

**WOKO RADIO STATION  
QUARTERLY ISSUES/PROGRAM LIST  
JANUARY 1, 2024 – MARCH 31, 2024**

AGING

EDUCATION

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HEALTH

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The following pages list the programs aired on WOKO during the first quarter of 2024. The 15-minute programs, ***In Touch, Health Source, Cross Talk, and Aging Matters*** address a variety of issues of concern in our listening area. They ran on Sundays for a half hour from 10:30pm to 11pm.

GINNY McGEHEE  
WOKO RADIO  
HALL COMMUNICATIONS  
MARCH 31, 2023

## *AGING*

**PROGRAM:** In Touch

**DATE:** 1/14/24

**GUEST:** Tracy Shamberger, director of Business Development and Communications at Age Well Vermont

**DESCRIPTION:** a discussion about the many services and programs offered through the organizations for senior

**HOST:** Ginny McGehee

**PROGRAM:** Aging Matters

**DATE:** 1/21/24

**GUEST:** Dr. Allan Ramsey, Age Well Board President and public health expert

**DESCRIPTION:** a discussion about food insecurity among seniors in Vermont and how to address it

**HOST:** Jane Catton, CEO of Age Well of northern Vermont

**PROGRAM:** Aging Matters

**DATE:** 2/11/24

**GUEST:** Vermont Attorney General Charity Cark

**DESCRIPTION:** a discussion about common scams aimed at older adults, how to avoid them and red flags to be on the lookout for those who are targeted

**HOST:** Jane Catton, CEO of Age Well of northern Vermont

**PROGRAM:** Aging Matters

**DATE:** 3/17/24

**GUEST:** Dr. Allan Ramsey, Age Well Board President and public health expert

**DESCRIPTION:** a discussion about social determinants of health and food insecurity among older adults

**HOST:** Jane Catton, CEO of Age Well of northern Vermont

## *EDUCATION*

**PROGRAM:** In Touch

**DATE:** 2/11/24

**GUEST:** Jim Bosek of the Vermont Astronomical Society

**DESCRIPTION:** a discussion about the April 8<sup>th</sup> solar eclipse, totality, and the phenomenon, once in a lifetime event bringing thousands of visitors to the region with a huge impact

**HOST:** Ginny Condon

**PROGRAM:** In Touch

**DATE:** 3/24/24

**GUEST:** Stewart Ledbetter, reporter, news director and moderator for WPTZ-TV (NBC5) and Vermont PBS

**DESCRIPTION:** a discussion about his retirement after more than 40 years, the many memorable news stories and politics he has covered, and the benefits of working in Vermont

**HOST:** Ginny McGehee

## *FUNDRAISING/VOLUNTEERING*

**PROGRAM:** In Touch

**DATE:** 1/7/24

**GUEST:** Travis Poulin, Community Action Director, Burlington CVOEO

**DESCRIPTION:** a discussion about the program helping those struggling to pay for heat during the winter and soliciting donations from area businesses and individuals

**HOST:** Ginny McGehee

**PROGRAM:** Cross Talk

**DATE:** 1/14/24

**GUEST:** Dan Dowling, communications manager for the American Red Cross of Vermont

**DESCRIPTION:** a discussion about the national blood shortage in the U.S., its impact on the healthcare system and the great need for blood donors in our region

**HOST:** Sarah Lemnah, Vermont director of the Red Cross

**PROGRAM:** In Touch

**DATE:** 1/28/24

**GUEST:** Jeanne Pizii, President of the UVMMC Auxiliary

**DESCRIPTION:** a discussion about the volunteer work and fundraising for various needs at the hospital by the organization for over 100 years. They receive and consider asks for help and have awarded millions of dollars for many programs

**HOST:** Ginny McGehee

**PROGRAM:** In Touch

**DATE:** 2/4/24

**GUESTS:** Vermont Agriculture Secretary of Agriculture Anson Tebbetts, Farmer Joie Lahouillier and Molly Mahar of the Vermont Ski Association

**DESCRIPTION:** a discussion about the devastating flooding in Vermont during the summer and fall causing expensive damage to farms and crops that led to the development of Dig Deep Vermont, a fundraising effort to help small and large farms in the state.

**HOST:** Ginny McGehee

**PROGRAM:** In Touch

**DATE:** 2/25/24

**GUEST:** Jeanne Pizii, president of the University of Vermont Medical Center

**DESCRIPTION:** a repeat of the 2/18 program

**HOST:** Ginny McGehee

**PROGRAM:** In Touch

**DATE:** 3/3/24

**GUESTS:** Vermont Army Guard member Chris Brosseau and director of family programs for the Guard

**DESCRIPTION:** a discussion about the 19<sup>th</sup> Defenders versus Enforcers hockey game in Essex to raise money and awareness for the programs helping Guard members/families and for the families of officers injured or killed in the line of duty

**HOST:** Ginny McGehee

**PROGRAM:** In Touch

**DATE:** 3/10/24

**GUESTS:** Vermont Agriculture Secretary Anson Tebbetts, farmer Joie Lahouillier and Molly Mahar of the Vermont Ski Areas Association

**DESCRIPTION:** a repeat of the 2/4/24 program

**HOST:** Ginny McGehee

**PROGRAM:** Cross Talk

**DATE:** 3/10/24

**GUESTS:** Dave and Dottie Penny, disaster action team volunteers, and Matt Williams, volunteer specialist for the Red Cross

**DESCRIPTION:** a discussion about everyday Vermont heroes going to and helping victims of fire and natural disasters for the Red Cross

**HOST:** Sarah Lemnah, director of the Vermont Red Cross

## *HEALTH*

**PROGRAM:** Health Source

**DATE:** 1/7/24

**GUEST:** Bridget Shea, registered dietician at UVMCC

**DESCRIPTION:** a discussion about the Keto diet, whether it is safe and the pros and cons of it

**HOST:** Alex Tiersey, UVMCC

**PROGRAM:** In Touch

**DATE:** 1/21/24

**GUEST:** Christine Werneke, President and Chief Operating Officer of the University of Vermont Medical Center's Home Health and Hospice

**DESCRIPTION:** a discussion about in home hospice services and the McClure/Miller Respite House in Colchester helping patients in their final days

**HOST:** Ginny McGehee

**PROGRAM:** Health Source

**DATE:** 1/28/24

**GUEST:** Dr. Robert Johnson

**DESCRIPTION:** a discussion about avoiding ski injuries and how to protect yourself from knee injuries

**HOST:** Michael Carese, UVMCC

**PROGRAM:** Health Source

**DATE:** 2/4/24

**GUEST:** Mark DiParlo, Rx director of pharmacy Outpatient Services at UVMCC

**DESCRIPTION:** a discussion about the growth in drug use and the role of pharmacists

**HOST:** Michael Carese, UVMCC

**PROGRAM:** Cross Talk

**DATE:** 2/18/24

**GUEST:** Dan Dowling, communications manager for Red Cross of Vermont

**DESCRIPTION:** a discussion about Sickle Cell Anemia during Black History Month

**HOST:** Sarah Lemnah, director of the Red Cross of Vermont

**PROGRAM:** Health Source

**DATE:** 2/25/24

**GUEST:** Emily Tarleton, PhD

**DESCRIPTION:** a discussion about depression, the link between magnesium intake and easing symptoms of anxiety and depression among the 300-million people who suffer with it

**HOST:** Alex Tiersey, UVMCC

**PROGRAM:** Health Source

**DATE:** 3/3/24

**GUEST:** Dr. Jeremiah Dickerson, child psychologist

**DESCRIPTION:** a discussion about autism, that 1 in 45 children are affected and how it has gone mainstream to dispel myths and embrace differences and research on treatments

**HOST:** Michael Carese, UVMCC

**PROGRAM:** In Touch

**DATE:** 3/17/24

**GUEST:** Howard Goodrow, director of the Vermont Alzheimer's Association

**DESCRIPTION:** a discussion about the latest developments in the funding and creation of medicines aimed at fighting the disease, the services available for those with the disease and their families and fundraising efforts

**HOST:** Ginny McGehee

**PROGRAM:** Health Source

**DATE:** 3/24/24

**GUEST:** Dr. Doris Straiter

**DESCRIPTION:** a discussion about liver disease, which kills a million Americans annually, prevention help for veterans of Viet Nam, who are five times more likely to be at risk

**HOST:** Michael Carese, UVMCC

**PROGRAM:** In Touch

**DATE:** 3/31/24

**GUESTS:** Anne Bilodeau, HCRS chief operator, and Kate Lamphere, HCRS chief clinical services officer of Health Care and Rehabilitation Services of Vermont

**DESCRIPTION:** a discussion about mental illness, 988 suicide helpline, mobile crisis agencies throughout the state that respond to quickly respond to individuals going through a mental crisis

**HOST:** Ginny McGehee

**PROGRAM:** Health Source

**DATE:** 3/31/24

**GUESTS:** Pamela Bidler, director of programs & outreach at UVMMC, and Liz Vogel, caregiver,

**DESCRIPTION:** a discussion about Alzheimer's, loss of memory, speech impediments, its impact on caregivers and that it affects 15 million Americans

**HOST:** Annie Macken, UVMMC

## *HOUSING*

**PROGRAM:** In Touch

**DATE:** 2/18/24

**GUEST:** David Mullin, chief executive officer of Vermont's Habitat for Humanity

**DESCRIPTION:** a discussion about the organization celebrating 50 years, its retail stores with donated furniture, items for the home and more helping to finance land purchases, donated time and materials to build homes to give away more necessary with the housing crunch

**HOST:** Ginny McGehee