

ELDER NEWS

MAY/JUNE 2019

VIEWS

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE



PAWS AMONG THE BLOOMS

A BENEFIT FOR KNOX PAWS

The Knox PAWS program is happy to announce its 9th annual PAWS Among the Blooms fundraiser to be held at Stanley's Greenhouse. It is always a fun and relaxing time filled with beautiful flowers, great company, delicious food, and a bunch of good-looking dogs. There will be live music, heavy hors d'oeuvres, and a silent auction.

Knox PAWS (Placing Animals With Seniors) is a program of the Office on Aging that matches senior shelter animals with older adults who want a furry companion to keep them company. Studies show that seniors who adopt pets show improvement in their health and overall

FRIDAY, MAY 17
5:30 P.M. - 7:30 P.M.
STANLEY'S GREENHOUSE
3029 DAVENPORT ROAD

happiness. We hope you can join us to raise funds for this program that makes a real difference in the lives of many Knox County older adults.

Tickets are \$25 at the door.
Dogs on leashes are welcome!

In the last fiscal year,

- 10 seniors received pets
- 33 seniors and their pets are currently receiving support through the Knox PAWS program including veterinary and grooming services
- 13 volunteers served approximately 162 hours with Knox PAWS from July 2017-June 2018
- 7 older pets found loving homes instead of being euthanized as "unadoptable" ■



HOT OFF THE PRESS!

The 21st edition of the Senior Service Directory is here! Updated for 2019-2021, this directory is an excellent resource for professionals, seniors, caregivers, and families.

You can pick up your copy at all Knox County Public Library locations, all local Senior Centers, sponsors' offices, churches, hospitals, doctors' offices, and the CAC Office on Aging. Give us a call at 524-2786 if you would like more information. The Senior Service Directory is also available online at knoxseniors.org.

ARE YOU A SENIOR LOOKING FOR A JOB?

The Senior Community Service Employment Program invites you to attend its Spring Job Fair on Wednesday, May 8, at the LT Ross Building. Companies looking to hire seniors will be on hand to discuss full-time and part-time job opportunities. Bring your resume and talk to prospective employers about the kind of work you are looking for. Several tables will be set up to also discuss volunteer opportunities in Knoxville and Knox County. Refreshments will be provided.



**SENIOR JOB FAIR
WEDNESDAY, MAY 8
9 AM - 11:30 AM
CAC LT ROSS BUILDING
2247 WESTERN AVENUE**

"I've been retired for a few years now, and recently began to feel bored at home. I decided to look for a part-time job to make a little extra money and get me out of the house. A couple of days later, I saw an ad in the newspaper for the Senior Job Fair. Perfect timing! I went to the Job Fair and must have talked to ten or twelve companies about positions that would suit me. I got a call back for an interview with the company I was most interested in working for! Finding a job at my age was much easier and less stressful than I thought it would be." - A Senior Employment Service Participant ■

DAILY LIVING CENTER ACCEPTING NEW PARTICIPANTS

The Daily Living Center is a licensed adult day program that provides a fun and safe environment for older adults who need the extra support. It provides caregivers the ability to go to work and not have to worry about the safety and well-being of their loved ones during the day. Breakfast, lunch, and snacks are provided as well as many art activities, exercise, music, field trips, and special visitors to the center.

The Daily Living Center is looking for new participants to share in the fun. If you or someone you know could use the extra help that DLC provides, call Wendy Badgley at 865-689-8412. ■



VAT CELEBRATES 10 YEARS OF SERVICE TO THE KNOXVILLE COMMUNITY

After a year of preparatory work and program design, on March 25, 2009, a volunteer driver transported the program's first Knox County senior to her afternoon doctor appointment. Since that time, 202 different volunteers have provided over 50,000 assisted trips to more than 950 Knox County seniors and people with disabilities, while traveling over 650,000 miles and donating over 60,000 hours of their time. Wow!

The majority of trip requests are to medical appointments and related activities. Grocery shopping is a mainstay, but the remaining requests are as diverse as the individuals who ride: all the activities and destinations that most of us take for granted... personal grooming, the bank or post office, the library, visits to a loved one, community meetings, income tax preparation ... the dollar store for fun, or the drive-thru for a burger on the way home. The impact the program has had is immeasurable, for the riders, the caregivers, and the drivers.

Our fleet size has grown to seventeen vehicles and includes ten Prius sedans and seven wheelchair accessible minivans. The fleet has been well-maintained and the vehicles still look brand new!

None of this activity would have been possible, however, without the willingness of our fellow citizens to donate their time and careful consideration to those who need assistance to travel safely to and from their destinations and maybe some extra assistance "picking out such nice apples," filling out paperwork, or simply having a pleasant conversation. Won't you consider joining us?

We want to take this space to give a big thank you to our volunteer drivers and a tip of the hat to our community partners ...

Call 673-5001 for more information on the program and/or to volunteer. ■

JOIN US AT THE 2019 DUNCAN AWARDS

*Knoxville-Knox County CAC
Office on Aging's Senior
Information & Referral (SIR)
invites you to the 18th annual
Duncan Awards honoring:*



Janice White
*Volunteer Director of the
Powell Community Center
Community Award*



Penny Bandy
*Business Development
for Amedisys Company
Professional Award*

Thursday, May 2, 2019

4:00 p.m. - 6:00 p.m.

The Pavilion at Hunter Valley Farm
9111 Hunter Valley Lane, Knoxville, 37922

Free & open to the public. Voluntary contributions accepted.

For more information, call Senior Information & Referral
at 865-546-6262.

DUNCAN AWARD SPONSORS 2019

**RED RIBBON
SPONSORS**

Medicare Insurance Advisors
Hunter Valley Farm
Arbor Terrace

SILVER LEVEL

Quality Private Duty Care

BRONZE LEVEL

Susie Stiles

FOOD SPONSORS

Morning Pointe of Powell
The Lantern at Morning
Pointe Clinton

WINE PULL SPONSOR

Avenir Memory Care at
Knoxville

GAP GUIDEBOOK IS ONLINE

Raising a grandchild can be hard work and overwhelming. The Grandparents as Parents program offers a Guidebook that contains information, tips and resources to help grandfamilies on their caregiving journey. GAP is excited to announce that the Guidebook is now available online at the Office on Aging's website at knoxseniors.org/grandparents.

Free copies are still available at the Office on Aging and the O'Connor Center.

Please join us for a Grandfamilies Together meeting or a Legal Talk.

Programs are free and everyone is invited to attend.

For more information or to join GAP, call Tracy at (865) 524-2786. ■

TUESDAY, MAY 21, 2019

Program: Overcoming
Challenges When a Parent
is Incarcerated

Dr. Elizabeth Johnson,
*University of Tennessee
College of Child and Family
Studies*

Rachel Hill, *MSSW,
Director of Amachi*

**Grandfamilies Together Meetings
are held at:**

**LT Ross Building, 2247 Western Ave.
10 am- noon**

SUMMER VOL CALL

Mobile Meals is looking for volunteers to cover delivery routes this summer when regular volunteers are home with their children or go on vacation. If you are interested in making a difference in the lives of homebound seniors, please consider volunteering with Mobile Meals. Call Shelly at 865-524-2786 or email shelly.woodrick@knoxseniors.org. ■

LET SNAP FILL THE GAP!

The Supplemental Nutrition Assistance Program (SNAP) is a federally-funded program that provides qualifying adults over the age of 60 with a monthly benefit that they can use to buy food.

We can help you with the SNAP application and explain the program details. If you could use more money to buy good, healthy food, apply for SNAP. Call Alice at (865) 524-2786 to find out if you qualify for this valuable program. ■



WHEN IT HURTS TO WALK: THE LOWDOWN ON PERIPHERAL ARTERY DISEASE (PAD)

What happens when your legs hurt and walking becomes almost too painful to bear? A diagnosis of Peripheral Artery Disease, known as PAD, can be difficult. Join us for the May Council on Aging program to learn everything you need to know about growing older with PAD.

Andrew Skibba, M.D., is a Board-Certified, Fellowship-Trained Vascular Surgeon with Premier Surgical in Knoxville.

Dr. Skibba performs vascular surgeries and interventions at Fort Sanders Regional along with Vascular Access and Varicose Vein procedures at Premier Surgical on Papermill Drive. Join Dr. Skibba as he discusses symptoms of PAD plus diagnosing and treating diseases that affect your circulatory system.

Refreshments provided by Clear Captions. ■



Andrew Skibba, M.D.

Knoxville-Knox County
KCOA
 COUNCIL ON AGING

MAY PROGRAM

Date: Thursday, May 9
Time: 2:30 p.m.
Place: O'Connor Center
 611 Winona St.

PROTECT YOURSELF AGAINST CRIME

A LOOK AT FRAUD AND SCAMS

*By Emma Parrott,
 Rise Above Crime Program Manager*

Every year, countless people in Tennessee become victims of crime through scams, fraud, and identify theft. Many victims of this type of financial exploitation are older adults 60 years of age or older. According to the Consumer Financial Protection Bureau, financial elder abuse can be broadly defined as the illegal or improper use of the funds, property, or assets of people 60 and older by friends, family, neighbors, and strangers. This type of crime and abuse is one of the fastest growing forms for older adults. Top frauds in 2018 included imposter scams, debt collection, and identity theft.

Scammers like to get money by wire transfers as well as through payments with gift and reloadable cards. It is important to know the tactics of scammers and fraudsters to be able to prevent and protect yourself against these types of crimes. If someone contacts you by phone, email, or other method asking for money, be wary. If they ask for payment in the form of a gift card, reloadable card, or wire transfer it is more than likely a scam. Be wary when giving out any information over the



phone or through the internet and if you have questions or think something sounds strange, it is important to trust your instincts and get things verified as legitimate before giving out personal information.

The CAC Office on Aging operates the Rise Above Crime program which can provide services to local residents aged 50 years and older who have been victims of elder abuse, including financial exploitation like scams and

Lean On Me

Date: Every Wednesday through June 26, 2019
Time: 3 p.m.- 4 p.m.
Where: O'Connor Senior Center, 611 Winona St.

Reflect & Connect With Us!

Lean on Me is a free, confidential group that is open to any Knox County resident aged 50 and up that has dealt with some type of mistreatment as an older adult. Group members are free to share as much or as little as they like and are welcome any time! Questions? Contact Emma Parrott at 865-524-2786.

This project is funded under an agreement with the State of Tennessee.

fraud. For more information, please contact Rise Above Crime Program Manager, Emma Parrott, at 865-524-2786.

Lean on Me is a supportive, understanding group of adults that meets weekly to connect, reflect, and learn together. If you are an older adult who has experienced some form of mistreatment, **Lean on Me** can provide you with information, education, and a safe place to process what you have been through. ■

O'CONNOR CENTER SCHEDULE - MAY/JUNE

*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 Monday, May 27, for Memorial Day

Some special activities will take place during May and June so make plans to enjoy the festivities! Plan to shop at our Annual Market Group This & That Sale with bargains you can't pass up. Enjoy the Memorial Day Celebration with refreshments and a performance by our O'Connor Band. Visit the Softball team on Tuesdays & Thursdays to enjoy some relaxed competition and exercise. Whatever you do, just make sure to take time this summer to do something fun that will help add life to your years!

MAY/JUNE PROGRAMS

AARP Driver Safety Program: The Smart Driver Course will be offered Monday & Tuesday, June 17 & 18. Please call Paul Johnson at 865-675-0694 for info and to register for this two-day refresher course.

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.

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. Join our next sessions to learn something new or share your experience.

Chess Club: For beginners and experienced players alike. Enjoy this classic game with instruction available. Call to pre-register and reserve your seat.

Creative Writers Workshop: Classes for aspiring and experienced writers. The final class for this season will take place on Monday, May 13. Classes will resume in August.

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.

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

Dances – Cost varies per dance.

Tea Dance: First Tuesdays, May 7 and June 4--great fellowship! Cost is \$2; light refreshments.

Friday Night Dances: May 11 and June 21. "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.

eBooks with the Knoxville Public Library: Join a representative from the Public Library to learn about how to access thousands of electronic books with your tablet and library card. Participants must pre-register for this FREE class and have a library card.

Farmer's Market Trip with KAT: Go with us to Market Square Farmers Market to do your shopping or just enjoy lunch on the mall. For information about how to use your SNAP benefits at the Farmers Market, call Alice Allen at 524-2786.

Flower Lovers Garden Club: Meets Thursday, May 9 and June 13. 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? Classes will not meet in June. Call the Center for additional information.

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

Genealogy: This new series will take you on a detailed path to discover and chart your genealogy information. You will learn how to utilize free databases and other sources such as state historical archives to assemble key information on the generations of your family tree. Suggested donation of \$2 per class.

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

Happy Hikers: Thursdays. Newcomers are always welcome; please email Carrie Roller at crhands1@gmail.com or call the Center if you are interested in participating in a hike or for additional information.

Harrah's Trip: May 7 and June 11. 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.

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 on Tuesdays

to add a little spice to your day. Classes will break for the summer starting in June and will resume in September.

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.

Market Group This & That Annual Sale: Shop early to get the best treasures. Sale begins at 9 am.

O'Connor Center Band (Cadet for Beginners/ Concert for Advanced): Wednesdays. Gently used instrument donations are always needed. 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 June 4 and July 9. 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.

Lean On Me: Free confidential support group for older adults who have suffered from mistreatment such as neglect, economic exploitation or fraud, or physical, sexual, or psychological violence.

Memorial Day Celebration: We invite you to join us for our Memorial Day celebration honoring those who have served. Admission is \$2 and pre-registration is required.

Savvy Caregivers: Are you caring for a family member living with dementia? Do you need more confidence in your care giving abilities? Sign up for this class to learn about resources available, learn more about

MAY 2019 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
		9:00 Market Group THIS & THAT SALE 10:30 Famer's Market Trip with KAT	9:00 Softball 10:00 E-Books, E-News & E-Magazines 11:30 Chess Club	
9:00 Legal Assistance <i>by appointment only</i> 1:00 Your Life Story	8:00 Harrah's Casino Trip 9:00 Softball 12:00 Hearing Screening and Aid Check & Cleaning 1:30 Tea Dance	9:00 Toenail Clinic 1:00 Genealogy 1:00 Silver Stage Players <i>present</i> <i>Connie's Corner Cafe</i> 3:00 Lean On Me	9:00 Softball 11:30 Chess Club 12:00 Sweet Spot 2:00 Flower Lovers 2:30 Council on Aging	7:00 Saturday Night Dance with the Mood Swing Band
9:30 Creative Writers 10:00 eBooks with Knoxville Public Library 10:00 Veteran Q & A 1:00 Your Life Story	9:00 Softball 10:00 Singing Seniors Spring Concert <i>Refreshments served at 9:30 am</i> <i>Family and friends welcome!</i> 1:30 Savvy Caregivers	10:00 Camera Club 1:30 AARP Ch. 85 3:00 Lean On Me	9:00 Toenail Clinic 9:00 Softball 10:00 Staying in the Know 11:30 Chess Club	 7:00 DJ Variety Dance
9:00 Legal Assistance <i>by appointment only</i> 12:00 Lunch & Learn 1:00 Your Life Story	9:00 Softball 1:30 Savvy Caregivers	10:00 Memorial Day Celebration with the O'Connor Band 1:00 Genealogy 3:00 Lean On Me	9:00 Softball 10:00 CAC Board Meeting 11:30 Chess Club	
CENTER CLOSED  Memorial DAY	9:00 Softball 1:30 Savvy Caregivers	3:00 Lean On Me	9:00 Softball 11:30 Chess Club	

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Advanced Senior Cardio 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 Quilting Tai Chi 10:00 Basic Arthritis Exercise French, Party Bridge, Tai Chi Set Practice Water Aerobics, Yoga 11:00 Adv Arthritis Exercise Italian 11:20 Seated Yoga 11:30 Washable Oils Painting 1:00 Cribbage & Table Games 1:30 Afternoon Dancing	8:45 Advanced Senior Cardio 9:00 Cadet Band Practice 10:00 Concert Band Practice, Party Bridge, SAIL Exercise, Water Aerobics 12:15 Health & Humor 12:30 Texas Hold'Em 1:30 Beg. Beg. Line Dance, Bingo 2:00 Beginner Line Dance 3:00 Lean On Me	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 Woodcarving 9:30 SAIL Exercise 10:00 Water Aerobics 11:00 Advanced Spanish 11:00 Silver Stage Players 12:00 Beginner Spanish 12:30 Fun Film Friday 1:30 Old Time String Band Billiards Room Open Monday—Friday 8:30 am-4:30 pm

JUNE 2019 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
				1 
9:00 Legal Assistance 3 <i>by appointment only</i> 11:30 Creative Endeavors 1:00 Your Life Story 3:00 Investment News	9:00 Softball 4 12:00 Hearing Screening & Hearing Aids Checked 1:30 Tea Dance 1:30 Savvy Caregivers	1:00 Genealogy 5 3:00 Lean On Me	9:00 Toenail Clinic 6 9:00 Softball 11:30 Chess Club 12:30 iPhone/iPad Basics	12:30 iPhone/iPad Basics 7 <hr/> 7:00  50's Dance with the David Correll Band 8
1:00 Your Life Story 10 10:00 eBooks with Knoxville Public Library 12:00 Lunch & Learn	8:00 Harrah's Casino Trip 11 9:00 Softball 1:30 Savvy Caregivers	3:00 Lean On Me 12	9:00 Softball 13 11:30 Chess Club 12:00 Sweet Spot 2:00 Flower Lovers 2:30 Council on Aging	14
9:00 Legal Assistance 17 <i>by appointment only</i> 12:00 AARP Driver Safety 12:00 Lunch & Learn 1:00 Your Life Story	9:00 Softball 18 12:00 AARP Driver Safety 1:30 Savvy Caregivers	9:00 Toenail Clinic 19 10:00 Camera Club 1:00 Genealogy 3:00 Lean On Me	9:00 Softball 20 11:30 Chess Club 12:30 Android Basics	12:30 Android Basics 21 7:00 DJ Variety Dance 
1:00 Your Life Story 24	9:00 Softball 25	3:00 Lean On Me 26	9:00 Softball 27 11:30 Chess Club	28

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Advanced Senior Cardio 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 Party Bridge Tai Chi Set Practice Water Aerobics, Yoga 11:00 Adv Arthritis Exercise 11:20 Seated Yoga 11:30 Washable Oils Painting 1:00 Cribbage & Table Games 1:30 Afternoon Dancing	8:45 Advanced Senior Cardio 9:00 Cadet Band Practice 10:00 Concert Band Practice, Party Bridge, SAIL Exercise, Water Aerobics 12:15 Health & Humor 12:30 Texas Hold'Em 1:30 Beg.Beg. Line Dance, Bingo 2:00 Beginner Line Dance 3:00 RAC Support Group	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 Water Aerobics 11:00 Advanced Spanish 11:00 Silver Stage Players 12:00 Beginners 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

the progression of this disease and how to improve the quality of life for your loved one and yourself. Pre-registration for this FREE course is required. Please call 865-444-6787 to register.

Silver Stage Players: Looking for a new creative outlet? The Silver Stage Players are always looking for cast and crew to work on their next original production. Group will conclude for the summer on June 14 and will resume in the Fall.

Singing Seniors Spring Concert: Call today to reserve your seat! We will enjoy refreshments beginning at 9:30 am followed by the 10 am performance at the O'Connor Center. Be sure to catch their performance at the Mighty Musical Monday with the Tennessee Theatre on Monday, July 1! Sign-ups for the Fall 2019 Singing Seniors end on Friday, July 12. Call the center for additional information.

Softball: Join us for exercise, fun, and fellowship at the Caswell Park softball fields every Tuesday & Thursday from 9 am am-11 am. Women must be 55+ and Men 60+. Games are slow pitch, relaxed competition, and everyone plays each inning! Cost is \$10.00 for the season.

Spanish: Advanced class Fridays at 11:00 am; Beginners class every Friday, 12:00 pm.

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

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

Thursday Walkers: This group, a part of the Happy Hikers, meets in the community at parks and greenways to get in their exercise, enjoy the outdoors and fellowship. Each walk goes toward a collective count of miles and once we reach our destination goal we have a celebration sponsored by Trinity Hills of Knoxville.

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. Call ahead for registration information.

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

Tech Tutoring will be available for computer questions and answers on Tuesdays & Thursdays. Please call to schedule an appointment with our volunteer. Computers, as well as some iPads, tablets, etc., are available; please indicate need when registering.

E-Books, E-News & E-Magazines:

\$15 for the 1-day class

Thur, May 2, 10:00 am – 12:00 pm

Staying in the Know:

\$15 for the 1-day class

Thurs, May 16, 10:00 am to 12:00 noon

iPhone/iPad Basics: \$25 for the 2-day class

Thurs/Fri, June 6 & 7, 12:30 pm – 2:30 pm

Android Phone/Tablet Basics:

\$25 for the 2-day class

Thurs/Fri, June 20 & 21, 12:30 pm to 2:30 pm

CALL 523-1135 FOR INFORMATION AND TO REGISTER FOR CLASSES. PRE-PAYMENT REQUIRED.*Classes are taught by Social Media 4 Seniors Staff.*

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 a.m.-11:30 a.m. 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.

Exercise: Senior Advanced Cardio: Monday and Wednesday. Class meets 2 days/week. This Covenant-led low impact aerobic class includes an increased level of intensity and a strenuous workout; cost \$3. Newcomers welcome.

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

Hearing Screening & Hearing Aids Checked/Cleaned: May 7 and June 4.

SAIL Exercise Class: Learn about how this new exercise curriculum can improve your balance and strength. Class meet every Monday and Wednesday at 10 am, and Friday at 9:30 am. Class is FREE for most insurance members so please call for details.

Sweet Spot for Diabetics: A pharmacist from Mac's Pharmacy will discuss the best practices to manage your diabetes! COMPLIMENTARY DINER LUNCH for those who pre-register. May 9: "Debunking the Myths of Diabetes." June 13: "Diabetes and Your Teeth."

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 May 8 & 16 and June 6 & 19.

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.

Yoga: Tuesdays & Thursdays, 10 am; Seated Yoga: Tuesdays & Thursdays at 11:20 am: Classes held at the YMCA.

Lunch & Learn @ 12:00 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.

May 20: Back & Sciatica Pain –Do you suffer from back or leg pain, numbness or tingling? Join Dr. Less Easley, DPT, from Knoxville Physical Therapy, to learn how to naturally heal back and sciatica pain for good!

May 31: European Travel Program – Adventure Travelers, Lauren and Ed Langston of Knoxville, will present photographs of their journey to Southern Germany, Switzerland, and Austria.

June 10: Battling the Aging Brain – The brain is one of the most complex organs in the human body. Learn how the brain works and ways to keep it healthy as you get older.

June 17: Dizziness & Balance Loss?– Do you feel like you are going to fall? Are you unsteady when you get up from a chair? Dr. Lee Easley, DPT, from Knoxville Physical Therapy, will teach you how to improve your balance so you may live more independently.

FEBRUARY & MARCH 2019 DONATIONS

Anonymous (14)
Glen Anderson
Bob Andres
Ken and Kaye Brock
Brunswick Boat Group
Colonial Heights United Methodist Church, J. Ray Stuart Sunday School Class
Maxine Cook
Sherman & Roberta Cook
Philip & Margaret Dickey
Jerry & Cindy Eisele
Lee Fitzsimmons
Doris Glass
Vi Hayes
Mrs. Virginia Lancaster
Pam Lovell
Debbie Lowe
David McCormick
Oakwood Baptist Church, Homemaker's Sunday School Class
Carl & Mary Porter
Norman Queener
Alexander Rassega, Jr.
Jim & Ann Shay
Ronald & Virginia Shrieves
Smithwood Baptist Church, Joy Class
George & Betty Southworth
Millard and Janet Summers
Tommy Swabe
Linda Townsend
David & Carolyn Wells
ElizabethWieselquist
Linda Williams
Joan Wilson

REGULAR IN MEMORY OR HONOR

In Honor of Nell Alfaro
Charlenia Wilson
In Memory of Lana Beeler
Orville Beeler
In Memory of Clarence Bowers
Anonymous

In Memory of Otella Cliff & Edgar Cliff
Anonymous
In Memory of Bruce Hardy, Dorothy Hardy and in Honor of Gwendolyn Hardy & Henrietta Cross
Walter & Angela Hardy Cross
In Memory of Edward Arkley Davis
Anonymous
In Memory of Billy Joe Gass
David Garrett
In Memory of Bill Gass' loyal service delivering meals for the Corryton Route
Anonymous
In Memory of Harrison & Joyce Teffeteller & Amos Gunter
Kyle & Diane Teffeteller
In Honor of Larry & Linda Hitch
Russ Wilson
In Honor of Jeff & Peggie Hodgson
Eileen Combs
In Memory of James Robert Humphries
Ben Humphries
In Memory of Clara Louise Jones
Vanessa Wilkinson
In Memory of Glendon Lacksy
Rebecca Smith
In Memory of Mr. Ted Long
Stella Harris, Bob & Marketta Smiddy & Sherry Hopson
In Memory of Carolyn Joan Myers
Nellie Jeanette Currens
In Memory of Charlie Pruitt
Gloria Dyer
In Memory of Charles Pruitt
Stanley Garland Family
In Memory of Charlie Pruitt
Mary McClain
In Memory Charles Pruitt
Joyce Rasar
In Honor of Kenneth Roberts
Laurie Gibson

In Honor of the Senior Nutrition Program Staff
Paige Buchholz
In Memory of Eva Simpson
Alaina Miller

ADOPT A SENIOR DONATIONS

Anonymous (20)
Barbara Abner
Beaver Creek Cumberland Presbyterian Church, Searchers Sunday School Class
Alan & Dianna Brizzolara
Joyce Brown
Charles & Lisa Chambers
Colonial Heights United Methodist Church, United Methodist Women
Carol Conklin
Cumulus Media New Holdings, Inc.
Ann Gehin
Lillian Higgins
David & Janice Ishee
Robert Kennedy
John Klear
Gloria Ann Lunsford
William Martella
John and Lillian Mashburn
Rosemary Mayberry
Kenneth & Polly McNutt
Peggy Mehlhorn
Joe and Charlene Mischlich
Ken Nolen
Marie Norman
Helen Roehl O'Connor
Deborah Perry
John & Marjorie Reynolds
Lavon & Darlene Rickard
Arden Rogers
Scarecrow Foundation
Kelley Sexton-Bruce
Kenneth & Lucille Shreve
Sandra Twardosz

ADOPT A SENIOR IN MEMORY OR HONOR

In Memory of Dr. Doris Scott Crawford
East Tennessee Foundation, Opportunity Endowment Fund
In Honor of Mary Fredna Danford's Birthday
David Danford
In Memory of Geraldine (Gerry) C. Davis
George Davis
In Memory of Mike Dotson
Anonymous
In Memory of Barbara Dowe
Kelly Norrell
In Memory of Marie Draudt
Chad Pryson
In Memory of Dorothy Frost
Catherine Cooper
In Memory of Bill Gass
Shirley Allen
In Memory of Caroline Johnson
Anonymous
In Honor of Nancy Lofaro
Chris & Mari Brooks
In Memory of Clara Louise Jones & Tim MacNaughton
Bernadette King
In Memory of Dortha Lee Merrell
Margie Collins
In Honor of Sandy Moye
Jack Holt
In Memory of Charles Pruitt
Chris Lane
In Honor of Col. & Mrs. J.R. Miller Family
Dr. & Mrs. Perry B. McCallen
In Honor of Mr. & Mrs. Gary L. Miller, Jr.
Charlenia Wilson
In Honor of Sam Mishu
Samuel & Linda Taylor
In Memory of Marilyn Mitchell
Michelle Mitchell

In Memory of Wanda Monday
Stephen Monday
In Memory of Barbara Monty
Dwight & Gloria Kessel
In Memory of Melba Morton
Bryan & Susan Eaves Charitable Fund
In Memory of Mother Clara
Anonymous
In Memory of Jim Moyers
Nancy Moyers
In Memory of Andrew Paul Sorrells
Curtis Sorrells

ONE SENIOR FOR ONE YEAR

All Saints Catholic Church
Robert & Honerlin Del Moro
Audrey Duncan

ONE SENIOR FOR ONE YEAR IN MEMORY OR HONOR

In Memory of Connie & Inslee Burnett
Gayle Burnett
In Memory of Charles A. Pruitt
Charles Pruitt Family
In Memory of Dot & Andy Smith
Anonymous

TWO SENIORS FOR ONE YEAR

Kimberly-Clark

FOUR SENIORS FOR ONE YEAR

Mesa Associates, Inc., Engineers & Consultants
Y12 FCU Gives Foundation, Inc.

ELEVEN SENIORS FOR ONE YEAR

Estate of Mary Jane House

DO YOU NEED EXTRA MONEY FOR MEDICINE, GROCERIES, OR UTILITIES?

The Office on Aging's Savings Check Up can help you maximize your benefits and ease the strain on your budget. Staff uses web-based tools and person-centered approaches to help low-income seniors and persons with disabilities find and enroll in all the benefits programs for which they are eligible, and create coordinated, community-wide systems of benefits.



Get your Savings Check Up today! Call Senior Information & Referral at 865-865-546-6262 or stop by their office located at the O'Connor Senior Center. ■

DO YOU KNOW A CENTENARIAN?



May is Older Americans Month. In tribute, Senior Information and Referral and AARP seek to recognize Knox County seniors who are 100+ years old by presenting them with a beautiful rose in a vase. Last May, SIR and AARP recognized 37 centenarians in Knox County. If you know a centenarian, please call SIR at 865-546-6262. We will need the name, address, birthdate, contact person, and phone number for each centenarian. All information will be kept confidential. ■

O'CONNOR SENIOR CENTER PANCAKE FEST 2019 THANK YOU TO OUR SPONSORS!

Wonderful community support helped make this the best Pancake Fest to date, and appreciation is expressed to everyone who made the event a success! The money we raise goes towards providing programs for seniors in our community which fight isolation and add life to their years!

PANCAKE FEST SPONSORS

Always Best Care	NHC Farragut
Amedysis	Pedal for Alzheimer's
Arbor Terrace of Knoxville	Riggs Pharmacy
Blue Cross Blue Shield of Tennessee	SCHAS
Cigna	Senior Directory
Clear Captions	Senior Financial Group
Concordia Care	Seniors Helping Seniors
Costco	Smoky Mountain Hospice
Courtyards Senior Living	Solinity
Daily Living Center	The Pointe at Lifespring
East Tennessee Human Resource Agency CHOICES Program	Three Rivers Market
East Tennessee Human Resource Agency SHIP Program	Trinity Hills
East Tennessee Personal Care Services	TVA Credit Union
Encompass Health Care	United Healthcare
Franklin & Kyle Elder Law	University of Tennessee Medical Center
Gentry Griffey Funeral Chapel	Volunteer Wildlife Control
Health Markets	Walgreens
Helen Ross McNabb Center	
Home Federal	
Home Helpers	
Humana	
L.I.F.E. - Katrina Kepf	
Mac's Pharmacy	
Medicare Insurance Advisors	
Morning Pointe	

PANCAKE FEST VOLUNTEERS & SUPPORTERS

Aubrey's Restaurant
CAC Transit & Volunteer Assisted Transportation
Celebrity Chefs
City Mayor Madeline Rogero and Elected Officials
City of Knoxville Facilities Management Team



County Mayor Glenn Jacobs and Elected Officials
Craft Fair Vendors & Participants
Dunkin Donuts
Eddie and Carolyn Acuff
Food City, Powell & Clinton Highway
Foster Grandparents & Senior Companions-Office on Aging
Frankie Hicks & Take-out Team
Friends and local businesses in the community
Gina Delk & the Mobile Meals Kitchen
Grandparents as Parents-Office on Aging
Jill Green
Knox County Public Library
O'Connor Center Advisory Board
O'Connor Center Staff & Participants

O'Connor Geezer Band
O'Connor Old Time String Band
O'Connor Softball Leaders
O'Connor Volunteers
Real News Talk Radio 92.3
Rise Above Crime-Office on Aging
RSVP
Seniors for Creative Learning
Southern Grace
Sports Radio WNML
Tim Burress & Famous Dave's BBQ
Tim Kellogg & Costco
Walgreens Team
WATE Celebrities
WBIR Celebrities
WVLT Celebrities

• • • • • **TO KEEP YOU INFORMED** • • • • •

RETIRED & SENIOR VOLUNTEER PROGRAM

Volunteers can be found virtually everywhere there is a community need. When Joyce retired she knew she could help solve some of those problems.



As an RSVP volunteer, Joyce had the option to contribute her time and experience as an on-call volunteer with a dozen different non-profit organizations.

After walking her through her options, Joyce chose to serve with the Leaders for Readers program. Although Joyce had no history as a teacher, she had the passion for reading and community service. Commuting to the school nearest to her and contributing an hour a week helping a child learn to read was the perfect fit!

It's been a year since Joyce began serving with the Leaders for Readers program and this school year she has made a life changing impression on students in her care. "[Her student's] once negative attitude towards reading has developed into a love for reading!" said her supervisor.

Joyce's lifetime of experience has helped her communicate effectively with teachers and she is truly committed to building outstanding relationships with her students.

Congratulations to Joyce for her nomination as an outstanding volunteer for the East Tennessee Volunteer Recognition Awards. Thank you for your service!

If you would like to help your community, RSVP can match your talents and interests to what needs to be done in your area.

Give Sam a call today at 865-524-2786.

MOBILE MEALS COLLECTING DONATIONS FOR POWER OF THE PURSE®

Thursday, September 19, 2019
at Rothchild Conference Center

Mark your calendars now to attend Power of the Purse®, the popular annual fundraiser for Mobile Meals. Mobile Meals is accepting new and gently-used purses ALL YEAR ROUND to be featured in the Purse Madness sale and auction. If you have purses or other auction items to donate, drop them off at the Office on Aging (2247 Western Ave.) Mac's Pharmacy (2419 Washington Pike), or Chico's Turkey Creek (11321 Parkside Dr.). To arrange a pick-up, call Shelly Woodrick at 865-524-2786. Help us make this year's event a huge success!

Last year, Power of the Purse® generated enough funds to provide 14,706 meals to homebound Knox County seniors.

Power of the Purse® is a trademark of The Community Foundation of Middle Tennessee and used under license.

Co-ed Senior Softball 2019 Season

Tues & Thurs, 9-11 am, April 2 - October 31
Caswell Park 570 Winona St

Located off Hall of Fame Drive across from the O'Connor Senior Center
*Sign-ups Tues., Apr 2 (8 a.m.-9 a.m.)
at the O'Connor Senior Center (or at any game)

- Ages - Women 55+
Men 60+
- Slow-Pitch
- Relaxed Competition
- Everyone plays and bats each inning
- No strikeouts
- Your attendance can vary with your schedule

Join us for Exercise, Fun, and Fellowship!



Cost - \$10 accident insurance
Facebook Page: Knoxville Senior Co-Ed Softball
<http://knoxseniorco-edsoftball.biz.ly>
Contact: O'Connor Senior Center 523-1135 or John Schmidt 250-3065

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

Susan Long

EDITOR

Rachel Kraft

Knoxville-Knox County CAC Office on Aging
L.T. Ross Building, 2247 Western Avenue
P.O. Box 51650 • Knoxville, TN 37950-1650
Phone: (865) 524-2786 • Fax: (865) 546-0832
knox00a@knoxseniors.org • www.knoxseniors.org

OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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

ELDER NEWS & VIEWS

IS THE NEWSLETTER OF
THE KNOXVILLE-KNOX COUNTY OFFICE ON AGING

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

IN THIS ISSUE

PAWS AMONG THE BLOOMS, PAGE 1
SENIOR JOB FAIR, PAGE 2
VAT CELEBRATES TEN YEARS, PAGE 2
DUNCAN AWARDS, PAGE 3
DO YOU KNOW A CENTENARIAN? PAGE 9

Nonprofit Organization
U.S. Postage
PAID
Knoxville, TN
Permit No. 989

MAY/JUNE 2019

ELDER NEWS & VIEWS

PAGE 12

OPIOIDS AND OLDER ADULTS

Chronic pain is sometimes a constant companion as we age. Prescription pain medication abuse is causing an intergenerational ripple effect on grandparents and older adults, parents, young children and our overall society. Come to the June Council on Aging program as Emma Parrott, Karen Pershing and Lt. Brad Anders tell us about opioids, how they affect older adults taking them, how the prevalence of opioids can make older adults more

Knoxville-Knox County
KCOA
COUNCIL ON AGING

JUNE PROGRAM

Date: Thursday, June 13
Time: 2:30 p.m.
Place: O'Connor Center
611 Winona St.

vulnerable and what you can do to protect yourself and your family.

Emma Parrott is the Rise Above Crime Manager at the CAC Office on Aging. Karen Pershing serves as the Executive Director of the Metro Drug Coalition in Knoxville, Tennessee. Lt. Anders supervises the

Special Crimes Unit of the Knoxville Police Department.

Refreshments will be provided. ■

