanley, Margaret Collette, and Meals on Wheels Coordinator David Gervais.



2012 "March for Meals" Campaign

The Tri-Valley Nutrition Program will once again participate in the national **March for Meals** campaign sponsored by the Meals on Wheels Association of America. The month of March is set aside to raise awareness of senior hunger, to recruit volunteers for Meals on Wheels, and to raise donations for the nutrition program. Tri-Valley will once again partner with Uno Chicago Grill restaurants to sponsor "dough raisers" in addition to other events and activities during the month. "Dough raisers" are scheduled at Uno Chicago Grill locations in Bellingham on March 19th, Sturbridge on March 20th and Millbury on March 21st.

Please help us to continue making a difference in the lives of homebound older adults in the 25 communities that we serve. For more information or to learn how you can participate, please call the main office at 1-800-286-6640 or go to our website, www.trivalleyinc.org.

Donations to Tri-Valley March for Meals can be mailed to 10 Mill Street, Dudley, MA 01571 or dropped off at any meal site.



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

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

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Did You Know?

All federal benefit payments will be electronic by March 1, 2013. People applying for federal benefit payments must choose an electronic payment option – **direct deposit** to a bank or credit union account or to a **Direct Express**[®] card account. People currently getting benefit checks must switch to an electronic payment option by March 1, 2013. People who have not chosen an electronic payment option by March 1, 2013, will receive their money after the deadline date via the **Direct Express**[®] card, so they will not experience any interruption in payment. People who are already receiving their benefit payments electronically do not need to take action. They will continue to receive their payment as usual on the payment day.

These changes apply to following federal benefit payments: Social Security, Supplemental Security Income (SSI), Veterans Affairs; Railroad Retirement Board; Department of Labor (Black Lung), and Office of Personnel Management.

The **Go Direct**[®] campaign is helping federal benefit recipients sign up for, or transition to, electronic payments. For more information call 1-800-333-1795 or visit: www.godirect.org.

Tri-Valley Current SPONSOR

DNS The Business Printer—Worcester, MA
(800) 892-4567

(Sponsorship space available call Tri-Valley at 1-800-286-6640)

800AgeInfo

Information for Massachusetts Elders and Their Families

1-800-AGE-INFO (1-800-243-4636)

www.800ageinfo.com