

POWER OF THE PURSE®

BENEFITTING MOBILE MEALS

POWER OF THE PURSE: WHY DO WE DO IT?

Since 1971, Mobile Meals has provided food and hope to people like Ms. S. She is a frail widow who lives alone. Arthritis has made it very difficult for her to cook. Her neighbor encouraged her to sign up for Mobile Meals. A few days after she called the Office on Aging, John showed up at her house around noon. He was a tall older fellow with a beautiful smile and a gentle voice. "How are you doing today?" he asked as he delivered her hot meal. She told him she was fine and thanked him for coming. "Are you coming back tomorrow?" she asked. He told her that another volunteer would be by to check on her, and that he would see her again soon. And so it began, Ms. S looked forward to the daily visit. She loved the volunteers just as much as the meals. She built up her strength and began sitting on the porch when the weather was nice. All in all, she felt better and safer.

MORE THAN A MEAL

As the amount of money received from funding sources is declining, the number of seniors needing services from Mobile Meals is growing. Every dollar raised through Power of the Purse goes directly to Mobile Meals so nutritious meals can be delivered to over 925 homebound seniors in Knox County who cannot cook and have no one to help. What's more, it also provides a daily wellness check for seniors to make sure that they are safe and comfortable in their

POWER OF THE PURSE® 2019

Buy A Purse. Feed Local Seniors.

**Thursday, September 19
Doors open at 4:45 pm**

Purse Madness starts at
6 pm SHARP! Don't be late!
Rothchild Conference Center
8807 Kingston Pike, 37923

homes. Often, the Mobile Meals volunteer is the only person that our seniors will see or talk to that day, so the wellness check is an important part of keeping them safe. The volunteer is there to report problems to Mobile Meals so that the senior gets the help they need. It's more than just a meal. It's a lifesaver!

ABOUT "POWER OF THE PURSE" AND HOW YOU CAN HELP

Power of the Purse is a popular handbag and jewelry sale featuring stunningly themed auction packages and a beautiful array of purses in every style, shape and color. All items are donated by members of our community, including local celebrities and business leaders. We are currently accepting donations of new and gently-used purses, jewelry, and auction items such as artwork, tickets to sports events and other entertainment, gift cards, memorabilia, and more. The event also features delicious food, adult beverages and live entertainment. All funds raised helps Mobile Meals continue to serve older adults throughout the county.

See additional details on page 2!



BUY A PURSE, FEED A SENIOR

If we can sell a donated purse for:

\$10 - \$15 provides 1 meal
for 3-4 seniors

\$20 provides 1 meal for 6 seniors

\$30 provides 1 meal for 9 seniors

\$40 provides 1 meal for 12 seniors

\$50 provides 1 meal for 15 seniors

Premium purses provide 1 meal
for 22 - 44 seniors

POWER OF THE PURSE (CONTINUED)

DONATIONS ARE CURRENTLY BEING ACCEPTED FOR POWER OF THE PURSE 2019!



DONATIONS NEEDED:

- New or like-new purses
- Jewelry

Please do not donate items that are badly stained, have holes, rips, or tears.

PURSE MADNESS

Huge deals on hundreds of beautiful bags in a wide range of prices.

AUCTION

Amazing themed packages built around

some of our best purses.

VIP (VERY IMPORTANT PURSES) CORNER

Featuring handbags donated by well-known local

businesses and personalities.

JEWELRY CORNER

New & gently used jewelry to accessorize any occasion.

DROP OFF

Drop off purse donations at the following locations during normal business hours:

- CAC Office on Aging, 2247 Western Avenue, 37921
- Chico's Turkey Creek, 11321 Parkside Dr., 37934
- Mac's Pharmacy, 2419 Washington Pike, 37917
- Palm Village, 4485 Kingston Pike, 37919
- Patricia Nash Designs, 1132 N. 6th Ave, 37917



Drop off jewelry donations at East Tennessee Personal Care Service, an Amedisys Company, 9125 Cross Park Dr. #100, Knoxville, TN, 37923

TICKETS

Tickets go on sale July 15

Purchase tickets online at knoxseniors.org or call 865-524-2786.

Through August 20: \$40—individual \$375—table of 10

included:

- Light dinner fare
- One drink ticket per person
- Entrance into the Purse Madness Sale Room
- Cash bar available
- Wine by the bottle available

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

GRANDPARENTS AS PARENTS PROGRAM

Join us for the next Grandfamilies Together Meeting

Wills and Estate Planning with UT Wills Clinic

Tuesday, August 27, 2019 • 10 am – Noon
LT Ross Building

For all parents and legal guardians: Who will care for your child if you die? What will happen to your child if you become seriously ill or disabled? Do you have a will? Does your will need to be reviewed or updated?

Reservations appreciated.

Parenting the 2nd Time Around Classes

4 Thursday Classes
Sept. 12, 19, 26 and Oct. 3 • 10:30 am - noon
Classes will be held at the Burlington Library
4614 Asheville Hwy

Reservations Required.

For more information about Grandparents as Parents or to make reservations for the above events, please call (865) 524-2786. ■

ARE YOU ON MEDICARE?

You may be able to save money on groceries, healthcare, and utilities.

We can help.

Our staff will help you take the next step to save money.



865-546-6262

Knox County

FINANCIAL EXPLOITATION AND OLDER ADULTS

According to the National Council on Aging, 1 in 10 Americans aged 60 and older have experienced some form of elder abuse. This may include serious financial exploitation. There are many types of abuse that an older adult may experience including financial exploitation. Financial exploitation occurs when a person misuses or takes the assets of an elderly adult without authorization and does so for his or her own personal benefit or for the benefit of a third party. The National Adult Protective Services Association shares that financial exploitation is a fast growing form of abuse of seniors and adults with disabilities. It commonly involves trusted persons in the life of the senior or adult such as caregivers or family members.

Financial exploitation can take many forms such as scams, fraud, and theft of resources from a senior. This type of abuse often causes large financial losses for seniors as well as increased reliance on government programs, like Medicaid, for assistance. If there is suspicion of financial exploitation, it is important to report the information to Adult Protective Services. In the State of Tennessee, everyone is a considered



a mandated reporter of suspected elder abuse. This means that by law, we are all responsible for reporting suspected abuse and neglect of seniors. Reports can be made by phone at 1-888-277-8366 or online at www.reportadultabuse.dhs.tn.gov.

Understanding financial exploitation and how to report it is important so that we can do our part to protect ourselves and our loved ones from this growing form of abuse. When making financial decisions, remember that this is your money and it is ok to ask questions, seek second opinions, or stop engaging with someone who is making you feel uncomfortable. One of the

ways to protect against financial exploitation is preparation. By being prepared and planning ahead, you can help to protect assets and ensure that wishes are followed. Additionally, shredding financial paperwork including receipts, old bank statements, and unused credit card offers before throwing them away can help keep information out of the hands of those looking to exploit. Lastly, it is important to carefully choose a trustworthy person to help with any estate planning or financial matters so that your resources remain protected.

Our community recognizes the growing impact of financial exploitation on our seniors. One way the CAC Office on Aging is responding to the issue of elder abuse and financial exploitation is by offering services through the Rise Above Crime program. Rise Above Crime provides services and support to residents of Knoxville and Knox County aged 50 years of age and older who have been victims of elder abuse, including financial exploitation. For more information or resources on financial exploitation and other forms of elder abuse, please contact the Rise Above Crime at 865-524-2786. ■

SAVE THE DATE

Mark your calendars now and plan to join us!

AGING: A FAMILY AFFAIR

Practical Information Related to Aging

Thursday, November 7

Rothchild Conference Center

More information coming soon!

O'CONNOR FLOWER SHOW RECEIVES RECOGNITION



Congratulations to the Knox County Council of Garden Clubs for winning first place in the state of Tennessee for their "Through the Garden Gate" flower show held at O'Connor Senior Center last May. The group will go on to compete for a national title. We wish them all the best! ■

SUPPORT GROUP OFFERS HOPE AND HEALING

Lean on Me is a free and confidential group that is open to any Knox County resident age 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! The group meets at O'Connor Senior Center on Wednesdays at 3 pm.

Questions? Contact Rise Above Crime at 865-524-2786.

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

THANKS TO SPONSORS OF THE 2019 DUNCAN AWARD FOR SENIOR ADVOCACY

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Patricia Kline
Penny Bandy
Raintree Terrace Senior Living
Right At Home
Sara Mary Wallace
Senior Home Assistance
Smoky Mountain Hospice



L to R - Sara Mary Wallace (Senior Information and Referral), Janice White, Former Tennessee Congressman John Duncan, Jr., LaWanna Broderick (Senior Information & Referral), Seth Bandy (representing Penny Bandy), Eric Bandy.

SR Medical Services
Susan Vieira
Tennessee Renaissance Festival
Theresa Hancock
The Courtyards Senior Living
The Nail Place - Karen Sterchi
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Virginia Anagnost
Womens Basketball
Hall of Fame

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O'CONNOR CENTER SCHEDULE - JULY/AUGUST

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 Thursday, July 4 for Independence Day

Summer is here and there is no better way to fill your days than by doing something you love or by learning something new! Our activities are planned to help you learn, be entertained, keep in shape, or just enjoy the fellowship. Celebrate Independence Day with an indoor White Elephant Sale on Wednesday, July 3. National Senior Citizens Day is on Wednesday, August 21. Join us for an Ice Cream Social at 1:00 pm provided by the Happy Hikers! Become a member of Seniors for Creative Learning, a non-credit program through the University of Tennessee to learn about topics of interest from experts right here in Tennessee. The Fall Semester kickoff luncheon is on August 29 at 12:30 pm. Come and enjoy good food, great fellowship, and special entertainment! Please call the UT Department of Conferences and Non-Credit Programs at 865-974-0150 to register for the fall classes and to make a reservation for the luncheon. Also, consider participating in Brain Games where the only heat you will experience is from the competition--and you just might help O'Connor to bring home a trophy in September!

JULY/AUGUST PROGRAM

AARP Driver Safety Program: The Smart Driver Course will be offered Monday & Tuesday, August 19 & 20. Call Gregg Sharp at 865-256-9014 for info and to register for this two-day refresher course.

Bingo: Call for information!

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 session on Wednesday, August 21 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.

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, July 2 and Aug 6--great fellowship! Cost is \$2; light refreshments.

Friday Night Dances: July 19 and Aug 16. "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: July 13 and Aug 10. 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.

Flower Lovers Garden Club: Meets Thursday, Aug 8. 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!

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

French: Tuesdays. Enjoy expanding your French vocabulary! Oui? Peut-être? Call the Center for additional information.

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 for additional information if you are interested in participating in a hike.

July 11	Cumberland Gap/Wilderness & Fitness 7-mile moderate
July 18	Appalachian Trail to Charlie's Bunion or Jump Off 8 or 6.5-mile moderate to strenuous
July 25	Clingman's Dome to Indian Gap 6.2 mile moderate (shuttle)
August 8	Lower Mt. Cammerer to Campsite #35 6.8-mile moderate
August 15	Picnic at Metcalf Bottoms & hike to Walker Sisters Cabin 4-mile easy to moderate
August 22	Appalachian Trail/Sweat Heifer/ Kephart 7.4-mile moderate (shuttle)
August 29	Trillium Gap (Grotto Falls to Brushy Mountain) 6.2-mile moderate to strenuous

Harrah's Trip: Tuesdays, Jul. 9 and August 6. 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.

Herb & Garden Planting: We will provide starter seeds and planting supplies for herb your garden, rosemary, lavender, basil, dill, oregano & cilantro. Join us for a fun day of planting and fellowship.

Independence Day Celebration: Join us in celebrating Independence Day with a special concert from the O'Connor Geezer Band. Come prepared to shop our white elephant sale with the Creative Endeavors group. Call 865-523-1135 for additional information on how to register.

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.

National Senior Citizens Day Ice Cream Social: A holiday just for us to celebrate all of our participants! This is sure to be a great time with lots of special things in store.

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.

O'CONNOR, CONTINUED ON P. 8

JULY 2019 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<p>9:00 Legal Assistance 1 <i>by appointment only</i></p> <p>12:00 Singing Seniors at the Tennessee Theatre for Mighty Musical Monday</p> <p>3:00 Investment News</p>	<p>9:00 Quilting 2</p> <p>9:00 Softball</p> <p>12:00 Hearing Screening and Aid Check & Cleaning</p> <p>1:30 Tea Dance</p>	<p>10:30 Independence Day Celebration with The O'Connor Band 3</p> <p>12:15 Health & Humor</p> <p>1:00 Brain Games</p> <p>1:00 Genealogy</p> <p>3:00 Investment News</p>	<p>CENTER CLOSED 4</p>  <p>INDEPENDENCE DAY</p>	<p>9:00 Woodcarving 5</p> <p>12:30 Fun Film</p> <p>1:00 Old Time String Band</p>
8	<p>8:00 Harrah's Casino Trip 9</p> <p>9:00 Softball</p>	<p>9:00 Toenail Clinic 10</p> <p>12:15 Health & Humor</p> <p>1:00 Brain Games</p> <p>3:00 Lean On Me</p>	<p>11:30 Chess Club 11</p> <p>12:00 Sweet Spot: <i>The ABC's of Diabetes</i></p>	<p>9:00 Woodcarving 12</p> <p>10:00 Gift Shop Steering Committee</p> <p>12:30 Fun Film</p> <p>1:00 Old Time String Band</p>
				<p>7:00 Saturday Night Patriotic Dance with the Russell Ramsay Band 13</p>
<p>9:00 Legal Assistance 15 <i>by appointment only</i></p> <p>12:00 Lunch & Learn</p>	<p>9:00 Softball 16</p> <p>10:00 Herb & Garden Planting Sponsored by Humana</p> <p>11:30 ** New Series** Painting with Washable Oils</p>	<p>9:00 Advisory Board Mtg 17</p> <p>9:00 Toenail Clinic</p> <p>12:15 Health & Humor</p> <p>1:00 Brain Games</p> <p>1:00 Genealogy</p> <p>3:00 Lean On Me</p>	<p>9:00 Softball 18</p> <p>11:30 Chess Club</p>	<p>9:00 Woodcarving 19</p> <p>12:30 Fun Film</p> <p>1:00 Old Time String Band</p> <p>7:00 DJ Variety Dance </p>
22	<p>9:00 Softball 23</p>	<p>12:15 Health & Humor 24</p> <p>1:00 Brain Games</p> <p>3:00 Lean On Me</p>	<p>9:00 Softball 25</p> <p>11:30 Chess Club</p>	<p>10:00 Gift Shop General Meeting 26</p> <p>12:30 Fun Film</p>
<p>9:00 Legal Assistance 29 <i>by appointment only</i></p> <p>12:00 Lunch & Learn</p>	<p>9:00 Softball 30</p>	<p>12:15 Health & Humor 31</p> <p>1:00 Brain Games</p> <p>1:00 Genealogy</p> <p>3:00 Lean On Me</p>		

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:45 Advanced Senior Cardio</p> <p>10:00 Party Bridge, SAIL Exercise, Water Aerobics</p> <p>10:30 Loss & Life Changes Support Group</p> <p>1:30 Intermediate Line Dance</p> <p>Blood Pressure Checks Monday—Friday 10:30 am-11:30 am</p>	<p>9:00 Quilting Tai Chi</p> <p>10:00 Basic Arthritis Exercise French, Party Bridge, Tai Chi Set Practice Water Aerobics, Yoga</p> <p>11:00 Adv Arthritis Exercise</p> <p>11:20 Seated Yoga</p> <p>11:30 Washable Oils Painting</p> <p>1:00 Cribbage & Table Games</p> <p>1:30 Afternoon Dancing</p>	<p>8:45 Advanced Senior Cardio</p> <p>9:00 Cadet Band Practice</p> <p>10:00 Concert Band Practice, Party Bridge, SAIL Exercise, Water Aerobics</p> <p>12:15 Health & Humor</p> <p>12:30 Texas Hold'Em</p> <p>1:30 Beg. Beg. Line Dance, Bingo</p> <p>2:00 Beginner Line Dance</p> <p>3:00 Lean On Me</p>	<p>8:30 Blood Glucose Checks</p> <p>9:00 Knitting & Crocheting</p> <p>9:00 Tai Chi</p> <p>10:00 Basic Arthritis Exercise, Happy Hikers, Tai Chi Set Practice, Thursday Walkers, Water Aerobics, Yoga</p> <p>11:00 Adv Arthritis Exercise, Beginner Bridge</p> <p>11:20 Seated Yoga</p> <p>1:00 Cards & Games</p>	<p>9:00 Woodcarving,</p> <p>9:30 SAIL Exercise</p> <p>10:00 Water Aerobics</p> <p>11:00 Advanced Spanish</p> <p>12:00 Beginner Spanish</p> <p>12:30 Fun Film Friday</p> <p>1:30 Old Time String Band</p> <p>Billiards Room Open Monday—Friday 8:30 am-4:30 pm</p>

AUGUST 2019 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
			9:00 Softball 1 11:00 Medigap Report 11:30 Chess Club	2
9:00 Legal Assistance 5 <i>by appointment only</i> 9:30 Creative Writers 11:00 Silver Sneakers Hula Hoop Fitness 11:30 Creative Endeavors	8:00 Harrah's Casino Trip 6 9:00 Softball 12:00 Hearing Screening & Hearing Aids Checked 1:30 Tea Dance	12:15 Health & Humor 7 1:00 Brain Games	9:00 Softball 8 10:00 Smartphone/Tablet Camera Class 11:30 Chess Club 12:00 Sweet Spot: Stock Your Pantry Like A Pro 12:30 iPhone/iPad Basics 2:00 Flower Lovers	9:00 Woodcarving 9 12:30 Fun Film 12:30 iPhone/iPad Basics 1:00 Old Time String Band 7:00 Saturday Night 10 Hawaii Luau Dance with the Mood Swing Band
10:00 eBooks with Knoxville 12 Public Library 10:00 Veterans Q & A 11:00 Silver Sneakers Hula Hoop Fitness	9:00 Softball 13	12:15 Health & Humor 14 1:00 Brain Games 1:00 Genealogy	9:00 Softball 15 9:00 Toenail Clinic 11:30 Chess Club	9:00 Woodcarving 16 12:30 Fun Film 1:00 Old Time String Band 7:00 DJ Variety Dance 
9:00 Legal Assistance 19 <i>by appointment only</i> 9:30 Creative Writers 11:00 Silver Sneakers Hula Hoop Fitness 12:00 AARP Driver Safety 12:00 Lunch & Learn	9:00 Softball 20 11:30 ** New Series** Painting with Washable Oils 12:00 AARP Driver Safety	9:00 Advisory Board Mtg 21 10:00 Camera Club 12:15 Health & Humor 1:00 Brain Games 1:00 National Senior Citizens Day Ice Cream Social	9:00 Softball 22 10:00 Awesome Apps 11:30 Chess Club 12:30 Android Basics	9:00 Woodcarving 23 12:30 Android Basics 12:30 Fun Film 1:00 Old Time String Band
11:00 Silver Sneakers 26 Hula Hoop Fitness 1:00 Market Group	9:00 Softball 27	9:00 Toenail Clinic 28 12:15 Health & Humor 1:00 Brain Games 1:00 Genealogy	9:00 Softball 29 11:30 Chess Club 12:30 Seniors for Creative Learning Kickoff Luncheon	9:00 Woodcarving 30 12:30 Facebook 101 12:30 Fun Film 1:00 Old Time String Band

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 10:00 Basic Arthritis Exercise, French, 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 Woodcarving 9:30 SAIL Exercise 10:00 Water Aerobics 11:00 Advanced Spanish 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

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 July 16 and August 20. 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.

Singing Seniors at the Tennessee Theatre Mighty Musical Monday: Catch our Singing Seniors at the Mighty Musical Monday at 12 noon at the Tennessee Theatre. We will be offering transportation to and from the Theatre for \$3. Pre-payment and Pre-registration are required and space is limited.

Softball: Join us for exercise, fun, and fellowship at the Caswell Park softball fields every Tuesday & Thursday from 9 am-11 am. Women must be 55+ and Men 60+. Games are slow pitch, relaxed competition, and everyone plays each inning. Cost is \$10 for the season.

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

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.

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.

Smartphone/Tablet Camera Class: \$15 for the 1-day class Thur, Aug 8, 10:00 am – 12:00 pm

Android Phone/Tablet Basics: \$25 for the 2-day class Thurs/Fri, Aug 22 & 23, 12:30 pm to 2:30 pm

Awesome Apps Class: \$15 for the 1-day class Thurs, Aug 22, 10:00 am – 12:00 pm

Facebook 101 Class: \$15 for the 1-day class Fri, Aug 30, 12:30 pm to 2:30 pm

iPhone/iPad Basics: \$25 for the 2-day class Thurs/Fri, Aug 8 & 9, 12:30 pm – 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 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.

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 fellowship with a group who enjoy laughing and learning about healthier habits. Led by Nurse Claudia every Wednesday at 12:15 pm.

Hearing Screening & Hearing Aids Checked/Cleaned. July 2 and August 6.

Hula Hoop Fitness: A fun and creative way to get in your cardio. For beginners and experienced participants alike. Class is FREE for Silver Sneakers members. Call for details.

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.

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.

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 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. July 11: "ABC's of Diabetes." Aug 13: "Stock Your Pantry Like A Pro."

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 July 10 & 17 and August 15 & 28.

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. Cost is \$3 per class.

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.

July 15 **Mind Diet: Foods to Fight Dementia** –Can you prevent memory loss and Alzheimer's with better food choices? A Health Educator from Humana will share the new diet that may help fight memory loss.

July 29 **Ouch! Neck & Shoulder Pain** –Dr. Lee Easley, from Knox Physical Therapy, will share how to naturally get rid of your neck and shoulder pain for good.

August 19 **Stroke Awareness** –Christy Sanders, from Fort Sanders Regional, will present information on risk factors, warning signs and recognizing a stroke.

APRIL & MAY 2019 DONATIONS

Regular Donations

Anonymous (3)
 Barbara Abner
 Beaver Creek Cumberland
 Presbyterian Church: Searchers
 Sunday School Class
 Dr. & Mrs. Howard C. Filston
 David & Janice Ishee
 Joe Kinnane
 Justin & Jana Lafferty
 Jim & Teresa Lawson
 Dean Lockwood
 Rosemary Mayberry
 Kari McCluer
 Marie Norman
 Helen Roehl O'Connor
 Deborah Perry
 Lavon & Darlene Rickard
 Arden Rogers
 Linda Williams

Regular Donations in Memory or Honor

In Memory of Gerry C. Davis
 George Davis
In Memory of Judy Bell Hamilton
 Hensley
 Anonymous
In Memory of Dorothy Frost
 Catherine Cooper

Adopt A Senior Donations

Anonymous (14)
 Barbara Abner
 Beaver Creek Cumberland
 Presbyterian Church: Searchers
 Sunday School Class
 Wanda Caldwell
 Ann Gehin
 Scott & Sue Gibson

Harriette Hartsell
 Janice Hutchens
 David & Janice Ishee
 Ellie Mattner
 Kari McCluer
 Mount Olive Baptist Church:
 Faith Sunday School Class
 Helen Roehl O'Connor
 Richard Pace
 Lewis M. Patterson
 Deborah Perry
 Ray Reid
 C.E. (Juanita)
 Reynolds
 Lavon & Darlene Rickard
 Rebecca Smith
 Everett & Berrietta
 Thomas
 John Wilbanks
 Linda Williams

Adopt A Senior in Memory or Honor

In Memory of Richard Baumgartner
 Dan & Nancy Gaubas
In Honor of Norma Jean Brown
 Jacqueline Vanden Dorpel
In Memory of Doris Jean Butler
 Anonymous
In Memory of Doris Jean Butler
 Mike Parton
In Memory of Doris Jean Butler & Florence Hunter
 Virginia Anagnost
In Memory of Dorothy Frost
 Catherine Cooper
In Memory of Katherine Juanita Hutchison
 Melinda Jacobik
In Honor of Charles Pruitt

Local Union 718
In Memory of Andrew Paul Sorrells
 Curtis Sorrells
In Memory of Ted Whitt
 Ann Harter
In Memory of Robert Bob Stivers, Jr.
 Anonymous

One Senior for One Year

Anonymous (2)
 Robert & Honerlin Del Moro

Four Seniors for One Year

Old North Knoxville, Inc.
 Eight Seniors for One Year
 Meals on Wheels America: Subaru
 Share the Love

APRIL & MAY 2019 OOA CONTRIBUTIONS

CAREER CLOSET

Lisa Maxwell

FEED A PET

Peter & Fawn Landrum
 Steve & Linda Oliver
 Beth Bowman
In Memory of Lucille Millspaugh
 Anonymous

GRANDPARENTS AS PARENTS

Frank & Sharon Price

PROJECT LIVE

Akima Club
 Colonial Heights United
 Methodist Church - Men's
 Ministry
 Blount Baptist Church

O'CONNOR SENIOR CENTER

Anonymous (1)
 Exceptional Gifts
 Geezer Band
 Stephen & Patti Grady
 Anne Loy
 The O'Connor Dance club
 Charlenia Wilson

KNOX PAWS

Trish & David Galvin
 Friends of John Rosson
 Barbara Kelly
 Gayle Burnette
 Laurie MacNair
In Memory of Wilma Campbell, Marjorie Herzel, & Lillian Smith
 Lola Dodge Wokchow

DAILY LIVING CENTER

Dr. Catherine Gilreath
 Andrew & Tracy Scruggs

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

John Martin

SENIOR INFORMATION & REFERRAL

Beverage Control, INC

HERE COMES THE SUN: THE OFFICE ON AGING NEEDS FANS

Hot weather is especially hard on our older adults in Knoxville. The CAC Office on Aging seeks donations of new box fans and oscillating fans for seniors who need extra help staying cool during the hot summer months. Overheating is especially dangerous for older adults, and can result in dehydration, heat stroke, or other

medical emergencies.

If you have fans to donate, you can drop them off at the Office on Aging located at 2247 Western Avenue. You can also call the office at (865) 524-2786 (Monday – Friday, 8 am – 4:45 pm) to arrange a pick-up or visit knoxseniors.org online to donate funds to go towards the purchase of fans. ■



THREE EASY WAYS TO GIVE TO THE COUNCIL ON AGING

The following three programs are ways for you to donate to the COA without any outlay except your purchases from them. Take advantage of these painless philanthropy programs to help vulnerable Knoxville and Knox County seniors:

Kroger Community Rewards

The Kroger Family of Stores is committed to



bringing hope and help to local communities. They do this through a variety of activities, including charitable giving, sponsorships and the unique Community Rewards Program of Kroger.

Kroger Community Rewards make fund-raising easy...all you have to do is shop at Kroger

and swipe your Plus Card! Visit their website at www.krogercommunityrewards.com to review the terms and conditions and register to participate. If you don't use a computer for internet business, register by phone at 1-800-576-4377 ["Community Rewards"].

Knoxville-Knox County Council on Aging's organization number is 16424. You must link your card every year starting August 1st.

You Shop. Amazon gives.

Amazon will now donate 0.5% of the price of your eligible purchases when you shop at AmazonSmile (www.smile.amazon.com). Please buy books, e-books and other merchandize on the AmazonSmile



website, designating Knoxville-Knox County Council on Aging as recipient of its charitable gift program.

iGive.com

iGive.com allows you to support your favorite cause with a percentage of your online shopping. Every time you shop at any of the 1,500+ online stores in the iGive network, a portion of the money you spend benefits Knoxville-Knox County Council on Aging. It's a free service and you'll never pay more when you reach a store through iGive. To get started, just create your free iGive account.



Start giving at: www.iGive.com/Knoxville-KnoxCountyCouncilonAging

PHILIPS LIFELINE OFFERS PEACE OF MIND

In a fall or emergency, every second counts. The security of Lifeline is now more affordable than ever. Lifeline service is available in East



Tennessee at very low cost. Lifeline has a system that is right for you. The waterproof Help Button is easy to use and responsive any time you need help. You decide whom you want to respond: a neighbor, a family member, a medical professional, or any other person of your choice. For more information, or to call and order to keep yourself safe at home, call toll-free: 1-866-674-9900, ext. 4310. Please mention code TN765. For more information about Lifeline products and services, plans, and how it works, go to www.lifelinesys.com. Please remember though, that if you want to order Philips Lifeline for yourself or a loved one in or near Knox County, Tennessee, use the phone number and extension listed above to receive the very best pricing. ■

OFFICE ON AGING WISH LIST

Do you have any of these items that you would like to donate to Office on Aging programs?

Daily Living Center
Arts and crafts supplies, cleaning supplies, games, magazines, puzzles, small bingo prizes, holiday decorations

for the Connecting Hearts program

Depends, cleaning supplies, pots, pans, kitchen items, bed sheets, blankets, new pillows, basic household items

LT Ross Building
Magazines (gently-used and appropriate)

Knox PAWS
Pet food and pet supplies

Grandparents as Parents
Children's books

To donate any of the items, drop them off at the CAC LT Ross Building at 2247 Western Avenue during regular business hours.

Mobile Meals
Purses, jewelry, easy-to-open, shelf-stable foods

Project LIVE
New fans and space heaters, Ensure, Boost,

THANK YOU, FOOD CITY!

Special thanks to Food City #676 and store manager J.R. White for donating floral arrangements to the grandparents attending the May Grandfamilies Together meeting.

••••• TO KEEP YOU INFORMED •••••

RETIRED & SENIOR VOLUNTEER PROGRAM (RSVP)



"Learn Something New"

Cathy, Foster Grandparent

Wouldn't it be wonderful to have someone encourage and love you even on the worst of days? That's exactly what Ms. Cathy does as a Foster Grandparent. She is not the type of person who likes to sit around the house -- she's active in her community. She takes classes and serves on council boards, but the biggest part of her day is volunteering as a Foster Grandparent. "Spreading love in the world and working with kids is my calling in life" she says. While the kids learn their lessons, manners, and respect from Ms. Cathy, they're not the only ones learning, "I learn as much from them as they learn from me. When you retire, you're supposed to enjoy life; that's your time. You've got to enjoy it! I love being a Foster Grandparent."



"Make the Most of It"

Pam, Retired and Senior Volunteer Program

Experience is earned despite the hardest of circumstances. After retiring, raising her grandchildren, and then losing her husband, Pam needed something to do with her lifetime of experience. As an RSVP volunteer, Pam was matched with the volunteer opportunity where she could make the most impact. "She's lived the life and knows where our grand families are coming from. She makes things "possible," said her station manager. Over a four month period, Pam has increased the Grandparents as Parents enrollment by 35%. That's an increase of grand families and relative caregivers that are now receiving supportive services! Even in the darkest of times, there is a light because "My experience gives me perspective to really help. Just one life can touch so many," said Ms. Pam.



"Be Kind and Build Friendships"

Polly, Senior Companion

Staying independent and spending time with clients has been the key to Ms. Polly's upbeat personality. She is known for acts of kindness towards others and that keeps her moving! Her experience as a Senior Companion has helped her feel needed and appreciated. Her relationships with her clients have blossomed into close and valued friendships. Her companion said, "Polly's friendship has had a ripple effect that has helped our whole family. She is family."

Volunteer with Senior Corps and share your story. Contact the Office on Aging at 865-524-2786 for more information.



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.

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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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ELDER NEWS & VIEWS

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CALLING ALL VOLS!

Mobile Meals needs volunteers to deliver noon-time meals Monday – Friday during the summer, when regular volunteers are on vacation. Five days a week, a dedicated team of over 100 volunteers deliver meals to 925 homebound seniors in every zip code in Knox County. They also are the eyes and ears of Mobile Meals and provide a daily wellness check for seniors to make sure they are safe and comfortable in their homes. Many times, the volunteer is the only person that the client will see or talk to that day. If you can help Mobile Meals this summer, call our volunteer coordinator at 865-524-2786 or email shelly.woodrick@knoxseniors.org. ■

