

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

**TRI VALLEY, INC.**  
Home With You

Tri-Valley is a part of the National Council on Aging's (NCOA) network dedicated to helping low income Medicare eligible seniors and persons with disabilities to identify and apply for benefit programs.



Tri-Valley's Benefits Enrollment Center provides help in the 61 towns/cities located in Central Massachusetts.

*For more information, contact the:*

**Benefits Enrollment Center at Tri-Valley**

**508-949-6640 • 1-800-286-6640**

*If your agency is interested in having a Benefits Counselor hold office hours once a month at your site, please contact Susan Salisbury at 508-949-6640.*



**Seeking your  
input!**

**For the Central MA  
Regional Age and Dementia  
Friendly Designation**

**Take this Age-Friendly Community Survey and be a part of creating age friendly communities across Central Massachusetts!**

*Age Friendly* and the communities involved enable people of all ages to actively participate in community activities, engage in outdoor and public recreation, access and utilize goods and services, and have equitable access to affordable housing, transportation, and community programs.

Through this survey community members, 50 years and older, will have the ability to respond to a series of questions related to the age-friendly state of our communities. The survey roughly takes 30-minutes to complete and is being provided via an online platform and in print. You can send your paper copies to your local Council on Aging or Senior Center. To access your local Council on Aging please utilize the MA COA Directory.

## What *Age Friendly* could look like in your community



## Survey Links:

[English](#)

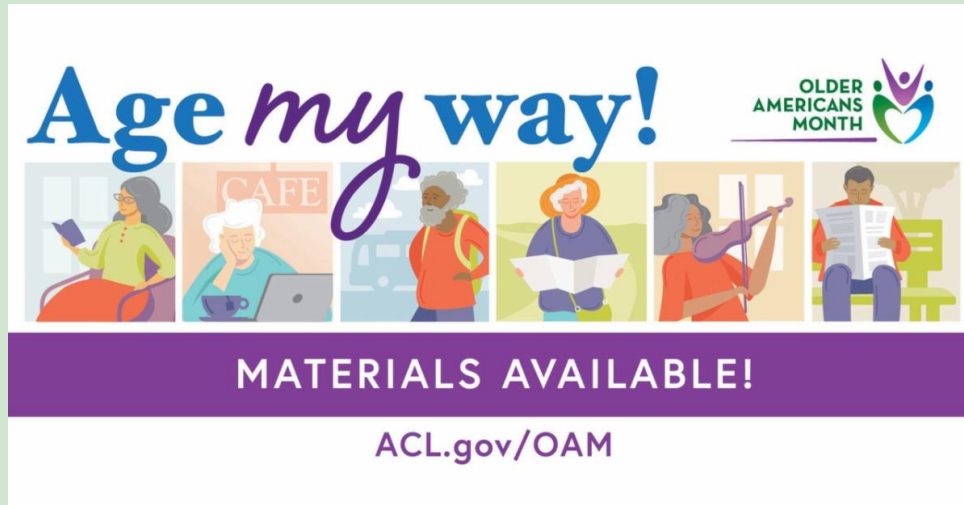
[Spanish](#)

[Portuguese](#)

For more information on Central MA Regional Planning Committee's efforts for *Ageing Friendly* and Massachusetts *Dementia Friendly Initiative* click on the pictures below.



# May is Older Americans Month



Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). In 2022, ACL will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme is Age My Way, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.



## Tri-Valley Cornhole Tournament to benefit the Nutrition Program

**SATURDAY MAY 7th at THE WEBSTER FISH & GAME**

91 Gore Rd., Webster, MA Tournament will take place outdoors!  
REGISTER VIA THE "SCOREHOLIO" APP TODAY! Search for "Tri-Valley"

*Get a Covid-19 vaccination or booster shot and receive a \$50 gift card\*  
\*while supplies last\**

[Click here for more information](#)

### Resources and Tips to Help You

- [Find Local Support this May during ALS Awareness Month](#)
- [Register here to Rock the Walk to Cure Arthritis](#)
- [4Mind4Body, Maintaining Good Mental Health](#)

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



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Volunteer With Us

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