



TRI-VALLEY Current

Information from Tri-Valley Inc.

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

**March is National
SOCIAL WORK MONTH**

"Home With You"

Spring 2013

Tri-Valley Community Dining

Good Food, Good Friends



RAFFLE



1st Prize

Hand-sewn Quilt (3' x 4')
by Kristin McCarthy

2nd Prizes

8 *Made With Love*
Cookbooks

Proceeds benefit
**TRI-VALLEY'S
MEALS ON
WHEELS**

(more details page 3)



Join us for Lunch!

Why should you consider having lunch at one of Tri-Valley's Community Dining Centers? Where else can you enjoy a complete hot meal for the price of a \$2.00 donation? You can feel good knowing your donation helps to purchase meals for home delivered clients who may be low income and unable to cook for themselves. We have introduced soup and salad/or sandwich meals once weekly at several sites including Oxford, Sturbridge, Northbridge, and West Brookfield. All dining centers have other activities and the chance to meet old friends or make new ones. Nutrition education presentations given by Lou Pilczak, RD, will help to answer your questions about food and diet.

So call today to make a reservation for yourself and a friend!



A
message
from
Marilyn

Nutrition Program Highlights

- The **Fallon Community Health Plan (FCHP)** awarded the Nutrition Program \$15,000 through their Community Benefits Program to support meals and nutrition education for older adults.



1st row (l to r) from Tri-Valley: Anna Bellows, Marilyn Travinski and Carol Muschler

2nd row (l to r) from FCHP: Eileen Rice, Jen Lavigne, Cathy Mullen and Kimberly Salmon, Director of Community Relations.

March is Social Work Month and the month during which Tri-Valley participates in *March for Meals*—the national campaign for the Meals on Wheels program. Throughout the year, our social workers help clients identify their needs and our agency staff members work hard to fulfill those needs.

Food is a basic human need. But its availability and affordability are becoming more precious every day. Our Meals on Wheels program supports people in their homes who are no longer able to cook for themselves. The cause might be painful arthritis, confusion, loss of vision, poverty or a variety of other reasons. The bottom line is that without our assistance, these folks would not have the food they need to function. They might become very ill and require care in a skilled nursing facility, or they might become more and more frail until they die.

This issue of *CURRENT* is devoted to our nutrition program which serves over 275,000 meals every year through 10 community dining centers, 10 lunch clubs and home-delivered meals. More than 800 of Tri-Valley's over 950 volunteers give their time in this essential program and many more people donate their money.

Won't you join us?

Marilyn

- Congratulations to volunteers from **HMEA—Horace Mann Educational Associates** who were chosen from twelve nominees across the 25-town service area to receive the prestigious **George Wild Award** for outstanding volunteerism for the Nutrition Program. The HMEA group is comprised of 8 work coaches and 28 clients with varied disabilities who have learned job skills while volunteering at four meal site locations. HMEA volunteers are reliable, conscientious and their dedication is exemplary.

- The Meals on Wheels Program recently received a \$2,500 grant from **Meals On Wheels Association of America (MOWAA)**



Meals on Wheels driver Paul Wrobel being assisted by Bob Leary from Long Subaru.

- in recognition of its participation in MOWAA's "Share The Love" Most Meals Contest. As part of **Subaru of America, Inc.'s "Share The Love" Event**, the Meals on Wheels Program worked with **Long Subaru of Webster**. The dealership provided an employee to help deliver meals to homebound clients in Webster and also helped to promote volunteer opportunities.

The *Tri-Valley Current* is a quarterly publication of: Tri-Valley, Inc., 10 Mill Street, Dudley, MA 01571

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Meet Louise Mason

In 2004, Louise's friend Terry encouraged her to come to the Oxford Dining Center and help out. As a people person who likes to keep busy, she fit right in, and has been volunteering with Tri-Valley's Nutrition Program ever since. According to Kristin McCarthy, Nutrition Site Coordinator, "Louise is lively and enthusiastic. In speaking about the program, she made it clear that volunteering makes her day."

With 27 years of food service experience (Oxford High School cafeteria) she is a take charge person, who on her volunteer days, runs the kitchen like a well-oiled machine. Louise's all-time favorite lunch is Swedish Meatballs, but she expressed that all of the meals are good and nutritious too. Her recommendation is to come and try the lunch, meet new people and enjoy a variety of activities including nutrition education programs.

People age 60 and over and their spouses are welcome to eat at any Dining Center location. A voluntary donation of \$2.00 toward the meal cost is suggested. Adults of any age who have a little spare time are welcome to volunteer by setting tables, serving and packaging meals or delivering meals to homebound seniors.

Louise encourages older adults to "Join us for Lunch!"



Dishing up a delicious meal, Louise is in her element at the Oxford Dining Center.



A national campaign sponsored by the Meals on Wheels Association of America to raise awareness of senior hunger, to recruit volunteers and to raise donations for meals.

The Nutrition program has many different events planned for this year's March for Meals campaign. There will be raffles, auctions, entertainment, bake sales, and other special events at all 20 community dining centers (locations listed on last page). Several state legislators are also scheduled to help serve or deliver meals during the month to promote volunteerism.

The highlight of the campaign will be a raffle to be drawn on March 29. The first prize is a hand-sewn quilt created by Kristin McCarthy, Nutrition Site Coordinator. There are also 8 second prizes consisting of Made with Love cookbooks published by the Meals on Wheels Association of America.

For specific information or to purchase raffle tickets, please contact the Nutrition office at 1-800-286-6640/508-949-6640 or your local Community Dining Center Manager.

**Donations to Tri-Valley March for Meals can be mailed to:
10 Mill Street, Dudley, MA 01571 or dropped off at any Community Dining Center.**



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

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

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- Webster
- West Brookfield



Tri-Valley's Community Dining Centers

- Milford Senior Center, 508-478-8102
- Northbridge Senior Center, 508-234-2002
- Oxford Senior Center, 508-987-6000
- Southbridge Community Center, 508-764-1469
- Spencer Howe Village, 508-885-3904
- Sturbridge Senior Center, 508-347-5063
- Sutton Senior Center, 508-234-0703
- Upton Senior Center, 508-529-9094
- Uxbridge Fellowship Church, 774-482-6174
- West Brookfield Senior Center, 508-867-1411

Call 48 hours in advance for reservations

Lunch clubs are located in the following towns: Blackstone, Douglas, Dudley, East Brookfield, Hopedale, Medway, Mendon, Millville, North Brookfield, and Webster. Call Tri-Valley for more details.

Save the Dates

May 2nd—June 6th

(Thursdays 1-3 pm)

Free 6-week program at the
Northbridge Senior Center

Powerful Tools for Caregivers



Designed to help caregivers
of older adults.

Contact

Laura Black Silver, LICSW
Caregiver Specialist at
Tri-Valley, Inc.

1-800-286-6640, Ext. 3079

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800AgeInfo

Information for Massachusetts Elders and Their Families

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

www.800ageinfo.com