



## NEW PROGRAM ANNOUNCEMENT!

Behavioral health services for older adults are greatly needed in towns across the Commonwealth. We are pleased to inform you that Tri-Valley, Inc. has been selected as a grantee recipient for the **Elder Mental Health Outreach Team (EMHOT)** to increase behavioral health support in underserved communities.

Our goal with the **Elder Mental Health Outreach Team** is to advance the health and well-being of older adults by offering timely, flexible access to behavioral and mental health services. Tri-Valley has established a strong network of clinicians who are excited to help meet these needs.

Tri-Valley professionals will provide assessment and evaluation regarding behavioral and mental health needs for older adults in addition to other personal needs, clinical triage and support.

Our **EMHOT** team is here to help. A clinician can:

- *Provide support through an acute time of anxiety and stress in your life*
- *Help identify and access local support groups*
- *Provide connection to ongoing behavioral/mental health services*
- *Explain various in-home support services available in your community*
- *Provide information on public benefits*
- *Provide connection to community agencies for social engagement*
- *Provide person-centered goal planning*

If you or someone you know could benefit from **EMHOT** clinical triage services, please reach out to Tri-Valley, Inc. for more information.

The program service area includes: Blackstone, Brookfield, Charlton, Douglas, Dudley, East Brookfield, Millville, Northbridge, North Brookfield, Oxford, Southbridge, Spencer, Sturbridge, Sutton, Upton, Uxbridge, Warren, Webster, and West Brookfield.

## 4 Ways Seniors and Caregivers Can Prevent and Manage Seasonal Depression

Are you or a loved one already struggling to get through the winter season? Bad weather, less daylight hours, and being homebound (from both the weather and pandemic) may be bringing on the "winter blues" that could be a seasonal depression know as Seasonal Affective Disorder (SAD).

[Read more about SAD - how it affects seniors and caregivers, and 4 ways to prevent and manage symptoms.](#)



**Congratulations to  
Susan Webster  
who was recipient of the 2021  
Marilyn L. Travinski Award for  
Excellence!**

Nominations for this prestigious award come from staff members with review and final decision by the Board of Directors.

*Pictured (left to right) Susan Webster - PCA Program Manager, Brian Perry - Board President, and Lisa Prince - Executive Director.*

Tri-Valley wishes to thank all of the wonderful organizations and individuals who have donated to our Winter Food Project, Terrazza Giving Tree and other holiday gift giving during this season, benefitting our consumers and programs:

the Blessed Backpack Brigade, Catholic Financial Life, Cornerstone Quilters, Kunkel Family Foundation, Terrazza's of Franklin, United Health Care, Webster Manor, and many more generous individuals.



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.

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

508-949-6640 / 800-286-6640

Contact Us



Donate  
Today

Volunteer With Us