

# OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024

With May unfolding, it's time once again to honor and celebrate the invaluable contributions of our older Americans. Established in 1963, Older Americans Month continues to be a time to recognize the enduring legacies, wisdom, and vitality of older adults in our community. This year's theme, *Powered by Connection*, resonates deeply in a world where connections have proven more important than ever.

Connection takes various forms, from maintaining relationships with family and friends to actively engaging in community activities. Whether through virtual gatherings, socially distanced outdoor events, or volunteer work, older adults have continued to demonstrate their unwavering commitment to staying connected, supporting one another, and enriching the fabric of society.

One of the most remarkable aspects of connection is its reciprocal nature. As older adults share their experiences, stories, and knowledge, they contribute invaluable insights that benefit individuals of all ages. Conversely, younger generations offer fresh perspectives and opportunities for older adults to stay engaged with evolving trends and technologies.

This intergenerational exchange underscores the transformative power of connection in fostering understanding, empathy, and a sense of belonging across age groups. By bridging generational divides and embracing inclusivity, we can create communities that celebrate the diverse talents and experiences of individuals at every stage of life.

In celebrating Older Americans Month 2024, let us recommit ourselves to fostering meaningful connections and building a more inclusive society. Whether through acts of kindness, intergenerational dialogue, or advocacy for age-friendly policies, each of us has a role to play in empowering older adults and ensuring that their voices are heard and valued.



# NURSES WEEK

AMERICAN NURSES ASSOCIATION

## NURSES make the Difference!

# Happy National Nurses Week

May 6-12, 2024

## THANK YOU!



## Memorial Day Reflections Honoring Older Adults

Memorial Day is approaching fast! As a nation we are preparing to pay tribute to the brave men and women who made the ultimate sacrifice in service to their country. While this day holds profound significance for people of all ages, it takes on a special resonance for older adults. As we honor the memory of fallen heroes, we also recognize the invaluable contributions of the older adults who have witnessed and shaped history in their own right.



On Memorial Day when we gather to honor fallen heroes, we may also acknowledge the resilience and strength of the aging population, who have borne witness to the highs and lows of our nation's history. In every corner of the nation, older adults have played integral roles in our communities, contributing their wisdom, experience, and dedication to shaping a better future for generations to come.

Upon reflection of Memorial Day's significance, it is essential to recognize the unique challenges faced by older adults, particularly in the wake of the COVID-19 pandemic. Over the past several years, many older adults have experienced isolation, loss, and uncertainty, reminding us of the importance of staying connected and supporting one another, especially in times of crisis.

Looking ahead to Memorial Day and beyond, let's renew our commitment to honoring the sacrifices of our fallen heroes while also uplifting and empowering our aging population. By coming together as a community, we can ensure that older adults in Massachusetts continue to receive the respect, dignity, and support they deserve.

[Volunteer Opportunities](#)



# Seeking Caregivers!

## Earn by Opening Your Home!

Are you ready to make a meaningful difference as a host family for an Adult Family Care member? Embrace the opportunity to provide a welcoming space in various housing settings for individuals seeking support and a home in the community.

What's in it for you?

- Enjoy the satisfaction of offering room, board, and personalized care including meals and essential daily assistance.
- Benefit from ongoing support and education through regular monitoring by a dedicated Tri-Valley Case Manager and Registered Nurse.
- Receive a daily stipend for your invaluable caregiving services.
- Become part of a compassionate community where members participate in family and community activities to the extent that their health permits.

While host families can include relatives, certain exceptions apply, such as member spouses, parents of minor children, and any legally responsible relatives like Guardians.

Join us in creating a caring and supportive environment for those in need!

Click the button below to learn more about Tri-Valley's Adult Family Care program.

[AFC Program Information](#)

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**OFFICE HOURS  
10 MILL STREET, DUDLEY MA**



Need help with  
Masshealth, SNAP or  
other public  
assistance  
applications?  
Certified Application  
Counselors are  
available!

Tuesdays, 10am-1pm  
Wednesdays, 1pm-4pm  
Thursdays, 10am-1pm

**CALL NOW TO SCHEDULE AN  
APPOINTMENT!**



**508-949-6640, EXT. 7250**

***Tri-Valley's Veterans Outreach  
Service***



# Veterans Outreach Services

From Service to Support: Enhancing Veterans' Well-Being

Tri-Valley provides education, support and connection to community resources and benefits for those who have served in the U.S. Armed Forces

## WE ALSO SUPPORT THOSE IN: RESERVES/ NATIONAL GUARD

Veterans qualify as well as:  
Spouses, widows(ers), and dependents under 18



### Supplemental Supports include:

- Connection to VSOs
- Education
- Training
- Employment
- Health/Wellness
- Housing
- Food Security
- Public Benefits
- Family Activities
- Recreation

CONTACT: 508-949-6640 - 1-800-286-6640

Funding provided by:



The Commonwealth of Massachusetts  
EXECUTIVE OFFICE of  
VETERANS SERVICES



WWW.TRIVALLEYINC.ORG

South Central  
MA resident

NO  
AGE  
requirement



Serving Veterans in Bellingham, Blackstone, Brookfield, Charlton, Douglas, Dudley, East Brookfield, Franklin, Hopedale, Medway, Mendon, Milford, Millville, Northbridge, North Brookfield, Oxford, Southbridge, Spencer, Sturbridge, Sutton, Upton, Uxbridge, Warren, Webster and West Brookfield.

# NEED A BREAK?



## WE C.A.R.E. ABOUT CAREGIVERS

The Caregiver Assistance for Respite Expenses (C.A.R.E.) program will provide support to caregivers who live in our service area. The C.A.R.E. program will be working with grandparents raising grandchildren under 18 and caregivers caring for adults over age 65 or a loved one with a disability or a dementia related diagnosis. Requests are reviewed on an individual basis.







### FUNDS AVAILABLE

C.A.R.E. provides caregivers access to a variety of supports at no cost. Tri-Valley will be able to pay or reimburse for supports such as:

-  SUPPLEMENT COSTS OF ENRICHMENT PROGRAMS
-  TRANSPORTATION & ATTENDANCE TO AN ADH FACILITY (UP TO 3 DAYS IN A 2 MONTH PERIOD)
-  SELF ARRANGED RESPITE SUPPORT

### CAREGIVER RELIEF

The C.A.R.E. program will offer different respite alternatives to meet the needs of your current caregiving situation. The caregiver must be over age 18. Caregivers for the C.A.R.E. program include raising and caring for a(n)

-  ELDERLY PARENT(S)
-  LOVED ONE WITH A DISABILITY
-  LOVED ONE WITH DEMENTIA/ALZHEIMER'S DIAGNOSIS
-  GRANDCHILD OR GRANDCHILDREN

### Contact Us For More Information!



Tri-Valley, Inc.  
508-949-6640  
www.trivalleyinc.org



### Resources and Tips to Help You

- [National Alliance on Mental Illness, Take the Moment 2024](#)
- [Meals on Wheels May Menu](#)
- [Volunteers Needed!](#)

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



Donate Today

Contact Us

Volunteer With Us

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

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