

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

TRI VALLEY, INC.
Home With You



ALZHEIMER'S ASSOCIATION[®]
**NEW ENGLAND
FAMILY CONFERENCE**



FEBRUARY 3 - 4, 2023

A **FREE** virtual conference for individuals living with dementia and family caregivers

Alzheimer's Association presents the
**THIRD ANNUAL
NEW ENGLAND FAMILY
CONFERENCE**

The Alzheimer's Association will host a free virtual educational conference for individuals living with Alzheimer's and dementia and their families. The New England Family Conference will take place February 3-4, 2023 and is open to individuals living with Alzheimer's, family caregivers and the

general public. Live translation in Spanish will be offered both days.

Hear from a panel of individuals living with Alzheimer's, as well as caregivers who will share firsthand experiences in their journey with the disease and life after a diagnosis. The schedule of programs features Living Well with Cognitive Challenges: Tips and Strategies, Creating a Healthy and Safe Environment for Living with Dementia, Expressive Therapy: A Little Known Formula for Easing Stress and Anxiety, Reducing Hesitancy to Care: Personalizing Your Approach, and a special Spanish-language caregiver session.

Experts in the field of care and support will share practical and concrete recommendations, resources, and guidance in the care and support for those living a life with dementia. For more information and to register for the event, visit alzfamilyconference.org.

For more information: alz.org To Register: [Family Conference Registration](#)

the
healthy living
Center of Excellence



My Life, My Health

Sign Up Today for **Free** Six Week Workshop!

Sponsored by
Tri-Valley Inc.

Fridays, February 10th - March 17th
9:30 AM – 12:00PM
Blackstone Senior Center
15 St. Paul St. Blackstone, MA 01504

For more information or to register
call Gina 508-949-6640 ext 3339, gmetras@tves.org
www.healthyliving4me.org

My Life My Health – the Stanford University Chronic Disease Self-Management Program is for anyone living with an on-going medical condition like:

Arthritis Cancer Chronic Back Pain Diabetes High Blood Pressure Parkinson's Disease
Asthma COPD Chronic Fatigue Syndrome Fibromyalgia Heart Disease Stroke...*and more*



Chronic disease, pain and discomfort may limit activities you enjoy. Join the My Life, My Health workshop and start to live again!

Learn to

- Eat well
- Control your pain
- Start an exercise program
- Handle stress and relax
- Increase your energy level



January is Thyroid Awareness Month

Prevalence and Impact of Thyroid Disease

More than 12 percent of the U.S. population will develop a thyroid condition during their lifetime.

- An estimated 20 million Americans have some form of thyroid disease.
- Up to 60 percent of those with thyroid disease are unaware of their condition.
- Women are five to eight times more likely than men to have thyroid problems.
- One woman in eight will develop a thyroid disorder during her lifetime.
- Most thyroid cancers respond to treatment, although a small percentage can be very aggressive.
- The causes of thyroid problems are largely unknown.
- Undiagnosed thyroid disease may put patients at risk for certain serious conditions, such as cardiovascular diseases, osteoporosis and infertility.

- Pregnant women with undiagnosed or inadequately treated hypothyroidism have an increased risk of miscarriage, preterm delivery, and severe developmental problems in their children.
- Most thyroid diseases are life-long conditions that can be managed with medical attention.

Research Advancements in Thyroid Disease

Research funded by the American Thyroid Association over the past 40 years has accomplished:

- Mandatory screening of newborns for congenital hypothyroidism, and early treatment that has prevented mental retardation.
- Cost-effective methods to detect thyroid cancer by screening the 250,000 thyroid nodules developed in Americans each year.
- Groundbreaking work in brain development and thyroid hormone function.
- Promising Graves' disease genetic research that may lead to improved prognosis and new preventive treatments.

[American Thyroid Association](http://www.thyroid.org)



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A Matter of Balance

Sign Up Today for **Free** Eight Week Workshop!



The Matter of Balance program is designed to help older adults at risk of falling to take charge and reduce potential dangers. Participants will learn evidence-based techniques to

increase strength, balance and flexibility and gain the confidence they need to stay active.

Sponsored by Tri-Valley Inc.

Mondays, January 23rd – March 13th , 2023

10:00 AM – 12:00 PM

Blackstone Senior Center

15 St. Paul St. Blackstone MA 01504

To register please contact Gina

508-949-6640 ext. 3339

gmetras@tves.org

or visit our website at www.healthyliving4me.org

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

Learn to

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce the risk of falling
- Exercise to increase strength and balance

Who should attend

- Anyone concerned about falls
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling
- Anyone interested in improving balance, flexibility and strength



Did you know that every two seconds in America, someone needs blood?

This demand goes well beyond those facing an

unexpected emergency like a car crash. Blood transfusions are regularly needed to treat patients facing everything from diseases like cancer to cardiovascular and orthopedic surgeries to organ and bone marrow transplants. In total, 1 in 7 people entering a hospital depend on a ready and available blood supply.

NATIONAL
**BLOOD
DONOR**
MONTH



As important as blood is to so many of us, [just three percent](#) of all Americans donate blood today. That's despite the fact that 65 percent of the U.S. population is eligible to do. Less than 20 percent of all blood donations each year come from individuals in communities of color and donations from individuals 19 and under have dropped nearly 50 percent over the last two years alone. This reality has created an urgent need for younger, more diverse donors.

That's why it's so important to celebrate National Blood Donor Month this January. This month is our chance to spread awareness about the need for more blood donors while taking time to celebrate those who already donate and help save lives.

The first such month was proclaimed by President Richard Nixon and held in January of 1970 to pay tribute to voluntary blood donors and encourage more people to give for the first time.

A lot may have changed over the last five decades, but the need for blood – and the selflessness of those who answer the call to give it – has remained constant. We thank all those who regularly donate blood. Their decision to give generously today helps save lives and gives more people their tomorrow.

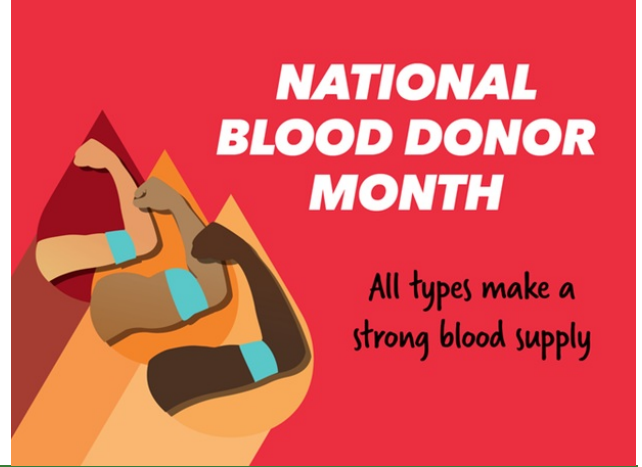
Tri-Valley is hosting a Blood Drive on April 4, 2023. For more information, visit our

website.

TriValleyInc.org

[Frequently Asked Questions](#)

 **Rhode Island Blood Center**



Resources and Tips to Help You

- [Events in celebration of MLK Jr Day](#)
- [Learn about Massachusetts Home Energy Assistance](#)
- [Tri-Valley, Inc's Event Calendar](#)

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



Donate
Today

Volunteer With Us