

WOKO RADIO STATION
QUARTERLY ISSUES/PROGRAM LIST
JULY 1, 2023 THROUGH SEPTEMBER 30, 2023

AGING

COMMERCE

EMPLOYMENT/RECRUITMENT

ENVIRONMENT

HEALTH

HOUSING

The following pages list the programs aired on WOKO during the third quarter of 2023. The 15-minute programs, ***In Touch, Health Source, 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
SEPTEMBER 30, 2023

AGING

PROGRAM: In Touch

DATE: 7/2/23

GUEST: Tracey Shamberger, director and business manager for Age Well

DESCRIPTION: a discussion about the many services available for much of northern Vermont for seniors including meals on wheels, connecting to organizations, tax preparation and social happenings

HOST: Ginny McGehee

PROGRAM: Aging Matters

DATE: 7/9/23

GUEST: Kate Gardner, project manager for AmeriCorps in Clinton County, New York

DESCRIPTION: a discussion about the rebranding of AmeriCorps from RSVP (Retired Seniors Volunteer Program) and its 200 to 300 volunteers

HOST: Maria Alexander, SCCCC

PROGRAM: Aging Matters

DATE: 8/6/23

GUEST: Justin Ihne of the YMCA in Plattsburgh

DESCRIPTION: a discussion with the new director on what the YMCA has to offer seniors

HOST: Maria Alexander, SCCCC

PROGRAM: In Touch

DATE: 8/20/23

GUESTS: Kevin Platte, president of Vermont Senior Games, athlete Sarah Bombardier and Vice President Maggie Leugers

DESCRIPTION: a discussion about the program, which exists in every state for athletes 50 and older in a wide variety of sports competitions in state, nationally and internationally promoting fitness and social activity

HOST: Ginny McGehee

PROGRAM: Aging Matters

DATE: 8/27/23

GUESTS: Jennifer Cross and Barbara Markey, Community Navigators for seniors in Clinton County

DESCRIPTION: a discussion about their work and a new grant for the delivery reform program

HOST: Maria Alexander, SCCC

COMMERCE

PROGRAM: In Touch

DATE: 7/23/23

GUEST: Jenna Koloski, community engagement and policy director for the Vermont Council on Rural Vermont

DESCRIPTION: a discussion about a meeting for the community to discuss the future of Shelburne to focus on development, schools, roads and other concerns in Shelburne

HOST: Ginny McGehee

EMPLOYMENT

PROGRAM: In Touch

DATE: 9/3/23

GUEST: Rhoni Baden, executive director of Vermont Works for Women

DESCRIPTION: a discussion about the organization's programs for girls in school and women of all backgrounds, including those incarcerated, with many non-traditional trades and jobs

HOST: Ginny McGehee

PROGRAM: In Touch

DATE: 9/10/23

GUESTS: Wendy House, Trooper/Recruiter and Administrative Captain Peter Acadi of the New York State Police covering the largest area in the state, 5 counties bordering Canada

DESCRIPTION: a discussion about the need for troopers, training, benefits and salary and the plusses of being in law enforcement in the region

HOST: Ginny McGehee

ENVIRONMENT

PROGRAM: In Touch

DATE: 9/24/23

GUEST: Amy Alfieri of Vermont Fish and Wildlife and manager of the Dead Creek Wildlife Management Area

DESCRIPTION: a discussion about the upcoming 21st annual Dead Creek Wildlife Day with a wide variety of activities for all ages

HOST: Ginny McGehee

HEALTH

PROGRAM: Health Source

DATE: 7/2/23

GUEST: Bridget Shea, Registered Dietician at UVMMC

DESCRIPTION: a discussion about the pros and cons of the Keto diet

HOST: Alex Tiersey, UVMMC

PROGRAM: Health Source

DATE: 7/9/23

GUEST: Dr. Thomas Delaney

DESCRIPTION: a discussion about suicide, the 8th leading cause of death in Vermont and that it has become an epidemic

HOST: Alex Tiersey, UVMMC

PROGRAM: In Touch

DATE: 7/16/23

GUEST: Shannon Blake, war veteran and president and founder of Warriors Soar

DESCRIPTION: a discussion about his own psychological battles after returning home that led to starting his organization for war veterans to fish, sail, golf and spend time together

HOST: Ginny McGehee

PROGRAM: Health Source

DATE: 7/16/23

GUEST: Dr. Michelle Shepard

DESCRIPTION: a discussion about the impact of childhood experiences involving ACE (Adverse Childhood Experience study)

HOST: Alex Tiersey, UVMMC

PROGRAM: Health Source

DATE: 7/23/23

GUESTS: Bridget Shea, Registered Dietician, and Audrey Moore, Social Worker

DESCRIPTION: a discussion about the psychology of eating and how what we eat affects how we feel and the mind-body connection

HOST: Alex Tiersey, UVMMC

PROGRAM: Health Source

DATE: 7/30/23

GUEST: Robert Davis, MS, LEC Acupuncturist at UVMMC

DESCRIPTION: a discussion about the many uses of acupuncture in healing chronic pain

HOST: Alex Tiersey, UVMMC

PROGRAM: Health Source

DATE: 8/6/23

GUESTS: Emily Claremount, Registered Dietician, and Leah Prior, Chef Educator of UVMMC

DESCRIPTION: a discussion about how what you eat impacts chronic pain and foods that fight pain

HOST: Gerianne Higgins, UVMMC

PROGRAM: Health Source

DATE: 8/13/23

GUEST: Dr. Andrew Sullivan

DESCRIPTION: a discussion about M.S. (multiple sclerosis) how misdiagnoses can be reduced through MRI screening

HOST: Alex Tiersey, UVMMC

PROGRAM: Health Source

DATE: 8/20/23

GUEST: Dr. Peter Jackson

DESCRIPTION: a discussion about cannabis and the positive and negative effects on the body and brain

HOST: Alex Tiersey, UVMMC

PROGRAM: Health Source

DATE: 8/27/23

GUEST: Rich Wykoff, security officer at UVMMC

DESCRIPTION: a discussion about cybersecurity and the risks of sensitive data and how best to protect your information

HOST: Lauen Yandow, UVMMC

PROGRAM: Health Source

DATE: 9/3/23

GUEST: Dr. James Wallace

DESCRIPTION: a discussion about genetic testing and a new test tool that can calculate a person's risk of inheriting heart disease and cancer

HOST: Alex Tiersey, UVMMC

PROGRAM: Health Source

DATE: 9/10/23

GUEST: Endocrinologist Matthew Gilbert

DESCRIPTION: a discussion about diabetes Type 1 & 2 with the majority being adults with type 2 and that 30 million Americans suffer with it

HOST: Alex Tiersey, UVMMC

PROGRAM: Health Source

DATE: 9/17/23

GUEST: Dr. Andrew Villanti

DESCRIPTION: a discussion about tobacco and its connection to lung cancer, the number one killer of men and women in the United States

HOST: Gina Brittain, UVMMC

PROGRAM: Health Source

DATE: 9/24/23

GUEST: Gail Finklestein, MSRN

DESCRIPTION: a discussion about e-cigs and how they have impacted the health of teenagers since they came on the market

HOST: Alex Tiersey, UVMMC

HOUSING

PROGRAM: In Touch

DATE: 7/30/23

GUEST: Mark Redmond, executive director of Spectrum Youth and Family Services

DESCRIPTION: a discussion about this unique organization that provides housing, food and help with completing GEDs and job training for teens and young adults dealing with drug addiction and other issues

HOST: Ginny McGehee

PROGRAM: In Touch

DATE: 9/17/23

GUESTS: Kirby Dunn, outgoing director, and Connor Timmons, the new director for HomeShare Vermont

DESCRIPTION: a discussion about the unique organization working to match people who are aging or have disabilities to share their homes with others looking for an affordable place to live, offering help and companionship, the extensive work to make the match. The even higher demand for housing has increased the work of this 40-year-old nonprofit

HOST: Ginny McGehee