

ELDER NEWS

JANUARY/FEBRUARY 2016

& VIEWS

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

A WINTER TRADITION: SCP SNOWFLAKE BALL, JAN. 23

The holidays are over and winter has set in, but the **Snowflake Ball**, hosted by the Senior Companion Program, is a wintertime event worth getting dressed up and going out for. This annual fundraiser dance has become a winter tradition in Knoxville. This year, the Snowflake Ball will be on **Saturday, January 23, from 6:00 p.m. to 9:00 p.m.** at the Kerbela Temple, 315 Mimosa Avenue.

**SENIOR COMPANION
SNOWFLAKE BALL**
Saturday, January 23
6:00 p.m. - 9:00 p.m.
Kerbela Temple, 315
Mimosa Avenue
Tickets: Early Bird
Special \$40 per person
before January 15
\$50 per person
at the door
Call 541-4500 to
order tickets.

Dance and enjoy the sounds of the Ensemble Swing Time Band. This is a black-tie optional event. Catered dinner will be served by local senior living facilities, such as Senior Solutions Management Group and Courtyards Senior Living. Tickets cost \$50 each, with an early bird special of \$40 if purchased before January 15, and are available from the Office on Aging or by calling Covenant Senior Health at (865) 541-4500.

"This year's Snowflake Ball will be a night to remember," said Deisha Finley,

manager of the Senior Corps Programs. "Come enjoy great food, live music, wonderful company, and dance the night away. You can come alone and make new friends, bring

your dancing partner, or make it a friends' night out." Come prepared to bid on wonderful silent auction items such as restaurant gift cards, gourmet baskets, art, electronics, and more. For the first time this year, two special people will be crowned **Snowflake Ball King and Queen**.

The Senior Companion Program provides assistance in the homes of frail, homebound persons at no charge. There are currently 85 Senior Companion volunteers in the Knox County program serving over 200



SNOWFLAKE BALL, CONTINUED ON P. 10

NO SENIOR SHOULD BE ALONE AND HUNGRY

Mobile Meals is a movement of everyday people in Knoxville-Knox County, taking a stand to ensure that seniors are not forgotten and hungry. Our participants receive a daily check and a nutritious meal to help them live a nourished life with independence and dignity.

We are committed to providing meals to seniors who are 60+ years of age and unable to prepare meals for themselves. Seniors who meet this description live in every zip code of Knox County—some in very remote areas.

Volunteers are not only there to deliver meals; they are there as friends, helping to lift the feeling of isolation and providing comfort and assurance to help meal recipients feel healthy and safe. This daily volunteer check saves lives.



Our need keeps growing. The demands and costs of serving these frail older adults continue to rise as funding remains flat. It takes more resources, professional assessments, food, and supplies to reach the remote seniors of our county.

Meals can be provided to a senior for an *entire year* for \$884; less than the cost of one day in a hospital or of one week in a nursing home. One month of meals costs \$74. Mobile Meals is a bargain for the community.

Can you help? Every dollar you contribute to Mobile Meals will go directly to providing food and meal delivery for local hungry seniors. Make donations at www.knoxseniors.org or send to Mobile Meals, P.O. Box 51650, Knoxville TN, 37950-1650. Call (865) 524-2786 if you have questions. ■

SENIORS ARE ALWAYS SPECIAL AT HEALTHY LIVING EXPO

The Healthy Living Expo returns on Friday and Saturday, January 22 and 23, featuring lots of information and exhibits about healthy living for everyone, and with special exhibits and demos for people age 50 and older and their families. The Expo brings new products and services every year, and 2016 will bring even more new vendors to visit! Special guest speakers are Dr. Bob and Missy Kane.

Special programming for seniors on both the "Get Active" Fitness Stage and the "Eat Right" Nutrition Stage will be presented on Friday. Friday is also designated "Senior Day at the Expo." The Healthy Living Expo will be held at the Knoxville Convention Center, 701 Henley Street, from 9:00 a.m. to 3:00 p.m. on Friday and 9:00 a.m. to 4:00 p.m. on Saturday. Admission is normally \$10, but anyone age 50 and older can receive free admission at the on-site ticket booth. Additionally, printed tickets will be provided to senior centers throughout East Tennessee. These tickets are valid for free admission for seniors, as well as their family members and caregivers to enter the Expo either day. The ticket printed in this newsletter can be cut out (and copied) and used by anyone of any age to get into the Expo.

Whether you're looking for a hassle-free place to live or amazing doctors and healthcare professionals to help keep you feeling your best, you'll find resources just for seniors at the Expo. Discovering fun new activities and special savings on products and services you use every day are just

some of the popular features. Free and reduced-price health screenings and services—including hearing, vision, and chiropractic screenings as well as blood glucose testing, bone density testing, immunizations, and more—will be available both days. ■

ADMIT ONE COMPLIMENTARY \$10 VALUE

www.TheHealthyLivingExpo.com

9:00 am - 3:00 pm FRI January 22, 2016
9:00 am - 4:00 pm SAT January 23, 2016
Knoxville Convention Center, 701 Henley St., Knoxville 37902

Food Samples • Learn CPR • Cooking Demos • Fitness Demos
Health Checks • Over 100 Exhibits • PRIZES! PRIZES! PRIZES!





The HEALTHY LIVING Expo

DOOR PRIZE REGISTRATION 2016

E-mail: _____

Zip: _____ Phone: _____

We use the E-mail to send FREE tickets and information about next year's Expo. We do not sell or share this address. We call if you have won a drawing.

www.TheHealthyLivingExpo.com for more information.

These tickets are valid for free admission for seniors, as well as their family members and caregivers to enter the Expo either day.

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.

- Special invitation for Senior Extra programs and events
- Monitor your health at Senior Extra screenings
- Free Senior Extra e-newsletter
- Save with Senior Extra discounts
- Access the Senior Extra online information resource

Join now for free at www.SeniorExtra.com.





Tennova.com
865-549-2021


 

With Senior Extra, membership is free and the benefits are priceless.

COA: PREVENTION, SYMPTOMS, AND TREATMENT OF KIDNEY DISEASE

Do you know a friend or family member who has kidney disease? According to the National Kidney Foundation, more than 26 million Americans (1 in 9 adults) have kidney disease.

Knoxville-Knox County



FEBRUARY MEETING

Date: Thursday, Feb. 11
Time: 2:30 p.m.
Place: O'Connor Center
611 Winona St.

disease and other complications.

Millions more are at increased risk for getting it, and most don't know it. Kidney problems can be found and treated early to prevent more serious kidney

Plan to attend the Council on Aging meeting on **Thursday, February 11**, at the O'Connor Center to hear Rhonda McCammon, a registered nurse, talk about chronic kidney disease, from prevention to various treatment options. She will explain some of the reasons why people get kidney disease and steps that they can take to help prevent the disease by following a kidney-friendly diet and managing various health conditions. McCammon will also explain treatment options for those who have been diagnosed with kidney disease.

This meeting is free and open to both the public and Council on Aging members.

Refreshments will be provided by Senior Citizens Home Assistance Service (SCHAS). ■

FROM WINTER TO SUMMER, ONE CALL CLUB DOES IT ALL

The One Call Club serves people of all ages in Knox County and environs. Membership costs just \$50 each year, and for that, members get the peace of mind that they are one phone call away from the services they need to tame the seasons, whether it's shoveling snow or mowing yards, repairing heating units or getting air-conditioners back online, or providing home health services for injuries caused by slipping on ice or falling off ladders.

One of the ways that the One Call Club saves its members money is by ensuring that they do not become victims of scams through the providers that the club uses. LaWanna Broderick, who takes the calls for the One Call Club, recalls a recent incident. "Miriam [not her real name] called us, very upset and confused because she had called a heat-and-air company not listed with us but that she had seen a lot of advertising from. It sounded like she'd get a good deal from them, but the service man looked at her heating unit and gave her the bad news that she had a gas leak and it would cost \$800 in parts and labor to repair it.

"Fortunately, Miriam remembered then to call One Call Club to see if



they could make a referral so that she could get a second estimate. We sent one of our trusted providers out the same day because we were concerned about the reported gas leak. Our provider did a complete check of the unit using the other repairman's original worksheet, and

found nothing wrong with her system. The One Call vendor saved her \$800, gave her peace of mind, and charged only a minimal service charge. Miriam called us later that afternoon to tell us how thankful and relieved she was to have avoided an expensive scam and that she remembered to call us just in the nick of time."

The club provides referrals for many more services than just household repairs and maintenance. Members can get services for their computers, cars, pets, and more by calling the club at (865) 595-3006. The program provides referrals to vendors who have been carefully screened so that members

can be confident that they are receiving the best service and not being scammed. In addition, One Call members often get significant discounts.

**JOIN NOW FOR JUST \$50. ONE CALL REALLY DOES IT ALL:
(865) 595-3006. ■**

DLC: MORE THAN A DAY'S STAY—A LIFESAVER

With more adults living longer, more of us will need assistance as we age. One source of assistance is adult day programs—such as the CAC Office on Aging's **Daily Living Center (DLC)**—which provide a safe place for seniors to stay during the day while their caregivers are at work or in need of respite. The programs also provide much-needed social interaction and mental and physical stimulation for the seniors who attend, as you'll see in "Lucille's" story below (not her real name).

"I was so lonely and depressed that I literally wanted to die. My family tried to get me to go out with them, but all I could do was stay home and be negative. I told them that I needed a program or something to do because if I didn't, I felt life just wasn't worth living. So, I was referred to the Daily Living Center. I talked with Wendy [DLC coordinator] and she came to see me. That was the best day of my life. I really liked talking to her and felt like this was going to be the right place for me. So, here I am in a program that I like and is really good for me. I think it would be good for other people, too. It's good for people who are lonely like I was. If I didn't come here I would probably still be at home, depressed. But, thanks to Wendy and her program, I am doing just fine!

"When I first got here, I didn't know anything about using a computer or iPad. Now, that's what I love to do. I am hooked on my iPad. I am writing

this story on the computer by myself! I also like to do arts and crafts. We paint, which I really like. I also like that we get to go on field trips. It's great to get out and be around other people.

We have been to a lot of cool places. They also have people come in and do things for us, like a foot doctor, nurse, singers, and people from Ijams and other educational places. I have a lot of fun here. It gives me a lot to do. You



DAILY LIVING CENTER, CONTINUED ON P. 10

PROVIDE HEATERS THIS WINTER

Project LIVE is an Office on Aging program that serves seniors with the goal of keeping them in their own homes. Many Project LIVE clients do not have working heating units. The program is requesting donations of new or “gently used” (like new) portable heaters of the ceramic type or electric oil-filled radiant type (that look like radiators but are portable, electric, and safe for seniors).



The program also accepts monetary donations toward

the purchase of senior-safe portable heaters. Don't let older adults go without heat this winter.

Please contact Melinda Bryant at 865-524-2786 or melinda.bryant@knoxseniors.org for more information. Donations of heaters can be brought to the Office on Aging, at the L.T. Ross building, 2247 Western Avenue, Knoxville. Financial donations should be mailed to the Office on Aging, P.O. Box 51650, Knoxville TN 37950-1650. ■

SHARE THE WARMTH WITH PROJECT HELP

DONATE WITH KUB BILL; GIVE AT FOOD CITY, HOME FEDERAL, OR RECYCLE AT PILOT

Do something heartwarming this winter: Help your neighbors in need stay warm by giving to Project Help, an emergency energy-assistance program administered by the Knoxville-Knox County Community Action Committee (CAC).

The Knoxville Utilities Board (KUB) collects donations and sends 100 percent of that money to Project Help, which buys electricity, natural gas, propane, heating oil, wood, or coal for people who can't afford to heat their homes. ■

EASY WAYS TO GIVE TO PROJECT HELP

Project Help relies solely on donations and fund raisers, so your help is vital. To make a one-time donation or a monthly pledge, see your KUB bill or go to www.kub.org. You can also give at Food City and area Home Federal banks, Jan. 4-29. Mail a check to:

Project Help
P.O. Box 59017 • Knoxville, TN 37950-9017

Recycle your newspapers for Project Help at the Pilot stores listed on the Project Help page on the website.

HEARTFELT THANKS TO ESF, SUBARU, OTHERS WHO BRIGHTENED SENIORS' HOLIDAYS

The Office on Aging staff wishes to thank all of those who gave so generously to its programs during the holiday season. “So many people and organizations gave that it would be impossible to list them all without leaving someone out,” said Susan Long, director of the Office on Aging. “We received a variety of fruit, cards, decorations and gifts for all of the recipients of Mobile Meals,” she said. “We especially want to thank Grayson Subaru and its Share the Love campaign, which raised money and collected gifts for Mobile Meals.”

Gifts were donated by church groups, scout troops, local businesses, civic organizations, student and school groups, and retiree associations. “Many of the donations come from private individuals throughout the community who have a heart for seniors who are alone during the holidays,” Long said.

The Empty Stocking Fund (ESF) distributed 3,500 baskets of food and gifts to people in the community in 2015. Because the seniors served by the Mobile Meals program are unable to prepare their own meals, they cannot use the traditional ESF baskets. To provide for the seniors in our community, 19 years ago, the ESF began giving enough money to the Mobile Meals program to provide all of the Mobile Meals between



Thanksgiving and Christmas. For this last holiday season, that was \$63,580 for 18,700 meals—a savings which will make it possible for the program to feed 72 additional seniors in 2016. ■

O'CONNOR SENIOR CENTER SCHEDULE - JANUARY/FEBRUARY

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 on
Friday, January 1, for New Year's Day,
Monday, January 18, for Martin Luther King, Jr., Day
Monday, February 15, for Presidents' Day

JANUARY/FEBRUARY PROGRAM

AAA Driver Safety Program: Tuesday, February 9. Please call Kate Fleming at 862-9254 for information and to register for the one-day refresher course.

AARP Driver Safety Program: The Smart Driver Course will be offered Wednesday and Thursday, January 20 & 21. Please call Carolyn Rambo at 388-9627 for info and to register for this two-day course.

Adult CPR Class: Monday, February 1. Nurse Claudia will teach you how to be prepared! Cost is \$5.

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 am-11:30 am. Tuesday checks by Quality Home Health Care and Thursday checks by Priority Ambulance.

Brain Games: Wednesdays. Enjoy this fun and educational group! Everyone is welcome.

Camera Club: Wednesdays, January 20 and February 17. Enjoy learning new techniques in a workshop setting.

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

Creative Endeavors: Monday, January 11. Creative Endeavors is a cooperative effort to offer opportunities to enhance, develop, and advance the creative endeavors of seniors at the Center and to offer educational and promotional opportunities to support these goals. Come join the fun!

Creative Writers Workshop: Mondays, January 11 & 25 and February 8 & 22. Join Barbara Stephens and be encouraged to write your story and pass on this

treasure to the next generation!

Council on Aging (COA) Meeting: Thursdays, January 14 and February 11. Open to the public.

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

Diabetic Spotlight:

Sweet Spot for Diabetics, Fridays, January 8 and February 12. Join this continuing discussion series focusing on issues related to a diagnosis of diabetes. This series is sponsored by Mac's Pharmacy.

Earth Science: Mondays, January 4 and February 1, come prepared to join the discussion.

Fabric Painting: Mondays, January 11 and February 8. Yvonne Fields will teach you this relaxing and beautiful art; please bring an item to paint.

Flower Lovers Club: Thursday, February 4. Enjoy fellowship at the Valentine's Tea.

French: Tuesdays. Practice conversation and grammar usage in a group setting. Being fluent is not required!

Fun Film Fridays: Movie and popcorn at 12:30 pm. Check the Weekly Update in the *Sunday News Sentinel* for the weekly feature film.

Gift Shop: Visit the shop, filled with handcrafted treasures provided by Gift Shop members. New crafters are invited to join; yearly membership is only \$10. Open daily from 10:00 am to 2:00 pm. Stop in and shop or call for info.

Greenhouse: Put your green thumb to work beginning at 9:00 am on Mondays and Fridays. Plants need winter TLC!

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. Meet at the trailhead at 10:00 am.

Jan. 14 Annual Meeting, O'Connor Center, 9:00 a.m.

Jan. 21 Loyston Loop, 5.4 miles

Jan. 28 Sinking Creek to Loyston Campground
5 miles

Feb. 11 Fort Loudon/Sequoyah Museum, 4 miles

Feb. 18 Painter's Overlook, 3.5 miles

Feb. 25 Hen Wallow Falls, 4.4 miles

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: Light breakfast snacks at 7:30 am with departure promptly at 8:00 am. Cost is \$30/person. Call Frankie Hicks at 525-1475 for information and to sign up.

Hearing Aids—Checked and Cleaned for Free! Tuesdays, January 5 and February 2. A hearing practitioner from Beltone will be available to check and clean hearing aids. No appointment necessary.

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

Income Tax Preparation: Free tax preparation begins Wednesday, February 3, at 9:00 am—first come, first served. Please see the Weekly Update or call the Center for a list of documents to bring with you, including last year's tax paperwork. Preparers will be here each Wednesday during tax season.

Internet Café: Open daily; enjoy using tablets and computers in this comfortable tech-savvy space.

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

KAT City Bus Q & A: Tuesdays, January 26 and February 23, learn more about the Knoxville Area Transit (KAT) system!

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

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

Living Well with Diabetes: Tuesdays, February 2 — March 8. This six-week course will provide tools for coping with diabetes as well as strengthening or building a support system to navigate the many challenges encountered along the way. Space limited, call to reserve your place.

Loss and 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: Friday, February 12, Valentine's lunch at Louis' Restaurant. Call the Center for details.

JANUARY 2016 CALENDAR OF EVENTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY/SATURDAY |
|---|--|---|--|--|
| <p>Blood Pressure Checks Daily 10:30—11:30 am</p> <p>Mon. & Fri., 9:00 am Greenhouse Workers</p> | <p>Toenail Clipping To Be Scheduled. Please Call for An Appointment.</p> | <p><i>Brain Game Fun</i> AT 12:00 NOON Each Wednesday</p> | <p>Want to TOOT your own horn? The O'Connor Band is the place for you! Wednesdays at 10:00!</p> | <p>1 / 2 NEW YEAR'S DAY CENTER CLOSED</p> <p>HAPPY NEW YEAR</p> |
| <p>4 10:00 Earth Science 1:30 Intermediate Line Dance: New Class Begins</p> | <p>5 10:00 Beginner iPad/iPhone 12:00 Hearing Aids Check 'n Clean 1:30 Tea Dance</p> | <p>6 10:00 Adv Painting #1 of 10 10:00 Beginner iPad/iPhone 12:00 Brain Games 12:30 Beg Painting #1 of 10 2:00 Beg Line Dance</p> | <p>7 9:00 Tai Chi Open House 9:30 Ask-A-Pharmacist</p> | <p>8 10:00 Diabetic Sweet Spot</p> <p>9 7:00 pm Winter Wonder- land Dance; Mood Swing Band</p> |
| <p>11 9:30 Creative Writers 10:00 Veterans Q & A 11:30 Creative Endeavors 12:00 Lunch & Learn: New Shoes & Happy Feet! 1:30 Fabric Painting</p> | <p>12 10:00 Adv iPad/iPhone 10:00 French—Each Tues.</p>  | <p>13 10:00 Adv iPad/iPhone</p>  | <p>14 9:00 Happy Hikers Annual Meeting 10:00 Facebook 2:30 Council on Aging</p> | <p>15 7:00 pm DJ DANCE</p>  |
| <p>18 MARTIN LUTHER KING, JR., HOLIDAY CENTER CLOSED</p> | <p>19 9:00 Quilting, every Tue. 10:00 Android/Galaxy Class</p>  | <p>20 9:00 Advisory Board 10:00 Android/Galaxy Class 10:00 Camera Club 12:00 AARP Driver Safety</p> | <p>21 10:00 Happy Hikers & Thursday Walkers 10:00 Pinterest/Twitter/ Instagram 12:00 AARP Driver Safety 2:00 With Hope in Mind</p> | <p>22 10:00 Gift Shop Meeting</p> |
| <p>25 9:30 Creative Writers 12:00 Lunch & Learn: Acupuncture 1:00 Market Group</p> | <p>26 10:00 KAT City Bus Q & A</p> | <p>27</p> | <p>28 10:00 Happy Hikers & Thursday Walkers</p> | <p>29 10:00 Intermed. Spanish 11:00 Beginner Italian 11:00 Beginner Spanish 1:00 Jam Session</p> |

RECURRING WEEKLY EVENTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| <p>8:45 Advanced Senior 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 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/Table Games 1:30 Afternoon Dancing</p> | <p>8:30 Adv Open Painting 8:45 Advanced Senior Cardio 10:00 Adv Painting 10:00 Band Practice 10:00 Party Bridge 10:00 Water Aerobics 12:00 Brain Games 12:30 Beginner Painting 12:30 Belly Dance 12:30 Health & Humor 12:30 Texas Hold 'Em 1:30 Bingo 2:00 Beginning Line Dance 2:30 Beg Open Painting</p> | <p>8:30 Blood Glucose Checks 8:30 Piano Lessons 9:00 Knitting & Crocheting 9:00 Tai Chi 10:00 Basic Arthritis Foundation Exercise 10:00 Cards & Brain Games 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 Seated Yoga</p> | <p>9:00 Greenhouse 9:00 Woodcarving 10:00 Intermediate Spanish 10:00 Water Aerobics 11:00 Beginner 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> |

FEBRUARY 2016 CALENDAR OF EVENTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY/SATURDAY |
|---|--|---|--|---|
| <p>1</p> <p>9:00 Adult CPR 10:00 Begin iPad/iPhone 10:00 Earth Science</p> | <p>2</p> <p>9:00 Living Well w/ Diabetes 1 of 6 10:00 Begin iPad/iPhone 12:00 Hearing Aids Check 'n Clean 1:30 Tea Dance</p> | <p>3</p> <p>8:30 Income Tax Prep (Weekly until April 13)</p>  | <p>4</p> <p>10:00 Thursday Walkers 2:00 Flower Lovers</p>  | <p>5</p> <p>11:00 Silver Stage Players Return</p> <p>6</p> <p>7:00 pm Valentine Dance Al Curtis Band</p>  |
| <p>8</p> <p>9:30 Creative Writers 10:00 Adv iPad/iPhone 10:00 Veterans Q & A 12:00 Lunch & Learn: Can You Hear Me Now? 1:30 Fabric Painting</p> | <p>9</p> <p>8:30 AAA Driver Safety 10:00 Adv iPad/iPhone 10:00 Singing Seniors Return 1:00 Forever Young Ensemble Returns</p> | <p>10</p> <p>10:00 Facebook</p>  | <p>11</p> <p>10:00 Happy Hikers & Thursday Walkers 2:30 Council on Aging</p> | <p>12</p> <p>10:00 Diabetic Sweet Spot 11:30 Low Vision Group</p> |
| <p>15</p> <p>PRESIDENTS' DAY CENTER CLOSED</p>  | <p>16</p> <p>10:00 Android/Galaxy 1:00 Cribbage/Table Games—every Tues.</p> | <p>17</p> <p>9:00 Advisory Board 10:00 Android/Galaxy 10:00 Camera Club</p> | <p>18</p> <p>10:00 Happy Hikers & Thursday Walkers 10:00 Pinterest/Instagram/Twitter 2:00 With Hope in Mind</p> | <p>19</p> <p>7:00 pm DJ Dance</p>  |
| <p>22</p> <p>9:30 Creative Writers 12:00 Lunch & Learn Essential Oils... 1:00 Market Group</p> | <p>23</p> <p>10:00 KAT City Bus Q & A</p>  | <p>24</p> <p>12:30 Belly Dance Every Wed.</p>  | <p>25</p> <p>10:00 Happy Hikers & Thursday Walkers 12:30 SCL BBQ</p> | <p>26</p> <p>10:00 Interm Spanish 11:00 Begin Italian 11:00 Begin Spanish 12:30 Fun Film Friday 1:00 Jam Session</p> |
| <p>29</p> <p>9:00 Greenhouse Every Mon. & Fri.</p> | <p>MARCH 1</p> <p>10:00 iPad/iPhone Basics 1:00 SCL 2:30 SCL</p> | <p>2</p> <p>10:00 iPad/iPhone Basics</p> | <p>3</p> <p>10:00 Facebook 1:00 SCL 2:30 SCL</p> | <p>4</p> <p>PANCAKE FEST 7:00 am - 1:00 pm</p>  |

RECURRING WEEKLY EVENTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| <p>8:45 Senior Advanced Cardio 10:00 Party Bridge 10:00 Water Aerobics 10:30 Loss & Life Changes Support Group 1:30 Intermediate Line Dance</p> <p>NOTE: Two Toenail Clippings will be scheduled this month! Call for dates and information.</p> | <p>9:00 Quilting 9:00 Tai Chi 10:00 Basic Arthritis Foundation Exercise 10:00 French 10:00 Party Bridge 10:00 Singing Seniors 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 8:30 Income Tax Prep 8:45 Senior Advanced Cardio 10:00 Adv Painting 10:00 Band Practice 10:00 Party Bridge 10:00 Water Aerobics 12:00 Brain Games 12:30 Beginner Painting 12:30 Belly Dance 12:30 Health & Humor 12:30 Texas Hold 'Em 1:30 Bingo 2:00 Beginning Line Dance 2:30 Beg Open Painting</p> | <p>8:30 Blood Glucose Checks 8:30 Piano Lessons 9:00 Knitting & Crocheting 9:00 Tai Chi 10:00 Basic Arthritis Foundation Exercise 10:00 Cards & Games 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 Seated Yoga</p> | <p>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 Friday 1:00 Jam</p> <p>Billiards Room Open Monday—Friday 8:30 am-4:30 pm</p> |

O'CONNOR, CONTINUED FROM P. 5

Lunch and Learn: Mondays. Lunch provided for those who make a reservation by Thursday of the previous week.

January 11, Optimal Health Requires Proper Fitting Shoes: Mark Kerstner from Medical Solutions will be here to discuss ways to make your feet happy!

January 25, Health Benefits of Acupuncture: Dr. John Self, Self Health Wellness Center, will discuss the pathway to wellness with acupuncture's natural approach to healthcare.

February 8, Can You Hear Me Now? Learn the real facts about hearing loss from a Beltone professional.

February 22, Essential Oils for Health: Linda Battani, from Wellness Direction, will be here to discuss how dōTERRA Essential Oils have healing properties for health and therapeutic benefits.

Market Group: Mondays, January 25 and February 22. Join the Market Group as they plan the Spring Market Group Sale. You must attend meetings in order to participate in the This & That Sale on May 4.

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

Painting (Advanced & Beginner): Wednesdays. 10-week class begins January 6 with Ann Birdwell, instructor; you may choose to work in oils, acrylics, or watercolors. Please call to register; class fee is due on or before the first day of class.

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 and 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.

Seniors for Creative Learning BBQ: Lecture series begins with the BBQ on Thursday, February 25, at 12:30 pm. The \$40 single/\$55 couple registration fee includes admission to the BBQ and lectures; however, you must call 974-0150 by February 19 to get on the BBQ attendance sheet.

Silver Stage Players: Fridays starting February 5. Join this theatrical group as they prepare for a spring performance.

Singing Seniors: Please call 688-1960 (Joe Atkins) to register for this class; space is limited. Registration deadline is January 8, and group rehearsals begin Tuesday, February 9.

Singing Seniors Ensemble: This smaller group of Singing Seniors performs at venues with limited space; practice begins Tuesday, February 9.

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. Attend the January 7 Open House to be welcomed and introduced to the art. Studies show that Tai Chi helps to improve balance and coordination while improving both mental and physical health.

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

Toenail Clipping by Appointment Only: Dr. Ackerman: Wednesday, January 20, 9:00-12:30. Keli Jobe: Thursday, February 4 and Wednesday, February 17, 9:00-12:30. Please call 523-1135 to schedule an appointment; Cost is \$12.

Veterans Services: Mondays, January 11 and February 8. Counselor available to answer questions.

Water Aerobics: Monday-Friday, 10:00 am. Classes are held at the Cansler Family YMCA. Please come to the O'Connor Center to complete paperwork and to sign-in prior to beginning the first class. Cost is \$2/class.

With Hope in Mind/National Association of Mental Illness (NAMI): Thursdays, January 21 and February 18. Support group for families dealing with various mental illnesses. For information contact Gerald Segroves at 523-7284.

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

Yoga: Tuesdays and Thursdays, 10:00 am. **Seated Yoga: Thursdays at 11:20.** Classes held at the Cansler YMCA. Please come to the O'Connor Center to complete paperwork and sign in prior to beginning the first class. Cost is \$3/class.

Dance Classes - Cost is \$2/Class.

Beginner-Beginner Line Dance: Wednesdays. Special practice for those who need a little more practice time.

Beginners Line Dance: Wednesdays. Beginners start here but can also attend the Beginner-Beginner class if a little more practice is needed.

Belly Dance: Wednesdays. For everyone—a fun and enjoyable way to exercise. Taught by Rusty Rosiland.

Intermediate Line Dance: Mondays. For those with moderate skill level.

Dances - Cost varies per dance.

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

Tea Dance: First Tuesdays, January 5 and February 2. Good music, fellowship, and refreshments.

3rd Friday Night Dances - with refreshments: January 15 and February 19. An "ALL TYPE" dance with a special DJ from Pro-Audio Mobile DJs with great music and refreshments!

2nd Saturday Night Ballroom Dances: January 9, Winter Wonderland Dance with the Mood Swing Band; February 6, Valentine Dance with the Al Curtis Band.



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OOA PROGRAM CONTRIBUTORS

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In Memory of Ruth Martin
Ellie Gardner

KNOX PAWS (PLACING ANIMALS WITH SENIORS)

Anonymous
Paul & Glenda Houston
Cynthia Mansfield
In Honor of Carol Harold
Thea Miller
Carolyn Scott
In Memory of Zappatista
Rachel Kraft

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MOBILE MEALS

Glen Anderson
Anonymous (14)
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Richard & Sharalyn Blattner
Randal Bohanan
Chick-fil-A at Kingston Overlook
Chick-fil-A at Turkey Creek
Colonial Heights UMC, J. Ray Stuart SS class
James & Brooksie Cox
Diana Cruze
Jerry & Cindy Eisele
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Insomnia Cookies
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Smithwood Baptist Church, Joy Class
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Meridian Baptist Church, Ed Arnett SS class
Ray Miller
Amelia Myers
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Anonymous
In Memory of Joe Thompson, Jr.
Mark Schley

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Beverage Control, Inc.,
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William Bugg
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Lawrence & Sharon Husch

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East Tennessee Foundation,
Katherine Collins Roddy and
J.P. Roddy, Sr. Fund

11 SENIORS FOR ONE YEAR

Gary & Betty Ammons

ELDER NEWS & VIEWS

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

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SNOWFLAKE BALL, CONTINUED FROM P. 1

individuals, but demand for Senior Companions, who are volunteers, always exceeds supply, with more than 270 older adults waiting for a Companion.

Community donations allow the program to train and place more Companions. If you or someone you know is interested in becoming a Senior Companion, call the program at 524-2786 for information.

The Snowflake Ball is sponsored by area businesses and organizations. A special thanks to our local sponsors this year!

Platinum Sponsors

Choices in Senior Care is a care management company committed to EMPOWERING senior adults and their families to make the best possible care decisions for their individual situation. For more information, visit www.choicesinseiorcare.com.

UnitedHealthcare Community Plan provides services to the aging population through benefits not offered by Original Medicare and through the CHOICES benefit program. For more information, visit www.UHCCCommunityPlan.com.

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SUPPORT FOR GRANDPARENTS AS PARENTS

Families headed by grandparents and other relatives who share their homes with their grandchildren, nieces, nephews, or other related children are becoming more common. About 7.8 million children across the country live in households headed by grandparents or other relatives. About 2.7 million grandparents report they are responsible for their grandchildren's needs. In about a third of these homes neither of the children's parents are in the home.

The CAC Office on Aging has had a program to serve families, called Grandparents As Parents (GAP), for 20 years. Over those years, GAP has served hundreds of families by providing information, referral to services, a monthly informational support meeting, advocacy with the school and court systems, and camaraderie and connection with others who are going through similar situations.

The program is currently taking a look at how it serves families and is looking to revamp the program to make it more hands-on for the grandparents it serves. Plans are under way to offer daytime and evening support groups and a free six-week, evidence-based course, *Powerful Tools for Grandparents as Caregivers*, to help grandparents learn how to handle



the stresses and struggles of caring for and raising grandchildren.

"We want to make GAP as useful to everyone who needs it as possible," said Office on Aging director, Susan Long.

"It's a great and much-needed program, and we want to be sure that we are reaching and serving as many grandparent-headed families in need as we can."

If you are a member of a grandparent-headed family and would like to be included in notifications from GAP, please call the Office on Aging at (865) 524-2786 to let us know of your interest. ■

DAILY LIVING CENTER, CONTINUED FROM P. 3

can only watch so much TV. But here, I always have something to do, always have someone to talk to, always something to make me laugh."

Wendy Neloms, coordinator of DLC, adds this about Lucille. "When she first started DLC, Lucille was quiet, but over time, she became talkative and interactive with everyone. She began smiling, laughing, and having a good time at the center.

"Lucille has come a long way in a short time.

It has been our joy to see the positive effects the program has had and be there to assist, comfort, and guide her in her growth."

DLC is open Monday-Friday and provides transportation to and from the facility. All attendees receive hot, nutritious breakfast and lunch, plus afternoon snacks.

For more information, contact Wendy Neloms: 689-8412 or dlc@oconnorcenter.org. ■

••••• TO KEEP YOU INFORMED •••••

Holiday closings: The Office on Aging, CAC administrative offices, O'Connor Senior Center, and all Senior Nutrition Program dining rooms will be closed for **New Year's Day, Friday, January 1; Martin Luther King, Jr., Day, Monday, January 18; and President's**

Day, Monday, February 15. Mobile Meals participants will receive boxed lunches for all of these holidays.

Save the date! The O'Connor Senior Center's Annual Pancake Fest will be held on Friday, March 4, 2016. This longtime tradition is much more than just an all-you-can-eat pancake meal. It's an extravaganza that includes **entertainment, a craft & gift fair, and informational resource booths.** Come in to eat, and enjoy all of the other goings-on at the Center!

In a hurry? Call ahead to order Pancakes-To-Go for your whole crew and be on your way! **Meet** local celebrities—they might even be flipping your pancakes! **Live** broadcasts from local radio and TV stations onsite. All of this for just \$5! Everyone, of any age, welcome.



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 month, at 3:00 p.m. in the Multipurpose Room, side A, at the L.T. Ross Building, 2247 Western Avenue. On **January 20**, Ed Shouse, Knox County Trustee, will discuss Tax Freeze and Tax Relief for Property Owners. At the **February 17** meeting, Terry Reed will talk about VITA Tax Assistance. For info about these meetings, call 546-6262.



2016 is finally here! Making resolutions for a healthy & happy New Year?

Do your heart some good: Volunteer!

Pick the best option for you!

■ **Do you like to drive or always be on the go?** Volunteer Assisted Transportation might be just the thing for you! Help homebound seniors reach their doctors' appointments, hair appointments, or even just go to the grocery store. Make a friend, get your errands run, and help someone maintain their independence; what better way to kick off the year?

■ **Have a knack for home improvement? Enjoy cleaning or gardening?** Project LIVE has a need to fit your style! Help a low-income homebound senior stay in their home by assisting with minor home repairs, decluttering, cleaning projects, yard maintenance, or even ramp building. Give a few hours to improve someone's quality of life.

■ **Want to give back just a few hours a week, or even a month? Looking for something that brings a smile to your face every time?** Mobile Meals depends solely on volunteer drivers to deliver about 850 meals a day. Mobile Meals volunteers not only provide nutritious meals to homebound seniors, they also offer a smile and a well-being check. Continue the holiday cheer; become a Mobile Meals Volunteer!

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

Martin Luther King, Jr. "Everyone has the power for greatness, not for fame but greatness, because greatness is determined by service."



CAC policy for snow closings: CAC offices will usually remain open during regular business hours when bad weather occurs. The Senior

Nutrition Program, which includes congregate meal sites and Mobile Meals, does **not** follow the Knox County School System closing schedule during inclement weather. Please listen to radio and TV stations for announcements about "snow day" meal services and the need for volunteers to deliver meals.

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., 8:00 am-4:45 pm

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ELDER NEWS & VIEWS

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THE KNOXVILLE-KNOX COUNTY OFFICE ON AGING

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RESOLUTION: *DECLUTTER!*



If you are drowning in a sea of clutter and aren't sure what to let go of and what to save, plan to hear guest speaker Mary Pankiewicz as she addresses the Council on Aging on **Thursday, January 14, at 2:30 p.m. at the O'Connor Center.**

JANUARY MEETING

Date: Thursday, Jan. 14

Time: 2:30 p.m.

Place: O'Connor Center
611 Winona St.

She will help people get started by discussing how to make decisions on various items such as greeting cards, gifts, family heirlooms, and more. The goal

is to have the freedom to enjoy life and do what is really important to you.

Pankiewicz, a certified professional organizer in chronic disorganization, is the owner of Exceptional Productivity Now! and Clutter-Free & Organized. For 20 years, she has worked hands-on with her clients, helping them accomplish their goals. She has special training for working with clients who have ADHD. Pankiewicz is the author of two books, including her latest, *Reduce Mind Clutter: Feel the Freedom!*

Please mark your calendars and join us on January 14 for an informative discussion about properly managing clutter.

Refreshments will be provided by Senior Home Assistance of Tennessee. ■