



# 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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July 2017

# HEART OF THE COMMUNITY: ALAN DODSON

A wedding DJ follows his passion for cooking and teaching.

"If you enjoy what you do, you'll never work a day in your life." Those are words Alan Dodson lives by. He has spent many years making sure people are entertained through his work as a wedding DJ, but these days he gets most excited about food. Alan started teaching cooking classes at the Southwest Virginia Higher Education Center's College for Older Adults in Abingdon about a year and a half ago and also started his own personal chef business called "A Chef 4 You."

"During the second semester I taught, the students kept saying 'you should start a personal chef business.' That's what drove me to do it," Alan says.

Through A Chef 4 You, Alan meets with the client to learn about food likes and dislikes and plan meals, shops for all the ingredients, cooks the recipes right in their kitchen, and then packages the completed meals for reheating and enjoying throughout the week.

He admits it's a service not everyone needs, but for those who are too busy or not able to cook a hot meal every night, it's a good solution.

Alan views this new venture as a diversion. On the heels of his 67th birthday, Alan says he's trying to retire from DJ-ing. He's tired of the late nights and carrying around all the gear. Plus, it's



Alan Dodson

not surprising to learn he'd like to cook more.

Alan originally sought to be a student instead of teacher. He called the Higher

Education Center looking for a course in advanced knife skills. Somehow, the conversation shifted and Alan ended up with his own class. Now he teaches six-to-eight-week courses for 20 students who want to learn how to become better cooks at home.

"I've always liked the aspect of helping other people learn something to improve themselves," Alan says.

As a matter of fact, Alan enjoys teaching just as much as being a personal chef, if not more.

"It's kind of lonely doing meal prep. I like being hands-on and working with students," he says.

In his classes, Alan focuses on how to create delicious dishes that can be scaled down for a one- or two-person household. He also teaches the correct use of knives and how to get the best results from your cookware. And, he takes requests for topics to cover.

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### Upcoming Events & Classes

 Denotes health screening events.

#### Music on the Square

Fridays, 7 p.m.  
Free; bring lawn chairs  
Downtown Jonesborough

#### Classic Car Cruise-In

Saturdays, 5-9 p.m.  
Downtown Elizabethton

#### Music in the Park

Thurs., July 20, 7 p.m.  
Cumberland Square Park  
Bristol, Va.

#### Fun Fest

Fri., July 14 - Sat., July 22  
Kingsport; venues/times vary  
[www.funfest.net](http://www.funfest.net)

#### Saturday in the Park

Sat., July 15, 5:30 p.m.  
Free for entire family  
Memorial Park Community Center,  
Johnson City

#### Bird walk

Mon., July 17, 8-9 a.m.  
Warriors' Path State Park, Kingsport

#### Family tree research workshop

Sat., July 15, 2-3:30 p.m.  
Kingsport Public Library  
To register: 423-224-2539

#### Canvas painting class

Wed., July 19, 5:30 p.m.  
Bristol Public Library  
Cost: \$5  
To register: 276-645-8780

#### Senior Fest: Back to the '50s

Wed., July 19, 9 a.m.-6 p.m.  
Kingsport Senior Center

 Free vision screening

Sat., July 29, 1-4 p.m.  
Johnson City Health Resources Center

 Free mammogram, Pap tests, cervical & breast exams

Sat., Aug. 5, 8 a.m.  
Medical Arts Building #2  
Norton Community Hospital campus  
To register: 1-877-230-6877

# Alan Dodson

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"In one class, someone said they needed to learn how to make a tasty chicken breast because theirs was always too dry," Alan says. "Most people overcook their food. It's the one thing I run into most often."

Alan says the most important tips he shares to make sure every meal is a hit are to pay close attention to recipes, and to use a kitchen timer and meat thermometer to avoid overcooking.

To learn more about Alan's classes at the Southwest Virginia Higher Education Center, go to [www.swcenter.edu/coa](http://www.swcenter.edu/coa) or call 276-619-4377. To contact A Chef 4 You, call 423-451-2344.

## Healthy cooking made easy

With so many fresh fruits and veggies in season, it's the perfect time to rethink the way you buy and prepare food. Here are classes and programs to help you stay on track.

### Refrigerator Makeover: What to Stock & What to Skip

\* Wed. July 26, 12:30-1:30 p.m.

Johnson City Health Resources Center

\* Fri., July 28, 11:30 a.m.-12:30 p.m.

Kingsport Health Resources Center

**Classes are free. Call 1-844-488-7827 to register.**

### Saturdays with the Chef

Saturdays in July, 9 a.m.

Free cooking demos and samples

Kingsport Farmers Market

### Appalachian Farmacy

Coupons for free produce at Washington County, Tenn. farmers markets for SNAP/EBT recipients. Includes free cooking workshops.

**For more information: [www.arcd.org](http://www.arcd.org) or 423-979-2581**

## HEALTHY HOME COOKIN'

### Asian Sliders with Pineapple Salsa

Makes 24 sliders

Arthritis-Friendly | Diabetes-Friendly | Freezer-Friendly

These mini-burgers are great as a party pick-up food or a hand-held meal - no utensils needed - for when your joints are stiff from arthritis inflammation and pain. For extra ease, pick up store-bought pineapple salsa or use pre-chopped green onions. Store cooked patties in the freezer for an easy meal to have on hand.

#### Ingredients:

- 1 ¾ pounds ground sirloin
- ⅓ cup panko bread crumbs
- ⅓ cup chopped green onions
- 1 teaspoon ground ginger
- 2 teaspoons minced garlic
- 2 egg whites
- 6 tablespoons hoisin sauce, divided
- 24 miniature rolls (Hawaiian bread)
- Pineapple Salsa (recipe below)

#### Instructions:

1. Preheat oven to 450°F. Line baking sheet with foil.
2. In a large bowl, combine all ingredients except rolls, using 4 tablespoons hoisin sauce. Form into miniature patties (heaping tablespoons depending on size of bun) and place on prepared pan.
3. Brush tops of burgers with remaining 2 tablespoons hoisin sauce. Bake 10-12 minutes or until done.



4. Split rolls and top with burger and one tablespoon Pineapple Salsa.

#### Pineapple Salsa:

- 1 (20-ounce) can crushed pineapple, drained
- ⅓ cup chopped green onions
- 2 tablespoons chopped cilantro
- ¼ cup seasoned rice vinegar
- 1 teaspoon sweet chili sauce or chopped jarred jalapeno

Combine all ingredients in a large bowl and refrigerate. Makes 1 ½ cups.

**Per slider:** Calories 160, Calories from Fat 23%, Fat 4g, Saturated Fat 1g, Cholesterol 46mg, Sodium 184mg, Carbohydrate 20g, Dietary Fiber 1g, Sugars 8g, Protein 11g

# What you need to know about skin cancer

Sun damage accumulates as we age, so it's a good idea to do a head-to-toe self-exam monthly to look for skin changes that could be cancer, according to the American Cancer Society. Basal or squamous cell cancers are the most common types caused by sun exposure. Some changes to look for include rough, scaly patches; changes in moles; pink or red scaly patches; flat, firm yellow areas, like a scar; translucent pearly bumps; wart-like growths; or sores that don't heal.

Melanoma is the most serious type of skin cancer. Use the following ABCDE guide to check for warning signs:

- A - Asymmetry.** A "normal" or benign mole is usually the same size on both sides.
- B - Borders** of benign moles are usually smooth, not uneven or notched.
- C - Color** is typically solid on a benign mole. A variety of colors is a warning sign.
- D - Diameter** shouldn't be larger than a pencil eraser tip.
- E - Evolving** moles that change shape should be examined by your doctor.

## Protect yourself

The next time you plan to do some gardening, or to take your grandchild to the park, think of these tips to protect yourself and the little ones you love:

- **Wear sun-safe clothing.** A wide-brimmed hat will protect more of your face from the sun than a baseball cap or visor. Or, put a bandana under a cap for more protection. Choose clothing that's tightly woven and covers more skin. Some clothing companies now add a sun-protective coating and include labels identifying the level of UV protection. The higher the UV protection factor (UPF) number, the better.
- **Use sunscreen.** Choose sunscreen with a sun protection factor (SPF) level of at least 30 that's labeled "broad spectrum," which means it protects from both UVA and UVB rays. Apply at least two tablespoons every two hours. If you don't have a wide-brimmed hat, be sure to put sunscreen on your ears.
- **Don't forget your shades.** Sunglasses should block both UVA and UVB rays. Look for those labeled "UV absorption up to 400nm" or "meets ANSI UV requirements." Children are especially susceptible to skin and eye damage from the sun.
- **Know your meds.** Some common over-the-counter drugs and prescriptions, including antibiotics, can make your skin more sensitive to sunlight. Ask your doctor or pharmacist about any side effects so you can modify your skin protection routine as necessary.

# Get help with drug costs

If you have health insurance (including Medicare) and are being treated for a chronic condition, the Mountain States Health Alliance Medication Assistance Program (MAP) may be able to help you get your medications for free or at a discount.

The most common drugs covered through the MAP program are those for specific diseases such as cancer, heart diseases and diabetes. Expenses for inhalers, diabetic supplies and glasses also are included.

The program assists people of all ages who are not Medicaid recipients. MAP specialists are aware of grants that fit patient medication requirements, income levels and medical diagnoses, and work to match patients with grants that fit their needs.

"We see anyone and everyone," says Cindy Tucker, manager of the MAP program. "You don't have to be a patient of Mountain States. If someone is referred to us, we can usually do something to help."

To find out if you qualify for assistance with medication costs, contact the MAP specialist at the hospital closest to you:

## Johnson City Medical Center

Angie Foshie  
423-302-6288

## Indian Path Medical Center

Jennifer Weems  
423-302-3534

## Johnston Memorial Hospital

Jared Wininger  
423-302-3536

## Norton Community Hospital

Whitney Jones  
276-439-1037

## Summer months bring outdoor dramas alive



This summer you can get a glimpse of history at one (or more) of the region's best outdoor dramas, all within driving distance. Before you go, don't forget to double-check dates and times. Many performances take place in the evening, so be sure you travel with someone who's comfortable driving at night, or make arrangements to stay overnight in the area.

**Liberty! The Saga of Sycamore Shoals**, Elizabethton, Tenn.  
*The American Revolution as told by the Overmountain Men who fought the Battle of King's Mountain*  
Thursdays-Saturdays in July, 7:30 p.m.  
Admission for seniors \$11  
[www.facebook.com/LibertyTheSaga](http://www.facebook.com/LibertyTheSaga) or 423-543-5808

**Trail of the Lonesome Pine**, Big Stone Gap, Va.  
*Based on the famous book by Big Stone Gap resident John Fox, Jr.*  
Thursdays-Saturdays through Aug. 19, 7:15 p.m.  
Admission for seniors \$15  
[www.trailofthelonesomepine.com](http://www.trailofthelonesomepine.com) or 276-523-1235

**Horn in the West**, Boone, N.C.

*Frontiersman Daniel Boone fights for American independence*  
Tuesdays-Sundays through Aug. 6, 8 p.m.  
Admission \$25  
[www.horninthewest.com](http://www.horninthewest.com) or 828-264-2120

**Unto These Hills**, Cherokee, N.C.

*Depicts the Cherokees' rich history from 1780 to 21st century*  
Mondays-Saturdays through Aug. 19, 8 p.m.  
Admission \$20-\$23  
[www.visitchokeenc.com](http://www.visitchokeenc.com) or 866-554-4557

**From This Day Forward**, Valdese, N.C.

*The Waldensians migrate to North Carolina in 1893 to establish a colony at Valdese*  
Fridays & Saturdays through Aug. 12, 7:45 p.m.  
Admission free  
828-879-2126

**Mary Draper Ingles: A Heroine's Journey**, Radford, Va.

*Mary is captured by Native Americans, escapes, and travels 500 miles to be reunited with her family*  
Performances July 30, Aug. 27 & Sept. 24, 4 p.m.  
Admission \$10  
[www.nesselrod.com](http://www.nesselrod.com) or 540-999-1755

## Caregiving for the elderly? This program is just for you



Internationally known storyteller Judith Black will present "Retiring the Champ," an informative, soulful and funny program geared toward people who work with aging adults in any capacity on Thursday, July 27, from 9:30-11:30 a.m. at the International Storytelling Center in downtown Jonesborough.

Judith's performance-workshop features a story about coaching a feisty 86-year-old woman through the confusing landscape of end-of-life care. After the performance, she will

host a short workshop including breakout groups that will explore issues raised in the story.

As a creator of tales for over 30 years, Judith is known for stories that include ironic explorations of aging, familial dysfunction and much more. Her performances have been featured on stages around the world and broadcast on National Public Radio.

To reserve a ticket to "Retiring the Champ," call 800-952-8392 or 423-913-1276. Tickets are \$25. For more information about Judith Black, visit her website at [storiesalive.com](http://storiesalive.com).



**Website:** [MountainStatesHealth.com/heart-and-soul](http://MountainStatesHealth.com/heart-and-soul)  
**Email:** [heartandsoul@msha.com](mailto: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.*