

# ELDER NEWS

SEPTEMBER/OCTOBER 2015

# & VIEWS

OFFICE ON AGING  
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

## POWER OF THE PURSE: LUNCHEON & FABULOUS PURSES

*Excess Baggage?  
No Such Thing!*

Join us for

## Power of the Purse

You'll find the hottest pocketbooks, designer purses and snazz-a-licious evening bags all in one location. Purses available in every price range and, inside, is a hidden treasure.

**Thursday, September 17**

11:00 a.m.: Doors open for  
**PURSE MADNESS.**

Delicious lunch & auction to follow.


Rothchild Conference Center  
8807 Kingston Pike, Knoxville, Tennessee

Call the Covenant Call Center  
**(865) 541-4500**

to reserve your seat.

\$40 for individual tickets  
or \$300 for a table of eight.

For more info and photos:

 Power of the Purse Knoxville  
knoxseniors.org



## TENNESSEE FOR A LIFETIME: KNOXVILLE LIVABILITY SUMMIT LOOK HERE FOR AGING: A FAMILY AFFAIR INFO

**Date:** Thursday, November 12

**Time:** 8:00 a.m. to 3:30 p.m.

**Place:** Rothchild Conference Center  
8807 Kingston Pike, Knoxville

**Cost:** \$25 per person, includes lunch

**Call (865) 524-2786 for more information.**

Many *Elder News & Views* readers have attended the Office on Aging's *Aging: A Family Affair* in the past and are looking for news of the event in this issue. This year only, the event has been combined with two other events to become the Knoxville Livability Summit.

The summit will be held on Thursday, November 12, from 8 a.m. to 3:30 p.m. at Rothchild Conference Center, 8807 Kingston Pike. Lunch will be provided. Cost for the day is just \$25, including lunch.

The CAC Office on Aging, working with the Tennessee Commission on Aging & Disability, and the City of Knoxville, is pleased to be part of this event, which will include three tracks from which attendees can freely choose the sessions they wish to attend. One track is primarily for older adults, their family and professional caregivers, and anyone interested in aging issues (this is the track that would normally be *Aging: A Family Affair*). A second track, called the Accessibility track, is for people with disabilities and people who work with, advocate for, and plan services for people with disabilities. The third track, called the Leaders' Livability track, is for East Tennessee community leaders and designers who are exploring ways to make their communities more attractive to older adults and persons with disabilities by looking at the issues that create both pathways and barriers for each group.

A brochure will soon be available that outlines the workshop offerings for attendees to choose from. Just as in past years, you will have more than one option for each session on topics

OFFICE ON AGING, CONTINUED ON P. 10

## USING YOUR SNAP BENEFITS AT LOCAL FARMERS' MARKETS IS A WIN-WIN

Using your Supplemental Nutrition Assistance Program (SNAP) benefits at the grocery store is a snap: you just swipe your EBT card through the card reader, just as you would a debit or credit card, and go. But soon you will be able to use your EBT card to purchase farm-fresh vegetables! Not only are you buying the freshest produce available but also you are supporting a local farmer.

**What Can I Buy?** You can buy breads and cereals; fruits and vegetables; meats, fish and poultry; dairy products; and seeds or plants that produce food for the household.

**Where Can I Use It in Knoxville?**

- **Market Square Farmer's Market**, downtown Knoxville. Hours for EBT use: Wed., 11 a.m.-2 p.m., and Sat., 9 a.m.-2 p.m. Info: (865) 805-8687; [marketsquarefarmersmarket.org](http://marketsquarefarmersmarket.org)
- **New Harvest Park Farmer's Market** at 4700 New Harvest Lane. Hours for EBT use: Thur., 3-6 p.m. Info: (865) 215-6600; [knoxcounty.org/farmersmarket/index.php](http://knoxcounty.org/farmersmarket/index.php)

**How Do I Pay?** At Market Square, look for the EBT kiosk at the Market/Union entrance to Krutch Park. At New Harvest Park, look for the EBT table in front of the recreation center. At the EBT kiosk/table, you will get the information you need about how to use your SNAP benefits (EBT card) at the market. Most vendors accept tokens, which you can buy with your EBT card at the information area. Some vendors accept EBT cards; if in doubt, just ask.

**AARP Foundation**

**FRESH SAVINGS**<sup>SM</sup>

Starting in late September, thanks to a Fre\$h Savings grant through AARP, SNAP participants can double their savings on fresh produce at the farmers' markets listed above. When you spend up to \$10 with your SNAP/EBT card, you get the same amount in Fre\$h Savings tokens to spend on fresh fruits and vegetables.

**Seniors:** Do you need to sign up for the SNAP program? Contact the Knox County Office on Aging at (865) 524-2786 and ask for a SNAP advisor to help you with the application process. ■



## EMPLOYMENT TRAINING AND JOB OPPORTUNITIES

### SES HOSTS JOB FAIR, OCT. 14; SCSEP OFFERS JOB TRAINING THROUGH EMPLOYMENT



**Job-seeking seniors: Come to the Senior Employment Service (SES) Job Fair** on Wednesday, October 14, from 9:00 a.m. to noon at the O'Connor Center, 611 Winona Street. The Senior Employment Service, a program of the CAC Office on Aging, is hosting the event with help from sponsors who will be at the job fair, along with as many as 35 area employers.

The job fair is an excellent opportunity to market oneself, so attendees should come prepared to discuss opportunities with prospective employers. Plan to bring copies of your resume, lists of your references, and any other information you might need to fill out applications.

If you need help with our resume or interviewing skills, please call Senior Employment Service, 524-2786, for more assistance.

**The Senior Community Service Employment Program (SCSEP)** (pronounced "SeeSep") is a federal program funded by the U.S. Dept of Labor. Housed at CAC Office on Aging, SCSEP helps older adults find temporary, part-time training positions while helping them to obtain the skills needed to secure permanent employment.

SCSEP participants are assigned to more than 30 local nonprofit and government agencies, including the Boys and Girls Club, American Red Cross, Volunteers of America, and WDVX Public Radio.

In addition to receiving on-the-job training, SCSEP participants are involved in other opportunities that will enhance their job-search activities, including **Job Club**, which allows them to update job-seeking skills such as resume writing, interviewing techniques, and self-confidence workshops, and **Digital Inclusion** classes that introduce and sharpen skills on basic computer applications and tablets. ■





# COA: TREATING CHRONIC PAIN



## SEPTEMBER MEETING

**Date:** Thursday, Sept. 10

**Time:** 2:30 p.m.

**Place:** O'Connor Center  
611 Winona St.

For many people, living with pain is a way of life. Pain is an extremely complex, poorly understood medical problem that can have profound effects on an individual's physical and mental well-being and on one's ability to function at work, at home, and in day-to-day social interactions. In essence, chronic pain can invade a person's life and affect everything the individual does and all of his or her relationships.

Join Dr. Donald Jones of Comprehensive Pain Specialists on **Thursday, September 10, at 2:30 p.m.** at the O'Connor Center, as he explains the role of pain clinics in the Knoxville area and how such clinics help patients understand and manage legitimate pain, with the goal of

helping patients improve their quality of life.

Dr. Jones received his medical degree from the Baylor College of Medicine in Houston, Texas, and trained in surgery and neurosurgery at Baylor. He is board-certified in both anesthesia and interventional pain, and is the medical director and owner of four interventional pain clinics in East Tennessee.

The public is invited to attend this joint meeting of the Council on Aging and Seniors for Creative Learning to learn more about managing legitimate pain and improving quality of life. ■

## TAKE A STAND TO PREVENT FALLS

Falls are the main reason why older adults lose their independence. Everyone is at risk, even if they think they aren't.

The Knoxville-Knox County Senior Safety Task Force is offering a series of free seminars on fall prevention at senior centers across Knox County in September.

The series kicks off at the O'Connor Senior Center's Health Fair on Friday, September 18, followed by "Lunch & Learns" at four Knox County senior centers. Balance testing and valuable information about preventing falls will be available at each site as well as a wide variety of speakers who will address issues such as medication management, home safety, and osteoporosis. The series schedule is as follows:

**Sept. 18:** Kickoff at O'Connor Senior Center Health Fair (snack & materials), 8:30 a.m.-11:30 a.m.

**Sept. 21:** South Senior Center (Lunch & Learn), 10:30 a.m.-1 p.m.

**Sept. 22:** Karns Senior Center (Lunch & Learn), 10:30 a.m.-1 p.m.

**Sept. 23:** Carter Senior Center (Lunch & Learn), 10:30 a.m.-1 p.m.

**Sept. 24:** Halls Senior Center (Snack & Learn), 1:30 p.m.-4 p.m.

**Registration is required for the Lunch & Learns** (Snack & Learn at Halls), as space is limited, so call the Covenant Call Center at **(865) 541-4500** to reserve your spot.

Sponsors for this series include the Knox County Health Department, Covenant Senior Health, Walgreens, UT Medical Center, CAC Office on Aging, AAA, SCHAS, AARP, Smoky Mountain Hospice, Quality Home Health, and Pain Consultants of East TN. ■



## SENIORS CAN SERVE, HONOR, LEARN ON SEPT. 11

This September 11th, for the National Day of Service and Remembrance, the CAC Office on Aging will host a Disaster Preparedness Fair for seniors at the O'Connor Center. The **Serve, Honor, Learn: Senior Disaster Preparedness Fair** offers valuable information and resources from various disaster services throughout Knoxville and Knox County.

*Serve, Honor, Learn* will run from 9:00 a.m. to 1:00 p.m. in the North Addition of the O'Connor Center. The fair will feature exhibitors from organizations featured in the panel presentations as well as other professional disaster-related groups around Knoxville and Knox County. At the beginning of the event and during breaks, seniors will have a chance to browse fair exhibitors' tables.

From 9:45 a.m. to 11:00 a.m., there will be a panel discussion on Senior Disaster Preparedness, featuring speakers from the Knoxville Emergency Management Agency (KEMA), Senior Citizens Information and Referral Service (SCIRS), the American Red Cross (ARC), the Knox County Health Department (KCHD), and the Knoxville Police Department (KPD). Starting at 11:45 a.m. there will be another panel presentation, this one on Child Disaster Preparedness, featuring KEMA, ARC, KHD, KPD, and the East Tennessee Children's Hospital. Come and learn about taking care of yourself, a loved one, a grandchild, or a neighbor in the event of a disaster. ■



As a special treat, all attendees will have a chance to shop at the "**\$5 Purse Sale**" during

registration and breaks between 8 a.m. and 2 p.m. All proceeds of the sale will benefit Mobile Meals. Bring your money to get some great bargains!



## COA: WHAT IT DOES, HOW YOU CAN BE A PART

"We encourage business professionals, students, and adults—of all ages—to join the COA," said Susan Long, director of the CAC Office on Aging (OOA). "Aging services in our area should be of interest to everyone. The Council on Aging (COA) is the advisory body to the OOA, which currently has more than 300 members."

As a member of COA, you receive updates on community aging issues and excellent free educational programs offered on second Thursdays (except for July and August). Before each presentation, there is a brief business meeting. All meetings are held at the O'Connor Center and begin at 2:30 p.m. Please contact the Office on Aging at (865) 524-2786 for more information.

The COA annually elects officers and Executive Committee members who meet to oversee the Council's business. The following officers were recently elected and will serve for the 2015-2016 Council year: Bill Schall, chair; Douglas Hubbard, vice chair; Jeanie Fox, secretary; and Bonnie Callen, treasurer. They will be joined on the Executive Committee by Sandy Booher, Jan Brown, Ludell Coffey, Donna Ellstrom, Vivian Underwood Shipe, Mary Catherine Willard, and by new members Betty Berry, Mary Sophia Hawks, and Annie Jones.

The Council wishes to thank long-time members Laura Berry and John May for their dedicated service on the Executive Committee. ■

## FREEZE OR RELIEF? TAX PROGRAMS EXPLAINED

- Saving money and maximizing resources tends to be uppermost in the minds of seniors. One way to save money is to pay less for your property taxes.
- Knoxville has a tax relief program, and Knox County has both tax relief and tax freeze programs. What is the difference between the two programs, and how can you find out whether you qualify for either?
- The **Tax Relief Program** is designed to give a partial rebate on city or county property taxes to low-income homeowners age 65-plus, persons with a medically determined disability, or eligible disabled veterans. To find out if you're eligible, call 215-2084 (Knoxville) or 215-8554 (Knox County).
- The **Tax Freeze Program** is for Knox County property owners age 65 and older. If a senior's income is at or below the eligible amount, the Trustee's office may be able to "freeze" the tax amount for future years. Your property taxes must be paid in full before you can participate in the freeze program. Eligible homeowners must requalify each year. To find out if you're eligible, call 215-8554. You can also go online for specific info about Knox County tax relief or freeze programs: [http://www.knoxcounty.org/trustee/tax\\_freeze\\_eligibility.php](http://www.knoxcounty.org/trustee/tax_freeze_eligibility.php)
- It is possible to qualify for just one or both programs, so be sure to check on the eligibility requirements for both. Applications for all of these programs are taken between October 1 and April 5. ■



## O'CONNOR SENIOR CENTER SCHEDULE – SEPTEMBER/OCTOBER

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

### The O'Connor Center will be closed on Monday, September 7, for the Labor Day Holiday.

Each year critical issues are identified at our Health Fair, which will take place this year on Friday, September 18, from 8:30 a.m.–11:30 a.m. Lab work will be available for a small fee as well as complimentary health screenings and health information. Members of the Knox County Health Department's Senior Safety Task Force will do balance screenings as part of the Fall Prevention Kickoff. Both the mayors will be here to endorse the importance of fall prevention and to promote related events to be held at other senior centers in the area. Flu shots will be provided by Walgreens, by appointment only, and most insurance will be accepted, so don't forget to bring your insurance card! Please call 523-1135 to schedule your flu shot appointment. A new series being offered this fall is the East Tennessee Area Agency on Aging and Disability Education Series with the first session featuring the latest information on Medicare Fraud, Veterans Benefits, and Social Security. Perhaps the most exciting new thing is the Internet Café—stop in and check out the television, iPads, tablets and Kindle Fire, and let us help you learn how to use all these new tools, including the Keurig coffee machine!

### SEPTEMBER/OCTOBER PROGRAMS

#### 9/11 Disaster Preparedness Fair & Panel

**Discussions:** Friday, Sept. 11, 9 a.m.–1 p.m. The CAC Office on Aging will host a Disaster Preparedness Fair for seniors at the O'Connor Center. Local preparedness agencies will be available for information from 9 a.m.–1 p.m. with a speaker's panel on Senior Preparedness from 9:45 a.m.–11 a.m. and a panel on Child Preparedness from 11:45 a.m.–1 p.m.

**AAA Driver Safety Program:** Tuesday, October 6. Please call Kate Fleming at 862-9254 for information and to register for the one-day refresher course.

**AARP Driver Safety Program:** AARP Driver Safety Program: The Smart Driver Course will be offered Wednesday & Thursday, Sept. 23 & 24. Please call Carolyn Rambo at 584-9964 for info and to register for this two-day refresher course.

**Arthritis Foundation Exercise, Tuesday/Thursday:** Advanced, with good physical exertion, \$2/class; Basic, seated exercise with limited physical exertion \$1/class.

**Ask-a-Pharmacist:** Thursday, Oct. 8. Walgreens pharmacist, Jay Wyrick, will answer medication questions.

**Bead Weaving:** Thursdays, Sept. 10 & 24. Learn how to make a Peyote Stitch Embellished Bracelet on September 10 and a Floating Pearls Bracelet on September 24. Cost is \$20 - \$25, depending on materials selected. Preregister and prepay today!

**Belly Dance:** Wednesdays. Join Rusty and the dancers as they work on their core muscles while having a ton of fun.

**Bingo:** Wednesdays. Bring a new \$1-\$2 gift to be shared as a prize; \$1 donation appreciated.

**Blood Glucose Checks:** Thursdays. 12-hour fast recommended; sponsored by Accu-Chek. \$1.50/ check.

**Blood Pressure Checks:** Monday through Friday, 10:30 a.m.–11:30 a.m. Tuesday checks by Quality Home Health Care and Thursday checks by Priority Ambulance.

**Camera Club:** Wednesdays, Sept. 23 & October 21. Bring your photos for Show and Tell in September.

**Cards and Games:** Thursdays. Come and join the game of the day!

**Creative Writers Workshop:** Mondays, Sept. 14 & 28 and Oct. 12 & 26. Join Barbara Stephens and be encouraged to put your thoughts on paper for future generations or just for the fun of it!

**Council on Aging (COA) and Seniors for Creative Learning (SCL) Joint Meeting:** Thursday, Sept. 10. Dr. Donald Jones, Medical Director of Comprehensive Pain Specialists, will discuss *What's New in Interventional Pain Management*. Thursday, Oct. 8. *Feet Don't Fail Me Now*. Dr. Kelly Bumpus, of Knoxville Footcare at UTMC, will be here to discuss common foot problems encountered by seniors. Both events are open to the public.

**Cribbage:** Tuesdays. Learn how to play, improve your game, or just enjoy the fellowship! Newcomers welcome.

**Diabetes Support Group:** Friday, Sept. 11. Join Susan Fowlkes, Knox County Health Department, as she shares the latest information about diabetes. There will be an opportunity for questions and answers.

**Earth Science:** Class resumes October 5 with Dr. Don Byerly and other professionals from the science field.

**East Tennessee Area Agency on Aging and Disability (ETAAAD) Education Series:** Wednesday, Oct. 21, 1:30 p.m.–3:30 p.m. First session in a new partnership education series that is open to

the public. Speakers will focus on Medicare Fraud, Veterans Benefits, and Social Security. Watch the *Weekly Update* for additional program information.

**Fabric Painting:** Mondays, Sept. 14 & Oct. 12. Yvonne Fields teaches the art of fabric painting. Newcomers welcome.

**Flower Lovers Club:** Thursday, Oct. 1. Autumn flowers will be the topic of the day.

**French:** Tuesdays. Opportunity to enjoy learning another language in a setting where being fluent is not required!

**Fun Film Fridays:** Fridays at 12:30 p.m. enjoy popcorn and a movie courtesy of Independent Insurance Consultants.

**Great Garage Sale:** Saturday, Oct. 3, 8 a.m.–3 p.m. This indoor garage sale is open to the public—anyone can sell and anyone can buy! \$10 will get you indoor space to sell your attic/basement “treasures.” Call for details.

**Exceptional Gifts Shop:** Open daily from 10 a.m.–2 p.m. with handmade/handcrafted treasures, provided by gift shop members. New crafters are invited to join the gift shop; call for details. The yearly membership fee is only \$10.

**Greenhouse:** On Tuesdays and Thursdays, beginning Sept. 22, put your green thumbs to work!

**Happy Hikers:** Thursdays. Newcomers are welcome; please call Carrie Roller at 719-1604 if you are interested in participating in a hike or for additional information. Please meet at the Center as indicated or the trailhead at 10 a.m.

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|----------|---|
| Sept. 10 | Old Settlers Trail, a 6-mile hike. O'Connor at 8 a.m.                           |
| Sept. 17 | Angel Falls Overlook at Big South Fork, a 5-mile hike. O'Connor at 8 a.m.       |
| Sept. 24 | Armes Gap to Prison Mine at Frozen Head, a 5.4-mile hike. O'Connor at 8:30 a.m. |
| Oct. 8   | Blue Heron Mine, a 6-mile hike. O'Connor at 7:45 a.m.                           |
| Oct. 15  | Stonehouse, a 4-mile hike. O'Connor at 8:45 a.m.                                |
| Oct. 22  | Holy Butt at Cove Mountain, a 5-mile hike. O'Connor at 8:30 a.m.                |
| Oct. 29  | Rugby, a 5-mile hike. O'Connor at 8 a.m.  |

**Happy Hikers/Thursday Walkers:** Opportunity for those who prefer less difficult hikes; walks are open to anyone. Call Joyce Dukes at 525-2540 for additional information. Hikes are approximately 2 miles.

## SEPTEMBER 2015 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<p><b>Note:</b> Yoga—Tuesdays and Thursdays, 10:00 am Seated Yoga—Thursdays Only, 11:20 am</p>	<p>1 10:00 iPad/iPhone—Beg 1:30 Tea Dance</p>	<p>2 9:30 Band – each Wed. 10:00 Adv Painting Begins 10:00 iPad/iPhone—Beg 12:30 Beg Painting Begins</p>	<p>3 10:00 Thursday Walkers 12:30 Seniors for Creative Learning—BBQ</p>	<p>4 Fridays, 12:30 pm Fun Film Friday, Movie &amp; Popcorn</p>
<p>7 <b>LABOR DAY CENTER CLOSED</b></p>	<p>8 8:00 Harrah's Trip 10:00 Facebook 10:00 Singing Seniors 1:00 Forever Young Ensemble</p>	<p>9 10:00 iPad/iPhone—Adv 1:00 Private Computer Lessons</p>	<p>10 8:00 Happy Hikers 9:00 Knitting &amp; Crocheting 10:00 Thursday Walkers 10:00 iPad/iPhone—Adv 1:00 Bead Weaving 2:30 Joint SCL/COA</p>	<p>11 9:00 911 Emergency Preparedness 10:00 Diabetic Support</p> <p>12 7:00 pm Big Orange Dance with David Correl</p>
<p>14 10:00 Android/Galaxy Beg 10:00 Veterans Q &amp; A 12:00 Lunch &amp; Learn 1:30 Fabric Painting 2:00 Investment News</p>	<p>15 9:00 Tai Chi Open House 10:00 Android/Galaxy Beg 11:30 TN Valley Fair</p>	<p>16 9:00 Advisory Board 10:00 Pinterest/Twitter/Instagram Basics</p>	<p>17 8:00 Happy Hikers 10:00 Thursday Walkers 2:00 With Hope in Mind</p>	<p>18 Health Fair &amp; Flu Shots 8:30—11:30 Fall Prevention Kickoff</p> <p>19 7:00 pm DJ DANCE</p>
<p>21 9:00 Legal Assistance</p>	<p>22 10:00 iPad/iPhone—Beg 1:30 Savvy Caregiver</p>	<p>23 9:00 Toenail Clipping 10:00 Camera Club 10:00 iPad/iPhone—Beg 12:00 AARP Driver Safety 1:00 Private Computer Lessons</p>	<p>24 8:30 Happy Hikers 10:00 Thursday Walkers 12:00 AARP Driver Safety 1:00 Bead Weaving</p>	<p>25 11:30 am Knox County Mayor's Senior Appreciation Picnic Call By 9/18 to Sign Up for Bus Transportation</p>
<p>28 10:00 iPad/iPhone—Adv 12:00 Android/Galaxy—Beg</p>	<p>29 10:00 iPad/iPhone—Adv 12:00 Android/Galaxy—beg 1:30 Savvy Caregiver</p>	<p>30</p>		<p>BLOOD PRESSURE CHECKS DAILY 10:30—11:30 am</p>

## RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:45 Adv Senior Cardio 10:00 Party Bridge 10:00 Water Aerobics 10:30 Loss &amp; Life Changes Support Group 1:30 Intermediate Line Dance</p>	<p>9:00 Quilting 9:00 Tai Chi 10:00 Basic Arthritis Exercise 10:00 French 10:00 Party Bridge 10:00 Tai Chi Set Practice 10:00 Singing Seniors 10:00 Water Aerobics 10:00 Yoga 11:00 Adv Arthritis Exercise 1:00 Cribbage 1:00 Forever Young Ens 1:00 SCL 1:30 Afternoon Dancing 2:30 SCL</p>	<p>8:30 Advanced Open Painting 8:45 Advanced Senior Cardio 9:30 Band Practice 10:00 Advanced Painting 10:00 Party Bridge 10:00 Water Aerobics 12:30 Beginning Painting 12:30 Belly Dance 12:30 Health &amp; Humor 12:30 Texas Hold 'Em 1:30 Bingo 2:00 Beginning Line Dance 2:30 Beginning Open Painting</p>	<p>8:30 Blood Glucose Checks 8:30 Piano Lessons 9:00 Knitting &amp; Crocheting 9:00 Tai Chi 10:00 Basic Arthritis Exercise 10:00 Cards &amp; Games 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 10:00 Water Aerobics 10:00 Yoga 11:00 Adv Arthritis Exercise 11:20 Yoga (Seated) 1:00 SCL 2:30 SCL</p>	<p>8:30 Advanced Open Painting 9:00 Woodcarving 10:00 Intermediate Spanish 10:00 Water Aerobics 11:00 Beginning Italian 11:00 Beginning Spanish 11:00 Silver Stage Players 12:30 Fun Film Fridays 1:00 Jam</p> <p>Billiards Room Open Monday—Friday 8:30 am-4:30 pm</p>

OCTOBER 2015 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<b>BLOOD PRESSURE CHECKS DAILY</b> 10:30—11:30 am	<b>Note:</b> Yoga—Tuesdays and Thursdays, 10:00 am  Seated Yoga—Thursdays only, 11:20 am	<b>EACH WEDNESDAY</b>  9:30 Band 12:30 Belly Dance 1:30 Bingo	<b>10:00 How to Use Facebook</b> <b>2:00 Flower Lovers</b> 	<b>12:30 Matter of Balance</b>   <b>8:00 am—3:00 pm INDOOR GARAGE SALE</b> North Addition
<b>5</b> 9:00 Legal Assistance 9:00 Private Computer Lessons 10:00 Earth Science	<b>6</b> 8:00 AAA Driver Class 8:00 Harrah's Trip 12:30 SCL FIELD TRIP 1:30 Tea Dance 1:30 Savvy Caregiver	<b>7</b> 10:00 iPad/iPhone—Beg 	<b>8</b> 7:45 Happy Hikers 9:30 Ask-a-Pharmacist 10:00 iPad/iPhone—Beg 2:30 Joint SCL/COA	<b>9</b> 10:00 Sweet Spot for Diabetics 12:30 Matter of Balance  <b>10</b> 7:00 pm Halloween Dance Al Curtis Band
<b>12</b> 9:30 Creative Writers 10:00 Veterans Q & A  1:30 Fabric Painting	<b>13</b> 8:30 Toenail Clipping 1:30 Savvy Caregiver	<b>14</b> 9:00 - 12:00 <b>SENIOR JOB FAIR</b> Call 524-2786 for Info	<b>15</b> 8:45 Happy Hikers 9:00 SCL FIELD TRIP 10:00 Pinterest/Twitter/Instagram Basics 2:00 With Hope in Mind	<b>16</b> 12:30 Matter of Balance  7:00 pm DJ Dance with John Rutherford
<b>19</b> 9:00 Legal Assistance 10:00 Android/Galaxy—Beg	<b>20</b> 10:00 Android/Galaxy—Beg 12:00 Private Computer Lessons 1:30 Savvy Caregiver	<b>21</b> 9:00 Advisory Board 10:00 Camera Club 10:00 iPad/iPhone—Adv	<b>22</b> 8:30 Happy Hikers 9:30 Toenail Clipping 10:00 iPad/iPhone—Adv	<b>23</b> 12:30 Matter of Balance
<b>26</b> 9:00 Private Computer Lessons 9:30 Holiday Grief Help 10:00 Android/Galaxy—Beg 12:00 Lunch & Learn 12:30 iPad/iPhone—Beg	<b>27</b> 10:00 Android/Galaxy—Beg 12:30 iPad/iPhone—Beg 1:30 Savvy Caregiver	<b>28</b>	<b>29</b> 8:00 Happy Hikers 	<b>30</b> 12:30 Matter of Balance

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Adv. Senior Cardio 10:00 Party Bridge 10:00 Water Aerobics 10:30 Loss & Life Changes Support Group 1:30 Intermediate Line Dance	9:00 Quilting 9:00 Tai Chi 10:00 Basic Arthritis Exercise 10:00 French 10:00 Party Bridge 10:00 Tai Chi Set Practice 10:00 Singing Seniors 10:00 Water Aerobics 10:00 Yoga 11:00 Adv Arthritis Exercise 1:00 Cribbage 1:00 Forever Young Ens 1:00 SCL 1:30 Afternoon Dancing 2:30 SCL	8:30 Advanced Open Painting 8:45 Advanced Senior Cardio 9:30 Band Practice 10:00 Advanced Painting 10:00 Party Bridge 10:00 Water Aerobics 12:30 Beginning Painting 12:30 Belly Dance 12:30 Health & Humor 12:30 Texas Hold 'Em 1:30 Bingo 2:00 Beginning Line Dance 2:30 Beginning Open Painting	8:30 Blood Glucose Checks 8:30 Piano Lessons 9:00 Knitting & Crocheting 9:00 Tai Chi 10:00 Basic Arthritis Exercise 10:00 Cards & Games 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 10:00 Water Aerobics 10:00 Yoga 11:00 Adv Arthritis Exercise 11:20 Seated Yoga 1:00 SCL 2:30 SCL	9:00 Woodcarving 10:00 Intermediate Spanish 10:00 Water Aerobics 11:00 Beginning Italian 11:00 Beginning Spanish 11:00 Silver Stage Players 12:30 Fun Film Fridays 1:00 Jam  <b>INDOOR GARAGE SALE</b> Oct 3: 8:00 AM—3:00 PM  <b>Billiards Room Open</b> Monday—Friday 8:30 am-4:30 pm



**O'CONNOR, CONTINUED FROM P. 5**

**Harrah's Trip:** Tuesdays, Sept. 8 & Oct. 6. Light refreshments at 7:30 a.m. with departure promptly at 8 a.m. Cost is \$30/person. Call Frankie Hicks at 525-1475.

**Health and Humor:** Wednesdays. Join Nurse Claudia for an informative and humorous health-related discussion!

**Health Fair, Flu Shots, and Fall Prevention Kickoff:** Friday, Sept. 18. Please call 523-1135 to schedule a time for your flu shot; please bring your insurance card. (See blue box, page 5, for additional information.)

**Internet Café:** Open daily. Check it out and enjoy the new communication tools—and cable TV as well!

**Investment News:** Monday, Sept. 14. Join John Smartt, Jr., for *Your Investment Questions Answered, Part IV*.

**Italian Language Class:** Fridays, beginning September 4. Join Tom Whisman as he teaches this romantic Italian language and culture for beginners.

**Knitting & Crocheting:** Thursdays. Open to all, regardless of level; free instruction available by Linda Costner.

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

**Loss & Life Changes Support Group:** Mondays. Pat Green with Tennova Hospice listens to concerns and offers encouragement to folks dealing with the many changes that occur in life. Monday, Oct. 26. *How to Survive the Holidays When Dealing with Loss*.

**Low Vision Group:** Friday, September 25, the group will attend Mayor Burchett's Senior Appreciation Picnic. **Wednesday, October 28**, the group will attend the Sheena McCall Young People's Concert with the Knoxville Symphony Orchestra. Cost is \$6. Please call for more information and to join this social group.

**Lunch & Learn:** Mondays, with lunch provided for those who make a reservation by Thursday of the previous week.

**Sept. 14, Men's Health** – Opportunity for both men and women to increase their awareness of the potentially significant health problems men face, as well as steps that can be taken to prevent such problems.

**Sept. 21, The Perfected Self** – Bill Satterly, Cause & Effect Natural Pharmacy, will discuss options for dealing with weight issues, inflammation, and diabetes.

**Oct. 5, Five Wishes** – An Amedisys Hospice representative will discuss a new Living Will format that encompasses your personal, emotional, and spiritual needs in addition to your medical wishes.

**Oct. 12, Medicare Updates** – Kris Fields returns

for this educational session designed to help you make better decisions during October's Open Enrollment Period.

**Mayor Tim Burchett's Senior Appreciation Picnic:** Friday, Sept. 25, 11:30 a.m., John Tarleton Park. Limited transportation available; call 523-1135 by Sept. 18 to reserve your seat on the bus.

**Matter of Balance:** Fridays, Oct. 2 – Nov. 20. This 8-week course, taught by Beth LaFontaine of UT Medical Center, will teach practical strategies to manage falls. Please call to register for this free course.

**O'Connor Center Band:** Wednesdays. No experience necessary and newcomers are welcome! Some instruments are available and donations of gently used instruments would be greatly appreciated.

**O'Connor Golf Tournament Fundraiser:** Friday, Sept. 11, 8:30 a.m. tee time. Call the Center for details.

**Painting:** Wednesdays. New classes begin Sept. 2; cost is \$40 for a 10-week session. Newcomers welcome.

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

**Piano Lessons:** Thursdays, Oct. 15, begins a 6-week session. The cost will include a materials fee for the music and a \$5 weekly donation. Space is limited.

**Quilting:** Tuesdays. Opportunity to learn to quilt. If you have tops that need to be quilted, please call for information.

**Savvy Caregiver Training:** Tuesdays, Sept. 22 – Oct. 27. Learn how to cope with the challenges of caring for a loved one with memory loss or dementia. Choices Senior Care staff will facilitate these sessions and provide care for your loved one during class time. Space is limited, call to register.

**Senior Advanced Cardio:** Monday-Wednesday-Friday. Covenant-led low impact aerobic class with an increased level of intensity and a strenuous workout. Cost is \$2-\$3/class depending on class size. (Note: Friday class added.)

**Senior Job Fair:** Wednesday, Oct. 14. Part-time and full-time employment opportunities; call 524-2786 for info.

**Singing Seniors and Singing Seniors' Forever Young Ensemble:** Rehearsals resume on Tuesdays, beginning Sept. 8.

**Seniors for Creative Learning (SCL):** Tuesdays and Thursdays. A partnership between the O'Connor Center and UT Department of Professional and Personal Development makes this lecture series possible. Call 374-0150 for information and to register for classes, including

the Sept. 1 BBQ luncheon.

**Spanish – Beginner:** Fridays. Instructor Bonito Lopez Abarca will lead this basic class for true beginners.

**Spanish – Intermediate:** Fridays. Class for those with some language skills; excellent opportunity to practice speaking.

**Sweet Spot for Diabetics:** Friday, Oct. 9. A pharmacist from Mac's Pharmacy will lead a discussion on: *I Have Been Diagnosed, Now What?*

**Taoist Tai Chi Classes and Practice:** Tuesdays and Thursdays. Everyone is welcome to participate, regardless of level of involvement. Recent studies show that Tai Chi helps to improve balance and coordination while improving both mental and physical health. There will be an Open House on Sept. 15, at 9 a.m.

**Tennessee Valley Fair "Senior Day":** Tuesday, Sept. 15. Limited free transportation will be provided from the O'Connor Center. Please call the Center before Sept. 10 to reserve your spot.

**Texas Hold'em:** Wednesdays. Fun for both experienced and inexperienced card players. Cost is \$2/class.

**Toenail Clipping by Appointment Only:** Wednesday, Sept. 23, with Kelli Jobe, and Tuesday, Oct. 13, with Dr. Akerman. Cost is \$12; please call 523-1135 to schedule an appointment.

**Veterans Services:** Mondays, Sept. 14 and Oct. 12. Counselor available to answer questions.

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

**With Hope in Mind/National Association of Mental Illness (NAMI):** Thursdays, Sept. 17 and Oct. 15. Support group for families dealing with various mental illnesses. Contact Gerald Segroves at 523-7284.

**Woodcarving:** Fridays. Open to all, regardless of experience. Personal instruction is available, if needed.

**Yoga:** Tuesdays & Thursdays, 10 a.m., and Seated Yoga on Thursdays at 11:20 a.m.: Classes held at the YMCA. Please come to the O'Connor Center to complete paperwork and to sign in prior to beginning class. Cost is \$3/class.

**Dance Classes** – Cost is \$2/Class.

**Beginners Line Dance:** Wednesdays. For the true beginner.



**O'CONNOR, CONTINUED FROM P. 8**

**Belly Dance:** Wednesdays. For everyone—a fun way to exercise; taught by Rusty Rosiland.

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

**Dances** – Cost varies per dance.

**Afternoon Dancing:** Tuesdays. Opportunity to dance and visit with friends.

**Tea Dance:** First Tuesdays, Sept. 1 and Oct. 6. Good music, fellowship, and refreshments.

**3rd Friday Night Dances – with refreshments:** Sept. 18 and Oct. 16. An “ALL TYPE” dance with a special DJ from Pro-Audio Mobile DJs.

**2nd Saturday Night Ballroom Dances – with refreshments provided by Senior Financial Group:** Sept. 12: **Big Orange Dance** with David Correll Band; Oct. 10: **Halloween Dance** with the Al Curtis Band.

**TECH-SAVVY SENIOR COMPUTER CLASSES**

*Please preregister and prepay*

Computers, as well as some iPads and other tablets, are available; please indicate need when registering.

**Android/Galaxy Beginner Class: 2-day class/\$25**

Mon-Tues, Sept. 14 & 15, 10 a.m.-Noon  
 Mon-Tues, Sept. 28 & 29, 12:30 p.m.-2:30 p.m.  
 Mon-Tues, Oct. 19 & 20, 10 a.m.-Noon  
 Mon-Tues, Oct. 26 & 27, 10 a.m.-Noon

**iPad/iPhone Beginner Class: 2-day class/\$25**

Tues-Wed, Sept. 1 & 2, 10 a.m.-Noon  
 Tues-Wed, Sept. 22 & 23, 10 a.m.-Noon  
 Wed-Thurs, Oct. 7 & 8, 10 a.m.-Noon  
 Mon-Tues, Oct. 26 & 27, 12:30 p.m.-2:30 p.m.

**iPad/iPhone Advanced Class: 2-day class/\$15**

Wed-Thurs, Sept. 9 & 10, 10 a.m.-11:30 a.m.  
 Mon-Tues, Sept. 28 & 29, 10 a.m.-11:30 a.m.  
 Wed-Thurs, Oct. 21 & 22, 10 a.m.-11:30 a.m.

**How to Use Facebook: 1-day class/\$15**

Tues, Sept. 8, 10 a.m.-Noon  
 Thurs, Oct. 1, 10 a.m.-Noon

**Pinterest/Twitter/Instagram: 1-day class/\$15**

Wed, Sept. 16, 10 a.m.-Noon  
 Thurs, Oct. 15, 10 a.m.-Noon

**Private Lessons w/Julia White: 1-hour class/\$15**

Wed, Sept. 9 & 23, 10 a.m.  
 Mon, Oct. 5, 10 a.m.  
 Tues, Oct. 20

**ADOPT-A-SENIOR 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, 524-2786.

The following people and organizations contributed to Mobile Meals in June and July 2015.

- |  |  |  |   |  |   |  |
|--|--|--|---|--|---|--|
| Barbara Abner<br>Anonymous (7)<br>Beaver Creek Cumberland<br>Presbyterian Church,<br>Searchers SS class<br>Dan & Mona Beverly<br>Joyce Brown<br>Robert & Honerlin Del Moro<br>Don & Nancy Dunning<br>Farragut Presbyterian<br>Church<br>Fidelity Charitable, The | Gianciolo Foundation<br>William Greene<br>Wayne & Kaye Heatherly<br>Ruben Hernandez<br>Marjorie Hoosier-Lyke<br>John & Margaret Jansen<br>Knoxville Academy of<br>Nutrition and Dietetics<br>Candace Lasley<br>Dean Lockwood<br>Meals on Wheels America,<br>“2015 March for Meals” | Meridian Baptist Church,<br>Ed Arnett SS class<br>Ray Miller<br>James Montague, Jr.<br>Mt. Olive Baptist Church,<br>Eagles SS class<br>Marie Norman<br>Helen Roehl O'Connor<br>Marie V. Perelman<br>Scarecrow Foundation Inc.<br>Janice Smalley<br>Gipsy Stewart | Jay & Erin Wessel<br>Linda White<br><b>In Memory or Honor</b><br><i>In Honor of Tom Bell, Jr.<br/>&amp; family</i><br>Tom & Aggie Bell<br><i>In Memory of Robert "Jack"<br/>Bondurant</i><br>Thomas Benton<br>Henry & Mary Biddle<br>John Coleman | Raoul Quintero<br>Judy Robertson<br>Town of Farragut<br><i>In Memory of grandparents</i><br>Tammy Newman<br><i>In Memory of Gladys Gray</i><br>Howard Boring<br><i>In Memory of Kenneth Mills</i><br>Vivian Mills<br><i>In Memory of Barbara Monty</i><br>John & Marjorie Reynolds | <i>In Memory of Joseph L.<br/>Thompson</i><br>Loretta Harding<br>J.P. & Mildred Thomson<br><i>In Memory of Mrs. "Ike" Ward<br/>and Tony Lollar</i><br>Richard & Rebecca Jenkins<br><i>In Memory of Ed &amp;<br/>Myrtle Williams</i><br>Anonymous<br><i>In Memory of Max Young</i> | Robert & Sherry Young<br><b>One Senior for One Year</b><br>Anonymous<br>Victory Chapel Baptist Church<br><b>Two Seniors for One Year</b><br>Old North Knoxville, Inc.<br><b>68 Seniors for One Year</b><br>Knoxville News Sentinel,<br>Empty Stocking Fund |
|--|--|--|---|--|---|--|

**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 2015.

- |   |   |  |   |  |   |
|---|---|--|---|--|---|
| <b>Knox PAWS (Placing Animals<br/>with Seniors)</b><br>Anonymous<br>Banfield Charitable Trust<br>Cindy Cox<br>Gentiva Home Health<br>The Grey Muzzle<br>Organization<br>West Hills Health & Rehab | Laura Ann Brown<br>R. & S. Brown<br>Chick-fil-A at Kingston<br>Overlook<br>Chick-fil-A at Turkey Creek<br>Colonial Heights UMC, J. Ray<br>Stuart SS class<br>James & Brooksie Cox<br>Diana Cruze<br>Jerry & Cindy Eisele<br>Dawna Gray<br>Julius Gregg<br>Earl Hall<br>Charlotte Klieman<br>Pam Lovell<br>Debbie Lowe | John McCarthy<br>David McCormick<br>Thomas & Nancy McGalliard<br>Caroline McRae<br>Meridian Baptist Church,<br>Leola Walkup class<br>Oakwood Baptist Church,<br>Homemaker's SS class<br>Norma Peterson<br>Smithwood Baptist Church,<br>Joy Class<br>Billie Stiles<br>David & Carolyn Wells<br>Edmund Wise, Jr.<br><b>In Memory or Honor</b><br><i>In Memory of Robert "Jack"</i> | <i>Bondurant</i><br>Helen Alley<br>Jerry & Nancy Brown<br>Louis LaMarche<br>Arthur Pickle<br>Steve & Lee Turner<br>Robert & Belinda Wimbrow<br><i>In Memory of Agnes Cook</i><br>Diane Cook<br><i>In Memory of Edward A. Davis</i><br>Anonymous<br><i>In Honor of Fred Massingill</i><br>Mobile Meals Staff<br><i>In Memory of Ray M. Rutherford</i><br>Barbara Rutherford<br><i>In Memory of Rita Sass</i> | Dotty Barbour<br><i>In Memory of Wilma<br/>Shadowens</i><br>Anonymous<br><i>In Memory of Phyllis Slack</i><br>Julia Harkins<br><i>In Memory of Max Young</i><br>Jackie & Deanie Montieth<br><b>O'Connor Center</b><br>Jim & Frankie Hicks<br>O'Connor Dance Club<br>Rick Valentine<br><b>Project LIVE</b><br>Bearden Beer Market | Crosswalk Community<br>Church<br>Ella Fritz<br>Sergeant Pepperoni's<br>Three Rivers Market<br><i>In Memory of Ruth Martin</i><br>Donna Hartman<br><b>RSVP (Retired and Senior<br/>Volunteer Program)</b><br>Revolution3<br><b>Senior Citizens Information &amp;<br/>Referral Service</b><br><i>In Honor of William C. Schall</i><br>Brad Schall |
|---|---|--|---|--|---|

**OFFICE ON AGING, CONTINUED FROM P. 1**

of interest to you. If you want, you can also choose topics from the other tracks, which will also be listed in the brochure or at [www.tn4lifetime.org](http://www.tn4lifetime.org).

Dr. Phil Stafford, author and director of the Indiana University Center on Disability and Community, will be the keynote speaker for the summit. He will highlight the need for livable communities and share his on-the-ground experiences.

The schedule of topics/speakers is as follows:

**8:00-9:00 a.m.**

Registration, Continental breakfast, Exhibitors' Fair

**9:00-10:15 a.m.****Aging/Older Adult Track**

- Preventive Strategies for a Healthy Brain
- A Great Place to be Active: A Guide to Walks & Strolls at Ijams and Knoxville's Urban Wilderness
- Don't Make Mistakes with Your Medicare or Social Security

**Accessibility Track/Leaders' Livability Track**

Panel: What Is a Livable Community?

**10:15-10:30 a.m. Break****10:30-11:45 a.m.****Aging/Older Adult Track**

- Be a Tech-Savvy Senior: Join the Digital Conversation
- Power Foods for Life
- Practical Tips on Caregiving

**Accessibility Track**

To be announced

**Leaders' Livability Track**

Livability Across Tennessee: Best Practices

**12:00-1:15 p.m.**

Lunch

Keynote Speaker: Dr. Phil Stafford

**1:30 p.m.-2:45 p.m.****Aging/Older Adult Track**

- Active Aging Doesn't Have to Hurt
- Planning Ahead: Preventing Legal Headaches

**Accessibility Track**

Using ADA as a Tool for Policy & Planning

**Leaders' Livability Track**

Working with the State on Grants, Contracts & Collaborating

**2:45-3:30 p.m.**

Closing Remarks

Meet the Keynote Speaker

Door Prizes

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••••• TO KEEP YOU INFORMED •••••

**Holiday closing:** The Office on Aging, CAC administrative offices, O'Connor Senior Center, and all Senior Nutrition Program dining rooms will be closed for **Labor Day, Monday, September 7**. Mobile Meals participants will receive boxed lunches for that day.

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**During September in Knoxville, it's hard to tell whether it's summer or fall:** Summer heat and humidity are still around, but a hint of crisp fall days—and Vol football—is definitely in the air!

Just for this in-between time of the year, "Knoxville's Original" Cupcakery, located in Cherokee Plaza, 5508 Kingston Pike, is offering a "Baking a Difference" cupcake called *Summer Crush*, the sale of which will benefit the **Mobile Meals** program. When you buy any number of Summer Crush cupcakes (at \$3.50 each or \$38/dozen), the bakery will donate 50 cents per cupcake to Mobile Meals.

*Summer Crush* (pictured here) is an orange-flavored cupcake with a vanilla cream filling, topped with orange buttercream frosting, and will be a hit at picnics, cookouts, birthdays, and, of course Big Orange tailgate parties!



**The 2-1-1/ Interagency Council Social Service Meeting** is made up of social services professionals who serve people of all ages. This meeting allows these workers to network and to hear speakers on relevant topics. The group meets on the third Wednesday, every other month, at 3:00 p.m. in the Multipurpose Room, side A, at the L.T. Ross Building, 2247 Western Avenue. On **September**

**16**, the UT Police Department RAD (Rape-Aggression Defense) Program will speak about how women can protect themselves; there will even be a live demo on self defense. At the **October 21** meeting, Russ Jensen, director of Knoxville's 3-1-1, and Jan Johnson, manager of East Tennessee 2-1-1, will discuss changes to the East Tennessee 2-1-1 Call Center.

**Save the Date for 2015 LawTalk – Learn How the Law Affects You!**

Friday, November 6, O'Connor Senior Center  
611 Winona Street

Saturday, November 7, Fellowship Church  
8000 Middlebrook Pike

Who should attend this free program? Anyone who is interested in learning about their rights and responsibilities under the law! The Knoxville Bar Association's mission is to promote public understanding of the law through a comprehensive public education program. Register by calling the Knoxville Bar Association at (865) 522-6522 or register online at [www.knoxbar.org](http://www.knoxbar.org).



**Get out and volunteer! Whether it's one day or one hour, show your UT spirit by being a true volunteer in your community!**

**Pick the best option for you!**

■ **Do you know the Knoxville area? Are you a good driver?** Do you enjoy spending time with others? Volunteer Assisted Transportation (VAT) might just be the thing for you! Dedicate a few hours a week or a few hours a month to helping others get to the doctor, the grocery store, or even the hair dresser. Make a connection while keeping someone else independent. VAT volunteers

receive extensive driver's safety training as well as agency-owned vehicles to use while transporting people for the program.

■ **"Hello! It's Mobile Meals!"** Give a few hours to delivering fresh, healthful meals, a safety check, and a smile to homebound seniors. Mobile Meals serves over 825 seniors in the Knoxville community daily, due to support from fabulous volunteers like you. South Knoxville specifically needs volunteers to serve those in need. If you live on the south side of the river, why not stay close to home and still give back!

■ **Looking for some fun one-time opportunities?**

**September 11:** Senior Corps needs volunteers to help serve food, set up tables, and sign in participants at *Serve, Honor, Learn* at O'Connor Center, from 8 a.m.-1:30 p.m. Hours are flexible.

**September 17:** Mobile Meals needs volunteers at Power of the Purse to greet participants, keep tables organized, perform crowd control, and do other tasks as needed at Rothchild Conference Center. Hours vary. Call for more information.

**For more information on volunteering, contact RSVP Coordinator Eden Slater: (865) 524-2786 or [eden.slater@knoxseniors.org](mailto:eden.slater@knoxseniors.org)**

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.

<b>OFFICE ON AGING DIRECTOR</b>	<b>EDITOR</b>
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# OFFICE ON AGING

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## ELDER NEWS & VIEWS

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THE KNOXVILLE-KNOX COUNTY OFFICE ON AGING

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### COA: "FEET: DON'T FAIL ME NOW"



#### OCTOBER MEETING

**Date:** Thursday, Oct. 8

**Time:** 2:30 p.m.

**Place:** O'Connor Center  
611 Winona St.

Each of your feet contains 26 bones, 33 joints, and more than 120 muscles, ligaments, tendons, and nerves—all working together to support the weight of your body! It's no wonder that foot pain and foot disorders are common complaints for many people, especially seniors. Being able to walk comfortably is important, since walking is one of the best ways to keep fit.

On **October 8**, at **2:30 p.m.** at the O'Connor Center, Dr. Kelly Bumpus will talk about common foot problems encountered by seniors who have spent decades standing on their feet—including bunions, calluses and corns, hammertoes, toenail

problems, and foot problems related to diabetes—and discuss effective treatment options.

Bumpus is a podiatrist at Knoxville Footcare at the University of Tennessee Medical Center in Knoxville.

The Council on Aging and Seniors for Creative Learning have teamed up again this year to offer programs of interest to seniors in the spring and fall. This meeting is free and open to the public. ■



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