



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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March 2017

HEART OF THE COMMUNITY: DON BURGER

He uses art to inspire love and kindness.

You might wear your heart on your sleeve, but have you ever thought about keeping it in your pocket?

Ceramic artist Don Burger of Jonesborough makes small, clay "pocket hearts." Inspiring words are etched onto each heart such as "hope" or "plenty to share." He says having an extra heart in your pocket is a reminder of love, hope and to treat others with kindness.

Don's pocket hearts are inspired by the Irish tradition of carrying a "worry stone" to rub during troubling times.

"I used to carry a worry stone," Don says. "I was thinking about how I wanted to make things that would get around and perhaps make a difference.



Don Burger

I'd never heard of pocket hearts before, so I thought I might invent it."

Pocket hearts are also a symbol of survival. In 2009, Don had an emergency double heart-valve reconstruction.

"When faced with the fact that I could be gone very quickly, I resolved to give back each day what had been given to me and to see what I can do to make the world a kinder place," he says.

Don has always focused on helping others. He retired in 2004 from a career as an educator in New York and began making ceramics as a hobby. Don and his wife Deb moved to Jonesborough five years ago and completely remodeled their "Dragonfly Cottage" where he makes and teaches pottery.

"I'm not trying to market myself or my pottery, I'm trying to market a new way of thinking about things," Don says. "I offer what I do to the community by making pottery accessible regardless of whether a person can pay or not."

Don sells his pottery in several downtown Jonesborough stores and offers live pottery demonstrations. (Look for free "Hands On Jonesborough" events to see Don and

(story continued on page 2)

Upcoming Events & Classes

 Denotes health screening events.

KATS March Madness

Entire month of March

Free rides on all Kingsport Area Transit buses
423-224-2613

Eating Green for St. Patty's cooking class

*Thurs., March 16, Noon-1 p.m.

Kingsport Health Resources Center

*Thurs., Mar. 16, 3-4 p.m.

Johnson City Health Resources Center

To register: 1-844-488-7827

Spring Photo Hike

Sat., March 18, 8:30 a.m.-noon

Warriors' Path State Park, Kingsport

Free, bring camera and hiking boots

To register: 423-239-8531

Peek into Your Heart (free lunch)

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

Kingsport Health Resources Center

To register call 1-844-488-7827

Drop-in heart event

Mega Heart, CPR, healthy snacks

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

Kingsport Health Resources Center

Shape Note Sing class

Sat., March 25, 10 a.m.-3 p.m.

Birthplace of Country Music Museum,

Bristol, Tenn.

Free, open to all ages

423-573-1927

Joggin' for the Noggin 5K

Sat., March 25, 10 a.m.

Crumley House, Limestone

To register, call 423-257-3644

 **Blood labwork**

Sat., April 1, 7-10 a.m.

Indian Path Medical Center, Kingsport

(register in lobby) 423-857-7160

Cruise-In car show

Every Sat. April 1-Oct. 28, 5-9:30 p.m.

Downtown Elizabethton

Don Burger

(story continued from page 1)



other artists share their crafts with the public.)

Instead of making pottery for profit, Don believes it's more important to work together with others in the community.

"I really enjoy the solitary time, but I think I get my inspiration from working with the public," Don says. "I like demonstrating the way things can be made by hand and giving others the opportunity to try it."

In addition to his pocket hearts, Don also makes "hug coins." Forty coins are already in circulation with Don's hope that they'll travel from person to person.

"I'm trying to make the world a kinder, gentler and less anxious place," he says. "If it happens one person at a time, that's OK."

*Want to try your hand at pottery?
See page 4 for a list of local classes.*

HEALTHY HOME COOKIN'

Easy Beef Enchiladas

Makes 10 servings

Cancer-Friendly | Diabetic-Friendly | Freezer-Friendly

Keep this dish in the freezer for an easy family dinner or to give to friends or neighbors if you need a meal to share. You can bake it right away or freeze it for later. Fresh spinach in the enchilada filling is a good source of fiber and rich in antioxidants, which are known for their excellent anti-inflammatory benefits.

Ingredients:

- 1 pound ground sirloin
- 2 teaspoons chili powder
- 1 cup salsa
- 1 cup corn
- 1 cup packed fresh baby spinach
- 1 ½ cups shredded reduced-fat Mexican-blend cheese
- 10 (6- to 8-inch) flour tortillas, room temperature
- 1 ½ cups enchilada sauce (jarred or canned)
- 1 bunch green onions, chopped

Instructions:

1. Preheat oven to 350°F. Coat a 13- x 9- x 2-inch baking dish with nonstick cooking spray.
2. In a large nonstick skillet, cook meat, stirring to crumble, for 6 to 8 minutes or until done. Drain any excess fat.
3. Add chili powder, salsa, corn and spinach; continue cooking about 5 minutes. Remove from heat, set aside.
4. Spoon about 1/4 cup meat mixture and 1 tablespoon cheese onto a tortilla. Roll and place seam side down in prepared baking dish. Repeat with remaining meat mixture and tortillas.



5. Pour enchilada sauce evenly over filled tortillas in baking dish; sprinkle with remaining cheese and green onions. Cover dish with foil and bake 20 minutes or until thoroughly heated.

Per enchilada: Calories 64, Calories from Fat 31%, Fat 2g, Saturated Fat 2g, Cholesterol 8mg, Sodium 196mg, Carbohydrates 6g, Dietary Fiber 1g, Total Sugars 2g, Protein 5g

To freeze: Do not bake before freezing. Cool to room temperature, then wrap, label and freeze.

To prepare from frozen: Transfer from freezer to refrigerator to defrost overnight. Cover with foil and bake at 350°F for 20 to 30 minutes or until thoroughly heated. Remove foil; add cheese and onion and continue baking until cheese is melted and bubbly.

Need a new knee (or hip)?

What you need to know about joint replacement

Bill Chase of Jonesborough says his only regret about having a hip replacement was not having the surgery sooner.

"I put off going to the doctor for two years," he says. "If I had not had the hip replacement, I would have been wheelchair-bound. The pain was that bad."

Misty Jenkins, orthopedic services director at Johnson City Medical Center, navigates patients like Bill through the process of preparing for surgery. She offers this advice to anyone considering a joint replacement:

1. Don't be afraid of the procedure.

"People have the same concerns with any surgery - a fear of the unknown," says Misty.

Since joint replacement is your choice, Misty says patients have to decide on the right time to have the surgery.

2. There are no surprises.

The Joint Replacement Centers at JCMC, Indian Path Medical Center and Johnston Memorial Hospital provide a free class to tell you what's going to happen before and after surgery, and how to get ready. Misty says one of the most important preparations is to make sure all your medical issues are managed so you are ready for the best possible outcome after surgery.



Former patients volunteer for the Ambassador Program and also can help you and your caregivers know what to expect.

3. Do your therapy before surgery.

JCMC offers a free exercise program before surgery to help you strengthen muscles and heal quicker after joint replacement surgery. The Wellness Connection Program made recovery much easier for 86-year-old Carl Moore, who says he was walking one day after his knee replacement surgery.

Bill also walked the day after hip replacement surgery for which he credits the pre-surgery therapy.

"I did the home exercises they gave me and on Thanksgiving Day - about four weeks after surgery - my grandson and I walked in the Turkey Trot in Johnson City," Bill says.

How to get healthier in just 14 weeks

Want to lose weight and lower your cholesterol, blood sugar or blood pressure in just 14 weeks?

A fun, free, series of classes called "Healthier Together" designed to encourage people to improve their health is being offered at the Jonesborough Senior Center beginning Tuesday, March 21. The classes meet from 8:30 to 9:30 a.m. each week for 14 weeks and are sponsored by the Northeast Tennessee Regional Health Office.

At "microclinics" like this one offered around the world 95 percent of people who completed the program improved in at least one of the above mentioned health issues. There are other great benefits, too. Healthier Together participants will support each other to reach health goals

and learn how to take control and manage their health. Participants receive incentives to attend the sessions, and a chance to win a grand prize.

Each week local health professionals will teach you:

- how to track your health numbers and what they mean
- easy low-impact exercises
- healthy recipes and cooking tips
- how to choose what to eat at restaurants
- valuable grocery shopping tips - how to read food labels

You can sign up now by calling 423-753-4781 through Tuesday, April 4.

Learn to make your own pottery in these classes

If you're ready to get your hands dirty and create one-of-a-kind ceramics like potter Don Burger (see his story on page 1), check the list here for locations in the region where you can learn how.

BRISTOL:

Kil'n Time

ready-to-paint ceramics
423-573-9950

The Muddy Hound Pottery

potter's wheel, hand-building
423-742-5026

JOHNSON CITY:

Into The Fire

ready-to-paint ceramics
423-926-2529

Mountain Lakes Pottery

6-week class, 2 hours per week
423-915-0572

JONESBOROUGH:

Dragonfly Cottage Pottery

classes for all levels
donb1449@yahoo.com

McKinney Center

103 Franklin Ave.
potter's wheel, hand-building, all levels
423-753-0562

KINGSPORT:

Brushstrokes n' More

ready-to-paint ceramics
423-765-0352

Share a story - March 20 is World Storytelling Day

Heart & Soul feels so strongly about the healing power of stories and their importance to our Appalachian culture that we sponsor a variety of storytelling events and organizations in the region like the ones pictured here.



Jonesborough Storytellers Guild President Jeff Stratton (center) welcomes Heart & Soul member Dorothy Rose and Cliff Miller to a Guild performance. To win free tickets call Heart & Soul at 1-844-478-7685.



Mekkah's Meadow Senior Apartments residents enjoy a Storytelling Workshop with storyteller Marjorie Shaefer (left).



Jonesborough Storytellers Guild storytellers Rebecca Alexander (left) and Judy "Butterfly" Farlow tell stories at Kingsport Health Resources Center.



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.