



HEART & SOUL

LIVING WELL AT 60+

A free program sponsored by Mountain States Health Alliance for people 60+. Helping you be active, stay healthy and have fun!

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February 2017

HEART OF THE COMMUNITY: VICKIE AND HARRY FORD

Couple shares a passion to volunteer

Once Vickie Ford retired from teaching after 30 years, she soon found a new calling - volunteer-extraordinaire. A post-retirement volunteer position at a hospital gift shop quickly grew into a new nickname, a statewide volunteer leadership position and even world travel. Then when her husband Harry retired, he also found satisfaction in volunteering, and working toward a goal to help someone every week without anyone knowing about it.

Vickie started volunteering at Sycamore Shoals Hospital gift shop in Elizabethton. Soon after, she found herself involved in the Sycamore Shoals Volunteer Auxiliary, and has served as both president and vice president.

About three years ago, Vickie challenged herself to take on a new volunteer role at the hospital - delivering fresh-baked cookies. She offers a friendly smile and a warm cookie to family members waiting for loved ones to come out of a medical procedure. Now, she's affectionately as "the Cookie Lady."

"I thought doing this would let me show what being a volunteer is all about," Vickie says. "It's simple, but it makes me feel good."



Harry and Vickie Ford

Until recently, Vickie also served as chairperson of the Tennessee Council on Volunteers, which encourages hospitals from across the state to share ideas and improve volunteer opportunities. She's also volunteered for mission trips across the globe.

Harry supports Vickie's many volunteer roles. "I wouldn't even attempt to tell you what all she's involved in," he says. "It's amazing all the time and effort she puts in to volunteer. She won't brag about any of it, but I will."

Harry also volunteers at Sycamore Shoals Hospital where he was an employee until his retirement last year. Now he volunteers by coordinating blood drives and cholesterol screenings, and assisting in the stock room. Harry and Vickie are the only husband-and-wife team to receive the Servant's Heart Award, Mountain

(story continued on page 2)

Upcoming Events & Classes

Blood labwork
Sat., Mar. 4, 7-10 a.m.
Indian Path Medical Center, Kingsport
(register in lobby) 423-857-7160

Eye pressure screening
Thurs., Mar. 9, 12:45-2 p.m.
Johnson City Health Resources Center
Call for appointment: 1-844-488-7827

Pickin' Porch Show
Thurs., Feb. 23, 7-9 p.m.
The Foundation Event Facility
620 State Street, Bristol, Tenn.
423-573-2262

Mamma Mia! The musical
Feb. 23 - April 8, dates and times vary
Barter Theatre, Abingdon
276-628-3991

Annual Kiwanis Spaghetti Dinner
Sat., Feb. 25, 4-7:30 p.m.
Jonesborough Middle School
\$8 all-you-can-eat

Diabetes Survival class
Mon., Feb. 27, 3-4 p.m.
Johnson City Health Resources Center

Storytelling - for your health
Tellers from Jonesborough
Storytellers Guild
Tues., Feb. 28, 1-2 p.m.
Kingsport Health Resources Center

Tales of Afrilachia
Jonesborough Yarn Exchange
Mon., Feb. 27, 7 p.m.
International Storytelling Center,
Jonesborough

**Put Your Best Fork Forward
(cooking class)**
*Wed., Mar. 1, 5-6 p.m.
Johnson City Health Resources Center

*Thurs, Mar. 2, 1-2 p.m.
Kingsport Health Resources Center
1-844-488-7827

Vickie and Harry Ford

(story continued from page 1)

States Health Alliance's most prestigious honor - Harry in 2012 and Vickie in 2015.

"You can never give out what you're going to get back," Vickie says of her time spent volunteering. "The feeling that you've done something worthy today that's not been about you, but someone else - you can't buy that with money."

Go to page 4 and see how volunteering can be good for your health.

Don't want it? Donate it!

The cold months are a good time to clear out clutter and donate unwanted items to local organizations. Many will pick up furniture, tools, clothing and linens; just call to schedule a pick-up time. Note that the type of donations accepted may vary.

- **Good Samaritan**, Johnson City: 423-928-1116
- **Goodwill Industries of Northeast Tennessee & Southwest Virginia**: 423-245-0600
- **Habitat ReStore**, Johnson City and Kingsport: 423-378-4760
- **Haven of Mercy**, Johnson City: 423-929-1474
- **Salvation Army thrift stores**: Bristol, 423-764-2777; Johnson City, 423-926-2102; Kingsport, 423-247-8154

HEALTHY HOME COOKIN'

Raspberry Trifle Laced with Chocolate Sauce

Makes 16 servings

Arthritis-Friendly | Vegetarian

This showy dessert is great for special occasions and surprisingly low in fat. Using low-fat dairy products, like skim milk, gives you more calcium - needed for keeping bones strong - since fat replaces calcium in whole milk and cheeses. If you wish, substitute strawberries for raspberries. Both berries and cocoa in the chocolate sauce provide antioxidants, which help fight inflammation and diseases such as cancer.

Ingredients:

- 3 (4-serving) packages instant vanilla pudding and pie filling mix
- 4 cups cold skim milk
- 1 (10-ounce) jar seedless raspberry jam
- ¼ cup orange juice or orange liqueur
- 2 (3-ounce) packages ladyfingers (about 24), separated lengthwise into halves
- 3 cups fresh raspberries (and/or strawberries)
- Chocolate Sauce (recipe below or use commercial)
- 1 (8-ounce) container frozen fat-free whipped topping, thawed
- Raspberries and fresh mint for garnish (optional)

Instructions:

1. In mixing bowl, beat or whisk pudding mix and milk until thick. Set aside. In small bowl, combine raspberry jam and orange juice or liqueur.
2. Place one-fourth of ladyfingers (12 halves) cut side up in the bottom of trifle bowl or large glass bowl.



3. Spoon one-fourth of raspberry jam mixture over ladyfingers, top with one-fourth of pudding and one-fourth of raspberries. Drizzle with Chocolate Sauce. Repeat layers three times.
4. Spread whipped topping over last layer. Refrigerate at least 4 hours before serving. Garnish with raspberries, mint, and any extra chocolate sauce, if desired.

Chocolate Sauce:

- 2/3 cup sugar
- 1/3 cup cocoa
- 3 tablespoons butter
- 1/3 cup fat-free half-and-half
- 1 teaspoon vanilla extract

In small pot, combine all ingredients except vanilla. Bring to boil, stirring continuously. Remove from heat; stir in vanilla.

Per serving: Calories 290, Calories from Fat 10%, Fat 3g, Saturated Fat 1g, Cholesterol 9mg, Sodium 357mg, Carbohydrate 61g, Dietary Fiber 2g, Sugars 48g, Protein 4g

How a colonoscopy can save your life

No one *wants* to get a colonoscopy, the simple screening to check for colon cancer. But taking time to have one may mean you have more years to spend with those you love. It also can prevent surgery – and medical expenses – that could have been avoided.

“The benefits of a colonoscopy outweigh the risks until you hit the age of 75,” says John Kerr, MD, a general surgeon with Mountain States Medical Group in Lebanon, Virginia.

When you turn 50, The American Academy of Family Physicians recommends most people should have their first colon cancer screening, and then as often as recommended by your doctor after that. During a colonoscopy the doctor is able to look inside your colon (large intestine) using a small video camera attached to a flexible tube. The doctor looks for growths called polyps, which can become cancerous, and removes them.

“The great thing about finding a polyp is that we remove it and prevent a cancer that may have arisen from that polyp,” Dr. Kerr says. “So, by removing polyps at a screening, we are preventing colon cancer.”

Colon cancer, the second-leading cause of cancer deaths in the U.S., can spread to other parts of the body. Because there typically are no symptoms when it first develops, this screening is even more important. Colonoscopies also can reveal other conditions like diverticulosis and hemorrhoids.

What you can expect

It’s important to follow a special diet the day before a scheduled colonoscopy. You’ll need to bring someone with you to the in-office procedure to drive you home because you will be sedated during the test.

“When most people realize they will be sedated during the screening, the associated dread is eased,” says Dr. Kerr.

People often worry about the cost, but many insurance companies pay for some, if not all, of the bill because they view colonoscopies as preventative screenings. Medicare covers the expense of a colonoscopy every 10 years for those who are not considered high-risk.

How to decrease colon cancer risk

Fortunately, you can do something to reduce your risk of colon cancer. Dr. Kerr says it’s simple: eat a balanced diet (including plenty of fruits and vegetables) and stay active through regular exercise. (Check out the information on page 4 about the senior men’s softball league. It’s a great way to stay fit and have fun at the same time!)



Heart-healthy events

Focus on your heart during February and March by visiting one of these heart-healthy events offered throughout the region.

Go Fish for Your Heart

Thurs., Feb. 23, 1-2 p.m.

Kingsport Health Resources Center

Healthy Eating with Dr. Charles Raudat

Thurs., Feb. 23, 6:30 p.m.

*Food City, State of Franklin Road, Johnson City
423-928-2661*

Free Heart Health Event (breakfast)

Fri., Feb. 24, 7:30-8:30 a.m.

*Emory & Henry College, Marion
276-378-1206*

Recipes for & from the Heart

Fri., Feb 24, 1-2 p.m.

Kingsport Health Resources Center

Inflammation, Heart Disease & Depression

Fri., Feb. 24, 5-6 p.m.

Johnson City Health Resources Center

Where’s the Salt? cooking demo

Tues., Mar. 14, 10-11 a.m.

*Kingsport Health Resources Center
Sign up: 1-844-488-7827*

CT Calcium Scoring

Thurs., Mar. 21, 2-2:30 p.m.

*Kingsport Health Resources Center
Sign up: 1-844-488-7827*

Heart Event

Sat., Mar. 25, 10 a.m.-2 p.m.

- Mega Heart walk-through
- Hands Only CPR
- Hearth Healthy Snacks

Ask the Cardiac Nurse

Tues., Mar. 28, Noon-1 p.m.

Kingsport Health Resources Center

Lunch & Learn – Peek into Your Heart

Wed., Mar. 29, Noon-1 p.m.

*Kingsport Health Resources Center
Lunch provided: Call 1-844-488-7827*

Why volunteering is good for you

Want to live longer and be happier? Consider volunteering! It decreases mortality rates, improves life satisfaction and lowers depression rates, according to a report by the Corporation for National and Community Service. Vickie and Harry Ford (see page 1) both agree that giving back makes them feel good.

"Volunteering is a great way to add value to your life by helping others," says Whitney Larkin, director of volunteer/auxiliary resources in Washington County, Tenn., for Mountain States Health Alliance.

You don't need experience - or even transportation - to get started. It's easy to find options that fit what you love to do and the time you want to commit. Even if you can't leave your home, Whitney points out that you can volunteer to make homemade items, like blankets for babies.

"There is truly something for everyone when it comes to volunteering," Whitney says.

At Mountain States facilities in Northeast Tennessee and Southwest Virginia, volunteer opportunities include answering phones, escorting guests to their destination within the facility, driving the courtesy shuttle, working in the gift shop

or at the front desk, and helping with office tasks like delivering mail or stuffing envelopes. When you apply to volunteer at Mountain States, Whitney says someone will meet with you to help you find the right fit, and you'll receive any training needed.

Explore volunteer opportunities in your community by asking friends and family members where they volunteer. It can be fun to serve together. Or check with local churches, museums, animal shelters, historical sites and senior centers to find the best fit for you. Here are some organizations that can use a helping hand:

- **Mountain States Health Alliance:** 423-431-2325 or MountainStatesHealth.com/Volunteer
- **United Way:** www.unitedway.org
- **Red Cross, Northeast Tennessee:** 423-765-4218; **Southwest Virginia:** 276-645-6650
- **Second Harvest Food Bank of Northeast Tennessee:** 423-279-0430
- **Feeding America Southwest Virginia:** 540-342-3011, ext. 7016
- **Mountain Home Veteran's Affairs Medical Center:** 423-979-2891

Calling men 60+! Time to play ball!

Heart & Soul was proud to sponsor the regional TriCities Senior Softball League last year, and we're excited to support the league again in 2017!

Now is the time to sign up at your local senior center, or go to tricitesseniorsoftball.com and fill out a registration form. For \$40, you get a jersey, a cap and a season of fun, fellowship and fitness. The group includes all levels of experience and skill levels, and teams are matched by age brackets of 60-64, 65-69, 70-74, 75-79. League rules are adjusted to reduce injury risks.

Weekly practice and conditioning is in full swing now with games starting in March at Winged Deer Park in Johnson City. For more information, call league director Charlie Mattioli at 423-543-1962.

Scenes from the Sweetheart Ball

Music, dancing, food, door prizes, and the crowning of a king and queen made the Sweetheart Ball held earlier this month a night of fun. Heart & Soul was happy to co-sponsor the event with Tetrick's Funeral & Cremation Services. If you missed it, join us in 2018!



Website: MountainStatesHealth.com/heart-and-soul

Email: heartandsoul@msha.com

Call toll-free: 1-844-478-7685 (SOUL)

Our mission is to provide education and benefits that encourage and enhance the health and lifestyle of members age 60+ living in Northeast Tennessee and Southwest Virginia.