

## BOOST YOUR BUDGET WEEK

April 12-16, 2021

Tri-Valley is partnering with the National Council on Aging to celebrate Boost Your Budget Week.

An estimated \$30 billion in public and private benefits go unclaimed every year because older adults don't know about them or how to apply.

If COVID-19 has left you struggling to make ends meet, this is the perfect time to see if you qualify for benefits programs that can help you pay for food, medicine, housing, utilities, health insurance premiums and more!

Contact Tri-Valley for more information, or take a few moments this week to get a free online confidential checkup through the National Council on Aging at [BenefitsCheckUp.org](https://BenefitsCheckUp.org) or [BuscaBeneficios.org](https://BuscaBeneficios.org).

## BOOST YOUR BUDGET™

Find your benefits to age well

**Are you an older adult living on a fixed income?  
Could you use a few extra dollars in your pocket?**



You may qualify for benefits to help pay for food, medicine, utilities, health insurance premiums & more!

For more information, call:

**Tri-Valley Inc. 508-949-6640**

Funding for Boost Your Budget™ Week—April 12-16—has been provided from a grant awarded by the National Council on Aging—[ncoa.org/Boost](https://ncoa.org/Boost)

## Trust the Facts. Get the Vax.

You can trust that the COVID-19 vaccine is safe. Learn more about vaccine safety, how it was developed, and how it works.

## Transportation Services

Tri-Valley is excited to announce a new grant funded program that will provide **FREE** local transportation to seniors and adults with disabilities in our service area.

Transportation Services can be accessed for medical and non-medical needs *as available*. Some examples include but not limited to:

Doctor/Dentist  
Hairdresser/Barber  
Tax preparation appointments  
Lunch out with friends  
Shopping  
Church  
Support Groups  
Gym



schedule rides at  
508-949-6640 ext. 3031

\*Rides will be provided  
based on availability and  
demand

Thank  
You

To our wonderful Administrative Professionals for the valuable work they do to keep Tri-Valley running efficiently and smoothly.  
Happy Administrative Professionals Day  
on April 21st!

### Resources and Tips to Help You

- [Virtual Savvy Caregiver Training starting May 6](#)
- [Need Help with Medicare Costs?](#)
- [National RX Take back Day April 24, 2021](#)
- [COVID-19 Information in MA](#)

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Contact Us



Donate  
Today

Volunteer With Us

