



## Building Strong Support for Elders

Elder abuse is a hidden tragedy, and the signs are not always easily recognizable. It can include physical, emotional, and sexual abuse but also financial exploitation and neglect – including self-neglect.

June 15th is World Elder Abuse Awareness Day. It is everyone's responsibility to be vigilant and make a report when you have concerns about an elder.

Elder abuse can lead to serious physical/medical issues and long-term psychological concerns. Elder abuse is predicted to continue to grow as the population ages. Your help can be critical in preventing elder abuse.

If you suspect that someone 60 years of age or older is suffering from abuse, neglect or exploitation make a report by calling **1-800-922-2275** or file an online report at [mass.gov](http://mass.gov) and search for elder abuse report.

*Your report can make a difference in an elder's life.*



In 2019, Massachusetts unveiled a plan to amplify, align, and coordinate local, regional, and statewide efforts to create a

To share your ideas on how to strengthen

welcoming and more livable Commonwealth for residents of all ages. The Age-Friendly Massachusetts Action Plan is an articulation of the state's vision and aspirations for what it looks like to grow older as a Commonwealth.

This year, Massachusetts is working to refresh the plan to guide the state's age- and dementia-friendly actions for the next 5-10 years.

From the beginning, this action plan was designed to be a living document that would be continuously updated and renewed over time. Becoming more age- and dementia-friendly is an ongoing process that requires direction from residents and community partners.

*The Commonwealth wants to hear from you!*

Massachusetts' age- and dementia-friendly actions and uncover new opportunities to meet the challenges of the future:

[Share your ideas!](#)

To learn more about the Action Plan Refresh:

[Learn More](#)

To register for a Listening Session:

[Register Here](#)

## **Juneteenth National Independence Day: A Day of Reflection and Progress**



**Juneteenth is celebrated each year on June 19th in honor of the day in 1865 when news of the Emancipation Proclamation finally reached the last enslaved African Americans in Galveston, Texas—over two years after it was issued. This day is not only a celebration of liberation but also a call to educate ourselves about the struggles and achievements of African Americans. By engaging in educational activities, reading historical accounts, and participating in community discussions, we can honor the legacy of Juneteenth and contribute to a more informed and inclusive society. Let's use this day to reflect, learn, and grow together.**

# Health Benefits of Physical Activity

FOR ADULTS 65 AND OLDER

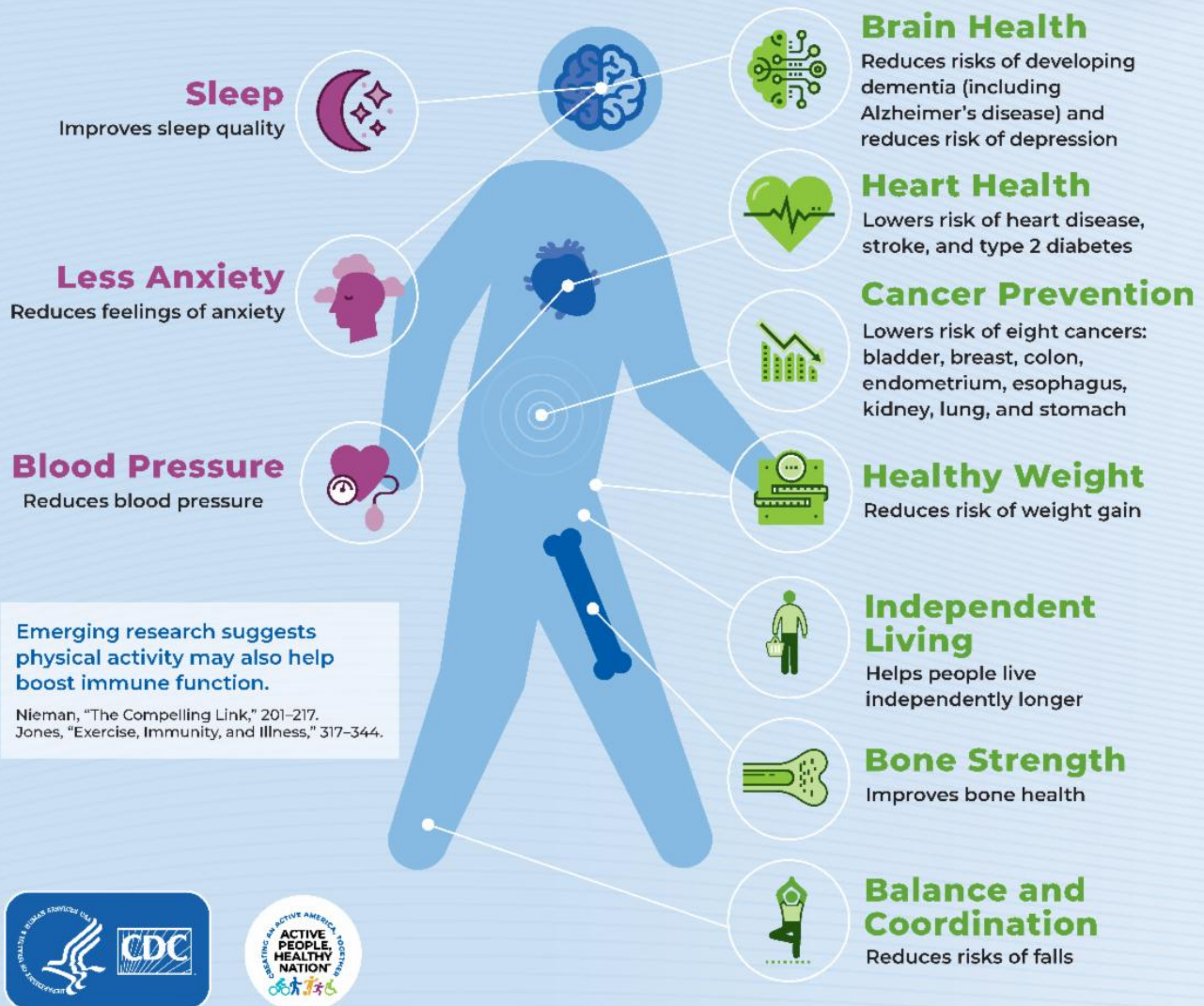


## IMMEDIATE

A single bout of moderate-to vigorous physical activity provides immediate benefits for your health.

## LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.



Source: *Physical Activity Guidelines for Americans*, 2nd edition

To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity.html>

June 2023



## A Matter of Balance

### Leader Training

**Sponsored by *Tri-Valley, Inc.***

**Thursday, June 27th**

**8:30 Am – 4:30 PM**

**Tri-Valley, Inc.**

**10 Mill Street, Dudley, MA 01571**

**To register please contact Gina Metras**

**phone: 508-949-6640 ex 3339**

**email: [gmetras@tves.org](mailto:gmetras@tves.org)**

## Lunch will be provided!

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

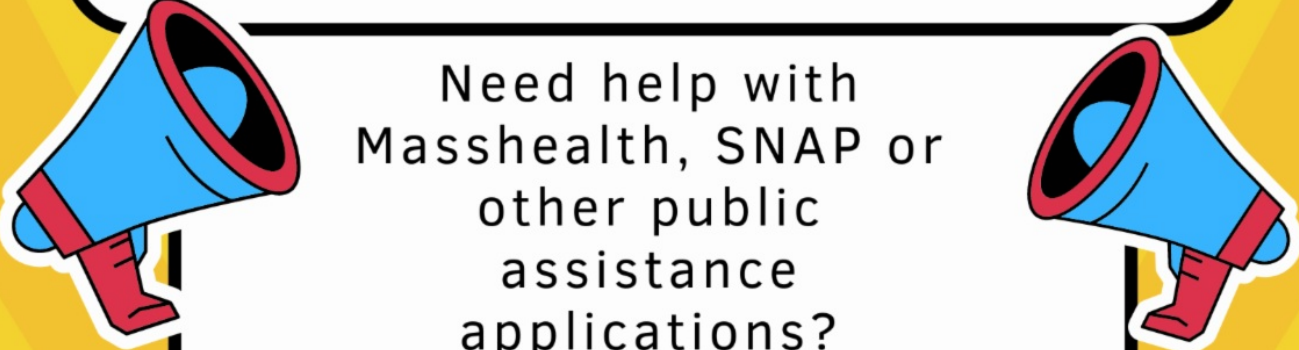
### *Who should attend*

- 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





**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**

**Resources and Tips to Help You**

- [A Matter of Balance Workshop: July-August, West Brookfield](#)
- [Meals on Wheels June 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



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