



TRI-VALLEY Current

Information from Tri-Valley Inc.

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

"Home With You"

Winter 2014



During the month of March, the Tri-Valley Nutrition program will participate in the national **March for Meals** campaign, sponsored by the Meals on Wheels Association of America.

Tri-Valley's campaign includes a raffle to raise funds "so no senior goes hungry."

RAFFLE

1st Prize

Kindle Fire

2nd Prize

Bose Bluetooth Headset

3rd Prize

Publick House

\$100 Gift Certificate

(more details page 3)

The Conversation Project *Beginning To Talk About The End*

Most people feel uncomfortable talking about dying - or what kind of care they would like at the end of their life. A new group, called The Conversation Project, believes that the time to talk about end-of-life care is at the kitchen table, not in the intensive care unit. "Too many people are dying in a way they wouldn't choose," The Conversation Project says, "and too many of their loved ones are left feeling bereaved, guilty, and uncertain." The Conversation Project wants to make sure that our own wishes and preferences are talked about openly, and respected.



According to a survey conducted in California, 60% of people say that making sure their family is not burdened by tough end-of-life decisions is "extremely important," yet 56% have not told their family about their end-of-life wishes. The same survey revealed that less than one in four people had put their wishes in writing. One federal survey found that 70% of people would prefer to die at home, yet 70% die in a hospital or nursing facility.

The Conversation Project began in 2010, when a group of medical professionals, clergy, and members of the media began sharing stories of "good deaths" and "bad deaths" within their own circle. From there they began a grassroots public campaign with the ambitious goal of "changing our culture" to make it easier to talk about dying, and "to encourage people to talk now and as often as necessary so that their wishes are known when the time comes."

For people not sure how to begin this discussion with loved ones, The Project has published a "Your Conversation Starter Kit," designed to help you get your thoughts organized. The Starter Kit asks questions like: How long do you want to receive medical care? How involved do you want your loved ones to be? Do you think that your loved ones know what you want, or do you think they have no idea?

The Kit also suggests some things you could say to "break the ice" about end of life care: "I need to think about the future - will you help me?" "Even though I'm ok right now, I'm worried about what might happen to me and I want to be prepared." The Kit also suggests you talk about how actively you want to be involved in decision-making about your care, and who you would like to be your health care proxy? Do you want (or not want) aggressive treatment, like resuscitation, feeding tube, etc?

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A message from Marilyn

Senior Hunger in America

According to the Meals on Wheels Association of America, the number of seniors facing the threat of hunger is devastatingly high and quite hard to comprehend. Nearly one in six seniors in America – a total of 8.8 million – may not know when they will have their next meal or where it will come from.

For some perspective on what that means, consider that 8.8 million people is more than the population of New York City. Imagine enough seniors struggling with hunger that they would occupy the entire city.

To compound this situation, the number of hungry seniors is predicted to double by the year 2050. That will bring the number of hungry seniors to equal to combined populations of New York City, Los Angeles, Chicago and Houston.

Some of the primary reasons for this burgeoning yet hidden national crisis include the rapid increase in life expectancy, the escalating costs of food and transportation and the remaining impacts of a recession that was poorly timed for people nearing or already in their retirement years.

You can help by supporting Tri-Valley's March for Meals campaign. This is your opportunity to support your senior neighbors through a charitable donation or your time as a volunteer.

Please call us and find out how you can make a difference for older Americans in your own community.

Marilyn

Program Updates

Money Management Program Recognized by Mass Bankers Association



The Massachusetts Bankers Association presented \$5,000 to Tri-Valley's Money Management Program. SpencerBank nominated Tri-Valley for the award and presented \$1,000 to the Money Management Program prior to the Association's award.

Pictured in the photo from Tri-Valley are: Jayne Cacciapuoti, Community Support Services Director, Brian Perry, Treasurer Board of Directors, Marilyn Travinski, Executive Director, and members of the Massachusetts Bankers Association.

Coming Soon — **Powerful Tools for Caregivers** **Free 6-week program**

Thursday, April 3—May 8, 2014 (1-3 pm)

Ruth Anne Bleakney Senior Center, 60 North Bow Street, Milford

This program is designed to help you take care of yourself while caring for an older adult. Get the tools you need to reduce stress, communicate effectively, reduce guilt, anger and depression, make tough decisions, set goals and problem-solve.

Registration information:

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

lblack@tves.org 1-800-286-6640

Catherine G. Ziesmer, LSW, Client Services Coordinator, Milford

cziesmer@milfordma.com 508-473-8334

Sponsored by Tri-Valley, Inc. & Ruth Anne Bleakney Senior Center

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Sue O'Donnell Honored with George Wild Award



*Sue O'Donnell, at left, with Carol Muschler,
Tri-Valley Nutrition Program Director*

Sue O'Donnell of Sturbridge 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 ten years of volunteer service to the program, Sue is reliable and generous with her time helping at Tri-Valley's Community Dining Center located at the Sturbridge Senior Center. She packages meals for home delivery, welcomes participants and performs many other tasks involved in the congregate meals that are served Monday through Friday.

Here is Sue's personal *Tribute to Tri-Valley* that she read at the awards program:

T is for the time you give
R is for reaching out
I is for interest in others
V is for the variety of food you serve
A is always being there
L is loving what you do
L is looking to help
E is for excellence
Y you work together for a great cause!

Congratulations, Sue. You are an Angel Among Us!



*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 month of March marks the 12th year Tri-Valley's Nutrition Program is participating in the national March for Meals campaign, sponsored by the Meals on Wheels Association of America. Community Champions Week will be celebrated March 17-21. State senators, representatives, and other local officials have been invited to help pack, deliver and/or serve meals during the week to show their support for our campaign. As this newsletter goes to print, Senator Michael Moore and Representatives Paul Frost, Anne Gobi and Jeffrey Roy are scheduled to participate. Various events and activities will take place at all of our Community Dining Centers. For more information or to buy raffle tickets, please contact the Nutrition Office at 1-800-286-6640 or your local Community Dining Center Manager.

*Individual and corporate donations are always welcome and should be addressed to
Tri-Valley March for Meals, 10 Mill Street, Dudley, MA 01571.*



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

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

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North Brookfield
Oxford
Southbridge
Spencer
Sturbridge
Sutton
Upton
Uxbridge
Warren
Webster
West Brookfield



Tri-Valley joins the Aging Network Volunteer Collaboration to ask, “Got an Hour?” — In one hour you can give back to seniors by Volunteering with Tri-Valley.

Contact Tri-Valley for more information about opportunities to help in your community.
1-800-286-6640 or www.trivalleyinc.org.

(Conversation Project continued)

According to The Conversation Project, you don't have to try to guide the conversation — just let it happen. And every attempt at a conversation is valuable. These conversations are meant to help you and your loved ones live and die in a way that you choose.

Every family has stories to tell about how some loved one died — after a long illness, or perhaps suddenly. We talk about ‘good deaths’ and ‘bad deaths,’ but in many of these situations, it is not clear how and where the loved one wanted to die, and what specific instructions they would have wanted the family to use as a guide.

To learn more about The Conversation Project, and to print out a copy of Your Conversation Starter Kit, go to www.theconversationproject.org, and be sure to print out the document called “How to talk to your doctor.”

Also, for information specific to Massachusetts Medical Orders for Life-Sustaining Treatment, go to www.molst-ma.org.

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