Nancy Kimberlin Receives 2007 Grace P. Davis Award For Exemplary Care

Jonesville resident Nancy Kimberlin was recently honored as the recipient of the 2007 Grace P. Davis Outstanding Family Support Services Employee Award. Kimberlin has been employed by Mountain Empire Older Citizens, Inc. since April 2000 as a personal care aide.

Kimberlin admitted that she was very surprised by the award. “I did not expect it at all. Two individuals had told me that they had nominated me, but I was still surprised,” she commented. The award winner stated that there were other individuals also deserving of this honor. “I like to treat people like I would want my parents treated. I treat my clients like family, they actually become my family,” she said. “Sometimes we are the only person that the client sees.” Kimberlin has been a caregiver since she began working at MEOC. “I enjoy helping others and have tried to make tasks easier for my clients,” she noted. “I enjoy my job and I thank God for being blessed with the talent to be able to help others in a time of need.”

Julia Dillon, Director of Family Support Services at MEOC and Kimberlin’s supervisor, expressed her support of the award winner. “Nancy is a wonderful employee and an asset to MEOC. She is very devoted to her clients and possesses the qualifications necessary to receive the award.”

— Julia Dillon, Director of Family Support Services

See AWARD, on page 2B
**Award**

continued from page 1B

The numerous nominations for Kimberlin echo her dedication to her clients. The following quotes were submitted to MEOC for her nomination:

“If the community had more people like Nancy living in it, it would be a better place.”

“Nancy goes above and beyond what is expected of her and has made a tremendous difference in the lives of those who she helps.”

“Nancy really cares for our mom in many different ways, she takes care of her personal care and always adds that little touch of tender loving care for her. She always talks and sings to her, tells her she loves her and, before she got bedridden, Nancy would even dance with mom.”

Kimberlin notes that her interest in caregiving started when her mother, Flossie Moore, was sick and she began assisting her with her needs.

She is married to Jimmy Kimberlin and has three children, Randall of Jonesville, Donna Ingle of Rose Hill and Jimmy Jr. of Jonesville. She also has four grandchildren. In addition to her job, she enjoys visiting her parents, Hillery and Flossie Moore, walking and helping others.

Kimberlin is modest about the recent achievement adding that she tries to be a good caregiver. “I am also lucky because I have made a lot of friends through my job,” she said.

Grace P. Davis, a retired Lee County educator, was instrumental in the organization and development of Mountain Empire Older Citizens, Inc. and provided invaluable leadership in its growth and expansion from 1974 through 1999, a twenty-five record of service.

From her first service as a member of the local planning group which received the initial Older Americans Act Gerontology Planning Grant in January 1974 through her service to MEOC as Board member and as Board Chair throughout the 1970’s, 1980’s and 1990’s, Davis was a leading and outspoken advocate for the development of in-home services for the elderly. Davis passed away in September 2002.

She was a pioneer in Virginia aging circles for her strongly held position that older people, if given the choice, prefer to live in their own homes in their own communities. She was philosophically opposed to the unnecessary and inappropriate institutionalization of older people and worked diligently and tirelessly to see that community based services were developed in southwest Virginia which would give older persons the support and choices needed to stay safely and securely at home and which would allow them to remain as independent as possible. During her service and leadership on the MEOC Board of Directors, the following community based services were developed: personal care, homemaker, in-home respite, community group respite, Alzheimer’s support services, companion care pilot project and case management. During her tenure at MEOC, there was substantial growth in MEOCs home-delivered meals program, transportation service, emergency service program and pharmaceutical assistance program.

Davis was recognized by the Virginia Department for the Aging in 1995 as the recipient of the first Richard Bull Outstanding Service Award for her dedication and loyalty to Virginia’s

Nancy Kimberlin displays the plaque she received after being named the recipient of the 2007 Grace P. Davis Award.

See CARE, on page 4B
FRIENDSHIP

Is my choice for...

Ambulance &

Home Medical Equipment

Pictured is Carol Bentley and Respiratory Therapist Marlene Charles.

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Helpful Hints for Homemade Soup

When the weather outside is not so inviting, what could be better than a bowl of hot, steaming soup? For many, soup is considered the ultimate comfort food, especially during the cold winter months. Whether served as the main course or as an appetizer, soup is a hearty, nutritious, low-cost dish that is sure to satisfy even the heartiest appetite.

Although most soups are relatively easy to prepare, here are a few tips to help make sure that you simmer up the tastiest soup.

If you use soup bones, start them in cold water. Placing soup bones into boiling water seals the bone, which prevents flavor and nutrients from being released.

Avoid letting the soup boil. Soup should simmer gently for several hours to bring out the best flavor. Boiling soup can result in tough or rubbery ingredients and cloudy broth.

For a clearer broth, strain through several layers of cheesecloth or pour through a sieve.

Add unthawed frozen vegetables during the last 15 minutes of cooking time to avoid overcooking them.

Because dried herbs give off their best flavor when heated, while fresh herbs lose their flavor if cooked too long, it’s best to add dried herbs at the beginning of cooking and fresh herbs near the end.

Always add seasonings in small amounts and taste after each addition. Some experts recommend using a stainless steel spoon for taste tests, because wood and sterling silver spoons can disguise the flavor.

If you accidentally overseason your soup, add a few slices of potato, simmer

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Care

continued from page 2B

Aging Network as evidenced by her impressive history of grassroots advocacy for the needs of the frail elderly. She was recognized by the Virginia Department for the Aging as well for her outstanding volunteer efforts on behalf of our state’s older citizens.

When Davis resigned from the MEOC Board in 1999 at age 96 for health reasons, the Board named her Chair Emeritus in recognition of her extraordinary service and leadership. On November 19, 2001, the MEOC Board of Directors voted to establish the Grace P. Davis Outstanding Family Support Services Employee Award to annually honor an MEOC employee who is an extraordinary direct care provider to older persons and who displays the qualities of compassion, concern, respect and service to frail older clients. This annual award was established to honor Davis for her decades of service and for her establishment of excellence in MEOCs family support services programs and to continue her legacy at MEOC by recognizing those employees who most demonstrated the fulfillment of her dreams of service to frail older persons by the daily display of loyalty, commitment and kindness to MEOC and those we serve.

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Soup

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for 30 to 45 minutes and then remove the potato slices and discard. The potato will absorb the excess seasoning.

To help reduce the fat content, place four or five ice cubes in a piece of cheesecloth and swirl it around in the soup, or place a few lettuce leaves in the soup, stir them around for a few minutes, then remove and discard. Another method is to place a clean paper towel over the top of the soup to soak up the grease. If time permits, you can also make soup a day ahead of time, chill it overnight and then remove the hardened fat that forms on the surface before reheating the soup.

To make creamy, rich soups without adding a lot of fat, use mashed potatoes, sweet potatoes, rice, vegetable purees or low-fat tofu instead of cream.

To thicken soup, use evaporated skim milk, instant mashed potatoes, rice flour, cornstarch, or pureed white beans.

Avoid overcooking or over seasoning soup if you plan to refrigerate or freeze it ahead of use. The ingredients will cook further when reheated. For safety’s sake, cool or freeze soup in shallow meal-size containers. Soup is best if refrigerated no more than two to three days or frozen no more than six months.

For an added touch, garnish soup with croutons, low-fat cheese, scallions, low-fat sour cream or fresh pieces of herbs just before serving. Or for something different, serve soup in homemade bread bowls.

After you have taken the time to make soup, take steps to keep it safe. For best safety and quality, plan to eat refrigerated soup within two days. Avoid letting soup set at room temperature for more than two hours.

Take care when cooling soup. Instead of putting a large pot of hot soup directly into the refrigerator to cool, transfer the soup to shallow containers, making sure soup is no more than two inches deep. Refrigerate promptly. When serving soup a second time, reheat it until it is steaming hot throughout, at least 165˚F.

Minestrone Soup – Classic Italian Vegetable Soup

1/4 cup olive oil
1 clove garlic, minced or 1/8 teaspoon garlic powder
1 teaspoon Italian seasoning
1 1/3 cups onion, coarsely chopped
1 1/2 cups celery and leaves, coarsely chopped
1 can (6 oz.) tomato paste
1 tablespoon fresh parsley
Dash hot sauce
1 1/2 cups frozen peas
1 cup canned red kidney beans, drained and rinsed
1 can (1 lb.) tomatoes, cup up
1/2 cup fresh green beans
1 cup water
1/4 teaspoon salt
Black pepper to taste

Add corn, potatoes, water, salt, pepper, and paprika. Bring to a boil; reduce heat to medium, cover, about 10 minutes or until potatoes are tender. Pour 1/2 cup of milk into a jar with tight-fitting lid. Add flour and shake vigorously. Add flour mixture gradually to cooked vegetables and then add remaining milk. Cook, stirring constantly, until mixture comes to a boil and thickens. Serve garnished with chopped fresh parsley. Yield: 4 servings

Serving size: 1 cup; Per serving: Calories: 186; Total fat: 5 g; Cholesterol: 5 mg; Sodium: 205 mg; Fiber: 4 g; Carbohydrate: 31 mg; Potassium: 455 mg

Corn Chowder

1 tablespoon vegetable oil
2 tablespoon celery, finely diced
2 tablespoon onion, finely diced
2 tablespoon green pepper, finely diced
1 package (10 oz.) frozen whole kernel corn
1 cup raw potatoes, peeled, diced, 1/2-inch
2 tablespoon fresh parsley, chopped
1 cup water
1/4 teaspoon salt

Add uncooked spaghetti and simmer 2-3 minutes. Yield: 16 servings

Serving Size: 1 cup; Per serving: Calories: 112; Total fat: 4 g; Cholesterol: 0 mg; Sodium: 202 mg; Fiber: 4 g; Carbohydrate: 17 g; Potassium: 393 mg

Ground Beef and Vegetable Soup with Rice

This recipe is easy to increase or decrease in size.

1 pound lean ground beef
1 medium onion, chopped
1 1/2 cups celery, finely diced
2 1/2 cups cooked rice
1 can (8 oz.) tomato sauce
1 large clove garlic, minced
1/8 teaspoon garlic powder
1 1/2 teaspoons Italian seasoning
1/4 teaspoon dried oregano
2 cups water
1/2 teaspoon salt
Black pepper to taste

Sautéd onions and garlic in a large pot. Add ground beef and brown. Strain the beef broth into a large saucepan. Add the vegetables and stir until ingredients are well mixed. Bring to a boil. Reduce heat, cover, and simmer about 45 minutes or until vegetables are tender.

Add uncooked spaghetti and simmer 2-3 minutes. Yield: 16 servings

Serving Size: 1 cup; Per serving: Calories: 186; Total fat: 5 g; Cholesterol: 5 mg; Sodium: 205 mg; Fiber: 4 g; Carbohydrate: 31 mg; Potassium: 455 mg

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MOUNTAIN EMPIRE NEWS

Hints

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(equals about 1 cup chopped)

1 (28 oz.) or 2 (14.5 oz.) cans diced tomatoes, including juice

2 cups water

1 cup cooked brown rice

2 cups frozen, mixed vegetables

Salt and Pepper to taste

In a large skillet, brown ground beef and onion over medium heat 8 to 10 minutes or until beef is no longer pink. Drain. Transfer beef and onion to a large pot. Add tomatoes and water. Bring to a boil. Add rice and vegetables. After mixture returns to a boil, reduce the heat, cover and simmer until vegetables are tender (about 8 minutes). Add salt and pepper to taste. Thin with additional water if desired; reheat until mixture starts to bubble. Yield: 4 to 6 servings.

Note: You may use no-salt-added tomatoes to reduce sodium content.

Broccoli Soup

3 cups chopped broccoli or 2 (10 oz.) packages frozen chopped broccoli

1/2 cup diced celery

1/2 cup chopped onion

1 cup low-sodium chicken broth

2 cups nonfat milk

2 tablespoon cornstarch

1/4 teaspoon salt

Dash pepper

Dash ground thyme

1/4 cup grated Swiss cheese

Place vegetables and broth in saucepan. Bring to a boil; reduce heat, cover, and cook until vegetables are tender (about 8 minutes). Combine milk, cornstarch, salt, pepper, and thyme; add to cooked vegetables. Cook, stirring constantly, until soup is lightly thickened and mixture just begins to boil. Remove from heat and add cheese. Stir until melted. Yield: 4 servings.

Serving size: _ recipe. Per Serving: Calories: 140; Total Fat: 3 g; Cholesterol: 10 mg; Sodium: 270 mg; Carbohydrate: 20g

Cheese Soup

2 tablespoon butter or margarine

3 tablespoon flour

1 quart (4 cups) milk, scalded

1/2 small onion, chopped

1 1/2 cups mild or sharp cheddar cheese, finely grated

1 teaspoon salt

1/4 teaspoon paprika

Fresh parsley

In a medium size saucepan, melt butter or margarine. Add flour and mix until smooth. Gradually add milk and onion; stir until smooth and mixture boils. Add cheese and stir until melted and combined. When ready to serve, add salt and paprika and garnish with a sprig of parsley.

Yield: 4 servings.

Quick Chicken Soup

Best if prepared ahead and reheated.

2 cups water

1 (14 oz.) can chicken broth or 1 3/4 cup home prepared broth

3 boned, skinned chicken breast halves or thighs, cut into cubes

1 1/2 cups mild or sharp cheddar cheese, finely grated

1/4 cup chopped green onions

1 (14 oz.) can tomatoes, chopped

1/4 teaspoon thyme

1/2 teaspoon poultry seasoning

1 bay leaf

Pepper to taste


Hints

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MEOC Director of Care Coordination Judy Miller (left) and her department will coordinate very closely with new Mountain Empire PACE Social Work Director Judy Free, MSW, LCSW (right). Both are quite busy in locating and assessing potential PACE enrollees.
ATTENTION!

IF YOU ARE...
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For more information, call
MOUNTAIN EMPIRE OLDER CITIZENS, INC.
1-276-523-4202 or 1-800-252-6362
Each year in early December, members of the Norton Employer Advisory Committee (EAC) gather for a Christmas luncheon to celebrate the coming Holidays through fellowship and charitable giving to community organizations. At the December 2007 meeting, the Norton EAC voted to award gifts of $500 each to MEOC’s “Sharing our Daily Bread” for Home Delivered Meals, the Emergency Fuel Fund for the Elderly and Healthy Families “Christmas for Kids” project. Also, a gift of $500 was made to the Norton Social Services Children’s Christmas fund. Pictured, Nancy Smith accepts the EAC check on behalf of MEOC and Kim Bledsoe accepts on behalf of Norton Social Services. EAC members standing in the back row are: Gary Hale, Manager of Norton VEC Office; Valerie Lee, HR Manager at Cumberland River Mining; Diana Collier, Office Services Specialist at VEC; Leona Brickey, Career Preparation Coordinator at Flatwoods Job Corps; and Ezra Powers, Center Assistant General Manager at SI International, Clintwood. Standing in the front row are: Jack McCarty, HR Representative at Cumberland River Mining; Kim West Bledsoe, Senior Employment Services Worker at Norton Social Services; Karen Addington, Office Manager at Morgan McClure Chevrolet in Coeburn and EAC Treasurer; Nancy Smith, MEOC Nutrition Services Director; Vickie Oliver, Comptroller for Morgan McClure Chevrolet and EAC Chair; and Margaret McAfee, Administrative Assistant for MEOC Older Worker Program.

The Norton Employer Advisory Committee (EAC) is a group comprised of representatives of area businesses and organizations, established for the purpose of improving and facilitating communication between employers and the local Virginia Employment Commission (VEC) Office. Participation in the Norton EAC provides opportunity for members to address local employment and training issues; gain up-to-date labor market information; discuss solutions to human resource issues; participate in local and statewide seminars and career fairs; utilize the EAC video library; and benefit from VEC recruitment and other services available the local VEC offices. The monthly meetings also, provide an opportunity to network and to learn about special community projects. Membership is free. For additional information, contact Diana Collier at 276-679-9413.

Christmas Comes Early for MEOC Programs
ARE YOU DUE A REBATE???

The Economic Stimulus Plan (tax rebate) was signed into law by President Bush last week, and you can receive a rebate even if you owed no taxes and had at least $3,000.00 income from earnings, Social Security or Railroad Retirement benefits, any pension benefit administered by the Department of Veterans Affairs, or any combination of these. In order to receive your rebate if you do not normally file an income tax refund, you will have to file by April 15, 2008 in order to receive the Economic Stimulus rebate.

If you normally file an income tax return you need do nothing else except to file as you always have done. The eligibility for rebate payments will be determined from your return that you file and the rebate amount will be handled the same as directed on the tax return. If you directed that any refund be directly deposited into your account, the rebate amount will also be directly deposited. If you opted for a paper check, then a check will be mailed to the address on the original tax return.

Persons filing a Zero Balance return (owing no tax or not normally required to file) will have to file to receive a maximum of $300 or $600 in the case of a joint return. Stimulus payments will not begin before sometime in May. **Please consult with your tax advisor in order to file for this benefit.**

The Internal Revenue Service will not automatically notify persons that they potentially qualify for benefits. The scam artists are already hard at work calling individuals for bank and credit card information so that their payments may be direct deposited. The IRS will never call you regarding personal financial information. They may call to set up an appointment for you to come to their office, but even that will also be in writing; so never give out banking account numbers, your Social Security number or a credit card number to a telephone caller. Also be very careful if someone were to come to your house volunteering to help you collect your rebate. If either of these events occur, then call a trusted advisor before giving out any information.

Norton Community Hospital Auxiliary Major Supporter of MEOC

MEOC is so thankful for its partnership with the Hospital Auxiliary of Norton Community Hospital. The Auxiliary volunteers use the profits of the Hospital Gift Shop to support the work of MEOC and others.

Recently, the Hospital Auxiliary presented sizeable checks to MEOC to support the work of our Emergency Fuel Fund For The Elderly, Home-Delivered Meals Program, Children’s Advocacy Center and KinCare Program. Their donation truly helps make a positive difference in the lives of at risk persons of all ages. Pictured left to right are Norton Community Hospital Auxiliary Volunteers Ann Godsey, Mildred Renfro and President Madge Boggs. Accepting the donations are MEOC Executive Director Marilyn Pace Maxwell and MEOC Elder Rights Director Margaret Sturgill.
Powell Valley High School’s “Spirit of Giving” Assists MEOC

“Spirit Week” at Powell Valley High School featured a week of activities honoring the football team’s first round of playoff games in November. This week took on new meaning this year as the Student Government Association (SGA) also declared the week as “Spirit of Giving” week.

The students of PVHS stepped up to the challenge through a series of activities. The SGA committed to raising $600 to donate to the Mountain Empire Older Citizens’ Sharing our Daily Bread program. Through fund-raising ranging from hat sticker sales and balloon message deliveries to seeking donations, the club met its goal and presented MEOC representatives, Nancy Smith, Director of Nutrition and Ray Moore, Director of Administrative Services, with a check for $600 during Friday pep rally activities.

In addition to the donation to Sharing our Daily Bread, Powell Valley students also accepted a challenge from the SGA to collect canned food for the Big Stone Gap Food Bank. By week’s end, 2,713 cans of food had been collected.

When asked about the “Spirit of Giving” activities, SGA advisor Kim Blanken said, “Raising awareness became very important as the week progressed. I, and I hope our students, came to realize the incredible need in our community. I also hope we learned that we can make a difference when we work together.”

A special thank you to the Powell Valley High School SGA and all students and faculty who participated in or supported “Spirit of Giving.” These are gifts that truly make a difference for people in need in our communities. The $600 raised for MEOC’s home delivered meals program will provide meals for a year for one home bound older person.

Carrie Mongle (L), on behalf of the PVHS Student Government Association, presents Nancy Smith (R), Mountain Empire Older Citizens Nutrition Director, with a check for $600. SGA member used sticker sales, balloon message deliveries and donations to raise the money, which will provide Home Delivered Meals for one elderly person for one year.
Margaret Sturgill, of Mountain Empire Older Citizens, and Patty Akers, Heritage Hall Nursing Home administrator, have doubled their goal to $20,000 for this year’s annual Duck Race fund-raiser. Proceeds from the March 22 event will be split between the MEOC Emergency Fuel Fund and Heritage hall Resident’s Fund.

“We had three residents seen by a dentist out of that money, people who needed to have teeth pulled, and we’ve bought one resident’s dentures and are in the process of getting the other two fitted for dentures,” Akers said.

Multiple pairs of eyeglasses have been bought, and there are needs for replacement of lost hearing aids. “Those cost $1,000 and up for each ear, and if there’s no family, nobody at all to help, that’s a big quality-of-life factor for people who really need them,” she said.

Requests for assistance are granted only to those who have no other resources, she said. “Any money that is spent has to be approved by the Residents Council,” she noted. The council is made up of 20 to 25 residents who meet once a month with the social director to plan activities and review requests for assistance.

Right now, Akers noted, there’s a new offering at the nursing home that is gaining attention and building interest with residents. It may be that soon, residents will be able to take computer classes or establish times when they can play computer games each week.

“MEOC located us two computers for us to put in our activity department. We’re now working on getting classes established. That’s another benefit that’s come out of this. Not only are we raising money for two very worthy causes, we’re working together on ways to help the residents,” she said.

Duck Race tickets are now on sale at The Post newspaper, the nursing home and MEOC, as well as other locations in the MEOC service area. Call MEOC at 523-4202 or Heritage Hall at 523-3000 with questions.
The New Face of Coal

Alpha Natural Resources
One Alpha Place
P.O. Box 2345
Abingdon, Virginia 24212
276-619-4410
alphanr.com
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).
Harvest Hoedown Raises $11,700 for Home Delivered Meals Service

Thanks to the generous support of countless people throughout Southwest Virginia and beyond, Mountain Empire Older Citizens’ second annual Harvest Hoedown for Home Delivered Meals was a great success!

On the evening of November 8th, approximately 175 people gathered at the Goodloe Center at Mountain Empire Community College to enjoy a delicious barbeque supper, entertainment by the East Tennessee State University Bluegrass Band and a great silent auction with more than 100 items up for bid. After all of the proceeds from ticket sales, special contributions and the silent auction were added up, the 2007 Harvest Hoedown generated a grand total of $11,700 for Home Delivered Meals—an amount that exceeded our goal by $1,700.

To all who donated or solicited an item or gift certificate for the silent auction, sold tickets, served on the planning committee, contributed money or filled a volunteer position on the event of the event—YOU were critical to the success of the 2007 Harvest Hoedown! We appreciate you so much and would be grateful for your help with the 2008 event. Let us

See MEALS, on page 16B

Members of the East Tennessee State University (ETSU) Bluegrass Band entertained Hoedown guests throughout the evening with a mix of old time and country music, interspersed with funny stories. The talented young performers of the ETSU Bluegrass Band are part of the ETSU Bluegrass, Old Time and Country Music Program and come from all over the country and world to pursue studies in this music genre. ETSU is the only four-year university in the world with a comprehensive bluegrass music program and any performance by these young “cream of the crop” student musicians, is always a TREAT!
(Left) While waiting for the musical entertainment to begin and the silent auction to open, the Hoedown crowd enjoys a delicious BBQ supper prepared by the Norton Rescue Squad. Pictured here (L to R) are Lola Sanders, Sue and Dennis Sturgill, and T. R. and Debbi Davidson, all of Big Stone Gap.

(Right) The Harvest Hoedown provides a great opportunity for a night of family fun while supporting a good cause. MEOC’s Judy Miller is pictured enjoying the festivities with two of her five grandchildren—(L to R) Marin Greer and Eden Wells.

See More Photos on Page 17B & 18B

■ Meals

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know if you would like to help.

Special thanks to: Mountain Empire Community College for graciously hosting the Harvest Hoedown; the Norton Rescue Squad for preparing and serving a delicious BBQ supper; and Cumberland Resources Corporation for sponsoring the meal. We are so grateful for the many businesses, organization and individuals whose generosity and caring contributed to the success of the second annual Harvest Hoedown for Home Delivered Meals.

Local fundraising for MEOC’s home delivered meals program is so important and is on going. Even with such outstanding local support, MEOC continues to have waiting lists for home delivered meals. Latest reports show that MEOC has 152 older, frail people on its waiting list who need a home-delivered meal, but who are going without because MEOC is operating at financial capacity. This past year, MEOC served 924 different older people in its home delivered meals program a total of 118,261 meals.
The crowd has gathered in and it’s time to kick off the second annual Harvest Hoedown for Home Delivered Meals! Pictured (L to R), Sue Ella Boatright Wells, Mistress of Ceremonies; Nancy Smith, Harvest Hoedown Project Coordinator; and Bill Smith, Stage Manager for the Harvest Hoedown are eager to get the “show” started. Sue Ella Boatright Wells is Dean of the Center for Workforce Development at Mountain Empire Community College and is an important member of MEOC’s Board of Directors and Harvest Hoedown planning committee. Nancy Smith is Director of Nutrition & Senior Employment Services for Mountain Empire Older Citizens and serves as Coordinator of the Harvest Hoedown and other fundraising activities for Home Delivered Meals. Bill Smith is Executive Director of the Crooked Road, Virginia’s Heritage Music Trail and has supported the Harvest Hoedown events as a volunteer musician, emcee and stage manager.

Debbie Sanders (L), Administrative Assistant for MEOC Nutrition Services from big Stone Gap and Amy Rolen (R) Harvest Hoedown planning committee member from Wise, take a breather after a busy evening at the registration table selling tickets, making change, assigning pseudonyms for the auction and providing general information about the event.
Jeannie Mullins (L) and Susan Herndon (R) remove covers from display tables in preparation for the opening of the silent auction. Both Jeannie and Susan work for the Virginia Cooperative Extension Service—Jeannie in Lee County and Susan in Wise County. Both have served two consecutive years as members of the Harvest Hoedown Planning Committee and event volunteers. Displayed on the easel next to the fireplace is a beautiful “raggedy-reverse” appliqué wall hanging, handmade and donated to the auction by Jeannie Mullins.

Jasmine Bolinskey, the youngest member of the Harvest Hoedown crowd, is perfectly content in her own special seat with her bottle while her Mom, Leigh Ann Bolinskey, takes photos of the evening’s festivities.

Volunteers Needed

The Mountain Laurel Cancer Support and Resource Center is in need of volunteers to assist in managing the center’s activities. Volunteer needs include assisting cancer patients and their families locate cancer related health information, gathering materials for the organization’s quarterly meetings, taking referrals for assistance, coordinating requests for assistance with MEOC programs and other community resources, assisting in planning and staging community fundraisers and other responsibilities as necessary. If you enjoy helping others and are interested in volunteering in a pleasant and fulfilling environment, please contact Judy Miller at 523-4202.
Caring Friends provide comfort, warmth to patients with cancer

From the time we are babies, we understand how a nice, warm blanket that is all ours can make us feel safe in the scariest of times.

A group in Southwest Virginia called Caring Friends seeks to help people who are going through cancer treatment at the Southwest Virginia Cancer Center feel a little bit of that comfort and safety by making homemade quilts for them.

“The quilts are so beautiful, and so personal,” said Sandra Franklin, office manager at Southwest Virginia Cancer Center. “Each quilt has a tag in it with a special name for the quilt, and the group has asked us to try to match the quilts up with patients’ personalities.”

“We keep the designs simple,” said Ann Collins, founder of Caring Friends. “But we have quilts made with all kinds of fabric. There are Christmas prints, Easter prints, bowling pins, champagne glasses. We try to make all kinds of quilts so that people get something they like and that is their style.”

Collins says that she got the idea to start the Caring Friends after a trip to Ohio. “I was in a fabric store there and picked up a newsletter. They had a story about a group of quilters who sewed but these quilts are theirs, Collins plans to approach the Caring Friends present a quilt to Diana Barnette at the Southwest Virginia Cancer Center. Standing, from left to right, are Debbie Helton, Sherry Collie, June Dotson, Martha Blackburn, Joyce Turner and Sandy Mullins. Seated, from left to right, are Grace Allie, Diana Barnette and Ann Collins.

for a hospital up there, and I thought, ‘Why can’t I do that?’ I knew that I couldn’t do it alone, so I came home and asked my neighbor if she would like to join me.”

Her neighbor did join her, and now the group is 17 members strong.

Franklin said that she was honored that the group chose to make quilts for the patients at the Southwest Virginia Cancer Center. “It’s always nice when people from our community want to come in and help our patients. We have blankets for everyone, and that makes such a difference. These really make our patients happy.”

“I hope that these quilts bring some comfort or laughter,” Collins said. “And maybe the quilts can make them forget about their treatment for a little while.”

To make it easier for patients to carry their quilts back and forth from treatments if they choose, Franklin bought tote bags. “I bought pink bags in honor of October being breast cancer awareness month,” she said.

other area quilters and ask them to join Caring Friends. “The more quilters we have, the more quilts we can make,” she said. “This is something that I want to see go on and on.

I’m so blessed and I love to help others. I understand the patients’ fears and I want them to know they aren’t alone.”

Article reprinted with permission from Wellmont Health System.
Eighteenth Annual Alzheimer’s Seminar a Huge Success

The Goodloe Center, on the campus of Mountain Empire Community College in Big Stone Gap, was the site of the Eighteenth Annual Alzheimer’s Seminar held on November 9, 2007. Two hundred and ten caregivers, family members, professionals, clergy, students and volunteers were in attendance at the event. Speakers for the seminar were: Karen Stobbe an actress, writer and instructor whose focus in life took a turn when her Dad was diagnosed with Alzheimer’s Disease. Since then she has written a 2-person performance called Sometimes Ya Gotta Laugh and a book by the same name. Karen has developed a training program called In the Moment that uses improvisation, theatre and creativity to train. Her focus is Alzheimer’s Disease and dementia, but her trainings are purposeful for all of our lives. Karen has presented over 750 workshops for caregivers; including a 4-hour intensive for the National Alzheimer’s Conference.

Mondy Carter is a very talented actor of stage and commercials who is also an amazing writer and instructor. He has been teaching improvisation for over 16 years to every walk of life. Mondy has performed in over 50 commercials, written 6 plays and is featured in 4 films.

Dr. Brian Bonfardin is the Clinical Assistant Professor at East Tennessee Department of Psychiatry. He is the Medical Director for Omega Substance Dependency Program at Mountain Home, Veterans Administration. He is a Disabilities Consultant for Frontier Mental Health and has a private practice specializing in Autism and Developmental Disabilities.

“The Faces of Caregiving” photography project was unveiled at the seminar (See photos in this issue of the Mountain Empire News.) Sponsors for the Eighteenth Annual Alzheimer’s Seminar were:

- AARP
- Brian Center
- Cumberland Mountain Community Services
- Dickenson County Behavioral Health
- First Choice Home Health Care
- Friendship Ambulance and Home Medical
- Frontier Health
- Heritage Hall Health Care—Big Stone Gap
- Heritage Hall Health Care—Clintwood
- Heritage Hall Health Care—Grundy
- Heritage Hall Health Care—Tazewell
- Heritage Hall Health Care—Wise
- Hospice and Palliative Care of Virginia
- Junction Center for Independent Living, Inc.
- Lee Nursing and Rehabilitation Center
- Mountain Empire Community College
- Mountain Empire Older Citizens, Inc.
- Norton Community Hospital
- Planning District One Behavioral Health Services
- Ridgecrest Manor Rehabilitation and Specialty Care Center
- Southwest Virginia Legal Aid Society
- The Laurels Retirement and Assisted Living Community
- The Oxbow Center
- Wellmont Health System

We wish to extend a heartfelt “thank you” to our sponsors for making this day possible!
MECC nursing students Rebecca and Nelson James of Kinsport seemed to enjoy the event. (Rebecca and Nelson are husband and wife, as well as classmates.)

Longtime friends Irma Snodgrass, Weber City and Nell Powers, Dungannon, enjoyed catching up at the event.

Lee Career and Technical Center nursing students Cindy Hobbs and Misty McElyea work on their evaluations.

Karen Stobbe and Linda Gannaway, Gate City, practice one of the exercises during the seminar.
(Top Left) Ginger Beverly, Norton, had several questions for presenter Karen Stobbe.

(Top Right) Dr. Brian Bonfardin discusses his presentation with Karen Tucker of Big Stone Gap.

(Left) Rev. Will Shewey, Hiltons, and Deb Clarkston, Big Stone Gap, are the picture of concentration during a seminar activity.
“Sundowning” Brings Increased Anxiety Confusion

So called “morning people” are usually at their best early in the morning.

The opposite is true of night people. They’re never at their best in the mornings. Some may even miss the mornings entirely by sleeping late.

Those with Alzheimer’s Disease will more often than not evolve into morning people, whether they like it or not. Many in their latter stages of the disease will become increasingly agitated and anxious as the day wears on. The condition is commonly called “sundowning.”

Sundowning occurs late in the day or the evening. Those who experience it show increased agitation and anxiety, as well as increased confusion and restlessness. They may become more argumentative and less cooperative.

It used to be thought that sundowning was caused exclusively by the lowering of light and shorter days. However, recent studies indicate that other factors may come into play. There is evidence that Alzheimer’s Disease damages or disrupts parts of the brain that control the circadian rhythms, the body clock and the sleep-wake cycle. Being overly tired may be a significant contributing factor in sundowning.

Edyth Anne Knox, who has written articles on sundowning and has created online communities for caregivers, offers these tips.

Make sure the person with Alzheimer’s is well rested. Have the loved one take a nap before their normal period of sundowning. If they cannot or will not nap, an hour of quiet time will usually work. Quiet time would involve reducing stimulation (including TV) and activities.

Limit outings and activities to the morning hours. Plan trips to the supermarket, involvement with the kids, etc., to occur early in the day. Do not involve the person in the preparation of dinner and other evening activities.

Decrease the length and amount of stimuli. Even during morning hours, the person with Alzheimer’s can only tolerate so much stimulation and commotion.

Identify and minimize physical discomfort. Being too hot or too cold or feeling hungry can play a part in sundowning. Light snacking during the day can be helpful. Be sure that the individual’s personal needs are attended to.

Identify and treat medical ailments. Arthritis can be one of the most common medical contributors to sundowning. Other causes might be a urinary tract infection, flu/colds, allergies, and asthma. Also, some pains will become more prevalent late in the day, contributing to agitation. The person with Alzheimer’s isn’t always able to communicate that pain. When the loved one first begins exhibiting sundowning, it’s recommended that he or she be examined by a physician to ensure there are no other ailments present.

Be observant to possible causes. A trigger to agitation could be something as innocuous as a certain noise produced by a video game.

Provide a private time-out space for the loved one. There needs to be an off-limits area for the person with Alzheimer’s if activities in the household become too much to bear.

Clear the house. During really aggressive sundowning episodes, it’s a good idea to send family members out of the house on an outing. The caregiver would, of course, remain behind. Turn off the TV and radios. Turn off lights that are unneeded. The caregiver should make sure the house is safe and then move to a quiet corner or to an outside porch.

Check with the doctor. If sundowning is particularly troublesome, you may need extra help with prescription medicine. Medication, however, should be considered only as a last resort.

Keep things simple. Keep the surroundings as simple as possible. Make sure walking paths are clear of clutter and obstacles. Low furniture, such as coffee tables, can be a source of frustration for the loved one. Keep knick-knacks to a minimum. Complicated, noisy appliances can also be frustrating.

Courtesy: Alzheimer’s Association - Greater Richmond Chapter
Curry Chemical May Clear Alzheimer’s Plaques

Researchers at the University of California, Los Angeles/Greater Los Angeles Veterans Affairs Medical Center have isolated an ingredient in curcumin that may help the immune system clear beta-amyloid, which forms the plaques found in the Alzheimer’s brain. Curcumin is a natural substance found in turmeric root, frequently used in Indian curries.

In testing blood samples of people with Alzheimer’s Disease, researchers also identified the immune genes associated with this activity. The study provides insight into the role of the immune system in Alzheimer’s Disease and points to a new treatment approach focusing on the immune system.

“This is not an area in which we were looking with these spices,” Sam Gandy, chairman of the Alzheimer’s Association Medical and Scientific Advisory Council, said. “It points us in a different direction that may help us unravel the way Alzheimer’s Disease affects us.”

Courtesy: Alzheimer’s Association - Greater Richmond Chapter

Alzheimer’s Disease: Genes and Families

John Adair, MD

Questions about the genetic causes of dementia frequently arise in clinic. Genes are chemicals inherited from our ancestors that determine, to a large extent, many aspects of our physical being (known as our “phenotype”). For example, if your parents were tall, chances are good that you are tall as well. At present, genes are the hand we are dealt at conception and they are not subject to therapeutic modification (sometimes, genes change on their own, a process referred to as “mutation”). Environmental factors also influence our gene’s expression. For example, you may not be as tall as your predecessors if your diet was poor. In contrast to our genes, at least some environmental aspects can be modified. Hence, clinicians confronted with a physical condition consider both genetics and environment, both nature and nurture, knowing in advance that we can mostly impact the latter.

So why are genes important? The long-story short is that knowledge about genetics leads to better ways of diagnosing and treating illness. Regarding a specific diagnosis of Alzheimer’s Disease, two concepts are important: mutations in some genes actually cause disease while other gene variations simply modify risk. To this point, we are aware of only three “disease genes”. All people carrying mutations in genes coding for the amyloid precursor protein, presenilin 1 or presenilin 2 develop Alzheimer’s Disease if they live long enough. Unfortunately, their condition develops early (often in the 30s and 40s) and affects about half of all family members (known as a “dominant” inheritance). Fortunately, early-onset dominant Alzheimer’s Disease is uncommon. Testing for these disease genes is available on a limited basis: only mutations in the presenilin 1 gene can be sought commercially. There are several reasons such testing is rarely ordered by most doctors, not least of which is expense. However, identifying a presenilin 1 mutation in a patient with dementia represents the only situation where we can be virtually certain of the diagnosis without examining brain tissue under the microscope.

A more common concern relates to the “rise gene” APOE. Mutations are not involved in the APOE story. Rather, the specific type of normal genes we carry influences risk. There are three different variations (E2, E3, and E4) of APOE; the most common form is E3 and the least common is E2. Like all genes, we get one type from each parent. They can be the same (E3 from mom and dad, known as “homozygous”). The punch line is that having an E4 gene increases your risk of developing Alzheimer’s Disease, with greater risk from carrying two copies (E4/E4) than one (E3/E4). Less well established

See GENES, on page 25B
Fact or Fiction: Do Antiperspirants Cause Dementia?

Could the aluminum-based compounds that inhibit sweating cause Alzheimer’s Disease?

In 40 years, no study has clearly linked Alzheimer’s and aluminum, the third most common element after oxygen and silicon. Daily exposure to trace amounts of aluminum in deodorants, cookware, beverage cans or over-the-counter medicines, such as antacids and buffered aspirin, accounts for only a small percentage of the average person’s intake. At this level, most mainstream scientists believe that exposure to aluminum is not a significant risk factor.

The theory that antiperspirants could cause Alzheimer’s Disease is a long-time myth, William Thies, Alzheimer’s Association vice president of medical and scientific relations, told Scientific American. “Alzheimer’s brains shrink,” he says, “As your brain shrinks, the concentration of aluminum in your brain is going to appear high.”

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

Genes

continued from page 24B

may be the possibility that carrying E2 decreases risk. Determining your APOE type is commercially available, so why don’t doctors use it for diagnosis? The presence of E4 does not identify Alzheimer’s Disease with certainty, in contrast to identifying mutation in one of the disease genes. In fact, there may be more patients with Alzheimer’s Disease carrying E3 (because it is more common) than E4. Conversely, many people run around with at least one copy of E4 who never have dementia. Rather than diagnosis, we may some day be able to use APOE status to better predict who may develop Alzheimer’s Disease in the future, in a similar way that cholesterol measures are used to predict one’s risk of vascular disease. This type of information will obviously be useful only after we establish the means to reduce risk.

How does understanding the genetics of Alzheimer’s Disease lead to improved therapies? Discovery of the “disease genes” has focused much of the research effort in treatment on the genes’ product, the amyloid beta peptide. The majority of drugs in clinical testing aim to either reduce amyloid beta production or to prevent the peptide from accumulating in deposits called “plaques”.

In addition, scientists have taken the disease genes and put them into laboratory animals. While many people have valid reservations about animal research, animal models of Alzheimer’s Disease may be extremely useful in developing new therapies. First, such animal research provides at least some preliminary indication about a treatment’s safety in humans. Second, Alzheimer’s Disease probably evolves over years or decades in a human, but only weeks or months in a mouse. Hence, the effectiveness of new interventions can be preliminarily assessed in a much shorter time in animals.

While acknowledging that a family history of Alzheimer’s Disease weighs heavily on many minds, I recommend people spend less time worrying about their “nature” - there is nothing you can do about your genetic endowment - and more time thinking about ways to improve their “nurture”. For concrete suggestions about how to promote your own brain health, contact your Alzheimer’s Association local chapter or, if you have access to a computer, visit www.alz.org/we_can_help_brain_health-maintain-your-brain.

Courtesy: Alzheimer’s Association - New Mexico Chapter

Memorials & Tributes

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.
ALZHEIMER’S SUPPORT SERVICES

Maintaining a Healthy Diet

As with everyone, proper nutrition is important to overall good health. It’s important to keep a few simple rules in mind when it comes to a person with Alzheimer’s Disease:

• Keep mealtime calm and comfortable. Avoid noise and distractions such as television. Also, bring out only those utensils needed for the meal being served.
• Offer only one food at a time. Having more than one food at a time requires the person to make a choice, which can be confusing. For example, serve a vegetable dish followed by a meat dish.
• Try different or new foods. Even though someone with Alzheimer’s Disease may have had a favorite food or meal for years, he/she may now prefer other foods. You may need to try different or new foods to see what he/she likes.
• Beware of foods that can cause choking. Avoid foods that are difficult to chew.
• Use straws or cups with lids. This helps make drinking easier.

• Try finger foods. Certain foods can be eaten with fingers if using utensils is difficult. Using bowls instead of plates may also help.
• Offer a healthy snack. Have snacks on hand so that they can be eaten when the person gets hungry.
• Allow enough time for meals. A person with Alzheimer’s Disease may need about 1 hour to properly finish a meal. Don’t rush him/her or force him/her to eat. You may consider serving several smaller meals throughout the day rather than 3 big meals.
• Encourage him/her to feed himself/herself. You may need to get him/her started by lifting your own spoon to your mouth or placing your hand over his/hers and raising it to his/her mouth.
• Keep close tabs on his/her weight. Weight loss can mean several things, including inadequate food intake, an illness, or the side effect of medication. If weight loss continues, talk to his/her doctor.

Courtesy: Alzheimer’s Association - Greater East Ohio Area Chapter

Reminiscing Kits

These are kits you would want to make ahead of time and have ready for a rainy day or a day that your loved one just seems to be overly agitated. Kits of familiar items to see, touch, and smell are used by persons with dementia for reminiscing. A specific item or a grouping of things used for a common purpose often prompts memories. A specific item or a grouping of things used for a common purpose often prompts memories. Here are some suggestions:

KITCHEN KIT - wire whip, egg beater, egg timer, spatula, rubber scraper, ladle, sponge, hot pad mitt, pan scrubber, vegetable brush, measuring spoons, nesting plastic measuring cups, rolling pin, hand strainer, tea strainer, potato masher, pastry brush;

YOUNG GIRL KIT - empty perfume bottles, large and small puffs, ribbons, large barrettes, music box, young girl purse, change purse, artificial flower corsage, pretty handkerchiefs, comb, mirror, sunglasses, scarves, doll, opera glasses;

SPORTS BOX - tennis ball, baseball, golf ball, large sports bag, shoulder pads, helmet, small football, mallet, croquet ball, binoculars, birdie, horseshoe, ski goggles, gloves, hat, racket ball, golf glove, tennis racket, horse racing sheet;

TOOLBOX KIT – level, stilton wrench, monkey wrench, pliers, metal extension tape, clamp, ruler, wooden folding ruler, square, screwdriver, paintbrush, sandpaper, toolbox;

SEWING BOX KIT - buttons strung together, darning egg, large spools of thread, tapes, lace rickrack, tape measure, real sewing box, pin cushion;

YOUNG MAN KIT - shoe buffer, tie clip, clip bow ties, ties, wallet, empty after-shave can, shaving brush, handkerchiefs, comb, eyeglass frames, watch, belt, keys/key ring, sunglasses;

JEWERLY BOX KIT – costume jewelry, pins, bracelets, necklaces, large and small jewelry boxes.

Courtesy: Alzheimer’s Association - New Mexico
Caregiving Can Provoke Laughter

By Doris Groch

Doris Groch takes care of her mother who has Alzheimer’s Disease. She has a keen sense of humor and a knack for seeing the funny side to almost any situation. In her caregiving role, she finds that humor goes a long way to alleviate her mother’s distress and it helps her cope. Using a certain amount of literacy license and with no loss of respect for her mother, Groch offers this story for us to enjoy.

Mom had a dental appointment. You caregivers know the routine - you mark your calendar, then carefully mark your loved one’s calendar with all the details.

The day before the appointment, I reminded Mom about it. I took her to have her hair done, and got her clothes ready. “Hey, this is going to be a piece of cake!” I thought.

The day of the appointment arrived. We made it through breakfast and finished our morning chores. I forget how many times we discussed the time and place of the appointment, Mom’s old teeth stories, all the dentists Mom has seen in her 83 years. I looked forward to sitting in the waiting room and reading without Mom interrupting me every five minutes. It might be expensive, but the dentist could watch Mom for an hour.

I took Mom to her bedroom where her clothes were laid out. I thought, “Mom will look so cute in her new hairdo and her perfectly matched outfit. If Norman Rockwell were alive, he would want to paint this moment.” I felt rather proud of myself - excellent planning.

A little later I called to Mom, “Are you doing Ok?” “Yes, yes,” she answered. Time marched on. I knocked on the door and asked, “May I come in, Mother?” “Sure, come in,” she said.

Words cannot describe how I felt when I saw Mom. She had wet down her newly coifed hair. She thought the dentist would charge her more if he believed she had money enough for the beauty shop. Her blouse had toothpaste dribbles on it. She was wearing only a girdle and bobby socks on the bottom.

She was slowly picking out a necklace. When she asked me, which looked best, my mind went blank. I couldn’t remember what Madonna wears with her bra and girdle. I quickly said, “pearls, pearls go with everything.”

Countdown time. I knew Mom would not change her clothes and if I pushed it she would get agitated. But I did not want to take her out in a girdle, knobby knees and bobby socks. It was time for a “therapeutic fib”. “Mom, you really look good (a fib), but is it cold out (a fib). How about putting some slacks on? You’ll need a jacket, too. I love you, and I don’t want you to get sick or catch a cold (not a fib).”

At last we arrived at the dentist’s office. The staff informed me that when they called the day before to verify the appointment, Mom had cancelled it!

Courtesy: Alzheimer’s Association - Southern Oregon Chapter

(Standing) Mountain PACE Director Tony Lawson, PACE Medical Director and Physician Gary Williams and MEOC Executive Director Marilyn Pace Maxwell are so pleased to welcome Dr. Ross Santell to PACE as consultant Clinical Dietitian on the PACE Interdisciplinary team. Dr. Santell is Dean of the Division of Health Science and Industrial technology at Mountain Empire Community College.
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
Caring 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

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

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

**Old Time Music**

Participating in a jam session at Mountain Empire Community College of old time music are Mary Lou Carter (left) and Andrew Taylor (right). MECC currently offers the largest traditional music program in the state of Virginia, offering classes in beginning banjo, fiddle, beginning, intermediate and advanced guitar, mandolin, lap dulcimer, shape-note singing, intermediate and advanced string-band, keyboarding as well as courses in writing from your own life and Appalachian studies. For more information, contact the Office of Work Force Development at 523-7489.

**Site Participants Meet Local Anchorman**

Participants from the Nickelsville Respite site enjoyed an outing in early December to Bristol Motor Speedway to see the wonderful Speedway in Lights. While there, the group met and had their picture made with Johnny Woods of WCYB. Pictured are (seated in front) Anne Kilgore; (standing) Lucille Justice, Doris Jonas, Johnny Woods, Edith Mays, Edna Dockery, Jane Bailey, Nell Powers, Kathy Flores (Site Manager), and Ralph Wiggins (MEOC Driver).

**MEOC Welcomes New Transit Employee**

The Mountain Empire Older Citizens Transportation department is pleased to welcome Mitchell Elliott of Coeburn.
Michael Wampler Named MEOC Transportation Director

Join us in welcoming back Michael Wampler! Many of you may remember Michael from his most recent position with MEOC as the Transit Operations Director. Michael last served with the LENOWISCO Health District, where he held the position of District Emergency Planner.

On January 2, 2008, Michael began his new position as MEOC Transit Director. Michael has been employed with MEOC a combined total of 13 years. In addition to directing MEOC’s Transportation Department, Michael will serve as transportation Coordinator for Mountain Empire PACE and will serve on MEOC’s Management Team.

Mike Henson, the former Transit Director, has accepted the newly created position of Information Technology (IT) Director for Mountain Empire Older Citizens. Mike was MEOC’s first Transit Director and held the position for more than 20 years. Under Mike’s leadership, Mountain Empire Transit has grown dramatically, the new transit facility was completed in 2005 and MEOC has earned numerous awards, including, the Federal Transit Administration’s Administrator’s Award in 2004, the Virginia Department of Rail and Public Transportation’s Small Urban and Rural Transit System of the Year award in 1995 and citations in many Federal and Private Foundation Studies over the years as a rural model of transportation system cooperation and coordination.

We at MEOC are pleased to have Michael Wampler back as our new Transit Director and Mike Henson as our new and our first Information and Technology Director.

MEOC Transit Department Recognizes Employee 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 David Peace. The MEOC Transit Employee of the Quarter receives a $50 Wal-Mart Gift Card in appreciation of his hard work. Additionally, the Employee of the Quarter is recognized on a plaque in the Transit Administrative Offices.
MEOC’s Retired and Senior Volunteer Program and The Foster Grandparent Program would like to take this opportunity to thank the following individuals for their hard work and dedication with the planning of this year’s Dr. Martin Luther King and Black History events.

Pictured standing (L to R): Jake Ravizee, Lynch, Kentucky; Jennifer Spangler, FGP Director; June Burney, Big Stone Gap; Richard Lomax, Big Stone Gap; Ethel Daniels, Norton; Lula Belle Reasor, Pennington Gap; Jennifer Mays, Appalachia; Frank Gravely, Norton and Ralph Cox, Pennington Gap.

Seated (L to R): Lynnette Stuart, RSVP Director; Mary Chandler, AmeriCorps and Kenya Hardison, Big Stone Gap.

Black History Committee Meets at MEOC