

Member Newsletter



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SEQUACHEE VALLEY ELECTRIC COOPERATIVE

Your Touchstone Energy® Cooperative 

November 2011

13th Annual SVEC Senior Expos a Success

The thirteenth annual series of Senior Expo's organized and sponsored by Sequachee Valley Electric Cooperative were again a great success.

The 2011 series of health and information fairs were held the week of October 4-7 in Sequatchie, Bledsoe, Grundy and Marion counties.

Local health care providers, businesses and agencies in each of the above counties offered area seniors 55 and older, access to a number of valuable medical services and information free of charge. In total, there were over 375 senior participants and over 150 exhibitors at the four events.

Each expo featured free cholesterol and blood sugar screenings offered by local hospitals, blood pressure screenings offered by several local health care providers and flu shots given by representatives from Rite Aid and Fred's Pharmacies.

Services available at some locations included vision and hearing screening, spinal scans, anti-stress massages and balance and rotator cuff screening.

In keeping with October's Breast Cancer Awareness initiative, a representative from Memorial Hospital's Mary Ellen

Locher Breast Center was on hand to discuss the importance of early detection in the prevention of breast cancer. She scheduled mammogram appointments for eligible women for the Memorial mobile coach visit to each of the counties in December and January. For more information on the dates and locations in your area, or to schedule an appointment, call the Mary Ellen Locher Breast Center at 423-495-4040.

This year's informational sessions included several very helpful topics. These included: "Avoiding Identity Theft," "Couponing," "Wills and Power of Attorney," "The Prevention and Healthy Management of Diabetes," "Evaluating Medicare Part D," "Alzheimer's and Care Giving," "Personal Safety for Seniors," "Safe, Healthy Homes," and "Making Your Holiday Meals Healthier."

Participants were served a light breakfast sponsored by SVEC and a delicious lunch of soup, sandwiches, cookies and soft drinks donated by SVEC and local restaurants

A drawing for several very nice door prizes donated by the exhibitors concluded the morning's activities.



Clockwise from left:

1. The cholesterol and blood sugar screenings were popular at all of the Senior Expos.
2. Flu shots provided by local pharmacists were also available at each expo.
3. A video exam of the ear proved to be very helpful in identifying auditory conditions that might need medical attention.
4. Several local health agencies provided blood pressure evaluation during the four health and information expos.

Service Centers

97 Resource Rd, Dunlap
949-2198

3396 Main Street, Pikeville
447-2131

512 South Cedar Avenue,
South Pittsburg
837-8605 or 1-800-923-2203

14002 Highway 41, Tracy City
592-2511

14087 Highway 28, Whitwell
658-7832

After Hours: 1-888-421-SVEC
www.svalleyec.com

Hey! What's with the extra zero? SVEC account numbers to change soon

If you are one of our very sharp members who actually knows his/her account number, you may be noticing a change in the very near future due to an expanding number of accounts and changes in computer software.

Currently your account number ends in -01, -02, -03 etc.; after the software update, tentatively scheduled for mid-November, it will end in -001, -002, -003, etc.

While SVEC does not anticipate any major problems, we want our members to be aware that their number will be changing.

For a few customers, the entire number will be changing to reduce the slight possibility of a billing error.

If you currently pay your bill with a payment service you set up with your bank or another third party, you will need to update your account number with that service to ensure that your payment is posted correctly.



If you notice that your SVEC account number has changed, don't worry. The change is part of a plan to improve our efficiency in serving you.

If you pay your bill with SVEC's Bank Draft program, no action is needed on your part.

If you have any questions or concerns about the scheduled change, please feel free to contact your local SVEC office.

Calendar of Events

Marion County Relay for Life Christmas Bazaar

November 12 - Kimball Church of Christ Fellowship Hall- 9:00 a.m.-4:00 p.m

Do your Christmas shopping and support the American Cancer Society's fight against Cancer. Participate as a vendor or a shopper. Vendor booths - \$30.00, Relay for Life Team booths - \$10.00 Contact Susan Price - 423-240-6739 or Jerri Claiborne - 423-802-9036 for more details.

SVEC Relay for Life Team's Soup-er Luncheon and Christmas Silent Auction

December 8 - SVEC Community Room, South Pittsburg 11:00 a.m.-2:00 p.m

Luncheon of homemade soup, bread, dessert and a drink for only \$7.00. Lots of great gifts donated by local businesses and RFL team members. All proceeds go to American Cancer Society. For more information or to donate items for the auction contact: Joan Davis at 423-837-5045 or jdavis@svalleyec.com or Cathy Black at 423-837-5044 or cblack@svalleyec.com.

Burrr! Cold weather is on the way!

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