MEOC Hosts Researchers and Practitioners From United Kingdom

A group of twelve rural health and development specialists from the United Kingdom recently spent a week at Mountain Empire Older Citizens, Inc. learning about the programs and services offered by MEOC and to examine MEOC’s success as a community led service organization.

The twelve visitors represented the Rural Action Research Program (RARP) Service Provision Partners, a group of rural health and human services practitioners funded by The Carnegie Institute United Kingdom. Included among the group were four researchers on rural issues associated with Carnegie and a staff person from Carnegie. The visitors represented the countries of

See MEOC, on page 3

Mountain Empire Older Citizens was pleased to have visitors from the United Kingdom with them in mid-October. Pictured (left to right) are Hugh McLean, Kirsty Tait, Sue Sadler, Norman MacAskill, Sarah Skeratt, Trevor Cherrett, Roy Clunie, Neil Forbes, Bryan Myles, Sue Gilbertson, Philomena De Lima and Katrina McNabb.

(Left) During their visit to the Derby United Methodist Church, the international visitors had an opportunity to talk with retired Union coal miner Kenneth Lee Atkins (center), a resident of Derby. Atkins is pictured with granddaughter Leigh Ann Bolinskey (left), an employee of MEOC and Dr. Sarah Skeratt (right), Carnegie UK Trust Consultant.

See More Photos on Page 3
MEOC Celebrates Jamestown Anniversary

In this year 2007 Mountain Empire Older Citizens at Big Stone Gap joined public and private gardens all over Virginia to commemorate the 400th anniversary of the first permanent English settlement at Jamestown by planting an “American Anniversary Garden”.

The Virginia Federation of Garden Clubs and Virginia Cooperative Extension invited and encouraged gardeners everywhere in Virginia to plant beds and borders and containers in any combination of the National colors (red, white and blue). Despite the April freeze and the extended dry weather, the commemorative plantings at MEOC were remarkably successful.

For several years the perennial beds and shrub borders at MEOC have been a designated Southwest Virginia Master Gardener site, maintained by volunteer SWVA Master Gardeners. The year 2006-2007 was especially labor intensive in creating new beds in red, white and blue.

Foremost were two large beds, six feet by nine feet each and fifteen inches deep, visible from the road.

- One was planted in the design of the English flag of 1607, the Cross of St. George, a red cross on a white field. The flowers were Darwin and Triumph tulips, planted late in 2006 and blooming perfectly in April 2007.
- The second large bed appearance anticipated the somewhat later Scots-Irish settlement of western Virginia. It was planted in the design of the Scottish national flag, the Cross of St. Andrew, a white cross on a blue field. Its white and blue grape hyacinths bloomed splendidly and for a long time this spring.

When the tulips and grape hyacinths withered, the two flag designs were continued over the long summer by over-planting the two beds with red, white and blue salvia, lasting until well into October. Here’s hoping the tulips and grape hyacinths will come back nicely next spring.

The late Gary Tucker, friend of Dennis Horton and a generous friend of MEOC, dug the beds with his backhoe and hauled truckloads of much-needed composted horse manure from Vanhook Stables in Big Stone Gap.

Much thanks for composted soil for beds also goes to Jim and Bea Cox and Jim’s sister, Faith Cox, from their dairy farm at Fort Blackmore. Also Tammy and Winston Ely have recently provided more of that precious commodity, composted horse manure, from their farm at Cracker’s Neck.

Other “America’s Anniversary Garden” beds created were:
- A large raised bed rondel of brilliant red, white and blue strips of verbena variations circling a young dogwood tree. It bloomed all summer.

See JAMESTOWN, on page 13
Charlotte Atkins (left with back to the camera) talks about the history of the Derby United Methodist Church with several of the international visitors who enjoyed lunch there recently. Pictured in the foreground (from left) are Kirsty Tait, Sue Sadler, Philomena de Lima and Katrina McNabb. Other members of the group are shown in the background admiring the beauty of the church.

During their visit to MEOC, the international visitors had an opportunity to meet with individual departments to discuss the similarities and differences in their programs as opposed to those run by MEOC. Pictured talking about children’s issues are (from left) Kirsty Tait, Carnegie UK Trust; Janie Dockery, MEOC’s Director of Children’s Services and Philomena de Lima, Carnegie UK Trust Consultant.
Our Home, Our Family, Our Life, Too

Don’t Leave Hometown, Family and Friends For Rehab
Come to Heritage Hall in Big Stone Gap

Ms. Dezarn recently broke her left leg and had surgery at Wellmont Lonesome Pine Hospital. She then choose Heritage Hall-Big Stone Gap for inpatient rehabilitation.

“Everyone is good to me here. Our goal is for me to walk out of here and be able to live in my home with little or no help. I know it will happen soon.”

— Ruth Dezarn.

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Medicare and Medicaid Fraud, Waste & Abuse

Health care fraud costs! In the U.S., we lose as much as $80 - $100 billion each year to health care fraud and errors. Medicare lost more than $16 billion dollars to fraud, abuse and errors in 2004. Consumers lose as much as $10 billion per year.

Health care fraud is not just about the government or someone else losing money. People get sick, lose benefits, lose money, and get stuck with bad equipment or other things they don’t need. Although the vast majority of providers are honest, the remaining few result in wasted funds for the Medicare and Medicaid programs and a loss of quality of care for yourself and others.

Who might commit health care fraud? Fraud and abuse can occur in these areas: Home Health Services, Durable Medical Equipment (DME), Medical Equipment Suppliers, Pharmacies, Nursing Homes, Physician’s Practice, Hospitals, Laboratories, Hospice Services, and Transportation Providers.

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### Examples of Fraud and Abuse:

<table>
<thead>
<tr>
<th><strong>FRAUD IS:</strong></th>
<th><strong>ABUSE IS:</strong></th>
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<tbody>
<tr>
<td>An intentional deception or misrepresentation which could result in an unauthorized benefit.</td>
<td>Incidents or practices inconsistent with sound medical or business practices.</td>
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<tr>
<td>It may be fraud if it sounds like: Billing for services or supplies not provided.</td>
<td>It may be abuse if it sounds like: Charging excessive amounts for services or supplies.</td>
</tr>
<tr>
<td>Altering claims to obtain a higher payment.</td>
<td>Claims for unnecessary services or supplies.</td>
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<tr>
<td>Applying for duplicate payment.</td>
<td>Breaching the assignment agreement.</td>
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<tr>
<td>Using another person’s Medicare card</td>
<td>Improper billing: i.e., billing at a higher rate than for non Medicare patients.</td>
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<tr>
<td>Soliciting, offering or receiving kickbacks, bribes, rebates or other payment for patient referrals.</td>
<td>Billing Medicare instead of primary insurers.</td>
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<td>Unnecessary lab services.</td>
<td>Issuing denial notices to beneficiaries regardless of services required.</td>
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<tr>
<td>Billing for equipment not delivered.</td>
<td>Providers failing to bill or refusing to bill Medicare for services covered.</td>
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<tr>
<td>Billing for non covered services as covered.</td>
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<tr>
<td>Unnecessary ambulance service.</td>
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<tr>
<td>Continuing to bill for items (DME) no longer used.</td>
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<tr>
<td>Billing for home health aide who does not show up for work.</td>
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To report suspected fraud, waste and abuse, call:

toll free: 1-800-938-8885

*Every report counts! You can make a difference!*
How Much Help Will You Get?

Many people with Medicare who have limited resources will get extra help paying for Medicare prescription drug coverage. Some people will qualify to enroll in a plan and pay no premiums or deductibles and copays that are little or nothing. Some will qualify to enroll in a plan with a reduced deductible, and others will qualify to pay a sliding scale premium and small coinsurance. The chart below shows how much help you can get:

<table>
<thead>
<tr>
<th>Basic Medicare Prescription Drug Coverage with no extra help</th>
<th>People with Medicare and full Medicaid coverage with income below $10,210 ($13,690 for a married couple).</th>
<th>People with Medicare with income below $13,783 single/$18,481 married couple, and assets* below $7,620 single/$12,190 married couple.</th>
<th>People with Medicare with income below $13,783 single/$18,481 married couple, and assets* below $11,710 single/$23,410 married couple.</th>
<th>People with Medicare with income below $15,315 single/$20,535 married couple, and assets* below $11,710 single/$23,410 married couple.</th>
</tr>
</thead>
<tbody>
<tr>
<td>You Will Pay:</td>
<td>People with Medicare and full Medicaid coverage with income below $10,210 ($13,690 for a married couple).</td>
<td>People with Medicare with income below $13,783 single/$18,481 married couple, and assets* below $7,620 single/$12,190 married couple.</td>
<td>People with Medicare with income below $13,783 single/$18,481 married couple, and assets* below $11,710 single/$23,410 married couple.</td>
<td>People with Medicare with income below $15,315 single/$20,535 married couple, and assets* below $11,710 single/$23,410 married couple.</td>
</tr>
<tr>
<td>• $40 monthly premium (avg.)</td>
<td>• No premium</td>
<td>• No premium</td>
<td>• Sliding scale premium</td>
<td></td>
</tr>
<tr>
<td>• $275 deductible</td>
<td>• No deductible</td>
<td>• No deductible</td>
<td>• $56 deductible</td>
<td></td>
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<tr>
<td>• 25% of the cost of the next $2,235 worth of covered drugs</td>
<td>• $1.05 copay for generic drugs</td>
<td>• $2.25 copay for generic drugs</td>
<td>• 15% coinsurance</td>
<td></td>
</tr>
<tr>
<td>• 100% of the cost of the next $3,216.25 in covered drugs</td>
<td>• $3.10 copay for brand-name drugs</td>
<td>• $5.60 copay for brand-name drugs</td>
<td>• $2.25 copay for generic drugs</td>
<td></td>
</tr>
<tr>
<td>• No copay if in a nursing home</td>
<td>• No copay if in a nursing home</td>
<td>• No copay if in a nursing home</td>
<td>• $2.25 copay for brand-name drugs</td>
<td></td>
</tr>
<tr>
<td>• $0 copay once your out-of-pocket drug expenses reach $4,050 in a year</td>
<td>• $0 copay once your out-of-pocket drug expenses reach $4,050 in a year</td>
<td>• $0 copay once your out-of-pocket drug expenses reach $4,050 in a year</td>
<td>• $0 copay once your out-of-pocket drug expenses reach $4,050 in a year</td>
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</tbody>
</table>

*Assets that count include savings and investments. Assets that do NOT count include the home you live in, your car, and a burial plot and/or life insurance policy up to $1,500 each.
**Visitors**

continued from page 3

Museum and the MountainRose Vineyard. The group toured Natural Tunnel State Park and was treated to an evening of stories and music by Ron Short. They enjoyed lunch at the Derby United Methodist Church and had an opportunity to talk with a retired Union coal miner. One evening they were entertained at the Lay’s Building in Coeburn by the young, talented Bluegrass group the Midnight Ramblers and the Center Stage Cloggers while another evening MEOC Advisory Council member Ethel Daniels hosted them for dinner at her home in Norton.

Following several days of workshops within the individual MEOC departments, the groups gathered together in the MEOC conference room for a round-table discussion facilitated by Bruce Behringer, Assistant Vice President and Executive Director Office of Rural and Community Health and Community Partnerships at East Tennessee State University. Wise County Administrator Skip Skinner also joined the discussion as a follow-up to his address to the group on their first day in the region.

The group thoroughly enjoyed its visit to rural Southwest Virginia as is evidenced in the following comments written by Dr. Skerratt.

“During the week beginning the 13th October, the Rural Action Research Programme (RARP) Service Provision partners with consultants, Sarah Skerratt, Philomena De Lima, Trevor Charrett and Rural Co-ordinator, Kirsty Tait embarked on a study trip to Virginia in America. This trip was hosted by Mountain Empire Older Citizens Inc (MEOC), which is recognised as being one of the most successful and innovative social enterprises in the US. MEOC was organised in 1974 and is designated as the area agency on aging and public transit provider for Wise, Lee and Scott counties and city of Norton in the southwestern tip of Virginia in the mountains of Central Appalachia. In addition, MEOC directs Healthy Families For Southwest Virginia, The Mountain Laurel Cancer Resource and Support Center, and The Southwest Virginia Children’s Advocacy Center. MEOC also provides management services to The Junction Center For Independent Living Services.”

“Marilyn Maxwell (Executive Director) and her team organised an inspiring and informative visit for the Carnegie partners. The aim of this trip was to create a targeted exchange and learning opportunity for the partners. A series of workshops, discussions and separately themed visits were organised over the three days which allowed for this exchange and learning. The experience was further enriched by the hospitality shown by the hosts. A programme of visits, meals, events and tours were organised for the partners which allowed them to get a sense of the place- the landscape, heritage and culture of the area they were in. Bluegrass/ Mountain music and clog dancing evenings, visits to the local state parks and folk

See GROUP, on page 22

**Plans**

continued from page 6

include drug coverage, unless it’s a Private Fee-for-Service plan. If you enroll in a Medicare Advantage plan, whether or not it covers drugs, you will automatically lose your current PDP coverage.

- **Medicare Advantage** plans cover everything original Medicare covers, but may offer lower costs and extra services. Each plan has a different mix of costs and benefits and may or may not include prescription drug coverage. Original Medicare will no longer provide your benefits if you enroll in any of the following Medicare Advantage plans:

1. **HMOs** are managed care plans that require you to go to doctors and hospitals in the plan’s network, except in an emergency.
2. **PPOs** are managed care plans that allow you to see specialists without a referral. You pay more if you go to a doctor or hospital outside the plan’s network, except in a medical emergency.
3. **PFFS plans** are private fee-for-service plans that allow you to go to any doctor or hospital that accepts their terms. Not all providers agree to them; they can reject or accept a plan on a visit-to-visit basis. In an emergency the plans must cover treatment by any doctor or hospital.
4. **SNPs** are special needs plans that are only for people who live in long-term care facilities, receive both Medicare and Medicaid or have certain illnesses.
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MEOC Board Chairman Linda Kocher talks with the visitors from the United Kingdom about MEOC. The group is pictured at the Cove Ridge Center of Natural Tunnel State Park.

See More Photos on Page 12

Roy Clunie and Hugh McLean are dressed in their traditional kilts as they prepare for an evening of entertainment and fun at Ethel Daniels home in Norton.

Neil Forbes, Cheshire Center for Independent Living, Janie Dockery, MEOC Director of Children’s Services and Kirsty Tait, Carnegie UK Trust spend a few moments talking during a break in the day’s activities.

Sue Gilbertson, Cybermoor Services, LTD, Cumbria and Nancy Smith, Director of MEOC’s Nutrition and Wellness Services, chat while visiting the Carter Fold.
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Norman MacAskill, representing the Scottish Council for Voluntary Organizations, talks with MEOC’s Executive Director Marilyn Pace Maxwell about the successes and challenges the organization she has lead for more than 30 years has faced.

Julia Dillon, director of MEOC’s Family Support Services program, spent a good portion of the morning talking with Neil Forbes of the Cheshire Centre for Independent Living comparing programs. Neil bragged that he took 15 pages of notes just from their session on ideas and programs he can take back to his program.

The Wednesday afternoon session featured a group discussion facilitated by Bruce Behringer, Assistant Vice President and Executive Director Office of Rural and Community Health and Community Partnerships at East Tennessee State University.

Roy Clunie, Oban & Lorn Community Enterprise, LTD talks with Ray Moore, MEOC’s Director of Administrative Services, during their recent visit to the Derby United Methodist Church.
McClanahan Named Mountain Empire PACE Center Manager

“I am so pleased to announce that Cathy “Cat” McClanahan, Big Stone Gap, has accepted the position of PACE Center Manager for our planned Mountain Empire PACE Program and began work with us on October 1st,” said Mountain Empire Older Citizens Executive Director Marilyn Pace Maxwell at a recent gathering at MEOC. “With nearly 30 years professional experience in the field of nursing and with her own personal experiences as a family caregiver, she is the ideal Center Manager for Mountain Empire PACE,” noted Maxwell. She brings her many strengths and talents to MEOC’s strong PACE Interdisciplinary Team that presently includes Tony Lawson, the Director of Mountain Empire PACE and Dr. Gary Williams, the PACE Medical Director and PACE Physician,” added Maxwell.

PACE, an acronym for Program of All-Inclusive Care of the Elderly, is planned to be operational in our area in early 2008. Mountain Empire PACE will be a program that will provide a one-stop health care and social center for elderly residents in Lee, Scott and Wise counties and the city of Norton. Individuals enrolled in the Mountain Empire Older Citizens PACE program will be able to live in their own homes while receiving health care and therapy at Mountain Empire Older Citizens is thankful for all Master Gardener volunteers and all the good friends who provided the soil, the labor, the plants, the fertilizer and the knowledge to make its grounds attractive. There is still much work to be done. Visitors are welcomed to see the planted beds and borders. Nice thing to see—good “eye candy” as the artists say—are the redbud and forsythia blooming in early spring, the Virginia fringe trees in May, the roses in June, the dwarf crape myrtle border and the blue border of chaste tree, beautyberry and blue mist

Jamestown

continued from page 2

- A new raised bed at the entrance of MEOC’s front parking lot, planted with red “Knockout” roses, blue mist shrub, blue cranesbill geraniums and white candytuft.
- Berms of fertile soil around the dripline of three redbud trees, planted in different patterns of red, white and lavender impatiens.
- A short border of “Big Red’ and white zinnias, with blue “Victoria” salvia. This bed is for late summer.
- A large patio container planted with red and white impatiens and blue salvia

Besides the Jamestown commemorative beds, there were other flowering successes this year, which promises to be even more impressive next year.
- The long border of hybrid tea roses planted by MEOC staffers over a decade ago were nearly pronounced dead, but brought back to vigorous life and florescence after Master Gardener Bill Maxwell attended a Jackson & Perkins seminar at the Abingdon Garden Faire in May. Here he learned finally how to grow perfect disease-free roses.
- The Betty Fleenor English rose garden grew and bloomed well this year and promises to flourish next year. English roses were a gift from Master Gardener Betty Fleenor.
- The row of dwarf pink “Hopi” crape myrtle was covered with long-lasting blooms with only a little watering in dry weeks.
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On October 24th, the Taylor-Lewis Community Center in East Stone Gap was filled with a party atmosphere as approximately 140 program participants, caregivers, volunteers and staff celebrated the Fall season. Lots of people really got into the spirit by dressing as their favorite character.

The day began with introductions of each site represented, followed by games and an old time sing-a-long. Big Stone Gap’s own Fred Herndon (performing as Elvis) brought several folks to the dance floor as he shared his renditions of old Elvis favorites.

Lunch was a highlight of the day as everyone enjoyed chicken and all the fixins followed by Fall themed cupcakes for dessert.

MEOC’s Gap Guys (Linda Begley, Teresa Shoop and Julia Dillon) had many of the crowd twisting along as they performed. The day concluded with door prizes and everyone receiving a Halloween treat bag.

(Left) Pam Gibson (left) of Pound and her mother, the scarecrow, alias Violet Mullins, also of Pound, pose for the camera during the Fall Celebration.

(Right) Goldie Crider (left) of Pennington Gap and Laura Jessee of St. Charles are pictured leaving the Fall Celebration with door prizes in hand.

See More Photos on Page 16
(Left) Decked out for the event are (left to right) Edith Mays, Nickelsville; Edna Dockery, Dungannon; Terry Mullins, Pound; Maxine Wells, Appalachia; Nancy Paxton, Big Stone Gap; Carolina Turner, Appalachia; Heather Orange, Big Stone Gap and Violet Mullins, Pound.

(Right) Lillian Artrip (left) of Norton and Cora Hoback, Coeburn showed fine form!

(Below) That’s a lot of people! A crowd shot of the Fall Celebration participants gathered at the Taylor-Lewis Community Center in East Stone Gap.
Groups Enjoy Summer Gatherings

(Right) Big Stone Gap Alzheimer’s Caregiver Group enjoyed an outdoor picnic. Pictured are (front row, left to right) Bernice Falin, Norton; Loretta Stapleton, Big Stone Gap and Alberta Mitchell, Big Stone Gap. Second row (left to right) Shirley Mullins, Pound; Teresa Shoop, Big Stone Gap; Greg Shoop, Big Stone Gap; Cora Haynes, Appalachia; Frankie Stapleton, Big Stone Gap and Linda Begley, Big Stone Gap.

(Left) The Pennington Gap Caregiver Group enjoyed a wonderful evening of food and fellowship. Pictured are (seated) Johnny Gillis, Jonesville; (standing, left to right) Peggy Sturgill, Lena Haight, Lula Belle Reasor, all of Pennington Gap, Mary Gillis, Jonesville and Bernice Sizemore, Jonesville.

MEOC groups from all around the area celebrated summer with picnics and outings during August and September. Everyone enjoyed the abundance of food, fellowship and fun!

See More Photos on Page 18
The Coeburn Caregiver Group and WIN Center Participants enjoyed their gathering at the Coeburn WIN Center. Pictured are (Seated) Harry Litton, Coeburn. (2nd Row, left to right) Zelma Aichel, Wise; Esther Shaw, Cora Hoback, Buena Evans, Anson Evans, Lillian Young, and Dine Mullins, all of Coeburn. (3rd Row, left to right) Joy Lee Bolling, Wise; Harry Mullins, Coeburn; Lucian Priode, Wise; Janice Mickels, Appalachia, and Lynnette Stuart, Big Stone Gap.

Fellowship House Adult Day Health Care Center Participants, caregivers, volunteers and staff enjoyed their gathering as well. Pictured are (seated, left to right) Linda Smith, Gate City; Lonnie Hartsock, Nickelsville and Kim Broadwater, Weber City. Second row (left to right) Sheila Lamb, Gate City; Jonnie Ruth Pendleton, Gate City; Clara Hartsock, Nickelsville; Ruby Grimm, Yuma; Irma Snodgrass, Weber City; Jerri Broadwater, Weber City and Ethyl Taylor, Yuma. Third row (left to right) Pat Grimes, Eidson, TN; Jean Harris, Kingsport, TN; Raymond Harris, Kingsport, TN; Joyce Rutherford, Big Stone Gap; Glenn Lovell, Church Hill, TN; Reba Flanary, Gate City and Nancy Trent, Big Stone Gap.
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Virginia Department of Health Honors Tony Lawson

The Virginia Department of Health honored Tony Lawson, executive director of the Program for the All-Inclusive Care of the Elderly, with a Commissioner’s Healthcare Workforce Recognition Award for his innovative work in various health care organizations in Virginia.

Lawson previously served as the director of the Southwest Virginia Graduate Medical Education Consortium at The University of Virginia’s College at Wise.

Lawson received three nominations citing his leadership in organizations such as GMEC at UVa-Wise. GMEC creates and supports medical residency preceptor sites in rural and underserved communities in Southwest Virginia.

As a result of Lawson’s efforts at GMEC, nearly a quarter of its graduating residents chose to practice in Southwest Virginia. Also, under Lawson’s leadership, Stone Mountain Health Services grew from two to 11 clinics that provide medical and dental care annually to 18,000 patients who live in medically underserved areas.

Lawson’s award is one of five awards honoring the most innovative and successful efforts Virginia health care organizations and individuals use to recruit and retain health care workers. This is the inaugural year for the awards, which were presented Sept. 5 at the annual meeting of VDH’s Health Workforce Advisory Committee meeting in Richmond.

Virginia Medicaid Conducts Readiness Review for Mountain Empire PACE

Officials from the Virginia Department of Medical Assistance Services (DMAS) Long Term Care and Waiver Services division visited MEOC October 23-24th to conduct a readiness review for Mountain Empire PACE, a new program being developed at MEOC. Pictured are (standing, left to right) DMAS officials Steve Ankiel, Deborah Pegram, and Yvonne Goodman. Dr. Gary Williams (standing, far right) will serve as the Mountain Empire PACE Medical Director and Cathy McClanahan (sitting) is the PACE Center Manager.
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Manager

continued from page 13

home or in the new PACE Center.

“Cat McClanahan is a compassionate nurse, talented teacher, and skilled administrator. She has worked in hospitals, home health, and long term care settings,” Lawson said. “I am confident that she will set up and run our new PACE Center as a model for rural programs across the country.”

McClanahan brings a wealth of experience to the venture. She obtained her Bachelor of Science in Nursing from West Virginia University in 1980 and has been a Registered Nurse for 27 years. Most recently she served as Resident Care Coordinator at The Place Assisted Living in Kingsport. The 44-apartment facility provided a home environment and assistance with activities of daily living for its elderly residents.

McClanahan, who has had past experience in intensive care, home health and nursing education, also brings to the position personal experience in the field of caregiving.

“My toughest and most rewarding nursing experience was being a caregiver to my aunt, Janette Jessee and my mother-in-law, Ruth McClanahan in my home for four years,” she said. “I took time off from professional nursing to keep my family members at home as long as possible.”

This experience gave McClanahan in-depth insight into the world of caregiving.

“I have developed great respect and empathy for caregivers and realize what an awesome responsibility this can be,” she said.

“I am very honored to be part of such an outstanding team of professionals who coordinate so much care for our community,” she said. McClanahan noted that she felt very welcomed by her new fellow employees at MEOC.

McClanahan says the introduction of PACE to our rural area is just another way that MEOC is seeking innovative care for the elderly in our area. She noted that MEOC offers programs for individuals in the local community from birth to the elderly.

“The new PACE program is going to be another innovation to care for our elderly population,” she said. “The PACE program is not new to our nation, but it is new to the rural setting and once again MEOC will be moving forward to make this care for our community a reality.”

Participants in PACE receive services at the PACE Center, in their homes, and elsewhere as needed. People come to the Center for socialization, meals, recreation, physical, speech, and occupational therapies, medical care, counseling, personal care, and medicine. In their homes, participants receive personal care, skilled nursing, homemaker services, medicine, nutrition, and restorative therapies as needed.

When participants need specialty medical care, PACE makes appointments, provides transportation and coordinates care with the specialists. The PACE doctor admits and follows patients in the hospital or nursing home as needed.

Mountain Empire PACE will be one of the first rural PACE organizations in the United States.

For information about the PACE program, contact McClanahan or Lawson at MEOC at 276-523-4202 or 800-252-6362.

Group

continued from page 7

museums and samples of ‘mountain food’ and the local wine all contributed to make the visit truly memorable.”

As a result of this exchange, a strong bond has been forged between MEOC and the Service Provision partners, which will continue in an ongoing exchange of ideas and practice. Through this visit the RARP partners were able to identify additional possibilities and gain criteria for assessing their own progress and improving the development of their own provision.”

Dr. Skerrat first visited MEOC two years ago as part of The International Rural Network Conference, held in the United States (in Abingdon) for the first time. This meeting at MEOC led to an invitation to MEOC Executive Director Marilyn Pace Maxwell from The Carnegie Institute United Kingdom to visit The United Kingdom to discuss MEOC as a community led service organization and to help launch Carnegie’s new Rural Action Research Program with potential grant recipients.

The groundwork was laid on that visit for a return visit to MEOC for those organizations receiving Carnegie funding and for researchers associated with Carnegie’s RARP initiative.
MEOC SEeks
Volunteers to
counsel Seniors
on
Health
Insurance

The Virginia Insurance Counseling and Assistance Program (VICAP) is seeking volunteers to provide free health insurance counseling for area seniors 65 and older. Training sessions will be provided for these volunteers to be able to assist people with Medicare and decisions about Medicare supplement and long-term care insurance.

VICAP is looking for volunteers who are comfortable working with people and numbers. People who are licensed to sell insurance, or who consult in the insurance business, are not eligible to participate in the volunteer program.

The Virginia Department for the Aging sponsors VICAP in cooperation with the State Corporation Commission’s Bureau of Insurance and other agencies and organizations. Since 1993, VICAP has reached tens of thousands of Older Virginians with information and help on health insurance issues. If you would like to become a trained VICAP counselor and help our area seniors, please call MEOC and talk to Jennifer Spangler (1-276-523-4202 or 1-800-252-6362).
Let’s Celebrate the Holidays by Sharing our Daily Bread

It’s time once again to kick off the Holiday Campaign for “Sharing Our Daily Bread.” We invite every reader of the Mountain Empire News to support this giving partnership by continuing with your personal giving plan or by becoming a first time contributor.

For MEOC and other Area Agencies on Aging across the Commonwealth, the service of Home Delivered Meals remains in a funding crisis. The need for this important service exceeds available funds year after year. With increased gas prices, the cost of providing Home Delivered Meals has increased, making it even more difficult to meet this ever-increasing need. As a result, MEOC currently has more than 150 older citizens from Lee, Scott and Wise Counties and the City of Norton on waiting lists for service and new requests for this service come in almost daily.

MEOC’s “Sharing our Daily Bread” initiative and other fundraising activities produce about forty thousand dollars a year. The long-range goal is to raise enough money to eliminate waiting lists and to ensure that every older citizen who needs a meal, gets a meal. As we approach the upcoming HOLIDAY season, please consider giving a gift that keeps giving throughout the year—the gift of Home Delivered Meals.

If you would like 8 by 11 inch copies of the “Sharing our Daily Bread” flyer featured below to share in your community or if you would like more information about joining the “Sharing our Daily Bread” partnership, call MEOC at 276-523-4202 and ask for Nancy or Debbie.

Bethel United Methodist Church of Jonesville has the distinction of being the very first church to join MEOC’s “Sharing our Daily Bread” fundraising initiative for Home Delivered Meals. Bethel Church became part of this initiative in 2001, by contributing $600 in honor of church member, Tiny Rines, pictured here. Mrs. Rines, who is now approaching 95 years of age, has been an active member of MEOC’s Retired Senior Volunteer Program for many years, taking a special interest in donating clothing and special gifts for babies and children in the MEOC Healthy Families Program. Here Tiny is pictured in one of the many old fashioned bonnets that she used to make for herself and for her many friends.

LET’S CELEBRATE THE 2007 HOLIDAY SEASON

By

“Sharing Our Daily Bread”

Mountain Empire Older Citizens, Inc. (MEOC) invites you to participate in a Home Delivered Meals fundraising initiative that helps older citizens stay at home in their own communities. “Sharing Our Daily Bread” is a giving partnership dedicated to eliminating Home Delivered Meal waiting lists and to meeting the ever increasing need for this important service.

During the upcoming Holiday season, consider giving a gift that keeps giving throughout the year. A gift of $600 will provide a year of Home Delivered Meals (Monday – Friday) for one frail, homebound, older person. Call MEOC today (276-523-4202 or 800-252-6362) and set up your annual giving plan.

HOME FOR THE HOLIDAYS….AND EVERY DAY

That’s where our older friends and neighbors want to be.
Wolfe, Williams & Rutherford

The Law Offices of Wolfe, Williams & Rutherford wish to commend Mountain Empire Older Citizens, Inc. on the recent receipt of a grant to develop Mountain Empire PACE.

PACE, which stands for Program of All Inclusive Care for the Elderly, will provide a one-stop health care and social center for elderly residents in the counties of Lee, Scott and Wise and the city of Norton.

Dr. Gary Williams will serve as the Medical Director for the new center that will be located on the MEOC campus and will begin operation in January 2008.

Wolfe, Williams & Rutherford
Attorneys at Law
679-0777 • 1-800-4496
MEOC Welcomes New Kitchen Manager

MEOC staff extends a hearty welcome to Ron Wilson from St. Charles as he joins the central office team as Kitchen Manager. Ron, a certified nursing assistant, worked for three years as an MEOC Personal Care Aide, Homemaker and Respite Aide prior to coming on board with the Nutrition Services Department. Ron brings to the Kitchen Manager position, many years of experience in the food service industry and a strong dedication to serving older citizens.

Good Luck Mary

On September 6th, friends and co-workers gathered in the MEOC conference room for a farewell party for Mary Kleineick. Mary joined the MEOC team in 2002 as Congregate Nutrition Center Manager for Big Stone Gap and Appalachia. In 2003, Mary was hired as MEOC Central Kitchen Manager where she remained until her recent resignation to pursue other employment opportunities. Pictured, Marilyn Maxwell (L) and Tony Lawson (R) were among many MEOC friends who came together to wish Mary Kleineick (C) well in her future endeavors. Thanks, Mary for the years of service to older citizens of our region!

(Left) Participants from the Appalachia and Big Stone Gap Congregate Nutrition Site recently enjoyed a lunch outing in Wise. Pictured following their lunch are (from left) Carl Stidham, Big Stone Gap; Nancy Hall, Appalachia; Gloria Stidham, Big Stone Gap; Roxie Mabe, Appalachia; Lucille Summers, Appalachia; Jennie McKinney, Big Stone Gap; Maxine Wells, Appalachia; Phoebe Taylor, Big Stone Gap; Ruby Kilgore Big Stone Gap and Nancy Paxton, Big Stone Gap.
ATTENTION!

IF YOU ARE...
• Fifty-Five or Older
• Low Income
• Looking For a Job

THE MEOC OLDER WORKER PROGRAM MAY BE ABLE TO HELP!

You may be eligible for:

• A twenty-hour per week training site placement
• Specialized training skills to upgrade or learn new job skills.
• Counseling or instruction on health and safety, public benefits, job search skills and other issues.
• Assistance with purchase of uniforms, work shoes, safety glasses or tools needed on the job.

For more information, call
MOUNTAIN EMPIRE OLDER CITIZENS, INC.
1-276-523-4202 or 1-800-252-6362
Many Thanks to Our Contributors

Sharing Our Daily Bread

Wise Baptist Church Women On Mission ..... Wise
Ina Witt ............................................. Big Stone Gap
Dr. Theresa Dunton ......................... Big Stone Gap
George and Nancy Culbertson .......... Wise
Thelma Gilley ................................. Big Stone Gap
Mildred Poston ............................... Bedford
Nell McAfee ................................. Big Stone Gap
Bethel United Methodist Women .......... Jonesville
Ruby Nell Cawood ............................ Jonesville
Charlotte Brooks ............................ Jonesville
Hospice Support Services .......................... Appalachia
Gladeville Presbyterian Church .......... Wise
George Vail ........................................ Duffield
Kenneth and Shirley Meade .............. Pound
First Christian Church
  Mission Fund ............................... Big Stone Gap
Beech Grove Sunday School .......... Big Stone Gap
Steven Hooks .......................... Big Stone Gap
McGraw-Hill Companies ................. Princeton, New Jersey
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
Paul and Jean Kennedy .............. Coeburn
Garnett and Carolyn Gilliam .......... Big Stone Gap
Joyce and George Page ................. Big Stone Gap
William and Ernestine Roller ........ Roanoke
Hester Burton ............................... Salem
Rose Marie Young ........................... Unicoi, Tennessee
Darla J. Chandler .......................... Princeton, West Virginia
Winston and Tami Ely ................. Wise
Sharon Ewing ................................. Big Stone Gap
Old VA Hand Hewn Log Homes, Inc. .... Pennington Gap
Marsh LP Gas of Kingsport LLC ........ Kingsport, Tennessee

Emergency Fuel Fund

First Freewill Baptist Church of Bull Run .. Coeburn
Wachovia Corporation ........................ North Carolina
South-West Insurance Agency, Inc. .... Big Stone Gap
Mary’s Chapel Church ........................ Coeburn
Mossie K. Hall ................................ Pennington Gap
Lena S. Haight ................................ Pennington Gap
Beech Grove Sunday School .......... Big Stone Gap
Cindy Robinette ............................ East Stone Gap
Betty Bailey ................................... Ewing
Zelma Aichel ................................ Wise
Linda Begley ................................ Big Stone Gap
Betty 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 ................................ Big Stone Gap
Bob Tipton .................................. Gate City

Care Coordination

Ann Midkiff ................................ Arlington, Texas
Marilyn Pace Maxwell .................... Norton
Irma Snodgrass ............................... Weber City
Margaret Sturgill .......................... Pound

Respite

Mr. & Mrs. Willie Brickey ................ Weber City
Kenneth & Shirley Meade ................ Pound
Thelma and Larry Ross ..................... Dearborn Heights, Michigan
Betty M. Elkins ............................. Coeburn
Nancy Scott ................................. Big Stone Gap

See CONTRIBUTORS, page 29
Contributors
continued from page 28

Healthy Families
Patty W. Cooper . . . . . . . . . . . . . . . . . .Big Stone Gap

Homemaker
Duane Tate Akridge . . . . . . . . . . . . . . . . . .East Stone Gap
Betty Elkins . . . . . . . . . . . . . . . . . . . . . . . . . . .Coeburn
Wayne Moore . . . . . . . . . . . . . . . . . . . . . . . . . . .Jonesville

KinCare
Carolyn Sue Tamer . . . . . . . . . . . . . . . . . .Wise
Russell Chapel Church . . . . . . . . . . . . . . . . . .Jonesville
R. H. Graham . . . . . . . . . . . . . . . . . . . . . . . . . . .Jonesville
The Lions Club of Big Stone Gap, Inc. . Big Stone Gap
Women of the Church of God . . . . . . . . . . . . . . .Wise
Judy Miller . . . . . . . . . . . . . . . . . . . . . . . . . . . . .Norton
Dr. Teresa A. Dunton . . . . . . . . . . . . . . . . . .Big Stone Gap
Ewing Church of the Brethren . . . . . . . . . . . . . .Ewing
Patricia Bailey . . . . . . . . . . . . . . . . . . . . . . . . . . .Big Stone Gap
C. F. Stapleton, Jr. and L. A. Stapleton . Big Stone Gap
Don M. Green . . . . . . . . . . . . . . . . . . . . . . . . . . .Wise
Wise Kiwanis Club, Inc. . . . . . . . . . . . . . . . . . . . .Wise
Teresa Shoop . . . . . . . . . . . . . . . . . . . . . . . .Big Stone Gap
Janie Dockery . . . . . . . . . . . . . . . . . . . . . . . . . .Coeburn
Commonwealth of VA Campaign . . . . .Richmond
United Way of Central Indiana, Inc. . .Indianapolis, IN
Julia Dillon . . . . . . . . . . . . . . . . . . . . . . . . . . . .Big Stone Gap
Deborah Smith . . . . . . . . . . . . . . . . . . . . . . . . .Big Stone Gap
Nancy Smith . . . . . . . . . . . . . . . . . . . . . . . . . .Big Stone Gap
Coeburn United Methodist Church . . . .Coeburn
Thelma Gilley . . . . . . . . . . . . . . . . . . . . . . . . . .Big Stone Gap
Oak Grove Baptist Church . . . . . . . . . . . . . . . . . .Big Stone Gap
BB&T . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .Whiteville, NC
South-West Insurance Agency, Inc. . . . .Big Stone Gap
Employees of South-West Insurance Agency, Inc. . . . . . . .Big Stone Gap
Flat Gap Missionary Baptist Church . . . .Pound
AARP . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .Washington, DC
Family Drug, Inc. . . . . . . . . . . . . . . . . . . . . . . .Big Stone Gap

Mountain Empire News
Vida Hartsdown . . . . . . . . . . . . . . . . . . . . . .Pennington Gap
Lonnie Castell . . . . . . . . . . . . . . . . . . . . . . . .Duffield
Jerome Wright . . . . . . . . . . . . . . . . . . . . . . . . .Keokee

Mountain Laurel Cancer Center
Ruben Lovell Memorial Fund
Steve and Jackie Maddox . . . . . . . . . . . . .Big Stone Gap
Linda Begley . . . . . . . . . . . . . . . . . . . . . . . . .Big Stone Gap
Kim Gibson . . . . . . . . . . . . . . . . . . . . . . . . . .Norton
Leigh Ann Bolinskey . . . . . . . . . . . . . . . . . . .Big Stone Gap
Judy Miller . . . . . . . . . . . . . . . . . . . . . . . . . . . .Norton
Marilyn Pace Maxwell . . . . . . . . . . . . . . . . .Norton

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Billie and Norma Burke . . . . . . . . . . . . . . . .Alpena, Michigan
Lena S. Haight . . . . . . . . . . . . . . . . . . . . . . . .Pennington Gap

In Memory
Carl Holler
In Memory of Adlai and Vertie Wheatley . Hampton
Mike, Mary and Amy Brown
In memory of Jo K. Nosler . . . . . . . . . . . . .Norton
Virginia Meador
In Memory of Kathleen Horne . . . . . . . . . . .Big Stone Gap
Norton Wellness & Respite Site
In Memory of Carl Deskins . . . . . . . . . . . . .Norton
Lena S. Haight
In Memory of Earl Evans . . . . . . . . . . . . .Pennington Gap
Wilma James
In Memory of Charlie Sturgill . . . . . . . . . . .Big Stone Gap
Janet Hampton
In Memory of Charlie Sturgill . . . . . . . . . . .Big Stone Gap
Mary Hampton Davis
In Memory of Joyce M. Hampton . . . . . . . .Norton
Retired and Senior Volunteer Program Holds Recognition Event

On October 18, 2007, the Retired and Senior Volunteer Program held its annual recognition event at Heritage Church of God in Big Stone Gap. Volunteers came from all three counties and the city of Norton to participate in the fun-filled day of entertainment, food and fellowship. Entertainment for the program was JB and the Honey Bees. A wonderful time was had by all. The Heritage ladies and gentlemen prepared a great meal which was enjoyed by everyone.

The dining area of the Heritage Church of God was nearly packed to capacity during the recent Retired Senior Volunteer Program recognition event. Attendees enjoyed wonderful entertainment provided by J.B and the Honeybees and were treated to a delicious meal.

Retired and Senior Volunteer Program Director Lynnette Stuart (left) presents Lula Belle Reasor of Pennington Gap with her plaque in recognition of being Volunteer of the Year for Lee County during the recent recognition event held at Heritage Church of God in Big Stone Gap.

See More Photos on Pages 31 & 32

Jane Bailey of Nickelsville enjoyed the RSVP recognition luncheon and especially the entertainment which was provided by J.B. and Honeybees.
Foster Grandparent Program Welcomes New Volunteers

The Foster Grandparent Program of Mountain Empire Older Citizens would like to welcome three new volunteers. Irene Bailey, Jonesville, is a volunteer at Flatwoods Head Start. Ruth Shawver, Hiltons, is a volunteer at Shoemaker Head Start. Grace Clarkston, Big Stone Gap, is a volunteer at Dryden Head Start.

Norton residents Luther Calhoun, Anna Cowden and Glessie Thompson enjoyed visiting with each other during the recent RSVP recognition event.
Volunteers Make A Difference

Mountain Empire Older Citizens is so pleased to have the support of students from the Flatwoods Job Corps Center in preparing each issue of the *Mountain Empire News* for mailing. Pictured working with members of the Retired and Senior Volunteer Program are students from the Flatwoods Center. Pictured (from left) are Jewell Sutton, Tyler Robinson, Mary Bledsoe, Michael Johnson and Mary Donelson.

Marian Kocher (left) of Big Stone Gap is busy putting mailing labels on each copy of the *Mountain Empire News*. Antwinette Thompson and Anthony Brown, students from the Flatwoods Job Corps Center, are bundling the newspapers for distribution.

Teamwork is the key when getting the quarterly *Mountain Empire News* ready for distribution. Pictured are (from left) RSVP volunteer Flo Wells of Stonega, RSVP Director Lynnette Stuart and Brandon Shortridge, Flatwoods Job Corps.