When Susan Lane quilts, it's with a mission in mind. For her, it’s a way to honor the service men and women who keep our country safe. Though every quilt requires many hours of cutting and sewing, Susan says she considers it a labor of love.

“I get a lot more out of it than all the time I put into it,” she says. “That’s what makes it all worth it.”

Susan's mission to quilt for service men and women started in 2012 when someone from Quilts of Valor, a nationwide group that makes and awards quality-made quilts to veterans and active-duty soldiers, came to speak to her quilt guild in Kingsport. The cause is dear to Susan's heart because several people in her family are veterans and she remembers how Vietnam veterans were treated after returning from war in the 1970s.

“It deeply disturbed me,” she says.

Susan quickly began volunteering with Quilts of Valor and now works to organize quilt requests in Northeast Tennessee and Southwest Virginia as the Northeast Tennessee coordinator for the Quilts of Valor Foundation. She does a lot of work behind the scenes to help local quilting groups and guilds that are members of Quilts of Valor. Plus, she spends a lot of time speaking to local groups about how they can get involved with the organization, even if they don’t make quilts.

Susan has personally awarded more than 100 quilts and says each ceremony pulls at her heartstrings. She knows firsthand just how much each quilt is appreciated by the veteran who receives it during a special ceremony.

“I make sure and tell them that each quilt has hundreds and hundreds of stitches and each one should be considered a hug from one of our citizens across the country,” she says. “One Vietnam veteran said this quilt meant more to him than all his medals because they were given by the government and this quilt was made and given by people.”

(Story continued on page 2)
HEALTHY HOME COOKIN’

Chicken Salad with Citrus Vinaigrette

Because it’s served cold right from the fridge, this is a good recipe to take to a friend going through cancer treatments who might be sensitive to food smells. Just make the salad ahead of time, and toss with the citrusy-sweet vinaigrette before serving. Feel free to add in-season fresh fruits.

Ingredients:
• 3 cups diced, cooked skinless chicken breast
• 1 cup red grapes, halved
• 1 (11-ounce) can mandarin oranges, drained
• 1 bunch green onions, chopped
• ½ cup pecan halves, toasted
• ½ cup chopped celery
• 2 cups shredded Napa cabbage
• Citrus Vinaigrette (recipe follows)

Instructions:
1. In large bowl, combine all ingredients and toss with Citrus Vinaigrette.

Citrus Vinaigrette:
• 2 teaspoons Dijon mustard
• Salt and pepper to taste
• 2 tablespoons lemon juice
• 2 tablespoons olive oil
• ½ cup orange juice
• 1 tablespoon honey

Whisk together all ingredients in bowl. Makes ¾ cup.

Per serving: Calories 199, Calories from Fat 39%, Fat 9g, Saturated Fat 1g, Cholesterol 47mg, Sodium 222mg, Carbohydrates 14g, Dietary Fiber 2g, Total Sugars 11g, Protein 17g

Recipe from Holly Clegg’s trim&TERRIFIC® Eating Well Through Cancer
If you’ve been told that you need to lower your blood pressure, you’re also aware that you are in danger of stroke, heart attack, heart failure or metabolic syndrome if it’s not controlled. It also can damage your blood vessels and organs, and you may have trouble remembering and learning new things.

Normal blood pressure is less than 120/80; according to the American Heart Association. Be sure to find out from your doctor what a “normal” blood pressure goal should be for you and ask how often you should check it. If medication is recommended to lower your blood pressure, be sure to take it every day as prescribed and tell your doctor about any side effects you experience while taking the medicine.

You also can help lower your blood pressure by making changes in your activity level, lifestyle and diet. Here are some factors that can help you get your blood pressure numbers down:

- Get more active, exercise, start walking
- Quit smoking
- Reduce stress in your life
- Limit alcohol consumption
- Reduce the sodium in your diet

The best way to reduce sodium in your diet is to eat more fresh fruit and vegetables, choose no-salt or lower sodium versions of packaged food and reduce the amount of salt you cook with or sprinkle over your food.

Commercially prepared meals (like frozen dinners) and canned foods have higher amounts of sodium. You can rinse canned vegetables to reduce the sodium before serving. Use spices for flavoring instead of salt. Take the salt shaker off your dining table.

Also, some medications contain sodium. Check with your pharmacist to find out if you’re taking in added sodium through over-the-counter or prescription medications you take.

To learn more about controlling your blood pressure, visit the Health Resources Center locations in Johnson City (423-915-5200) and Kingsport (423-857-7981) for information, free blood pressure checks, classes and other resources.

What you need to know about financial power of attorney

Who would ‘spring’ into action on your behalf if you suddenly became ill and could no longer make financial decisions for yourself?

Appointing someone to have financial power of attorney (POA) for you now can help you prepare for life’s unpredictable moments.

“A permanent power of attorney is called a ‘springing’ power of attorney because it ‘springs’ into action on your behalf if you can no longer handle your financial affairs,” says Lois Carrier, president of Carrier, Maurice and Webb Wealth Advisors in Johnson City.

A financial POA also can be a temporary appointee who pays monthly bills during long vacations or when you’re away from home for an extended time.

Lois recommends choosing a financial POA who you trust and has the skills to handle the job. Both Tennessee and Virginia offer POA forms online, but Lois recommends using an attorney for documents of this level of importance. It’s beneficial to go to an attorney who can help you think things through and make the best possible decision.

To learn more about what kind of financial power of attorney is right for you, talk to someone who already has a POA in place, an attorney, or contact Lois for questions at lcarrier@cmwwealth.com or 423-610-0099.
10 day trips worth the drive

Looking for a fun day trip? Check out some of the region’s family-friendly attractions to enjoy with friends and family.

1. **Briarwood Safari**, Bybee, Tenn. (outside Morristown)  
   Drive your car or take a tram through a four-mile safari to see and feed animals from six continents.  
   Great trip to take with grandkids.  
   Senior admission $16, children $12  
   www.briarwoodsafari.org or 865-919-5072

2. **Tennessee Riverboat Company**, Knoxville  
   Take a relaxing 1 1/2 hour sightseeing, lunch or dinner cruise on the Tennessee River. Prices vary.  
   www.tnriverboat.com or 865-525-7827

3. **Birthplace of Country Music Museum**, downtown Bristol  
   Hear Bristol Sessions recordings from 1927 and learn about how this musical heritage lives on in today’s music.  
   Senior admission $11.55  
   www.birthplaceofcountrymusic.org or 423-573-1927

   Butler was flooded in the 1940s by the TVA to build Watauga Dam and lake. Explore the town’s unique history at the museum in “new” Butler. Free.  
   www.thebutlermuseum.com or 423-768-3534

5. **Great Smoky Mountains National Park**, Gatlinburg, Tenn.  
   Visit Cades Cove, hike to a waterfall or enjoy a picnic. Watch for bears!  
   www.nps.gov/grsm or 865-436-1200

   Take Highway 19E past Roan Mountain and merge onto the Blue Ridge Parkway to get to The Blowing Rock for beautiful mountain views. Explore the town of Blowing Rock.  
   Senior admission $6  
   www.theblowingrock.com or 828-295-7111

7. **Bush’s Visitor Center**, Chestnut Hill, Tenn.  
   Did you know Bush’s baked beans are made in Northeast Tennessee? Visit the museum in the original A.J. Bush general store and enjoy lunch in the cafe. Fish in nearby Douglas Lake, one of the nation’s top five crappie fishing lakes.  
   www.bushbeans.com or 865-509-3077

   This museum/shop features the best regional crafts and music. The restaurant serves daily lunch, Sunday brunch, and Thursday night barbecue dinner. A coffee/wine bar serves local wines.  
   www.myswva.org/heartwood or 276-492-2400

   Enjoy boat rentals, a sandy beach and places to fish.  
   www.dcr.virginia.gov/state-parks/hungry-mother or 276-781-7400

10. **Folk Art Center**, Asheville, N.C.  
    Stroll through three galleries and a craft shop and see live craft demonstrations. It’s on the Blue Ridge Parkway, so enjoy the view along the way. Admission free  
    www.southernhighlandguild.org/folk-art-center or 828-298-7928.

**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.**