Jean Fee Rhoton Named MEOC’s 2007 Outstanding Older Worker

Jean Fee Rhoton, Blackwater, was named the recipient of the Mae French Outstanding Older Worker Award for 2007 during the Mountain Empire Older Citizens, Inc. Annual Older Worker Recognition Luncheon held September 25th at the Heritage Church of God in Big Stone Gap. Each year the MEOC Title V Community Service Employment Program sponsors this special event to honor MEOC older workers. MEOC believes strongly in the talent, skill and creativity that older workers bring to the workforce and is committed to hiring older workers whenever possible. Currently, workers age 55 or older comprise 65% of the MEOC workforce of 180 full-time and part-time employees.

Each year, the most eagerly anticipated part of the Older Worker Luncheon program is the announcement of the annual winner of the prestigious Mae French Outstanding Older Worker Award. This award was established in Mrs. French’s honor in 1994 and is presented annually to one MEOC older worker who best demonstrates those qualities of service, loyalty, commitment and kindness that were exemplified in the workplace and the community by Mrs. Mae French. Mrs. French became an employee of MEOC in 1976 at the age of 81 and continued with MEOC in her position with the Norton Nutrition Site until an illness in 1993 at age 98 made her unable to continue her employment. MEOC’s Director of Nutrition and Older Worker Services Nancy Smith, in describing Mrs. French to those gathered, said, “Well respected and well loved, Mrs. French inspired each of us to reach deep within ourselves to find and act on our best selves in a spirit of kindness and generosity of service to others”.

At the recent Older Worker Luncheon, Jean Fee Rhoton from Blackwater was named the 2007 winner of the Mae French Outstanding Older Worker Award. Jean began her employment with MEOC in 1980 working in the Homemaker Program. Jean was quickly promoted to Homemaker Program Supervisor. She then began doing outreach work in all of Lee County.

Previous winners of the Mae French Outstanding Older Worker Award are always invited to be part of the festivities of each annual Older Worker Recognition Luncheon. Pictured with 2007 award winner Jean Rhoton are previous award winners who were able to attend the 2007 event: (L to R) Hazel Ramey, 2000; Jean Rhoton, 2007; Caroline Quinley, 2002; Margaret McAfee, 2004 and Dine Mullins, 2006.
(Left) Jean Rhoton of Blackwater was recently named the Mae French Outstanding Older Worker of 2007. Jean (center) is pictured with Nancy Smith (left) Director of MEOC Senior Employment Services and (right) Marilyn Pace Maxwell, MEOC Executive Director. Jean proudly displays her plaque which reads, “The Mae French Outstanding Older Worker Award; In Recognition of 27 years of Exemplary Service, Loyalty, Commitment and Kindness; Proudly Presented to Jean Rhoton by Mountain Empire Older Citizens, Inc.; September 25, 2007.”

(Right) Working to register everyone who attended the 2007 Older Worker Awards Luncheon held at Heritage Church of God in Big Stone Gap are (from left) Pat McCracken, Cindy Nave and Margaret McAfee.

See Related Story and Photo on Page 3B

(Left) We were so pleased to have Bill and Nancy Jones and Friends provide us with wonderful entertainment for the 2007 Older Worker Award Luncheon. Pictured are (from left) Nancy Jones, Bill Jones, Curtis Franks and Lawrence Winstead.
Jean also worked as a Care Coordinator in Lee County and then as the Coordinator for MEOC’s Life Line Program which covers all of far southwest Virginia.

Jean was and still remains very dedicated to helping the people of Lee County.

“Jean put in a lot more hours than she was ever paid for since every senior in Lee County learned her home phone number,” one nomination read.

Of the comments made in recognition of Jean, some stated “Jean was always loved and respected by her peers as well as the thousands of older people she helped,” “Jean has the biggest heart,” “Jean was truly dedicated to helping anyone with a need,” and “She was very crafty and resourceful in obtaining whatever it took to keep a client safely at home where they wanted to be.”

Several individuals made mention that Jean spent countless hours working to better the lives of others.

“Quitting time for Jean was never an hour on the clock. It was when the work was done,” one nomination read. “Someone in desperate need of service would never have had to wait on Jean until another day.”

On July 10, MEOC Board members and staff helped longtime MEOC employee Jean Rhoton celebrate her retirement. Jean first came to work for MEOC in 1980. A wonderful advocate for the elderly, Jean will be sorely missed.

Jean and Board members Joe Smiddy (left) and A. J. Hatmaker (right) were all smiles for this picture, but it is indeed with a good deal of sadness that we bid farewell to Jean and wish her a peaceful, restful retirement. She deserves it!

Jean wore many hats while at MEOC and wore each beautifully. She came to MEOC first as a homemaker and ended her career at MEOC as Coordinator of MEOC’s Life Line Program. In between, she worked as an outreach worker and case manager.

Staff surprised Jean with a luncheon including a special musical salute to her put together and performed by “The Gap Boys” who bore a striking resemblance to MEOC staff members Julia Dillon, Teresa Shoop, Linda Begley and Janet Hampton in drag. Margaret Sturgill assembled pictures of Jean taken over the past twenty-seven years in to a wonderful power point, which she presented at the luncheon. Various staff members reminisced about Jean’s service to MEOC and the thousands of older people who have benefited from her kindness and compassion.

In presenting Jean with her retirement gift, MEOC Executive Director Marilyn Pace Maxwell said, “Jean’s loyalty and devotion to MEOC, her colleagues and the older people of our region were always constant and never doubted. She always put others before self. She knew what it meant to be a public servant and demonstrated it daily for twenty-seven years. Several of us have had the pleasure to work with Jean during her entire tenure and we are all made better by our association with her. We will miss Jean and wish her only the best.”
Lee Nursing and Rehabilitation Center

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Eat Smart when Dining Out

Dining out can be a real treat and even necessary at times, but it can also challenge your health if you don’t put a little thought into food choices. Your goal should be to eat foods that you enjoy, meet your daily nutrient needs, while not consuming too much fat, sugar and sodium.

The good news is that you can eat healthfully while dining out, without sacrificing taste or enjoyment. Many restaurants now have menu items that are lower in saturated fat, cholesterol, sodium and calories. If you do splurge, make up for it by eating a few smaller, lighter meals at home.

Here are some tips for making healthy choices when dining out at a fast food restaurant:

• Opt for grilled menu items over fried. If you cannot resist having something fried, limit it to one fried food per meal.
• Order rice or a baked potato instead of French fries. If you crave fries, order a small fry or share a large order with someone else.
• Skip the specialty sandwiches at fast food restaurants. These menu items often have double portions of meat, bacon, a special sauce and extra cheese. Keep in mind that mustard, ketchup, and pickle relish are good low fat condiments.
• Have fat free or low fat milk, 100 percent fruit juice, or water as a beverage choice. Milk and fruit juice have calories, but also supply nutrients.
• Resist super sized portions that seem like a good value unless you are sharing with someone else. These meals offer large orders of fries or other sides and extra large drinks, all with lots of extra calories.

Consider these tips when dining out in a restaurant with extended menu choices:

• Order small portion sizes or an appetizer since

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Susan Herndon, Extension Agent

Award

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because of quitting time.”

Jean’s commitment to service also carried over into her community. She has served on several boards including the Lee County Family Life Center and Appalachia Service Project. Additionally, Jean has a strong relationship with her church, Flag Pond Church of Blackwater.

“Jean has been a pillar in her church for many years and has worked tirelessly to improve her community,” another nomination read.

“It is with such great pleasure and pride that I present this award to Jean on behalf of the Board of Directors and Advisory Council of Mountain Empire Older Citizens,” said MEOC Executive Director Marilyn Pace Maxwell during the awards ceremony. “Jean truly is an embodiment of those traits demonstrated in the workplace and community by Mrs. French. Our association with Jean makes us all better. Jean believes strongly in church, community, family and work and has served as a mentor and role model to people of all ages. As her co-worker Judy Miller said of her, “Jean truly has a servant’s heart”.

See SMART, on page 6B
restaurant portions tend to be large. If available, the senior menu offers smaller portions at a reduced price.

- Eat half a sandwich instead of a whole. Take the other half home to eat later or share with a friend.
- Choose whole wheat bread instead of white bread or a croissant.
- Select grilled, lightly sautéed or stir-fried items rather than those that are deep-fried.
- Go easy on baskets of bread and other pre-meal offerings such as chips.
- Order an appetizer and share a main entrée with a friend.
- Split a dessert with a friend.

Stay healthy and enjoy dining out.

Resources: National Heart, Lung, and Blood Institute, National Institutes of Health and University of Wisconsin Extension

RECIPEs

Apple Cranberry Coffeecake
2/3 cup all-purpose flour
1/2 cup whole-wheat flour
1 teaspoon baking soda
1 teaspoon ground cinnamon
2 egg whites, lightly beaten
1 cup peeled, chopped apple
1/2 cup chopped cranberries
3/4 cup sugar
1/4 cup unsweetened applesauce

Topping:
1/4 cup packed brown sugar
1 tablespoon all-purpose flour
1 tablespoon whole-wheat flour
1 tablespoon chopped cranberries
1 tablespoon softened margarine or butter
1/4 cup chopped walnuts, optional

Preheat oven to 350 degrees F. Spray a 9-inch round baking pan or pie plate with non stick spray coating (or grease lightly). In a medium bowl, combine flours, baking soda, and cinnamon. In a large bowl, toss together egg whites with chopped apple and cranberries; stir in sugar and applesauce. Add flour mixture, and stir just until combined. Pour into prepared pan. Prepare topping by mixing together all ingredients in a small bowl until crumbly. Sprinkle topping over batter in pan. Bake for 30-35 minutes, or until toothpick inserted near center comes out clean. Let cool in pan 10 minutes before serving.

Yield: 10 servings
Per Serving: 170 calories; 3.5 grams fat; 150 mg sodium; 34 grams carbohydrate

University of Vermont Extension

Squash with Maple-Ginger Butter
2 pounds acorn squash, quartered (peels and seeds discarded)
1 1/2 tablespoons maple syrup
1 tablespoon butter
1/4 teaspoon powdered ginger
1 teaspoon lime or lemon juice

Steam squash 10 minutes, or until tender. Melt butter with maple syrup and ginger in a saucepan over low heat. Stir lime or lemon juice into syrup mixture. Spoon over squash and serve immediately.

Yield: 4 servings
Per Serving: 190 calories; 3.5 grams fat; 40 mg sodium; 38 grams carbohydrate

University of Vermont Extension

Pumpkin Cookies
1/3 cup shortening
1 cup sugar
2 eggs
1 teaspoon vanilla
1 teaspoon lemon extract
1 cup mashed cooked pumpkin (or canned)
2 1/2 cups all-purpose flour
4 teaspoons baking powder
1/4 teaspoon salt
1/2 teaspoon nutmeg
1 cup seeded raisins
1/2 cup chopped nuts

Preheat oven to 375 degrees. Cream shortening and sugar; beat eggs into creamed mixture. Stir in the vanilla and lemon extract. Add pumpkin and mix well. If using mashed pumpkin, put it through a sieve. Sift dry ingredients and add with the raisin and nuts. Mix thoroughly. Drop by teaspoonfuls onto a greased cookie sheet and bake about 15 minutes.

Yield: 4 dozen cookies

University of Colorado Extension

Roasting Pumpkin Seeds
2 cups pumpkin seeds, pulp and strings removed by rinsing
6 cups water
1 teaspoon salt
1 teaspoon Worcestershire Sauce
3 tablespoons melted butter or margarine

Bring water and salt to a boil; add cleaned pumpkin seeds. Boil for 10 minutes. Drain and dry seeds on paper towels. Combine Worcestershire Sauce and melted butter or margarine in a bowl. Add pumpkin seeds and toss well. Allow to cool. Serve as a snack.

Yield: 4 servings
Per Serving: 110 calories; 3.5 grams fat; 170 mg sodium; 16 grams carbohydrate

University of Wisconsin Extension

See RECIPES, on page 8B
Senior Law Day Attracts 126

Seniors from Southwest Virginia and their caregivers were invited to a training about legal issues that are of special concern to older citizens. Law Day was held at the Goodloe Center at Mountain Empire Community College in Big Stone Gap on September 21st with 126 people in attendance. The event was free and lunch was served. Attorneys and other experts were on hand at Law Day to discuss a variety of topics designed to help seniors use the law to make their best plans for the future while avoiding being taken advantage of by others. Law Day was sponsored by Mountain Empire Older Citizens (MEOC), Southwest Virginia Legal Aid Society, AARP Virginia, Virginia Poverty Law Center, Senior Navigator and the Virginia Department for the Aging.

Speakers from across Virginia participated in this program. Libby Davis with District III Governmental Co-Op brought information from the Virginia Department for the Aging about a new legal initiative, Project 2025. Kathy Pryor, an attorney at Virginia Poverty Law Center, talked about long-term care and nursing care. Kathy was joined by MEOC’s Long-term Care Ombudsman, Debbie Collier, who explained how the local ombudsman can help with these issues. Allen Slagle, MEOC’s Elder Rights Program Director Margaret Sturgill welcomes the crowd as the speakers for the day await introductions. Seated and pictured left to right are Attorney Margaret Schenck with Southwest Virginia Legal Aid Society; Libby Davis from District III Senior Services; MEOC’s Long-term Care Ombudsman Debbie Collier and Attorney Kathy Pryor with the Virginia Poverty Law Center.

See LAW, on page 8B

Participants Hazel Ramey, Judy Horne and Edna Ellison all of Norton are pictured at Law Day held at the Goodloe Center of Mountain Empire Community College in late September.
Law

continued from page 7B

Community Specialist for SeniorNavigator.org presented information about how to protect yourself and family from current and old Cons and Scams.

Local attorneys from Southwest Virginia Legal Aid Society also provided valuable legal information. Margaret Schenck, managing attorney for Legal Aid’s Castlewood office, talked about planning your own future by preparing your Power of Attorney or Living Will. She also gave a workshop on public benefits.

AARP Virginia had a display table where participants could view the BenefitsRX Check-up website. Nancy Coulling, an attorney at Legal Aid, talked about how the law affects grandparents in family law cases.

Participants at the Law Day also had an opportunity to voice their opinion about the legal needs in their community. Their ideas will help Southwest Virginia Legal Aid Society decide what kind of legal work is most important to support for low-income residents.

Participants gave this training a good rating. MEOC will be scheduling more legal events throughout the area this coming year.

Recipes

continued from page 6B

seeds and toss to coat with mixture. Spread seeds on a baking sheet. Bake at 325 degrees for about 30 minutes or until seeds are light brown in color. Seeds should be crisp when fully roasted.

University of Colorado Extension

Sweet Potato Supreme

Choose sweet potatoes of a deep orange color for the most nutritional value. One plain baked sweet potato (3 1/2 ounce serving) provides vitamin A, vitamin C, iron, thiamine, protein, calcium and fiber with only 140 calories.

3 to 4 sweet potatoes, cooked or canned
1 unpeeled orange
2/3 cup brown sugar
1/2 teaspoon salt
1/3 cup light corn syrup
1/2 cup water

Slice sweet potatoes 1/2-inch thick. Place in the bottom of a heavy skillet. Place orange slices over potatoes. Sprinkle with brown sugar and salt. Combine corn syrup and water and pour over potatoes and orange slices. Cover and simmer until liquid thickens and forms a glaze. Yield: 6 servings

Note: 3 medium fresh sweet potatoes equal a 1 pound can of sweet potatoes.
ATTENTION!

IF YOU ARE 55 or OLDER...

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...AND LOOKING FOR VOLUNTEER OPPORTUNITIES...

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(800) 252 - 6362
MEOC’s 2007 Emergergency Fuel Fund For The Elderly Walkathon was the most successful ever raising over $158,000. Pictured above are representatives of United Healthcare and South-West Insurance Agency. They combined financial resources to make a $5,000 donation to MEOC making them a community sponsor for the walkathon. MEOC greatly appreciates this much needed support. MEOC Executive Director Marilyn Pace Maxwell is pictured receiving the contribution from (left to right) Lowell Crawford of United Healthcare and Floyd W. Witt, Jr. and Kenny Gilley representing South-West Insurance Agency.

MEOC Welcomes New Transit Employees

The Mountain Empire Older Citizens Transportation department is pleased to welcome a host of new employees. They include:

Gary Bowman
Big Stone Gap

James Worley
Wise

Billy Spears
Big Stone Gap

Caroline Douglas
Big Stone Gap

Ray Goode
Wise

Tonya Clark
Pennington Gap

See More MEOC Transit Happenings on Page 11B
MEOC Transit Department Recognizes Employees of the Quarter

MEOC Transit began recognizing an “Employee of the Quarter” in October 2006. The Transit Employee of the Quarter is recognized for great attitude and work ethic and is based upon nominations made by other employees, passengers, and the general public.

The Transit Employee of the Quarter is Johnny Patterson. He was recognized for his exceptional hard work and his willingness to help others.

The MEOC Transit Employee of the Quarter receives a $50 Wal-Mart Gift Card in appreciation of their hard work. Additionally, the Employee of the Quarter is recognized on a plaque in the Transit Administrative Offices.

Johnny Patterson (center) is presented his $50 Wal-Mart Gift Card in appreciation for being MEOC’s Transit Employee of the Quarter. Pictured with Johnny are Transportation Director Mike Henson (left) and Dispatch Manager Dewayne Bolling (right).

Eric Miller, MEOC Transit Marketing Director, resigned his position October 10, 2007, to take a new position with the National Storytelling Network. MEOC staff said farewell to Eric on October 9, 2007 with a going away party held in the Transit Conference Room. Eric (right) is pictured with MEOC Director of Transportation Mike Henson at the party. We wish Eric the best in his endeavors.
Appalachia High School Sophomore Volunteers to Help Elderly People Learn Computers and Internet Navigation

By Kathy Still
Reprinted with permission from the
Bristol Herald Courier

APPALACHIA, Va. — Jocelyn Stuart volunteers to do what some would consider a difficult task. The Appalachia High School sophomore volunteers to teach the elderly and their caregivers how to use computers. It’s not easy to teach a person who grew up before television how to navigate the World Wide Web. It is challenging to teach a person who voted for or against Harry Truman to use a mouse to direct a small blinking cursor around a computer monitor, but Jocelyn found a way to do it.

“It was kind of difficult but easy at the same time,” Jocelyn said. “It’s easy if you take your time and use your manners. It’s easy to get your point across when you use your manners.”

Manners are second nature to Jocelyn. Respecting the elderly is a given, she said.

Jocelyn sings gospel music in her church, Haven of Praise, and she often interacts with older church members or at local festivals where she also sings.

Her grandmother works at Mountain Empire Older Citizens, an organization that provides many services for senior citizens and their caregivers. One service the group provides is to pair a youngster with an elderly person, who wants to learn to use computers and the Internet.

“My grandmother wanted me to get involved, and I thought that I was not doing enough to help the community, so I thought it would be a good way to help,” Jocelyn said.

She spent several weekends tutoring the seniors. It went well once her students learned that merely knocking off the mouse’s bright red tracking ball was not a fatal error.

“They thought they broke it,” she said.

Part of the lesson plan was instructing about having to click or double click on an icon or Web page, something Jocelyn grew up knowing.

“Some of them were caregivers for homebound elderly and some were even in the early stages of Alzheimer’s disease,” Jocelyn said.

It was important to teach them how to use the Internet to find services they need, or just to use a chat room to communicate with people in similar situations, she said. Sending e-mail was also a priority.

The program, which recently netted MEOC a national award for innovation, soon became the place to be, Jocelyn said.

Enrollment increased each time a class was held, she said.

“More and more people would show up,” she said.

The generation gap was a challenge to some when it came to communicating, but Jocelyn relied on her winning formula to get her through any obstacles.

“I think you can communicate with anyone if you use a nice attitude and good manners,” she said.

Jocelyn Stuart, a sophomore at Appalachia High, volunteers with Mountain Empire Older Citizens. Jocelyn teaches the elderly and their caregivers how to use computers and the Internet to access services they need or to keep in touch with each other with chat rooms.

PHOTO BY KATHY STILL

See STUART, on page 14B
The New Face of Coal

These hands hold the key to our nation’s prosperity. America’s miners toil day and night to satisfy our growing appetite for energy. Alpha salutes all coal miners for their hard work and sacrifice.
- Mike Quillen
Preventing the Flu: Get Vaccinated

The single best way to prevent the flu is to get a flu vaccination each year. There are two types of vaccines:

- The “flu shot” – an inactivated vaccine (containing killed virus) that is given with a needle. The flu shot is approved for use in people 6 months of age and older, including healthy people and people with chronic medical conditions.
- The nasal-spray flu vaccine – a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for “Live Attenuated Influenza Vaccine”). LAIV is approved for use in healthy people 5 years to 49 years of age who are not pregnant.

About two weeks after vaccination, antibodies develop that protect against influenza virus infection. Flu vaccines will not protect against flu-like illnesses caused by non-influenza viruses.

When to Get Vaccinated

October or November is the best time to get vaccinated, but getting vaccinated in December or even later can still be beneficial since most influenza activity occurs in January or later in most years. Though it varies, flu season can last as late as May.

Who Should Get Vaccinated?

In general, anyone who wants to reduce their chances of getting the flu can get vaccinated. However, certain people should get vaccinated each year either because they are at high risk of having serious flu-related complications or because they live with or care for high risk persons. During flu seasons when vaccine supplies are limited or delayed, the Advisory Committee on Immunization Practices (ACIP) makes recommendations regarding priority groups for vaccination.

People who should get vaccinated each year are:

1. **People at high risk for complications from the flu, including:**
   - Children aged 6 months until their 5th birthday,
   - Pregnant women,
   - People 50 years of age and older,
   - People of any age with certain chronic medical conditions, and
   - People who live in nursing homes and other long term care facilities.

2. **People who live with or care for those at high risk for complications from flu, including:**
   - Household contacts of persons at high risk for complications from the flu (see above)
   - Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)
   - Health care workers.

3. **Anyone who wants to decrease their risk of influenza.**

Use of the Nasal Spray Flu Vaccine

Vaccination with the nasal-spray flu vaccine is an option for healthy persons aged 5-49 years who are not pregnant.

See FLU, on page 25B

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Stuart

continued from page 12B

manners,” she said.

“Watching her students grow confident each time they clicked the mouse gave Jocelyn a sense of accomplishment.

Her students also keep in touch.

“Sometimes they call to see if they are doing things right,” she said.

“The Teens and Alzheimer’s Caregivers Technology Project was a wonderful opportunity for both the students and the caregivers,” said Julia Trivett Dillon, director or family support services for MEOC. “Jocelyn was a tremendous asset to the program.

“She had the patience, attitude and computer experience to put everyone with whom she worked at ease. This made the whole learning process very positive.”

Marilyn Maxwell, MEOC’s executive director, said that Jocelyn and the other teens make a real difference in many lives. The program has received national attention and information has been sent to similar organizations in Florida, New Hampshire and Arizona, Maxwell said.

“The caregivers were very impressed with the students’ knowledge and their ability to explain it,” Maxwell said.

The teens also learned more about what families who care for their elderly relatives need and what sacrifices they make to keep their loved ones close to home, she said.
Three Graduate From Healthy Families Program

A supportive program for first time parents in our region recently honored its second group of graduates. Healthy Families for Southwest Virginia, a program in the Children’s Services Department of Mountain Empire Older Citizens, Inc., recognized the efforts of their graduates on September 12th during a ceremony at MEOC.

Those graduates receiving recognition were Andrea Taylor, Rachael Herron and Kelly See PROGRAM, on page 28B

Healthy Families Welcomes New Staff

Healthy Families for Southwest Virginia welcomes two new staff members, Jennifer Branham and Priscilla Skidmore. Jennifer is the new Family Resource Specialist / Family Support Worker and Priscilla is the new Family Support Worker.

Jennifer brings a wealth of knowledge to the program, including work experience in home visiting, working with children and families and assisting families in locating needed services within the community. Jennifer also brings experience as a parent and a lot of energy that will assist her in providing support to the new parents in the community. Jennifer’s role as Family Resource Specialist is to provide Welcome Baby visits with new parents and assist families with becoming

See STAFF, on page 28B
Maggie Christian Named New Healthy Families Supervisor

Maggie Christian has worked at MEOC as a Family Support Worker with the Healthy Families program for almost five years. She has provided direct services to more than fifty families in the Healthy Families program and has been an asset in the home-visiting component of the program as well as through public awareness and other program activities. Her commitment to the program and all the Healthy Families families has helped her to become involved with program development and guiding new staff. It is because of this that she has now been moved to Program Supervisor and Parent Educator. Maggie has worked full-time and at the same time been enrolled in classes at Southwest Virginia Community College. She completed her Associate Degree in Early Childhood Development in Spring of this year. She began training for her new role earlier this year and officially began as Program Supervisor and Parent Educator in September. Please join the Children’s Services staff and the entire MEOC staff in congratulating her on her achievements.

Family Resource Specialist Retires

Healthy Families for Southwest Virginia said farewell to staff member Phyllis Buchanan on August 22, 2007. Phyllis worked at MEOC as the Family Resource Specialist/Family Support Worker with the Healthy Families program for almost four years. MEOC staff gathered to celebrate her achievements with a farewell party. The group enjoyed the chance to visit with her over cake and to present her with a gift of appreciation for all her hard work. We wish Phyllis all the best in her retirement and know she appreciates more time to enjoy being with her family. Phyllis (center) is pictured above with members of the Healthy Families staff (from left) Maggie Christian, Lisa Odle, Phyllis Buchanan, Janie Dockery and Patty Bailey.
On August 31, 2007, MEOC hosted “Attachment Training” with Dr. Robert Marvin, Ph.D., Clinical Psychologist and Director of The Mary D. Ainsworth Child-Parent Attachment Clinic in Charlottesville. Dr. Marvin is also a Research Professor, Dept. of Psychology, at The University of Virginia. The Training Topics included: Healthy Attachment of Parent and Child; Factors Which Impact Attachment; Poor Attachment- Outcomes; Ways to Promote Positive Attachment; and Attachment Disorder. The training was attended by MEOC Children’s Services staff, many community agency staff members, and private providers working with children and families.

Children’s Services Hosts Attachment Training

On September 24, 2007, approximately 40 KinCare participants, MEOC staff and others enjoyed the Grandparents’ Day Celebration luncheon at the Trinity United Methodist Church in Big Stone Gap. Everyone dressed up in a 50’s and 60’s attire and enjoyed a delicious catered lunch. Participants had the opportunity to showcase their skills by doing the Twist and the Limbo. Entertainment was provided by Elvis (Fred Herndon), who always does a wonderful job. Deborah Smith, Children’s Services Community Educator brought original 45 records for the Twist and Limbo contests.

Grandparent’s Day Celebration Luncheon Hosted by KinCare Program

Deborah Smith, Children’s Services Community Educator demonstrated the “Limbo” for everyone. Those who were brave enough to attempt the limbo had a great time. Cary Flannary won the prize for being the most flexible!
“Elvis” provided everyone an opportunity to have their picture made with “The King” before he had to escape to his next performance. Fred Herndon (Elvis) as always did a fantastic job! Pictured with “The King” is Geraldine Fannon.

We think KinCare participants who smiled the most received leis from Elvis. Pictured smiling, are Patsy Sproles (left) and Bernice Fannon. Both enjoyed the special entertainment by Elvis.

Several members of the Mountain Laurel Cancer Support and Resource Center’s Coalition were recently invited to participate in a Community Cancer Control in Appalachia Forum held in Johnson City, Tennessee. The purpose of the forum was to enhance the understanding of factors related to Appalachian community involvement in cancer control activities. The forum was supported through a cooperative agreement between the Appalachian Regional Commission, the Centers for Disease Control and Prevention and East Tennessee State University. Pictured during the evening session at the Farm House Gallery and Gardens in Unicoi, Tennessee, are (front row left to right) Mountain Laurel Coalition members Nancy Smith, Marilyn Pace Maxwell, Pat Adkins and Leigh Ann Bolinskey. Pictured are (back row, left to right) Judy Miller, Nila Saliba, University of Virginia Cancer Center, and Sharon Dwyer, Virginia Tech’s Institute for Community Health.
News from MEOC’s KinCare Program

KinCare families will sponsor a Christmas tree at the 2007 Festival of Trees at the Southwest Virginia Museum Historical State Park. The Festival of Trees will be open to the public beginning November 11th through December 31st. KinCare families chose the theme “Homespun” for the tree. Families are currently making angels, stars and other ornaments for the tree. Each ornament is hand crafted by KinCare caregivers and children. Families are personalizing each ornament. Each angel is given a name. Examples of names that have been given, are Hope, Precious, Sunshine, Laughter, Joy, and Love. Families will also add a personal testimony about their family story in “scroll” form to hang on the tree. Please come by and enjoy the trees.

Toys for Tots

The U.S. Marines will sponsor a Toys for Tots Christmas project this year. Eligible families who can apply are those who receive food stamps, TANF, and or free or reduced lunches at school. Applications are for each child in the home and can be completed at Wise, Lee, and City of Norton DSS offices or can be obtained from client’s social worker. Deadline for application with attached approval form is November 14, 2007. Pick up will be the empty “warehouse” building next to Food City in Big Stone Gap on December 15, 2007.

Holiday For Kids

MEOC Children’s Services is once again this year asking for your donations to support the Holiday For Kids project. This project has been very successful for the past several years. The Holiday For Kids project will provide Healthy Families, CAC, and KinCare families a gift card to purchase items for children for Christmas. Please share this information with others and join us in supporting families this year for Christmas. For more information, contact Patty Bailey at 523-4202.

News from the Southwest Virginia Children’s Advocacy Center

The Southwest Virginia Children’s Advocacy Center (CAC) is participating in National Children’s Alliance (NCA) videoconference training again this year. The training is provided through a grant from NCA and regional CAC centers. Each regional center awards programs within their region to participate in NCA net videoconferences. The Southern CAC awarded the CAC a grant to participate in forensic interview peer reviews each month. The CAC also can participate in educational trainings held twice monthly. The grant covers part of the cost for bridging the call to MEOC. The training is provided free to local agencies who attend at MEOC.

During July, August and September the CAC staff and multidisciplinary team members participated in (3) forensic interview peer reviews and two educational calls. The educational calls during this quarter were “Introduction of the Extended Forensic Evaluation into Communities”. Presenter discussed the extended interview process, which may be useful in children who have difficulty adapting to the demands of the one-interview model and “Interviewing Developmentally Disabled Victims of Child Abuse”: Presenter discussed the ability to effectively communicate with children with disabilities who are reported to be abused is critical for the investigation process. Presenter will help the practitioner find ways to accommodate children with communication barriers in a child-friendly, developmentally appropriate way. The educational calls are presented by national trainers who are considered experts in their field and are very helpful to those working with child abuse victims and their families. The CAC will continue this project until 2008 and apply again for funding in order to provide national training at a local level. November and December calls will be forensic interview peer reviews.

KinCare Back To School Project Successful

KinCare families participated in a Back to School Project on August 3, 2007. This was a day set aside at MEOC for caregivers to meet with KinCare Director, Patty Bailey and Children’s Services Community Educator, Deborah Smith. Approximately 87 families came by MEOC to receive information, support, referrals, support group information, and a $25.00 Wal-Mart gift card to purchase necessary school supplies. Approximately 100 gift cards were given to KinCare families. We would like to thank each church, business, and individual for their financial support. The Back to School Project was a success and each family was very thankful.
Bill was a self-described “ice cream-aholic.”
Alzheimer’s had robbed him of much of his memory. Yet, he never seemed to forget where to find the frozen treat. He raided the fridge so often that aides at his assisted living facility had to padlock the freezer door.

As Bill’s disease worsened, he became increasingly non-communicative. It would have been possible for even some family members to dismiss him as a shell of a real person. His expressionless face revealed little of the true man inside.

In an earlier life, Bill had been a decorated army officer in World War II. He went on to become a successful insurance executive; selling pension plans to companies throughout much of Virginia. And, in the process, he educated his three daughters at private colleges.

Moreover, Bill was a master bridge player. There was a time when he could remember every card played.

He was so active in his church that some members mistook him to be a minister. When asked if he was indeed a man of the cloth, Bill would typically quip, “No, I’ve just been sick lately.”

Bill had also been one of the top tennis players in his age bracket in Richmond. And, he is credited with having introduced the game of soccer to his Alma Mater—Davidson College.

His past accomplishments had faded into history. He was now an old man in failing health who could no longer tie his shoes or comb his own hair. The tennis champ had become the local ice cream-aholic, a young boy in a man’s body.

Researchers with the Alzheimer’s Society in Great Britain have found that people who suffer from dementia need constant reassurance and support from their loved ones. It’s important that they retain a sense of their identity and feelings of self-worth.

One of the ways to provide that reassurance and support is to remember the abilities, interests and preferences of the person with dementia. Take time with the loved one to look through family photo albums. If the person, like Bill, enjoyed tennis, invite him or her to watch a tennis match.

Researchers note that there’s sometimes a tendency on the part of caregivers, including family members, to treat the person with dementia as a child. Caregivers should take special care to always communicate with the person as an adult, never “speaking down” to him or her.

Also, never talk across them or over their heads, as if they weren’t present. Above all, never talk about the person with someone else when the person is present. Always include them in the conversation.

Even loved ones can easily become frustrated and lose their temper when caring for a person with dementia. Never scold or criticize the person. It achieves nothing and makes him or her feel small.

Focus on the person’s remaining abilities. Let them do things at their own pace and in their own way. Do things with the person rather than for them.

Family members should remember that people with dementia still have feelings. Be sensitive to those feelings. Never brush off worries expressed by the person. Listen and show empathy.

People with dementia need to feel valued. This requires that caregivers be flexible and tolerant. Take time to listen and chat with the loved one.

And, even if the person occasionally raids the ice cream stash, continue to show affection and have a bowl yourself.

*Courtesy: Alzheimer's Association - Greater Richmond Chapter*
Hints for the Holidays at Home

I. Preparing the Person with Alzheimer’s Disease for Visitors
   A. Talk about and show pictures of the people who are coming to visit.
   B. Play familiar holiday music, as appropriate, and serve traditional holiday foods.
   C. Watch and/or help with decorations.
   D. Prepare for distractions beforehand (i.e. photo album, reminiscent album) to divert attention.
   E. Have a “quiet” area or room available if things get too hectic, and have a familiar person spend time with them.

II. Preparing Visitors
   A. Send an updated letter to family and friends.
   B. Encourage them to visit, but ask that they call ahead to make sure it is a good time.
   C. Celebrate early in the day, perhaps a holiday lunch rather than dinner to reduce the chances of sundowning.
   D. Try not to have too many guests at one time, which can be overwhelming.

III. If you are the visitor
   A. Introduce yourself.
   B. Watch for signs of fatigue and agitation and shorten the length of your stay.
   C. Bring photos, holiday treats (as appropriate), favorite music, CD, or other things to share.
   D. Activity suggestions: Based upon the individual ability, make ornaments, decorate the tree, decorate cookies, set the table, fold napkins, wrap presents, seal or stamp holiday cards, listen to music, etc.

Gift Ideas for the different stages of Alzheimer’s Disease

Early Stage Alzheimer’s Disease:
- Games, simple, but familiar games like dominos, large numbered cards or an invitation to a Bingo game. These are low priced items, but they have potential for much enjoyment.
- Tickets to a concert, musical, or circus. Ball games can also be good choices. Any event without a plot to follow will work well.
- Gift certificates to hair salon or manicure.
- Taxi charge account for transportation to visit friends (coordinate plans on both sides of the trip). This gives the person a sense of freedom and independence when she can no longer drive.
- Craft items, which reflect the person’s interest.

Moderate Stage:
- Simple to manage clothing: tube socks, shoes with Velcro closures, jumpsuits with back closures, washable, comfortable clothing: more than one outfit of the same color.
- Materials to sort: Large buttons or beads, pennies and penny folders.
- Music, especially the old songs that can bring back wonderful memories. Try to locate sources that sell classics or oldies. Christmas carols, holiday favorites, religious music, as well as music from a person’s homeland can bring great pleasure.

Late Stage:
- Photo albums, family pictures and memory books.
- Pet visits. Most people with dementia still enjoy the visits of dogs, cats and other small animals.
- Bird feeders and tape(s) of bird songs.
- Recordings of old music.
- Videotapes with pleasant sights like gardens, fish tanks, and sounds can be soothing. Most people with late-stage Alzheimer’s still derive comfort from touch. Try giving a hand or body massage. (Note: Do not massage legs as blood clots can form in this population.)
- Lap blankets or afghans.

Courtesy: Alzheimer’s Association - Eastern Tennessee Chapter
ALZHEIMER’S SUPPORT SERVICES

Take care of your self, especially during the holidays:

Do unto yourself as you do for others

• **Plan ahead.** Literature available from the Alzheimer’s Association can help you predict the progression of the disease. Setting a plan for care before it is needed allows the individual with AD to be involved while able and will alleviate stress down the road.

• **Maintain your support network.** Keep in touch with friends and family. It is healthy for both you and the person with AD to have regular social interaction. Be open and honest about the effects of the disease on you and your loved one.

• **Ask for help.** If friends and family ask how they can help, take them up on the offer. Develop a list of tasks and allow them to choose one that fits their interests and schedule. Community programs can also provide some respite, such as adult day services, in home care, and short-term overnight care. *Never say never. Keep an open mind to all the resources that are out there. At a certain point, resources that did not seem like an option before might be the best solution.*

• **Schedule time for yourself.** Use the free time that assistance affords you to maintain involvement in the things that you love, even if it is scaled down. One example is if adult children relieve you, do something for yourself OUT of the house: dine out with friends, go to the bookstore, or get a massage. Make up your mind that you count too.

• **Keep yourself healthy.** Get adequate rest, especially if you are ill. The National Sleep Foundation recommends eight hours of sleep per night. Eat a healthy, balanced diet rich in whole grains, fruits, and vegetables.

• **Reduce your stress.** Regular physical activity will keep your body strong and reduce stress and depression. Avoid caffeine and nicotine, which aggravate insomnia and anxiety, and reduce alcohol intake, as it decreases natural coping mechanisms for depression. Set aside time daily for mental and spiritual relaxation.

• **Get emotional support.** You may want to consider counseling or support groups. Support Groups offer a place to share your emotions, to receive empathy from others in similar circumstances, and to seek solutions to specific problems.

*Courtesy: Alzheimer’s Association -Eastern Tennessee Chapter*

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

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

**Memorials & Tributes**
Preparing for the Holidays

FAMILIARIZE…family and friends with the behavior and conditions of your person and offer protocol for visiting.

To My Family and Friends:

Please help make my caregiving simpler. This time of year can be difficult. I hope that you’ll visit during the holidays, but there are a few things you should know. (I’ve enclosed a photograph so that you can see how ______ is looking now.)

Sometimes getting dressed is a problem and social niceties are in the past, so please don’t be shocked by ______’s appearance or behavior.

Although ______ may not remember your name or relationship, your loving presence will be appreciated. Speak to ______ and reach out. A touch on the shoulder, or a touch on the hand can be reassuring and mountains of smile are almost always returned. Don’t feel that you have to entertain us. Just having you here makes us less lonely.

Don’t be afraid to laugh at some of the strange happenings you might find! It is the ability to laugh that makes it possible for me to go on. ______ may be irritable or impatient during your visit. You may be recognized or may need to be reintroduced many times and it’s possible that the room we are in may become unfamiliar and uncomfortable to ______. Behavior is unpredictable, because with fading memory so fades the ability to anticipate or think logically.

Please call before you come so that we are prepared for your arrival and while here, remember to include us both in your conversation.

Try not to criticize me, I have enough doubts but I’m doing the best I can. Your friendship and love helps to ease those fears! Can’t wait to see you!

Courtesy: Alzheimer’s Association - Delaware Chapter

Caregivers Holiday Bill of Rights

- You have the right to take care of yourself - eat right, exercise and get enough rest and relaxation.
- You have the right to feel mixed up emotions around the holidays; happy, sad, frustrated, afraid and thankful.
- You have the right to spend time alone thinking, reflecting and relaxing.
- You have the right to say no to dinner party invitations.
- You have the right to ask for help and support from family, friends and community services agencies.

- You have the right to say no to alcohol and drugs…and seconds to dessert.
- You have the right NOT to ride with a drunk driver, to take their keys away and to call a taxi for them.
- You have the right to give presents that are within your holiday budget.
- You have the right to smile at angry salespeople and/or rude drives and give them a “peace” of your mind.
- You have the right to enjoy your holiday the way you want to!

Courtesy: Alzheimer’s Association - Des Moines Chapter

Happy Holidays from the Staff of
Mountain Empire Older Citizens
Thank you for the changes you make, all the work you do and the sacrifices you freely give. Your love shows in all the thankless tasks you perform.

Thank you for being aware of my moods and what they mean.

Thank you for your commitment to my physical well being. You take me to the doctor or the hospital and advocate for me. Sometimes there are medical professionals that can be too zealous and other times too passive. Never have you failed to look out for my best interest, even when it made them angry.

Thank you for protecting my dignity when helping me with bathing and toileting.

Thank you for watching me closely, so I don’t run away and get hurt. It is exhausting and nerve-wracking to feel like you can never relax, for fear of what I may do.

Thank you for running interference for me, so that I am not overwhelmed by this confusing world. My family and friends know how to get the most out of our visits because you have taught them well.

Thank you for not asking “Don’t you remember?” Because I don’t and it upsets me.

Thank you for giving me activities that make me feel useful.

Thank you for accepting me for who I am and who I’ve become. It breaks my heart that you have to bear this burden and I am humbled by the love you show me.

Thank you for knowing when to let me have my way during temper tantrums and when to protect me from my stubbornness.

Thank you for saying no to me. It takes a lot more energy to say no than yes.

Thank you for distracting me, so I can calm down.

Thank you for telling me lies, when truthfulness was so important in our lives. You tell me things to only soothe and protect me, not to deceive me.

Thank you for taking time out for yourself. I need you for the long haul.

Thank you for recognizing your limits and seeking care I need, when and if you are unable to provide it.

Thank you for protecting others with your hard earned wisdom. It honors me and gives meaning to our suffering.

Thank you for your guilt. I don’t want you to feel it, but you still do. STOP, please for my sake and your own. I only need your love, not guilt.

I especially thank you for every mistake you make, no matter how small or how large. Every mistake you made was because you were doing something for me!! I am not asking you for perfection. Forgive yourself and forget it, because I have.

Thank you for laughing when I say or do something funny, because you have given me the power to make you happy for a moment.

Thank you for answering the same question every 5 minutes for an hour and for understanding that it is usually because I am nervous or scared. So little of my life makes sense to me, so if I ask the same thing over and over again, it is because I am trying to hold on to the small part of the world that I do understand.

Thank you for getting others involved in my day-to-day care. This not only gives you a break, but I get extra stimulation.

Thank you for the deep love you have shown me. I see it in the everyday things you do for me like getting my coffee just right or buying my favorite cookies. Only someone who loves me would take the time to do something special only to have it forgotten in five minutes.

By: Kathleen Duncan, who with her husband, cares for her husband’s mother Mary who has been suffering from Alzheimer’s Disease for many years.
ALZHEIMER’S SUPPORT SERVICES

Studies confirm relationship between brain health, heart health

Two research studies presented at the Alzheimer's Association International Conference on Prevention of Dementia confirm the close relationship between heart health and brain health.

French researchers report that treating risk factors for heart disease and stroke, such as high blood pressure and diabetes, may slow the progression of Alzheimer's Disease. Among nearly 900 people with dementia studied, those whose vascular risk factors were treated took three years to decline as much as untreated patients did after two years.

In a second study, Mayo Clinic researchers investigated whether people who have had a carotid endarterectomy (to open a blocked artery) or stroke are more likely to have impaired memory and thinking skills or mild cognitive impairment (MCI), which often precedes Alzheimer's. The elderly subjects studied who had carotid endarterectomy or stroke or mini-stroke were about twice as likely to have MCI. This may be due to the effects of the severe blockage of blood flow to the brain that made the surgery necessary, or to the effects of the stroke. Alternately, the carotid artery surgery may be a marker for generalized atherosclerosis.

“The best known and most solid risk factors for Alzheimer's are age, family history and genetics things you can't change,” said William Thies, Ph.D., Alzheimer's Association vice president of medical and scientific relations. “Research that identifies lifestyle risk factors gives people actions they can do, and positive choice they can make, to reduce their risk of Alzheimer’s, like lowering their blood pressure and treating their diabetes, or-better still-avoiding them in the first place. That's a good research investment.”

Courtesy: Alzheimer's Association - Maine Chapter

Thank You

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There are a million more things your loved one could thank you for, but is unable. We are certain your loved one would say, “Take care of you. You are very precious to me.” You are very valuable to your loved one and to our society in general. Your selflessness makes our community better. Your knowledge guides other caregivers and becomes a shining example of humanity at its best. Be proud of yourself.

Courtesy: Alzheimer's Association - South Eastern Virginia

FLU

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Nant, even healthy persons who live with or care for those in a high risk group. The one exception is healthy persons who care for persons with severely weakened immune systems who require a protected environment; these healthy persons should get the inactivated vaccine.

Who Should Not Be Vaccinated

Some people should not be vaccinated without first consulting a physician. They include:

People who have a severe allergy to chicken eggs.
People who have had a severe reaction to an influenza vaccination in the past.
People who developed Guillain-Barré syndrome (GBS) within 6 weeks of getting an influenza vaccine previously.
Children less than 6 months of age (influenza vaccine is not approved for use in this age group).
People who have a moderate or severe illness with a fever should wait to get vaccinated until their symptoms lessen.

If you have questions about whether you should get a flu vaccine, consult your health-care provider.
ALZHEIMER’S SUPPORT SERVICES

Educational materials available for caregivers at MEOC Library

**BOOKS**

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

**PAMPHLETS**

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

**VIDEOS**

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

**CASSETTE TAPES**

- Alzheimer's What You Need to know
- Caring for the Caregiver - Caregiving at Home, Especially for the AD Caregivers
- What is Dementia
MEOC and University of Appalachia College of Pharmacy Host Second Annual Brown Bag Medicine Reviews

Participants at Mountain Empire Older Citizens WIN (Wellness is Now) Centers located in Pound, Norton, Coeburn and Big Stone Gap, as well as members of each community, recently had the opportunity to have prescription and non-prescription medications reviewed by students from the University of Appalachia College of Pharmacy located at Grundy. A total of 75 people, each with medications in a “brown bag”, had private medication consults with pharmacy school students. With the oversight of one or two pharmacy professors at each location, participants received personal guidance on—medication expiration dates, possible food or drug interactions, the importance of following the doctor’s instructions about time of day to take a particular medication and taking with or without food. Prior to beginning the medications review at each location, each of the pharmacy students presented a mini-lesson health education lesson on such topics as “fall prevention”, “adult immunizations” and “counterfeit drugs”.

The Brown Bag Medicine Reviews were made possible through an ongoing partnership between Mountain Empire Older Citizens, Inc. (MEOC) and the University of Appalachia College of Pharmacy (UACP). We at MEOC are so grateful for the service that the medication reviews provide for area senior citizens and look forward to the third annual Brown Bag Medicine Review in 2008.

The entrance sign to the Town of Coeburn states that it is “The Town of Friendly People”. Dine Mullins (Center), who works at the MEOC Coeburn WIN Center, gives pharmacy students, Mital Patal (Left) and Jenny Choi (Right) a warm Coeburn welcome!

Long-time Pound resident, Bruce Cantrell, enjoyed sharing some local history with pharmacy professor, Dr. Treye Heim.

See More Photos on Pages 29B - 32B
Program

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Kelly Stapleton. Andrea and Kelly are sisters and participated in the program together.

Participants in the Healthy Families program are visited by Family Support Workers (FSW) who make regular home visits with the mom and her new baby. During the visits they bring a wealth of information to the new mother and are able to answer questions she may have about her new baby.

All three graduates of the program stated that the home visits were very beneficial to them as they began learning how to care for a child.

Andrea Taylor explained that her sister Kelly was involved in the program before she became involved. She said while her sister’s FSW, Maggie Christian, was visiting with Kelly, she expressed an interest in getting involved. Andrea said she was two months pregnant when she enrolled in the program. She said she was able to receive a great deal of information throughout her pregnancy that was very helpful to her.

Andrea admits she did not know very much about caring for a newborn when she initially got involved in the program. However, she was able to learn so very much through her involvement with Healthy Families that she has recommended the program to others.

She notes that the workshops held by Healthy Families staff and the opportunity to meet with other parents were very helpful to her as well.

Racheal Herron learned about the program while she was in the hospital after giving birth to her twins. Racheal says she was young when she had her children and she did not really know a lot about babies. However, both she and her mom agree that the program was very helpful to her and she too would recommend it to others. The family support worker provided child development/parenting skills information at each visit and the FSW would also leave handouts at each visit that were very informative, she said.

Kelly Stapleton, who is the mother of three, said like the others in the program, that she knew very little about raising children and is very thankful that a program like this one exists for young mothers in our area.

“Even after having three kids, I’m still learning,” Kelly said.

MEOC’s Director of Children’s Services, Janie Dockery, provided information about the Healthy Families program.

“The main focus of the program is to promote positive parenting, to look for family strengths and build on those strengths to make the family unit stronger,” she explained.

New parents often need extra help because the networks that once were in place have changed and so many things about parenting can be overwhelming, she said. Many people assume that today’s moms will instinctively know what to do in every situation. However, many young mothers and fathers have never spent time with a new baby.

Dockery explained that parents who participate in the program receive information on nutrition, health, child safety, self-esteem building, developmental stages, developmental testing, budgeting, establishing healthy relation-

See HEALTHY, on page 30B

Staff

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enrolled in the Healthy Families program. She will also be providing home visiting part-time to Healthy Families families. She has just completed Healthy Families Virginia Family Resource Specialist and Family Support Worker core training and required wrap-around training necessary to begin working with families. Jennifer resides in Pound with her husband and two children.

Priscilla will be working as a Family Support Worker for the Healthy Families program and providing additional services to families through the Lee County Department of Social Services. Priscilla is a graduate of Lincoln Memorial University with a Bachelor’s Degree in Visual Arts and holds a M.Ed. in Curriculum and Instruction from Lincoln Memorial University. She brings her educational background and experience working in a daycare setting and as a student teacher to her job at MEOC. She also has completed her Healthy Families Virginia Family Support Worker core training and required wrap-around training necessary to begin working with families. Priscilla currently lives in Lee County and her hobbies include oil painting and pastel drawing of landscapes.
Anna Cowden of Norton (left), had a great time getting acquainted with pharmacy students at the Brown Bag Medicine Review held at the Norton WIN Center. Pictured here, students, Amy Meade (Center) and Seth Graham (Right) give Anna some helpful advice about her medications.

Additional University of Appalachia College of Pharmacy students or staff who reviewed medications and made educational presentations at the Norton Center, but are not pictured are: Greg May, Eric Hendrick, Michelle Tada, Shana Humes, Kim Ho, Gladys Mbah, Hi Li, Brian Bill and Dr. Jennifer Campbell.

The pharmacy students at all Brown Bag event locations not only provided beneficial information about medications, but spent time getting acquainted with participants. Here Sang An (left) and Aaron Barnette (right) are pictured with Beulah Osborne from Pound.

See More Photos on Page 30B - 32B
Those who participate in the program are able to take advantage of a toy lending library. This allows parents to borrow educational toys for their children to use until they outgrow them. Once the child has surpassed that educational level, the parents turn the toys back in and can then take home toys at the next development level.

Dockery explained that parents are able to participate in the program at three levels. At Level One, they receive weekly visits from workers, who bring books, resource and learning materials and other items. As the family progresses, after spending six months on Level One, they may advance to Level Two, which features visits every other week. At Level Three, participants move to visits once a month, as children get older and parents gain experience.

For more information about the Healthy Families program contact Janie Dockery at 523-4202 or jdockery@meoc.org.
Lenore Stapleton from Pennington Gap (Right) gets some medication questions answered by pharmacy students Stacy Sowers (Left) and Chris Augustus (Center).

Pharmacy students, Jessica Lee (Left) and Stephanie Dye (Center) take time to take a close look all medications and offer suggestions for getting optimum benefit from each. MEOC Advisory Council member and volunteer, Lula Belle Reasor, from Pennington Gap finds the MEOC Brown Bag medicine review events to be very beneficial for older citizens.

The Mountain Empire Older Citizens WIN Center at the Town Hall, was the location for the medications review in Pound. Twelve smiling pharmacy students accompanied by their professor, Dr. Treye Heim, reviewed medications and made educational presentation to twenty-five center participants and staff at the Pound Center.

Here the student group gathers for a photo in the council chambers of the Town Hall. Pictured Left to Right are: 1st row: Lara May; Mark Ykap; Mounish Patel; Sang An; and Ravindra Shah. 2nd row: Daniel Manobianco; Danh Phan; Magaly Wong; and Joseph Werner. 3rd row: Gavin Counts; Aadon Barnette; Mohamad Salem; and Dr. Trey Heim.
The College of Pharmacy students who visited Big Stone Gap, conducted medications reviews and health education presentations in the conference room of the MEOC Office. This event was attended by older citizens from Big Stone Gap, Appalachia, Dryden and Pennington Gap. After the reviews were completed, students commented on how well informed many of the older citizen in attendance were about their own medications. Before returning to Grundy, the group gathered for a photo. Pictured (L to R) in the front row are: Dr. Holly Hurley, Professor; Megan Metivier, Leslie Li, Jessica Lee, Jamie Ratliff, Zenkhane Patel and Hang Tran. Picture (L to R) in the back row: Fadehe Olanegan, Adam Stitt, Kristen Hodge, Stacyl Sowers, Chris Augustus, Stephanie Dlye and Dr. Raymond Weber.