



FOR IMMEDIATE RELEASE

March xx, 2019

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**Medford Resident Relies on Mystic Valley Elder Services' TRIP
Transportation Program for Both Fun and Health Needs**

(Medford, MA)— Accessible transportation services are vital for enabling older adults to live independently. The vast majority of older adults – nearly 90%, according to AARP – choose to age in place in their homes and communities. However, older adults living in these communities require access to medical and other essential services. Reduced access to transportation for needed medical services can lead to missed appointments, emergency hospital visits and lack of continual care.

Mystic Valley Elder Services (MVES) provides assistance to individuals in accessing community transportation resources. One way is through the TRIP Metro North program, a free program where seniors and adults living with disabilities can ride with friends, neighbors and certain relatives to wherever they need to go and MVES will provide mileage stipends to that driver. If you are 60 years or over, or an adult living with a disability, don't drive, and can't use or access public transportation, TRIP may help you get to stores, medical appointments and any social activities you enjoy. The program is about getting out, staying social and remaining independent.

For Carlyle, a decorated Vietnam veteran from Medford, enrollment in TRIP has meant getting the medical attention he has needed to deal with heart issues and a prosthetic with a problematic brace.

"Sometimes I would need to be at the V.A. [U.S. Veterans' Administration Medical facilities in West Roxbury and Jamaica Plain] for four hours, and it was critical I get there on time," he said. Through the TRIP program, he was able to ride there with his neighbor, Jim, also a resident of Medford, and get the help he needed.

Carlyle has also used TRIP to get to out-of-the-way destinations for shopping. In the warmer weather, he even went to a water park in central Massachusetts. “I needed to treat myself, to enjoy the fresh air and sun,” he said with a laugh. “TRIP is heaven-sent, a really wonderful program.”



Carlyle uses the TRIP program through Mystic Valley Elder Services and rides with his friend and neighbor, Jim.

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Mystic Valley Elder Services is a non-profit agency that provides essential home- and community-based care and resources to elders, adults living with disabilities, and caregivers who reside in Chelsea, Everett, Malden, Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield and Winthrop. Agency services include coordination of home care, transportation, Meals on Wheels, and information and referrals. For more information, please call (781) 324-7705 or visit www.mves.org.

