

ELDER NEWS

NOVEMBER/DECEMBER 2015

& VIEWS

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

KNOXVILLE LIVABILITY SUMMIT WELCOMES EVERYONE, NOV. 12

Look Here for Aging: A Family Affair Info

To help expand the concept of creating livable communities, Knoxville Mayor Madeline Rogero is hosting a Livability Summit on Thursday, Nov. 12, 2015, starting at 8 a.m. at the Rothchild Conference Center, 8807 Kingston Pike. The Office on Aging's annual conference, *Aging: A Family Affair*, is part of this summit this year *only*. The cost is just \$25 per person.

"We are excited to be hosting this regional summit on livability because it's a new opportunity for older adults, caregivers, advocates, builders and planners to share ideas on a regional level," Mayor Rogero said. "We are inviting everyone to join us to discuss and learn from each other how to make our cities more livable."

Keynote speaker Dr. Phil Stafford is the Director of the Center on Aging and Community at the Institute on Disability and Community, Indiana University. He has been active in publishing, teaching, conducting research, and consulting in the field of aging for 35 years. Stafford is the editor of *Gray Areas: Ethnographic Encounters with Nursing Home Culture*, and more recently, *Elderburbia: Aging with a Sense of Place in America*. A cultural anthropologist by training, Stafford blogs at *Phil's Adventures in Elderburbia*.

Following is a list of some of the 14 workshops.

- Preventive Strategies for a Healthy Brain
- Walks & Strolls at Ijams & Knoxville's Urban Wilderness
- Don't Make Mistakes with Your Medicare & Social Security
- Power Foods for Life
- Be a Tech-Savvy Senior
- Planning Ahead: Preventing Legal Headaches
- Active Aging Doesn't Have to Hurt
- Practical Tips on Caregiving

SUMMIT REGISTRATION

The summit brochure, listing all of the workshop offerings, is available at www.knoxseniors.org/afa.shtml or by mail (call 865-524-2786). Attendees can choose any three of the 14 session topics offered.

You can register for the **Knoxville Livability Summit** in a couple of ways.

- **Register and pay by check:** Use the registration form in the brochure. Mail it and your check for \$25 by Nov. 3 to the address on the form.
- **Register and pay by credit card online:** Go online to www.knoxseniors.org/afa.shtml, click on the summit registration link, and fill out your workshop choices and credit card information by Nov 4.
- **If you need assistance with transportation,** please call the Office on Aging by Nov.6: (865) 524-2786.

SUMMIT SPONSORS

Thanks to the following sponsors, whose support keeps the cost of the Knoxville Livability Summit low.

UT Medical Center
East TN Area Agency on Aging & Disability
Independent Insurance Consultants
Knoxville News Sentinel
LHP Management
Tennova Health
The Senior Directory
Covenant Senior Health



EARL BISHOP: A LIFETIME OF SERVICE, A LEGACY OF LOVE



Earl Bishop, a longtime supporter and advocate of the Office on Aging and the O'Connor Senior Center, died on March 24, 2010, at the age of 95. Everyone who knew Earl remembers him as a true gentleman who was devoted to his family and friends and to the causes he cared about.

For many years, Earl was an active member of the Council on Aging (COA) and he served on the executive committee of that advisory body to the Office on Aging many times over the years. His wisdom and patience were always appreciated on the executive committee and the council. Earl, who had retired from TVA, was an active member of the O'Connor Senior Center. He learned to dance by attending classes there, and after that, he became an avid attendee of the dances held at the Center. He also participated in many of the Center's other activities.

Earl had a passion for seniors who were on low, fixed incomes, and particularly for those who were suffering from poor nutrition because they were unable to prepare meals for themselves. He was an ardent and generous supporter of the Mobile Meals program.

In May 1998 the Office on Aging started the Adopt A Senior program to help community donors see that a relatively small amount of money goes a long way in providing health, nutrition, and independence to vulnerable seniors. As soon as he heard about the program at a COA executive committee meeting, he wrote a check and personally handed it to Office on Aging Director Barbara Monty. From the inception of the program at that time until his death in 2010, Earl continued to be a regular and generous donor to Adopt A Senior.

When Earl died, his estate was to continue in trust for the lifetime of his surviving sister. She passed away recently at the age of 102, and his estate was distributed to five beneficiaries, including the CAC Office on Aging Mobile Meals program.

The Office on Aging acknowledges Earl for his many years of committed service on the Council on Aging and for his genuine interest in and generosity toward all the Office on Aging programs and particularly to Mobile Meals. He left a legacy of deep compassion toward seniors in the community and especially toward those who needed some of life's most basic gifts: food, shelter, and love. Through this latest gift, that legacy lives on to serve seniors in our community. ■



Power of the Purse

Says *Thank You!*

CAC Mobile Meals thanks the Power of the Purse Committee and presenting sponsors for making its first annual Power of the Purse a huge success.































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HOLIDAY GIFTS AND MEALS FOR SENIORS



Each year, individuals and groups assist the programs of the Office on Aging providing gifts and serving meals during the holiday season for the seniors served by Mobile Meals, Project LIVE, or the Daily Living Center.

How can you help?

- **Gifts:** Fill a medium-size gift bag (about 13" x 11") with daily-use items and "special touches." Gift ideas and details available at www.knoxseniors.org. Collections will be accepted from Wed., December 2, to Wed., December 16, between 9 a.m. to 4 p.m. at the following locations: **CAC Office on Aging, 2247 Western Ave AND, as part of Subaru's Share the Love campaign, Grayson Subaru, 8729 Kingston Pike.**
- **Volunteers:** Help is also needed to sort and organize the gifts for delivery from Thursday, December 17, through Tuesday, December 22.
- **Collect umbrellas and flashlights** for low-income Senior Corps participants. About 200 of each item are needed by Tuesday, December 15. If your group plans to collect these as a project, please notify Senior Corps manager, Deisha Finley, at 524-2786 or Deisha.finley@knoxseniors.org.
- **Deliver Meals:** Mobile Meals will deliver on Thanksgiving Day and Christmas Day. Volunteers are especially needed during the busy holiday season, November 25, 26, and December 23 through 31. ■

PHILIPS LIFELINE: FALL PROTECTION & MORE



Philips Lifeline offers a variety of products to protect seniors or people who live alone. Philips Lifeline is especially known for its commitment to reduce the risk of falls in the home among seniors and others who are at risk for serious injury due to falls. Lifeline products are offered through the Office on Aging as a service to

seniors in our community. There are many affordable plans and systems available, and you can help seniors you know find the ones that are right for them.

One of the best known Lifeline products is **HomeSafe**, the safety pendant (worn around the neck or as a bracelet) that notifies emergency responders, family members, neighbors, or health-care providers in the event of a fall or an emergency. The waterproof help button is easy to use and responsive any time the person wearing it needs help. The wearer decides whom they want to have notified in the event of an emergency. Plans start at \$29.95 a month.

The Philips **Medication Dispensing Service** removes the guesswork from taking medications, helping patients maintain function and remain independent longer in their homes. The Philips medication service is the only one that offers a 98.26 percent dispensing adherence level at home, along with monitoring and alerts. Use of this service can help reduce the risk of serious consequences related to medication mistakes or missed doses and can potentially help reduce falls. This service normally starts at \$75 a month, but is currently available to Office on Aging customers for just \$54.95 a month. Be sure to use the ordering info below to get the lower price.

To order, or for more information, call toll-free: 1-866-674-9900, ext. 4310. Please mention code TN765. ■

GREETING CARDS BENEFIT MOBILE MEALS



Just in time for the holidays, Mobile Meals is offering greeting cards that allow you to send season's greetings to your friends, family, and business associates.

The photo on the card—

reminiscent of last year's wintry days with a bright, perky cardinal on an icy perch—was taken by Shirley Mason, a family member of a former Mobile Meals recipient, who donated the card's design to raise money for the meal-delivery program. Mason's family member needed Mobile Meals only for a short time while he recovered from an injury, but she was so grateful for what the program and its volunteers did for her relative that she wanted to do something to give back.

The design and blank inside make the card suitable for any upcoming holiday. A package of 10 cards is \$10—enough to provide about three Mobile Meals to one senior citizen in Knox County.

Please call Mobile Meals at (865) 524-2786 to order cards or come to the Office on Aging at 2247 Western Avenue, Knoxville, 37921, to purchase them. ■

OOA & FRIENDS HAVE GIFTS FOR EVERYONE ON YOUR LIST

You might be surprised to learn that the Office on Aging can supply your gift-buying needs for many people on your list—from seniors to that person who “has everything.”

Belk Charity Sale, Saturday, November 7, 6-10 a.m., West Town Mall: Buy a \$5 ticket from the Office on Aging’s Project LIVE for admittance to this private four-hour sale! Please contact Melinda Bryant at 524-2786 for information about getting tickets. You will need your ticket to shop between the sale hours. Ticket holders get \$5 off their first purchase. The first 100 customers receive a free gift card valued between \$5-\$1000! Belk Rewards card holders can earn double or triple points during this sale (see Belk web site for details).

Exceptional Gifts at O’Connor: The O’Connor Center’s Exceptional Gifts shop has a wide variety of unique handmade gifts, ranging from original artwork to wood carvings, knit and crocheted items, adorable plush animals, notecards, jewelry, and some unique gifts that you won’t find elsewhere. The store is run as a cooperative, with members working together to make and sell their products. Being a co-op keeps costs low. You can visit Exceptional Gifts at the Center, 611 Winona Street, from 10 a.m. to 2 p.m., Monday through Friday. Please note that the shop is closed from December 21-January 4.

Bling It Forward with Parklane Jewelry, Tuesday, November 17, 3-6 p.m., Oakwood Senior Living, 232 E. Churchwell Ave., 37917: Local representative Nicole Workman offers beautiful, affordable pieces that will fit with everyone on your list. Come to Oakwood Senior Living to see what they’ve done with this former school, enjoy a bite to eat, browse over the elegant jewelry, and know that 50 percent of the proceeds of your purchase will be given to Mobile Meals.



Nick of Time Sale, Friday, December 11, 9:00 a.m.-4:00 p.m., Elmcroft Senior Living (West), 8024 Gleason Road, 37919: Do you need to pick up a few last-minute gifts or stocking stuffers? You can do it in a fun, relaxed environment AND benefit Mobile Meals at the same time. The Nick of Time Holiday Boutique Sale has it all: lots of gifts for everyone on your list, gift wrapping by Mobile Meals volunteers (donations accepted), a gourmet hot chocolate bar, snacks, and live holiday music. Everyone is welcome.

The seniors in your life may be especially challenging to buy gifts for. They seem to have everything they want or need, and they often say that they don’t want you to buy them anything. However, there are a number of things that you could get them that would not only keep them safer in their homes but also increase peace of mind—theirs and yours—year round.

The Office on Aging offers Lifeline safety products to protect seniors or people who live alone. They make great gifts for people who “have everything” and also give peace of mind to family members. **See the Lifeline article on page 3** for information about some of these products.




Another gift that can bring not only peace of mind to seniors and their loved ones but also can save them money over the course of the year is a **membership in the Office on Aging’s One Call Club.** This membership program costs only \$50 annually to join and connects members to an ever-growing list of vendors who provide all kinds of home services. To become a One Call Club vendor, businesses have to go through a background check, provide references, and have proof of insurance and licensing. Vendors

usually offer a discount on services to One Call Club members, and most members report that the money they saved from the first service call more than made up for their membership fee. One of the best things about the One Call Club is not having to worry about being scammed.

Because there is no age minimum for membership in the club, busy professionals and families find it just as valuable as do seniors. You might want to pick up a membership for yourself while you’re at it! Call (865) 595-3006 or go to www.knoxseniors.org/onecall.html to learn more or to join. ■

SENIORextra




Get the best of the good life.

Senior Extra is designed to help you get the most out of your life through active, independent and healthy living. Everything we do is centered on your health and wellness—from educational sessions to health screenings to special discounts. Here are just some of the benefits available to you when you join Senior Extra.

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- Monitor your health at Senior Extra screenings
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O'CONNOR CENTER SCHEDULE - NOVEMBER/DECEMBER

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

The O'Connor Center will be closed
Wednesday, Nov. 11, for the Veteran's Day Holiday
Thursday & Friday, Nov. 26 & 27, for the Thanksgiving Holidays
Thursday & Friday, Dec. 24 & 25 for the Christmas Holidays
Friday, Jan. 1, 2016, for New Year's Day

The November and December holiday season at the O'Connor Center is one that is eagerly awaited from one year to the next! We look forward to making good memories and sharing good times together as we celebrate Veterans Day and Thanksgiving and Christmas and New Year's! Find some special events on this calendar and join us as we celebrate life at the O'Connor Center during these last two months of 2015! I look forward to seeing you, and the staff of the O'Connor Center joins me in wishing each of you a very happy holiday season and new year!

NOVEMBER/DECEMBER PROGRAMS

AARP Driver Safety Program: The Smart Driver Course will be offered Wednesday & Thursday, November 18 & 19. Please call Carolyn Rambo at 584-9964 for info and to register.

Art Show: featuring the O'Connor Painters' "Echoes of the Season" at the Burlington Branch Library from November 5 through December 2. You are invited to the opening which will be held on November 5 from 5 p.m. to 6:30 p.m.

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

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. \$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, November 18 & December 16. Enjoy learning new techniques in a workshop setting.

Candlelight Holiday Dinner with Crafts by Candlelight!: Enjoy browsing and shopping for holiday gifts while waiting to be seated! Tuesday,

December 8, at 5 p.m. Enjoy Famous Dave's special Christmas meal with all the trimmings, prelude music by Jean Osborn, and more shopping as you depart. Entertainment provided by the O'Connor Band directed by Linda Edwards. Cost \$5/person. You must pay at the time that you make your reservation. Reservation deadline is Friday, December 4.

Cards and Games: Thursdays. There's a spot for you in the game of the day!

Creative Writers Workshop: Mondays, November 9 & November 23 and December 14. Join Barbara Stephens and be encouraged to let your creative juices flow!

Council on Aging (COA) Meeting/Silver Stage Players Drama: Thursday, December 10. This special Council meeting will feature Christmas 1945!, written and directed by Jeanette Stevens and performed by the Silver Stage Players.

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

Deck the Halls and Walls: Monday, November 30. Get in the holiday spirit and join in decorating the O'Connor Center. Special holiday treats will be available for you to snack on!

Diabetic Spotlight:

Diabetes Support Group, led by Susan Fowlkes, Knox County Health Department, Friday, December 11; **Sweet Spot for Diabetics,** Friday, November 13, Topic: *What is slowing you down?* Join this continuing discussion series focusing on issues related to a diagnosis of Diabetes. This series is sponsored by Mac's Pharmacy.

Earth Science: Monday, November 2, come prepared to join in the discussion, and on December 7, Barry Miller will talk about "*The Tennessee Coal Measures.*"

Fabric Painting: Mondays, November 9 & December 14. There's just enough time to create a project to give as a Christmas gift! Call and sign up today.

Flower Lovers Club: Thursday, December 3. Enjoy the fellowship while planning for the holiday celebrations.

French: Tuesdays. Oui, being fluent is not a requirement to join this group of friends who want to learn to speak French!

Fun Film Fridays: Movie and popcorn at 12:30 p.m. courtesy of Independent Insurance Consultants.

Gift Shop: Open daily from 10 a.m. to 2 p.m. filled

with hand-made/hand-crafted 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 Mondays and Fridays put your green thumb to work beginning at 9:00 am!

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 listed, or the trailhead at 10:00 am.

Nov. 5 Cumberland Trail at La Follette. 6 miles O'Connor at 9 a.m.

Nov. 12 Sunset Rock at Big South Fork. 3.6 miles O'Connor at 8 a.m.

Nov. 19 Abrams Falls. 5 mile. O'Connor at 8:15 a.m.

Dec. 3 Concord Park Trail at Northshore. 6 mile O'Connor at 9:15 a.m.

Dec. 10 Happy Hikers Christmas Party O'Connor at 12 noon

Dec. 17 Cherokee Blvd. at Night. 4 miles O'Connor at 5 p.m.; Trailhead at 5:30 p.m.

Happy Hikers/Thursday Walkers: These Hikes/Walks are approximately 2 miles and are open to anyone. Call Joyce Dukes at 525-2540 for additional information.

Harrah's Trip: Mondays, November 9 & December 7. 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!

Internet Café: Check it out and watch for the Open House celebration

Investment News: Monday, December 7. Join John Smartt, Jr., for answers to investment questions.

Italian Language Class: Fridays. Join Tom Whisman as he teaches Italian language and culture for beginners.

KATTransitQ&A: Tuesdays, November 24 and December 22, learn more about Knoxville's KAT Transit System!

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


NOVEMBER 2015 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<p>2</p> <p>9:00 Greenhouse/Mondays 10:00 Adv. iPad/iPhone 10:00 Earth Science</p> 	<p>3</p> <p>10:00 Adv. iPad/iPhone 1:30 Tea Dance</p> 	<p>4</p> <p>MARKET GROUP HOLIDAY CRAFT SALE 9:00 am - 3:00 pm</p> <p>10:00 Facebook Class</p>	<p>5</p> <p>9:00 Happy Hikers 10:00 Thursday Walkers</p> 	<p>6</p> <p>9:00 Greenhouse/Fridays 9:00 LawTalk 11:00 Veterans Luncheon 12:30 Fun Film Friday</p>
<p>9</p> <p>8:00 Harrah's Trip 9:30 Creative Writers 10:00 Android Class 10:00 Veterans Q & A 12:00 Lunch & Learn 1:00 Fabric Painting</p>	<p>10</p> <p>10:00 Android/Galaxy class 12:30 Sharing the Holidays</p> 	<p>11</p> <p>VETERANS DAY CENTER CLOSED</p> 	<p>12</p> <p>8:00 Happy Hikers 10:00 Thursday Walkers 1:30 Learning from the Supernatural #1 of 3</p>	<p>13</p> <p>10:00 Sweet Spot for Diabetics</p> <p>14</p> <p>7:00 pm Veterans Dance w/ David Correll Band</p> 
<p>16</p> <p>10:00 Pinterest/Twitter/ Instagram</p>	<p>17</p> <p>10:00 Basic iPad/iPhone</p> 	<p>18</p> <p>10:00 Adv Painting #1 of 4 10:00 Camera Club 10:00 Basic iPad/iPhone 11:00 Thanksgiving Covered Dish 12:00 AARP Driver Safety 12:30 Beg Painting #1 of 4</p>	<p>19</p> <p>8:15 Happy Hikers 9:00 Toenail Clipping 10:00 Thursday Walkers 12:00 AARP Driver Safety 2:00 With Hope in Mind</p>	<p>20</p>  <p>7:00 pm DJ Dance</p>
<p>23</p> <p>9:30 Creative Writers</p> <p>30</p> <p>10:00 Deck the Halls & Walls!</p> 	<p>24</p> <p>10:00 KAT Info Session</p>	<p>25</p> <p>NO EXERCISE CLASSES November 23 - November 27</p>	<p>26</p> <p>THANKSGIVING DAY CENTER CLOSED</p> 	<p>27</p> <p>THANKSGIVING CENTER CLOSED</p> 

RECURRING WEEKLY EVENTS

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

DECEMBER 2015 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
	<p>1</p> <p>8:00 Harrah's Trip 1:30 Tea Dance</p> 	<p>2</p> <p>10:00 Singing Seniors Holiday Concert</p> 	<p>3</p> <p>9:15 Happy Hikers 10:00 Facebook Class 10:00 Thursday Walkers 2:00 Flower Lovers</p> 	<p>4</p> <p>9:00 Greenhouse 12:30 Fun Film Friday</p> 
<p>7</p> <p>8:00 Harrah's Trip 10:00 Galaxy/Android Class 10:00 Earth Science 12:00 Lunch & Learn 2:00 Investment News</p>	<p>8</p> <p>10:00 Galaxy/Android Class 5:00 pm Center Candlelight Holiday Dinner</p> 	<p>9</p> <p>9:00 Toenail Clipping 10:00 Pinterest/Twitter/ Instagram Class</p> 	<p>10</p> <p>12:00 Happy Hikers & Thursday Walkers Christmas Party 1:00 Toenail Clipping 2:30 Council on Aging/ Silver Stage Players' Christmas 1945!</p>	<p>11</p> <p>10:00 Diabetes Support 12:30 Downton Abbey Prescreening Tea Party</p> <p>12</p> <p>7:00 pm Christmas Dance Mood Swing Band</p>
<p>14</p> <p>9:30 Creative Writers 10:00 Veterans Q & A 1:30 Fabric Painting</p> 	<p>15</p> <p>10:00 Basic iPad/iPhone Class</p> 	<p>16</p> <p>10:00 Basic iPad/iPhone Class 10:00 Camera Club</p> 	<p>17</p> <p>2:00 With Hope in Mind 5:00 pm Happy Hikers & Thursday Walkers</p> 	<p>18</p> <p>7:00 pm DJ Dance</p> 
<p>21</p> <p>Please note: No exercise classes Dec. 21 - Jan. 1</p>	<p>22</p> <p>10:00 KAT Info Session</p>  	<p>23</p>	<p>24</p> <p>CHRISTMAS CENTER CLOSED</p> <p>31</p> <p>9:30 pm New Year's Eve Dance w/ David Correll Band</p>	<p>25</p> <p>CHRISTMAS CENTER CLOSED</p> <p>1</p> <p>NEW YEAR'S DAY CENTER CLOSED</p>

RECURRING WEEKLY EVENTS

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O'CONNOR, CONTINUED FROM P. 5

LawTalk: Friday, November 6. Free seminar on *Wills & Estate Planning and Legal Protection for the Elderly, the Disabled & their Caregivers*. Registration is a must! Call 522-6522.

Learning from the Supernatural: Thursdays, November 12, 19, and December 3. Join Dr. Pratibha Dabholkar, retired UT professor, to examine various supernatural phenomena experienced by individuals, ranging from precognitions to near-death experiences, to see what these phenomena teach us about our current lives as well as the unseen yet vibrant universe around us. Class size is limited, so please call to register for this 3-week class. If you have a question about the class, please email Dr. Dabholkar at pratibha@utk.edu.

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

Loss & Life Changes Support Group: Mondays. Pat Green, Licensed Clinical Social Worker, with St. Mary's Hospice listens to concerns and offers encouragement to folks dealing with the many changes that occur in life.

Low Vision Group: Wednesday, November 18, the group will attend the Thanksgiving Covered Dish. Wednesday December 2, the group will attend the Singing Seniors Christmas Concert, and on Tuesday, December 8, Candlelight Dinner. Cost is \$5 for the dinner. Please call for more information.

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

November 9, **Basics of Alzheimers:** Join Sunny Biden, Alzheimer's Association, as she discusses the Basics of this disease.

December 7, **Images from the Psalms:** Roger Givens, a professional photographer, will share images of birds, wildlife and beautiful scenery from his travels! Take time from the stressful Holidays to relax and enjoy this wonderful presentation that is set to music.

Market Group: Wednesday, November 4, **Market Group Holiday Craft Sale.** Visit this sale for unique gifts for the holidays, home baked goods, and jams & jellies. This event is open to the public. Come early for best selections!

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.

Painting (Advanced & Beginner): Wednesdays. New classes begin November 18; cost is \$16 for a 4-week mini session. Newcomers welcome. Register and pay at the front desk.

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

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

Senior Advanced Cardio: Mondays & Wednesdays. 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.

Sharing the Holidays with Loved Ones Who Have Dementia: Tuesday, November 10. Choices in Senior Care will help you find a balance between keeping family traditions and dealing with the reality of all the changes that have taken place since last Christmas! Please call to reserve your spot.

Silver Stage Players Performance: Thursday, December 10. Enjoy this 2 p.m. performance of the radio drama *Christmas 1945!* written and directed by Jeanette Stevens. Sound effects will transport you back to when RADIO was KING! Refreshments will be served following the performance.

Singing Seniors Holiday Performance: Wednesday, December 2. Bring your friends and family to enjoy this special musical concert with holiday refreshments!

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

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

Taoist Tai Chi Classes and Practice: Tuesdays and Thursdays. Studies show that Tai Chi helps to improve balance and coordination while improving both mental and physical health.

Tea Party and Premiere Prescreening of East Tennessee PBS's Downton Abbey's Final Season: Friday, December 11 at 12:30 p.m. Come to our Tea Party... in period dress, jeans, or whatever is most comfortable for tea and scones! Preregistration is a must; call the front desk before December 8.

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

Thanksgiving Covered Dish: Wednesday, November 18. Join us at 12 noon for a great time of fellowship and a delicious covered dish meal with Texas Road House rolls and turkey/dressing/gravy provided by Covenant Senior Health. Please sign up at the front desk by Friday, November 13. Everyone who attends the meal must bring a food item or pay \$5/person at the time of registration so food can be purchased for the party!

Toenail Clipping by Appointment Only: Thursday November 19 & Wednesday December 9, with Kelli Jobe, and Thursday, December 10, with Dr. Holt. Cost is \$12; please call 523-1135 to schedule an appointment.

Veterans Appreciation Celebration and Luncheon: Friday, November 6. Join us at 11 a.m. for a time of celebration as we thank our Veterans. The O'Connor Band will be Saluting the Songs of War! You won't want to miss it! Reservations are a must; please call the Center before Tuesday, November 3 to make your reservation.

Veterans Services: Mondays, November 9 and December 14. 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, November 19 and December 17. 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, 10:00 a.m.

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.

Belly Dance: Wednesdays. For everyone—a fun and enjoyable 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, November 3 and December 1. Good music, fellowship, and refreshments.

3rd Friday Night Dances – with refreshments: November 20 and December 18. An "ALL TYPE" dance with a special DJ from Pro-Audio Mobile DJs with great music, and refreshments!

2nd Saturday Night Ballroom Dances: November 14, **Veterans Dance** with the David Correll Band; December 12: a **Christmas Dance** with the Mood Swing Band. Refreshments provided by Senior Financial Group. **New Year's Eve Dance:** Thursday, December 31. Starting at 9:30 p.m. enjoy the tunes of the David Correll Band as 2016 comes dancing in! Tickets for dance club members are \$10, for non-members \$15.

O'CONNOR, CONTINUED FROM P. 8

SENIOR SAVVY COMPUTER CLASSES – PLEASE PRE-REGISTER AND PRE-PAY

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

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

Mon-Tues, Nov. 9 & 10, 10 a.m. to Noon
 Mon-Tues, Dec. 7 & 8, 10 a.m. to Noon

How to Use Facebook: \$15 for 1-day Class

Wed, Nov. 4, 10 a.m. to Noon
 Thurs, Dec. 3, 10 a.m. to Noon

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

Tues-Wed, Nov. 17 & 18, 10 a.m. to Noon
 Tues-Wed, Dec. 15 & 16, 10 a.m. to Noon

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

Mon-Tues, Nov. 2 & 3, 10 a.m. to 11:30 a.m.
 Tues-Wed, Dec. 1 & 2, 10 a.m. to 11:30 a.m.

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

Mon, Nov. 16, 10 a.m. to Noon
 Wed, Dec. 9, 10 a.m. to Noon

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 August and September 2015.

Adopt-A-Senior Donation	Pferrer-Liles Fund	David & Rhonda McClurkin	Martha J. Olson	In Memory or Honor	George & Nancy Lefler	Margaret Goodman
Barbara Abner	Farragut Presbyterian Church	Mt. Olive Baptist Church, Faith SS class	Marie V. Perelman	<i>In Memory of Bonnie Anderson</i>	Pilot Corporation Employees' Jeans Day	Seven Seniors for One Year
Anonymous (7)	First Baptist Church, Concord Agape SS class	Mt. Olive Baptist Church, Eagles SS class	Phil & Carol Perkins	Jack Anderson	Two Seniors for One Year	First Christian Church
Beaver Creek Cumberland Presbyterian Church, Searchers SS class	Robert & Janie Hill	Bob & Sue Murrian	Judy Rhines	<i>In Memory of Billy Dowling</i>	First Farragut UMC	Fifteen Seniors for One Year
Joyce Brown	David & Janice Ishee	Marie Norman	St. Paul UMC, The Day Circle	Bill & Martha Hays	Two Seniors in Memory or Honor	Anonymous
Robert & Honerlin Del Moro	Lynn & Frances Morehous Family Charitable Fund	Susan Novinger	The Day Circle	<i>In Memory of Kenneth Mills</i>		
East Tennessee Foundaton,		Helen Roehl O'Connor	Larry & Chris Warren	Vivian Mills	<i>In Memory of Mary M. Goodman</i>	
			Xi Mu Chapter, Beta Sigma Phi	One Senior for One Year		

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 2015.

Knox PAWS (Placing Animals with Seniors)	James & Brooksie Cox	Joy Class	Senior Corps
Robert Galloway	Diana Cruze	Mary Stuart	211
Mobile Meals	Jerry & Cindy Eisele	David & Carolyn Wells	311
Cherie Adcock	Fellowship North Church	In Memory or Honor	Alzheimer's Tennessee
Ashley Anderson	Julius Gregg	<i>In Memory of Sam Sullivan</i>	American Red Cross
Glen Anderson	Pam Lovell	John & Nancy Ray	Costco
Anonymous (5)	John McCarthy	<i>In Memory of Dorothy Whitehead</i>	East Tennessee Children's Hospital
Sharon Billings	David McCormick	Ann W. Delap	Knox County Health Department
Richard & Sharalyn Blattner	Christina Nixon & grandchildren	Office on Aging	Knoxville Fire Department
Betty Broyles	Oakwood Baptist Church, Homemaker's SS class	Elizabeth Farr	Knoxville Police Department
Calvary Baptist Church of Heiskell	Lewis M. Patterson	Jeanie Fox	KUB Office of Neighborhoods
Chick-fil-A, Kingston Overlook	Carl & Mary Porter	Project LIVE	Senior Solutions
Chick-fil-A, Turkey Creek	Powell Florist	Terry Conser	Management Group
Colonial Heights	Jim & Ann Shay	Grigsby Chapel United Methodist Women	VOR and NOCCR
UMC, J. Ray Stuart SS class	John & Beth Smith	Susan Hyde	Walgreens Photo Center
	Smithwood Baptist Church,		

ELDER NEWS & VIEWS

Elder News and Views is a publication of the Knoxville-Knox County Council on Aging. The Knoxville-Knox County CAC Office on Aging prepares this publication bimonthly for the older citizens of Knoxville and Knox County.

OFFICE ON AGING DIRECTOR Susan Long
EDITOR Kathy Burke

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

THE JOHN T. O'CONNOR SENIOR CENTER

salutes our 2015 O'Connor Center Open sponsors

We extend our sincere thanks to the sponsors and participants of the 11th Annual 2015 O'Connor Center Open. On behalf of the O'Connor Center participants, advisory board, and staff, we thank the sponsors, golf committee, players, and volunteers who have given their time and support to the O'Connor Center and the golf classic.

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FOSTER GRANDPARENT RECEIVES HONOR



At 90 years of age, Dana Duncan has been an active volunteer for the Foster Grandparent Program since 2009 and has completed on average 1,044 hours each year. Knoxville Mayor Tim Burchett recently visited a Foster Grandparent

Program in-service session to declare it **Dana Duncan Day** and to celebrate Duncan for her dedication and service. Duncan has developed heartwarming relationships with the afterschool participants at the Vestal Boys and Girls Club, which has led to daily mentoring in academic and social development, yielding proven positive results in reading and vocabulary. Duncan is an exemplary model of how fostering intergenerational relationships provides unique opportunities to celebrate diversity and develop more culturally conscious and sensitive young citizens.



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Holiday closings: The Office on Aging, CAC administrative offices, O'Connor Senior Center, and all Senior Nutrition Program dining rooms will be closed for **Veterans Day, Wednesday, November 11; Thanksgiving, Thursday and Friday, November 26 and 27; Christmas, Thursday and Friday, December 24 and 25; and New Year's Day, Friday, January 1, 2016.** Mobile Meals participants will receive boxed lunches for all of these holidays **except** for Thanksgiving Day and Christmas Day, when volunteers will deliver hot meals to those who will be home.

The Senior Companion Program's Annual Snowflake Ball will be held on January 23, 2016, featuring the Ensemble Swingtime Band and dinner served by a local military unit. There's still time to sponsor this gala event! There are plenty of perks for sponsoring this popular winter dance. Call Deisha Finley, 524-2786, to find out how your organization can be involved. Tickets to the event are \$40 per person before January 15, and \$50 at the door. Call (865) 541-4500 to order tickets.

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 p.m. in the Multipurpose Room, side A, at the L.T. Ross Building, 2247 Western Avenue. On **November 18**, Tom Blevins, district manager of the local Social Security Administration, will discuss Retirement, Survivor, Disability, and SSI benefits. For info about this meeting, call 546-6262. **There is no meeting in December**

Medicare Open Enrollment Period is from October 15-December 7. To help beneficiaries make sometimes confusing decisions, complete and reliable information about Medicare is available online at www.medicare.gov and at 1-800-633-4227. In addition, the CAC Office on Aging offers a free service to people who would like assistance with research and choosing a plan. Assistance is available through Affordable Medicine Options for Seniors (AMOS). Call the Office on Aging at 524-2786.

Community Action Committee (CAC) gift policy: CAC (which includes the Office on Aging) employees are often offered gifts from volunteers and participants whom they work with throughout the year. Although they appreciate the thoughtfulness behind the gifts, CAC employees may not accept gifts from persons who are receiving benefits or services under CAC programs.

Attention homeowners and renters within Knoxville city limits! Call **CAC Housing & Energy Services** for information about a new program to **keep more money in your pocket.** Through weatherization, you can save on your utility costs. This new program is **FREE**, so call today!

CAC Housing & Energy Services,
(865) 244-3080, www.cachousing.org
Mon.-Fri., 8 a.m.-4:45 p.m.
2247 Western Avenue (Lower level),
Knoxville, TN 37921
Mailing address: PO Box 51650,
Knoxville, TN 37950-1650



Want to escape cabin fever? Share a little warmth and holiday spirit by volunteering in your community!

Pick the best option for you!

- **Do you live in or near South Knoxville? Mobile Meals needs you!** With a growing senior population, more and more folks across the river are in need of a daily meal. For many homebound seniors, their Mobile Meals lunch is the only secure meal of the day and the volunteer contact is their only daily interaction. It only takes a few hours a day to deliver fresh, healthful meals, provide a safety check, and share a smile with homebound seniors.
- **Interested in learning about Medicare and pharmaceutical programs that benefit seniors?** Volunteering with Affordable Medicine Options for Seniors (AMOS) might be the perfect

fit for you! Many seniors need medications to maintain their quality of life; however, medical costs can make it difficult to afford basic needs. Take the opportunity to learn valuable knowledge and use it to counsel those in need to save money on their expenses.

- **Want to give back but aren't quite certain which opportunity is best for you?** RSVP can provide countless opportunities and gives you the option of how, when and where you would like to volunteer. Whether you want to deliver a meal, work in an office, build a trail, help out a local nonprofit, or even work an event, RSVP has an opportunity to fit you. Give us a call or stop by, and we'll help find the place for you!

"If you want to lift yourself up, lift up someone else."
~Booker T. Washington

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

As soon as W2 and other tax forms start arriving in the mail, Volunteer Income Tax Assistance (VITA) program volunteers kick into high gear. VITA offers free tax assistance to low-to-moderate-income taxpayers who cannot prepare their own tax returns. Right now is when the program recruits and trains volunteers so that they will be ready for that busy time called "tax season."

Several VITA positions are available, and not all involve doing taxes. The program needs greeters, income tax preparers, and screeners at its free tax sites, of which there are six across Knox County.

You do not have to be a tax expert to be a VITA volunteer. Anyone of any age can become a VITA tax volunteer preparer by completing eight hours of free training (online or in the classroom, or both) and passing the IRS certification exam. VITA encourages new volunteers to attend at least one classroom training session. **Training begins soon, so please contact CAC VITA site coordinator, Terry Reed, at (865) 546-3500, or terry.reed@knoxcac.org.**

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ELDER NEWS & VIEWS

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DECEMBER 1945: THE SILVER STAGE PLAYERS' NEW PLAY!

DATE: THURSDAY, DECEMBER 10

TIME: 2:00 P.M.

PLACE: O'CONNOR CENTER
611 WINONA STREET

With World War II finally near an end, Christmas 1945 was full of hope and old-fashioned cheer. It was a special time for welcoming back troops and reuniting families.

Plan to join us for the Silver Stage Players' first performance of their new "radio play," *Christmas 1945*, at the **December 10 Council on Aging meeting at 2 p.m. at the O'Connor Center.**

Old-time favorites such as *Fibber McGee and Molly*, *The Shadow*, *Major Bowes Amateur Hour*, and other radio classics will be re-created at the WSSP broadcast studio located inside the O'Connor Center in beautiful downtown Knoxville.

Sound-effects artists will transport people back to when radio was king. Come enjoy the nostalgic fun on December 10 and let the finale—heartwarming enough to melt even Scrooge's heart—brighten your holiday season! Holiday refreshments provided by United Healthcare. ■

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