



TRI-VALLEY Current

Information from Tri-Valley Inc.

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

"Home With You"

Summer 2014

Fundraising Dinner



Monday, July 14th

PUBLICK HOUSE

Sturbridge

"All You Can Eat"
Turkey buffet to benefit
**Tri-Valley's MEALS
ON WHEELS**
and the Friends of
Sturbridge Seniors

Seating Times:

4:30—6:15

6:30—7:30

Adults \$13/

Children \$5 (4-12 yrs.)

Turkey Feast

Oven Roasted Turkey
Cornbread Sausage Stuffing
Mashed Potatoes
Butternut Squash
Cranberry Sauce
(Includes: Tossed Salad,
Dinner Rolls, Dessert,
Coffee, Tea, Soft Drinks &
Iced Water)

Tickets available at the
Tri-Valley office or at the door
on July 14th.

Preventing Identity Theft

How can I lower my risk of identity theft?

Identity theft is when thieves steal information like your Social Security number, birth date, credit card numbers, personal identification numbers (PINs), or passwords. With enough information about you, thieves can use your identity to commit fraud or other crimes.

A guide called *Money Smart for Older Adults* published by the Federal Deposit Insurance Corporation says older people are prime targets for financial exploitation. Older Americans lost at least \$2.9 billion to financial exploitation in 2010.

The FDIC suggests the following ways to prevent identity theft:

- **Protect your Social Security number, credit card and debit card numbers, PINs, and passwords.** Never provide this information in response to an unwanted telephone call, fax, letter, or email---no matter how friendly or official the circumstances may appear. When you use an ATM, someone could be "shoulder surfing" --- looking over your shoulder---to steal your PIN. Because your wallet might be stolen, carry only the identification you really need: checks, credit cards, or debit cards. Keep your Social Security card in a safe place at home. When shopping, you don't have to give merchants your Social Security number.
- **Protect your incoming and outgoing postal mail.** Try to use a locked mailbox or a post office box. If your mailbox is not locked, remove soon after delivery. When ordering new checks, have them delivered to your bank branch, rather than through the mail. For outgoing mail containing personal information, hand it to a mail carrier, or take it to the post office. Don't leave it in your home mailbox, and don't put up the flag on a mailbox to indicate that outgoing mail is waiting.
- **Sign up for direct deposit,** which prevents someone from stealing a check out of your mailbox and forging your signature.
- **Keep your financial trash "clean."** Before tossing out anything with personal information in it, rip these items into shreds.
- **Watch your bank statements and credit card bills.** Review every charge or withdrawal, and report any discrepancies to your bank or card issuer. If a credit card statement or bank statement is late, call customer service, because someone may have stolen your mail and account information.

(continued on page 3)



**A message from
Marilyn**

**Come Join Us For New
Lunch Options:
Soup, Baked Potato and
Pasta Bars**



*Diners in Northbridge enjoy the new
Baked Potato Bar.*

Everyone is invited to come see what's new at our community dining centers. We're scheduling the new option menus at various sites each month. To find a location near you, please call the nutrition office at 1-800-286-6640.

Marilyn

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

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HEALTHY LIFESTYLE **Healthy Eating Tips**

From Tri-Valley's Nutrition Program

Remember to always start your day with breakfast. Breakfast fills your tank after a long night of fasting, and it will help you avoid snacking throughout the day.

Preparing meals and snacks at home is a great way to save money and eat healthy at the same time. Choose low-fat/low-calorie alternatives such as 1% milk and low-fat cheeses.

Start a food/activity journal. Write down not only what you ate, but where, when, and what you were feeling at the time. You will see what triggers your hunger and what satisfies your appetite.

Choose snacks that are nutritious and filling. A piece of fruit, raw vegetables, or a container of yogurt are good, portable snack options for tiding you over at work or at home between meals. These options are much better than chips, cookies or candy, which offer little or no nutritional benefit.

When eating out remember to watch your portions. Menu items at most restaurants are usually much larger than one serving, which often results in overeating. Choose smaller portions if available, or plan ahead on taking a "doggy bag" home with you.

It takes your stomach about 15 minutes to signal your brain that it is full. Taking plenty of time to eat will help prevent you from overeating.

Healthy and Quick Recipes:

Late-Summer Gazpacho — Puree 3 cups of chopped ripe tomatoes, 2 cups of peeled, seeded, chopped cucumber, 1 roasted red pepper, 1 Tbs. of red wine vinegar, 2 Tbs. extra-virgin olive oil, and ½ tsp. salt in the blender. Process until very smooth. Chill for 1 hour and serve with minced chives.

Instant Berry Sherbet — Combine 1 cup of frozen mixed berries with 1 frozen chopped banana and ¾ cup plain, fat-free Greek yogurt in a blender. Process until completely smooth. Makes 2 cups of pure summer.

Simple Sautéed Chicken — Heat 2 Tbs. olive oil in a large non-stick skillet over medium-high heat until hot. Sauté 1 lb. boneless, skinless chicken breasts until browned, about 4 minutes per side. Remove from pan. Sauté 4 sliced garlic cloves and ½ tsp. fresh thyme for 30 seconds. Top the chicken with the garlic mixture and a squeeze of fresh lemon juice.

Community Champions Week

As part of Tri-Valley's March for Meals Campaign, Community Champions Week was celebrated March 17 - 21. Senator Michael Moore and Representatives Anne Gobi, Paul Frost and Jeffrey Roy participated by helping to pack, deliver and serve meals for seniors.



Sen. Michael Moore serving meals in Upton.



Rep. Anne Gobi delivering meals in Spencer.



Rep. Paul Frost serving at the Oxford Dining Center.



Rep. Jeffrey Roy ready to deliver meals in Franklin.

We are grateful for participation from our legislators and support from the community that helped to raise awareness and additional revenue for meals to seniors in the 25 towns served by the agency.

(continued from page 1—Identity Theft)

- **Avoid identity theft on the Internet.** Never provide bank account or other personal information in response to an unsolicited email, or on a website that does not explain how personal information will be protected. If you receive an email you think is fraudulent, report it to the Federal Trade Commission's online complaint form: www.ftccomplaintassistant.gov.
- **Review your credit report annually** for warning signs of a credit card, loan, or lease you never signed up for. For a free copy of your credit report, visit www.annualcreditreport.com

**For more information on identity theft, call the Federal Trade Commission at:
1-877-IDTHEFT (438-4338).**



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

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

NON-PROFIT
 U.S. POSTAGE
PAID
 PERMIT NO. 46
 WORCESTER, MA

- Bellingham
- Blackstone
- Brookfield
- Charlton
- Douglas
- Dudley
- East Brookfield
- Franklin
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- Medway
- Mendon
- Milford
- Millville
- Northbridge
- North Brookfield
- Oxford
- Southbridge
- Spencer
- Sturbridge
- Sutton
- Upton
- Uxbridge
- Warren
- Webster
- West Brookfield



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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 _____

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, INC. Mail check and form to:
 Tri-Valley, Inc., 10 Mill Street, Dudley, MA 01571

If you do not wish to receive this newsletter, or would rather receive it by e-mail, contact us via e-mail at info@tves.org or call the Tri-Valley office.