

National Letter to an Elder Day

February 26th is National Letter to an Elder Day.

Everyone deserves to feel loved, but not everyone gets to. That's where Love For Our Elders comes in. The organization and its chapters bring social connections to elders around the world. They have sent more than 250,000 letters from 70 countries.



[Click here to find out more!](#)



[Click here for guidelines.](#)



American Heart Association®



February 3rd, 2023
National Wear Red Day
Bring awareness to heart disease in women.

Heart disease is the leading cause of death for both men and women. In the United States, someone has a heart attack every 40 seconds. **Each minute**, more than one person in the United States dies from a heart disease-related event. **Take** steps to reduce your risk.

Be in the Know!

Start by Knowing Your Numbers. You can't manage what you don't measure, which is why knowing your risk is critical to preventing cardiovascular disease. And knowing your risk starts with knowing your numbers.

Talk to your healthcare provider today to learn about your Blood Pressure, Cholesterol, Blood Sugar and BMI (Body Mass Index). Your heart depends on it.

TM *GO Red* trademark of AHA; Information sources:
www.cdc.gov and www.heart.org

February 6th, 2023

Oatmeal Monday

Oats are a great source of soluble fiber, the type of fiber linked to lowering blood cholesterol. Enjoy a bowl of oatmeal for breakfast.

February 14th, 2023

Valentine's Day

Dark Chocolate with at least 70% cocoa may be good for your heart. Enjoy in moderation and share with someone you love!

February 16th, 2023

National Almond Day

Evidence suggests eating 1.5 oz. per day of most nuts, as part of a healthy diet, may reduce heart disease risk.

February 27th, 2023

National Strawberry Day

Berry consumption has been linked with improved heart health. Enjoy berries frequently!

You can reduce your risk of Heart Disease:

- Lose weight
- Stop smoking
- Make physical activity a regular part of your day
- Manage stress levels
- Make healthy food choices
- Reduce your sodium intake
- For more info and recipes go to:
www.heart.org

Resource: American Heart Association.
www.heart.org



National Donor Day is February 14th Are You Registered?

Organ and tissue donation saves lives! More than 120,000 people are on the waiting list to receive an organ or tissue donation. *Donate Life New England* reports that, “Last year alone, organ donors saved more than 28,000 lives.” One donor can potentially save and heal up to **8** people with their organs and **75** with their tissue. While most people are registered through the state’s RMV, registering with the National Donate Life Registry is one more way to make your donation status available.

Registration is easy and can be changed or updated at any time.

[Register to Donate HERE](#)

Extra COVID SNAP Ending March 2, 2023



Learn More

Mass.gov/ExtraCOVIDSNAP

Due to recent action by the federal government, the extra COVID SNAP benefits in Massachusetts end March 2, 2023. You may be able to increase your normal monthly SNAP benefits if anyone in your SNAP household is 60 or older or has a disability and has over \$35/month in medical costs.

Call DTA at **877-382-2363**

Learn more at: <https://Mass.gov/ExtraCOVIDSNAP>

Starting in April, you will get only one monthly payment. That is your normal benefit. Get your normal amount on [DTA Connect](#) or listen to the information about your case by calling DTA at 877-382-2363.

Reminder: Unused SNAP benefits roll over month to month. Also, change the PIN on your EBT card regularly to protect your benefits!

Visit Mass.gov/ExtraCOVIDSNAP for information and to learn how you can get the most SNAP and save some of it to help after March 2.

[Find help near you:](#)

- Call [Tri-Valley, Inc.](https://www.trivalleyinc.org) for assistance: 508-949-6640
- Call or text Project Bread's FoodSource Hotline: 800-645-8333 or <https://www.gettingSNAP.org/>
- If you have children under age five, you may be eligible for WIC: [Mass.gov/WIC](https://www.mass.gov/WIC) or call 800-942-1007
- Rent or mortgage help: Call 2-1-1 or go to [Mass.gov/covidhousinghelp](https://www.mass.gov/covidhousinghelp)
- Fuel Assistance help paying for heat: go to [Toapply.org/MassLIHEAP](https://www.toapply.org/MassLIHEAP) or call 800-632-8175
- Money to help pay for the internet or computer: [GetInternet.gov](https://www.getinternet.gov), [AccedeAInternet.gov](https://www.accedeinternet.gov)

Resources and Tips to Help You

- [Alzheimer's Association: Annual Family Conference](#)
- [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.

Tri-Valley, Inc
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Contact Us



Donate
Today

Volunteer With Us