First Lady of Virginia Hosts Luncheon for Children’s Advocacy Center

The First Lady of Virginia, Anne Holton, was the special guest of honor at a recent fundraising event to benefit the Southwest Virginia Children’s Advocacy Center (CAC). The special brunch was held at the John Fox Jr. House in Big Stone Gap, Virginia on March 26, 2007. A capacity crowd joined the First Lady and other special guests from Richmond in the local fundraising event that will assist in meeting the needs of the CAC. The Southwest Virginia Children’s Advocacy Center is located at Mountain Empire Older Citizens (MEOC) office complex in Big Stone Gap. The center provides services to child victims of sexual abuse and/or severe physical abuse and their non-offending caregivers. The CAC has been providing services to children and their families since 2002. Last year the center obtained national accreditation through the stringent review process by the National Children’s

The First Lady of Virginia, Anne Holton and other special guests were able to visit the Southwest Virginia Children’s Advocacy Center recently prior to the fundraising event held at the John Fox Jr. House. Pictured are (left to right) Carolyn Hubbard, CAC Clinical Director; Janie Dockery, MEOC Director of Children’s Services; Anthony Conyers, Commissioner, Virginia Department of Social Services; First Lady of Virginia, Anne Holton; Lelia Hopper, Director, Court Improvement Program, Supreme Court of Virginia; Marilyn Maxwell, MEOC Executive Director and Julie Christopher, Commissioner, Virginia Department for the Aging.

First Lady, Anne Holton (left) and Gigi Pippin take a moment from the busy day to pose for a picture following the brunch. Ms. Pippin serves as fund-raising chair for the Southwest Virginia Children’s Advocacy Center.

See CENTER, on page 4B

See More Photos on Pages 2B & 3B
Pictured during the brunch are (left to right) Julie Christopher, Commissioner Virginia Department for the Aging; Marilyn Maxwell, MEOC Executive Director and Senator William Wampler, Virginia General Assembly, Senate.

Charmin McDavid of the Wellmont and Lonesome Pine Hospital Foundation presents $12,000 to MEOC Executive Director Marilyn Maxwell to benefit the Southwest Virginia Children’s Advocacy Center.

Before leaving the John Fox Jr. House for the day, several of those in attendance pose for a quick picture. Pictured (left to right) are Marilyn Maxwell, Julie Christopher, Janie Dockery, Anthony Conyers, Anne Holton and Carolyn Hubbard.
Gathering on the porch outside the John Fox Jr. House, Gigi Pippin, CAC Fundraising Committee and Delegate Terry Kilgore, Virginia General Assembly, stop to talk with a group attending the brunch.

MEOC Executive Director Marilyn Maxwell recognizes Donnie Ratliff for a donation of $2,000 from Alpha Natural Resources.

Prior to the start of the fundraising brunch held at the John Fox Jr. House, attendees (from left) Senator William Wampler; Pat Stallard, MEOC Board of Directors; Debbie Petrine and Cindy Tankersley chat.
Physical Activity and Older Adults

What do you think? Is slowing down and poor health a normal part of aging or, are they the result of inactivity, disease and poor nutrition? While there is little truth in both statements, health problems can often be helped and even reversed, by making behavior changes. Becoming more physically active is one of the best things you can do for your health. Physical activity can reduce your risk of heart disease, adult-onset diabetes, arthritis, hypertension, certain cancers and osteoporosis. It contributes to increased bone strength, decreased blood pressure, better sleep, increased “good” cholesterol, increased metabolism and better resistance to colds. It also eases tension and reduces stress. If you are thinking about becoming more physically active, consider the following ideas:

Make it fun – Focus on “I want to do” rather than on “I should do.” You are most likely to remain physically active if you start with activities that you enjoy – gardening, walking the dog, or dancing. It is up to you to decide what will keep you coming back for more.

Think beyond endurance – Endurance or aerobic activities increase your breathing and heart rate. They help to improve the health of your heart, lungs and circulatory system.

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Southwest Virginia Children’s Advocacy Center and see the interview, observation and treatment rooms first-hand. The tour was lead by Marilyn Maxwell, MEOC Executive Director with assistance from Janie Dockery, MEOC Director of Children’s Services. This offered an opportunity for the group to ask questions and offer comments about the CAC. Accompanying the First Lady from Richmond were: Michael Evans, Special Assistant to the First Lady, Children and Family Initiatives; Anthony Conyers, Commissioner, Virginia Department of Social Services; Lynette Isbell, Acting Director, Division of Family Services, Virginia Department of Social Services; Kim McGaughey, Executive Director, Office of Comprehensive Services for At-Risk Youth and Families; and Lelia Hopper, Director, Court Improvement Program, Office of the Executive Secretary, Supreme Court of Virginia. Also in attendance, was Julie Christopher, Commissioner of The Virginia Department for the Aging, and many faithful supporters of the CAC. This is the third fundraiser for the CAC hosted by a First Lady of Virginia. The CAC staff members would like to say a special thanks to Gigi Pippin, chair of the Special Events/Fundraising Committee, for organizing the non-partisan events and to Anne Holton for making the event a huge success. Also a special thanks to all those who donated their time and money to attend the brunch. Because of the support of the community, the CAC was able to raise approximately $34,000. This money will assist with new forensic interview equipment and supplies, match dollars for federal and state grants, community education and training expense for multidisciplinary team members and CAC staff.
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Pictured: Dr. Mark Russ, Hettie McCoo and Dr. Radislov Nicholas
Wellmont and Lonesome Pine Hospital Foundations Award Funding to Southwest Virginia Children’s Advocacy Center

The Wellmont and Lonesome Pine Hospital Foundations recently awarded $12,000 to The Southwest Virginia Children’s Advocacy Center in Big Stone Gap, Virginia, a fifty-agency partnership of Mountain Empire Older Citizens, Inc., to support its mission to provide a continuum of services to prevent, intervene and treat victims of child abuse. This financial donation provides the Children’s Advocacy Center with critical funding needed to provide match dollars for state and federal funding. This $12,000 award, in addition to other local fundraising efforts, will result in approximately $120,000 in funding from state and federal grants.

“This is a tremendous boost to our local fund-raising efforts. This contribution allows us to continue and expand the important work of our Children’s Advocacy Center in Lee, Wise, Scott Counties and Norton,” said Marilyn Pace Maxwell, Executive Director of Mountain Empire Older Citizens, Inc. Carolyn Hubbard, LCSW, Clinical Director of the Children’s Advocacy Center, added “We project to serve over 200 children and their families this year and could not respond as effectively and comprehensively to this large number without the extraordinary support of Wellmont and Lonesome Pine Hospital Foundations.”

The Wellmont and Lonesome Pine Foundations have provided vital funding to programs for the elderly at Mountain Empire Older Citizens, Inc for many years and have recently begun to support the Children’s Services Department at Mountain Empire Older Citizens, Inc. as well, continued Maxwell. Past funding from the Wellmont and Lonesome Pine Hospital Foundations to Children’s Advocacy Center supported renovations at the Children’s Advocacy Center for additional treatment space for teen victims of sexual abuse. The center was originally designed to serve younger children. The Foundations funding helped to expand the center to include space that is more age appropriate for teenagers, noted Hubbard.

Janie Dockery, Director of Children’s Services, added that community support is a necessity if a Children’s Advocacy Center is to survive. “Without the generous support of Wellmont and Lonesome Pine Hospital, our efforts would be diminished. With this support, we remain optimistic that our nationally accredited Children’s Advocacy Center will continue to meet the needs of child abuse victims in southwest Virginia,” she concluded.

For more information about the Southwest Virginia Children’s Advocacy Center, contact Janie Dockery at Mountain Empire Older Citizens at 276-523-4202.
Deborah Smith, MEOC Children’s Services Community Educator, facilitated a Healthy Families Parent Workshop on March 7. The parents completed training on Practical Discipline, learning techniques to help their children achieve self-confidence, self-control and self-direction. Discipline techniques discussed were role modeling, attention-ignore, charts and rewards, setting limits, consequences, time-out and positive praise. Parents also completed a craft project using creative materials to cover their discipline manuals. Childcare during the group workshop was provided by Healthy Families staff members. After the workshop, parents, children, and staff enjoyed lunch together.

(Left) Phyllis Buchanan, Healthy Families Family Resource Specialist/Family Support Worker rocks Emily during the parent workshop.

Healthy Families Family Support Worker Maggie Christian and Shaileigh spend time during the parent workshop.

Children’s Advocacy Center Case Manager Jennifer Davis and Savannah pose for the camera before the Healthy Families parent workshop.
Healthy Families Welcomes Lisa Odle

Healthy Families for Southwest Virginia welcomes Lisa Odle as the newest Family Support Worker. Lisa brings a wealth of knowledge to the program, including education in the nursing profession. Lisa is a graduate of Mountain Empire Community College with an Associate Degree in Applied Science, course of study-Nursing. Her clinical hours included Obstetrics, Pediatrics, Geriatrics, and Mental Health. She previously worked as an office manager and as a personal care assistant. She has completed Healthy Families Virginia core training and required wrap-around training necessary to begin working with families. Lisa is a mother and grandmother and enjoys her job as a home-visitor to new parents.

CAC Staff Attend National Child Abuse Symposium

The 23rd National Symposium on Child Abuse was held on March 20-23, 2007 in Huntsville, Alabama. The theme of this year’s symposium was “It’s All About the Children.” Carolyn Hubbard, Clinical Director and Jennifer Davis, Forensic Interviewer/Case Manager represented the Southwest Virginia Children’s Advocacy Center at the symposium. They were treated to an evening at the U.S. Space and Rocket Center where they had dinner, access to the Space Museum, a G-Force simulator and an IMAX movie. Carolyn and Jennifer attended two and a half days of breakout training sessions on various aspects of child abuse, including mental health issues and forensic interviewing. The symposium is sponsored by the National Children’s Advocacy Center which is also located in Huntsville. It was a great opportunity for learning and sharing important issues pertaining to child abuse and children’s advocacy centers. Both Carolyn and Jennifer returned with new information and insight to help the SWVA CAC to continue to grow.

Lions Club Donates To Children’s Advocacy Center

Wendell Caldwell, left, representing the Big Stone Gap Lion’s Club presents Janie Dockery, Director of MEOC’s Children’s Services, a donation in the amount of $500. This donation supports the efforts of the Southwest Virginia Children’s Advocacy Center.
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Local Individuals Participate In “Dining with Diabetes” Series

The Dining with Diabetes series, developed by the West Virginia Extension Service, was taught in Big Stone Gap at Trinity United Methodist Church in four sessions from April 10th through May 1st. Twenty-nine people from the southwest Virginia area who have been diagnosed with diabetes or care for someone with diabetes enrolled and attended the classes.

Dining with Diabetes is a research project that teaches individuals with diabetes and/or their caregivers how to better manage the disease by eating a healthy diet and by making appropriate lifestyle changes. The classes include lectures and demonstrations on how to prepare meals that are healthy and use less fat, salt and sugar without sacrificing taste. Recipes for all of the dishes demonstrated are provided at the end of each session.

The recent Dining With Diabetes series was sponsored by the following agencies: Virginia Cooperative Extension Service, LENOWISCO Health District Diabetes Program, United Mine Workers Health and Retirement Funds and Mountain Empire Older Citizens, Inc. Initial funding for this program was provided through a comprehensive grant from the Centers for Disease Control and Prevention and the West Virginia Bureau for Public Health, Diabetes Prevention and Control Program.

Class participants, Dollie Countiss (left) and Barbara Asher (right), both residents of Wise, have just added Session Two educational handouts and recipes to their “Dining with Diabetes” notebooks.

See More Photos on Page 11B & 12B
Nancy Smith (left), Mountain Empire Older Citizens Nutrition Services Director, and Deb Harris (right), United Mine Workers Health and Retirement Funds Field Services Representative, participated in the planning and preparation for the recent Dining with Diabetes series and, also, assisted with the classes. Nancy and Deb sample the tasty and hearty “one dish soup” recipe prepared at the second session.

Eating a healthy diet and getting plenty of exercise go hand in hand when trying to manage diabetes. Donna Mahan (left) with the Big Stone Gap Department of Parks and Recreation, shows class participants how to get plenty of exercise and have lots of fun in the process while stretching, swaying and bending to “oldies” tunes. In the center with arms stretched high in the air is Sally Gibson from Appalachia. To Ms. Gibson’s right is Joe Clark from Dryden; seated is Beulah Hughes from East Stone Gap.

Each Dining with Diabetes class participant received a covered plastic plate with compartments that, when filled, contain the recommended portions of vegetables, starches and meat for a healthy diet. Deb Harris (center) explains to UMWA beneficiaries, Jo Ann Baker (left) and Sally Gibson (right) how the plates work.
The Virginia Cooperative Extension Service served as the lead agency for the Dining with Diabetes Series—copying and preparing materials for participant notebooks to include recipes and other handouts; preparation of tasty recipes for the sessions; administering questionnaires and other paperwork essential to the research component. Pictured (left to right) are: Jeannie Mullins, Lee & Scott County Extension Agent; Susan Herndon, Wise County Extension Agent; Lona Roberts, Certified Diabetes Educator & retired Public Health Nurse; Marsha Hounshell, Lee and Scott Extension SNEP Program, Betty Frazier Bowen, Lee County Extension Office and Carol Greear Wise County Extension SNEP Program.

MEOC Senior Employment Program News

MEOC Title V Senior Community Service Employment Program (SCSEP) participants gathered on February 22nd for a quarterly meeting. Here, Marilyn Maxwell, MEOC Executive Director (center), talks with participants about the agency’s history as well as plans for the future. Seated with Marilyn are Nancy Smith, Director of Nutrition and Senior Employment Services (left) and Margaret McAfee, Title V Administrative Assistant (right) who discussed the many contributions of older workers and the need to recruit new participants to fill vacancies in the program.
Title V participants (left to right), Mary Rogers, Ina Sturgill, Evelyn Adams, (back row) Don Munsey, Paralee Crumley and Jack Mays, listen intently as Nancy Smith points out changes in the Title V Participant Handbook.

Following an informative meeting and a delicious lunch, Title V participants gathered for a group picture: Seated (left to right) are Evelyn Adams placed with the Junction Center for Independent Living; Jane Brook, Child Advocacy Center; Nancy Anderson, Ewing Nutrition Center; Shirley Rogers, Southwest Virginia Museum; Margaret McAfee, Title V Administration; Inez Fields, Hiltons Nutrition Center; Standing (left to right) are Doris Sutherland, Oxbow Center; Ina Sturgill, Hope House of Scott County; Nancy Smith, Title V Director; Mary Rogers, Powell Valley Primary School; Parlie Crumley, new participant; Buford Mullins, MEOC Transit; Sheila Mellon, Bascom Slemp Library; Don Munsey, Lee County School Board; Keith Blackburn, Scott County Public Library; Bobby Potter, Lonesome Pine Arts & Crafts; and Jackie Mays, Southwest Virginia Museum.
Nursing Students Graduate at MECC

For several years now MEOC has been very pleased to partner with the Nursing Program of Mountain Empire Community College to provide clinical experience for RN nursing students. This spring’s graduating class was the largest ever to work with MEOC. Forty-seven students visited in the homes of clients identified by MEOC case managers to do assessments, health promotion and health teaching. The clients agreed to participate and were very receptive to these visits. Everyone benefits from this partnership. Students get a taste of home health nursing and the students impact clients' lives by providing such things as health teaching in areas like medications, safety and availability of community resources for clients and their families. MEOC case managers appreciate the medical perspective the students bring to each situation.

Graduating nursing students recently met with faculty and sponsors for a celebration luncheon. The students are (alphabetically and not by position in the picture): Gary Ball, Big Stone Gap; Julia Bates, Wise; Charma Bolling, Gate City; Nikeshia Bolling, Wise; Misty Burke, Duffield; Patty Clark, Appalachia; Amber Colley, Haysi; Candace Collins, Blackwater; Crystal Cox, Duffield; Olivia Cyphers, Wise; Donna Eldridge, Big Stone Gap; Lora Elkins, Pound; Tiffany Farmer, Appalachia; Keith Giza, Coeburn; Brittany Haines, Big Stone Gap; Bridget Hale, Norton; Christa Hensley, Duffield; Joy Hensley, Gate City; Misty Holbrook, Coeburn; Jennifer Hughes, Blountville, TN; Jessica Jobe, Gate City; Bridgett Jones, Kingsport, TN; Natalie Jones, Haysi; Rebecca Kelly, Big Stone Gap; Tammy Lane, Weber City; Richard Lawson, Big Stone Gap; Freida McConnell, Gate City; Judy McCoy, St. Paul; Dorinda Menzock, Coeburn; Jamie Moore, Gate City; Heather Mullins, Clintwood; Misty Nimety, Pennington Gap; Rebecca Parnell, Castlewood; Jessica Patrick, St. Paul; Jody Pearcy, Nickelsville; Jada Pettry, Big Stone Gap; Kimberly Rash, Jonesville; Amanda Robbins, Jonesville; Elizabeth Simmons, Dryden; Jennifer South, Pound; Ashley Stapleton, Nickelsville; Jessica Stepleton, Sneedville, TN; Michelle Sullivan, Duffield; Hope Taylor, Jonesville; Miranda Tester, Duffield; Bobbie Watts, Gate City; and Holly Zosky, Coeburn.
Loretta Stapleton Receives 2007 Governor’s Caregiver Recognition Award

Approximately 75 friends and family of Loretta Stapleton of Big Stone Gap joined her on March 26th to celebrate as she was presented with a 2007 Governor’s Caregiver Recognition Award. The reception, in Loretta’s honor, was held in the conference room at Mountain Empire Older Citizens.

Loretta has provided care for her mother, who has Alzheimer's Disease, since 1995. She has gone through the experience of Alzheimer's Disease by her mother’s side. In addition to the outstanding care she provides for her mother, she is a caregiver for an adult son in his mid-forties.

After enjoying refreshments and chatting with Loretta, the crowd was welcomed by MEOC Executive Director, Marilyn Pace Maxwell. Loretta’s minister, Rev. Wayne Artrip, of the Artesian Baptist Church spoke about Loretta’s commitment to her church, her family and community. Linda Begley, MEOC employee and Loretta’s

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We extend our condolences to Loretta, whose mother passed away on April 23, 2007.
longtime friend, spoke of Loretta’s help to her and her family for the last 20 plus years. Linda recalled how Loretta was always her “go to” person in time of need.

Judy Salyers, who has known Loretta for many years through their work with the National Alliance for the Mentally Ill, told the crowd how she and Loretta had become dear friends over the years. She spoke of Loretta’s desire to bring about positive change for individuals suffering from mental illness. She said Loretta is always willing to do anything she can for anyone in need.

Senator William Wampler and Delegate Terry Kilgore attended the event and expressed their thanks for caregivers, such as Loretta, who provide compassionate care for their family members.

Julie Christopher, Commissioner, Virginia Department for the Aging, presented the 2007 Governor’s Caregiver Recognition Award to Loretta. Commissioner Christopher met with Loretta in mid-2006 for a discussion on caregiving issues. She spoke candidly with the Commissioner about her role as a caregiver for her mother and the need for additional services to help those in similar situations. She conveyed to Commissioner Christopher the importance of the support services she receives through MEOC. Congratulations, Loretta!
Caregiver Day Out at Barter Theatre

Thirty-four caregivers and family members from Lee, Scott and Wise Counties participated in a wonderful outing, planned just for them, on Wednesday, April 18th.

The group gathered at the MEOC office around 9:30 a.m. and, after additional stops in Norton and Coeburn, traveled via Mountain Empire Transit to Abingdon, VA. The trip over proved to be a great part of the day, with caregivers meeting new friends and socializing with each other. The Cracker Barrel was first on the agenda for a delicious lunch. Everyone ordered whatever they preferred and a few caregivers even had room for dessert! The next stop was Barter Theatre where everyone thoroughly enjoyed the production of “The Quiltmaker”. Laughter could be heard all around as the caregivers kicked back and enjoyed an afternoon of fun and relaxation.

After a day chocked full of good times, the buses arrived at the MEOC offices at approximately 5:45 p.m. It was a tired, but happy group, which arrived back in Big Stone Gap.

Thanks to all our caregivers for all you do to make the lives of your loved ones better.

Caregivers pictured (left to right) 1st Row - Mary Ellen Clasby, Big Stone Gap; Dee Napier, Pennington Gap; Sarah Akers, Big Stone Gap, 2nd Row - Rebecca Cook, Topeka, KS; Peggy Sturgill, Pennington Gap; Mary Gillis, Jonesville; Zelma Aichel, Wise; Carolyn Shepard, Appalachia and Pat Robbins, Norton. 3rd Row - Rosa Hamrick, Sherrie Stuart, both of Big Stone Gap; Margaret McAfee, Norton; Johnny Gillis, Jonesville and Nan Dale, Coeburn, 4th Row - Lynnette Stuart, Big Stone Gap and Milford Thacker, Norton.

Mary and Johnny Gillis of Jonesville are pictured outside Barter Theatre.
More caregivers pictured (L to R) 1st Row - Mary Kirby, Pennington Gap; Cora Haynes, Appalachia; Daisy Baldwin, Pennington Gap; Shirley Meade, Pound; (L to R) 2nd Row - Kevin Young, Judy Young, Lula Belle Reasor, Lena Haight, all of Pennington Gap and Catherine Eads, Gate City, (L to R) 3rd Row - Jennifer Spangler, Coeburn; Randy Napier, Pennington Gap; Alberta Mitchell, Big Stone Gap; Shirley Mullins, Pound and Bernice Falin, Norton.

Dee and Randy Napier of Pennington Gap wait patiently for lunch at Cracker Barrel.

Catherine Eads, (L), Gate City and Shirley Mullins, (R), Pound prepare to depart from Barter after a laughter filled afternoon.
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TAKING ACTION

Protecting A Relative With Dementia Against Telephone And Mail Solicitors

Ralph, who is in the early stages of Alzheimer's Disease, is living alone in his own home. When a telemarketer called to announce he was a winner of a $1 million dollar lottery, he was ecstatic. To claim his winnings, Ralph was told to send a check for $2,000. Before his nephew discovered the scam Ralph had written a total of $22,000 in checks. The money was never recovered.

In today’s society it's virtually impossible to be free from the bombardment of unsolicited mail and telephone calls (direct marketing). It’s a lucrative business for selling an enormous variety of goods and services. (In 2000, an estimated $230 billion worth of goods were sold over the phone.) With over 75,000 telemarketing call centers in the United States, chances are they will find you. Unfortunately, not all direct marketing businesses are legitimate and many target senior citizens.

According to the Marin based California Community Partnership for the Prevention of Financial Abuse, hundred of thousands of seniors are financially exploited each year. The FBI reports that nationwide older consumers are the single largest group of individuals specifically targeted by fraudulent telemarketers who sell products that are worthless, overpriced or non-existent.

Fraudulent telemarketers know that seniors are likely to have retirement savings and time to talk on the phone. Those with dementia are particularly vulnerable to being defrauded and often fall prey to scam artists. For instance, one woman with dementia purchased over 40 music CDs when she didn't own a CD player.

Early Stage Symptoms And Challenges

Ralph’s story illustrates that early state impairment may make a person more vulnerable to phone or mail solicitors.

Judgement. There can be a lack of judgment regarding an action and a consequence. For example, Ralph had been a very successful business man who, according to his family, would never have given money to get money from someone, especially over the phone. Ralph saw nothing wrong with sending in money to claim a prize. Ralph’s ability to recognize the consequences of his actions was quite impaired.

Memory Loss. Ralph did not remember that the phone solicitor had called repeatedly, requesting different amounts of money be sent before the prize could be awarded.

Financial Insecurity. Feeling insecure about money is quite common and often symbolizes feeling a loss of control. People in the early stages can feel there is not enough money, when in fact, financial resources are adequate. Phone or mail solicitors can prey upon these emotions.

Knowing how to stop mail and phone solicitations takes a course of action that someone with Alzheimer's may not be capable of implementing on their own. In may cases, family, friends, or caregivers may need to intervene in order to help their loved one remain safe from financial exploitation.

Signs of Trouble

There are signs to look for when direct marketers are targeting someone with dementia. If the person is confused about offers he or she receives, or is making unwise or uninformed purchasing decisions or donations, look for the following.

- Possession of numerous magazines that appear to
ALZHEIMER’S SUPPORT SERVICES

Action

continued from page 20B

be unread.

• Receives lots of mail for contests, free trips, prizes and sweepstakes.
• Magazines and products that are clearly inappropriate (like weight lifting or sailing magazines).
• Packages of merchandise you suspect the person doesn’t want or need. Some may never have been opened.
• Many payments, or what appear to be duplicate payments, to the same company or charity within a short period of time.
• Several donations to charities that do not seem to be of interest to the person.
• Abrupt changes in a will or financial documents.
• Stacks of sweepstakes’ solicitations from multiple companies.

Fraudulent Telemarketers

There are many reputable telemarketers. Those who are not may be identified by:

• Offering a promise to win money, make money or borrow money.
• Demanding that you act immediately.
• Refusing to send information before you buy.
• Attempting to scare you into buying something.
• Insisting that you give money first. (It is illegal for companies to ask you to pay to enter contests or claim a prize for a fee).
• Continuing to call after you ask them to stop. (They are required to stop calling upon your request.)
• Offering to recover, for a fee, money lost to telemarketers.

What You Can Do - Actions & Precautions

Sometimes family members feel their only alternative is to take total control of the person’s finances, but that requires a court action and the appointment of a legal guardian. In some cases, Durable Power of Attorney is all that is needed. Helping someone with dementia can be a sensitive issue, but there are ways to help without compromising the independence or dignity of that person.

• Offer to help balance their checkbook and ask about questionable checks.
• Review credit card and billing statements for multiple charges to the same company.
• Contact the companies yourself and explain the situation. Ask that the person be taken off marketing lists and that they not exchange, rent or share the person’s name with other marketing companies.
• If a person is responding to mail solicitations with payments and donations, offer (with his or her permission) to pick up their mail or have the mail forwarded to your address. Also consider a PO box for their mail delivery.
• If the person has unused & duplicate products, contact the companies and ask they provide you with postage-paid labels so those products can be returned for refunds to the individual. Ask them to close out duplicate accounts, cancel future shipments or subscriptions & provide you with an account statement showing all orders and monies spent.
• When solicited mail is delivered, write on the envelope, “Refused: Return To Sender.” Also add, “Remove From List.” Do it annually. To streamline the process you can order a roll of stickers, like address labels, or a customized rubber stamp printed with this information. Mail received for someone deceased can be stamped, “Deceased. Return To Sender.” These procedures greatly reduce unwanted mail.
• Flag the person’s financial accounts. With the senior’s consent, ask their bank or brokerage house to flag accounts to notify a designated person when the senior attempts to withdraw a sum of money above a designated amount. A change in banking patterns will be a flag something is wrong.
• Get an answering machine. Most solicitors won’t leave a message. Since it’s impractical to ask someone with dementia to screen their calls, some phones have a sequence that turns off the ringer but allows calls to come through to the machine.

See SOLICITORS, on page 22B
ALZHEIMER’S SUPPORT SERVICES

Depression Should be Treated

Some thirty percent of people with Alzheimer’s also suffer from depression, a condition of low mood, with characteristic feelings of hopelessness and helplessness. Caregivers, too, are at great risk for depression. However, it can usually be treated, lifting mood, enhancing quality of life and improving daily functioning.

If you, or someone you care about has Alzheimer’s, you should know that depressive symptoms are often mistaken as part of dementia and are left undiagnosed and untreated. Here are possible symptoms to watch for:

• Apathy or loss of interest in regular activities;
• Withdrawing socially from family and friends, and complaining of loneliness;
• Insomnia or excessive sleeping;
• Loss of appetite;
• Appearing anxious, distressed or sad;
• Complaining or worthlessness, or hopelessness or wanting to die.

Consult Your Physician. When these signs persist, ask your doctor to evaluate them. Some people become depressed due to biochemical changes in the brain.

See DEPRESSION, on page 23B

Solicitors

continued from page 21B

(an option when the caregiver is out of the house).

Helpful Advice

The following suggestions may help thwart solicitors and protect someone in the early stages of Alzheimer’s:

• Post a “No Soliciting” sign by your front door. By law, solicitors must abide. The exception is school kids trying to raise money.

• Acquire an unlisted phone number. If you must be listed, don’t include your address (you won’t be mailed additional information).

• The “Telezapper” (available at Radio Shack for about $50) identifies computer-generated calls only. It fools the computer by playing a tone resembling a disconnected number. The compute then removes that number from their database.

• The TriVOX VN ($75 at www.privacycorps.com) requires friends to enter a “secret” code to have their call ring through. Solicitors can’t get through without the code.

Direct marketing is a legitimate way of selling a huge variety of products and services but is often intrusive, annoying and overwhelming. Fortunately, there are ways to reduce and sometimes eliminate unwanted solicitation. For those with dementia, who are at particular risk for being financially exploited, appropriate action from family, friends and caregivers will be necessary to avoid their becoming victims of fraud.

TAKING ACTION:

Protecting a Relative With Dementia Against Telephone And Mail Solicitors

• For internet and telemarketing fraud (contact if suspicious individuals contact you claiming to represent companies, organizations, or government agencies and offer to recover lost money from fraudulent telephone solicitors for a fee. NATIONAL FRAUD HOT-LINE 1-800-876-7060; www.fraud.org.

• For violation of the Telemarketing Sales Rule, or the Mail or Telephone Order Merchandise Rule (to file a complaint) write to: CONSUMER RESPONSE CENTER, Federal Trade Commission, Washington, DC 20580; www.crc@ftc.gov

• For consumer assistance on sweepstakes - what you should know before entering - and how to get off e-mail lists, go to www.dma.org

• To get advice and check the records of investment brokers: SECURITIES And EXCHANGE COMMISSION: www.sec.gov

• BETTER BUSINESS BUREAU: 1-800-BEALERT; or www.bbb.org

• National DO NOT CALL Registry: 1-888-382-1222; https://www.donotcall.gov/default.aspx

Courtesy: Northeast Tennessee Southwest Virginia Chapter - Alzheimer’s Association
ACTIVITIES CAN MAINTAIN SKILLS OF PEOPLE WITH DEMENTIA

Easy Exercises to do Together

Exercise is beneficial to you and your loved one with Alzheimer’s Disease. Before you begin any exercise program, check with your doctor, or the individual’s doctor, to make sure there are no medical reasons that would prevent the individual from doing these activities. Make sure the individual is supervised at all times during the exercise session. Make room to do these exercises; move all objects out of the way, so that you don’t bump anything. Find a comfortable, stable, straight-backed chair with no arms. Have the person wear comfortable, loose clothes and shoes. If you choose, put on some fun music that the individuals likes. Make the exercises part of a routine each day. Be patient and realistic. Moving and smiling are the most important aspects of this program.

1. Begin by taking 3 deep breaths.
2. Side to Side - Look from side to side in a slow motion. Look to the left and pause. Look to the right and pause. Repeat 10 times.
3. Shoulder Shrugs - Make sure your arms are dropped to the side slowly lift up your shoulders and try to touch your ears. Lift first one shoulder and then the other. Then lift both at the same time. Repeat 10 times.
4. Elbow Presses - Keep your shoulders relaxed. Bring your hands up to the top of your shoulders.

Many families ask that friends and associates contribute to a memorial fund in lieu of floral tributes. Some families wish to recognize the living at the time of a birthday, a wedding anniversary, or other special occasion. We appreciate receiving all kinds of gifts. All such gifts are acknowledged to both the donor and to the family of the deceased or of the person being honored.

If you have questions about making a donation in memory of a loved one, please call Mountain Empire Older Citizens, Inc. at (276) 523-4202.

DEPRESSION

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Physicians can prescribe one of many available antidepressants medications.

Get Psychological Help. Persons with dementia who are still able to learn and retain new information may benefit from the therapeutic approaches that have proven effective with older adults. Early state Alzheimer’s individuals are also encouraged to join support groups for professional and peer support.

Increase Positive Experiences. Begin in small ways to increase the things you enjoy, also encouraged their remaining abilities. Keep the activities brief and simple, including the following:

- Call or visit people.
- Play with a pet, listen to favorite music or reminisce about good times.
- Work together on house or garden chores.
- Attend a social group or adult daycare.
- Exercise, during the day - outside if possible.

Courtesy: Alzheimer’s Association - Northern California & Northern Nevada Greater San Francisco Bay Area
**ALZHEIMER’S SUPPORT SERVICES**

**Book Review**

*What’s Happening to Grandpa?*

By Maria Shriver  
Reading level: Ages 4-8

From *New York Times* best-selling author Maria Shriver comes a poignant and compassionate story about one family coping with Alzheimer’s Disease and memory loss. With special insight derived from her own father’s struggle with Alzheimer’s, Maria Shriver offers a touching and optimistic story that encourages awareness, acceptance, and dialogue among family and friends. Hardcover children’s book - 48 pages. For more information on borrowing this book, please call MEOC at 1-276-523-4202.

**Skills**

continued from page 23B

Try to press your elbows together, in and out, 10 times.

5. **Picking Apples** - Start with your arms down by your side. Lift one arm and reach as far as you can, while looking at your hand. Pretend you are picking apples from a tree. Then lift the other arm, looking up at your hand. Repeat 10 times.

6. **Windmills** - Relax your shoulders and bring your arms straight out from your sides. Make small circles forward 10 times, then reverse and do small circles backward. Then increase the size of the circles and repeat.

7. **Flutter Kicks** - Place hands underneath your hips almost like you are sitting on them. Straighten your legs, lift them up only slightly and move them in a jackknife motion. Repeat 10 times.

8. **Toe Point** - Keep your legs on the floor but straighten them. Flex your feet, pulling your toes back toward you to stretch out your feet and leg muscles, then point your toes. Repeat 10 times.

9. Finish by cooling down and slowly reach for a few apples. Then take three deep breaths.

**Simple But Essential Activities**

Creative activities can help people with dementia maintain or improve skills while enhancing interactions between their caregivers and others. In choosing activities, remember that people with dementia care more about what they’re doing than why they’re doing it. They live in and find joy in the moment.

Simple, everyday tasks can keep the person with dementia active and help them feel needed. Repetitive tasks also may stimulate memory and maintain functional habits while providing a sense of accomplishment.

Depending on the stage of dementia, appropriate activities include:

- Arranging flowers
- Measuring cooking ingredients
- Setting the table
- Washing or rinsing dishes
- Folding napkins or towels
- Visiting with a calm pet
- Planting seeds in small pots
- Sweeping the sidewalk
- Putting coins in a jar or roll
- Stringing Cheerios to hang outside for the birds
- Taking off labels from cans before recycling
- Shredding papers
- Sorting objects, such as beads, by color
- Winding yarn into a ball
- Sanding wood

*Courtesy: Alzheimer’s Association - N. Nevada/N. California Chapter*
With the Return of Spring, Get Outdoors!

The coming of spring brings warmer weather, robins singing and flowers blooming. Who doesn’t like to be outside, smelling the fresh air and seeing the leaves begin to appear on the trees? For those with Alzheimer’s Disease, appetite, temper, anxiety and overall physical condition often show improvement as a result of being outdoors. Being outside during the day can also assist those who are experiencing trouble sleeping at night. The more an individual can be involved in activities during the day, the more their sleep patterns will be regular.

Consider some of the following activities for the individual with Alzheimer’s.

- Take a walk around the neighborhood. Use all of your senses during the walk, enjoy listening to the birds chirp, smell the freshly cut grass and flowers in bloom. During your walk, engage in conversation with the individual with Alzheimer’s. You could take this time to reminisce about things you enjoyed while growing up.
- Plant flowers or vegetables in small containers that are easy to handle and take care of. This is another time to reminisce about past gardens and flower beds. Again, you can incorporate the senses into this activity by feeling the soil, smelling the plants, seeing the colors. Once the flowers or vegetables begin to grow, you can also assist your loved one in feeding, watering and weeding them.
- As warm weather arrives, visit places you typically do not visit during the cold months. Go to an ice cream parlor, visit a park, go to the local vegetable stand, etc. Take this opportunity to be out of the house and socialize; it is good for both of you.

Whatever activity you choose, it is important to have patience and flexibility with the individual with Alzheimer’s. This attitude will help with your stress levels and your loved one will pick up on your easy mood. No matter what the activity, just remember to enjoy being together?

Courtesy: Alzheimer’s Association - West Virginia Chapter
ALZHEIMER’S SUPPORT SERVICES

Sleep Difficulties May be Related to Medical Disorders

Wandering at night, bedtime agitation, early morning awakening, and sleeping too much during the day are common problems for persons with Alzheimer’s Disease (AD). Although not everyone with AD develops sleep disturbances, when present they are very stressful for family members. Caregivers who are awakened frequently during the night eventually become exhausted. This exhaustion, and its associated impact on physical and emotional health, is one of the most common reasons caregivers give for placing their loved ones in residential care.

Sleep problems are not uncommon in older people. Older people tend to have more difficulty falling asleep at night, they wake up more frequently during the middle of the night and stay awake longer, and they often nap during the day. A variety of age-related diseases (e.g., arthritis) and common prescriptions or over-the-counter medications can also negatively impact sleep. Finally, sleep disturbances may be caused by an underlying depression, bereavement, or anxiety disorder. Many of these medical or psychiatric causes of sleep loss are treatable. Thus, it is important for all older adults with sleep complaints to be evaluated and treated for chronic conditions that may be interfering with their sleep.

Although the types of sleep problems observed in AD are similar to those of older adults, they occur more frequently and tend to be more severe. Alzheimer’s Disease damages brain cells that are important for initiating and maintaining sleep. The sleep changes observed in AD tend to become more pronounced as the disease progresses. Persons with AD are also prone towards “sundowning” agitation, which is a tendency to become more agitated or confused at some point in the 24-hour cycle (frequently the late afternoon or evening). An understanding of the periodicity with which agitated behaviors occur can be important for the evaluation and management of sleep disturbances in dementia patients.

Improving sleep can improve the quality of life of both the person with AD and the caregiver, but treatment is sometimes difficult. Sedating medications can increase the risk for falls and confusion, and may not be appropriate for long-term use. Non-medication approaches such as maintaining a consistent bed and rising time and eliminating environmental triggers for waking like noise and light also improve sleep. However, as with all dementia care, it is important to find a sleep treatment plan that is personalized to the unique needs of each patient. An experienced health care professional can help to evaluate the best treatment strategy.

Courtesy: Alzheimer’s Association - Western and Central Washington State Chapter

Gene

continued from page 25B

late onset Alzheimer’s in many years. Next steps will include confirmation of these findings by other scientists in different populations. For example, families studied for this research were unusual in that they have a high incidence of Alzheimer’s. The study needs to be researched in random populations that have more typical prevalence of Alzheimer’s before we’ll know how many Alzheimer’s cases are a result of this gene.

The Alzheimer’s Association is one of the funders of this important research. Most meaningful to those affected by Alzheimer’s Disease is the potential for treatments that can be developed that correct for SORL1 deficiencies, which leads to build up of beta-amyloids believed to cause Alzheimer’s Disease.

Every new step of the disease pathway that we understand gives us more targets for therapies. That is why it is vitally important that more federal funding be made available for Alzheimer’s research so that we can quickly capitalize on these kinds of advancements.

Courtesy: Alzheimer’s Association - West Virginia Chapter
**ALZHEIMER’S SUPPORT SERVICES**

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**BRAIN FACTS**

- The brain stops growing at age 18.
- The human brain is the most body’s powerful organ, yet weighs only about 3 pounds.
- The human brain is approximately 75 percent water.
- An adult brain contains about 100 billion nerve cells, or neurons, with branches that connect at more than 100 trillion points.
- With each heartbeat, arteries carry about 20 to 25 percent of the body’s blood to the brain, which uses about 20 percent of the oxygen and fuel the blood carries. When you are thinking hard, the brain may use up to 50 percent of the oxygen and fuel.
- The brain of a person with Advanced Alzheimer’s is dramatically smaller than a healthy brain because so many brain cells have died.

*Courtesy: Alzheimer’s Association - Western and Central Washington State Chapter*

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**Tips for Bonding with People with Alzheimer’s**

Caring for someone with Alzheimer’s takes special effort. The caregiver must assure the person’s safety and monitor eating, dressing and bathing, and people with Alzheimer’s may not be able to completely express their thoughts or grasp what others say and do.

To bond with someone with Alzheimer’s, be sure to show empathy and boost self-esteem, while maintaining the person’s dignity. The *Harvard Health Letter* offers these tips for communicating more easily:

- Don’t shout. Speak calmly and evenly in a friendly tone.
- Speak directly to the person, even if communication is difficult. One complaint of people at the early stages of the disease is that doctors talk to family members, instead of directly with them.
- Use common, simple words. At the same time, don’t confuse the person by using too many pronouns such as “he,” “she” and “we.”
- Ask leading, rather than open-ended, questions: “Would you like a cup of coffee?” instead of “What would you like to drink?” Or say, “Let’s have a cup of coffee.”
- Make eye contact, touch the person, and be aware of body language. Nonverbal cues are especially important as the disease destroys the brain’s language center. That’s why talking on the telephone may be less fulfilling than a personal visit.
- Express positive emotions explicitly. Tell the person, “I really enjoyed spending this time with you.”
- Frame questions to help the person make decisions. In more advanced Alzheimer’s cases, the person will focus on the last word spoken. So when you ask, “Would you like to wear the green or blue shirt?” the last word heard is “shirt” and you may not get an answer. Instead, ask, “Would you like to wear the green shirt or blue?” The person may respond, “Blue.” She will feel she has chosen what to wear with little or no anxiety.

*Courtesy: Alzheimer’s Association - New Mexico Chapter*

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**Loneliness May Double Dementia Risk**

A study in the February 2007 issue of *Archives of General Psychiatry* found that, in a group of more than 800 older persons who were followed for up to four years, risk of dementia was more than doubled in persons who considered themselves lonely compared with persons who were not lonely. Additionally, loneliness was associated with a lower level of cognitive ability at baseline and with more rapid cognitive decline during the follow up.

This study suggest that the perception that you are not alone is important in how you function cognitively especially in your later years. More research, however, is needed in this area.

We are well aware that there are many risk factors for cognitive decline and dementia as we age. This study does confirm our recommendations that you:

- Stay mentally active - take a class, play games particularly those you can play with others such as bridge, or chess.
- Remain socially active - volunteer, take a dance class or travel.
- Stay physically active - walk, bike, garden, take an exercise class, do tai chi.
- And adopt a brain healthy diet - eat dark skinned fruits and vegetables, fish, nuts.

*Courtesy: Alzheimer’s Association - West Virginia Chapter.*
Educational materials available for caregivers at MEOC Library

**PAMPHLETS**

- Adapting to Aging
- Alzheimer's Disease - A Guide for Families
- Alzheimer's Disease and Related Disorders: A Description of the Dementias
- Alzheimer's Disease: An Overview
- Alzheimer's Disease: Especially for Teenagers
- Alzheimer's Disease: Services You May Need
- Care for Advanced Alzheimer's Disease
- Caregiving at Home
- Caring for an Alzheimer's Patient At Home
- Choosing a Nursing Home for the Person with Intellectual Loss
- Communicating with the Alzheimer's Patient
- Especially for the Alzheimer's Caregiver
- If You Have Alzheimer's Disease: What you Should Know, What You Can Do
- If You Think Someone You Know has Alzheimer's Disease
- Is It Alzheimer's? Warning Signs You Should Know
- Legal Considerations for Alzheimer's Patients
- Memory and Aging
- Newsweek: All About Alzheimer's
- Practical Considerations in the Management and Treatment of Alzheimer's Disease
- Standing By You: Family Support Groups
- Steps to Selecting Activities for the Person with Alzheimer's Disease
- The Alzheimer's Association Autopsy Assisting Network
- The Younger Alzheimer's Patient
- Understanding and Living with Alzheimer's Disease
- You Are One of Us - Successful Clergy/Church Connections to Alzheimer's Families

**BOOKS**

- Aging - Special Issue on Family Caregiving
- Alzheimer's Disease - A Guide to Families
- Alzheimer's Disease Handbook
- Caregiving at a Glance: Finger Tip Help for Families
- Taking Care of People with Alzheimer's Type Illness
- Caring - A Family Guide to Managing the Alzheimer's Patient at Home
- Caring for the Caregiver: A Guide to Living with Alzheimer's Disease
- Coping and Caring: Living with Alzheimer's Disease
- Facing Alzheimer's
- Failure Free Activities for the Alzheimer's Patient: A Guidebook for Caregivers
- Generations-in-Depth Views of Issues in Aging: Update on Alzheimer's
- Gone Without a Trace
- Grandpa Doesn't Know It's Me Guidelines for Dignity
- Helping Grandma Homes that Help
- Living in the Labyrinth Looking Beyond the Illness
- Losing a Million Minds Miles Away and Still Caring
- My Journey into Alzheimer's Disease
- Over the River and Through the Woods - Project Handbook for Impaired Adults
- Surviving Alzheimer's The 36-Hour Day
- The Validation Breakthrough
- The Vanishing Mind: A Practical Guide to Alzheimer's Disease and other Dementias
- Treatment for the Alzheimer's Patient
- Understanding Alzheimer's Disease
- Understanding Difficult Behaviors
- Validation

**VIDEOS**

- A Part of Daily Life - Alzheimer's Caregivers
- Simplify Activities and the Home
- After the Going Gets Rough
- Alzheimer's Disease ... Let's Talk About it
- Alzheimer's What You Need to Know
- Alzheimer's: A Personal Story of Social Work
- Another Home for Mom
- At Home with Home Care: Part I, II, III
- Before the Going Gets Rough
- Caring
- Dealing with Alzheimer's: Facing Difficult Decisions
- Do You Remember Love
- "Grace" Videos
  1. Living with Grace
  2. Caregiving with Grace
  3. Glens Perspective on Grace
- In This Very Room
- Just For The Summer
- Living A Nightmare
- Losing It All
- Managing with Alzheimer's Disease
- Medication and Dementia
- Not Alone Anymore: Caring for Someone with Alzheimer's Disease
- Phil Donahue Show
- Someone I Love has Alzheimer's Disease
- Someone I Once Knew
- Special Caring: Managing the Person with Alzheimer's Disease
- The Care Giver Series:
  I. Meeting Daily Challenges
  II. Communicating
  III. Safety First
  IV. Managing Difficult
  V. Caring for the Caregiver
- What is Dementia

**CASSETTE TAPES**

- Alzheimer's What You Need to know
- Caring for the Caregiver - Caregiving at Home, Especially for the AD Caregivers

**ALZHEIMER’S SUPPORT SERVICES**

- Educational materials available for caregivers at MEOC Library
Activity

continued from page 4B

tem. But it is also important to participate in physical activities that build muscles, maintain strength and flexibility and improve balance. Such activities can help prevent osteoporosis, keep weight and blood pressure in check, slow down the development of arthritis and help prevent falls, a common cause of disability and death.

Just Move – Make movement a natural part of your life just like brushing your teeth! Whenever possible “MOVE” – take the stairs, wash the car by hand, use a push lawn mower and use a regular vacuum. All forms of activity contribute to your overall flexibility, fitness and health.

Stay at it – Your goal is to improve wherever you are right now. Start slowly and increase the time and intensity of your program a little bit at a time. Include all four areas: endurance, strength, flexibility and balance. What is important is to include activity as part of your regular daily routine. Try to accumulate 30 minutes of moderate physical activity (brisk walking, raking leaves, golf, dancing) on most, if not all days of the week. You can break this up into 10-minute sessions, but be sure they add up to 30 minutes. If you feel like doing more there could be additional health benefits, at least up to a point. If you can’t do 30 minutes, remember that every little bit helps.

Check with your doctor – For most people, moderate physical activity is not a health hazard. However, talk to your doctor before beginning if you have existing heart trouble, chest pain, diabetes, high blood pressure, you often feel dizzy or faint, or if you have arthritis or other bone or joint problems that might become worse by improper exercise. Talk to your health provider any time you have questions about the safety of exercise for you.

University of Missouri Extension

RECIPES

Almond Crusted Fish
1/2 pound mild white fish filets (sole, flounder, orange roughy, etc.)
1/6 cup sliced almonds
1 tablespoon reduced-fat margarine, melted
1 tablespoon lemon or lime juice
1/2 teaspoon Worchester sauce
1/4 teaspoon paprika
1/8 teaspoon pepper

Prepared by: Susan Herndon, Extension Agent, Family and Consumer Sciences
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Wise, Virginia 24293-1156
276/328-6194 or 276/328-3699
Prepared for: Mountain Empire Older Citizens Newsletter – August 2006
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Cooking spray
Preheat oven to 375 degrees F. Coat a 9 x 13 baking pan with cooking spray. Rinse and pat fish dry; arrange in baking pan in a single layer. In a small bowl, mix almonds, margarine, lemon or lime juice, Worcestershire sauce and pepper. Top fillets with mixture; spread evenly. Bake 12-15 minutes or until fish flakes easily. Yield: 2 servings (1 fillet each).

Apple Slaw
1 small red apple, diced
2 cups shredded cabbage
1/2 cup chopped broccoli florets
1 small green bell pepper
1/4 cup fat-free light vanilla yogurt
1 tablespoon orange juice
1 tablespoon Splenda
Dash of cinnamon
Combine all ingredients in medium-sized mixing bowl. Stir well. Refrigerate until ready to use. Yield: 4 servings (1/2 cup each).

Ground Beef Stroganoff
8 ounces uncooked egg noodles
Non-stick cooking spray
1 pound ground beef
1 medium onion, sliced
1 can (7.3 oz) sliced mushrooms, undrained
1/2 teaspoon garlic
1/2 teaspoon black pepper
1/2 teaspoon beef bouillon granules
1 (8 oz.) carton low-fat Seeing RECIPES, on page 30B
Recipes

continued from page 29B

sour cream


Sugarless Fruit/Nut Muffins

1 cup water
1 cup chopped dates
1/2 cup raisins
1/2 cup chopped prunes
1 cup all-purpose flour
1 teaspoon baking soda
1/4 teaspoon salt
2 eggs, beaten
1/3 cup vegetable oil
1 teaspoon vanilla extract
1/2 cup chopped nuts
Cooking spray

In a sauce pan, bring water to a boil. Add the dates, raisins and prunes. Next, remove from heat and let stand for 10 minutes; drain well and set aside. Combine flour, baking soda and salt in bowl. In another bowl, combine eggs, oil and vanilla until blended then stir into the dry ingredients just until blended. Fold in nuts and reserved fruit. Spoon into muffin tins coated with cooking spray. Bake at 350 degrees F. for 15 minutes or until a toothpick comes out clean. Cool in a pan for 5 minutes before removing to wire racks. Yield: 3 dozen.

Three Fruit Salad

1 (8 oz) can chunk pineapple, drained
1 (11 oz) can mandarin oranges, drained
20 green, seedless grapes, washed
1/4 cup chopped nuts or
1/4 cup toasted coconut


2007 MEOC Walkathon Exceeds $150,000 Goal! Full details and photos in next issue of the Mountain Empire News.
Norton Elementary School raises $4000 for Emergency Fuel Fund for the Elderly

Norton Elementary School students recently chose Mountain Empire Older Citizens’ Emergency Fuel Fund for the Elderly as the recipient of funds collected in celebration of the 100th day of school. 2007 marked the 10th year for this celebration with all the funds donated to help the elderly with emergency home-heating needs. The students set a record this year by collecting $4,000.

See NORTON, on page 32B
Sundy Stidham Adams’ First Grade Class raised $385.16 and won the in-school competition for raising the most money of any class. They were treated to a pizza dinner from Mr. Gatti’s. MEOC’s Executive Director Marilyn Pace Maxwell is pictured with the top fundraising class.

Norton

continued from page 31B

which was presented to MEOC’s Executive Director Marilyn Pace Maxwell at the 100th day celebration on February 21st.

Sundy Stidham Adams 1st grade class won the in-school competition for raising the most money and was treated to pizza from Mr. Gatti’s.

MEOC truly appreciates the support from the students and faculty at Norton Elementary for the Emergency Fuel Fund for the Elderly.

Thank you so much for caring for our older friends and neighbors.

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Detach and send for a donation, change of address or to add someone to the mailing list.

MOUNTAIN EMPIRE OLDER CITIZENS, INC.
Serving Southwest Virginia Since 1974
P.O. Box 888, Big Stone Gap, VA 24219
(276) 523-4202 or 1-800-252-6362

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