



# 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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May/June 2017

# HEART OF THE COMMUNITY: SUSAN LANE

She sews "Quilts of Valor" to honor soldiers and veterans.

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



Susan Lane

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)

### Upcoming Events & Classes

 Denotes health screening events.

**Jonesborough Storytellers Guild**  
Every Tuesday, 7 p.m.  
International Storytelling Center  
Jonesborough, Tenn.  
**Admission \$5**

**Blue Plum Festival**  
Fri. and Sat., June 2 & 3  
Founders Park, Johnson City, Tenn.

**Friday Night Dance featuring Jerry Pierce**  
Fri., June 2, 7-10 p.m.  
Memorial Park Community Center  
Johnson City, Tenn.  
**Admission \$5, 423-434-6237**

**Short track racing**  
Fri., June 2, 16, 23, 30; 8 p.m.  
Kingsport Speedway  
**Admission \$10**

 **Blood labwork**  
Sat., June 3, 7-10 a.m.  
Indian Path Medical Center, Kingsport  
**(register in lobby) 423-857-3644**

**Covered Bridge Celebration**  
Thurs., June 8 - Sat., June 10  
Elizabethton, Tenn.

 **Skin cancer prevention class/screening**  
Thurs., June 8, 5-6 p.m.  
Johnson City Health Resources Center  
**To register: 1-844-488-7827**

**Healthy Eating on the Go cooking class**  
Fri., June 9, Noon-1 p.m.  
Kingsport Health Resources Center  
**To register: 1-844-488-7827**

**Mountains of Music Homecoming**  
Fri., June 9 - Sat., June 17  
Various venues along the Crooked Road  
Southwest Virginia  
[mtnssofmusic.com](http://mtnssofmusic.com), 276-492-2409

 **Skin cancer screening**  
Fri., June 30, 11 a.m.-1 p.m.  
Kingsport Health Resources Center  
**To register: 1-844-488-7827**

# Susan Lane

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Each quilt comes with a Quilt of Valor label that includes the name of the serviceperson awarded. The quilts have been displayed at funerals and are passed down to the next generation.

Anyone can request a quilt for a veteran or themselves by going to the Quilts of Valor website and filling out a request form. Right now, the list of requests is much longer than the number of quilts Susan has on hand, so she's always recruiting volunteers. Even non-quilters can help cut fabric and press seams.

To request a quilt, visit [www.qovf.org](http://www.qovf.org). For Quilts of Valor volunteer information, contact Susan Lane at [susan.lane@qovf.org](mailto:susan.lane@qovf.org) or leave a message at 423-863-5376.

# Calling all quilters!

Whether you're a seasoned quilter or want to learn how, there's a group near you eager to welcome those of all skill levels. Many sew quilts for charities like Quilts of Valor (QOV). Find other Tennessee quilting groups at: [www.quiltguilds.com/tennessee.htm](http://www.quiltguilds.com/tennessee.htm). For Virginia quilting groups visit: [www.quiltguilds.com/virginia.htm](http://www.quiltguilds.com/virginia.htm).

## Abingdon

**Virginia Highlands QOV Quilters**  
Every 4th Thursday  
Virginia Highlands Quilt Shop  
276-628-6442

## Elizabethton

**Sycamore Stitchers**  
Every 2nd Thursday  
Sycamore Shoals State Park  
423-542-9400

## Johnson City & Washington County

**Appalachian Heritage Quilters**  
Every 3rd Thursday  
Crossroads Christian Church, Gray  
[appalachianheritagequilters.org](http://appalachianheritagequilters.org)

## **Blue Ridge Quilters Guild**

Every 1st Wednesday  
Our Savior Lutheran Church,  
Johnson City  
[WendytheQuilter@yahoo.com](mailto:WendytheQuilter@yahoo.com)

## **Old Towne Quilters**

Every 1st Wednesday  
Jonesborough  
[Lferguson@tcbchurch.org](mailto:Lferguson@tcbchurch.org)

## Kingsport

**SAQQ Southern Appalachia QOV**  
Every 2nd Wednesday  
Heavenly Stitches Quilt Shop  
423-406-1401

# HEALTHY HOME COOKIN'

## Chicken Salad with Citrus Vinaigrette

Makes 8 (1-cup) servings

Arthritis-Friendly | Cancer-Friendly | Diabetes-Friendly | Gluten-Free

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
- 1/3 cup pecan halves, toasted
- 1/2 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
- 1/3 cup orange juice
- 1 tablespoon honey

Whisk together all ingredients in bowl. Makes 3/4 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

## Need to lower your blood pressure? Here's how.

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 [lcarrrier@cmwwealth.com](mailto:lcarrrier@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](http://www.briarwoodsafari.org) or 865-919-5072
- 2. Tennessee Riverboat Company**, Knoxville  
Take a relaxing 1 ½ hour sightseeing, lunch or dinner cruise on the Tennessee River. Prices vary.  
[www.tnriverboat.com](http://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](http://www.birthplaceofcountrymusic.org) or 423-573-1927
- 4. The Butler Museum**, Butler, Tenn.  
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](http://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](http://www.nps.gov/grsm) or 865-436-1200
- 6. The Blowing Rock**, Blowing Rock, N.C.  
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](http://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](http://www.bushbeans.com) or 865-509-3077
- 8. Heartwood**, Abingdon, Va.  
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](http://www.myswva.org/heartwood) or 276-492-2400
- 9. Hungry Mother State Park**, Marion, Va.  
Enjoy boat rentals, a sandy beach and places to fish.  
[www.dcr.virginia.gov/state-parks/hungry-mother](http://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](http://www.southernhighlandguild.org/folk-art-center) or 828-298-7928.



**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.*