

ELDER NEWS

NOVEMBER/DECEMBER 2020

VIEWS

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

AGING: A FAMILY AFFAIR

Now in its 36th year, Aging: A Family Affair will once again provide valuable information and resources on topics related to aging that is helpful not only to seniors, but to their families, caregivers, and professionals. Though we cannot meet in-person due to the pandemic, we will host a virtual series of lectures on the important topics of Medicare, Planning for the Future During a Pandemic, and The Spectrum of Normal Aging and Alzheimer's Disease. As we all know, reliable information is always changing, and it is not always easy to stay up to date in the ever-changing landscape. These virtual lectures will bring you the most accurate and current information so you can make well-informed decisions that affect your quality of life.

To kick off the event, the Office on Aging will host a Senior Expo Drive Thru on Thursday, November 5 at O'Connor Senior Center from 9 am – noon. Vendors will provide information on local resources and services for seniors. Attendees will remain in their car, wear a face covering, and visit each booth throughout the drive thru. It will be an exciting time of sharing helpful information and handing out goodies for you to take home.

There is no charge for this year's event, but registration is requested. To register, visit knoxseniors.org or call the Office on Aging at 865-524-2786, Monday – Friday, 8 a.m. – 4:45 p.m. ■

SENIOR EXPO DRIVE THRU

Thursday, November 5 • 9 am - noon

*O'Connor Senior Center Parking Lot
611 Winona St. in Knoxville*

Please wear a mask or face covering and remain in your car. Social distancing will be practiced.

These virtual or call-in programs will be held on Fridays, from 10 am – 11 am on the following dates:

MEDICARE UPDATE

Friday, November 6

Blake McCoy, Medicare Insurance Consultants

Deciding about your Medicare options and curious about Social Security? Blake McCoy will cover all the changes that you need to be aware of when making the best decision for yourself.



Blake McCoy is the Owner and President of Medicare Insurance Advisors. MIA is an insurance firm that is dedicated to helping people with their Medicare, Life and Dental insurance. Blake decided at the young age of 19 that Medicare insurance was too confusing, and he built a team

of advisors, with offices in Knoxville, Nashville, Memphis and Daphne, AL, dedicated to make Medicare simple. MIA now serves clients in dozens of states throughout the country.

PLANNING FOR THE FUTURE DURING A PANDEMIC

Friday, November 13

Glen Kyle, Franklin & Kyle Elder Law

Planning for the future can be difficult and confusing. Adding a global pandemic can make it more challenging. Glen Kyle, CELA explains the different ways a senior can best protect themselves and their family while making plans for the future.

Glen A. Kyle is the owner of the Knoxville law office of Franklin & Kyle Elder Law, LLC. His practice in the specialized field of elder law includes Life Care Planning, Medicaid and Veterans' Benefits planning, estate planning (powers of attorney, wills, and trusts), conservatorships, probate and trust administration.



THE SPECTRUM OF NORMAL AGING AND ALZHEIMER'S DISEASE

Friday, November 20

Dr. Monica Crane, Genesis Neuroscience Clinic

Dr. Crane will explain the cognitive changes in aging, define dementia, and share updates related to the disease.

Dr. Crane is a fellowship-trained geriatric medicine physician who has been nationally recognized as an expert in dementia care.



Her career focus has been the clinical care, treatment and support for patients and families affected by Alzheimer's disease and the related dementias.

Dr. Crane is the founder and medical director of Genesis Neuroscience Clinic, a

multidisciplinary memory disorders clinic. The clinic provides community care for cognitive disorders and the neurodegenerative dementias. In 2020, Dr. Crane started the Tennessee Memory Disorders Foundation (tmdf.org) which is the non-profit parent organization for the clinic. The Foundation's mission is to provide support for comprehensive community care for those with memory disorders and to mentor students and professionals to become future leaders in dementia care.

FREE MEDICARE OPEN ENROLLMENT ASSISTANCE

Need help understanding Medicare plans and options? Free help is here!

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 524-2786 for help from AMOS advisors.

You will find a Medicare Part D Worksheet at our website www.knoxseniors.org/amos. If possible, print this worksheet, complete it, and send to our address on the form.

If calling, please be ready to provide the following information:

- Medicare number and coverage start dates for A and B
- Social Security number and date of birth
- Letter about Extra Help or QMB/SLMB (if you have one)
- List of current prescriptions (printed list from pharmacy if available)

Call the AMOS program at the Office on Aging 524-2786. Plan comparisons can be mailed or discussed by phone, and enrollment can be completed online. You can also be screened for assistance to pay Medicare premiums, and to limit Rx copays. ■

SENIOR INFORMATION & REFERRAL'S UPCOMING MEDICARE INFORMATION SESSIONS

What I Need to Know: Medicare Open Enrollment Wednesday, November 4 • 10 am - 11 am

Figure out what you need to know, what junk mail you can toss out, and what you should do during Medicare Open Enrollment.

Savings Check Up Wednesday, December 2 • 10 am - 11 am

Living on a fixed income in retirement can be a challenge, especially as costs rise. Learn about benefit programs that could save you thousands each year.

To register for these Zoom calls, email saramary.wallace@knoxseniors.org or call Senior Information and Referral at 865-546-6262. ■



HOW CAN YOU HELP?

CAC Mobile Meals serves nutritious noontime meals every Monday - Friday to over 1,100 seniors in Knox County who are unable to cook for themselves.

Volunteers also deliver on Christmas day each year.

Volunteer: MobileMealsVols@knoxseniors.org

Through generous contributions from our community, meal recipients receive a holiday bag filled with a variety of useful gifts. Our volunteers who deliver the meal and gift bag may be the only people these clients see on Christmas day.



SAVE THE DATE! Snowflake Ball Virtual Event
Saturday, February 20th • 7pm | Stay tuned for more information!

HOLIDAY GIFT BAGS FOR HOMEBOUND SENIORS - THE TRADITION CONTINUES!

Each year, the local community provides gifts for Mobile Meals volunteers to deliver with a hot meal on Christmas day. This tradition will not change in 2020 and may be more important than ever. Donations of gift bags are being accepted November 30- December 10. Often, these gifts are the only ones these seniors will get, and though the items themselves are not of great value, they are priceless to those who receive them. Mobile Meals is again partnering with Grayson Subaru to fight senior isolation and hunger. This local effort is part of the national Share the Love event, with funds designated for Meals on Wheels Association members. You can also click on the Mobile Meals gift icon

at www.knoxseniors.org/mobile for details or visit our Facebook page at facebook.com/knoxcountymobilemeals.

Considering buying a Subaru? While you are dropping off your holiday gifts at Grayson Subaru you can also help provide meals to homebound seniors in Knox County during the Share the Love event. For every new car sold or leased during the event time period of November 19, 2020, through January 4, 2021, you can choose Meals on Wheels of America to receive a \$250 donation from Subaru on your behalf. Those funds in turn will be distributed to Mobile Meals (the Meals on Wheels Association member for Knox County). ■



Bring gifts:

Please bring gifts in small - medium-sized gift bags (preferred), or unwrapped

Mark gift bags:

Male, Female, or Either

Do not include:

Food items
Candles
Glass items
Clothing (sizes uncertain)
*Lotions, shampoo, body wash etc. should be no more than 8 oz. bottles (large bottles can be difficult to lift)

Gift drop-off dates for 2020:

Monday, November 30 – Thursday, December 10 (Please be sure to drop of

gifts by December 10)

Gift drop-off locations and times:

CAC/LT Ross Building, 2247 Western Avenue
Bring to main entrance; call 524-2786 for assistance Monday through Friday 8 am-4:30pm

Grayson Subaru, 8729 Kingston Pike
Monday through Friday 9 am–8 pm and Saturday 9 am–6 pm

SUGGESTED GIFT SELECTIONS

Please include 1-3 items from each category in gift bag. Please separate gifts by male, female, or unisex.

“Utility”

Magnifying glass
Large pens
Stationery/ envelopes / stamps
Small notepads
Flashlights
Batteries
Night light
Pill boxes

LARGE PRINT:

Crossword puzzle books
Word Search Magazines
Books
Clocks (large numbers)
Watches (large numbers)

“Personal Care”

Lip balm
Bars of soap

SMALL SIZE (mini or no more than 8 oz.):

Lotions
Body Wash
Shampoo / Conditioner
Powder
Hand sanitizer
Shave gel

“Grooming”

Combs
Hairbrushes
Toothbrushes
Toothpaste
Nail clippers/files
Tissues

“Home & Kitchen”

Hand towels
Washcloths
Dishtowels
Dish liquid
Sponges
Plug-in air freshener

Refrigerator magnets
EZ open jar opener
Can opener
Soft grip jar gripper pads

“Comfort”

Throws (lap robes)
Socks (non-skid soles)
Scarves
Gloves
Hats
Small umbrellas

General holiday-themed items are welcome but please refrain from highlighting specific religious beliefs.

GRANDPARENTS AS PARENTS

Grandparents as Parents Program (GAP) strives to make a difference in the lives of relative caregiver and the children they care for by providing education and support. GAP is a free program and there are no age or income requirements. For more information or to enroll in the GAP Program, call Tracy or Anne at 865-524-2786. ■



Grandparents as Parents Program Holiday Toy & Gift Drive

ACCEPTING DONATIONS THROUGH

Friday, December 4

Contactless drive-by drop off.

Call Tracy or Anne to arrange a drop off time convenient for you.

Give grandparents & relative caregivers a better holiday season! Please donate self-care products & new and gently used toys, games, and books to support families raising a family member's child.

For more information, call 865-524-2786 or email Tracy at tracy.vandevate@knoxseniors.org

**Grandparents as Parents
CAC Office on Aging
2247 Western Ave.
Knoxville TN 37921**

Grandfamilies Together Conference Call

GAP is hosting a weekly Grandfamilies Together Conference Call. Please join us on Tuesdays in November and December from 10:00-10:30 am. Each week, we will check-in 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

**November 3, 10, 17, 24 and
December 1, 15**

Call in number: 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!



ELDER ABUSE AMONG THE OPIOID EPIDEMIC

*By Sasha Hammett,
Rise Above Crime Program Manager*

Older adults are often the hidden victims of the opioid crisis, suffering abuse at the hands of their loved ones, friends, and caregivers who seek resources to support their addiction.

According to a study using data obtained from Adult Protective Services (APS), financial exploitation of older adults was the most common type of abuse associated with perpetrators who abuse opioids.

RISE ABOVE CRIME

In addition to financial exploitation, seniors often suffer from physical mistreatment as well as emotional abuse by those loved ones or trusted individuals who are abusing drugs such as opioids. There have been cases where family members are taking money from an elder or they isolate and neglect the elder to use the house as a launch pad for selling drugs. Caregivers have stolen prescribed opioids from their older patients to support their own habit, leaving the older adult suffering without their pain medications. Short of theft and fraud, elderly individuals can feel pressure to spend their own hard-earned money to help family members in need of treatment. These are only a few examples.

If you are a friend or family member of an older person, you should be sensitive to signs that an older person is suddenly unable to pay bills, find their possessions, or keep track of their money. Be wary if someone in their life seems to have excessive interest in the older person's finances. If you do see signs of trouble, what can you do? Contact Adult Protective Services, and even law enforcement, as your first line of defense.

If you are a senior with a loved one in your life with an addiction and you are suffering as a result, reach out for help. Adult Protective Services, local law enforcement, and the Office on Aging are all here to assist. Opioid addiction is a public health crisis that is causing an elder financial abuse crisis. It's up to all of us to look out for ourselves, the seniors in our lives, and to help limit the effects of this epidemic.

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. ■

O'CONNOR SENIOR CENTER UPDATE

Staff will not be in the office on the following dates:

Wednesday, November 11 for Veterans Day

Thursday & Friday, November 26 & 27 for Thanksgiving

Thursday & Friday, December 24 & 25 for Christmas

Friday, January 1 for New Years

****PARTICIPANTS MUST CALL AHEAD AT 865-523-1135 TO RESERVE A PLACE FOR IN-PERSON PROGRAMS. PARTICIPATION WILL BE LIMITED TO GROUPS OF 10 AT A TIME.****

RECREATION

Car Park Bingo: Enjoy this friendly game on Wednesdays from 1:30 pm – 3:00 pm. Sponsors for snacks and callers are needed. Call 865-523-1135 to find out how to get involved.

Virtual Bingo: Live virtual bingo every Thursday at 2:00 pm on Facebook Live! This is fun for everyone and we will be giving out prizes for the winners.

HEALTH SCREENINGS

Drive Thru Blood Sugar Checks: Mondays, 8:30 am, \$1.50. A 12-hour fast is recommended to insure a correct reading.

Drive Thru Blood Pressure Checks: Mondays, 9:30 am-10:30 am. No need to even get out of your car!

Mobile Mammography: Knoxville Comprehensive Breast Center's Mobile Mammography Digital Coach will be here on Tuesday, November 17. Please contact KCBC



at 865-583-1003 for more information and to schedule an appointment.

PHYSICAL FITNESS

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

In-person Line Dancing: Intermediate and Beginner Line Dancing in our parking lot next to Caswell Park. Call in advance to RSVP!

Virtual Line Dancing: New videos posted to Facebook every Wednesday. There are several videos on our Facebook that you can re-watch until you are a pro!

SPECIAL EVENTS

Thanksgiving Drive Thru Luncheon: Thursday, November 19. Join us from 11:00 til 12:00 noon to give thanks in this unique drive thru event. For \$5 per person, enjoy entertainment and a take home a delicious meal sponsored by NHC Farragut. Registration will be required by Friday, November 13.

Holiday Window Decorating: Lots of volunteers are needed to help decorate the trees and windows. We will be taking 1-3 volunteers at a time to come and assist with decorating windows in the North Addition. Think December in New York with window displays! We will be unveiling the windows at our Holiday Drive Thru on Friday, December 18 with hot cocoa and Santa!





NOVEMBER 2020 CALENDAR OF EVENTS

O'CONNOR CENTER BUILDING CLOSURE

At the time of submission of this calendar for print the O'Connor Senior Center building remains closed to the public. Office hours for staff are Monday-Friday from 8:30 am—4:30 pm. During these times, staff are available to answer calls, implement virtual programming and also some in-person programming while practicing physical distancing. For those who would like to participate in in-person programs, call ahead to reserve your place! Groups will be limited to 10 participants. Please remember to check your temperature before leaving your home and wear your mask to protect those around you. If you are experiencing any symptoms of sickness, please stay home. We would love to have you participate when you have been cleared by your physician. Keep in mind that in-person programming may be weather dependent. Call the Center at 865-523-1135 for confirmation that programs will be meeting and follow us on facebook.com/oconnorseniorcenter for any additional announcements and virtual activities!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
2 8:30 Drive Thru Blood Sugar Checks 9:30 Drive Thru Blood Pressure Checks 1:30 In-person Intermediate Line Dancing	ELECTION DAY 3 10:00 In-person Seated Exercise 11:00 In-person Advance Exercise	4 12:30 Car Park Bingo 1:30 In-person Beginner Line Dance	5 10:00 Aging A Family Affair Drive Thru 2:00 Virtual Bingo	6 11:00 Book & Puzzle Table Available Outside 2:00 Car Park Trivia
9 8:30 Drive Thru Blood Sugar Checks 9:30 Drive Thru Blood Pressure Checks 1:30 In-person Intermediate Line Dancing	10 10:00 In-person Seated Exercise 11:00 In-person Advance Exercise	11 OFFICE CLOSED Thank You  VETERANS	12 2:00 Virtual Bingo	13 11:00 Book & Puzzle Table Available Outside 2:00 Car Park Trivia
16 8:30 Drive Thru Blood Sugar Checks 9:30 Drive Thru Blood Pressure Checks 1:30 In-person Intermediate Line Dancing	17 8:30 Mobile Mammography from KCBC 10:00 In-person Seated Exercise 11:00 In-person Advance Exercise	18 12:30 Car Park Bingo 1:30 In-person Beginner Line Dance	19 11:00 Thanksgiving Meal Distribution sponsored by NHC Farragut 2:00 Virtual Bingo	20 11:00 Book & Puzzle Table Available Outside 2:00 Car Park Trivia
23 8:30 Drive Thru Blood Sugar Checks 9:30 Drive Thru Blood Pressure Checks 1:30 In-person Intermediate Line Dancing	24 10:00 In-person Seated Exercise 11:00 In-person Advance Exercise	25 12:30 Car Park Bingo 1:30 In-person Beginner Line Dance	26 OFFICE CLOSED 	27 OFFICE CLOSED 
30 8:30 Drive Thru Blood Sugar Checks 9:30 Drive Thru Blood Pressure Checks 1:30 In-person Intermediate Line Dancing				

DECEMBER 2020 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
	1 **HOLIDAY WINDOW** **DECORATING BEGINS**	2 12:30 Car Park Bingo	3 2:00 Virtual Bingo	4 2:00 Car Park Trivia
7 8:30 Drive Thru Blood Sugar Checks 9:30 Drive Thru Blood Pressure Checks	8	9 12:30 Car Park Bingo	10 2:00 Virtual Bingo	11 2:00 Car Park Trivia
14 8:30 Drive Thru Blood Sugar Checks 9:30 Drive Thru Blood Pressure Checks	15	16 12:30 Car Park Bingo	17 2:00 Virtual Bingo	18  4:00 pm—6:00 pm Holiday Drive Thru
21	22	23	24 OFFICE CLOSED 	25 OFFICE CLOSED 
28	29	30	31 2:00 Virtual Bingo	1 OFFICE CLOSED 

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 August and September 2020.

Anonymous (22)

Jean Adams
Diana Amann
Bob Andres
Jarrod Arellano
Ken and Kaye Brock
James Bruce
Andrea Charlton
Gary Cooper
William Dixson
Sheri Doubrey
Dale Epley
Phyllis Faulkner
Catherine Gilreath
Anna Goodman
Christine Green
Robert Kemp
Debbie Lowe
David McCormick
Ruth McLeod
Nancy Miracle
Wayne MoneyMaker
Gerald Perlman
Norman Queener
John & Beth Smith
Mary Stuart
Timothy & Melissa Tomlinson
Linda Townsend
Laura Van Eps
David & Carolyn Wells
Linda Williams
Cheri Worthington
Colonial Heights United Methodist
Church J. Ray Stuart Sunday
School Class

Senior Nutrition Program In Memory or Honor

In Memory of Peggy Bradbury
Dennis Bradbury
In Memory of Jo Ann Collins
Barbara Faubert
In Memory of Ronald Harbin
Austin & Suzanne Lance
*In Memory of Herb & Lib Kidd &
Charlie & Jeanne O'Connor*
Bob & Renee O'Connor
In Honor of Johnnie Patty
Deborah Daniels
In Memory of Robert Schutt
Joanne Schutt
In Memory of Betty Stooksbury
Anonymous
*In Honor of those who cook the
meals and those who deliver them
with smiles on their faces.*
Barbara Morse
In Memory of Susann Waldbauer
Richard & Carol Waldbauer
*In Memory of Charles and Joyce
Worthington*
Cheri Worthington
*In Honor of Carolyn Zachary on her
birthday*
Jo Learn

Adopt A Senior Program

Anonymous (17)
Barbara Abner
Bennie Arp
James & Nancy Bolon

Terry Brewer
Carla Chisum
James & Brooksie Cox
Laura Fain
Ann Gehin
Edna Hodge
David & Janice Ishee
Michael & Nancy Lofaro
Gloria Ann Lunsford
Gregory Mackay
Vicki Mayfield & Mark Rennich
Helen Roehl O'Connor
Richard L. Pace
Lavon & Darlene Rickard
George & Betty Southworth
Yuliya Webb
Lynn & Judy White
Elizabeth Wieselquist
Leon & Kay Zevenbergen
Beaver Creek Cumberland
Presbyterian Church Searcher
Sunday School
Lake Hills Presbyterian Church
Mount Olive Baptist Church Faith
Sunday School Class
Scarecrow Foundation
Tau Master Chapter of Beta Sigma
Phi
The Church of the Good Samaritan

Adopt A Senior Program In Memory or Honor

In Memory of Carolyn J. Baird
Anonymous
In Honor of Marinell Edwards

Anonymous
In Memory of Dorothy Frost
Catherine Cooper
In Honor of Midge Jessiman
Patsy Gouge
*In Honor and Memory of Ralph &
Dot Merrell*
Ron & Margie Collins
In Honor of Joanne Nelson
Daryl & Jan Byrd
In Memory of G W Norton
Nancy Sexton
In Memory of Barbara Stiles
Joseph & Bobbie Yarbrough
*In Honor of Hubert & Elizabeth
Styles*
Renee Styles
In Memory of Ann Whitney
Hadaway Willis
ZWJ Investment Counsel Inc

One Senior for One Year

Kathy Boyd
Harold Elkins

Two Seniors for One Year

Theresa Wright

Five Seniors for One Year

In Honor of Vivian Shipe
John & Wanda Sobieski

Seven Seniors for One Year

Robert Brizzolara

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 August and September 2020.

Grandparents as Parents

Anonymous (3)
 Alice Allen
 Gabrielle Blake
 Gail Brabson
 Jami Brabson Welden
 Catherine Gilreath
 Alida Graves
 Don Henson
 Nancy Lofaro
 Tracy Matthews
 Leonard & Betty McKeehan
 William & Janet Osteen
 Tracy and Dwight Van de Vate
 Sherry Van Meter
 Andy Williams
 Elizabeth Wyman
 Zoo Knoxville
 Chick-fil-A
 CIGNA
 Cruze Farm
 Department of Children's Services
 Halls Flower Shop
 Mac's Pharmacy
 Mynatt Funeral Home
 Salvation Army
 Trader Joe's Crew
 Wallace Memorial Baptist Church
In Honor of AARP TN Volunteers

Tracy Matthews
In Memory of Colin Hornsby
 Tracy and Dwight Van de Vate
In Memory of Edna Nicholson
 Barbara Kelly

Music and Memory

Jan Coe
 Nikki Lynn

Office on Aging

Suzanne Sawusch

Knox PAWS

Anonymous (11)
 Laura Adams
 Kandice Bewley Baker
 Carolyn Blair
 Martha Boggs
 Linda Cunningham
 Jennifer Gramling
 Chelsea Grindstaff
 Paul & Glenda Houston
 Sue Humble
 Leah Hunter
 Midge Jessiman
 Dale & Lucy Johnston
 Bettina Laboda
 Peter & Fawn Landrum
 Harry McLeod

Nancy Miracle
 Mary Mishu
 Ruth Moore
 Beth Needham
 Patsy Newman
 Stephen Oliver
 Nancy Owens
 Marilyn Poteet
 Nancy Ramsey
 Sandra Sparks
 Emily Taylor
 Debbie Turner
 Robert & Laura Twilley
 Caroline Wilder
 Patricia Woods
 Forest Park Animal Clinic, LLC
 Four Winds Holistic Animal
 Services
 Gayk Family Fund
 Turner Family
In Memory of Scout Franklin
 Anonymous
In Memory of Scout Franklin
 Catherine Jenna Smith
In Honor of Carol Harold's Birthday
 Linda Staton
In Memory of Jack
 Anonymous
In Memory of Sandra Lawson

Melissa Rose
In Memory of Kenny
 Michael Bartlett
In Memory of Shirley & Raymond
Linville
 Jean Russell
In Memory of Lucille Millspaugh
 Anonymous
In Memory of C. Ray Poston
 Carol Harold
In Memory of Max, Sophie, Cleo,
MeeGo, Riley & SamBear Randolph
 Anonymous
In Memory of Zurie, Buddy, and
Cinder
 Patricia Rasmussen

Project LIVE

In Memory of Carolyn Duncan
 Terri Needham

Senior Companion Program

In Memory of Larry Clark
 Anonymous (3)
In Memory of Larry W Clark
 Mickey & Luchy Burrell
In Memory of Larry Clark
 Richard & Susan Keeran
In Memory of Larry Clark
 Judith Winters

POWER OF THE PURSE 2020

FUNDRAISING CAMPAIGN AND ONLINE AUCTION



Thank you to all who participated! The donations received during this campaign will provide about 5,000 meals to our most vulnerable neighbors. CAC Mobile Meals has been providing food and hope to seniors since 1971. Support is always needed for the program to continue to do so without a waiting list.

To donate, please visit www.knoxseniors.org. To volunteer, please email MobileMealsVols@knoxseniors.org or call 865-524-2786.

We hope to see you in person at next year's Power of the Purse event as we celebrate 50 years of service.

Thanks again to our sponsors, all who donated, and auction bidders! ■

Thank you to our sponsors!



Akima Club of Knoxville



SUCCESSFUL, HEALTHY AGING

December Council on Aging Program October 8, 2020

2:30 p.m. via WebEx

We would all like to live a long life as long as it doesn't involve loss of functioning and independence. What changes can you make to help position yourself for successful, healthy aging? The Successful, Healthy Aging talk will discuss relevant topics to empower you to age well. Information and tips will center on exercise, diet, mental fitness, social support, and



Melanie Cahill, MS

Block (CAB) in Knoxville. She has a background in Speech Language Pathology and is a Certified

emotional well-being as foundations for aging well. In light of the recent challenges accompanying COVID-19, new relevant information has been added to this talk.

Melanie Cahill, MS is the Engagement Program Coordinator with Care Around the

Block (CAB) in Knoxville. She has a background in Speech Language Pathology and is a Certified Montessori Dementia Care Professional. With this background, she works to develop and implement engagement programs for clients living with dementia or who are experiencing the negative effects of social isolation. She also works with CAB's Outreach team to provide education and resources in the community.

To join our virtual meeting online, visit knoxseniors.org and click on the COA Program box to find the link.

To join the meeting by phone, call 1-844-621-3956 (Toll Free)
Access code: 132 069 5576 ■

“ I wasn't sure if I needed calls, but when I lost my best friend, I needed someone that was honest and not judgmental. My care-caller is a joy! **”**

“ I look forward to my calls. It's a sense of relief to talk to someone who actually listens. **”**

“ There's more than one way to worry!
—
My care-caller has great insight and has well rounded thinking on different issues. I don't have to worry so much after we talk. **”**

**Make a friend.
Chat with a volunteer who cares.**

**865-524-2786 or
knoxseniors.org/senior-care-calls**

An initiative of the CAC Retired and Senior Volunteer Program

Advertisement



UnitedHealthcare is committed to helping Tennesseans live healthier lives

UHC.com

United
Healthcare

UTILITY ASSISTANCE

If you or someone in your household are unable to pay utilities due to loss of income as a result of COVID-19 ...

Act NOW! You must apply by November 10th.
Call the CAC Neighborhood Center near you!

West Neighborhood Center: (865) 524-3345

East Neighborhood Center: (865) 546-5125

ELDER NEWS & VIEWS

OFFICE ON AGING DIRECTOR

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

NOVEMBER/DECEMBER 2020

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MOBILE MEALS HOLIDAY CARDS ON SALE NOW

Send a message to your family, friends, and loved ones while supporting Mobile Meals. This year's greeting card package of ten will be an assortment of winter landscapes created by members of the 2019 Art Class at the O'Connor Senior Center. The greeting cards are blank inside and each pack, with envelopes, costs only \$10. All proceeds will go directly to providing meals to homebound seniors in need.

Mobile Meals Holiday Cards can be purchased online at www.knoxseniors.org or you can pick up them up curbside at the CAC Office on Aging, 2247 Western Avenue (please call Mobile Meals office ahead at 865-524-2786). Cards can also be mailed to you when ordering online at knoxseniors.org for a \$5 postage fee for up to 2 packs of cards. ■

