



TRI-VALLEY Current

Information from Tri-Valley Inc.

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

"Home With You"

**March is
National Nutrition
Month!**

Early Spring 2016

Italian Dinner

To Benefit
March for Meals

Sponsored by
Tri-Valley's
Nutrition Program &
Chartwells Catering

**Thursday, March 31
4:00 p.m.**

Ruth M. Bleakney Senior
Center, 60 North Bow St.
Milford



MENU

Italian Meatballs
Sweet Sausage
Penne Pasta & Sauce
Zucchini
Garden Salad with Italian
Dressing
Garlic Bread
Tiramisu
Beverages

COST: \$7.00

(reserve by 3/25/16)

Tickets limited—available
at nutrition site locations
or call
508-949-6640

TRI-VALLEY PARTICIPATING IN NATIONWIDE MARCH FOR MEALS

**SUPPORT WILL HELP FIGHT
SENIOR ISOLATION AND HUNGER**



Tri-Valley's Nutrition Program is participating in the 14th annual March for Meals – a month-long, nationwide celebration of Meals on Wheels and the homebound and vulnerable seniors who rely on its vital safety net. Tri-Valley's March for Meals celebration will include visits to nutrition site locations by town and state officials, a raffle and an Italian Dinner to be held on March 31 at 4:00 pm at the Senior Center in Milford. Dinner tickets are \$7.00 and must be reserved by March 25. Contact Tri-Valley's Nutrition department at 508-949-6640 for more information.

"The services that we provide to seniors living in South Central Massachusetts are critical and the need is rapidly increasing," said Carol Muschler, Nutrition Program Director. "Together, we can keep older adults living healthier in their own homes while being more connected to their community."

Since 2002, Meals on Wheels America has led the annual awareness campaign in an effort to fill the gap between the seniors served and those in need. That gap is widening due to increased demand with a rapidly aging population. It is also affected by declining public and private resources, and rising food, transportation and operational costs. This March, hundreds of local Meals on Wheels programs, like Tri-Valley's, will reach out to their communities to build the support that will enable them to deliver nutritious meals, friendly visits and safety checks to America's seniors all year long.

"The Meals on Wheels 'more than just a meal' model addresses three of the biggest threats of aging: isolation, hunger and loss of independence," said Meals on Wheels America President and CEO Ellie Hollander. "More than ever, we must join forces to meet the needs of the fastest growing population in America who want to be able to live at home for as long as they can. It not only makes economic sense to enable seniors to stay

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A message from Marilyn

March is National Nutrition Month

So many people, especially seniors and young children, do not have enough food. The current politically correct phrase is “food insecure.” They are hungry. They are not sure if they will have enough food to last the month or even the week. Many have chosen to buy needed prescriptions instead of groceries, but without food, their health will deteriorate.

Our nutrition program at Tri-Valley served 3,630 people 272,177 meals last year. Our meals provide nutritious food, ease the loneliness of seniors and provide a safety check for Meals on Wheels recipients.

Please donate to our program during “March for Meals” and consider volunteering to assemble or deliver meals. Our neighbors are counting on us.

Marilyn

The *Tri-Valley Current* is a quarterly publication of: Tri-Valley, Inc., 10 Mill Street, Dudley, MA 01571
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Tri-Valley, Inc. is an Equal Opportunity/Affirmative Action Employer

HEALTHY LIFESTYLE

Going with the Grain!

People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies.

Nutrients from grain include dietary fiber, several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium). Folate (folic acid), helps the body form red blood cells. Magnesium is a mineral used in building bones and releasing energy from muscles. Selenium protects cells from oxidation. It is also important for a healthy immune system.

Dietary fiber from whole grains or other foods may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories.

The benefits of whole grains most documented by repeated studies include:

- stroke risk reduced 30-36%
- type 2 diabetes risk reduced 21-30%
- heart disease risk reduced 25-28%
- better weight maintenance



Some examples of whole grains are: oats, barley, quinoa, sprouted grains, amaranth, sorghum, wheat, rye, rice, corn, millet and buckwheat. More details on whole grains may be found at www.wholegrainscouncil.org.

Going With the Grain—Adding Whole Grains to Your Everyday Meals is the topic of Nutrition Education programs being presented by Mary Brunelle RD, LDN. A different grain will be featured each month at various Tri-Valley Nutrition and Lunch Club sites. Quinoa is the grain for March and programs are scheduled in Upton on March 24th, Spencer on March 28th and in Sutton on April 1st. Goals for older adult participants are to increase consumption of whole grains, and to learn how to identify, purchase and cook with whole grains. For information about presentations, call Nutritionist, Mary Brunelle, at 508-949-6640.

Grain of the Month Recipe — Fruity Quinoa Salad

Rinse 1 cup of Quinoa in a fine sieve. Boil 2 cups of water in a medium saucepan. Stir in quinoa; cover and simmer until tender, about 15 minutes. Whisk together 1 teaspoon of honey, 2 tablespoons lemon juice and 3 tablespoons olive oil in a large bowl. Stir in quinoa, 1 apple chopped and 2/3 cup chopped dried cherries and 2/3 cup chopped toasted pecans. Season with 1/2 tsp. salt and 1/4 tsp. black pepper. (Makes 10 servings)

(continued from 1st page)

healthy and safe at home, but it improves the health and vibrancy of our communities and our nation at large.” For more information about the nation-wide campaign visit www.marchformeals.com.



About Meals on Wheels America

Meals on Wheels America is the oldest and largest national organization supporting the more than 5,000 community-based senior nutrition programs across the country that are dedicated to addressing senior hunger and isolation. This network exists in virtually every community in America and, along with more than two million volunteers, delivers the nutritious meals, friendly visits and safety checks that enable America’s seniors to live nourished lives with independence and dignity. By providing funding, leadership, research, education and advocacy support, Meals on Wheels America empowers its local member programs to strengthen their communities, one senior at a time.

About Tri-Valley’s Meals on Wheels Program:

The Meals on Wheels program provides meals for individuals who are 60 years or older, homebound, and unable to prepare their own food due to illness, disability or the absence of a caregiver. The program depends on the generosity of hundreds of volunteers to pack and deliver the meals. Over 19,000 meals are delivered each month in 25 communities. For more information about services or volunteer opportunities, call 508-949-6640 or go to www.trivalleyinc.org.



A fund-raising event at Dairy Queen in Milford on March 9th helped to kick-off Tri-Valley’s 14th Annual March for Meals Campaign raising awareness and funds to fight senior isolation and hunger.

Your support now will help fight senior isolation and hunger.

I/we would like to make a donation of \$ _____

This donation is in honor of _____

This donation is in memory of _____

NAME(S) _____

ADDRESS _____

TOWN/CITY _____ STATE _____ ZIP _____

E-MAIL _____ PHONE _____

Please make check payable to **Tri-Valley March for Meals** and mail check and form to:
Tri-Valley, Inc., 10 Mill Street, Dudley, MA 01571. Donations accepted online at 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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Eating Well, Feeling Better

You're never too old to start "eating better." No matter what your age, the food choices you make daily have an impact on how you look and feel. Eating a balanced mix of foods has many health benefits. You can reduce your risk of heart disease, stroke, type 2 diabetes, bone loss, some kinds of cancer, and anemia. Even if you already have a chronic condition, eating well and being physically active can help you reduce high blood pressure, or manage diabetes. A proper mix of vitamins, minerals, protein, carbohydrates, fats, and water, can keep your muscles, bones, organs, and other parts of your body healthy as you get older.

Your doctor might suggest vitamins, as well as the mineral calcium. It is usually better to get the nutrients you need from food, rather than a pill. Most older people don't need a complete multivitamin supplement. But if you don't think you're making the best food choices, look for a complete vitamin and mineral supplement that contains 100% of most recommended vitamins and minerals.

Eating well also involves calories. Your need for calories depends on your age, gender, height and weight, and how active you are. Eating more calories than your body needs for your activity level results in extra pounds, which can increase the risk for certain diseases and joint problems. Choosing mostly nutrient-dense foods--which have a lot of nutrients but fewer calories--can give you the nutrients you need, but keep down calorie intake. If you aren't getting enough calories or nutrients, you can add healthy snacks during the day, like raw vegetables with a low-fat dip or hummus, low-fat cheese and whole-grain crackers, or a piece of fruit. Unsalted nuts or nut butters are nutrient-dense snacks that give you added protein. Try putting shredded low-fat cheese on your soup or popcorn, or sprinkling nuts or wheat germ on yogurt and cereal.

Eating well isn't just a diet or a program. It's a healthy lifestyle that you can adopt now. To eat healthier, start with some simple steps like removing the salt shaker from your table, and switching to whole-grain bread, seafood, or more vegetables and fruits. If you have a specific medical condition, talk to your doctor, and ask if it makes sense for you to see a registered dietitian. To learn more about how to shop for food that's good for you, see: <https://www.nia.nih.gov/health/publication/whats-your-plate/shopping-food-thats-good-you>