

GRANDPARENTS AS PARENTS CELEBRATES 20 YEARS WITH “\$20 FOR 20”

Since 2000, the Grandparents as Parents Program (GAP) has been addressing the unique needs of grandparent and relative caregivers raising children whose parents were unable to care for them.

To mark GAP's 20th year, we are asking the community to celebrate with us by supporting the program with “\$20 for 20”.



Your contribution allows us to continue serving grandfamilies by providing educational support meetings, a free Grandparents Guidebook, community outreach, information and referrals to more than 470 grandfamilies enrolled in the Office on Aging's Grandparents as Parents program.

Support GAP's \$20 for 20 campaign online at knoxseniors.org/grandparents.

Donations in any amount are warmly welcomed!

You can also mail a check to the GAP program at P.O. Box 51650, Knoxville, TN 37950-1650.

“When I was first introduced to GAP, Ms. Anne Stokes came to my home. I had to quit my job to care for my grandson. Needless to say, I could not find another job and entered a new lifestyle I had no idea about.

CAC and GAP helped me so much with resources and encouragement. Frankly, there was not a lot of help out there to help with caregivers. CAC helped me to get into subsidized housing, helping with my lights and also signed me up to get an oil change for my vehicle. What a blessing to caregivers in need!

I would also like to say to new caregivers, even some who are not, that it's a part of your journey that is so rewarding, also very emotional for you, and especially the children. There is so much patience involved with these children and it takes a long while for them to trust. I encourage you to always spend some quiet time for yourself.” - Deborah Cole, GAP participant

GAP is currently accepting new grandfamilies! Call us at 865-524-2786 for more information. ■

Grandparents as Parents

Grandparents as Parents Program

Grandparents as Parents program is for grandparents or other relative caregivers raising a family member's child. GAP provides connections to resources and services; learning and support opportunities, a monthly newsletter and more. GAP is free to join. There are no age or income requirements. Give us a call today at 865-524-2786.

Grandfamilies Together- Conference Call

GAP is hosting a weekly Grandfamilies Together Conference Call. Please join us on Tuesdays in September and October from 10:00- 10:30 am. Each week we will check-in with each other and have a special guest. Every week we will have a door-prize for one participant. Door-prizes will be mailed to the winner.

Tuesday Mornings from 10:00-10:30 am

Dial: 1-978-990-5482

Toll Free: 1-844-855-4444

Access Code: 1460466#

Give us a “Hello” to let us know you are on the line!

AGING: A FAMILY AFFAIR

We can all agree that the coronavirus pandemic has largely altered our lifestyles and cancelled or postponed many planned events. Aging: A Family Affair is no exception. But, the show will go on!

The Office on Aging is currently planning a virtual version of the event to include a series of three educational sessions to be held during the month of November. Topics will include Medicare, Dementia, and Elder Law issues.

Please also save the date for Thursday, November 5th for the Aging: A Family Affair Senior Expo. We are currently working out the details, and want to let everyone know that we are keeping health and safety the number one priority. We hope that you will mark your calendar to join us in whatever capacity we are able to host an event (drive-thru, in-person, etc.).

Watch for more information on our website at

knoxseniors.org, or on our social media pages.

We will also have more details as they are confirmed in the November-December issue of Elder News & Views. Of course, you can always call us at the Office on Aging – 865-524-2786 (Mon.-Fri., 8 am – 4:45 pm). We hope you will join us in November for the 2020 Aging: A Family Affair! ■

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POWER OF THE PURSE ONLINE 2020

PRESENTED BY PATRICIA NASH DESIGNS

CAC Mobile Meals has made the difficult decision not to hold it's in-person Power of the Purse event for 2020. Supporters of the event, and purse lovers, still have a chance to make a purchase from various Patricia Nash Collections and help feed homebound seniors in our community. We hope you will participate in our online event that will be happening over a three-day period, September 22, 23, 24. Exciting packages will be available, anchored by ensembles like those pictured here, complete with matching accessories. In addition, handbags will be stuffed with an array of gift cards to



further enhance your purchases. Although we will miss not visiting and mingling together, with the help of our sponsors, we are happy to keep our Power of the Purse "alive" and we are looking forward to being together again in 2021 to celebrate seniors and the 50th anniversary of CAC Mobile Meals.

For details on how and when to tune in to Power of the Purse Online 2020, please continue to visit the Mobile Meals Facebook page (www.facebook.com/knoxcountymobilemeals/) and watch WATE or visit WATE.com for updates.

The Mobile Meals program is currently serving more seniors in need than ever before (1,250 per day). This would not be possible without community support.

Join us online in September, donate online at knoxseniors.org, or to volunteer, email MobileMealsVols@knoxseniors.org or call 865-524-2786. ■



YOUR VOTE COUNTS!

Mail-in Absentee ballots are vital for a healthy democracy.

The next election is a Presidential and Federal/State election on November 3.

If you are a registered voter age 60 or above, you can apply to vote by absentee ballot by mail and vote in the comfort of your home.

To request an application to vote in the November election by absentee ballot, call (865) 215-2480.

If you use internet, go to https://knoxcounty.org/election/2020elections/pdfs/Absentee_Application8-6-2020.pdf. Download and print the document.

Deadline to request an application is October 27, 2020.

GET COUNTED!

Complete the US Census by September 30.

Online: www.2020census.gov

By phone: (844) 330-2020

For assistance with completing the Census, call Senior Information & Referral at (865) 546-6262.

AVOIDING SCAMS

FINANCIAL EXPLOITATION: THE CRIME OF THE 21ST CENTURY

By: *Sasha Hammett, Rise Above Crime Program Manager*

While much of our attention continues to remain focused on the coronavirus pandemic, threats to older adults are increasing as social isolation continues to grow. Social isolation creates a breeding ground for feelings of loneliness and depression, and there is also evidence linking social isolation with adverse health consequences including accelerated cognitive decline and poor cardiovascular function. With all the adverse health consequences that social isolation brings, it also brings an increased risk for seniors to fall victim to scammers and financial exploitation.

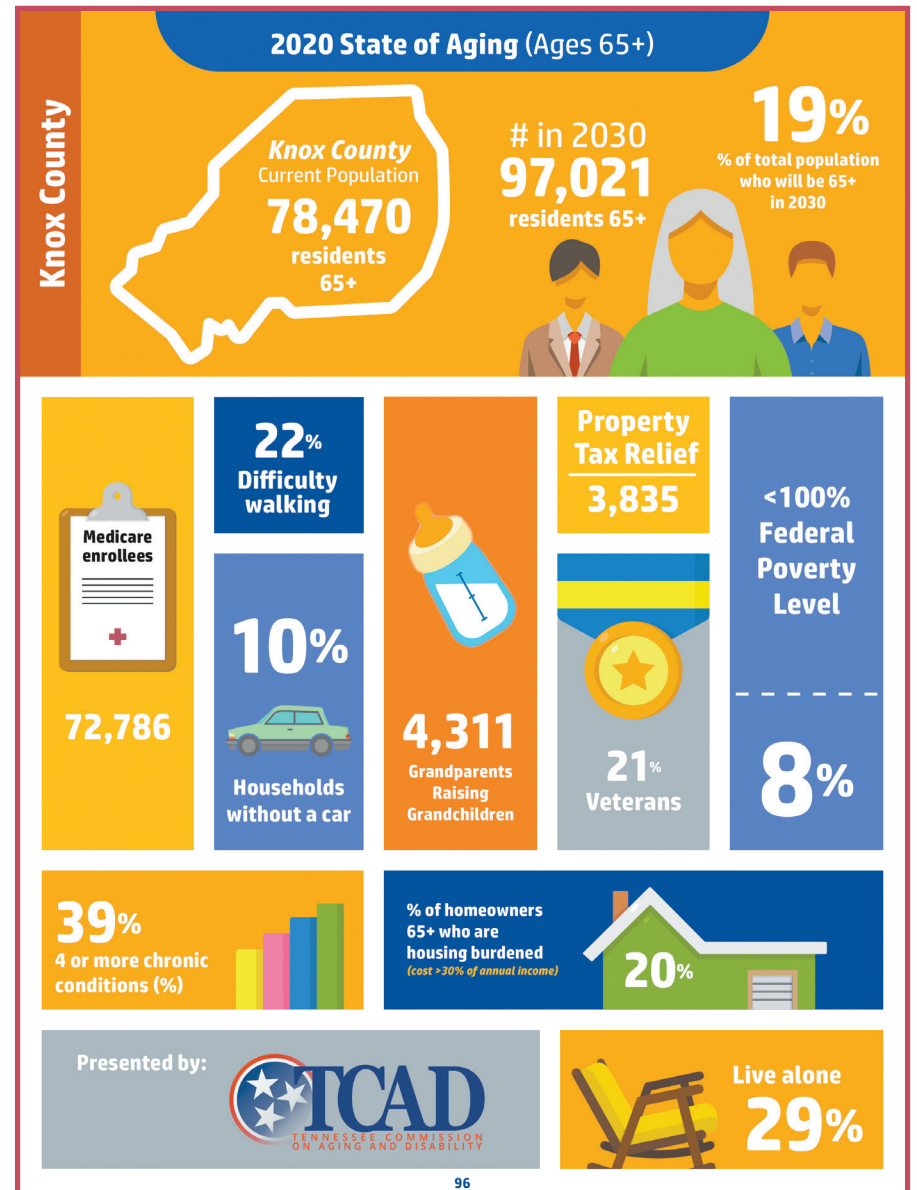
The most common type of scam to be wary of is telephone scams. Older adults are increasingly the targets of scam artists on the telephone who use lies, deception, and fear tactics to convince older adults to send them money or provide personal account information. As social isolation continues during this challenging time, more and more seniors are experiencing the adverse effects of isolation, and are falling victim to this type of scam. Below are some tips to remember to avoid being a victim of a telephone scam:



- Be suspicious of any pressure to send funds via wire transfer or a pre-paid reloadable card.
- Pay attention to warnings from your financial institution telling you that a request sounds like a scam. Your banker may have encountered similar scams in the past.
- Scammers often claim an emergency, hoping you will respond quickly without checking out the situation first.
- Consider it a red flag if the caller insists on secrecy. Never allow anyone to discourage you from seeking information, verification, support and counsel from family members, friends or trusted advisors before you make a financial transaction.
- Don't give the caller your financial or other personal information such as your social security number or date of birth.
- Never pay a fee to someone in anticipation of receiving something in return – such as a loan, inheritance, contract, investment, or gift.
- If the offer of an “opportunity” appears too good to be true, it probably is.
- Know who you are dealing with. If you have not heard of a person or company that you intend to send money to, it is likely a scam.

For more information or resources on financial exploitation and other forms of elder abuse, please contact Sasha Hammett with the Rise Above Crime program at the CAC Office on Aging at 865-524-2786. ■

KNOX COUNTY STATISTICS



SPRING SENIOR JOB FAIR
Watch this space and check our website for updated information about the Senior Employment Services' Spring Senior Job Fair.

Knoxseniors.org

NEED EXTRA MONEY FOR GROCERIES, MEDICATIONS, OR UTILITY BILLS?

GET THE SAVINGS CHECKUP!

Savings CheckUp is a comprehensive, confidential, free screening and application assistance program designed to connect older adults with money-saving benefits in their area including healthcare, prescriptions, nutrition, utility assistance and more.



Find out if you qualify for extra benefits with Savings CheckUp! Call Senior Information & Referral at 865-546-6262. ■

BOOST YOUR BUDGET™
FIND YOUR BENEFITS TO AGE WELL **ncoa**

FALLS PREVENTION AWARENESS WEEK

The coronavirus pandemic has changed a lot of things. One thing that's still the same? Falling is NOT a normal part of aging.

We are partnering with the National Council on Aging (NCOA) to mark Falls Prevention Awareness Week on September 21-25, 2020. While we would normally have an educational event, we are unable to meet in-person this year due to the coronavirus pandemic.

Pandemic aside, we do have an online opportunity for older adults and caregivers to learn how to prevent falls and take steps to reduce their risk.

Visitors to www.ncoa.org/FallsFreeCheckUp can complete a short, 12-question survey that screens for the most common falls risk factors. You can learn more on the website about how to avoid potential fall risks to keep you safe and secure. ■



KNOX PAWS NEEDS YOUR SUPPORT

COMPANIONSHIP IS CRUCIAL FOR OLDER ADULTS.

Now more than ever, older adults depend on the Knox PAWS (Placing Animals With Seniors) program to help provide the companionship of a pet to prevent isolation. Research indicates that pets improve the physical, emotional, and mental health of older adults. For more than 16 years, Knox PAWS has placed hundreds of older rescue animals with lonely seniors, providing for much-needed companionship.

KNOX PAWS IS HERE TO HELP.

Our mission is to lower social isolation in older adults while also giving them a purpose. Our program enriches multiple lives by being able to adopt older pets who find themselves in shelters longer and place them with eligible older adults. Pets adopted by Knox PAWS participants are given a medical exam, vaccinated, given a microchip, are spayed/neutered, and provided with heartworm and flea prevention. Even more important – if a problem arises down the road, Knox PAWS is there to help.

SUPPORT FROM PEOPLE LIKE YOU IS ESSENTIAL.

With a decrease in funding in recent months, and increased needs, our program requests your help to continue providing life changing services. Every dollar helps.

Please consider donating at <https://secure.donationpay.org/knoxseniors/>, or via mail to the Office on Aging at PO Box 51650, Knoxville, TN 37950-1650. ■

MEDICARE OPEN ENROLLMENT

Medicare Open Enrollment Period is from October 15—December 7. We offer a free service to people who would like help to understand their coverage and choose a plan. Assistance is available through the AMOS program (Affordable Medicine Options for Seniors). To help beneficiaries understand their options and make important coverage decisions, complete and reliable information about Medicare is available online at www.medicare.gov. It is necessary to review your insurance plan each year to maintain your

best coverage and prices. Changes in your medications or health-care providers may lead you to change your insurance plan. Or changes in the provisions of your current plan may lead you to change to a plan that works with your medications and providers. Call the Office on Aging at 865-524-2786 for help from one of our AMOS advisors.

To receive assistance, you will need to provide:

- Medicare card

- Social Security number
- All active health insurance cards
- Letter about Extra Help or the Medicare Savings Program (if you received one)
- List of current prescription medications – Ask your pharmacy to print a list with drug names, dosages, amount purchased, and price

You can also call your local senior center to find out if they are offering in-person assistance with Open Enrollment. ■

ROUND UP AT THE REGISTER FOR VOLUNTEER ASSISTED TRANSPORTATION

In September, you will have the opportunity to round up at the register in support of Volunteer Assisted Transportation (VAT) when you shop at Three Rivers Market. Through their Nourishing Change program, the store will be collecting change to provide assisted transportation for people in need. Three Rivers' goal is to raise at least \$7,000 for VAT to provide affordable, specialized transportation for seniors and people with disabilities.



Volunteer Assisted Transportation, a program of Knoxville-Knox County CAC, provides affordable rides to people in need of aid and assistance to travel safely. Volunteers provide rides in energy-efficient hybrid vehicles to grocery stores, pharmacies, and even the VA hospital in Johnson City, TN.

For more information about VAT, call 865-673-5001. ■

Special thanks to Warren Secrest for his eleven years of service to CAC and the Volunteer Assisted Transportation program. Enjoy your retirement, Warren!

We welcome Nancy Welch, long-time VAT staff, to her new role as VAT program manager.



Round up your change at the register and support change in our community.

O'CONNOR CENTER UPDATE

Monday: Angie's Update

Tuesday: O'Connor's Off Beat Eat'z, we will focus on boosting our immune systems and adding nutritional value to our meal times.

Wednesday: Look out for our beginner line dance with Nurse Claudia and her crew

Thursday: Intermediate line dance followed by live bingo at 2 p.m.

Friday: Meal distribution and Trivia

- Drive-thru Toenail Clippings by appointment only 9 a.m.- 11 a.m.

- September 24

- October 8

- October 21

- Drive-thru Flu Shots with Walgreens 8:30 a.m.-11:30 a.m. on Monday, October 5 & 26. Bring your insurance card with you.

Questions? Call the O'Connor Center at 865-523-1135.

Phone a Friend: Grief Support Group first meeting on Monday, September 14 at 10:00 am. Call Dial-in number (978) 990-5000 and use access code 234558. Call 523-1135 if you have any log in issues. ■

SENIOR NUTRITION PROGRAM SPONSORS

In Mobile Meals' Adopt-A-Senior program, you can provide Mobile Meals for a month, or more, for a homebound senior citizen for \$74 a month. Your contribution will be recognized in this list in the next newsletter issue following your donation. For information about Adopt A Senior, call the Senior Nutrition Program, 865-524-2786. The following people and organizations contributed to Mobile Meals in June and July 2020.

Anonymous (18)
Diana Amann
Bob Andres
Jarrod Arellano
Susan Armstrong
Ken and Kaye Brock
Mary Brock
Kenneth & Karen Brooks
James Bruce
Andrea Charlton
Debbie Coffey
Maxine Cook
Sherman & Roberta Cook
Gary Cooper
Gula Gillis
Anna Goodman
Dawna Gray
Robert Kemp
Jo Learn
Pam Lovell
Debbie Lowe
David McCormick
Peggy Minge
Gerald Perlman
Norman Queener
Lora Rachel Robinson
Kelley Sexton-Bruce
Ronald & Virginia Shrieves
John & Beth Smith
George & Betty Southworth

Mike and Kay Spinosa
David & Lisa Stinton
Linda Townsend
William Walters
Lori Weiser
David & Carolyn Wells
Angela White
Linda Williams
Anna S. Woodman
Cheri Worthington
Colonial Heights United
Methodist Church J. Ray
Stuart Sunday School Class
First Baptist Church Concord
Agape Sunday School Class
Smithwood Baptist Church
Joy Class

Senior Nutrition Program In Memory or Honor

In Memory of Peggy Bradbury
Dennis Bradbury
In Memory of Larry Clark
Jocelyn Weatherford
In Memory of Ronald F. Harbin
Earlene Lambdin
In Memory of Ronald F. Harbin
Jerry & Joni Punch

In Memory of Ronald Harbin
Bryan & Karla Cloninger
In Honor of the June 12th Birthday of Mrs. Susie Knable
Charlenia Wilson
In Memory of Linda Thompson Lee
Judith Bruce
In Memory of My Mother
Winston Landry
In Memory of Marie Palisano
Anonymous
In Memory of Harry Paris
Christina Paris
In Honor of Johnnie Patty
Deborah Daniels
In Honor of Bobbie Phillips
Becky Phillips
In Memory of Robert Schutt
Joanne Schutt
In Memory of Charles and Joyce Worthington
Cheri Worthington

Adopt A Senior Program

Anonymous (18)
Barbara Abner
Dan and Nancy Berry
James & Nancy Bolon
Steve & Donna Colburn
Harold Elkins

Barbara Froula
Tyra Noe & Johnny Gallion
Ann Gehin
Virginia Grace
David & Janice Ishee
Louise Kerschner
Kevin Ledden
Anna Beth Lee
James & Barbara Lucas
Mary Mishu
Ruth Moody
Helen Roehl O'Connor
Richard L. Pace
Clark & Judith Patton
Deborah Perry
Lloyd Pitney
John & Nancy Ray
Lavon & Darlene Rickard
Lynn & Judy White
Elizabeth Wieselquist
Cynthia Williams
Shalini Yerukala and the Happy Shiny Smile Group
Carolyn Zachary
Beaver Creek Cumberland Presbyterian Church
Searcher Sunday School
Farragut Presbyterian Church Outreach Committee

Mirani Foundation
Mount Olive Baptist Church
Faith Sunday School Class

Adopt A Senior Program In Memory or Honor

In Memory of Virginia Allsopp
Dr. Eric & Susan Carlson
In Memory of Dr. James C. Benton, III and Dr. Joe Black
Jan Benton
In Memory of Larry Clark
David Letner
In Memory of Dorothy Frost
Catherine Cooper
In Memory of Ronald F. Harbin
Clinton Courier News, LLC
In Memory of Ronald Harbin
Angela Jones
In Memory of Ronald F. Harbin
Knoxville Catholic High School
In Memory of Ronald Harbin
David and Sheryl Lambdin
In Honor of Linda Harvey & Wenifred Waddell
David & Pamela Waddell
In Memory of Jim Krug
David & Susan Long

In Memory of Dave Langan
Katie Fisher
In Honor and Memory of Ralph Merrell & Dot Merrell
Ron & Margie Collins
In Memory of Barbara Monty
Jamie Harris & David Massey
In Memory of Dot & Jim Underwood
Gwen Baxter

One Senior for One Year

Anonymous
Robert & Honerlin Del Moro
Harold Elkins
Henry Gertsen
George & Nancy Lefler

Three Seniors for One Year

Beverage Control, Inc.

Four Seniors for One Year

Old North Knoxville, Inc.

One Senior for Two Years

Anonymous

OOA PROGRAM CONTRIBUTORS

The Office on Aging appreciates all who give so generously to its programs. Your contributions make a difference. The following individuals and organizations gave in June and July 2020.

Daily Living Center

Akima Club, Inc

Seniors Emergency Fund

Christy Conley

Foster Grandparents Program

Boys and Girls Club of the Tennessee Valley
First Lutheran Church and School
Great Schools Partnership

Head Start - Claxton
Head Start - East I
Head Start - East II
Head Start - LT Ross
Head Start - Northridge
Mount Olive Christian Academies

Parks & Rec Maryville Alcoa Blount County
Partners for Children
SHADES of Development
YWCA Knoxville & Tennessee Valley

Grandparents As Parents Program

Gail Brabson
Donna Petritsch
Tracy & Dwight Van De Vate
Monty Walton

Knox PAWS/Feed-A-Pet in Memory or Honor

In Honor of Sasha Hammett
Alicia Riehl
In Memory of Alice McDowell & Spencer

Cynthia Williams
In Memory of Lucille Millspaugh
Anonymous
In Memory of Max, Sophie, Cleo, MeeGo, Riley & SamBear Randolph
Anonymous
In Memory of Sunner
Paulla Smith

Knox PAWS/Feed-A-Pet BC Cloutier

Tina Heath
Peter & Fawn Landrum
John & Carolyn Merz
Stephen Oliver
Patricia Woods
IREM East Tennessee Chapter No. 57
Pagan Pride of East Tennessee

Project LIVE

Akima Club, Inc

Senior Community Service Employment Program

Marcee Mathews

Senior Companion Program

In Memory of Larry Wayne Clark
Daisy Falin
In Memory of Larry W. Clark
Kelly Peters

A LETTER TO OUR COMMUNITY

Dear Community,

Let's be honest, it's been a tough year for everyone. Tennessee has been through quite a lot: flash flooding, tornadoes ravaging middle Tennessee, and a pandemic that uprooted our very way of life.

As one of the most vulnerable to COVID-19, many older adults are finding new challenges in maintaining their independence in the face of unprecedented isolation. As cases continue to climb, some remain home with technology that can often leave us feeling disconnected and confused, while others do not have access to technology which truly contributes to feelings of loneliness. We find ourselves constantly weighing options in a sea of uncertainty: the cost of a delivery service or going without; delaying a medical appointment and risking deterioration; whether a caregiver or friend has been safe enough to visit our home; and the loss of spouses and old friends that leave us especially lonely without the closure of a funeral or family gathering.

But we choose not to despair; for we have discovered the unconditional generosity of volunteers who continue to give back during these uncertain times. The human spirit cannot be crushed. We're still here. Doing what we've always done – just in new ways. We will come out stronger, more adaptable, knowing something more of the resiliency of which we're made. A hand reaching out in all its human frailty to offer whatever help it can. The friendly wave to a neighbor while checking the mail. Giving others peace of mind by maintaining a six-foot distance. Or just offering that friendly ear, to brighten someone's day.

Let's take our values of providing support and encouragement to one another, and put them into action, concretely. Let's not forget that if we are going to make it through this, it will be together, even if we are apart.

Join this movement to serve others, or allow others to serve you. How can Senior Corps help you, your family, or your agency? Together, we know that we can come out stronger.

Sincerely, Your Senior Corps Family

Inspired by the words and legacy of Mrs. Barbara Monty, former long-time director of the Office on Aging. ■



• **The John T. O'Connor Senior Center invites you to celebrate 60 years of service to the Knoxville community!** We will be hosting a Drive-Thru Birthday Party on Thursday, September 17 from 10:00 am -12:00 pm. Enjoy a complimentary cup cake and birthday festivities!! Stay safe and please wear a mask. Physical distancing will be practiced and rain date is scheduled for Thursday September 24. For those who would like to make a contribution to the O'Connor Center can do so the day of the event. Funds raised will go towards program updates & center enhancements.

A BRIEF HISTORY OF THE O'CONNOR SENIOR CENTER

In 1959, Mayor John Duncan Sr. and the City of Knoxville recognized that the older adults of our community needed a recreational facility that would promote a sense of belonging and improved quality of life. Mayor Duncan called upon the pillars in our community to begin fundraising efforts for such a center to be established. Among supporters was the Northside Kiwanis and Knoxville Smokies who joined forces with the city to raise funds with ticket sales for upcoming game against the Charlotte Hornets on August 25, 1959. By December, the city now had about \$2,100.00 in dedicated funds and the original site was selected for the first senior recreation center! The Senior Center was to be housed in the former Elmwood School located at the corner of Lamar St. and East Fourth Ave. By March

of 1960 it was announced that the newly established center was to be named the John T. O'Connor Senior Citizens Recreation Center in recognition of his service to the City in various capacities for a half-century including Mayor (1932 to 1935), City Council member (1950 to 1957) and Welfare Director (1938 to 1941).

Since the beginning, the John T. O'Connor Senior Center was a place for older adults in the Knoxville community to fellowship and improve their quality of life. Eventually, the program was taken over by the Community Action Committee and has grown to service upwards of 2,000 seniors a year in recreation, education, physical activity, health screenings, and health education. We are proud to continue working closely with the descendents of Mayor John T. O'Connor who have carried on his good will in acts of service to the board of directors and assisting in fundraising efforts. ■

Advertisement



Cigna
 Franklin "Andy" Williams
 Benefits Advisor
 Knoxville—East TN Market
 Cell: 865.287.0176 | franklin.williams@cigna.com

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

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SEPTEMBER/OCTOBER 2020

ELDER NEWS & VIEWS

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2020 KNOX SENIOR CORPS DRIVE-THRU APPRECIATION EVENT

In June, our community united to show love and support to senior volunteers during the 2020 Knox Senior Corps Drive-thru Appreciation Event held in the parking lot of the O'Connor Center. The prolonged isolation caused by the pandemic initially created some challenges for the Office on Aging's Senior Corps Programs which utilize volunteers age 55 and over to help address local community needs. However, many of these volunteers transitioned to helping the community via phone, virtually, and while social distancing. Senior Corps volunteers provide companionship to frail seniors, tutor and mentor children in school settings, transport and grocery shop for seniors in need, and help build the capacity for more than 20 local non-profits. Our Senior Corps Volunteers get things done!

We want to thank TN Celebration Balloons, the O'Connor Senior Center Band, Cigna, United Healthcare and the Blake Family for their contribution in making this event possible. ■

