MEOC Walkathon Draws Record Crowd: $138,000 Raised To Date

BY IDA HOLYFIELD
EDITOR—COURTESY OF THE POST

BIG STONE GAP — Mountain Empire Older Citizens Executive Director Marilyn Pace Maxwell hoped to announce the agency reached its $155,000 goal during Sunday’s annual walkathon to benefit the Emergency Fuel Fund for the Elderly. But the amount fell $30,000 shy at the end of the day, bringing in $125,000 by the time participants completed their 10K pledge walks. (As of Mountain Empire News press time, MEOC reports that the total has risen to almost $138,000).

Maxwell was delighted with Sunday’s crowd size. See RECORD, on page 4

Ida Bevins, 93, beams as Mountain Empire Older Citizens Executive Director Marilyn Maxwell, at right holding microphone, introduces Norton Elementary School student representatives serving as grand marshals at Sunday’s MEOC Walkathon.

The 2009 Walkathon Grand Marshals, students and faculty of Norton Elementary School, line up to lead the start of the walkathon, directly positioned behind the official MEOC Walkathon band, the Powell Valley High School Vikings.
AND OFF WE GO!

(Right) The Powell Valley Band starts off the walk with a marching tune. Behind the band the walkers are led by the students and teachers from Norton Elementary School who served as Grand Marshals for the 2009 Walkathon.

(Left) Our official Walkathon chefs, Charles and Brenda Cave, from Mt. Carmel, TN are always so faithful in helping us with the annual walkathon. For the past several years their granddaughter Morgan has accompanied them and has been so much assistance at the picnic. We deeply appreciate Charles, Brenda and Morgan for their consistent support and assistance.

Flatwoods Job Corps students were on hand to help with the 2009 Walkathon. Pictured in front (kneeling) is Recruiter Rana Brace with her daughter Lizabeth. Rana and her daughter are surrounded by students O’Mar Harrison, Courtney Dorsett, Gaberille Williams, Skylare Gramblin, Preston Laverty, Nehemiah Collins, Ryan Nicholson, Robert Thomas, Christopher Stebbins, Amarlah Bennett, Michelle Evans, Brittney Dorsett, Arnold Chambers, Robert Allen and Kenneth Hehl. We are so appreciative of the help from the Job Corps. Students not only help with the walkathon, but they are instrumental in helping us get this newspaper labeled and delivered to you.

This year’s MEOC Walkathon t-shirt commemorates a record-setting achievement. The event has now raised more than $2 million for the Emergency Fuel Fund for the Elderly. Linda Begley issues this year’s t-shirt to Trey Harris, who has just completed his 10K walk. Everyone who raised $100 in pledges was given a slip of paper to redeem for a shirt.
AMERICA'S BEST ENERGY VALUE

ENERGY COST
Per Million BTU

<table>
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<tr>
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<tr>
<td>coal</td>
<td>1.78</td>
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Coal is America's best energy value. It is our most affordable and abundant fuel for electricity generation. In 2007, on a dollars per million-BTU basis, petroleum was the most expensive fossil fuel, natural gas was second and coal was the least expensive.

Data provided by the Energy Information Administration.

www.intlcoal.com
Vehicles filled all available parking spaces at Powell Valley High School. More than 400 walkers lined up behind the PVHS marching band as they provided the step-off music for the grand marshals, students from Norton Elementary School.

Norton Elementary School students, Maxwell told the crowd, not only raised $7,525 through their “First Hundred Days of School” campaign, they inspired an anonymous donor to match their contribution.

“What these students accomplished brought in more than $15,000 for the fuel fund, taking us a tenth of the way toward this year’s goal,” Maxwell said. “It’s a wonderful achievement. Some of the Norton students have been walking since kindergarten. They started out with Miss Anne Newlun’s class 12 years ago, and she’s here with another kindergarten class today.”

While falling short of the goal was disappointing, seeing the efforts of the students and folks like Pat Bevins and Jo Stuart, who jointly raised $5,000 at the University of Virginia’s College, is inspiring, she noted.

“How can you adequately thank such dedicated people?” she asked.

Heavy rain caused MEOC to have to postpone from May 3 until May 16, and a lot of people already had commitments and couldn’t make it for Sunday’s event, she noted. In addition to pledge groups, those folks included many of the dignitaries that try to make an appearance at the walkathon every year, including state Sen. William Wampler, Delegate Terry Kilgore and Bud Phillips and Ninth District Representative. Rick Boucher.

The day’s oldest walker, Ida Bevins, 93, of Trinity Life Church in Coeburn, noted that while the walkathon is a wonderful event, walking is a daily routine for her, and has been for several years.

William Large, 90, another veteran walker, finished the course at a rapid clip, then

See WALK, on page 5

Congratulations to Foster Grandparent Sheila Miller, the winner of the 2009 Emergency Fuel Fund Quilt, donated by the Appalachian Quilters Guild. Pictured left to right are Janie Edmonds and Sheila Miller. Sheila lives in Castlewood and volunteers her time at Kids Central located at the Oxbow Center in St. Paul.
Walk

continued from page 4

headed inside to claim his t-shirt, part of a growing collection. A lot of the walkers have shirts that go back for decades, noted coordinator Margaret Sturgill. “They’re collector’s items. We take what we have left after the walkathon and give them out during the year at special events and people love them.”

A dozen sponsors made donations of $5,000 or more and got listed on the back of this year’s shirts. They included Alpha Natural Resources, Dominion Power, Heritage Hall of Big Stone Gap, Humphreys/Red River Coal, Lee Nursing and Rehabilitation Center. Also listed were Norton City Schools, Powell Mountain Energy, United Way of Wise County, Big Stone Gap and Norton Wal-Mart stores, Wellmont Health System and Wise County Board of Supervisors. In addition, the AmeriCorps Volunteers from Mountain Empire Community College, under the direction of Dr. Sue Graham and Michael Gilley, helped senior citizens through Operation Energy Save, she said.

Church teams, such as the group from Seminary United Methodist Church, featured teens as well as older walkers. Julianna Polizzi, Lyndsey Hubbard and Makayla and April Bentoski proudly reported their group raised $610 in pledges for the cause. The Flag Pond Church of Blackwater fielded an eight-member team at the event.

Winners in the three prize drawings at the event included Shirley Miller, who won the Appalachian Quilters’ Guild handmade quilt; Jennifer Davis, who won a handmade porch swing, and Lisa Whisman, who won a Bare Essentials makeup collection.

With fuel oil costs creeping back up, event coordinator Margaret Sturgill said, there is a great need for fully funding the fuel fund. “We can’t do a thing except hope prices won’t go out of sight again. Older people are getting fearful. We’ll start getting requests and ordering oil in September, to try to give them some assurance about having heat through the winter,” she noted. “A lot have switched from oil and coal to electricity, but power rates are going up too. It’s a no-win situation for people on fixed incomes. We served over 900 people last year and anticipate the need will be far greater this year. We need all the help we can get.”

Groups that could not participate Sunday, but want to walk or send in donations are urged to contact MEOC at 523-4202.

Powell Valley Primary Supports Emergency Fuel Fund

The Powell Valley Primary School students and teachers recently collected money for the Emergency Fuel Fund for the Elderly. Through this fundraising event, they donated $567.24 to help older people heat their homes next winter. As part of the fundraising effort, the class that raised the most money was treated to a pizza party on April 22nd. Congratulations go to Ms. Libby Mumpower’s 3rd Grade class (pictured above) who raised the most money and enjoyed the delicious pizza.

We sincerely thank Principal Jody Evans and all his staff at Powell Valley Primary for their support and encouragement to the students in this fundraising event.

And, to the students at Powell Valley Primary School, thank you so much for the money raised for the Emergency Fuel Fund for the Elderly. Every cent will be used to help older people in our community to heat their homes next winter. We appreciate the help of Powell Valley Primary School so very much.
INTEGRITY

Your health. Our mission.

Integrity is a relationship. It is a doctor who knows not just your symptoms but also your name. It is the assurance of safe, quality health care for every patient every day. Integrity is a core value that guides our people and our hospitals. Integrity is Wellmont Health System.

We deliver superior health care with compassion. It's our mission.

Wellmont Health System

Wellmont Nurse Connection 1-877-230-NURSE or wellmont.org
2009 Walkathon Groups Show Widespread Community Support

We extend our sincere appreciation to the following groups, schools, churches and businesses who participated in or donated goods and services for the 2009 Walkathon. The support from the community grows yearly and without it the Emergency Fuel Fund For The Elderly would be unable to respond to the increasing need.

AARP—Big Stone Gap Chapter
Advocate Center
All Saints Episcopal Church
Alpha Natural Resources
Americorps
AT & T
BB & T
Bank of America
Beech Grove Freewill Baptist Church
Beta Sigma Phi Chapter 3092 of UVA Wise
Bethel Chapel Church
Big Stone Gap Heritage Hall
Big Stone Gap Wal-Mart
Brian’s Chapel Church
Buck Oil Company
Cedar Ridge Freewill Baptist Church
Central Freewill Baptist Church
Chadwell Station Baptist Church
Christ Lutheran Church
Christian Life Church
Church of the Good Shepherd
City of Norton
Clinch River Health Services
Coeburn United Methodist Church
Commonwealth Mining
Congressman Boucher’s Office
Crutchfield
Cumberland Resources
Dominion Resources
Esserville Freewill Baptist Church
First Bank and Trust Company
First Baptist Church of Big Stone Gap
First Baptist Church of Norton
First Christian Church
First Presbyterian Church of Pound
FitCon Graphics
Flagpond Community Church
Flatwoods Job Corps
Food City
Frazier & Mann Oil
Friendly Floral
Gilliam’s Funeral Home
Glamorgan Chapel Church
Hagy Fawbush Funeral Home
Holding Funeral Home
Hopkins Chapel Freewill Baptist Church
Humphreys/Red River Coal
Irondale Faith Baptist Church
J I Burton Beta and Junior Beta Clubs
J J Kelly National Honor Society
Joy Mining
Junction Center for Independent Living
L F Addington Middle School
Lee Nursing and Rehabilitation Center
LENOWISCO Health District
Liberty University
Lighthouse Ministries
Logisticare
Lonesome Pine Hospital
Low View Church
Mary’s Chapel Church
Mid Mountain Heating
Moccasin Gap NAPA
Morgan McClure Chevrolet
Mountain Empire Community College
Mountain Empire Older Citizens
Mountain View Regional Medical Center
Mutual Drug
Nash’s Chapel Baptist Church
Norton Community Hospital
Norton Department of Social Services
Norton Elementary School
Norton Lions Club
Norton Wal-Mart
Pleasant Hill Methodist Church
Potter Insurance
Pound United Methodist Church
Powell Mountain Energy, LLC
Powell Valley High School
Powell Valley Middle School
Powell Valley Primary School
Pyles Memorial Church
Quesenberry’s
Rye Cove Elementary School
School of Sisters of Notre Dame
Seminary United Methodist Church
Sonny Merriman, Inc.
St. Charles Health Clinic
St. Paul Methodist Church
Tacoma United Methodist Church
Thompson and Litton
Three Bells United Methodist Church
TOPS
Town of St. Paul
Trinity Life Center Church
United Way of Wise County
UVA at Wise Alumni
Verizon
Victory Freewill Baptist Church
Virginia Department for the Aging
Virginia Employment Commission
Wellmont Health System
Wendy’s Old Fashioned Hamburgers
West Norton Freewill Baptist Church
Wise County Board of Supervisors
Wise County Christian School
Wise County Department of Social Services
Wise County Sheriff’s Department
Wise Primary School
A very special thank you is being sent to these special people who raised money and/or walked in the 2009 walkathon. Please know that your participation this year meant so very much to MEOC and to the elderly we serve.

<table>
<thead>
<tr>
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<th>Tanner Dorton</th>
<th>Sabrina Graham</th>
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<td>Peggy Dorton</td>
<td>Diana Graham</td>
<td>See WALKERS, on page 9</td>
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2009 Walkathon Participants

continued from page 8
Bernadine Huff
Judy Hughes
Richard Hughes
Heather James
Cameron Jenkins
Mildred Jennings
Anna Jessee
Delmoe Jessee
Dezarah Jessee
Edward Jessee
Paul Jessee
Ranessa Jessee
Ruth Jessee
Peggy Johnson
Wayne Johnson
Andrea Jones
Brooke Jones
Debbie Jones
Mary Kelley
Kathy Kennedy
Lisa Kennedy
Donnese Kern
Travis Kern
Trina Kern
Rachel Kilgore
Betty King
Michelle Knox
David Kocher
Linda Kocher
Janice Koziolak
Margaret Lambert
Mandy Lancaster
Terri Lane
Cody Large
Greg Large
Ronnie Large
William Large
Beth Laughlin
Preston Laverty
Carrie Lawson
Eloise Lawson
Katelyn Lawson

Lonya Lawson
Mia Grace Lawson
Tony Lawson
Misty Lee
Bree Lemberg
Doris Lewis
Geoff Lewis
Joe Lewis
Chelsea Linkous
Sandra Lowe
Marjorie Mabe
Darlene Maggard
Katie Marshall
Lane Marshall
Marilyn Pace Maxwell
Cathy McClanahan
Kayla McCoy
Pat McCracken
Beth McLoughlin
Cheryl Mefford
Cindy Mefford
Sherri Milam
Joe Miller
Judy Miller
Virginia Miller
Amber Francine Minton
Angela Moore
Kathy Morley
Dine Mullins
Janice Elaine Mullins
Olivia Mullins
Sophia Mullins
Terry Mullins
Anne Newlun
Lindsey Newsome
Ranzy Newton
Ryan Nicholson
Georgia Nickels
Tatum Nickels
Linda Nidiffer
Felisha Nimety
Stephanie Noe
Lindsey Oakes
Phyllis Oakes
Ronnie Oakes
Heather Orange
Miles Osborne
Davina Pate
Michael Pease
Gary Pendry
Gary Perdue
Joyce Phillips
Peggy Piedmonte
Juliana Polizzi
Tara Pope
Donna Porterfield
Todd Powers
Nancy Province
Hazel Ramey
Sue Ramsey
Charlene Reasor
Lula Belle Reasor
Jean Rhoton
Brittney Roaker
Cindy Robinette
Jennifer Robinette
Angela Ferrell Roman
Jody Rose
Brittney Rouker
Reta Rutherford
Terry Sadler
Ethan Samedyke
Deborah Sanders
Rob D Sawyer
Shonna Scardo
Alice Scott
Emily Scott
Sheila Setias
Caline Shamiyeh
Souhail Shamiyeh
Britany Shortridge
Reisa Sloce
Nancy Smith
Sierra Smith
Irina Snodgrass
Emma Spangler
Jennifer Spangler
Axley Spears
Sue Spears
Mary Stallard
Tyler Stapleton
Christopher Stebbins
Jo Stewart
Warren Stewart
Lynette Stuart
Lori Stuedemann
Annedia Sturgill
Tammy Sullivan
Elaine G Surret
Lana Sutphin
Theresa Talley
Barbara Taylor
Jerry Taylor
Laura Taylor
Nikki Taylor
Robert Thomas
Angela Vanover
Brooke Vanover
Justin Vanover
Art Vanzee
Sophia Vanzee
Jill Varner
Devon Wade
Judy Watson
Beulah Wells
Amber Whisman
Lisa Whisman
Rick Wiandt
Vicky Wiandt
Gabrielle Williams
Anna Faye Wilson
Joyce Winston
Loretta Wood
Robert Woodward
Robin Woodward
Shirley Woodward
John Wright
Michael Yates
Yenli Yeh
MOUNTAIN EMPIRE OLDER CITIZENS, INC.
WALKATHON 2009
Two Million Dollar Moment
MEOC Case Manager, Rhonda Whitaker views Senior Citizens Day activities at the Virginia/Kentucky District Fair from the vantage point of a carved chair donated by Matt Bloomer from Big Stone Gap to benefit the Emergency Fuel Fund. Rhonda is pictured with MEOC driver, Ben Lawson as they try to persuade every passer-by to buy chances on the chair in support of the Emergency Fuel Fund of MEOC.

Kindergarteners at Wise Primary School Support Emergency Fuel Fund

The Wise Primary School Kindergarten students held a special project in the early spring and collected money for MEOC’s Emergency Fuel Fund for the Elderly. The school presented Mountain Empire Older Citizens with a generous check for $217.25. This donation will be used for our upcoming winter program that begins Oct. 1, 2009. Many thanks to Wise Primary Kindergarteners for helping the older people in our community by contributing their special project funds to the Emergency Fuel Fund for the Elderly. We appreciate their help so very much.

Gospel Singings Benefit Emergency Fuel Fund For The Elderly

Two churches on the opposite ends of Wise County each sponsored a benefit gospel singing to raise money for the Emergency Fuel Fund for the Elderly. Together, Ferbie Chapel in Pound and West End Independent Baptist Church in Big Stone Gap raised a total of $2,350 for older people in our area. This money will be used next winter to help older people trapped in emergency home-heating situations.

A host of individuals and groups from the area provided beautiful songs, music and testimonies at each church. We want to express our appreciation to the following groups and individuals who donated their time in song and music for these two events:

- Blessed Hope
- HIS4
- Cedar Ridge Youth
- Grace Quartet
- John and Tracy Vandiver
- Jake Ravizee
- Haley King
- Demos and Sue Cantrell
- Natalie Williams
- Diana Bloomer
- Amy and Steve Countiss
- Tracy Kress
- Sheila Gabbert

MEOC is sincerely grateful to both Pastor Ed Slemp at Ferbie Chapel and Pastor Randall Spivey at West End Independent Baptist Church for sponsoring these two benefit singings at their churches. We also appreciate those people who attended and contributed money for the benefit singing. Please know that every cent of the $2,350 donated at the gospel singings will be used to help older people in our community with emergency home heating needs next winter. We so very much appreciate their concern for our older citizens.
MEOC’s Family Support Services
Quarterly Staff Training Held

On June 13th, the Family Support Services Staff of MEOC met at the Goodloe Center on the campus of Mountain Empire Community College for a day of training and program information sharing.

Margaret Sturgill, MEOC’s Elder Abuse Specialist, shared information with the group regarding the various types of abuse typically suffered by older individuals. She reminded the group of the procedures of reporting elder abuse situations. Margaret also provided information about the recent MEOC Walk-a-thon and recognized the two Family Support Services employees raising the most money for the event, Margaret presented Barbara Taylor and Sandra Catron with gifts of appreciation for their efforts.

The following individuals were recognized for having perfect attendance over the last six month period: Sandra Catron (Gate City), Barbara Taylor (St. Paul), Amelia Mooneyhan (Appalachia) and Natasha Hill, Coeburn.

Amelia Mooneyhan (L) Appalachia and Natasha Hill, Coeburn wait patiently for the meeting to begin.

MEOC Manages the Oxbow Adult Day Health Care Center in St.Paul. Oxbow participants and staff are pictured enjoying a sunny spring day on the Oxbow Center’s patio. Seated: (L to R) Eddie Ingle (Coeburn), Lillian Artrip (Norton), Ben Anderson (Coeburn), Nelson Wood (Bristol), Ruth Reasor (Norton) and Harry Litton (Coeburn). Standing (L to R) Bernice Hale (Castlewood), Karen McGee (Castlewood), Dussie McFall (Clintwood), Wanda Farmer (Dante) and Ginger Beverly (Norton).

See TRAINING, on page 13
Kim Townes (Castlewood) has enough supplies to last her a while!

Wellmont Lee Regional Medical Center Auxiliary recently made a donation to support Mountain Empire Older Citizens’ Homemaker Services Program. Pictured making the presentation to MEOC Personal Care R.N. Supervisor Doris Lewis of Rose Hill are, left to right, Auxiliary member Maxine Wright, Lewis, President Opal Muncy, Historian Thelma Welch and Secretary Pauline Smith. Thanks so much to the Auxiliary for their generous support.

Training
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Barbara Collingsworth (Blackwater), Pat Dockery (Wise), Barbara Dutton (Pound), Ella Voneva Fisher (Blackwater), Linda Gannaway (Gate City), Betty King (Norton), Frankie McPherson (Jonesville), Dine Mullins (Coeburn), Terry Mullins (Pound), Patricia Rose (Clintwood), Barbara Russell (Rose Hill), Rosemary Sexton (Nickelsville), Brenda Shearer (Gate City), Arlene Spurlock (Rose Hill).
What You Can Do to Prevent Medicare Fraud and Abuse

Most doctors, health care providers, suppliers, and private companies who work with Medicare are honest. However, there are a few who aren’t. Medicare is trying harder than ever to find and prevent fraud and abuse by working more closely with health care providers and strengthening oversight. There is also a joint effort between the Department of Health and Human Services and the Department of Justice to launch an enforcement team to review claims and investigate providers for possible Medicare fraud.

Fraud costs the Medicare Program millions of dollars every year. You pay for fraud with higher health care costs. Fraud schemes may be carried out by individuals, companies or groups of individuals.

The following are examples of possible Medicare fraud:

- A health care provider bills Medicare for services you never got.
- A supplies company bills Medicare for equipment you never got.
- Someone uses another person’s Medicare card to get medical care, supplies, or equipment.
- Someone bills Medicare for home medical equipment after it has been returned.
- A company offers a Medicare drug plan that hasn’t been approved by Medicare.
- A company uses false information to mislead you into joining a Medicare plan.

Be suspicious of doctors, health care providers, or suppliers that tell you the following:

1. The equipment or service is free; it won’t cost you anything, and they only need your Medicare number for their records
2. Medicare wants you to have the item or service
3. They know how to get Medicare to pay for the item or service
4. The more tests they provide, the cheaper the tests become

Be suspicious of doctors or plans that do the following:

• Don’t charge co-payments without checking on your

See FRAUD, on page 20
MEOC Walkathon Draws Record Crowd

A number of folks brought along their pets as they completed the MEOC Walkathon course, but the top canine walkers of the day were these matched poodles, who not only thrived on the attention, but finished the 10K course with plenty of energy to spare.

Emily Chandler, 2, sets out on the 10K walkathon course, her mother Mary at her side, her teddy bear as her sidekick and a supply of diapers in the back cargo hold of her ‘trike.’

SEE MORE PHOTOS ON PAGE 16-18

Volunteers and staff of Mountain Empire Older Citizens served over 600 delicious hamburgers with all the trimmings to MEOC walkers and supporters. The celebration picnic immediately followed the walkathon. Pictured left to right are Brea Gibson, AmeriCorps volunteer, Sue Graham, AmeriCorps Program Director, and MEOC staffers Irma Snodgrass, Lynette Stuart and Joyce Rutherford.
Mountain View Regional Medical Center (MVRMC) was well represented at the 2009 Walkathon. From left to right are Angie Moore, MVRMC Finance Department, Lisa Kennedy, MVRMC Respiratory-Cardio Department Manager, MEOC’s PACE Quality Assurance Director Linda Kocher and Sheila Setias, MVRMC Surgery Department Manager. Many thanks to MVRMC and its staff for supporting MEOC’s Emergency Fuel Fund for the Elderly at the walkathon and all through the year.

MEOC’s Deputy Director Dennis Horton, Gate City, and his granddaughters Aubren and Chelsa Flanary from Kingsport, Tennessee were happy to participate in the 2009 Walkathon.

Our good friend Joe Miller was caught with his hand in the cookie box! Joe works at Powell Valley High School in the custodial department and has always been such a great help with all our walkathons. We feel so fortunate to be able to use the school for this fundraising event and to have Joe to help us each year.

MEOC’s Trina Kern, Director of MEOC’s Mountain Laurel Cancer Resource Center, and her husband Travis, who teaches at Powell Valley High School, were among the new walkers at this year’s walkathon.
The 2009 Walkathon supporters gather as the 2:00 p.m. starting time draws near. By the start of the walk, it was difficult to find a parking spot at Powell Valley High School. MEOC was so pleased and grateful for the very large turn-out for the 2009 Walkathon. This annual event is completely dependent on the volunteer support of the community and its success is a result of a community truly dedicated to its older members.

Walmart Employees Support MEOC Walkathon

Employees from the Norton and Big Stone Gap Wal-Mart stores participated in the 2009 Walkathon and pledged to raise $5,000 for the community sponsorship. Pictured left to right in the front row are Margaret Lambert, Peggy Johnson, Carrie Griffin, Kathy Morley and Crystal Craft. In the back row are Jeff Fields, Loretta Wood, Nell Fannon, Gina Bateman and Tandy Broskey. Many thanks to the Big Stone Gap and NortonWal-Mart employees for their help with the 2009 Walkathon.

MEOC’s retired Pharmacy Access worker, Pat McCracken (on the right), and her friend Mary Carol Hylton were among the many volunteers who assisted at the 2009 Walkathon. Pat retired on a Friday and was on hand the following Sunday to sell chances on various items prior to the start of the walk. Thanks to Pat and Mary Carol for their invaluable help.
The Americorps volunteers from Mountain Empire Community College provided so much help with the 2009 Walkathon. They assisted with recycling the aluminum drink cans, helping at the rest stops and serving food at the picnic to over 400 walkers. Pictured left to right: Brea Gibson, Sue Graham, Americorps Program Director, Emily Scott, Amber Whisman, Brad Hall, Jordan Begley and Sarah Helbert.

(Right) MEOC’s friends from the Wise County Sheriff’s Department and the Wise County Commonwealth Attorney’s office were on hand to help with the fundraising for the 2009 Walkathon. In the front row are Jennifer Robinette with the Sheriff’s office, Ranesa Jessee with the Commonwealth Attorney’s office, Mrs. Ronnie (Phyllis) Oakes, Sgt. Scott Brooks with the Sheriff’s office, Sheriff Ronnie Oakes, Cody Large and Lt. Ronnie Large with the Sheriff’s office. In the back row are Lt. Edward Jessee and Dezarah Jessee with the Sheriff’s office and Ronald Elkins, Commonwealth Attorney.

Walkers at the 2009 MEOC Walkathon were eager to get started. Over 400 people from our area came out to help raise money for the 2009 Walkathon. Because of their efforts, hundreds of older persons will be cared for this coming winter.
In early April MEOC staff and volunteers participated in VICAP’s Spring Training via video conferencing. The Spring Training was for new counselors and a refresher for existing counselors. Information regarding Medicare, Medicaid and Medigap were among some of the topics discussed during this training. Seated: MEOC Care Coordinator Rhonda Whitaker, Cheryl Mefford and Pat McCracken, MEOC Pharmacy Access Coordinator. Standing: MEOC Foster Grandparent Sheila Miller from St. Paul, MEOC’s VICAP Program Director Jennifer Spangler, MEOC’s Elder Rights Program Director Margaret Sturgill, VICAP Program Volunteer Ralph Cox from Pennington Gap, and MEOC Care Coordinators Jody Hay and Kim Gibson.

### Fraud

**continued from page 14**

- Advertise “free” consultations to people with Medicare
- Claim they represent Medicare or a branch of the Federal government
- Use pressure or scare tactics to sell you high-priced medical services or diagnostic tests
- Bill Medicare for services you didn’t get
- Use telephone calls and door-to-door selling as marketing tools
- Offer non-medical transportation or housekeeping as Medicare-approved services
- Put the wrong diagnosis on the claim so Medicare will pay
- Bill home health services for patients who aren’t confined to their home or for Medicare patients who still drive a car
- Ask you to contact your doctor and ask for a service or supplies that you don’t need
- Bill Medicare for a power wheelchair or scooter when you don’t meet Medicare qualifications

**Review your Medicare Summary Notice for errors.**

If you have Original Medicare, you get a Medicare Summary Notice (MSN) from a company that handles bills for Medicare. The MSN shows what was charged for health care services, medical supplies, or equipment and how much Medicare paid.

Review each MSN you get to make sure Medicare wasn’t billed for services or items you didn’t get. If you see a charge on your MSN that may be wrong, call the doctor or health care provider to ask about it. If your doctor or health care provider doesn’t help you with your questions, you can do one of the following:

- Call 1-800-MEDICARE.
- Write a letter to Medicare. Mail it to Beneficiary Contact Center, P O Box 39, Lawrence, KS, 66044.
- Call the HHS Office of Inspector General Hotline at 1-800-HHS-TIPS (1-800-447-8477)
- Call Virginia SMP (Senior Medicare Patrol) at 1-800-938-8885.
ATTENTION!

If you are...
- Fifty-Five or Older
- Low Income
- Looking for a Job

The MEOC Older Worker Program May Be Able to Help!

You may be eligible for:
- A twenty-hour per week training site placement
- Specialized training skills to upgrade or learn new job skills.
- Counseling or instruction on health and safety, public benefits, job search skills and other issues.
- Assistance with purchase of uniforms, work shoes, safety glasses or tools needed on the job.

For more information, call
Mountain Empire Older Citizens, Inc.
1-276-523-4202 or 1-800-252-6362
Be Smart Virginians! Toolkits Available

In partnership with the Virginia Area Agencies on Aging, Mountain Empire Older Citizens is distributing free healthcare fraud prevention toolkits designed to help local beneficiaries and caregivers safeguard their Medicare, make wise choices and avoid health care fraud. The toolkits contain:

- Questions to ask sales persons and yourself
- Facts on Medicare Advantage Plans and how they work
- Red Flags to look for when considering a plan
- Four steps to safeguard your Medicare
- A contact list of helpful Virginia health and consumer agencies

The toolkits were funded in part by a grant from the Administration on Aging, Department of Health and Human Services. Virginia Governor Timothy Kaine and Virginia Attorney General Bob McDonnell issued a joint press release in early December in support of the toolkit. The following SMP partners helped with the development and the distribution of the 80,000 toolkits: The State Corporation Commission Bureau of Insurance, the Virginia Department for the Aging, the Virginia Insurance Counseling Assistance Program (VICAP), SeniorNavigator, Virginia AARP, Virginia TRIAD and the Medicaid Fraud Control Unit.

There are 59 SMP projects throughout the country that recruit and teach senior volunteers to help Medicare and Medicaid beneficiaries become better health care consumers.

In Virginia, the SMP Program partners with the local Area Agencies on Aging throughout Virginia to provide education and prevention about Medicare fraud, waste and error. The V4A’s toll-free number to report suspected fraud or ask questions about Medicare fraud concerns and error is 1-800-938-8885.

For more information or to pick up multiple copies, please contact Mountain Empire Older Citizens, Inc. at 276-523-4202 or 1-800-252-6362.
At the recent Virginia Conference on Guardianship, Elder Rights and Disability Services, MEOC’s Long Term Care Ombudsman Debbie Collier (center) visited with Kathy Pryor, (left), a staff attorney with the Virginia Poverty Law Center and State Ombudsman Program Director Joani Latimer, (right). Both are always available to assist MEOC and Debbie with Ombudsman issues.

MEDICARE FRAUD ALERT

Medicare Fraud can occur at any time of the year. Did you know that 99% of health care providers are honest? However, by some estimates, those bilking the system are collecting 10% of ALL Medicare and Medicaid payments. Each year Medicare and Medicaid lose billions of dollars to error, fraud, and abuse. How can you protect yourself from fraud? Protect yourself by checking your billings before you leave the place of service. Make sure your name and Medicare number are correct. Never give your Medicare number or banking information to anyone on the telephone. Remember, Medicare does not go door-to-door and they will not call you on the phone.

Another way to protect yourself is to not carry your card around with you unless you need it. Shred all of your important documents when they are no longer useful and be sure to compare your Medicare Summary Notice (MSN) with your senior healthcare journal or calendar. Recording doctor visits, tests and procedures in a calendar or monthly journal helps double check the correct dates of service. The most common type of fraud reported is for charges for services that were not rendered and charges for services charged for more often than they were actually provided.

When should you suspect a potential scam? Watch out for “free” services or equipment. Many scammers will offer free services in exchange for your Medicare number. During the regular tax season, watch out for callers or mail that pretends to be from the IRS or federal government to confuse people. If you have a concern or question about health care fraud, waste and error you can call the SMP number free of charge. Many people want to know if they can report something anonymously. Your report might help raise a red flag and help stop abusive practices from continuing.

For additional information about the Virginia SMP Program call the Virginia Association of Area Agencies on Aging at 1-800-938-8885. You can also call Mountain Empire Older Citizens at 276-523-4202 or 1-800-252-

MEDICARE BASICS for Caregivers

If you’re caring for an older friend or family member, you’ve probably had questions about Medicare. Medicare is the federal health insurance program for adults 65 and older and people under age 65 with disabilities. Now you can get some answers at an easy-to-read web site called “Medicare Basics for Caregivers.” It’s part of the NIHSeniorHealth.gov web site for older adults.

You may already know that Medicare helps pay for medical and prescription drug costs. But it can be challenging to figure out the details of what’s covered and what’s not.

“Knowing how Medicare works can help a person make better financial decisions about care,” says Dr. Marie Bernard, deputy director of NIH’s National Institute on Aging. “A caregiver who is knowledgeable about Medicare can be an informed...
Foster Grandparents
Share Today. Shape Tomorrow.

Are you 60 years of age with a limited income and enjoy working with children?

YOU WILL RECEIVE:
$212.00 TAX-FREE MONTHLY STIPEND

   THIS AMOUNT DOES NOT AFFECT MEDICARE/MEDICAID OR SOCIAL SECURITY OR BENEFITS SUCH AS FOOD STAMPS, RENTAL ASSISTANCE OR FEDERAL FUEL ASSISTANCE.

PAID VACATION
PAID SICK TIME
HOLIDAY PAY
TRANSPORTATION
ANNUAL PHYSICAL EXAM
SUPPLEMENTAL INSURANCE WHILE VOLUNTEERING

The MEOC Foster Grandparent program offers opportunities for seniors to spend quality time with young people—from singing with preschoolers, reading to schoolchildren, to mentoring at-risk youth. Seniors with a love for children and willing to devote 20 hours per week are encouraged to call. The program currently has partnerships with dozens of educational programs in Wise, Lee, and Scott Counties and the City of Norton.

For more information or to become a Foster Grandparent please call: Jennifer Spangler at (276) 523-4202 or 800-252-6362.
MEOC SEEKS VOLUNTEERS TO COUNSEL SENIORS ON HEALTH INSURANCE

The Virginia Insurance Counseling and Assistance Program (VICAP) is seeking volunteers to provide free health insurance counseling for area seniors 65 and older. Training sessions will be provided for these volunteers to be able to assist people with Medicare and decisions about Medicare supplement and long-term care insurance.

VICAP is looking for volunteers who are comfortable working with people and numbers. People who are licensed to sell insurance, or who consult in the insurance business, are not eligible to participate in the volunteer program.

The Virginia Department for the Aging sponsors VICAP in cooperation with the State Corporation Commission's Bureau of Insurance and other agencies and organizations. Since 1993, VICAP has reached tens of thousands of Older Virginians with information and help on health insurance issues. If you would like to become a trained VICAP counselor and help our area seniors, please call MEOC and talk to Jennifer Spangler (1-276-523-4202 or 1-800-252-6362).
On May 12, as part of Virginia’s Business Appreciation Week, the Wise County Chamber of Commerce’s Economic Development Committee organized a luncheon in honor of local businesses and industries. Sponsored by Norton Industrial Development Authority, Wise County Industrial Development Authority and Wise County Chamber of Commerce and hosted by UVA-Wise, the event’s highlight was the presentation of awards to businesses for the dedication they have given and the impact they have made toward the stability and well-being of our area. Among this year’s award recipients was Mountain Empire Older Citizens. MEOC has served the people of far southwest Virginia for the past 35 years. They delivered their first service in 1974 and since then have developed 39 different programs and services for people of all ages in Lee, Wise and Scott Counties and the City of Norton. Pictured, left to right, are MEOC Deputy Director Dennis Horton, Chief Financial Officer Ray Moore, Director of Elder Rights and Security Services Margaret Sturgill, Mountain Empire Transit Director Michael Wampler, Mountain Empire PACE (Program of All-inclusive Care for the Elderly) Director Tony Lawson, Mountain Laurel Cancer Support and Resource Center Director Trina Kern, Economic Development Committee Co-chair Cory Dotson, MEOC Executive Director Marilyn Pace Maxwell, 2009 Chamber President Bob Spera, Economic Development Committee Co-chair Dan Minahan, and First Bank & Trust Company Executive Vice-President Leton L. Harding, Jr.

MEOC Care Coordinator Rhonda Whitaker of Wise (2nd from left, front row) was among graduates of Wise County Chamber of Commerce’s Forward Wise County Leadership Program for 2009. Congratulations Rhonda.
Many Thanks to Our Contributors

SHARING OUR DAILY BREAD
Ruby Nell Cawood . Jonesville
Charlotte W. Brooks . Jonesville
Beech Grove Freewill Baptist Church . Big Stone Gap
Thelma Gilley . Big Stone Gap
Gladeville Presbyterian Church . Wise
Hospice Support Services . Big Stone Gap
Wise Baptist Church Women on Mission . Norton
George / Nancy Culbertson . Wise
Eula Sneed . Saint Paul
First Christian Church Mission Fund . Big Stone Gap
Steven Hooks . Big Stone Gap
First Christian Church Mission Fund . Big Stone Gap

SHARING OUR DAILY BREAD
(2009 HARVEST HOEDOWN)

CARE COORDINATION
Alice Maggard . Big Stone Gap
Alex Funk . Abingdon
Sidney / Alice Maggard . Wise

EMERGENCY FUEL FUND
Wise Primary School Kindergarteners . Wise
Pat McCracken . Norton
Commonwealth of VA Campaign . Richmond
Regina Chisenhall . Wise
Charles Cooling . Lebanon
DMME Employees . Big Stone Gap
Ben Garrett . Gloucester
Susann Garrett . Big Stone Gap
Mary Hofstadter . Glen Allen
Sue Mullins . Pound
Marcia Quesenberry . Big Stone Gap
Valerie Sutherland . Blacksburg
Gladeville Presbyterian Church . Wise
First Bank & Trust Company . Abingdon
Irontale Faith Baptist Church . Big Stone Gap
Mary’s Chapel Church . Coeburn
Aubrey / Patty Hobbs . Big Stone Gap
B.K. / David Wampler . Big Stone Gap
Arch Coal, Inc . Appalachia

James Littrell . Ewing
Norton United Methodist Church . Norton
Pleasant Hill Methodist Church . Jonesville
James / Kim Tate . Duffield
James Stone . Big Stone Gap
Frank Frey . Wise
First Freewill Baptist Church of Bull Run . Coeburn
Richard / Marcella Isaacs . Wise
Peggy Ireson . Pennington Gap
Charles / Chollie Absher . Big Stone Gap
Jeffrey / Patty Newberry . Clintwood
Christ Lutheran Church . Wise
Wendy Gair Muello / Peter Gair . Lancaster NH
Jeanne Callaway . Norton
Carrie / Charles Stone . Gate City
There Is Hope Full Gospel . Appalachia
Red River Coal Co., Inc . Norton
P. M. Terminals . Roanoke
Beechgrove Freewill Baptist Church . Big Stone Gap
Thomas / Paulette Jones . Big Stone Gap
John Paulmann . Russell MA
All Saints Episcopal Church . Wise
First Baptist Church . Norton
Coeburn United Methodist Church . Coeburn
Glady Fork Chapel Sunday School . Pound
Matthew / Tammy Stallard . Pound
Karen / Michael Elkins . Pound
Debra Strouth . Pound
Timothy / Charlotte Hall . Pound
Jeffrey / Angela Moore . Big Stone Gap
Linda Phillips . Clintwood
Ferbie Chapel Church . Pound
Margaret Sturgill . Pound
Diana Bloomer . Big Stone Gap
Tracy / Greg Kress . Big Stone Gap
Robert / Vicky Freeman . Dryden
Tracy’s Salon on Main, LLC . Wise
West End Baptist Church . Big Stone Gap
Darrell / Doris Stapleton . Big Stone Gap
Linda Bolt . East Stone Gap
Jerry / Wilma Vanover . Pound
Duane Robinson . Pound

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Contributors

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James / Janet Robinson .................................................. Pound
Timothy Shortt ................................................................. Pound
West End Baptist Church .................................................... Big Stone Gap
Kenneth / Judy Hill .......................................................... Coeburn
Thelma Gilley ........................................................................ Big Stone Gap
Charles / Chollie Absher ..................................................... Big Stone Gap
Friendly Floral Flower Shop ................................................ Norton
Advocate Center ................................................................. Norton
Norton Elementary School ................................................... Norton
Jerry / Margaret Hamilton .................................................... Big Stone Gap
James / Sandra Lowery ........................................................ Big Stone Gap
Rebecca / Robert Massie .................................................... Wise
Myrtle / Victor Jones ............................................................. Norton
Mary Makin Slemp .............................................................. Norton
Ronnie / Vickie Swindall ....................................................... Big Stone Gap
Kyle / Cheryl Redman ......................................................... Norton
Dan / Catherine Gibson ........................................................ Big Stone Gap
Lonnie Kern / Ada Campbell ................................................ Big Stone Gap
Sheena Lee ........................................................................... Wise
Timothy / Lola Sturgill ........................................................ Wise
D. B. Estep ............................................................................ Wise
Michael / Jennifer McCall ..................................................... Norton
Doug / Patty Hamm ............................................................... Norton
Nancy Cox ............................................................................ Norton
Paul Hagy ............................................................................ Norton
Robert / Saundra Spera ........................................................ Wise
Donna Morris ........................................................................ Coeburn
Robert / Patti Bentley .......................................................... Norton
Kaye Mink ............................................................................ Big Stone Gap
T. / K. Watkins ........................................................................ East Stone Gap
Vickie McNew ................................................................. Norton
P. E. / P.S. Dalton ............................................................... East Stone Gap
Timothy Sturgill ................................................................. Wise
Timothy / Stephanie Cassell ................................................ Norton
Missy / Brian Dockery ......................................................... Norton
James Brown ........................................................................ Coeburn
Sheena Lee ........................................................................... Wise
Kenneth / Wilma Hubbard .................................................... Norton
Bryan / Bobbie Hoyt ............................................................ Wise
Martha Wells .......................................................................... Norton
Greg / Pam Hamilton ......................................................... Pound
Johnny / Renee Robinson ..................................................... Norton
Nancy Cox ............................................................................ Norton
Gwen Owens ........................................................................ Wise
Kaye Mink ............................................................................ Big Stone Gap
Rebecca / Robert Massie ..................................................... Wise
Kyle / Cheryl Redman ......................................................... Wise
Janet Sue Wells ...................................................................... Norton
Craft Services, Inc./Critter Sitters ........................................ Norton
Norton Elementary PTA ....................................................... Norton
Christian Life Church ........................................................ Big Stone Gap
Norton Education Association ............................................. Norton
Joy Mining Machinery ....................................................... Duffield
Potter Insurance Agency, Inc. ............................................... Big Stone Gap
Doris / Joseph Berta ............................................................. Big Stone Gap
Betty Carter .......................................................................... Duffield
James H. Laster ..................................................................... Virginia Beach
Moccasin Gap NAPA ............................................................ .Weber City
Warren A. Stewart .............................................................. Norfolk
Clinch River Health Services ................................................ Dungannon
Pat Stallard .......................................................................... Richmond KY
Darlene Maggard .............................................................. Wise
Crutchfield ......................................................................... Wise
Heritage Hall Big Stone Gap ................................................ Big Stone Gap
Leon / Shirley Cox .............................................................. Big Stone Gap
Janie Dockery ........................................................................ Coeburn
Pyles Memorial Church ........................................................ Pound
Inell Gilliam ........................................................................ Duffield
Steven Hutton & Associates, P.C. ........................................ Kingsport TN
Wilma Jean Ramey ............................................................. Jonesville
Carol Sue Gilbert ............................................................... Wise
Marsha Mucha ....................................................................... Chesterfield
The Wise Senior Center ......................................................... Wise
Yenli Yeh ............................................................................ Coeburn
School Sisters of Notre Dame .............................................. Mankato MN
Sherry Giles ........................................................................ Big Stone Gap
Bankers Insurance .............................................................. Charlottesville
Charlotte / Wesley Peterson, Jr. ............................................. Charles City
Ben Garrett ........................................................................... Dutton
W. H. Peterson ................................................................. Richmond
Fred / Kathy Miller ............................................................. Richmond
Debra M. Loving ............................................................... Goochland
Michael / April Osborne ................................................... Clintwood
Done Gone Country/Donna Nickels ....................................... Big Stone Gap
Frankie / Sharon Garrett .................................................... Jonesville
Billie Sue Hyder ................................................................. Jonesville

See CONTRIBUTORS, on page 29
## Contributors

**continued from page 28**

<table>
<thead>
<tr>
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<th>Location</th>
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<td>Beulah Hale</td>
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</tbody>
</table>

See CONTRIBUTORS, on page 30
Contributors

continued from page 29
Bob / Robin Richards
1st Christian Church Pennington Gap
Trinity Life Center Home Missions Coeburn
Larry Lawson Jonesville
Alpha Natural Resources Abingdon

KINCare
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Jennifer Davis Big Stone Gap
LaDonna Hall Big Stone Gap
Rebecca Ford Big Stone Gap
Judy Free Mt. Carmel TN
Teresa Shoop Big Stone Gap
Norton Community Hospital Norton
Pepsi Cola Bottling Company Norton
Deborah Smith Big Stone Gap

MountaIn EMPIRE NEWS
James Littrell Ewing
Doris Willis Norton
Virginia D. Hill Wise

MountaIn LAUREL CANcer CEnTER
Patricia Bentley Wise
Trinity Life Center Church Coeburn
Alpha Natural Resources Abingdon
Don Farmer Norton
Toby Wax Big Stone Gap
Pyles Memorial Church Pound
Marilyn Pace Maxwell Norton

HOMEMAKER SERVICES
Betty Elkins Coeburn
Joyce J. Greear Coeburn
Lee Regional Medical Center Auxiliary, Inc. Pennington Gap

MountaIn EMPIRE TRANSIT
Creed Absher Norton
Joyce J. Greear Coeburn

MEMORIALS AND HONORARIUms
Emergency Fuel Fund
In Memory of Thelma Hibbitts Norton City Schools Norton
T. / K. Watkins East Stone Gap
Anne Newlun Big Stone Gap
In Memory of Rufus & Helen Swiney T. / K. Watkins East Stone Gap
In Memory of K. P. Delp Janet Hampton Big Stone Gap
Wilma James Big Stone Gap
In Memory of Billy Arwood Janet Hampton Big Stone Gap
In Honor of Anne & Bob Newlun Anne Newlun Big Stone Gap
In Honor of Mrs. Emma Watts The Church of the Good Shepherd Norton

Basics

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advocate for an older loved one who needs to access the benefits the program provides.”

To get a basic overview of Medicare and learn more about its medical and hospi-
MEOC Senior Community Services Employment Program participants gather quarterly for a variety of training activities and reminders about program requirements. Meetings also provide the opportunity for participants' to keep up with training site experiences in other areas, to meet new people coming into the program and to learn about other programs at MEOC and the surrounding communities. The March meeting took place at the Prime Sirloin Restaurant in Norton, where participants also enjoyed a delicious lunch. Pictured Left to Right (seated): Roberta Potter, Receptionist/Assistant at Heritage School Center, Big Stone Gap; Linda McAvey, Nutrition/Respite Center Assistant, Pound; Shirley Rogers, Visitor Services Assistance at SWVA Museum, Big Stone Gap; and Inez Fields, Nutrition Center Assistant, Hiltons. Standing, Left to Right: Isaiah Noaks, Maintenance Assistant, Norton Housing Authority; Donald Bowen, Receptionist and General Assistant at Hope House of Scott County; Bonnie Olinger, Classroom Aide, St. Charles Head Start; Don Munsey, General Assistance, Lee County School Board Office, Jonesville; Mary Rogers, Library Aide, Powell Valley Primary School, Big Stone Gap; Keith Blackburn, Library Aide, Scott County Branch, Lonesome Pine Regional Library, Gate City; Wands Mullins, Receptionist, The Laurels, Wise; Doris Sutherland, Receptionist, Oxbow Center, Gate City; Sue Spears, Kitchen Assistant, MEOC Central Kitchen, Big Stone Gap; Bufford Mullins, Retail Sales, Hope House Thrift Store, Norton; Margaret McAfee, Title V Administrative Participant, MEOC Office; and Nancy Smith, MEOC Director, Nutrition and Senior Employment Services.

Patricia Cummins, Title V Program Coordinator for the Virginia Department for the Aging, recently visited the Title V Senior Community Service Employment Program at Mountain Empire Older Citizens to train staff on Title V data collection and reporting. Pictured here, Ms. Cummins reviews new reporting forms and validation of information requirements. Left to Right: Nancy Smith, MEOC Nutrition and Senior Employment; Pat Cummins, VDA; Peggy Nunley Funk, Title V Administrative Participant, in training; and Margaret McAfee, Title V Administrative Participant.
The Norton Employer Advisory Council, sponsored by the Norton Virginia Employment Commission (VEC), serves businesses and organizations in Lee, Wise and Scott Counties and Norton City, by supporting the mission of the VEC through training presentations and other community services. One of the special events provided by the EAC, is a yearly Employer Conference designed to train and support employers of the area. The 2009 Employer conference held in May, addressed issues such as hiring in today’s economy; new employment legislation and new laws likely to emerge later this year; VEC’s virtual operating system and a demonstration of interviewing strategies most likely to result in employment in today’s competitive job market. Proceeds from this annual conference are used by the EAC to meet needs during the year, especially at Christmas time. Pictured Left to Right are: John Payne, Business and Economic Development Coordinator, Commonwealth of Virginia Employment Commission; Peggy Nunley Funk, MEOC Title V Administrative Participant; Nancy Smith, MEOC Director of Nutrition and Senior Employment Services; Debbie Sanders, MEOC Nutrition Services Administrative Assistant; Margaret McAfee, MEOC Title V Administrative Participant; Teresa Shoop, MEOC Business Office; Diana Collier, Norton VEC Workforce Services Representative; and Dee Esser, Commissioner, Commonwealth of Virginia Employment Commission.

MEOC welcomes three new participants to its Senior Community Services Employment Program who are initially assigned to MEOC programs. Pictured Left to Right are: Carol Clemmons from Big Stone Gap who is providing general services for the Children’s Advocacy Center staff in their work with abused children; Willie Harris from Norton who is assigned as assistant to MEOC’s head of maintenance and is helping keep the workplace environment clean and safe for all employees; Peggy Nunley Funk from Norton who is enrolled as a Title V Administrative Assistant to provide general services to the Senior Community Service Employment Program and eventually assist with recruitment and job development for the program. Both Carol and Willie were enrolled as part of the recent Title V Recovery Act Program created for the purpose of stimulating the economy.