

STEPPING INTO FALL!

Tri-Valley supported FALLS PREVENTION AWARENESS WEEK as several dozen staff walked together to add 78,000 steps to help reach a 25 million step state-wide goal set by the Executive Office of Elder Affairs. Way to go team!! #TriValleyInc #MASteps2PreventFalls



Fall Prevention Awareness is a nationwide effort to get the word out that falls are preventable!



FALLS PREVENTION IS A TEAM EFFORT

FAMILY & FRIENDS

Ask family and friends to help check and rid your home of falls hazards.



Did you know?

- Every year, more than 1 in 4 adults age 65+ fall - This results in 3 million emergency room admissions to treat falls injuries
- More than 95% of hip fractures are caused by falls
- Falls are the leading cause of traumatic brain injuries
- Falls rates and health care spending are projected to rise as older adult population is estimated to increase by 55% by 2060

What YOU can do to PREVENT FALLS:

Take Control of Your Health: 6 Steps to Prevent a Fall

Debunking the Myths of Older Adult Falls

Use the NCOA #FallsFreeCheckUp

Transportation Services

Tri-Valley is pleased to announce the availability of **FREE** local transportation to seniors and adults with disabilities in our service area through a grant funded program.

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



Call our Information & Referral Department to schedule rides at 508-949-6640

*Rides will be provided based on availability and demand



Special thanks to the Fire & Iron Station 128 for their Charity Motorcycle Ride to support Tri-Valley's Winter Emergency Food Project!

Congratulations to Michelle Saucier, our Nutrition Center Coordinator in Sutton!

The Sutton Council of Aging recently recognized Michelle for her dedication and outstanding service to senior

citizens during the pandemic.



Resources and Tips to Help You

- [Fall Prevention for Caregivers](#)
- [FAQ About the COVID-19 Booster](#)
- [10 Tips for Safe Medication Management for Seniors](#)
- [Helpful Information about Diabetes](#)

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Tri-Valley, Inc
10 Mill Street
Dudley, MA 01571

508-949-6640 / 800-286-6640

Contact Us



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