

ELDER NEWS

JULY/AUGUST 2016

VIEWS

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

POWER OF THE PURSE PACKS A PUNCH FOR MOBILE MEALS

Power of the Purse will include a lively purse sale, beautiful luncheon, and silent auction. The fun begins with Purse Madness, where purses will be for sale in a range of prices. Inside each purse will be a "treasure" such as coupons, gift cards, cosmetics, note cards, or jewelry. Lunch and silent auction will follow. Attendees will have the opportunity to bid on a variety of items such as designer purses packaged with vacations, event tickets, celebrity-signed merchandise, and other valuable donated goodies.

Last year's event surpassed our expectations. Power of the Purse raised funds to feed 30 seniors for an entire year (7,525 meals). More than 300 people attended the event. Mobile Meals was introduced to hundreds of potential new volunteers and community advocates. The additional media coverage helped us reach more seniors in need as referral calls and requests for service saw an increase.

POWER OF THE PURSE

Date: Thursday, Sept. 22, 2016

Time: Starts at 11:00 a.m.

Place: Rothchild Conference Center, 8807 Kingston Pike

Ticket cost: \$40 individual; \$300 table of 8

Tickets are available for \$40 for individuals or \$300 for a table of eight. To reserve by credit card, call Covenant Senior Services at 865-541-4500; go to www.knoxseniors.org, or send your check made payable to Mobile Meals to PO Box 51650, Knoxville TN 37950-1650.

Mobile Meals is accepting donations for Purse Madness or the auction. New or like-new purses of all shapes and sizes, vintage bags, evening purses, and men's wallets, satchels, or "man bags" are all welcome. Items of greater value for



JAN COE (CENTER RIGHT) AND ANGELA GRANT (FAR RIGHT) ENJOY LUNCH WITH OTHER FRIENDS OF MOBILE MEALS AT POWER OF THE PURSE 2015.

the silent auction are also needed. If you can assist with donations, you may call for a pick up or drop them off at these locations:

- Lilly Pulitzer Palm Village Store, Western Plaza, 4315 Kingston Pike, 37919, Mon.-Sat., 10 a.m.-6 p.m., Sun., noon-5 p.m.
- CAC Office on Aging, 2247 Western Avenue, 37921, Mon.-Fri., 8 a.m.-4:45 p.m.
- Senior Financial Group, 100 Glenleigh Court, 37934, Mon.-Thurs., 8:30 a.m.-4:30 p.m., Fri., 8:30 a.m.-noon.
- Chico's, Turkey Creek, 11321 Parkside Drive, 37934, Mon.-Sat., 9 a.m.-9 p.m., Sunday, noon-6 p.m.

Mobile Meals is actively seeking community sponsors for this event! If your business could provide funds to offset costs, we would love to partner with you.

For more information, contact Shelly Woodrick, Mobile Meals volunteer coordinator, at (865) 524-2786, or shelly.woodrick@knoxseniors.org. ■

FOSTER GRANDPARENTS AND SENIOR COMPANIONS RECRUITING NOW

“When I see the light in their faces, I can see what a difference being a ‘Granny’ makes in their lives,” said Toija Sandifer, coordinator of the Foster Grandparent Program at the CAC Office on Aging. She mentions one recent recruit who has been with the program for just a few months. Rita was living at a women’s shelter, feeling down and as if she had little to give. Her case manager suggested that she become a Foster Granny. She went through the paid training, background check, and then started working with children in a daycare program.



“Each time I see her,” Toija said, “her light shines brighter and brighter.”

She used to be closed up. Now, she’s more relaxed. At our recent volunteer recognition event on the *Star of Knoxville*, she even laughed. She was clearly having a great time! She’s found her niche. She’s giving back.

“These volunteers are selflessly giving so much; they want the kids to prosper. They plant a seed, they nurture it. They want to see it grow. But what I see is that the children do just as much for them. Volunteering gives many of them a reason to get up in the morning—to get dressed and go out into the

GRANDPARENTS, CONTINUED ON P. 4

PAWS AMONG THE BLOOMS

The 2016 PAWS Among the Blooms event was a great success, and we wish to thank those who contributed to that.

- **Stanley’s Greenhouses**, for providing a space for us to pause among the beautiful blooms of their greenhouses, to meet friends, to share stories, pet dogs, listen to music, and relax on a Friday evening.
- **Akima Club**, for providing food and volunteers throughout the event.
- **Knoxville Beverage Control**, for providing wine for the bar.

THANKS TO OUR PREMIER SPONSORS!

GEORGE W. BARBER, JR.
UNITEDHEALTHCARE COMMUNITY PLAN
WEST HILLS HEALTH & REHAB
DIAMOND HILL PLYWOOD CO.
CAROL L. JOHNSON
LANGE ANIMAL HOSPITAL
JOHN & CAREY MERZ
WEBSTER’S MOTORS
COMPANION ANIMAL HOSPITAL
EL BARRIL MEXICAN GRILL-PATRONS AND FRIENDS

Many thanks, too, to all of those who donated items for the Silent Auction.



YUNS JUG BAND, OUR TALENTED AND VERSATILE BAND, ENTERTAINED THE GUESTS WITH SONGS OLD AND NEW.

The successful auction will allow PAWS to match more shelter animals with older adults who are alone and isolated.

PAWS can always use donations of money and pet-related items and services. To donate, go online to www.knoxseniors.org or send a check to Knox PAWS at P.O. Box 51650, Knoxville TN 37950-1650, or call the program at 524-2786. ■



TECHNOLOGY TRAINING FOR THE WORKPLACE



Everyone wants to be included in the world of digital technology, whether it's the ability to text a family member on a smartphone, watch a YouTube video, download digital images, or write a resume on a laptop.

The CAC Office on Aging (OOA) and its programs are working to help seniors get up to speed on digital skills that will help them communicate, work, and play in a digital world. This includes teaching those who are looking to update their skills to join or rejoin the workforce. The OOA has two programs that promote senior employment: the Senior Employment Service and Senior Community

Service Employment Program (SCSEP), which is a federal program that is offering weekly classes to promote digital inclusion and to help its trainees in the workforce.

Recently, the OOA was awarded a grant from the First Tennessee Foundation to pay for technology training and equipment. The grant allows SCSEP participants to enroll in a four-week AARP RealPad tablet training course taught by Jennifer Dancu of Social Media 4 Seniors at the O'Connor Center. At the end of the class, each participant is given the opportunity to buy a discounted RealPad. ■

2-1-1: A NEW DIRECTION

A service known nationally for giving help could use your help. The social services number, 2-1-1, needs volunteers to raise awareness by distributing 2-1-1 promotional materials throughout the community. You can determine your own points of distribution—churches or clubs, for example, or suggested locations can be provided to you. Reimbursement for mileage is provided at the rate approved by the IRS. If you are interested in helping your neighbors in need connect to



life-changing and sometimes life-saving services, please contact Marie Alcorn at United Way of Greater Knoxville, 865-521-5565 or alcornm@unitedwayknox.org.

On July 1, 2015, 2-1-1 service in East Tennessee was upgraded. It became more reliable and more accessible.

The service agents of the City of Knoxville's state-of-the-art 3-1-1 Call Center are now answering 2-1-1 calls and are committed to the highest standards of quality in terms of call response and value of information given.

Knoxville-Knox County CAC's Senior Citizens Information & Referral Service continues to maintain 2-1-1's databank. A decade ago they were chosen because of their impeccable credentials with AIRS, the national certifying organization for information and referral.

Give 2-1-1 a try simply by dialing the three digits. People who don't have touchtone phones can call 865-215-4211. Calls are answered Monday through Friday, 8 a.m. to 5 p.m. The service is critical in connecting people with the resources that they need. ■

SAVVY CAREGIVER STARTS JULY 19

The Savvy Caregiver is an evidence-based program designed to train caregivers in the knowledge, skills, and attitudes needed to cope with the challenges of caring for a person with cognitive changes, whether caused by Alzheimer's or other types of dementia. This training has been shown in multiple studies to reduce caregiver stress and improve the care provided.

This program is facilitated by care managers from Choices in Senior Care on Tuesdays, July 19- August 23, from 1:30 p.m. to 3:30 p.m., at the O'Connor Center, 611 Winona Street, Knoxville. Cost for this class is \$25, which covers the cost of materials; scholarships are available. You can bring your loved one who has dementia with you to these sessions. While you're in class, staff will provide therapeutic care for them as well.

Space is limited, so registration is required. Call (865) 978-6168 to reserve your place in this valuable program. ■



Senior Citizens Information & Referral Service

Solves Problems for Seniors

(865) 546-6262

THE DUNCAN AWARDS

The Duncan Awards for Senior Advocacy 15th Annual Celebration was a special reunion with many past winners in attendance. It was a gala event at Hunter Valley Farm, with delicious—and beautiful—food from sponsors Dover Development and Senior Solutions Management Group.

This award, named in honor of the late Rep. John Duncan, Sr., is given annually to outstanding community members who go above and beyond in their personal and professional lives to advocate for the seniors of Knox County. The Duncan Awards are a fundraiser for the Senior Citizens Information & Referral Service (SCIRS), a program dedicated to providing high-quality, in-depth information & referral services to Knox County seniors, caregivers and professionals.

RED RIBBON SPONSORS

DOVER DEVELOPMENT
EAST TENNESSEE PERSONAL CARE SERVICE
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ARBOR TERRACE OF KNOXVILLE
HOMEWATCH CAREGIVERS
LONG, RAGSDALE & WATERS, LLC
SHERRILL HILLS

Thanks to the individuals and organizations that provided items for the Wine Pull and Silent Auction.



THE 2016 DUNCAN SENIOR ADVOCACY AWARD HONOREES: PAST AWARD RECIPIENTS, THEIR SPOUSES, AND REPRESENTATIVES, WITH STATE REPRESENTATIVE BECKY DUNCAN MASSEY, A DAUGHTER OF THE LATE CONGRESSMAN.

Also, a special thanks to all who made personal and in-kind donations in support of the program.

You or your family can always get thorough and well-researched answers to your questions by calling Senior Citizens Information & Referral Service at 546-6262. Anyone who wants to support this vital program but was unable to attend the event, can send a check to SCIRS at PO Box 51650, Knoxville TN 37950-1650 or give online at <https://secure.donationpay.org/knoxseniors/duncanawards.php>. ■



PAST WINNERS (FROM LEFT) LINDA JOHNSON, PAT GREEN, AND RITA HOLT CELEBRATE AT THE REUNION.

GRANDPARENTS, CONTINUED FROM P. 2

world. I really look forward to this; the give and take of volunteering—of life.”

Stories like this abound in the Senior Corps programs among the Foster Grandparents and Senior Companions. Participants are part of a program for low-income people age 55-plus. They are not employed but are volunteers who receive a small hourly stipend for service (about 20 hours a week for most). The stipend they receive does not affect other benefits such as SNAP or housing.

Foster Grandparents serve children and youth in public, recreational, or institutional settings, such as schools, afterschool programs, youth centers, and daycare centers. Senior Companions help frail, homebound adults who need companionship and assistance to remain in their homes. Volunteer recruitment for both programs is taking place now. Volunteer opportunities are located all over Knox County. If you are interested in being a Foster Grandparent, contact toija.sandifer@knoxseniors.org; for the Senior Companion Program, contact florence.dills@knoxseniors.org. Both can be reached at (865) 524-2786. ■

O'CONNOR SENIOR CENTER SCHEDULE - JULY/AUGUST

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 Monday, July 4, for Independence Day.

While some classes do not meet during the summer, the majority of O'Connor programs continue, so remember that this is an excellent time to try a new class, visit with friends, have lunch, and stay cool! Be sure, however, to plan to join us for the **Fall Program Preview & Ice Cream Social on Wednesday, August 31**. Information about fall programs will be available beginning at 11:00 am and ice cream sundaes will be available beginning at 12:00 noon. The ice cream social is provided by the Happy Hikers. This will be an excellent opportunity to reconnect and visit with friends during this time of fellowship! BE a friend and BRING a friend to the O'Connor Center for ice cream and fun!

Also, it's time to get your team together for the annual **O'Connor Center Golf Classic**, which is scheduled for Friday, September 16, at Three Ridges Golf Course. This is our fall fundraiser, and you're invited to get a team together or just sign up to play. Cost is \$125/player or \$500/team; tee time is 8:30 am. Please call the Center at 523-1135 for more information or to sign up to play!

JULY/AUGUST PROGRAMS

AAA Driver Safety Program: Thursday, August 4. Please call Kate Fleming, 862-9254, for information and to register for this one-day refresher course.

AARP Driver Safety Program: The Smart Driver Course will be offered Wednesday & Thursday, July 20 & 21. Call Carolyn Rambo, 382-5822, for info and to register for the two-day refresher course.

Arthritis Foundation Exercise – Advanced, with good physical exertion: Tuesdays & Thursdays, \$2/class.

Arthritis Foundation Exercise – Basic, seated exercise with limited physical exertion: Tuesdays & Thursdays, \$1/class.

Ask-a-Pharmacist: Thursday, July 7. Jay Wyrick, Walgreens pharmacist, answers questions about medication.

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

Blood Glucose Checks: Thursdays. 12-hour fast recommended. \$1.50/person.

Blood Pressure Checks: Monday - Friday, 10:30 am-11:30 am. Tuesday checks by Quality Home Health Care.

Brain Games: Wednesdays. Come and play the game of the day! Everyone welcome.

Camera Club: Wednesdays, July 20 & August 17.

Shawn Poynter, photojournalist, always has tips to share!

Internet Cafe and Computer Classes

Drop by the Internet Cafe on Tuesdays and Thursdays for **free help** with any of the new tools/toys!

Private one-on-one classes can be arranged as needed; cost is \$15/hour of instruction.

Please preregister and prepay for all computer classes. Some computers and tablets are available for use at the Center; please indicate need when registering for classes.

Beginning iPad/iPhone • Cost: \$25 • For those with little or no experience; learn the basics.

Tuesday-Wednesday, July 5-6, 10:00 am to noon.

Monday-Tuesday, August 1-2, 10:00 am to noon.

Advanced iPad/iPhone • Cost: \$25 • For those with some experience; learn advanced skills.

Tuesday-Wednesday, July 12-13, 10:00 am to noon

Monday-Tuesday, August 8-9, 10:00 am to noon.

Facebook • Cost: \$15 • Learn the basics and create a page.

Thursday, July 21, 10:00 am to noon.

Wednesday, August 10, 10:00 am to noon.

Galaxy/Android Phone or Tablet • Cost: \$25 • For those with little or no experience.

Tuesday-Wednesday, July 19-20, 10:00 am to noon.

Monday-Tuesday, August 15-16, 10:00 am to noon.

Pinterest/Instagram/Twitter • Cost: \$15 • For those with little or no experience.

Wednesday, July 27, 10:00 am to noon.

Wednesday, August 17, 10:00 am to noon.

Creative Endeavors: Tuesday, July 5. This group is a cooperative effort offering 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.

Creative Writers Workshop: Monday, August 8 & 22. Barbara Stephens teaches how to expand vocabulary and record thoughts, poems, stories, dreams, and life experiences for perpetuity. Writers will not meet during July.

Cribbage & Board Games: Tuesdays. Enjoy the fellowship and "light" competition with friends! Newcomers welcome.

Diabetic Sweet Spot: Fridays, July 8 & August 12. Mac's Pharmacy representatives will discuss a variety of issues related to diabetes.

Earth Science: Following a brief break, classes will resume on Monday, October 3.

Fabric Painting: Mondays, July 11 & August 8. Yvonne Fields teaches fabric painting; bring an item to paint.

Fall Program Preview & Ice Cream Social: Wednesday, August 31, 11:00 am-12:00 noon, visit with group leaders and friends as you learn about Fall activities at the Center. At 12:00 noon, enjoy ice cream provided by the Happy Hikers!

French: Following the summer break, classes will resume Tuesday, September 6.

Fun Film Fridays: Movie and popcorn at 12:30 pm; movie title will be listed in the *Sunday News Sentinel Weekly Update*.

Greenhouse: Tuesdays & Fridays are work days in the greenhouse; come and enjoy working with other gardeners.

Happy Hikers: Thursdays. Newcomers always welcome; please call Carrie Roller at 719-1604 for more information. Hikers meet at the trailhead at 10:00 am, unless indicated otherwise.

July 14 Thomas Divide/Kanati Fork Trail to Hwy. 441, 4.7 miles

July 21 Urban Wilderness South Loop, 5 miles

July 28 Little Bottoms/Abrams Creek, 6 miles

August 11 Clingman's Dome to Indian Gap on the AT

August 18 Cove Lake State Park, Happy Hiker Picnic

August 25 Obed Scenic River

August 31 Ice Cream Social & Fall Program Preview at the O'Connor Center

Happy Hikers/Thursday Walkers: These less-difficult hikes/walks are open to anyone; call Joyce Dukes, 525-2540, for additional information. Hikes are approximately 2 miles.

Harrah's Trip: Tuesday, July 5 & Mondays, August 1 & 15. Light refreshments at 7:30 am with a prompt 8:00 am departure! Contact Frankie Hicks at 525-1475 for additional information.

Health & Humor: Wednesdays. Enjoy laughing with friends while participating in humorous and informative discussions!

Hearing Aids Checked & Cleaned for Free! Tuesdays, July 5 & August 2. Service done by a hearing practitioner from Beltone. No appointment necessary.

Ice Cream Social: Wednesday, August 31. At noon, enjoy ice cream with all the trimmings provided by the Happy Hikers. This event immediately follows the 11:00 am Fall Program Preview.

JULY 2016 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<p>Blood Glucose Checks Thursdays 8:30 to 9:00 am</p>	<p>ENJOY Cribbage & Table Games Tuesdays at 1:00 pm</p>		<p>NOTE: Dance Club meeting, Friday, July 9 @ 6:35 p.m.!</p>	<p>12:30 Fun Film Friday</p> 
<p>4 Independence Day! Center Closed.</p> 	<p>5 8:00 Harrah's Trip 10:00 Beg. iPad/iPhone 11:30 Creative Endeavors 12:30 Hearing Aids Cleaned & Checked 1:30 Tea Dance</p>	<p>6 10:00 Beg. iPad/iPhone 12:00 Brain Games</p> 	<p>7 9:00 Tai Chi 10:00 Thursday Walkers 10:30 Ask a Pharmacist</p>	<p>8 10:00 Diabetic Sweet Spot 10:00 Matter of Balance</p> <p>9 7:00 pm Patriotic Dance w/ Al Curtis Band</p> 
<p>11 10:00 Veterans Q & A 12:00 Lunch & Learn 1:30 Fabric Painting</p>	<p>12 10:00 Adv. iPad/iPhone</p> 	<p>13 9:00 Toenail Clipping 10:00 Adv. iPad/iPhone 2:00 Beg. Line Dance</p>	<p>14 10:00 Happy Hikers</p> 	<p>15 10:00 Matter of Balance 7:00 pm DJ Dance</p> 
<p>18 9:00 Legal Assistance 12:00 Lunch & Learn</p> 	<p>19 9:00 Toenail Clipping 10:00 Android/Galaxy 1:30 Savvy Caregivers</p>	<p>20 9:00 Advisory Board 10:00 Android/Galaxy 10:00 Camera Club 12:00 AARP Driver Safety</p>	<p>21 10:00 Facebook 10:00 Happy Hikers 12:00 AARP Driver Safety</p>	<p>22 10:00 Matter of Balance</p> 
<p>25 12:00 Lunch & Learn</p> 	<p>26 10:00 KAT City Bus Q&A 1:30 Savvy Caregivers</p> 	<p>27 10:00 Pinterest/Instagram Twitter</p> 	<p>28 10:00 Happy Hikers</p>	<p>29 10:00 Matter of Balance 10:00 Spanish 1:00 Jam Session</p> 

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:45 Advanced Senior Cardio 10:00 Party Bridge 10:00 Water Aerobics 10:30 Loss & Life Changes Support Group 1:30 Intermediate Line Dance</p>	<p>9:00 Greenhouse 9:00 Quilting 9:00 Tai Chi 10:00 Basic Arthritis Foundation Exercise 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 Open Painting 8:45 Advanced Senior Cardio 9:00 Cadet Band Practice 10:00 Concert Band Practice 10:00 Party Bridge 10:00 Water Aerobics 12:00 Belly Dance 12:00 Brain Games 12:15 Health & Humor 12:30 Texas Hold 'Em 1:30 Beg. Beg. Line Dance 1:30 Bingo 2:00 Beginning Line Dance</p>	<p>8:30 Blood Glucose Checks 8:30 Piano Lessons 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 Spanish 10:00 Water Aerobics 12:30 Fun Film Friday 1:00 Jam</p> <p>Billiards Room Open Monday—Friday 8:30 am-4:30 pm</p>

AUGUST 2016 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<p>1</p> <p>8:00 Harrah's Trip 9:00 Legal Assistance 10:00 Beg. iPad/iPhone</p>	<p>2</p> <p>10:00 Beg. iPad/iPhone 12:30 Hearing Aids Checked and Cleaned 1:30 Savvy Caregivers 1:30 Tea Dance</p>	<p>3</p> <p>12:00 Belly Dance </p>	<p>4</p> <p>9:00 AAA Drivers Training 10:00 Thursday Walkers</p>	<p>5</p> <p>10:00 Matter of Balance</p> <p>6</p> <p>Standard Knitting Mill Reunion</p>
<p>8</p> <p>9:30 Creative Writers 10:00 Adv. iPad/iPhone 10:00 Veterans Q & A 12:00 Lunch & Learn 1:30 Fabric Painting</p>	<p>9</p> <p>10:00 Adv. iPad/iPhone 1:30 Savvy Caregivers</p>	<p>10</p> <p>9:00 Toenail Clipping 10:00 Facebook </p>	<p>11</p> <p>10:00 Happy Hikers </p>	<p>12</p> <p>10:00 Diabetic Sweet Spot 10:00 Matter of Balance</p> <p>13</p> <p>Hawaiian Luau Dance w/ Al Curtis Band </p>
<p>15</p> <p>8:00 Harrah's Trip 8:00 Mammogram Van 9:00 Legal Assistance 10:00 Android/Galaxy</p>	<p>16</p> <p>10:00 Android/Galaxy 1:00 Cribbage/Table Games 1:30 Savvy Caregivers</p>	<p>17</p> <p>9:00 Advisory Board 10:00 Camera Club 10:00 Pinterest/Instagram/Twitter</p>	<p>18</p> <p>10:00 Happy Hikers</p>	<p>19</p> <p>10:00 Matter of Balance 7:00 pm DJ Dance </p>
<p>22</p> <p>9:30 Creative Writers 1:00 Market Group </p>	<p>23</p> <p>10:00 KAT City Bus Q&A 1:30 Savvy Caregivers </p>	<p>24</p> <p>1:30 Bingo </p>	<p>25</p> <p>9:00 Toenail Clipping 10:00 Happy Hikers 10:00 Tai Chi Practice</p>	<p>26</p> <p>10:00 Matter of Balance </p>
<p>29</p> <p>10:30 Loss & Life Changes Support Group</p>	<p>30</p> <p>9:00 Quilting </p>	<p>31</p> <p>Fall Program Preview at 11:00 a.m. & Ice Cream Social at 12:00 p.m.</p>	<p>Blood Pressure Checks Every Day 10:30—11:30 a.m.</p>	<p>Check Weekly Update in the Sunday News Sentinel For "Fun Film Friday" Movie Titles</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>9:00 Greenhouse 9:00 Quilting 9:00 Tai Chi 10:00 Basic Arthritis Foundation Exercise 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 1:30 Afternoon Dancing</p>	<p>8:30 Open Painting 8:45 Senior Advanced Cardio 9:00 Cadet Band Practice 10:00 Concert Band Practice 10:00 Party Bridge 10:00 Water Aerobics 12:00 Belly Dance 12:00 Brain Games 12:15 Health & Humor 12:30 Texas Hold 'Em 1:30 Beg. Beg. Line Dance 1:30 Bingo 2:00 Beginning Line Dance</p>	<p>8:30 Blood Glucose Checks 8:30 Piano Lessons 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 Spanish 10:00 Water Aerobics 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

Internet Café: Open daily; enjoy trying out tablets and computers in this comfortable space. On Tuesdays & Thursdays, **Computer Geek, Dr. Ron,** is in the Café and available for free one-on-one consultation. In addition, private lessons (\$15/hour) can be arranged for Basic Computer Operation and any of the Microsoft Office Suite programs. Register at the reception desk.

Italian Language Class: Fridays, beginning September 9. Join Tom Whisman to learn the language and culture.

KAT Bus Q & A: Tuesdays, July 26 & August 23. Knoxville Area Transit (KAT) System answers "How to? Where? Why?" questions to help one become comfortable using public transit.

Knitting & Crocheting: No classes in July & August. Thursday classes will resume on September 8. Open to all skill levels; free instruction 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 and offers encouragement for dealing with life's many changes and challenges!

Low Vision Group: Wednesday, August 31. The group will attend the Fall Program Preview/Ice Cream Social.

Lunch & Learn: Lunch is provided but you must reserve a meal by **Thursday** of the previous week.

July 11, Monday, *Safety in the Home.* An occupational therapist from Westmoreland Health & Rehab Center will share ways to reduce the risk of falls, fires, and other home accidents by making adaptations to potentially unsafe areas.

July 18, Monday, *What is Infectious Disease?* Bryan Gantt, a pharmacy student from South College, will discuss facts, symptoms, and treatments of a few common infectious diseases.

July 25, Monday, *Proper Fitting Shoes for Optimal Health.* Back by popular demand! Mark Kerstner with Medical Solutions will discuss therapeutic and appropriate footwear. He will be available for a complimentary consultation concerning "diabetic feet" following the presentation.

August 8, Monday, *I'm Allergic to East Tennessee!* Dr. Christen Fleming, with UT Medical Center, will discuss allergies and treatment options for managing symptoms.

August 29, Monday, *Five Aspects of Health* presentation by Dr. Scobie Branson will discuss the importance of maintaining a healthy mind and body in order to continue to have a healthy and productive life as our bodies mature.

Market Group: Monday, August 22. Attend the

August meeting to learn about the Market Group and plans for the annual November *Market Group Holiday Sale.*

Matter of Balance: Fridays, July 8-August 26. This 8-week course, taught by Beth LaFontaine, community health coordinator, UT Medical Center, will highlight practical strategies to manage falls by decreasing the fear of falling and increasing the level of activity. Space is limited; preregistration is a must. Call today!

O'Connor Center Band (Cadet for Beginners/Concert for Advanced): Wednesdays. Band director Linda Edwards promises she can teach anyone to play a band instrument, so there's a chair for newcomers and pros alike! No experience is necessary, and newcomers are always welcome! Some gently used instruments are available. Donations of gently used instruments are welcomed at the Center for a tax deduction.

Painting (Advanced & Beginner): Wednesdays. Only Open Painting on Wednesday mornings until September. Basic and Advanced classes will resume on September 7. Preregister and prepay. Class size is limited, so first come, first serve. Call for more information.

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

Private Computer Lessons: Tuesdays & Thursdays. Dr. Ron Dickinson is available to teach a variety of computer skills one-on-one. For example, Basic Computer Skills, Microsoft Office, Internet, email, and more. Please preregister and prepay for all computer classes. Cost \$15/hour.

Quilting: Tuesdays. Enjoy fun and fellowship while learning to quilt. If you have tops that need to be quilted, please call for information.

Savvy Caregiver Class: Tuesdays July 19-August 23. This class is designed for those who are currently involved in a caregiving situation for someone with dementia. The person for whom care is provided can accompany you to the class and participate in a concurrent Cognitive Stimulation session for those diagnosed with memory and thinking issues. Class size is limited. Registration is required at 978-6168. Cost is \$25.

Senior Advanced Cardio: Mondays & Wednesdays. This Covenant-led low-impact aerobic class with an increased level of intensity is a strenuous workout. Cost: \$2-\$3/class, depending on class size.

Spanish: Fridays. Instructor Bonito Lopez Abarca will lead this basic class for motivated participants.

Taoist Tai Chi Classes & Set Practice: Tuesdays & Thursdays. This group continues to welcome new members and provide opportunities to improve mental health, balance, and coordination.

Texas Hold'em: Wednesdays. Fun for both

experienced and inexperienced card players. Cost: \$2/class.

Toenail Clipping by Appointment Only: Wednesdays, July 13 & August 10, and Thursday, August 25, with cosmetologist Kelli Jobe. Cost: \$12; call 523-1135 to schedule an appointment.

UT Mammography Van: Monday, August 15. Call (865) 305-9753 to schedule your appointment.

Veterans Services: Mondays, July 11 & August 8. A VA representative will be here to answer questions about benefits and other matters of concern to veterans and family members.

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 before beginning class. Cost: \$2/class.

With Hope in Mind: This group will resume its monthly meeting, Thursday, September 15. Offers support to families and friends dealing with various mental illnesses; contact Gerald Segroves, 523-7284, for info.

Woodcarving: Fridays. Open to all skill levels, beginner to expert. Personal instruction is available, if needed.

Yoga: Tuesdays & Thursdays, 10:00 am; also Seated Yoga on Thursdays, 11:20 am. Classes are held at the YMCA. Please come to the O'Connor Center to complete paperwork and to sign in before beginning class. Cost: \$3/class.

Dance Classes – Cost: \$2/Class.

Beginner-Beginner Line Dance: Wednesdays, for those with little or no experience.

Beginner Line Dance: Wednesdays, for those with some line dance experience.

Belly Dance: Wednesdays, Open to everyone. A fun and enjoyable way to exercise; taught by Rusty Rosiland.

Intermediate Line Dance: Mondays, for those with moderate experience. Cost: \$2/class.

Dances – Cost varies per dance.

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

Tea Dance: First Tuesday of each month, July 5 & August 2. Good music, fellowship, and refreshments.

3rd Friday Night Dances: July 15 & August 19. An "ALL TYPE" dance with a special DJ from Pro-Audio Mobile DJs. Great music, refreshments, and a time to visit with friends.

2nd Saturday Night Ballroom Dances, with refreshments: July 9, Dance Club Meeting at 6:35, and the **Patriotic Dance** with the Al Curtis Band at 7:00 pm. August 13, **Hawaiian Luau Dance** with the Al Curtis Band at 7:00 pm.

OOA PROGRAM CONTRIBUTORS

CAREER CLOSET

Ms. Berwick

CONNECTING HEARTS

Sequoyah Hills Presbyterian Church

FEED A PET

Anonymous (8)

Laurie Almy

Bennie Arp

Carla Babyak

Bernita Baum

Lynette Bell

Dan & Mona Beverly

Jerry Biggers

Lindsey Collier

Gale Covington

James Edwards

Enrichment Federal Credit Union

Pamela Fansler

Jolene Forman

Steven & Jeanie Fox

William & Mary Gibson

Stan Harvey

Dennie & Kathleen Hayward

Traci Hemen-Potter

Donna Hicks

Paul & Glenda Houston

Jeff Ivey

Holly Janney

Jessica Johnson

Harvey Kaufman

Michael & Charlotte Kimbrough

Sue Ludwig

Anne Mayhew

Marsha McGinnis

Cindy McIlvaine

John & Carey Merz

Paul & Margie Moates

J.W. & Alice Moore

Sandra Murray

Steve & Linda Oliver

Matthew Ownby

Gerald Perlman

Barbara Rentenbach

Lee Robinson

Margaret Robinson

Justin Roby

Martha Rosson

John Rutherford

George Shiner

Linda Staton

Jeannie Thomas

Ann & Bob Underwood

Mary Warden

In Memory of James S. Bennett

Marjorie Bennett Stephens

In Memory of John H. Bynum

Ann Bynum

In Memory of Kortnie & Katie

Sherry Cannon

In Memory of Bobbie Moore

Norris Hammonds

In Memory of Marguerite Moy

Margaret Paulus

In Memory of Louise Musgrove

E. Streets

In Honor of Bayr & Parker

Dawn Brentz

In Memory of Billie & Allan Petree

Debra Petree

In Memory of Wilda & James Webb

Fran Davies

FOSTER GRANDPARENT PROGRAM

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KNOX PAWS

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Barkingdale's

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Bliss

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Tree and Vine

Tammy Watson

Webster Motors

West Hills Health & Rehab

Suzanne Young

MOBILE MEALS

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Sharon Billings

Dedra Bohle

Colonial Heights United Methodist

Church, J. Ray Stuart SS Class

James & Brooksie Cox

Diana Cruze

Timothy Cutshaw

Steve Dalton

Becky Dodson

Jerry & Cindy Eisele

Doris Glass

Terry & Sandra Goodwin

Earl Hall

Molly King

Pam Lovell

Debbie Lowe

David McCormick

Meridian Baptist Church,

Leola Walkup Class

Meridian Baptist Church

Elizabeth Miller

Oakwood Baptist Church,

Homemaker's SS Class

Lewis M. Patterson

Norma Peterson

Carl & Mary Porter

S & J Estate Sales

John & Beth Smith

Smithwood Baptist Church, Joy Class

James & Beverly Truan

David & Carolyn Wells

In memory of Curtis Atchley, Sr.

Ben & Sue Atchley

In Memory of Jana Benton

Don & Jane Carringer

Dr. & Mrs. Michael Crowell

Douglas & Sara Yoakley

In Memory of Leila Brown

Norma Velasco

In Memory of Cindy Elder

Hobart Palmer

In Memory of Huston Finley

Dr. & Mrs. Reuben Pelot, III

In Memory of Mary Helen Foster

Tracey Ford

Riverdale Baptist Church

In Memory of John G. Karnes

C. Scott & Mary Kidwell

In Memory of Dorothy Keathley

Robert & Dixielee Vineyard

In Honor of May I. Key

Amelia Myers

In Memory of Ray Rutherford

Barbara Rutherford

In Memory of Faye D. Martin, Ralph &

Christine Smith

James & Sherburne Martin

OFFICE ON AGING

Karen Vogt

PROJECT LIVE

Messiah Evangelical Lutheran Church

Senior Home Assistance

Sigma Kappa Sorority

SENIOR CITIZENS INFORMATION & REFERRAL SERVICE

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Kathy Burke

Cynthia Cleveland

Ludell & Harold Coffey

Donna & Allan Ellstrom

Rhea Ennist

William & Vicki Evans

Zoe Evans

Steven & Jeanie Fox

Daniel & Patricia Green

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Homewatch CareGivers

Independent Insurance Consultants

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Long, Ragsdale, & Waters, LLC

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Randy McNally

Judith Poulson

Dorothy Romines

Bill & Virginia Schall

Senior Solutions Management Group

Sherrill Hills Retirement Resort

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Mary Catherine Willard

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SENIOR COMPANION PROGRAM

Susan & David Long

SENIOR EMPLOYMENT SERVICE

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Knox County Schools

UnitedHealthcare Community Plan

Whole Foods

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Alan & Dianna Brizzolara

Joyce Brown

R. & S. Brown

Chick-fil-A at Kingston Overlook

Chick-fil-A at Turkey Creek

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Robert & Honerlin Del Moro

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Becki Garland

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Brooks

Anne Brooks Haston

In Memory of Bruce Wyatt

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love,

Gary & Patti West

ONE SENIOR FOR ONE YEAR

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Charitable Trust

Stuart Monty

Pilot Corporation Employees, Jeans Day

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SHOP AT KROGER? HELP THE COUNCIL ON AGING!

The Knoxville-Knox County Council on Aging (KCOA) is an independent 501(c)(3) organization that serves as an advisory body to the CAC Office on Aging. It has more than 300 members and annually elects officers and Executive Committee members who meet monthly to oversee the council's business.

Members of the COA help identify the needs of seniors in Knox County and the resources to meet those needs, including reviewing and recommending the allocation of Older Americans Act grant funds. There are no dues or membership fees, and all people and organizations are eligible for membership. The council hosts local educational meetings open to the public. Meetings are held on the second Thursday of each month (except July and August) at the O'Connor Senior Center at 2:30 p.m. Contact the Office on Aging at 524-2786 for membership information.

The following officers were elected at the June general meeting and will serve for the 2016-2017 council year: Douglas Hubbard, chair; Jan Brown, vice chair; Donna Ellstrom, secretary; and Laura Berry, treasurer. Past members of the council's Executive Committee will be joined by new members Soni Bell, Mitch Olszewski, and Laura Berry.

The Knox County Council on Aging participates in a number of "reward" programs that give back to the community, such as iGive.com, Amazon Smile, Kroger Rewards (described below), and others. If you participate in any of these reward programs, please check to see if the Knoxville-Knox County Council on Aging is listed as a beneficiary.

Kroger Community Rewards® allows you to designate the charity of your choice to receive a portion of its charitable giving funds every time you shop at Kroger using your Kroger Plus card. You can register your choice of charity online or by phone, at www.krogercommunityrewards.com or 1-800-576-4377 (choose Community Rewards). We ask that you consider choosing the Knoxville-Knox County Council on Aging. All funds stay in the local community and provide direct services for seniors. **Important:** Even if you've already named your

charity of choice in Kroger Rewards®, you must renew or update your choice each year. ■



OOA WISH LIST

If you are able to donate any of the following items, bring them to the Office on Aging in the L.T. Ross Building, Mon.-Fri., 8:00 a.m.-4:45 p.m.

- O'Connor Band** Used/new working musical instruments
- Power of the Purse** New/like-new purses
- Feed-A-Pet** Pet food & supplies
- Pillow Project** New/like-new sheets, towels, and household items
- DLC** Bingo prizes (\$1 items, trial-size toiletries, etc.)
- DLC** Large-print Basic Sudoku and Word Search puzzle books
- CHIPS** Computers to be refurbished
- Project LIVE** Walkers, canes, other mobility devices

MURPHY BRANCH LIBRARY at the LT Ross Building

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2pm—6pm

Tuesdays & Wednesdays
10am - 5pm

Storytimes

Wednesdays
2:30pm



www.knoxlib.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 **Independence Day, Monday, July 4**. Mobile Meals participants will receive boxed lunches for this holiday.

Save the date! Aging: A Family Affair 2016 will take place on November 10 from 8:00 a.m. to 3:30 p.m. at Rothchild Conference Center, 8807 Kingston Pike. Our keynote speaker will be Tony Sarmiento, who will "Reimagine Aging." Throughout the day, we will offer a great program, featuring top experts on topics like elder law, Medicare, health care, caregiving, travel, and much more, for seniors, caregivers, and professionals. Look for more info in the next issue of *Elder News & Views*!

Grandparents As Parents meeting, Tuesday, August 30,



10 a.m. Do you have your affairs in order? Have you planned so that your family will know and understand your wishes? Come to the GAP meeting at the L.T. Ross Building, 2247 Western Avenue, 37921. There's plenty of free parking. Our featured speaker will be Barbara Johnson, an attorney from the UT Law School's

Wills Clinic. She and her legal assistants and law school students will be on hand to answer questions and help prepare wills. It's critically important for grandparents raising family children to let others know their wishes in the event that something happens. A well-written will is needed to ensure a continuum of love, care, and financial support.

The heat is on! Don't spend all your summer days lounging



around. Get out and enjoy the sun by volunteering! Feel the warmth inside and out by giving back to your community!

Which opportunity strikes you?

- **Have a passion for animals?** Want to see someone's furry friend well cared for and well fed? Help the Feed A Pet program get food for pets in need! Feed A Pet serves more than 50 seniors in the community through pet food collections and delivery. Feed A Pet is

looking for volunteers to help deliver food to pets in need and staff tables at local stores on pet food donation days.

- **Summer is a time for vacation!** With so many of its regular volunteers traveling, Mobile Meals needs new volunteers to serve 850 clients five days a week. It takes 80 volunteers a day to serve every client in the program. Delivering takes about one or two hours, depending on the route, and volunteers can choose to deliver once a year, once a month, or once week – it's completely up to you! Take a couple of hours out of your week to serve a hot meal to seniors in your community!
- **Ever feel like going for an afternoon drive?** Why not take a drive to help a homebound senior reach their doctor's appointments? Volunteer Assisted Transportation helps seniors make it to appointments, the grocery store, or other important errands. Drive a VAT car, make a friend, and enjoy that summer drive by giving back!

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in."

~Author Unknown

For more information on volunteering, contact RSVP coordinator Eden Slater (865) 524-2786 or 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.

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ELDER ABUSE COMMUNITY OUTREACH KICKOFF EVENT, AUGUST 15



KNOXVILLE POLICE CHIEF DAVID RAUSCH AND CAC EXECUTIVE DIRECTOR BARBARA KELLY ARE JOINING FORCES TO BRING AWARENESS AND TRAINING TO PREVENT ELDER ABUSE IN OUR COMMUNITY.

In response to the growing problem of elder abuse in our community, the city obtained a federal elder abuse grant. The grant has many important parts, including training of law enforcement and other professionals, a coordinated community response, and a needs-assessment-based service plan. But these are not enough. We need input from elder care professionals as well.

"I am very excited to be a part of this project. This is a complex issue and the work we are doing on this grant is equally complex," said Joseph Winberry, elder abuse community outreach program manager. "However, I am proud to be part of a team that is building on the great foundation we have here in Knoxville around the issue of elder abuse."

The grant will officially launch with an Elder Abuse Community Outreach Kickoff event at the O'Connor Center, 611 Winona Street, on **Monday, August 15, from 8:30 a.m. to 12:30 p.m.** If you are interested in more information or attending, please contact Winberry at (865) 524-2786 or by email at joseph.winberry@knoxseniors.org. Seating at this event will be very limited and RSVPs are required. ■