

ELDER NEWS

JANUARY/FEBRUARY 2019

VIEWS

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

SENIOR COMPANION PROGRAM HOSTS

11th Annual SNOWFLAKE BALL

It's time to dust off those dancing shoes and get ready for the Snowflake Ball, the Senior Companion program's annual fundraiser. Dance the night away to the smooth sounds of the Ensemble Swing Time Band. This is a black-tie optional event with a catered dinner. Tickets cost \$60 each with

"It's a fun night to get out and enjoy good company, great food, and live entertainment while supporting a program that makes a difference for so many seniors."

an early bird special of \$45 if purchased before January 15th and are available from the Office on Aging by calling (865)524-2786.

"We are very excited about the 11th annual Snowflake Ball! It will be a fantastic time, as always," said Deisha Finley, manager of the Senior Corps Programs. "It's a fun night to get out and enjoy good company, great food, and live entertainment while supporting a program that makes a difference for so many seniors." Come prepared to bid on amazing silent auction items such as restaurant gift cards, gourmet baskets, art, and electronics.

For the fourth consecutive year, two special people will be crowned Snowflake Ball King and Queen. This year's nominees include:

Jessica Kalin
Avalon Hospice

Shane Archer
Grow Knoxville, a Shane Archer Concept Salon

Evelyn Gill
Knox County Commission

Bo Williams
WATE TV 6

Kendall Rutherford
Mac's Pharmacy

James Allen
Online Development, Inc. (OLDI)

Ginger Tucker
Amedisys Home Health

Dr. Jeffrey Summers
Medical Specialists
Knoxville

The Senior Companion Program provides assistance in the homes of frail, homebound persons at no charge. There are currently 80 Senior Companion volunteers in the Knox County program serving over 200 individuals, but demand for Senior Companions, who are volunteers, always exceeds supply, with more than 300 older adults waiting for a companion. Community donations allow the program to train and place more Companions.

If you or someone you know is interested in becoming a Senior Companion, call the program at 524-2786 for information. ■



SENIOR COMPANION SNOWFLAKE BALL

Saturday, February 2nd

6:00 p.m. to 9:00 p.m.

Kerbela Temple, 315
Mimosa Avenue

Tickets: Early Bird
Special \$45 per person
before January 15

\$60 per person after

Call 524-2786 to order
tickets by phone.



Special thanks to our Platinum Sponsors whose support makes this event possible.

PANCAKE FEST

The O'Connor Center's Annual Pancake Fest has become an annual fun event that people "flip over" each year! There will indeed be "flipping" taking place on Friday March 1, and the public is invited to enjoy all-you-can eat Pancakes from 7 am to 1 pm at the O'Connor Center. We will have elected officials and local celebrity pancake flippers serving up stacks of delicious pancakes made just for you. In addition to regular and gluten-free pancakes and regular and sugar-free syrup, you can enjoy "the best sausage ever", as well as milk, juice, and coffee.

Visit the many information booths to learn about resources for older adults in our community. As usual, exciting things will take place in the North Addition. There will be an arts and crafts fair, live plants for sale, and special musical entertainment throughout the day for all to enjoy. Stop by the Gift Shop and pick up some holiday gifts for friends and family. All ages are invited to join us. If you are in a hurry, call ahead and get your flapjacks to go. You might even want to pick up some for your office! All money raised will benefit the O'Connor Senior Center and the Daily Living Center.

The best part of the Pancake Fest is not the pancakes, however! The fellowship and laughter around the table is well worth the \$5 contribution you make to the Center that enables the O'Connor Center to continue to provide quality programming that is designed for active seniors. ■



Pick Up Your New Senior Service Directory at the 2019 Pancake Fest

At the Office on Aging, we are putting finishing touches on the 21st edition of the Senior Service Directory to be published just in time for Pancake Fest. The directory, also known as the "little yellow book," is filled with important updated information for seniors, family members, caregivers, health care professionals, social workers, and anyone looking for services, programs, and resources for seniors in Knox County. Be sure to pick up your copy at Pancake Fest! ■



HELP OLDER ADULTS STAY WARM THIS WINTER

Cold winter weather can have devastating effects on older adults' health. Project LIVE (Living Independently through Volunteer Efforts) is an OOA program that serves seniors with the goal of keeping them in their own homes. Many Project LIVE clients do not have working heating units, so we desperately need donations of new portable heaters of the ceramic type or electric oil-filled radiant type (that look like radiators but are portable, electric, and safe for seniors). Our office

also accepts monetary donations toward the purchase of portable heaters. Don't let older adults go without heat this winter.

Donations of heaters can be brought to the Office on Aging, at the L.T. Ross Building, 2247 Western Avenue, Knoxville. Financial donations should be mailed to the Office on Aging, P.O. Box 51650, Knoxville TN 37950-1650. You can also donate online at knoxseniors.org. ■





YOUR LIFE STORY

YOUR LEGACY FOR THE FUTURE

On a Genealogy tree or the headstone or a marker at a cemetery, all you see is a person's name, dates of birth and death and a dash (-) between them. Most times that's all we know about them. Their entire lives summed up in that dash.

In the past, oral histories were important. Stories of our ancestors and our ancestors were passed down from one generation to the next. Is there an oral history in your family?

In today's modern world, there are less and less oral histories and we know less about our grandparents and great grandparents than those who lived before us.

Do you want your family to know your story or is it ok to be summed up by a dash?

Most probably, you would like your great grandchildren and future generations to know about you. They would want to know about your life, your hopes and dreams, the high points as well as the low ones.

You can share your life story with your descendants to come. ■

The Life Story Class

On February 4, a 6-week class will start at O'Connor. In this class, you will learn how to compile your personal story. You will be shown different ways to do this:

- Write it
- Record it, or
- Videotape it

You can even get a family member or friend to ask you questions and record your answers.

It's important for your family members to know about you and your life story.

O'Connor Senior Center,
611 Winona St.

Dates - 2/4, 2/11, 2/25, 3/4, 3/11 & 3/18 (No Class on Presidents day, 2/18)

Time - 1:00 to 2:30 p.m.

Space is limited to 15 participants. Call 523-1135 to reserve your spot for this free program.

THE DAILY LIVING CENTER IS AVAILABLE TO HELP CAREGIVERS

The Daily Living Center is an adult day facility that provides a safe and loving place for older adults who need a little extra care and support. The Center provides transportation, nutritious meals, and an active social program to enable participants to age in place. The Daily Living Center provides respite for caregivers by providing a fun, safe, and relaxing atmosphere for their loved one. Transportation, two meals per day, and a wide variety of activities and programs are available to participants. ■



NOW ACCEPTING NEW PARTICIPANTS!

If you know someone who could benefit from this valuable program, call Wendy Badgley at 865-689-8412.

CAN SNAP HELP YOU?

The Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, can help low to moderate income households who need extra money for food. Adults over the age of 60 can count medical deductions and a variety of expenses to qualify. To find out if you are eligible or to get help with your application, call (865)524-2786 to speak with the Office on Aging's SNAP coordinator. ■




SOCIAL ISOLATION: A COMMON ISSUE WITH OLDER ADULTS

In this presentation, Dr. Carole R. Myers will discuss how social isolation differs from being lonely or getting the winter blues, contributing factors, the impact of social isolation on mental and physical health, and what can be done in response to the problem.

Carole, Myers, PhD, RN, FAAN is an Associate Professor in the University of Tennessee College of Nursing with a joint appointment in the Department of Public Health. Myers is the creator and co-host of HealthConnections, a popular bi-weekly radio show featured on WUOT-FM, the Knoxville NPR-affiliate. HealthConnections focuses on issues related to people, policy, and health.

Sponsored by United Healthcare. ■



JANUARY MEETING
Date: Thursday, Jan. 10
Time: 2:30 p.m.
Place: O'Connor Center
 611 Winona St.

The O'Connor Center's Weekly Update is making a change! Beginning in January, Weekly Update will begin running in the Sunday edition of the Knoxville News Sentinel on the first and third Sundays of the month.

As always, we'll keep you posted about upcoming events, programs and services, as well as the O'Connor Center's schedule of events. If you ever have questions about what is happening at O'Connor, just call 523-1135.

COMING SOON! BENEFITS ENROLLMENT CENTER

The Benefits Enrollment Center at the Office on Aging and O'Connor Center will help people who are on Medicare or are eligible for Medicare to enroll in appropriate benefits. Trained staff will use a web-based tool to determine eligibility and benefits. This service is free of charge.

Senior and adults with disabilities will receive enrollment assistance to see if they qualify for benefits including:

- Prescription Drug Payments
- Food
- Medical Care
- Heat/Utility Assistance

Watch for details about the Enrollment Benefits Center in upcoming issues of Elder News and Views. Call Senior Information & Referral at 546-6262 for more information. ■

GRANDPARENTS AS PARENTS PROGRAM

The Grandparents as Parents Program has been serving Grandfamilies for more than 18 years. Grandparents often find themselves in a new and different combined role, being both the grandparent and the parent. This new role can bring many emotions, including grief, insecurity, anger, love and joy. The CAC Office on Aging's GAP program is here to assist those grandparents in finding answers to questions, gaining access to resources, providing education and support programming with allows grandfamilies to meet others experiencing the same joys and concerns.



Please join us at a Support Group Meeting or a Legal Talk.

GAP SUPPORT GROUP MEETING

January 29, 2019 "Tax Time in Tennessee"
February 26, 2019 "How to Talk to Your Teen About Safe Sex"

LT Ross Building • 2247 Western Ave
 10:00 – Noon

LEGAL TALK

February 13, 2019 "Child Support"
 First Baptist Church • 510 W Main Street
 5:00 – 6:00 Dinner (Free to GAP families)
 7:00-8:00 Program

The GAP program also has a Grandparents As Parents Resource Guidebook to help families navigate the hurdles they may encounter. The guidebook is full of information and resources for any caregiver providing for children. The guidebooks are free and are available at the LT Ross Building and the O'Connor Center. If you would like more information about the GAP guidebook, support group meetings, legal talks, or would like to speak with the GAP manager, please call 865-524-2786. ■

O'CONNOR CENTER SCHEDULE - JANUARY/FEBRUARY

*For more information about any program, or to register for programs, contact us: 865-523-1135 or occonnor@occonnorcenter.org
The O'Connor Center is located at 611 Winona Street, Knoxville, Tennessee.*

The O'Connor Center will be closed
Tuesday, January 1, for New Year's Day
Monday, January 21, for Martin Luther King Jr. Day

Monday, February 18, for Presidents' Day
The Staff of the O'Connor Center wishes for each of you a year filled with good health and happiness!

May you enter 2019 filled with new beginnings, new hopes, and new dreams. Find ways to make a difference, give thanks, and welcome each new day with enthusiasm as you add life to your years here at the O'Connor Center.

JANUARY/FEBRUARY PROGRAMS

AARP Driver Safety Program: The Smart Driver Course will be offered Mon. & Tues., Feb. 25 & 26. Call Carolyn Rambo at 382-5822 for info and to register for this two-day refresher course which might save you money on your insurance cost.

Beginners Bridge: A 2-hour Thursday class for anyone wanting to learn this addictive game. Call for details.

Bingo: Wednesdays. Bringing a new \$1-\$2 gift to be shared as a prize. A \$1 donation to help with program cost is greatly appreciated and helps insure the fun will continue.

Brain Games: Enjoy this mental exercise that helps to keep the mind sharp while enhancing cognitive function. Group meets regularly on Tuesdays at 11 am to review fun trivia and have a great time - and newcomers are always welcome!

Camera Club: Whether you are an aspiring photographer, a professional, hobbyist, or just someone who likes to take pictures of special moments, this club is for you. Everyone is welcome.
January 16: "Editing for Digital & Print"
February 20: "Backing Up & Sharing Your Images"

Creative Writers Workshop: Classes for aspiring and experienced writers. Mondays, Jan. 14 & 28 and Feb. 11 & 25.

Creative Endeavors: Group membership is available for those who are looking for ways to express their creativity; membership is free and newcomers are always welcome.

Table Games: What's your favorite game? Come join the fun on Tuesdays. Newcomers always welcome.

Dance Classes - Cost is \$2/Class.

Afternoon Dancing: Tuesdays. Opportunity to dance and visit with friends. Instruction available; \$2 donation appreciated. Singles welcome.

Beginner-Beginner Line Dance, Wednesdays. Specifically for those with no experience.

Beginner Line Dance, Wednesdays. For the beginner with some experience.

Belly Dance, Wednesdays. For everyone—a fun and enjoyable way to exercise.

Intermediate Line Dance: Mondays. For those with moderate experience.

Dances - Cost varies per dance.

Tea Dance: First Tuesdays, January 8 and February 5. Cost is \$2; light refreshments.

3rd Friday Night Dances: January 18 and February 15. "ALL TYPE" dance with great music, light refreshments, fun, and a special DJ from Pro-Audio Mobile DJs. Cost is \$5.

Saturday Night Ballroom Dances with Refreshments... Cost: \$6/Dance Club Members; \$8/Non Members.

January 12, Winter Wonderland Dance with the David Correll Band; February 9, Valentine's Dance with the Mood Swing Band.

Flower Lovers Garden Club: Meets Thursday, February 14. For individuals who love horticulture and are interested in learning more. This group is always open to

newcomers. You don't have to have a "green thumb" to attend!

French: Tuesdays. Enjoy expanding your French vocabulary. Oui? Peut-être?

Fun Film Fridays: Enjoy a weekly movie and popcorn; donations appreciated. Call for movie title.

Gift Shop: Wonderful and unique gifts are available Monday-Friday from 10 am-2 pm. Call for membership info.

Greenhouse: "Green Thumbs" are needed in the greenhouse on Tuesdays and Fridays.

Happy Hikers: Thursdays. Newcomers are always welcome; call Carrie Roller at 719-1604 if you are interested in participating in a hike or for additional information. Meet at the trailhead at 10 am, unless otherwise stated.

Jan. 3	Gatlinburg Trail-Lunch 4 mile easy hike
Jan. 10	Annual Meeting/Board O'Connor at 9 am -11 am
Jan. 17	Lakeshore/Glendale 6 mile hike; Shuttle
Jan. 24	I. C. King Park 6-8 mile hike
Jan. 31	Panther Creek 8 mile moderate to strenuous hike
Feb. 7	(Optional) Black Mountain 7.9 mile hike
Feb. 14	North Boundary/Oak Ridge/ Brunch 7.5 mile hike
Feb. 21	Courthouse Rock 5 mile strenuous hike; Shuttle; Manway
Feb. 28	Hall Bend Trail Loop in Loudon 5 mile moderate hike

JANUARY 2019 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
	CENTER CLOSED 1 HAPPY NEW YEAR!	2	10:00 Happy Hikers & Thursday Walkers 3	1:30 Old Time String Band 4
9:00 Legal Assistance by appointment only 7 12:00 Lunch & Learn 3:00 Investment News call ahead	9:00 Quilting 8 11:00 Adv. Arthritis Exercise 12:00 Hearing Screening and Aid Check & Cleaning 1:30 Tea Dance	9:00 Toenail Clinic 9 10:00 Facebook 101 12:15 Health & Humor 12:30 Online Shopping: Safely & Securely 3:00 Rise Against Crime Support Group	9:00 Happy Hikers Annual Meeting 10 11:00 Adv. Arthritis Exercise 12:00 Sweet Spot Bingo 1:00 Family History 1 2:30 Council on Aging	11:00 Silver Stage Players Casting Call 11 1:30 Old Time String Band 7:00 Saturday Night Winter Wonderland Dance David Correll Band 12
9:30 Creative Writers 14	8:00 Harrah's Casino Trip 15 9:00 Quilting 10:00 iPhone/iPad Basics 11:00 Adv. Arthritis Exercise 11:30 NEW Washable Oils Class 12:30 Android Phone/Tablet Basics	10:00 Camera Cub 16 10:00 iPhone/iPad Basics 12:15 Health & Humor 12:30 Android Phone/Tablet Basics 3:00 Rise Against Crime Support Group	10:00 Happy Hikers & Thursday Walkers 17 11:00 Adv. Arthritis Exercise 12:00 Thursday Walkers Nashville Party sponsored by Trinity Hills 1:00 Family History 1 2:00 With Hope in Mind	11:00 Silver Stage Players 18 1:30 Old Time String Band 7:00 Third Friday DJ Variety Dance
CENTER CLOSED 21 	9:00 Quilting 22 11:00 Adv. Arthritis Exercise 11:00 Brain Games	9:00 Toenail Clinic 23 12:15 Health & Humor 3:00 Rise Against Crime Support Group	10:00 Happy Hikers & Thursday Walkers 24 11:00 Adv. Arthritis Exercise 1:00 Family History 1	11:00 Silver Stage Players 25 1:30 Old Time String Band
9:30 Creative Writers 28 12:00 Lunch & Learn 1:00 Market Group	9:00 Quilting 29 11:00 Adv. Arthritis Exercise	10:00 Microsoft Word 30 12:15 Health & Humor 12:30 Microsoft Excel 3:00 Rise Against Crime Support Group	10:00 Happy Hikers & Thursday Walkers 31 11:00 Adv. Arthritis Exercise 1:00 Family History 1	

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 Party Bridge, SAIL Exercise, Water Aerobics 10:30 Loss & Life Changes Support Group 1:30 Intermediate Line Dance Blood Pressure Checks Monday—Friday 10:30 am-11:30 am	9:00 Greenhouse, Quilting Tai Chi 10:00 Basic Arthritis Exercise French, Party Bridge, Tai Chi Set Practice Water Aerobics, Yoga 11:00 Adv Arthritis Exercise Brain Games, Italian 11:20 Seated Yoga 11:30 Washable Oils Painting 1:00 Cribbage & Table Games	9:00 Cadet Band Practice 10:00 Advanced Painting, Concert Band Practice, Party Bridge, SAIL Exercise, Water Aerobics 11:00 Dixieland Band Practice 12:15 Health & Humor 12:30 Beginner Painting, Belly Dance; Texas Hold'Em 1:30 Beg. Beg. Line Dance, Bingo 2:00 Beginner Line Dance	8:30 Blood Glucose Checks 9:00 Knitting & Crocheting 9:00 Tai Chi 10:00 Basic Arthritis Exercise Happy Hikers Tai Chi Set Practice Thursday Walkers Water Aerobics, Yoga 11:00 Adv Arthritis Exercise Beginner Bridge 11:20 Seated Yoga 1:00 Cards & Games	9:00 Greenhouse Woodcarving 9:30 SAIL Exercise 10:00 Beginner Spanish Water Aerobics 11:00 Intermediate Spanish 12:30 Fun Film Friday 1:30 Old Time String Band Billiards Room Open Monday—Friday 8:30 am-4:30 pm

FEBRUARY 2019 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
				11:00 Silver Stage Players 1 1:30 Old Time String Band
9:00 Legal Assistance 4 <i>by appointment only</i> 11:30 Creative Endeavors 1:00 Your Life Story	9:00 Quilting 5 11:00 Adv. Arthritis Exercise 12:00 Hearing Screening & Hearing Aids Checked 1:30 Tea Dance	8:30 Tax Assistance 6 9:00 Toenail Clinic 3:00 Rise Against Crime Support Group	10:00 Happy Hikers & Thursday Walkers 7 11:00 Adv. Arthritis Exercise 1:00 Family History 2	9:00 CPR 8 11:00 Silver Stage Players 1:30 Old Time String Band 7:00 PM 9 Valentine's Dance The Mood Swing Band
9:00 CPR 11 9:30 Creative Writers 10:00 iPhone/iPad Beyond Basics 10:00 Veterans Q & A 12:00 Lunch & Learn 12:30 Android Phone/Tablet Beyond Basics 1:00 Your Life Story	8:00 Harrah's Casino Trip 12 9:00 Quilting 10:00 iPhone/iPad Beyond Basics 11:00 Adv. Arthritis Exercise 12:30 Android Phone/Tablet Beyond Basics	8:30 Tax Assistance 13 3:00 Rise Against Crime Support Group	9:00 Toenail Clinic 14 10:00 Happy Hikers & Thursday Walkers 11:00 Adv. Arthritis Exercise 12:00 Sweet Spot Bingo 1:00 Family History 2 2:00 Flower Lovers 2:30 Council on Aging	11:00 Silver Stage Players 15 1:30 Old Time String Band 7:00 PM THIRD FRIDAY DJ VARIETY DANCE
CENTER CLOSED 18 	9:00 Quilting 19 11:00 Adv. Arthritis Exercise 11:00 Love Your Community Volunteer Info Meeting 11:30 NEW Washable Oils	8:30 Tax Assistance 20 10:00 Camera Club 3:00 Rise Against Crime Support Group	10:00 Happy Hikers & Thursday Walkers 21 11:00 Adv. Arthritis Exercise 1:00 Family History 2 2:00 CPR 2:00 With Hope in Mind	11:00 Silver Stage Players 22 1:30 Old Time String Band
9:30 Creative Writers 25 12:00 AARP Driver Safety 12:00 Lunch & Learn 1:00 Your Life Story 1:00 Market Group	9:00 Quilting 26 11:00 Adv. Arthritis Exercise 12:00 AARP Driver Safety 2:00 CPR	8:30 Tax Assistance 27 3:00 Rise Against Crime Support Group	10:00 Happy Hikers & Thursday Walkers 28 11:00 Adv. Arthritis Exercise 1:00 Family History 2	PANCAKE FEST FRIDAY, MARCH 1 

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 Party Bridge, SAIL Exercise, Water Aerobics 10:30 Loss & Life Changes Support Group 1:30 Intermediate Line Dance Blood Pressure Checks Monday—Friday 10:30 am-11:30 am	9:00 Greenhouse, Quilting Tai Chi 9:45 Singing Seniors 10:00 Basic Arthritis Exercise French, Party Bridge Tai Chi Set Practice Water Aerobics, Yoga 11:00 Adv Arthritis Exercise Brain Games, Italian 11:20 Seated Yoga 11:30 Washable Oils Painting 1:00 Cribbage & Table Games	9:00 Cadet Band Practice 10:00 Advanced Painting, Concert Band Practice, Party Bridge, SAIL Exercise, Water Aerobics 11:00 Dixieland Band Practice 12:15 Health & Humor 12:30 Beginner Painting, Belly Dance, Texas Hold'Em 1:30 Beg.Beg. Line Dance, Bingo 2:00 Beginner Line Dance	8:30 Blood Glucose Checks 9:00 Knitting & Crocheting 9:00 Tai Chi 10:00 Basic Arthritis Exercise Happy Hikers Tai Chi Set Practice Thursday Walkers Water Aerobics, Yoga 11:00 Adv Arthritis Exercise Beginner Bridge 11:20 Seated Yoga 1:00 Cards & Games	9:00 Greenhouse Woodcarving 9:30 SAIL Exercise 10:00 Beginner Spanish Water Aerobics 11:00 Intermediate Spanish 12:30 Fun Film Friday 1:30 Old Time String Band Billiards Room Open Monday—Friday 8:30 am-4:30 pm

O'CONNOR, CONTINUED FROM P. 5

Harrah's Trip: Jan. 15 & Feb. 12. Cost is \$35/person and each participant must have a valid email address. Each guest will receive a \$25 play voucher and player's card. Call Frankie Hicks at 865-525-1475.

Investment News: Monday, Jan 7. Join John Smartt, Jr., for Your Investment Questions Answered. Call ahead to register.

Italian: Viva l'italiano!! Do you love everything Italian? Do you have an interest in the Italian language and culture? Join our Italian language classes every Tuesday to add a little spice to your day!

Knitting & Crocheting: Thursdays. Free instruction available by Linda Costner. Newcomers always welcome.

Legal Assistance: Call 637-0484 to schedule an appointment for free legal services for seniors.

Loss & Life Changes Support Group: Mondays. Pat Green, Group Leader/Social Worker and Bereavement Coordinator, listens to concerns and offers encouragement. Newcomers are welcome to this informal time of sharing which always ends on a positive note.

Love Your Community - Be My Volunteer Valentine – Feb. 19 at 11 am. Lead with love and experience with the Retired and Senior Volunteer Program. Whether you enjoy working with seniors or children, the RSVP program will match you with the perfect opportunity based on your interests and schedule. Share hors d'oeuvres with us and learn how your community needs your help serving as a RSVP with Avalon Hospice, Leaders for Readers, or your local senior center.

Market Group: Are you a crafter, maker, or artisan? This group is just the thing for you! Join us for monthly meetings on Jan. 28 and Feb. 25.

O'Connor Center Band (Cadet for Beginners/Concert for Advanced): Wednesdays. Gently used instruments are needed as well as warm bodies to play them. If interested, please call 523-1135 to set a time to meet prior to class time.

Old Time String Band: A weekly Friday afternoon get-together for music lovers of all kinds. Anyone who plays an acoustic string instrument, sings, or just likes to listen and dance will enjoy this fellowship! Everyone welcome, regardless of skill level.

Painting with Washable Oils: Tuesdays. Instructor: Liberty Gialelis. Cost is \$20 for 5-week session; New classes begin Jan. 15 and Feb. 19. Beginners and newcomers welcome. Call 523-1135 for information on supplies needed and to sign up.

Party Bridge: Monday through Wednesday. Call for information and to get on the substitute list.

Quilting: Tuesdays. Learn quilting skills and tips from our experts. Newcomers are needed! If you have tops that need to be quilted, please call for information.

Seniors for Creative Learning Kick-off Luncheon. Thursday, March 7 at noon. Be sure to make your reservation no later than Friday, March 1, for the BBQ luncheon. Call the UT Department of Professional and Personal Development at 865-974-0150 for registration and payment information.

Silver Stage Players: Looking for a new creative outlet? The Silver Stage Players are looking for cast and crew to work on their next

original production. There is no part too small and newcomers are always welcome. Group begins meeting on Friday, Jan. 11 at 1 pm. For additional information on how to get involved call us today.

Singing Seniors: Rehearsals resume on Tuesdays, beginning Feb. 5. Call today to find out about how to sign up for the Fall Semester.

Spanish: Beginners class every Friday, 10 am; Intermediate class Fridays at 11 am.

Texas Hold'em: Wednesdays. Enjoy fellowship and competition with experienced and inexperienced card players; newcomers welcome! Cost is \$2/class.

Thursday Walkers Nashville Party: We will be celebrating our Thursday Walkers for walking a combined 181 miles, the distance from the O'Connor Center to Nashville, TN. If you have participated in this accomplishment or are interested in joining in on our next adventure, come by and celebrate with us. This event is sponsored by Trinity Hills of Knoxville. Call Joyce Dukes at 525-2540 with questions regarding walks and see Sunday's Weekly Update for walk details.

Veterans Services: The Knox County Veterans Service Office representative will be available to answer questions or provide direction concerning the latest changes.

Woodcarving: Fridays. Open to all, regardless of experience. Personal instruction is available if needed. Call the O'Connor Center to get a list of supplies needed.

Your Life Story-Your Legacy for the Future: Everyone has a story. Learn about creative ways you can tell yours in this 6-week class beginning Monday, Feb.4. Class will not meet on Feb. 18. Pre-registration is appreciated; call today to reserve your seat.

SENIOR SAVVY COMPUTER CLASSES (PLEASE PRE-REGISTER AND PRE-PAY)

Computers, as well as iPads, tablets, etc., are available; please indicate need when registering. Call 523-1135. Classes are taught by Social Media 4 Seniors Staff.

Facebook 101: \$15 for the 1-day class

Wed, Jan 9, 10:00 am – 12:00 pm

Online Shopping: Safely & Securely:

\$15 for the 1-day class

Wed, Jan 9, 12:30 pm – 2:30 pm

iPhone/iPad Basics:

\$25 for the 2-day class

Tues/Wed, Jan 15 & 16, 10:00 am – noon

Android Phone/Tablet Basics:

\$25 for the 2-day class

Tues/Wed, Jan 15 & 16, 12:30 pm to 2:30 pm

Microsoft Word Processing:

\$15 for the 1-day class

Wed, Jan 30, 10:00 am to 12:00 noon

Microsoft Excel Spreadsheets:

\$15 for the 1-day class

Wed, Jan 30, 12:30 pm to 2:30 pm

iPhone/iPad Beyond Basics:

\$25 for the 2-day class

Mon/Tues, Feb 11 & 12, 10:00 am – noon

Android Phone/Tablet Beyond Basics:

\$25 for the 2-day class

Mon/Tues, Feb 11 & 12, 12:30 pm to 2:30 pm

CALL 523-1135 FOR INFORMATION AND TO REGISTER FOR CLASSES. PRE-PAYMENT REQUIRED.

Please call to schedule an appointment.

Adult CPR: Class instructed by Nurse Claudia. \$5 donation appreciated and pre-registration required.

Blood Glucose Checks: Thursdays, 8:30 am, \$1.50. A 12-hour fast is recommended to insure a correct reading.

Blood Pressure Checks: Monday-Friday, 10:30 am-11:30 am. Tuesday checks provided by Quality Home Health Care.

Exercise: Arthritis Foundation, Tuesday/Thursday: The Advanced Class has good physical exertion and is \$2/class; the Basic Class offers seated exercise with limited physical exertion and is \$1/class. In addition to exercise, the O'Connor Friendly Nurse insures the class meets your daily requirement of fun and fellowship.

Health and Humor: Laughter will always be the best medicine! Enjoy fellowship with Nurse Claudia and others who enjoy laughing AND learning! Wednesdays at 12:15 pm.

Hearing Screening and Hearing Aids Checked/Cleaned: Jan. 8 and Feb. 5.

SAIL Exercise Class: Learn about how this new exercise curriculum can improve your

balance and strength. Class meets every Monday and Wednesday at 10 am, and Friday at 9:30 am. Class is FREE for most insurance members. Call for details.

Sweet Spot for Diabetics: Sweet Spot Bingo for Diabetics – Play bingo with Mac's pharmacy as you learn about the best practices to manage your diabetes! COMPLIMENTARY DINER LUNCH for those who pre-register.

Taoist Tai Chi Classes and Practice: Tuesdays and Thursdays. Try Tai Chi to help reduce stress and anxiety and enjoy this time of meditation in motion! Newcomers are always welcome.

Toenail Clipping, by Appointment Only: Cost is \$12. Call 523-1135 to schedule an appointment on Jan. 9 & 23 and Feb. 6 & 14.

Water Aerobics: Monday-Friday, 10 am. Classes are held at the Cansler Family YMCA. Please come to the O'Connor Center to complete paperwork and to sign-in prior to beginning class. Cost is \$2/class.

With Hope in Mind/ National Alliance on Mental Illness (NAMI): Support group for families dealing with various forms of mental illnesses meeting on Jan. 17 and Feb. 21.

Yoga: Tuesdays & Thursdays, 10 am;

Seated Yoga: Tuesdays & Thursdays at 11:20 am: Classes held at the YMCA.

Lunch & Learn @ 12 Noon: Reservation must be made by Thursday of the previous week to get a free lunch. Complimentary diner lunch provided by the grandchildren and great-grandchildren of John T. O'Connor.

Jan 7 Beardsley Farm Soup Slurpin' Social Charlotte, from Beardsley Farm, will make a delicious soup focusing on low cost ingredients. Samples will be served! Complimentary diner lunch provided.

Jan 28 Mold, Mildew & Lead, Oh My! -Bonnie Hinds from UT Extension, will share what they are, how they affect us and how to get rid of them without causing further damage.

Feb 11 Living Well with Heart Disease-John Dalton, Exercise Physiologist from Covenant Cardiac Rehab, will discuss lifestyle changes for a happier healthier life when dealing with heart disease. He will also discuss prevention of heart disease and the benefits of cardiac rehab.

Feb 25 Essential Oils for the Heart – Join Linda Battani, from doTERRA, as she shares which oils are essential for cardiovascular health!

OCTOBER & NOVEMBER 2018 DONATIONS

Anonymous (7)
Glen Anderson
Bob Andres
Dorothy Brice
Ken and Kaye Brock
Colonial Heights United
Methodist Church, J. Ray
Stuart Sunday School Class
Jerry & Cindy Eisele
Patricia Ferrell
Anna Goodman
Jo Learn
David & Susan Long
Pam Lovell
Debbie Lowe
Jo Ann McCallen
David McCormick
Oakwood Baptist Church,
Homemaker's Sunday School
Class
Susan Ogle
Joan Pigott
Norman Queener
John & Beth Smith
Smithwood Baptist Church,
Joy Class
Linda Townsend
Ashley Wade
David & Carolyn Wells
Elizabeth Wieselquist

REGULAR IN MEMORY OR HONOR

In Memory of Dr. Marlene Brogan
Anonymous
In Memory of Leila Brown Norma Velasco
In Memory of Geraldine (Gerry) C. Davis
George Davis
In Memory of Ann Frazier
Laura Brake
In Honor of Peggy Ransom & Peggy Griffith
Anonymous
In Memory of Margie Henegar
Clarence Henegar
In Honor of Chas Lindstrom
David Harshman
In Honor of Kenneth Roberts
Laurie Gibson
In Memory of Eddie Sacchi
Addie Sacchi
In Honor of Jack Watson
Amanda Duncan

ADOPT A SENIOR DONATIONS

Anonymous (12)
Barbara Abner
Mark & Jane Andreaco
Beaver Creek Cumberland

Presbyterian Church,
Searchers Sunday School
Class
Wayne & Mary Bell
Billiards & Brews, LLC
Alan & Dianna Brizzolara
Joyce Brown
James & Patricia Bruner
Timothy & Carol Coode
Phyllis Davis
Carol Dunn
Allan & Donna Ellstrom
Erin Presbyterian Church
Farragut Presbyterian
Church
W.H. Fraker
Ann Gehin
Mike & Jo Ann Guidry
Kenneth Lance Hooper
David & Janice Ishee
Larry & June Kelsay
Margaret Kidwell
Elaine Krell
Lake Hills
Presbyterian Church
Lynn & Frances Morehous
Family Charitable Fund
Patty Magnee, Brogan
Financial Staff
Joseph & Charlene Mischlich
James Morton
Mount Olive Baptist Church,

Eagles Sunday School Class
Mount Olive Baptist Church,
Faith Sunday School Class
Ken Nolen
Marie Norman
Helen Roehl O'Connor
Lewis M. Patterson
Deborah Perry
Carl & Mary Porter
Lavon & Darlene Rickard
Mary Rule
Joe & Katie Russell
Carol Taylor
Tommy Trent's
Amy Viars
James Weaver
Ricky Weaver
Carolyn Zachary

ADOPT A SENIOR IN MEMORY OR HONOR

In Memory of Dr. Marlene Brogan
Brogan Financial Staff
In Memory of Marie Draudt
Chad Pryson
In Memory of Jim Ellis
East Tennessee Foundation,
Gordon & Nancy Thomas
Fund
In Memory of Dorothy Frost
Catherine Cooper

In Memory of Irma Keith
Phil & Fran Keith
In Memory of Susanne Mauer
Edward & Anne Wilson
In Memory of Ruth Riley
Shiloh Homeowners
Association
In Memory of Ruth Riley
Marvin & Beverly Walton
In Memory of Andrew Paul Sorrells
Curtis Sorrells
In Honor of Tennessee Tech Management Students
Anonymous
In Honor of Jack Watson
Randall Duckett

ONE SENIOR FOR ONE YEAR

Anonymous (1)
Aubrey's, Inc.
Beverage Control, Inc.,
Pat Scruggs Family
Robert & Honerlin Del Moro
East Tennessee Foundation,
Packard Fund
Andrew & Jennie Johnson
Management Society at the
University of Tennessee
Scarecrow Foundation
Carla Wyrick

ONE SENIOR FOR ONE YEAR IN MEMORY OR HONOR

In Honor of Mrs. J.S. Bell, Mr. & Mrs. Jim Haslam, II, Mrs. Harry Stowers, Mr. & Mrs. Tom Midyett, Mr. & Mrs. Bill Arant, Mrs. Frank Tucker, Mrs. Tom Wynegar, Dr. & Mrs. Sam Bills, Mr. & Mrs. Gene Koonce, Mr. & Mrs. Glenn Bullock, Mrs. Gerry Peagler, Mr. & Mrs. Harold Bell, Dr. & Mrs. Sumner Bell, Mr. & Mrs. David Reynolds, Ms. Gerry LeVan, Mr. & Mrs. Joe Pryse, Ms. Rachel Smith, Mr. & Mrs. Bob Patterson, Mrs. Richard Bowen, Mr. & Mrs. Frank Myers, Mrs. Ben Williamson, Mr. & Mrs. Don Vowell, Mrs. Lee Congleton, Sr., Ms. Kim Cochrane, Mrs. Vickie Welch, Mrs. Sis Mitchell, Mr. & Mrs. Bob Page and Mr. & Mrs. Ed Pershing.
Anonymous

FOURTEEN SENIORS FOR ONE YEAR

Humana

OCTOBER & NOVEMBER 2018 OOA CONTRIBUTORS

CONNECTING HEARTS

Anonymous (1)

FEED A PET

Anonymous (1)
Peter & Fawn Landrum
Steve & Linda Oliver
Martha Rosson
In Memory of Lucille Millsbaugh
Anonymous

GRANDPARENTS AS PARENTS

Gail Conrad
Patricia Fillipkowski
Tracy Ford

LIVE

Judith Fleenor

O'CONNOR CENTER

In Honor of John T. O'Connor
Grandchildren and Great
Grandchildren

PAWS

Care Around the Block, LLC
Monica Franklin
Daniel & Patricia Green
Hexagon Brewing Company
Sarah Malia
Seniors for Creative Learning
In Memory of Grace & Lola Baker,
our beloved pets

Kandice Bewley Baker

In Honor of Monica Franklin
Catherine Jenna Smith

In Honor of Monica Franklin
Tim Takacs

In Memory of Foster Lewis
Anonymous
In Memory of Audrey Jones Mee
Anonymous
In Memory of Audrey Jones
Heath Mee
Anonymous

SENIOR COMPANIONS

Anonymous (3)

Callie Archer
David Berglass
Brassler Girls
Pete & Betsy Brodnax
Sandra Campbell
Sue & Eric Carlson
Vickie Darnell
Cynthia Doolin
Kimberly Dukes
Moiria Ely
Kristin Farley
Deisha Finley
Frazier's Carpet One
Joanne Kalin
KELC Friends
Megan Landers
Nancy Lofaro
Matthew & Brandy Manifold

Megan Marlow
Kim Olen
Carol Osborne
Lee Ann Patrizio
Barbara Pearman
Ryan & Andrea Redman
Tonya Shott
Tearsa Smith
Lori Tucker
Tim W.
Nancy Walker
Yolanda Washington
Bonnie Webb
Angela Weber
Mike & Loren Wilhoit
Allison Woodall
Kimberlee Young
Manel

Jean
SC
Alphonso & Sydney
Chris & Margarita
Schemmel
In Memory of Lola Huggins Allen
James Allen

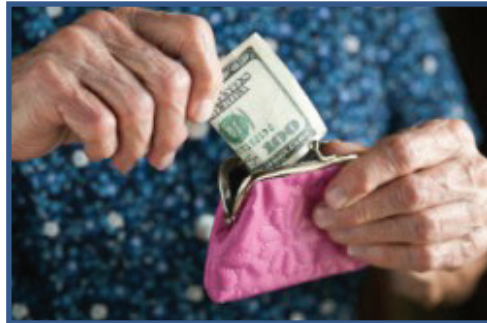
SENIOR EMPLOYMENT PROGRAM (SCSEP)

East Tennessee Personal Care
Services
SCHAS
Seniors Helping Seniors
Superior Steel, Inc.
The Courtyards Senior Living
United Healthcare Systems
Walden Security

••••• TO KEEP YOU INFORMED •••••

RISE ABOVE CRIME: SUPPORTING AND SERVING OLDER VICTIMS

The Office on Aging now offers a much-needed program to serve older adults who are victims of elder abuse or other crimes. Rise Above Crime is a grant-funded project through the State of Tennessee Office on Criminal Justice Programs, Victims of Crime Act. The Rise Above Crime program offers support, case management, referrals to community services plus benefits and needed assistance.



Rise Above Crime provides this wide array of free services to older adults over the age of 50 who have suffered from mistreatment through physical, sexual, or psychological violence; neglect; economic exploitation or fraud.

We can help with:

- Safety planning
- Support at court hearing
- Transportation
- Local benefits enrollment assistance

To qualify, you must be 50 years of age or older, a victim of physical, sexual, or psychological violence; neglect; economic exploitation or fraud; and reside in Knox County.

RISE ABOVE CRIME

Rise Above Crime provides assistance from caring professionals to help victims overcome the trauma of elder abuse and helps victims regain their feeling of safety and security.

The Rise Above Crime manager holds a free weekly support group and is available to speak with faith-based organizations and local clubs/civic groups about the growing problem of crimes against our seniors. For more information, call Emma Parrott, Rise Above Crime program manager, at 865-524-2786. ■

ELDER NEWS & VIEWS

Elder News and Views is a publication of the Knoxville-Knox County Council on Aging. The Knoxville-Knox County CAC Office on Aging prepares this publication bimonthly for the older citizens of Knoxville and Knox County.

OFFICE ON AGING DIRECTOR

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 knoxooa@knoxseniors.org • www.knoxseniors.org

Violins of Hope

STRINGS OF THE HOLOCAUST

O'CONNOR SENIOR CENTER
 JANUARY 18 | 9:00-11:00



The Stanford Eisenburg Knoxville Jewish Day School is honored to bring Violins of Hope: Strings of the Holocaust to Knoxville. **Violins of Hope is a collection of over 50 restored violins that were played by Jewish musicians during the Holocaust.** These instruments have survived concentration camps, ghettos, and many long journeys to tell remarkable stories of injustice, suffering, resilience and survival.



Knoxville musicians will be at the O'Connor senior center with the Violins of Hope educator and founder, Avshi Weinstein, on January 18, 9:00-11:00. Please join us for this life changing program. Spaces are limited.



To reserve a place, please contact RSVP coordinator, Sam Pohlot 865-524-2786.

Along with their appearance at the O'Connor Senior Center, *The Violins of Hope* will also be exhibited from January 4th through 27th at the UT Downtown Gallery and January 23rd-24th

Knoxville Symphony Orchestra will have two performances at the Tennessee Theatre. Purchase tickets for the KSO performance through the Knoxville Jewish Alliance fundraiser link at www.jewishknoxville.org

OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

P.O. BOX 51650 • KNOXVILLE, TN 37950-1650

ELDER NEWS & VIEWS

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OFFICE ON AGING: (865) 524-2786
O'CONNOR SENIOR CENTER: (865) 523-1135

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JANUARY/FEBRUARY 2019

ELDER NEWS & VIEWS

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GOING AGAINST THE GRAIN:

UNDERSTANDING GLUTEN INTOLERANCE & OTHER AUTOIMMUNE CONDITIONS

What is the hype with Gluten-free? Why are we hearing so much about other autoimmune disorders? Join us as Dr. Sudha Nair of Tennova Healthcare explains what we mean by common

autoimmune problems and how poor diet and sedentary lifestyle can trigger some complicated side effects for older adults.

Dr. Sudha Nair has been practicing in Knoxville area for a little over twelve years. She has extensive training in traditional laparoscopic surgery and with the robotic mode/assist method of laparoscopic surgery for the past 8.5 years. Over the years that span her medical education, two residencies, one mini fellowship, induction into ABOG, a member of the AIMIS 300 club, and an inducted Fellow to the American College of Obstetrics, she has performed well over 9,000 deliveries. She has a keen interest in how diet and lifestyle affect our health, especially as we age. ■



Dr. Sudha Nair



FEBRUARY MEETING

Date: Thursday, Feb. 14
Time: 2:30 p.m.
Place: O'Connor Center
611 Winona St.