

## NOVEMBER IS NATIONAL FAMILY CAREGIVER MONTH!



Did you know that roughly 53 million Americans are providing unpaid care to relatives and friends? Of these caregivers, 61% are female, 61% are employed, and 54% are age 50+ themselves.

The month of November is a time to give special recognition to the family caregivers in our lives - the “unsung heroes.” Here at Tri-Valley, we recognize and support caregivers year-round through the Central Massachusetts Caregiver Support Program, which is part of a national program. Being a caregiver can be both challenging and rewarding, and even those most capable might need some help navigating the personal, social, emotional and economic landscape from time to time. The Caregiver Specialist addresses those needs for information, supports, services, education, respite and much more.

### Caregivers include:

- Adult family members or other informal caregivers ages 18 and older providing care to individuals 60 years of age and older, or to individuals of any age with Alzheimer’s Disease or other related disorders
- Grandparents or other relative caregivers (not parents) age 55 or older raising grandchildren 18 and younger
- Relative caregivers, age 55 years or older, of an adult with a disability aged 19-59

Through our Caregiver Scholarship Fund, we provide assistance to pay for much-needed respite for the caregiver; camperships for grandchildren; sports equipment and fees; technology to keep care recipients with a dementia safe in the home; medical equipment not covered by insurance such as transport wheelchairs, shower benches, grab bars, hospital beds, and lift chairs and gift cards for grandparents to purchase school clothing and supplies. Here are a few words from recent recipients:

*“Thank you, Tri-Valley for your help with paying for the lift chair. I have a bad back, and now I won’t have to struggle to lift my husband anymore.”*

*“I was so pleased to hear about Tri-Valley’s Caregiver Program. My granddaughter was able to attend Summer Camp through the Caregiver Scholarship, and I probably wouldn’t have been able to afford it otherwise. She had a wonderful time, and so did I knowing she was safe and happy.”*

*“The Caregiver Scholarship was able to help me care for my mother who has Alzheimer’s Disease by paying for cameras in my home. Now I don’t have to be in the same room as my mother all of the time, can get other things done, and can still keep an eye on her.”*

If you or someone you know are interested in learning more about the Caregiver Program,

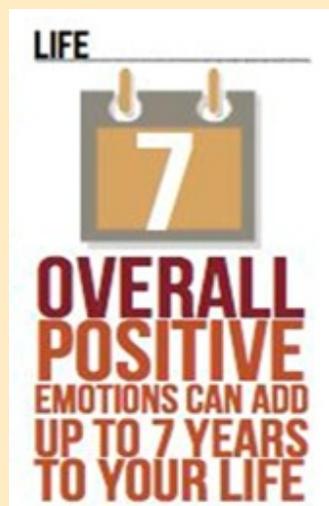
please reach out to Jacquelyn Woznicki, Caregiver Specialist at Tri-Valley, at 508-949-6640, ext. 3124. You'll be glad you did!

*Some helpful resources:*

- Join the Alzheimer's Association for a special series of programs in honor of National Family Caregivers Month. Visit [alzprograms.org](http://alzprograms.org) for more information, or call their 24/7 Helpline at 800.272.3900

*All programs will be presented virtually*

- November is also Alzheimer's Awareness Month - See how ASN is HELPING TO MAKE A DIFFERENCE FOR FAMILIES AFFECTED BY ALZHEIMER'S IN SOUTH CENTRAL MASSACHUSETTS  
[Alzheimer's Support Network ASN](#)
- [5 Benefits of Early Alzheimer's Diagnosis from DailyCaring.com](#)



**GRATITUDE CHALLENGE** - Dozens of Tri-Valley staff came together to share what they have been grateful for during the start of the fall season by writing their thoughts on paper gratitude pumpkins. Now, 119 pumpkins cover the hallway wall for visitors and staff to read. Anyone who participated in the gratitude challenge was also entered to win a pair of opening night tickets to the Railers.

*WHAT ARE YOU THANKFUL FOR?*

## Free Training! QCC Fast Track Skills Academy

- Free training for workers displaced by the COVID-19 pandemic or those looking to make a change!
- Curriculum geared towards adult learners
- Most programs can be completed in 3 months or less

*[Quinsigamond Community College](#)*

Tri-Valley hosted its inaugural Mile Walk for National Breast Cancer Awareness month in October. In total 35 staff participated in walking 1.3 miles to spread awareness for early detection for breast

cancer. Staff exceeded expectations and crushed the 100,000-step goal with 120,500 steps.

[Information from the National Breast Cancer Foundation](#)



Social media is continuing to grow at Tri-Valley. New posts for events, grant awards, community involvement and information can be found on our social media. Stay informed by following us on Twitter, Instagram, and Facebook (see links below).

Tri-Valley, Inc., a private, non-profit agency, receives funding from the Commonwealth of Massachusetts through the Executive Office of Elder Affairs and federal financial support under the Older Americans Act furnished by the Central Mass Agency on Aging and the Massachusetts Executive Office of Elder Affairs. Funds are also received from public and private sources.

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Contact Us



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