The National Association of Area Agencies on Aging (n4a)

Innovative & Successful Programs that Meet the Needs of America’s Older Population Unveiled

Mountain Empire Older Citizens Receives Highest Honor

Teenagers/Alzheimer’s Caregivers/Technology Project has been recognized by the National Association of Area Agencies on Aging (n4a) with an Aging Innovations Award, the highest program honor presented by n4a.

The 2007 n4a Aging Innovations Awards, sponsored by Critical Signal Technologies (CST), recognize 12 cutting-edge and successful programs that will serve as models for other agencies seeking innovative approaches to care for the older population within their communities. The need for successful, cost-effective aging programs is especially important in light of the wave of aging baby boomers expected to require services in the years ahead. For the first time, the 60+ population has exceeded 50 million people; this trend of increased numbers of older Americans is projected to continue over the next decades, with older adults 85+ the fastest growing population.

“Let us take care of the children, for they have a long way to go. Let us take care of the elders, for they have come a long way. Let us take care of those in between, for they are doing the work.” — African Proverb

Julia Trivett Dillon, Director, Family Support Services of Mountain Empire Older Citizens accepts the 2007 n4a Aging Innovation Award in the Intergenerational Programs category at the n4a conference in San Francisco. Presenting the award are, left, Jeffrey S. Prough, Critical Signal Technology President and CEO and Charles Sisson, n4a President.

“The Area Agencies on Aging and Title VI Native American aging programs make a huge difference in the lives of older adults. These professionals are on the front lines of aging — leading the way for local communities to deal with the realities of a growing aging population,” stated Sandy...
Markwood, n4a’s CEO.

“These AAAs provide a range of services that help older adults remain healthy and active, support frail seniors to live independently in their homes and assist caregivers helping their older loved ones.”

The program of Mountain Empire Older Citizens received the nation’s top award in the “Intergenerational” category. Working with the Wise County School Board, The University of Virginia’s Claude Moore Health Sciences Library Outreach at the Wise campus, The Regional Adult Education Program, the region’s Alzheimer’s Association, Powell Valley High School, area high school students and area caregivers of family members with Alzheimer’s disease, MEOC developed a highly successful program which taught area teen-agers to teach caregivers how to use the computer to assist them in their care giving responsibilities. Caregivers learned to use email, how to participate in on-line support groups and how to locate reliable, relevant health information on the Internet. Students were trained on

See AWARD, on page 3
teaching the older learner, understanding Alzheimer’s dis-
ease, the stresses of care giving and the technology mod-
ules to be taught to the caregivers. Students volunteered 
five full Saturdays to make this project successful. 
Evaluations revealed high degree of satisfaction by both 
students and caregivers.

These programs serve as models for other agencies 
looking for new and innovative approaches to care for the 
older population within their communities. The need for a 
forward-looking approach in developing and implementing 
programs is especially important to prepare and provide the 
types of programs needed for aging baby boomers as well 
as for the current population of older adults.

Marilyn Pace Maxwell, Executive Director of MEOC, said, 
“We are very pleased that what took place right here in far 
southwest Virginia is receiving national recognition and atten-
tion. Just this week, we have sent out materials to organiza-
tions in Arizona, New Hampshire and Florida wishing to repli-
cate this project in their states. I stress to anyone asking about 
this project that the key is to establish partnerships based on 
mutual trust, commitment and dedication. The partners in this 
project are simply the very best. Everyone cooperated beauti-
fully and the result was a teacher/mentor relationship estab-
lished between teens and caregivers that was mutually ben-
ficial” She continued, “The students learned about the lives of 
older adults, the diversity and resilience of age, the strains of 
chronic care giving and the characteristics of Alzheimer’s 
Disease. They also learned about themselves and their ability 
to improve the lives of others. Caregivers learned new skills 
that enabled them to use the computer to overcome isolation, 
connect to other caregivers and care giving resources, and 
help themselves continue to grow. They also gained an appre-
ciation of high school students as teachers and friends across 
the generations.”

The Innovation Winners were honored at a special awards 
ceremony, in front of peers from across the country, at n4a’s 
national conference, in San Francisco, CA. A special program 
followed the awards ceremony to provide an opportunity for 
attendees to learn about these innovative programs and how 
to replicate them. MEOC’s Director of Family Support Services 
Julia Trivett Dillon accepted the award on behalf of MEOC and 
explained the winning program to interested area agencies on 
aging from across the nation.

“Critical Signal Technologies is pleased to associate with the 
local leaders and true innovators of our society — who make 
it their work to change the status quo for seniors. CST is a 
company who has and continues to create TeleCare and tech-
nology based solutions to assist the aging community with the 
ever increasing demand, “ said Jeffrey S. Prough, CEO of 
CST. “We are inspired by these award winning programs and 
appreciate that the local communities are providing solutions 
to problems facing our growing older population.”

The recently elected MEOC 
Advisory Council officers are 
President Sharon Ewing of Wise 
County and Lula Belle Reasor of 
Lee County. MEOC’s Advisory 
Council is composed of 50 commit-
ted volunteers and community lead-
erers from throughout far southwest 
Virginia. MEOC is very grateful for 
and dependent upon the guidance, 
direction and support of this impor-
tant body.

Award

continued from page 2
MEOC Awarded Adult Day Health Care Contract at Oxbow Center: Announces Plans and Future Directions At Open House at Oxbow

On July 1, 2007, MEOC assumed management of the Oxbow Adult Day Health Care Center at the Oxbow Center in St. Paul. MEOC responded successfully to a request for proposals from The Oxbow Board of Directors and was awarded the contract by the Board of Directors. In an open house held August 13, 2007, at the Oxbow Center, a capacity crowd of over 100 interested members of the community gathered to hear from Oxbow and MEOC officials on plans for the expansion of family support services in the Oxbow service area.

Oxbow Board member Duane Miller welcomed the standing room only crowd to the Oxbow Center and spoke of the importance of adult day care to the Oxbow mission. Jodi Heilbert, Oxbow Director, spoke of

(Above) A delicious catered lunch was served to all attending the Oxbow Adult Day Care open house. On the left front to back are: Tracie Hall, Brain Injury Services of Southwest Virginia Case Manager, Thelma Gilley, Commonwealth Council on Aging and Ken Gilley, MEOC volunteer, On the right front to back are Dine Mullins, Coeburn WIN Center Assistant and Steve Garrett, Wise County Redevelopment and Housing Authority. All are very important partners in fulfilling MEOC’s mission.

See OXBOW, on page 5

See More Photos on Page 5

(Left) Departments of Social Services are very important partners in all that MEOC does and are welcomed partners in MEOC’s newest venture at Oxbow Adult Day Care. Pictured at the open house: are Roger Ramey, Director of Norton DSS; Pam Stewart, Norton DSS Director of Adult Services; Vickie Hall, Wise County DSS Director of Adult Services and Debbie Collier, Regional Long Term Care Ombudsman.
Oxbow

continued from page 4

the services presently operating at Oxbow and welcomed MEOC as the new manager of adult day care services at Oxbow.

MEOC Executive Director Marilyn Pace Maxwell spoke of the importance of presenting a full range of support services to family caregivers and that not only was MEOC assuming management of the adult day care center at Oxbow, but was bringing additional services to caregivers in the area served by Oxbow. She noted that MEOC’s in-home respite services, emergency respite services, caregiver support groups, on-line support group, once a month Saturday group respite program, Caregiver’s Day Out and the resources of MEOC’s Family Caregivers Support Lending Library were included in MEOC’s commitment to the Oxbow Board.

She said that the Oxbow facility was a beautiful one and that the Oxbow Adult Day Care Center was licensed to serve fifty people. “We ask the help of everyone here today to help us get the word out about this wonderful resource. Invite us to speak to your church groups, your civic clubs, and your business. See CONTRACT, on page 6

(Right) St. Paul’s Allen Gregory of The Clinch Valley Times was one of the hundred plus persons attending the Oxbow Adult Day Care open house. He is pictured signing the guest book under cheerful watch of Margaret McAfee of Norton.

(Left) MEOC’s Ginger Beverly R.N., seated, is Director of The Oxbow Adult Day Care Center. MEOC employees Karen McGee, left, and Wanda Farmer, right, serve as Adult Day Health Program Aides at the center. Together, they make a caring, experienced team providing quality care to those attending the center.
Pharmacy Connect Partners Access Over $83 Million Worth of Free Medications For Region's Medically Indigent

The partnership program of Pharmacy Connect of Southwest Virginia has accessed over $83 million dollars of free medication for the region’s uninsured adults over the past seven years. Funding for this program comes from the Virginia General Assembly.

MEOC’s partners in this program are Clinch River Health Services, Cumberland Plateau Health District, Junction Center for Independent Living, LENOWISCO Health District, St. Mary’s Health Wagon, Stone Mountain Health Services, Southwest Virginia Community Health Systems (Tazewell Community Health), The Virginia Department For The Aging and the Virginia Health Care Foundation. Mountain Empire Older Citizens, Inc. serves as administrator and fiscal agent for the partnership.

Pharmacy Connect of Southwest Virginia serves uninsured, medically indigent adults of all ages in the counties of Lee, Wise, Scott, Dickenson, Buchanan, Tazewell, and Russell and the City of Norton in the far southwestern end of Virginia by providing help in accessing the free Indigent Patient Assistance Programs of over 100 national pharmaceutical companies. This assistance is available to adults of ALL AGES.

The indigent program of each pharmaceutical company is a complex and time consuming system to navigate and persons need help in navigating the system, particularly elderly persons, persons with disabilities, persons with literacy problems, and persons without access to a computer or who are computer illiterate.

Pharmacy Connect of Southwest Virginia uses the software developed by the LENOWISCO Health District and later adopted by the Virginia Health Care Foundation. The software actually downloads the myriad of varying forms specific to each company along with the specific eligibility guidelines for each company. Each pharmaceutical company has different eligibility guidelines and all medications are available to adults of ALL AGES.

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The open house concluded with lunch and tours of the adult day care center.

For more information about the Oxbow Adult Day Care Center and other programs and services for family caregivers of MEOC, contact Julia Trivett Dillon at MEOC at 523-4202.

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To speak to a registered nurse, call the
Wellmont Nurse Connection. 1-877-230-NURSE.

Pictured: Dr. Mark Russ, Hettie McCo and Dr. Radoslov Nicholas
The Foster Grandparent Program of MEOC would like to welcome Edna Jessee of St. Paul.

Happy Birthday Daris! Daris Neal from Ewing is all smiles at the RSVP picnic held at Natural Tunnel.

MEOC’s Foster Grandparent/RSVP Advisory Council recently met to review progress and plans for the coming months. Pictured left to right are: Jennifer Spangler, Lula Belle Reasor, Saundra Tomlinson, Ralph Cox, Karen Davis, Lynette Stuart, Ethel Daniels, Rosa Chambers and Thelma Welch.
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Jennifer Spangler
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not available. It is not unusual for persons to have several prescriptions and for each medication to be manufactured by a different company.

During the seventh year of operation Pharmacy Connect staff spent an exorbitant amount of time assisting patients in the Medicare Part D “doughnut hole” to access free medications. This is a time-consuming process, but an equally important one in serving those in our community. Pharmacy Connect staff advocate for the patient by contacting the pharmaceutical companies by phone and by mail. Assisting the patient’s doctor in advocating for the patient in the “doughnut hole” often results in a successful appeal to the pharmaceutical companies.

For the seven years of operation the Pharmacy Connect of Southwest Virginia partnership accessed $83,223,734.03 of free medications for the region’s uninsured. If you or someone you know is having a difficult time purchasing prescription medications, give us a call.

MEOC’s Pharmacy Connect staff Bridgett McCoo (standing) and Karen Gusler (seated) provide information to Mr. Bob Marcum of Big Stone Gap. Over the past seven years the Pharmacy Connect of Southwest Virginia partnership has accessed over $83 million dollars of medication for the region’s uninsured adults.

Remember, this service is available to adults of ALL AGES. We may be able to get free medicines for you. Our phone numbers are 276-523-4202 or 1-800-252-6362.

As MEOC prepares to implement an exciting new concept called No Wrong Door in our area, Virginia Department for the Aging (VDA) staff members charged with helping agencies across the state make it work came to MEOC to talk about the process. From left to right are MEOC Care Coordination Director Judy Miller, VDA IT Business Analyst Christy Miller, MEOC Care Coordinator Jody Hay, and VDA No Wrong Door Coordinator Molly Huffstetler. MEOC began in October 2005 using GetCare, the web-based program which will enable No Wrong Door, to direct clients to needed services. Beginning in September, MEOC care coordinators will utilize an expanded version of this same technology for assessment, care planning, and case notes. The goal of No Wrong Door is to eventually enable clients seeking services to enter through one virtual portal to access any service from any agency.
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Pictured is Carol Bentley and Respiratory Therapist Marlene Charles.

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Any Oatmeal is a Good Choice

Most foods come in a variety of forms and oatmeal is no exception. From old-fashioned to flavored to instant oatmeal, the choices are many.

Which form of oatmeal is more nutritious? On the whole, any kind of oatmeal will give you the oat-related benefits you are looking for.

The biggest difference between instant and old-fashioned oats, sometimes called “regular rolled,” is the way they are cut and flattened. During processing, oats are lightly steamed to deactivate enzymes and prevent the product from becoming rancid during storage. Then they are dried, and instant oats are cut into smaller pieces for quicker cooking. After that, the oats are “rolled,” or flattened. Instant oats are rolled flatter than old-fashioned oats – again, for quicker cooking.

“Quick cooking” oatmeal is cut and rolled finer than regular oats, but larger than instant. It isn’t packaged with the extra flavorings that instant oatmeal often has, but cooks more quickly than old-fashioned.

The fallacy that old-fashioned oats are more nutritious might have arisen from a casual comparison of the Nutrition Facts information. You might notice the old-fashioned label lists more fiber (4 grams) compared with instant oats (3 grams). But that is mainly because of difference in serving size: a regular serving of oats, a half-cup dry, contains 40 grams of oats; a serving of regular, non-flavored instant oats contains only 28 grams.

Instant oats often contain additional sugar and flavorings, which increases carbohydrates and empty calories per serving. But still, old-fashioned, quick and instant oats all have the same health benefits and are a healthy choice for a couple of reasons.

For one thing, oatmeal is high in fiber. The American Heart Association recommends a daily fiber intake of 25-30 grams, with half of that amount being from whole grain foods. The more calories you require to meet your daily needs, the more dietary fiber you need. Try to eat at least 14 grams of fiber per 1,000 calories.
Oatmeal
continued from page 12

you consume.

In addition, more than half of the fiber in oatmeal is soluble. Along with barley, oats are among the best sources of a particular kind of soluble fiber called beta-glucan, which helps you feel full longer and also appears to help reduce blood cholesterol. However, you will need to eat a lot of cereal, or find ways to incorporate oats into other recipes—to get that benefit. The Food and Drug Administration says people would need 60 grams of oatmeal daily to decrease blood cholesterol. That would be one and one-half serving of old-fashioned oats, or three pouches of instant oatmeal.

Oatmeal is also high in many other nutrients and it is easy to prepare. Whether instant or old-fashioned, oatmeal is a good choice for your diet.

Poor Man’s Oatmeal Cookies
1 cup rolled oats (quick or old fashioned)
1/2 cup packed brown sugar
1/6 – 1/4 cup Splenda
1/2 cup all-purpose flour
1/8 teaspoon salt
1/2 teaspoon baking soda
1/8 cup hot water
1/4 cup margarine, melted and cooled
1/2 teaspoon vanilla

Cooking spray
Preheat oven to 350°F; spray cookie sheet.
Combine oats, sugars, flour, and salt in a large mixing bowl. Combine baking soda and water, melted margarine and vanilla and stir into oat mixture. Roll into walnut sized balls and place on prepared cookie sheet. Bake for 10 minutes or until golden brown. Remove from oven and let cool for 2 minutes before placing on a cooling rack. Yield: 21 cookies. Per cookie: Calories 70; Fat 2.5 grams, Carbohydrates 10g., Sodium 65 mg. Source: Dining with Diabetes, West Virginia University Extension

No-Bake Cookies
2 cups sugar
1/4 cup cocoa*
1/2 cup milk
1/2 cup margarine (1 stick)
1 teaspoon vanilla flavoring
1 pinch salt
1/2 cup peanut butter
3 cups quick cooking oatmeal

Combine sugar, cocoa, milk, and margarine in a saucepan. Cook and stir over medium heat until the mixture begins to boil. Remove from heat and cool for one minute. Add vanilla, salt, peanut butter, and oatmeal. Stir well. Drop by teaspoons onto wax paper. *May omit the cocoa to make peanut butter cookies.

Scottish Pancakes
1 1/2 cups quick-cooking rolled oats
2 cups buttermilk
1 1/2 teaspoons sugar
1 teaspoon baking soda (well-rounded)
1 teaspoon salt
1/2 cup all-purpose flour
2 eggs

In a large bowl, combine oatmeal and buttermilk. Allow to stand for 5 minutes. Add remaining ingredients to the mixture and blend until relatively smooth. Pour one-third cup of batter onto a hot griddle or skillet. Allow to cook; flip pancakes and allow to cook on other side. Serve with syrup, honey or preserves.

Oatmeal Raisin Muffins
Non-stick cooking spray
1 1/2 cups all-purpose flour
1 tablespoon baking powder
1 teaspoon salt
1/3 cup sugar
1/2 teaspoon cinnamon
1 cup uncooked quick cooking rolled oats
1/2 cup raisins
1 egg
1 cup skim milk
1/3 cup applesauce

Preheat oven to 350˚F. See RECIPES, on page 24
Lee Nursing and Rehabilitation Center

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MOUNTAIN EMPIRE NEWS

MEOC Walkathon Sets Record—Community Raises Over $158,000 in Annual Event

The community raised a record amount of $158,610 at Mountain Empire Older Citizens’ 31st Annual Walkathon on Sunday, May 6th. The annual walkathon is always held the first Sunday in May. The proceeds from each walkathon benefit the Emergency Fuel Fund for the Elderly and are used to assist older people with home-heating related emergencies during the winter months.

The walk began at 2 PM and culminated with a celebration picnic. The weather was perfect and the hamburgers prepared by Charles and Brenda Cave from Mount Carmel, Tennessee were the best ever.

Nearly 400 walkers walked the 10-kilometer route (6.2 miles) on the paved bus road that connects

See RECORD, on page 18

90 year old Ida Bevins, the event’s oldest participant, pauses for a photo with, left to right, granddaughter Suzi Mullins of Norton and great-grandson Derek Greear, granddaughter Rhonda Greear and granddaughter Melissa Bevins, all of Coeburn. In front is great-granddaughter Serenity Mullins of Norton. She represented Trinity Life Center Church.

More than $158,000 was raised during the 2007 MEOC Walkathon which supports the Emergency Fuel Fund for the Elderly. Lee County residents chatting before the start of the walk are (from left) Eddy Sue Jackson, Charles Jackson, both of Ewing & Lula Belle Reasor of Pennington Gap.

See More Walkathon Photos on Pages 16 - 18
Charles and Brenda Cave treated the walkers to some mighty fine burgers again this year. Charles and Brenda live in Mt. Carmel, Tennessee. They have volunteered their time for many years. We now claim them as our own special chefs. Thanks, Charles and Brenda for helping us again this year.

Longtime supporters Judy and Richard Hughes of Wise represented the Tacoma United Methodist Church at the 2007 Walkathon.

Flag Pond Church of Blackwater was well represented at the 2007 Mountain Empire Older Citizens’ Walkathon in support of the Emergency Fuel Fund for the Elderly. Pictured are (left to right) Dwayne Barnett, Michael Collins, Candy Collins, Nettie Barnett, Patricia Barnett, Delmo Jesse, Ann Jesse, Jean Rhoton and Mildred Gilliam. Pictured in the front row wagon displaying the church’s design on the back of his t-shirt is Taylor Collins.
And off we go! Over 400 walkers of all ages participated in the 2007 walkathon.
Powell Valley High School with Powell Valley Primary School in Big Stone Gap. A separate article with the names of these special people is included with this issue of our newspaper.

In addition to the individual walkers who participated, eighteen community sponsors donated or raised $5,000 each for the annual walkathon. Those included AARP of Virginia, Alpha Natural Resources, Applebee’s of Norton, Friendship Ambulance, Heritage Hall of Big Stone Gap, Humphreys Enterprises, Lee Nursing and Rehabilitation Center, Lee Regional Medical Center, Mountain Empire Older Citizens, Norton City Schools, Old Dominion Power Company, Trinity Life Center Church, United Way of Wise County, Verizon, Wellmont Lonesome Pine Hospital, Wise County Board of Supervisors, Wolfe, Williams & Rutherford Law Office, and one sponsor who wishes to remain anonymous. Following the walk, United Health Care and Southwest Insurance Agency joined the team as co-sponsors of this year’s event. This brought the total to nineteen community sponsors.

Every cent raised for the Emergency Fuel Fund for the Elderly is spent to help people 60 years of age or older with home heating needs. Payments are made directly to the heating vendor. The Emergency Fuel Fund begins operation October 1 and ends the following March 31st.

Words cannot truly express what it means to have such wonderful community support in raising money for the Emergency Fuel Fund for the Elderly. Because of the highly successful walkathon, MEOC can face the winter months knowing that we will be able to respond quickly to all elderly people trapped in weather-related emergencies. On behalf of the elderly in our community, thank you for your assistance with the 31st Annual Walkathon on May 6, 2007. Make plans now to join us at the May, 2008 Walkathon—an Appalachian Tradition.
Mountain Empire Older Citizens, Inc. would like to say “thank-you” to these special people who helped with fundraising for the 2007 Walkathon. Your participation in this year’s annual event helped to make the 2007 Walkathon the most successful one ever!

Debbie Adams
Gary Adams
Madison Adams
Phillip Adams
Karen Addington
Kathy Addington
Zelma Aichel
Jessica Ashley
Freda Lois Ayers
Brenda Banks
Doris Barker
James Barker
Roger Barker
Dwain C Barnette
Nettie M Barnette
Nettie M Barnette
Patricia Barnette
Chad Bartlett
James Beazley
Brandy Belcher
Ida Bevins
Melissa Bevins
Pat Bevins
Roger Birchfield
Sandy Birchfield
Dorothy Bishop
Wayne Bishop
Linda M. Bledsoe
Diana Bloomer
Elise Bloomer
Grant Bloomer
Lisa Bolling
Leslie Boring
James Bowlin
Carol Bowman
Reece Boyd
Rana Brace
Rita Brewer
Faye Calton
Molly Calton
Colleen S Cantrell
Eleanor Sue Cantrell
Doug Carico
Scott Carroll
Lue Carson
Cody Carter
Dot Carter
Sandra Catron
Andrew Chapman
Ashley Chester
Valerie Childress
Allison Christian
Rick Colley
Debbie Collier
Jim Collier
Candace Collins
Debbie Collins
Erma Collins
Jerry Collins
Wanda Countiss
Marsha Craiger
Marie Crews
Todd Crist
Kelsey Jo Culbertson
Edith Davis
Preston Dean
Walter Dean
Jordan Deary
Janie Dockery
Cindy Dorton
Peggy Dorton
Tanner Dorton
Torey Dorton
Fred W Dorton, Jr
Linda M. Dotson
Louise Dotson
Ann Duesing
Janna Durham
Barbara Dutton
Elmer Dutton
Brenda Elam
Angie Epling
Chris Evans
Jodi Fannon
Aubren Flanary
Chelsa Flanary
Meghan Fleming
Eric Fletcher
Susanna Fowler
Cathy Garrett
Debbie Garrett
Lewis Garrett
Steve Garrett
Susan Garrett
Lois Garrison
Jessica Genco
Kim Gibson
Patricia Goff
Priscilla Goff
Kara Goins
Derek Greear
Heather Greear
Rhonda Greear
Andy Greer
Ruth Greer
Tom Greer
Karen Gusler
Lena S. Haight
Stephanie Hairston
Dedria Hall
Judy Hall
Madeline Hall
Krystal Hamilton
Janet Hampton
Janice Hampton
Jo Anne Harding
Stephanie M Harris
Jody Hay
Jewele Haynes
Fredia Helbert
See SPECIAL, on page 20
Special
continued from page 19
Sarah Helbert
Summer Hensley
Veronica Henson
Patty Herron
Christa Hill
Judy Hill
Zack Hill
Rita Holbrook
Sharri Honeycutt
Ruth Hoskins
Judy Hubbard
Lauren Hubbard
Judy Hughes
Richard Hughes
Marlene Hunsucker
Yvonne Isom
Charles B Jackson
Molly Jenkins
Mildred Jennings
Bob Johnson
Peggy Johnson
Wayne Johnson
June Jones
Vic Jones, Sr.
Mary Kelley
Jamie Kelly
Mark Keith
Terry Kilgore
Mary Kleineick
Michelle Knox
David Kocher
Linda Kocher
Sister Janice
Koziolek
Jeff Lambert
Lisa Lambert
Brenda B Lawson
Eloise Lawson
Emma Lawson
Matthew Lawson
Pat Lawson
Cara Legge
Caresa Legge
Sandra Lowe
Betsy Massie
Margie Mabe
Marilyn Pace Maxwell
Pastor John
McCarroll
Tasha McConnell
Seth McCoo
Mary McKinney
Denise Miles
Joe Miller
Judy Miller
Rhonda Miller
Virginia Miller
Janet Mize
Angela Moore
Angie Moore
Bridgett Moore
R. Raymond Moore
Betty Mullins
Dine Mullins
Doug Mullins
Eliza Mullins
Janice E Mullins
Jeannie Mullins
Jill Mullins
Lucy Mullins
Olivia Mullins
Serenity Mullins
Sophie Mullins
Stacy Mullins
Suzi Mullins
Whitney Mullins
Verna Nagel
Anne Newlun
Nell S. Newton
Luther Nichols
Ruth Nichols
Georgia Nickels
Linda Nidiffer
R. D. Oakes
Vickie Oliver
Heather Orange
Barbara Orndorff
Lisa Osborne
Jennifer Pace
Anne Palubicki
Davina Pate
Gary Perdue
Amanda Phillips
Judy Poff
Ezra Powers
Felicia Powers
Caroline Quinley
Kelly Raile
Christopher Ramey
Hazel Ramey
Tiffany Ramey
Sue Ramsey
Brenda Ravizee
Jake Ravizee
Jean Rhoton
Caleb Riner
Lauren Riner
Phillip Riner
Tamara Ring
Stacy Robinson
Shirley Rogers
Joe Ann Rose
Brittney Rouker
Brent Rutherford
Corey Rutherford
Georgia Rutherford
Reta Rutherford
Ethan Samerdyke
Michael Samerdyke
Olivia Samerdyke
Deborah Sanders
Alice Scott
Sheila Setias
Lola Shell
Steven Shelley
Michael Sizemore
Reisa Sloce
H. William Smith
Nancy Smith
Irma Snodgrass
Emma Spangler
Jennifer Spangler
Jennifer Spivey
Joe Stallard
Pat Stallard
Conner Stanley
Shirley Stapleton
Jo Stewart
Courtney Stinnett
See WALKERS, on page 21
2007 Walkathon Group Participation

Group participation in the 2007 Walkathon from our local churches, businesses, schools and civic organizations helped us to reach and exceed our goal of $150,000. A total of $158,610 was raised as a result of help from the very caring people associated with the following groups:

A T & T Va Relay
AARP
Addington Middle School
Alpha Natural Resources
Appalachia Elementary School
Applebee’s
B & T Discount
B B & T
Bank of America
Beech Grove Freewill Baptist Church
Beech Hill Baptist Church
Bethel Chapel Church
Bible Truth Ministries
Big Stone Gap Heritage Hall
Big Stone Gap Lions Club
Big Stone Gap Presbyterian Church
Bolling Printing Company
Castlewood Elementary School

Cedar Ridge Freewill Baptist Church
Chadwell Station Baptist Church
Christ Episcopal Church
Christ Lutheran Church
Christian Life Church
Church of God of Prophecy
Church of Jesus Christ of Latter Day Saints
City Of Norton
Clintwood Lumber Company
Coalfield Progress
Coeburn High School
Coeburn Middle School
Coeburn Primary School
Coeburn United Methodist Church
Commonwealth Mining
Congressman Boucher’s Office
CVS Pharmacy

See WALKATHON, on page 22

Walkers

continued from page 20
Chris Stuart
Lynette Stuart
Clifford Sturgill
Patty Sturgill
Elaine G. Surrett
Sue Swiney
Elaine Swiney
Theresa Talley
Jenay Tate
Barbara Taylor
James Taylor
Jerry Taylor
Nikki Taylor
M C Tolbert
Angela Hess-Vanover
Sherry Vanover
Senator William
Wampler
Wylene Warden
Judy Watson
Beulah Wells
Carrie Wells
Andrew Wheatley
Jessica Wheatley
Victoria Wheatley
Andy White
Dena Willis
Anna Faye Wilson
Grant Wilson
Pearl Wilson
Ronald Wilson
Amber Witt
Robin Woodard
Robert Woodward
Shirley Woodward
John Wright
Debra Zirkle
Walkathon

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Dominion
Double Kwik
Esserville Freewill Baptist Church
First Bank and Trust Company
First Baptist Church of Big Stone Gap
First Freewill Baptist Church of Bull Run
First Presbyterian Church of Pound
Flagpond Community Church
FNB Southeast Bank
Food City
Food City Pharmacy
Forward Wise County
Friendship Ambulance and Home Medical
Friendship Baptist Church
Gap Cattle Company
Gladeville Presbyterian
Grand Avenue Church of God
H & R Block—Big Stone Gap
Holding Funeral Home
Hospice & Palliative Care of VA
Humphreys Enterprises
International Association of Administrative Professionals
J I Burton High School Beta Club
J I Burton High School Junior Beta Club
J J Kelly High School National Honor Society
J W Adams Combined School
Jonesville Middle School
Lee County Career & Technical Center
Lee High School
Lee Nursing and Rehabilitation Center
Lee Regional Medical Center
LENOWISCO

Lighthouse Ministries
Logisticare
Mary’s Chapel Church
Moccasin Gap NAPA
Monterrey
Morgan McClure Chevrolet
Mountain Empire Community College
Mountain Empire Older Citizens, Inc.
Mountain Forest Products
Mountain View Regional Medical Center
Mountain View Regional Medical Center Auxiliary
Norton Community Hospital
Norton Community Hospital Auxiliary
Norton Department of Social Services
Norton Elementary School
Norton Lions Club
Norton United Methodist Church
Oak Grove Baptist Church
Old Dominion Power Company
Old Virginia Log Homes
Pennington Gap Middle School
Pennington Gap United Methodist Church
Pound High School
Powell Valley High School
Powell Valley High School Maintenance Department
Powell Valley Middle School
Powell Valley National Bank
Powell Valley Presbyterian Church
Powell Valley Primary School
Pyles Memorial Church
Roger’s 66 Station
Rose Hill Elementary
Seminary United Methodist Church

See Group, on page 23
Help Available for Rural Homeowners

Gate City - USDA Rural Development has loan funds available for very low income homeowners in rural areas.

Loans are available under the Section 504 Program for general repairs to improve or modernize homes, remove health and safety hazards and increase adaptability for households with persons with disabilities. Loans may be made for amounts up to $20,000 for a maximum of 20 years repayment period and at an interest rate of one percent annually. Individuals 62 years or older may qualify for a grant in cases where an individual lacks the financial ability to repay a Section 504 loan.

Further information may be obtained by calling Dwight Pierson at the USDA Rural Development’s Gate City Local Office at 276-386-3951, Ext. 4.

USDA Rural Development serves as the lead Federal agency for rural development needs by offering financial and technical assistance to individuals, businesses and communities. USDA Rural Development programs include funding for day care centers, fire trucks and other community facility projects; the purchase, construction or repair of homes and loans and guarantees to rural businesses to save or create jobs. For more information on the programs offered by USDA Rural Development, contact the Virginia State Office at 804-287-1550 or visit its website at www.rurdev.usda.gov/va.
Volunteers Spend Summer Repairing Homes

Todd McCullough, Center Director for Appalachia Service Project’s Wise County Center, visited the MEOC offices early in the summer to introduce himself, pick up referrals and get some pointers on local culture and entertainment. MEOC’s Nancy Smith, center, and Judi Miller, right, were happy to tell Todd what the area has to offer. Appalachia Service Project (ASP) is a home repair ministry of the United Methodist Church. Young volunteers come to Wise County each summer to work on homes to make them safe, dry and warm. This year marked Todd’s third summer in Wise County. Todd will be a seminary student at Emory University, Atlanta, GA, in the fall.

This year ASP had twenty-six summer centers across four states with a total of 15,000 volunteers. The Wise County volunteers worked on fourteen homes.

See More Photos on Pages 25 & 26

Recipes

continued from page 13

degrees F. Lightly spray muffin tin with non-stick cooking spray (or use paper liners). In a large bowl, sift or mix together flour, baking powder, salt, sugar, and cinnamon. Stir in the oatmeal and raisins. In a separate bowl, beat together egg and milk. Add applesauce to milk mixture. Pour milk mixture into flour mixture, and stir only until dry ingredients are wet. Batter will be lumpy. Fill muffin cups 2/3 full of batter. Bake at 400 degrees F. for 20-25 minutes. Yield: 12 servings.

Per Serving: Calories 140, Fat 1 g, Protein 4g, Carbohydrate 29g, Dietary Fiber 2g, Sodium 312 mg.

Source: Virginia Cooperative Extension, “Cooking with EFNEP and SCNEP”

Amish Baked Oatmeal

1/3 cup butter (or margarine)
2 large eggs
3/4 cup brown sugar
1 1/2 teaspoons baking powder
1 1/2 teaspoons vanilla
1 teaspoon nutmeg or cinnamon (or 1/2 teaspoon of each)
1/4 teaspoon salt
1 cup plus 2 tablespoons milk
3 cups quick cooking rolled oats

Melt butter or margarine. Grease a 1 1/2 quart baking dish. Break eggs into baking dish and beat well. Add brown sugar, baking powder, vanilla, cinnamon or nutmeg, and salt. Mix until smooth. Whisk in butter and milk. Add oatmeal. Stir mixture well, cover and place in refrigerator overnight. Bake, uncovered, at 350˚F for 35-45 minutes, or until set in the middle.

Serve hot with warm milk poured over.

Crunchy Granola

This can be used as a topping on yogurt or ice cream or eaten as a snack.

2 cups oatmeal, old fashioned
1/2 cup peanuts, coarsely chopped
1/2 cup wheat germ
1/4 cup honey
1/4 cup vegetable oil
1 teaspoon vanilla flavoring
1/2 cup raisins
1/2 cup carob or chocolate chips

Preheat oven to 325 degrees F. Spray baking sheet with cooking spray. In a large bowl, combine the oatmeal, peanuts, and wheat germ. In a small bowl, combine the honey, oil and vanilla. Using a spoon, work the honey mixture into the oatmeal mixture in the large bowl.

Spread the mix onto the baking sheet. Bake for 15 minutes and then remove the baking sheet from the oven. Use a mixing spoon to stir the mix around a little on the baking sheet; then add the raisins and carob or chocolate chips. Return the baking sheet to the oven and bake for 5 to 10 minutes. Remove the granola from the oven and allow it to cool. Store in an airtight container.
Appalachia Service Project volunteers from First Christian Church, Wilmington, NC, and Cove City Christian Church, Vanceboro, NC, stop work for a moment to pose with Mary White, center front, whose home they were working on. The volunteers are (not in order as pictured) Chris Funk, Michael McCoy, Jason Campbell, Stephen Capps, Matthew Archibald, Jerry Roberts, Jeff Vaughan, Mike Capps, Jill Campbell, Jodi Campbell, Jamie Wade, Chris Wade and Garrett Anderson.

Volunteers from the Church of the Good Shepherd, Lebanon, PA, worked on Emma Jean Mullins’s home in Wise. Pictured, left to right, are Gary Reitnouer, Tim Reitnouer, Becca Brandt, Steph Tyler, Emma Jean Mullins, Kelsey Latshaw and Hosea Latshaw.
Craig Griffie, Director of Appalachia Service Project’s Jonesville Center’s summer program, recently called on MEOC Care Coordination Director Judy Miller to introduce himself and to thank MEOC care coordinators for their referrals of clients needing home repairs in Lee County. Craig is a rising senior at the University of Wisconsin. We at MEOC are so grateful for the wonderful work of Appalachia Service Project volunteers.

Appalachia Service Project volunteers, left to right, Amanda Royer, Kimberly Hinkle, Katie Nachwostach and Brittany Hoffman paint a house in Appalachia.

Thanks to United Way of Scott County volunteers who once again were eager to meet a need of an elderly couple in the Hiltons community. Eight hardworking men from Eastman Chemical Company spent June 21, United Way Day of Caring, designing and building an accessibility ramp for an MEOC client. As always, the clients also enjoyed making new friends as well as gaining safer access to their home. The volunteers were delighted to be working at the foot of Clinch Mountain as most of the day was in the shade! Thanks United Way volunteers: Front row, left to right, Lanny Joe Bright, Kevin Sanders, David Templeton, Henry Hartsock; 2nd row, left to right, Andy Tate, Doug Larkins, Mike Lane, Zeb Nash.
Now, your telephone is a nurse call button.

At Wellmont Nurse Connection, our nursing professionals are available 24 hours a day, seven days a week, to take your phone calls. We’ll answer your questions, give you health information and even refer you to a doctor. Caring advice from a registered nurse is just a phone call away.

1-877-230-NURSE
Many Thanks to Our Contributors

Sharing Our Daily Bread

Mildred Poston ...................................... Bedford
Ina Witt ............................................. Big Stone Gap
Ruby Cawood ....................................... Jonesville
Charlotte Brooks ..................................... Jonesville
Big Stone Gap Presbyterian Church ........ Big Stone Gap
Eastman Credit Union .................. Kingsport, Tennessee
Betty F. Bailey ....................................... Ewing
Derby United Methodist Church .............. Derby
T. Ray Richmond ................................... Mount Carmel, Tennessee
Beech Grove Sunday School ................. Big Stone Gap
Lee County Community Foundation Board ... Ben Hur
Thelma Gilley ....................................... Big Stone Gap
Dr. Theresa Dunton ............................... Big Stone Gap
Mid-Mtn. Heating & Cooling .................. Big Stone Gap
Dine Mullins ....................................... Coeburn
Jerome Wright ...................................... Keokee
Zelma Aichel ........................................ Wise
Sharon Foster ....................................... St. Charles
Johnny Patterson .................................... Big Stone Gap
Michael Pease ...................................... Clinchport
Hazel Ramey ....................................... Norton
Nancy Smith ......................................... Big Stone Gap
Steven Hooks ........................................ Big Stone Gap
McGraw-Hill Companies ....................... Princeton, New Jersey
Hospice Support Services ...................... Appalachia
George and Nancy Culbertson ............... Wise
George Vail ......................................... Clinchport
Tommy and Helen Kilgore ...................... Coeburn
Kenneth and Shirley Meade ................. Pound
First Christian Church ......................... Big Stone Gap
Wise Baptist Church Women on Mission ... Norton
Peggy J. Piedmonte ............................... Shelbyville, Tennessee

Marcus Choosen ...................................... Blackstone
Jamie H. Clark ...................................... Big Stone Gap
Betty Davis ......................................... Coeburn
Susan Garrett ...................................... Big Stone Gap
Emily R. Gibson .................................... Duffield
Jo Anne Harding ................................... Wise
Betty L. Miller ...................................... Big Stone Gap
Martha C. Necessary ............................. Wise
Jason A. Rachel .................................. Glen Allen
Jeffrey R. Salyers ................................ Wise
Jennifer D. Stapleton ......................... Coeburn
Darlene S. Sweeney ......................... Pennington Gap
Benny R. Wampler ............. Big Stone Gap
Kimberlee D. Wells ......................... Big Stone Gap
Friendly Floral and the Flower Shop ........ Norton
Jo Stewart ......................................... Wise
Mary’s Chapel Church ......................... Coeburn
Thompson & Litton .............................. Wise
A.J. Hatmaker ....................................... Pennington Gap
Barrette Enterprises ..................... Wise
United Way of Smyth County, Inc. .... Marion
Cindy Robinette ......................... East Stone Gap
Betty Bailey ......................................... Ewing
Zelma Aichel ........................................ Wise
Linda Begley ....................................... Big Stone Gap
Vera B. Carter ...................................... Duffield
Gerald Compton ................................. Gate City
Julia Dillon ........................................ Big Stone Gap
Sharon Foster ...................................... St. Charles
Kim Gibson ......................................... Norton
Dennis Horton ..................................... Weber City
Michael Pease ...................................... Fairview
Hazel Ramey ....................................... Norton
Jean Rhoton ....................................... Blackwater
Teresa Shoop ....................................... Big Stone Gap
Nancy Smith ........................................ Gate City
Nancy Smith ........................................ Big Stone Gap
Bob Tipton ......................................... Keokee
Jerome Wright ..................................... Gate City
Addington Oil Corporation ................... Gate City

Emergency Fuel Fund

Mae Gardner ......................................... Big Stone Gap
Robert A. Witt ...................................... Big Stone Gap
Pat Bevins .......................................... Wise
DMME Big Stone Gap Employees ......... Big Stone Gap
Gilmer Blackburn ................................. Wise

See CONTRIBUTORS, page 29
Contributors

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Two-Way Radio ......................................................... Wytheville
Ina H. Witt .............................................................. Big Stone Gap
Lona Roberts .............................................................. Wise
AARP of Virginia Chapter 4455 ...................... Big Stone Gap
Mary Kirby .............................................................. Pennington Gap
B.J. Shupe .............................................................. Wise
Jimmy and Linda Miller ........................................ Wise
Clifton and Renee Bradshaw ................................ Russell Springs, Kentucky
Marsh LP Gas Company ........................................... Kingsport, Tennessee
Sandy Birchfield ........................................................ Big Stone Gap
Sykes Enterprises ...................................................... Wise
Rose Horne ............................................................... Coeburn
Legion Memorial United Methodist Church .......... Big Stone Gap
Bolling Printing Company ............................................ Pound
Mildred Renfro .......................................................... Norton
Sonny Merryman, Inc. ................................................. Rustburg
Steven K. Hutton & Associates ...................... Kingsport, Tennessee
BJ Motor Company ..................................................... Pennington Gap
Wanda Davis ............................................................. Kingsport, Tennessee
Powell Valley National Bank ............................... Jonesville
Wendell and Rebecca Caldwell ....................... Big Stone Gap
Lions Club ................................................................. Big Stone Gap
United Way of Central Indiana, Inc. .................... Indianapolis, Indiana
Balanced Body, LLC ..................................................... Big Stone Gap
Beech Grove Sunday School ................................. Big Stone Gap
Tommy and Helen Kilgore ......................................... Coeburn
Grand Avenue Church of God
Family Worship Center ............................................ Coeburn
Commonwealth of Virginia Campaign ................. Richmond
Coeburn United Methodist Church ....................... Coeburn
Lighthouse Ministries ................................................ Wise
Lee Regional Medical Center ............................... Pennington Gap
Jerome Wright ......................................................... Keokee
Ida M. Fraley ............................................................ Big Stone Gap
Lena Haight ............................................................ Pennington Gap
Mae Carter ............................................................... Fort Blackmore
Clyde Strouth ............................................................ Pound
Donald and Mary Lou Wood ............................... Nickelsville
Dorothy M. Johnson .................................................... Duffield
Lucille Brotherton ....................................................... Blackwater

Care Coordination
Clyde and Louise Robinette ................................. Big Stone Gap
Ann Midkiff ............................................................. Arlington, Texas
Marilyn Maxwell ......................................................... Norton
Irma Snodgrass ........................................................ Weber City
Margaret Sturgill ......................................................... Pound

Respite
Kenneth & Shirley Meade ........................................... Pound
Angela L. Kinsler ......................................................... Big Stone Gap
Lena S. Haight ........................................................ Pennington Gap

Homemaker
Betty Elkins ............................................................... Coeburn
Mary Tate & Duane Tate Akridge ..................... East Stone Gap
Geneva Skorupa ........................................................ Norton
Karen Roberson ......................................................... Norton

Mountain Empire News

Mountain Laurel Cancer Center
Ruben Lovell Memorial Fund
Steve and Jackie Maddox ........................................... Big Stone Gap

See CONTRIBUTORS, page 30
Scott County
Relay for Life

MEOC’s Personal Care Supervisor, Rita Brewer, R.N. (second from left) participated in the Scott County Relay for Life with friends, left to right, Cathy Smith, [Rita], Ashley Smith, Lisa Lell and Lisa’s daughter, Beth Lell (in front). Lisa Lell, a one-year breast cancer survivor, said, “This was my first year attending the American Cancer Society Relay for Life celebration in Scott County. It was one of the most touching experiences of my life. I would like to thank each and every person who cared enough to use their time, talents, energy and money to make a difference in the Relay for Life celebration. May God bless you all.” Scott County’s Relay raised $47,000. One thousand luminaries were lighted in honor of cancer survivors or in memory of those who have succumbed to cancer. More than 150 cancer survivors participated.

Contributors

continued from page 29
Michael and Deborah Sanders . . . . . . Big Stone Gap
Loretta Stapleton . . . . . . . . . . . . . . Big Stone Gap
Artesian Baptist Church . . . . . . . . . Big Stone Gap
Linda Begley . . . . . . . . . . . . . . . . . . . . Big Stone Gap
Kim Gibson . . . . . . . . . . . . . . . . . . . . Norton
Leigh Ann Bolinskey . . . . . . . . . . . . . . Big Stone Gap
Judy Miller . . . . . . . . . . . . . . . . . . . . . . Norton
Marilyn Pace Maxwell . . . . . . . . . . . . . . . . . . Norton

Children’s Advocacy Center
Dawneda and Stafford Williams . . . . . . Wise
Norton Community Hospital, Inc. . . . . . . Norton
Kevin and Jill Triplett. . . . . . . . . . Abingdon
Thompson & Litton . . . . . . . . . . . . . . Wise

In Honor

Town of Jonesville
In Honor of Howard Bledsoe . . . . . . Jonesville
Gladys J. Stallard In Honor of Hugh Cline . . . . . Norton

In Memory of Ruth Collier
Sam and Julia Dillon . . . . . . . . . . . . Big Stone Gap
Mary E. Clasby . . . . . . . . . . . . . . . Big Stone Gap
Marilyn Pace Maxwell . . . . . . . . . . . . . . Norton
Loretta Stapleton . . . . . . . . . . . . . . Big Stone Gap

In Memory of Maggie Dingus
Jo Stewart . . . . . . . . . . . . . . . . . . . . Norton
A great big “Thank You” to the Appalachian Quilters Guild who crafted and donated the quilt which was given away by Family Support Services before the 2007 Walkathon. Thanks for all your hard work, we sincerely appreciate all your efforts.

Tanya Owens of Duffield was the happy winner of the quilt donated by the Appalachian Quilters Guild as a Walkathon fundraiser. Enjoy your beautiful quilt!

MEOC’s Emergency Services Program Director Margaret Sturgill (left) gives a hug to Anna Faye Wilson of Pennington Gap. Anna Faye is always one of the walkathon’s largest individual fundraisers. Each year she raises over $2,500 for the walkathon. Anna Faye works with the home health department of Lee Regional Medical Center.
(Right) Ashley Chester of Big Stone Gap chose not to use her feet to traverse the 10K (6.2 mile) path between Powell Valley High School and Powell Valley Middle School.

(Left) Mountain Empire Older Citizens is so pleased to have the consistent support of the Norton Community Hospital Auxiliary. The Auxiliary members made a donation in February to assist with MEOC’s Emergency Fuel Fund and May walkathon. Pictured are (left to right) Mary Ramsey, secretary; Trudy Owens, vice-president; MEOC Executive Director Marilyn Pace Maxwell; Madge Biggs, president; Mary Haynes, treasurer; Mildred Renfro, volunteer and Barbara Martin, volunteer.

(Left) The Norton and Wise branches of First Bank and Trust were represented at the annual MEOC Walkathon by nine walkers. They are (left to right) Debbie Collins, Wanda Countiss, Rhonda Miller, Patty Sturgill, Dedria Hall, Janet Mize, Betsy Massie and Bridgett Moore.