

ELDER NEWS

SEPTEMBER/OCTOBER 2016

VIEW

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

2016 POWER OF THE PURSE: LUNCHEON AND FABULOUS PURSES

*Excess Baggage?
No Such Thing!*

Join us for

Power of the Purse

You'll find the hottest pocketbooks, designer purses and snazz-a-licious evening bags all in one location.

Purses available in every price range and inside is a hidden treasure.

Thursday, September 22

10:30 a.m. - Doors open.

PURSE MADNESS starts at 11:00 a.m. SHARP!
Silent Auction and Delicious lunch to follow.

Rothchild Conference Center
8807 Kingston Pike, Knoxville, TN

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

Contact the call center @ (865) 541-4500
to reserve your seat or visit
knoxseniors.org



AFA KEYNOTE SPEAKER TONY SARMIENTO, RIGHT, SHOWS CAC EXECUTIVE DIRECTOR BARBARA KELLY AND CAC OFFICE ON AGING DIRECTOR SUSAN LONG NEW STATISTICS ON AGING.

HOW WE VIEW AGING *AGING: A FAMILY AFFAIR 2016*

The Office on Aging's annual fall workshop, **Agging: A Family Affair**, will cover a wide variety of topics of interest to seniors, professionals, and caregivers. The 31st annual workshop will be offered on **Thursday, November 10**, at Rothchild Conference Center, 8807 Kingston Pike, from 8:00 a.m. to 3:45 p.m. The cost for the day is \$25 (through October 28), including continental breakfast, lunch,

and exhibitors' fair. Many thanks to our major sponsor, the University of Tennessee Medical Center, and to Tennova, Covenant Health, and the *Knoxville News Sentinel*, whose sponsorship helps keep the cost very low.

Registration starts at 8:00 a.m. The keynote begins at 9:00 a.m., and the first workshop session begins at 10:15 a.m. Arrive early to enjoy the

exhibitors' fair before the keynote address begins. There will also be many free screenings in the Grand Ballroom throughout the day.

AGING: A FAMILY AFFAIR

Date: Thursday, Nov. 10, 2016

Time: 8:00 a.m.-3:45 p.m.

Place: Rothchild Conference Center, 8807 Kingston Pike

Ticket cost: \$25 per person, includes lunch

Call 524-2786 for more info.

LAST CHANCE TO BE A DIRECTORY SPONSOR



The Office on Aging is working on the 20th edition of the *Senior Service Directory*. We rely on community support to print this popular and useful resource book for seniors, family members, and professionals. Your organization will find that an ad in the two-year "little yellow book," as the directory is known, is affordable and the perfect way to reach the mature market in our community with information about your products or services.

In addition to their ad space, sponsors are recognized on the back cover of the directory and in the online directory. For information about sponsorship, contact the Office on Aging at (865) 524-2786 or angela.grant@knoxseniors.org.

You can pick up a hard copy of the directory at the Office on Aging, all Knox County senior centers, any branch of the Knox County Public Library, or find it online at www.knoxseniors.org/directory/. ■

USING SNAP BENEFITS AT FARMER'S MARKETS IS A WIN!

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

How Do I Pay? Most vendors accept tokens, which you can buy with your EBT card at the market's information booth.

Thanks to a Fre\$h Savings grant, SNAP participants can double their savings at the farmer's markets listed here. When you spend up to \$10 with your SNAP/EBT card, you get the same amount in Fre\$h Savings tokens to spend on produce.

Seniors: Do you need some personal help to sign up for SNAP? Contact Alice Allen, SNAP outreach coordinator, at the Knox County Office on Aging at (865) 524-2786, to help you with the application process. ■



WHERE CAN I USE IT IN KNOXVILLE?

Market Square Farmer's Market, downtown Knoxville. Hours for EBT use: Wed. 11 a.m.-2 p.m. and Sat. 9 a.m.-2 p.m. Info: (865) 805-8687; marketsquarefarmersmarket.org

New Harvest Park Farmer's Market at 4700 New Harvest Lane. Hours for EBT use: Thur. 3-6 p.m. Info: (865) 215-6600; knoxcounty.org/farmersmarket/index.php



JOB OPPORTUNITIES: SENIOR JOB FAIR, OCT. 12

Job-seeking seniors: Come to the Senior Employment Service (SES) Job Fair on Wednesday, October 12, from 9:00 a.m. to noon at the O'Connor Center, 611 Winona Street. Job seekers can expect to visit with more than 40 area employers.

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

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

A SAFETY GUIDE FOR “OTC” MEDICATIONS



Some people believe that all over-the-counter (OTC) medications are safe, but if you are over 60 and taking both prescription medicines and OTC medications, this thinking could get you into trouble. Do you have questions about medications?

Knoxville-Knox County
KCOA
COUNCIL ON AGING

SEPTEMBER MEETING

Date: Thursday, Sept. 8
Time: 2:30 p.m.
Place: O'Connor Center
611 Winona St.

Do you ever wonder if there is any harm in taking expired medications? How can you safely get rid of old medicines? Come to the September Council on

Aging meeting to get your questions answered. Dr. Cheri Johnston of Tennova Farragut will be our speaker on Thursday, September 8, at 2:30 p.m. at the O'Connor Center. She'll discuss the dangers of mixing OTC and prescription meds, how to properly store medications, expiration dates, and how to protect yourself when dealing with the complex world of medications. Dr. Johnston is board-certified in family medicine and has more than 20 years of experience in family and emergency medicine. The public is invited to attend this joint meeting of the Council on Aging and Seniors for Creative Learning. ■

A FAMILY AFFAIR, CONTINUED FROM P. 3

KEYNOTE SESSION

The Office on Aging is honored to welcome Tony Sarmiento, executive director of Senior Service America, Inc., in Washington, D.C., as the keynote speaker for Aging: A Family Affair this year. In addition to his keynote talk, *How We View Older Adults and Our Own Aging: New Research*, Sarmiento will also lead a workshop on reducing stereotypes about aging.

AGING: A FAMILY AFFAIR 2016 WORKSHOPS

- How to Pay for Care: Medicaid & VA Benefit Eligibility
- Bone Matters: Prevention Tips for Osteoporosis
- Planning, Caring, and Saying Goodbye
- Preventing Stroke and Understanding AFib
- Medicare & Social Security Update
- Reducing Stereotypes About Older Adults
- Balance, Dizziness & Falls: What Can Be Done?
- Tech Tips for Vacations & Staycations

Speakers for each workshop are experts in appropriate fields. They are listed with their workshops in the brochure (see "Registration" to learn how to get a copy).

EXHIBITORS' FAIR

More than 50 vendors will be on hand to offer information about services for seniors and their caregivers.

REGISTRATION

To get a copy of the Aging: A Family Affair brochure:

- Go online to www.knoxseniors.org and click on the AFA brochure link. You can see the workshop choices there and print off the form to mail in with your payment.
- You can also get a brochure by calling the Office on Aging at the number below to have one mailed to you.
- If you need help with registering, please call the Office on Aging at (865) 524-2786.

The early-bird cost to attend Aging: A Family Affair is just \$25. Any registrations received after Friday, October 28, will be \$30.

You can register in a couple of ways.

Register and pay by check:

Use the registration form in the brochure. Mail it and your check for \$25 to the address on the form by October 28.

Register and pay by credit card online:

Go online to knoxseniors.org, click on the AFA registration link, and fill out your workshop choices and credit card information.

If you need assistance with transportation to attend Aging: A Family Affair, please call the Office on Aging as far in advance as possible: (865) 524-2786. ■



GET HELP TO MAKE MEDICARE DECISIONS

Medicare Open Enrollment Period is from October 15-December 7. The CAC Office on Aging offers a free service to people who would like help to understand their coverage and choose a plan. Assistance is available through the AMOS program (Affordable Medicine Options for Seniors). Call the Office on Aging at 524-2786 for help from AMOS advisors.

To help beneficiaries understand their options and make important coverage decisions, complete and reliable information about Medicare is available online at www.medicare.gov.

It is necessary to review your insurance plan each year to maintain your best coverage and prices. Changes in your medications or health-care providers may lead you to change your insurance plan. Or changes in the provisions of your current plan may lead you to change to a plan that works with your medications and providers. ■



**Senior Citizens
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2016 SENIOR SAFETY SUMMIT

The **Senior Safety Summit** will be held on September 9, from 9:00 a.m. – 1:00 p.m. at the O’Connor Senior Center, 611 Winona Street, as a tribute to the 9/11 National Day of Service.

The Summit will feature a safety presentation on home and personal security by the Knox County Sheriff’s Department, a fire safety presentation by the Rural Metro Fire Department, and a presentation on senior safety and community relations by the Knoxville Police Department.

The Summit will also include a vendor fair exhibiting local safety resources, disaster preparedness professionals, and senior-specific information.

As a special treat, all attendees will have a chance to shop at the “\$5 Purse Sale” during the O’Connor Garage Sale hours of 9:00 a.m. and 3:00 p.m. All proceeds of the sale will benefit Mobile Meals. Bring your money to get some great bargains!

The Senior Safety Summit is hosted by the CAC Retired & Senior Volunteer Program (RSVP), and is open to all Foster Grandparents, Senior Companions, RSVP volunteers, O’Connor Senior Center participants, and the public.

For more information, please contact the RSVP coordinator Eden Slater, at 524-2786. ■



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code TN765




O'CONNOR SENIOR CENTER SCHEDULE - SEPTEMBER/OCTOBER

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

The O'Connor Center will be closed on Monday, Sept. 5, for the Labor Day Holiday.

Fall is such a fun time at O'Connor! Classes return following the summer break; it's time for the Mayor's Picnic, the annual O'Connor Center Golf Classic fundraiser, the Great Garage Sale—indoors, of course—and the Fall Festival of Healthcare...the list goes on and on! So make plans to enjoy the changing season and the beautiful colors. And also make plans to attend the annual Fall Festival of Healthcare set for Friday, September 23, from 8:30 am - 11:30 am. The activities and complimentary screenings are free but there is a charge for bloodwork and a flu shot, so remember to bring your insurance card, and call to schedule a time for your flu shot. Mayor Burchett, the Health Department, and other community partners will be on hand to remind folks about the importance of fall prevention and the need to be proactive in healthcare. New this year will be a screening that shows the amount of time it takes to "hit the brake" while driving! You just might be surprised to know how long it takes you to stop these days!

You will also notice some new faces at the reception desk; Becky Chandler has retired, and while she is missed tremendously, we welcome John Klimek and Brenda Beal, who have the joy of greeting you as you return this fall. Be prepared to complete new paperwork once again so we can provide documentation to continue to receive grant funds!

SEPTEMBER/OCTOBER PROGRAMS

AAA Driver Safety Program: Thursday, October 13. 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 Tuesday and Wednesday, September 21 & 22. Please call Carolyn Rambo at 382-5822 for info and to register for this two-day refresher course.

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

Ask-a-Pharmacist: Thursday, October 6. Walgreens Pharmacist, Jay Wyrick, will answer

medication questions.

Belly Dance: Wednesdays. It's time to try something new!! Join Rusty and the dancers as they work on their core muscles while having a ton of fun.

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

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

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

Camera Club: Wednesdays, September 21 & October 19. In September bring your photos for Show and Tell.

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

Creative Writers Workshop: Mondays, September 12 & 26 and October 10 & 24. Join Barbara Stephens and be encouraged to put your thoughts on paper for future generations—or just for the fun of it!

Council on Aging (COA) and Seniors for Creative Learning (SCL) Joint Meeting: Thursday, September 8. Dr. Cheri Johnston, family practice physician, Tennova Farragut, will be discussing *A Safety Guide for Over-the-Counter Medications*. Thursday, October 13. Jeff Branham, chief traffic engineer, City of Knoxville, will be here to discuss *Autonomous Vehicles and Other Transportation Strategies that Will Revolutionize Mobility*. Both events are open to the public.

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

Earth Science: Class resumes October 3 with professionals from the science field.

Fabric Painting: Mondays, September 12 & October 10. Yvonne Fields teaches the art of fabric painting in a relaxed setting! Newcomers welcome.

Flower Lovers Club: Thursday, October 6. Autumn Flowers will be the topic of the day.

French: Tuesdays. Keep mentally fit while

enjoying learning another language in a setting where being fluent is not required!

Fun Film Fridays: Enjoy popcorn and a movie each Friday at 12:30 pm.

Great Garage Sale: Friday, September 9, 9:00 am-3:00 pm. This indoor garage sale is open to the public—anyone can sell and anyone can buy! \$5.00 will get you indoor space to sell your attic and basement "treasures." Call for details.

Gift Shop: Open daily from 10:00 am-2:00 pm with handmade/handcrafted treasures provided by Gift Shop members. New crafters are invited to join the Gift Shop; call for details. The yearly membership fee is only \$10.

Greenhouse: On Tuesdays and Fridays, beginning September 20, put your green thumbs to work!

Happy Hikers: Thursdays. Newcomers are welcome; please call Carrie Roller at 719-1604 if you are interested in participating in a hike or for additional information. Please meet at the trailhead at 10:00 am.

September 8 Panther Creek State Park Maple Arch Double Loop, a 6-mile hike.

September 15 Sampson Mountain, Greenville, a 5-mile hike.

September 22 Cumberland Gap Ridge Trail, a 4-mile hike.

September 29 Bald River Trail

October 13 Ramsay Cascades, an 8-mile hike.

October 20 Rugby, a 5-mile hike.

October 27 Bote Mountain/Finley Cane Loop, a 7-mile hike.

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

Harrah's Trip: Tuesday, September 6. Please call Frankie at 525-1475 or the Center for October trip date. Light refreshments at 7:30 am with departure promptly at 8:00 am. Cost is \$35/person.

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

SEPTEMBER 2016 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
BLOOD PRESSURE CHECKS DAILY 10:30—11:30			9:00 Thursday Walkers 12:30 SCL Kick Off	12:30 Fun Film Friday 
CENTER CLOSED LABOR DAY HOLIDAY 	8:00 Harrah's Trip 10:00 iPad/iPhone Beginner Class 10:00 Singing Seniors Return 11:30 Creative Endeavors 1:30 Tea Dance	10:00 iPad/iPhone Beginner Class 12:30 Texas Hold'em 	10:00 Happy Hikers and Thursday Walkers 2:30 SCL/COA 	8:30 Indoor Garage Sale 10:00 Italian Class Begins 10:00 Diabetic Sweet Spot 7:00 pm Big Orange Dance
9:30 Creative Writers 10:00 iPad/iPhone Advanced Class 10:00 Veterans Q&A 12:00 Lunch & Learn 1:30 Fabric Painting	9:00 Tai Chi Open House 10:00 iPad/iPhone Advanced Class 	9:00 Piano Lessons 10:00 Facebook Class 	9:00 Piano Lessons 9:00 Toenail Clipping 10:00 Happy Hikers and Thursday Walkers 2:00 With Hope in Mind	8:30 O'Connor Golf Tournament \$125/player 11:30 Mayor Burchett's Senior Picnic 7:00 pm DJ DANCE
9:00 Legal Assistance 10:00 Android/Galaxy Class 	10:00 Android/Galaxy Class 	9:00 Advisory Board 10:00 Camera Club 10:00 Pinterest/Twitter/Instagram 12:00 AARP Driver Safety	10:00 Happy Hikers and Thursday Walkers 12:00 AARP Driver Safety	9:00 Fall Festival of Healthcare & Flu Shots 12:30 Matter of Balance (8 Week Class)
9:30 Creative Writers 10:30 Regional Brain Games Competition 1:00 Market Group			8:30 SCL Field Trip 10:00 Happy Hikers and Thursday Walkers	

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	9:00 Beg. Bridge 9:00 Quilting 9:00 Tai Chi 10:00 Basic Arthritis Fdn. Exercise 10:00 French 10:00 Party Bridge 10:00 Singing Seniors 10:00 Tai Chi Set Practice 10:00 Water Aerobics 11:00 Adv Arthritis Fdn. Exercise 1:00 Cribbage & Table Games 1:00 Forever Young Ensemble 1:00 SCL 1:30 Afternoon Dancing 2:30 SCL	8:30 Adv Open Painting 8:45 Advanced Senior Cardio 9:00 Cadet Band 9:00 Piano Lessons 9:30 Band Practice 10:00 Advanced Painting 10:00 Concert Band 10:00 Party Bridge 10:00 Water Aerobics 12:00 Belly Dance 12:15 Health & Humor 12:30 Beginner Painting 1:30 Beg.-Beg. Line Dance 1:30 Bingo 2:00 Beginning Line Dance	8:30 Blood Glucose Checks 9:00 Knitting & Crocheting 9:00 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 Water Aerobics 11:00 Advanced Arthritis Foundation Exercise 1:00 SCL 2:30 SCL	8:45 Advanced Senior Cardio 9:00 Woodcarving 10:00 Spanish 10:00 Water Aerobics 11:00 Italian 11:00 Silver Stage Players 12:30 Fun Film Friday 1:00 Jam Session Billiards Room Open Monday—Friday 8:30 am-4:30 pm

OCTOBER 2016 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<p>3</p> <p>9:00 Legal Assistance 10:00 Earth Science 10:00 iPad/iPhone Beginner Class</p>	<p>4</p> <p>10:00 iPad/iPhone Beginner Class 1:30 Tea Dance</p> 	<p>5</p> <p>1:30 Bingo</p> 	<p>6</p> <p>9:30 Ask-a-Pharmacist 10:00 Thursday Walkers 2:00 Flower Lovers</p> 	<p>7</p> <p>10:00 Spanish-weekly 12:30 Fun Film Fri.-weekly</p> <p>8</p> <p>7:00 pm Halloween Dance David Correll Band</p> 
<p>10</p> <p>9:30 Creative Writers 10:00 Veterans Q & A 1:30 Fabric Painting</p>	<p>11</p> <p>9:00 Toenail Clipping 10:00 iPad/iPhone Advanced Class</p>	<p>12</p> <p>9:00 Toenail Clipping 10:00 iPad/iPhone Advanced Class</p> <p>SENIOR JOB FAIR 9:00 am - 12:00 pm</p>	<p>13</p> <p>8:30 AAA Drivers Training 10:00 How to Use Facebook Class 10:00 Happy Hikers & Thursday Walkers 2:30 SCL/Council on Aging</p>	<p>14</p> <p>9:30 SCL Field Trip 10:00 Diabetic Sweet Spot</p>
<p>17</p> <p>9:00 Legal Assistance 10:00 Galaxy Tablet Class</p>	<p>18</p> <p>10:00 Galaxy Tablet Class</p>	<p>19</p> <p>9:00 Advisory Board 10:00 Camera Club 10:00 Pinterest/Twitter/Instagram</p>	<p>20</p> <p>10:00 Happy Hikers & Thursday Walkers 2:00 With Hope in Mind</p>	<p>21</p> <p>7:00 pm DJ Dance</p> 
<p>24</p> <p>9:30 Creative Writers 10:00 Journey of Grief 1:00 Market Group</p>	<p>25</p> <p>9:00 Quilting</p>	<p>26</p>	<p>27</p> <p>10:45 Low Vision: Young People's Concert</p>	<p>28</p>
<p>31</p> 				<p>BLOOD PRESSURE CHECKS DAILY 10:30—11:30</p>

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:45 Adv. Senior Cardio 10:00 Party Bridge 10:00 Water Aerobics 10:30 Loss & 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 Singing Seniors 10:00 Tai Chi Set Practice 10:00 Water Aerobics 11:00 Adv. Arthritis Foundation Exercise 1:00 Cribbage & Table 1:00 Forever Young Ensemble 1:00 SCL 1:30 Afternoon Dancing 1:30 SCL</p>	<p>8:30 Open Painting 8:45 Adv. Senior Cardio 9:00 Piano Lessons 9:30 Band Practice 10:00 Party Bridge 10:00 Water Aerobics 12:30 Belly Dance 12:30 Health & Humor 12:30 Texas Hold 'Em 1:30 Bingo 2:00 Beginning Line Dance</p>	<p>8:30 Blood Glucose Checks 9:00 Knitting & Crocheting 9:00 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 11:00 Adv. Arthritis Foundation Exercise 1:00 SCL 2:30 SCL</p>	<p>8:45 Adv. Senior Cardio 9:00 Woodcarving 10:00 Spanish 10:00 Water Aerobics 11:00 Italian 11:00 Silver Stage Players 12:30 Fun Film Friday 1:00 Jam Session</p> <p>Billiards Room Open Monday—Friday 8:30 am-4:30 pm</p>

O'CONNOR, CONTINUED FROM P. 5

FALL FESTIVAL OF HEALTHCARE: Health Fair, Flu Shots, and Fall Prevention Kickoff on Friday, September 23, 8:30 am - 11:30 am. Please call 523-1135 to schedule a time for your flu shot; please bring your insurance card.

Internet Café: Open daily. Drop in and enjoy today's tools of communication—and Cable TV as well!

Investment News: Monday, September 12. Join John Smartt, Jr., for Your Investment Questions Answered.

Italian Language Class: Fridays, beginning September 9. Join Tom Whisman as he teaches this romantic language and culture.

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

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

Loss & Life Changes Support Group:

Mondays. Pat Green with St. Mary's Hospice listens to concerns and offers encouragement to folks dealing with the many changes that occur in life.

Monday, October 24: **Journey of Grief** - Pat Green, will help participants to understand ways of coping during the holiday season.

Low Vision Group: Friday, September 16, the group will attend the Mayor Burchett's Senior Appreciation Picnic. Thursday October 27, the group will attend the Young People's Concert with the Knoxville Symphony Orchestra. Cost is \$6. Please call for more information and to join this social group.

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

September 12, Safety in the Home – An Occupational Therapist from Westmoreland Health and Rehab Center will discuss how to reduce the risk of falls, fires, and other accidents in the home by identifying and making adaptations to potentially unsafe areas in the home.

October 3, Staying Young – Dr. Lenette Perra will share information about nutrition, activity, and a timeline for health screening.

October 17, What Is an Infectious Disease? – Dr. Mike O'Neil, Pharmacy Practice Department Chair at South College, will discuss facts, symptoms, and treatment of a few common infectious diseases.

Matter of Balance: Fridays, September 23 – November 18. This 8-week course, taught by

Beth LaFontaine of UT Medical Center, will teach practical strategies to manage falls. Please call to register for this free course.

O'Connor Center Band (Cadet for Beginners/Concert for Advanced): Wednesdays. Band Director Linda Edwards provides encouragement and direction to newcomers and pros alike! No experience is necessary and newcomers are welcome! Some instruments are available. Gently used instruments can be donated to the Center for a tax deduction.

O'Connor Golf Tournament Fundraiser: Friday, September 16, 8:30 a.m. tee time. Call the Center for details.

Painting: Wednesdays. New classes begin September 7; cost is \$40 for a 10-week session. Newcomers welcome.

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

Piano Lessons: Wednesdays and Thursdays. New 10-week lesson series begins September 14 & 15. Student must have a piano or keyboard to practice. Cost includes a materials fee for the music and a \$5.00 weekly donation; space is limited.

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

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

Senior Appreciation Picnic: Friday, September 16, 11:30 a.m., John Tarleton Park. Mayor Tim Burchett will once again host this fun event for seniors! Limited transportation available; call 523-1135 by September 9 to reserve your seat on the bus.

Senior Job Fair: Wednesday, October 12. Part-time and full-time employment opportunities; call 524-2786 for information.

Singing Seniors and Singing Seniors' Forever Young Ensemble: Rehearsals resume on Tuesdays, beginning September 6.

Seniors for Creative Learning (SCL): Tuesdays and Thursdays. A partnership between the O'Connor Center and the UT Department of Professional and Personal Development make this lecture series possible. Call 374-0150 for information and to register for classes, including the September 1st Kick Off Luncheon.

Spanish: Fridays. Instructor Bonito Lopez

Abarca will lead this basic class for beginners and intermediate students.

Sweet Spot for Diabetics: Fridays, September 9 and October 14. A pharmacist from Mac's Pharmacy will lead a diabetes workshop.

Taoist Tai Chi Classes and Practice: Tuesdays and Thursdays. Everyone is welcome to participate, regardless of level of involvement. Recent studies show that Tai Chi helps to improve balance and coordination while improving both mental and physical health. Plan to attend the Open House on September 13, at 9:00 am.

Tennessee Valley Fair "Senior Day": Tuesday, September 13. Limited "free" transportation will be provided from the O'Connor Center. Please call the Center before September 9 to reserve your spot.

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

Toenail Clipping by Appointment Only: Thursday, September 15, with Kelli Jobe; Tuesday, October 11, with Dr. Akerman; Wednesday, October 12, with Keli Jobe. Cost is \$12; please call 523-1135 to schedule an appointment.

Veterans Services: Mondays, September 12 and October 10. 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 class. Cost is \$2/class.

With Hope in Mind/National Association of Mental Illness (NAMI): Thursdays, September 15 and October 20. 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 am, and Seated Yoga on Thursdays at 11:20: 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: \$2/Class

Beginner-Beginner Line Dance: Wednesday. Specifically for those with no experience.

Beginners Line Dance: Wednesdays. For the true beginner.

Belly Dance: Wednesdays. For everyone—a fun

O'CONNOR, CONTINUED ON P. 9

O'CONNOR, CONTINUED FROM P. 8

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, September 6 and October 4. Good music, fellowship, and refreshments.

3rd Friday Night Dances – with refreshments: September 16 and October 21. An “ALL TYPE”

dance with a special DJ from Pro-Audio Mobile DJs with great music, and refreshments!

2nd Saturday Night Ballroom Dances – with refreshments: September 10: Big Orange Dance with the David Correll Band; October 8: Halloween Dance with the David Correll Band.

Tech-Savvy Senior Computer Classes

Please Preregister & Prepay

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

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

Mon-Tues, Sept. 19 & 20, 10:00 am to Noon.

Mon-Tues, Oct. 17 & 18, 10:00 am to Noon

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

Tues-Wed, Sept. 6 & 7, 10:00 am to Noon

Mon-Tues, Oct. 3 & 4, 10:00 am to Noon

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

Mon-Tues, Sept. 12 & 13, 10:00 am to Noon

Tue-Wed, Oct. 11 & 12, 10:00 am to Noon

Facebook: \$15, 1-day class

Wed, Sept. 14, 10:00 am to Noon

Thurs, Oct 13, 10:00 am to Noon

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

Wed, Sept. 21, 10:00 am to Noon

Wed, Oct 19, 10:00 am to Noon

Private Lessons with Ron Dickerson: \$15, 1-hour

Tuesday & Thursday afternoons, by reservation only

OOA PROGRAM CONTRIBUTORS

CAREER CLOSET

Sandy Berwick
Rebecca Kennard

CHIPS

Martha Gambrell

FEED A PET

Anonymous (1)
Kandice Bewley- Baker
Linda Bell
Dan & Mona Beverly
Julia Brelsford
Mr. & Mrs. Destiny Carter
Ronald & Suzanne Coile
Paula Deen
Linda Frame
Marty Hatfield
Paul & Glenda Houston
J. Hurm
A. Randall Hutton
Cynthia Karkut
Peter & Fawn Landrum
Candace Mast
Steve & Toni Mealor
Meals on Wheels America
Mary Muir
Stephen Oliver
Operation Kibble
Sharon Perkey
Juanita Reynolds
Beth Robison
Kelly Ross
Martha Rosson
Kenneth & Kathleen Sherfick
In Memory of “Moose”
Dennis & Kathy Hayward
In Memory of James S. Bennett

Marjorie Bennett Stephens
In Memory of Steve Frazier
Roxane Bowman
In Memory of Louise Musgrove
E. Streets
In Memory of Billie & Allan Petree
Debra Petree
In Memory of Pam Worsham
Steve & Lesa Hawkins
In Memory of Pam Worsham
Teresa Williams
In Memory of Kortnie & Katie
Sherry Cannon
In Memory of Phin
Kathy Ethridge
In Memory of Emma Blue
Christy French
In Memory of Molly Beagle
Mary Ann Page
In Memory of Oz
Marilyn Spahr

MOBILE MEALS

Glen Anderson
Delmus & Mary Ayers
Dedra Bohle
Ann Brown
Betty Broyles
Chick-fil-A at Kingston Overlook
Colonial Heights United Methodist Church, J. Ray Stuart SS Class
James & Brooksie Cox
Diana Cruze
Debbie Cutler
Timothy Cutshaw
Tom Dunne
Patricia Ferrell
Lois Frady Joy SS Class

Rollin Geddes
Gentry-Griffey Funeral Chapel
Pam Lovell
Debbie Lowe
David McCormick
Cynthia McLean
Jill McNutt
Amelia Myers
Oakwood Baptist Church,
Homemaker’s SS Class
Lewis M. Patterson
Norma Peterson
Laurie Plachinski
Quality Private Care, Inc.
Mayor Madeline Rogero
Kelley Sexton-Bruce
John & Beth Smith
Smithwood Baptist Church, Joy Class
Hanno & Carol Weitering
David & Carolyn Wells
Harvey & Deborah Booher
Stephen & Beverly Jones
Elizabeth Kornfeld
Alice Marvin
John Murphy
Leta Pease
William Shadowens
Amy Viars

In Memory or In Honor

In memory of Barbara Bell
Laura Van Eps
In Memory of Billy Brake
John & Rebecca Sewell
In Memory of Jana Benton
Dr. & Mrs. Michael Crowell
In Memory of Leila Brown
Norma Velasco

In Memory of Roy Ellison
George & Candace Frazer
In Memory of Roy Ellison
Kenneth & Jeanette Hill
In Memory of Roy Ellison
Dorothy Winklbauer
In Memory of Roy Ellison (Cracker Man)
Jim & Kathy Killingsworth
In Memory of Laurie Pelot Gooch
Concord United Methodist Church,
Commitments SS Class
In Memory of Doris Jean Harrel
Ruth Cook
In Honor of Doris Jean Harrel
Dreama Gasaway
In Memory of Doris Jean Harrel
Harley Owner’s Group,
Dragon Chapter
In Memory of Doris Jean Harrel
Donnie & Kim Hutcheson
In Memory of Doris Jean Harrel
Chris Richards
In Memory of Cecil Hauther
Stella Harris
In Memory of Dorothy Keathley
Edward & Valerie Nicholson
In Memory of Dorothy Keathley
John & Carol Roberts
In Memory of Debbie Knox
Bob & Shirley Atchley
In Memory of Debbie Knox
B.R. & Sue Chilcoat
In Memory of Debbie Knox
Grace Baptist Church, BC & The Boys
SS Class
In Memory of Debbie Knox
Kristen Hibbert

In Memory of Debbie Knox
David Lett
In Memory of Debbie Knox
Marian Lewis
In Memory of Debbie Knox
Glenn & Letitia Malone
In Memory of Debbie Knox
Donald & Patsy Smith
In Memory of Debbie Knox
Tammy Stooksbury
In Memory of Kenneth Monty
Akiko Takayaman
In Memory of Clarence Thornhill
Carl & Vandilla Fielden
In Memory of Clarence Thornhill
Richard & Mary Lee

O'CONNOR CENTER

Akima Club
Grant Bishop
Creative Endeavors
Jim & Frankie Hicks
Knoxville East High School Alumni Association
O'Connor Dance Club
John M. Smartt, Jr.
In memory of Paul Hinchey
Jim & Frankie Hicks
In memory of Sam Pyle
Jim & Frankie Hicks

PROJECT LIVE

Jeanne Bishop
Teresa & Carson Hutchison
Kazman Johnson
Beth Robison
John Whittenburg

CLEANING OUT? HELP THE PILLOW PROJECT.

If you're cleaning out as we head into fall, please keep the Office on Aging's Pillow Project in mind. The Pillow Project provides basic household goods to seniors (age 60+) who have experienced homelessness and have been helped to find new places to live through the OOA's Project LIVE. Your donation of these items helps the seniors we serve to remain secure in their housing. In addition, Project LIVE is always looking for volunteers—individuals, families, and groups—who can help with minor home repair projects, moving, housekeeping, and yard work.

Items needed for the Pillow Project are new or, where applicable, very **lightly** used supplies in these general categories, with a few ideas listed after each one:

- Kitchen/Dining Room (dishes, cookware, utensils, oven mitts, microwave ovens)
- Bedroom/Bedding (beds, mattress covers, pillows and cases, sheets)
- Bathroom (towels, washcloths, soap)
- Cleaning (mops, paper towels, trash bags, cleaners and detergents)
- Personal use (toiletries, Ensure, disposable briefs)

For a complete list, go to www.knoxseniors.org/documents/LIVE-needs.pdf or contact Project LIVE.



A critical need in upcoming months will be safe space heaters of the oil-filled radiator type.

If you or your business or group can provide any of these items, contact Project LIVE at 524-2786 or misty.goodwin@knoxcac.org. ■

STOP FALLS BEFORE THEY STOP YOU

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

The Knoxville-Knox County Senior Safety Task Force is celebrating Falls Prevention Awareness Month at the O'Connor Center health fair on Friday, September 23. Several different stations will be available: home safety kits, vision testing, medication safety, and balance exercises among other activities.

Sponsors for this event include Benchmark Therapy as a platinum sponsor, Knoxville-Knox County Health Department, Knox County CAC Office on Aging, and other local sponsors including hospitals, senior service providers and financial services providers.

Additional Fall Prevention Month events will be hosted throughout September. Check with your local senior center for more information. ■



GAP MEETINGS

Grandparents as Parents (GAP) holds monthly meetings at 10 a.m. on the last Tuesday of each month at the L.T. Ross Building, 2247 Western Avenue, 37921. Participants learn from guest speakers and from the experiences of other members of the group. These meetings are open to the public, to anyone interested in the topic, and to people who work in any role as or with relative caregivers. If you plan to attend, please RSVP by calling the Office on Aging front desk at (865) 524-2786.

At the **September 27** meeting, Kristin Bradley, from the Helen Ross McNabb Center, will discuss *Effective Tools for Coping with Stress*. On **October 25**, Alice Allen, from the CAC Office on Aging, will present *Caring for the Caregiver: Self Care Will Make You a Better Caregiver*. ■

••••• 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 **Labor Day, Monday, September 5.** Mobile Meals participants will receive boxed lunches for this holiday.



**Guess what season it is?
Volunteer Season!**

There are many ways to get involved this fall!

Do you have a heart for helping other seniors? Ever think how hard it would be without family and friends around? Come help a senior in need!

The CAC Office on Aging has several opportunities to lend a hand and offer compassion to Knox County seniors:



■ **Mobile Meals:** Deliver a meal and a friendly smile to a homebound senior. Mobile Meals delivers a hot meal five days a week. For some seniors, the Mobile Meals volunteer may be the only person they see all week; it means the world to them to see a friendly face.

■ **Volunteer Assisted Transportation:** Drive homebound seniors to the doctor, the grocery store, or even the hair dresser. VAT volunteers drive agency-owned Toyota Priuses to help seniors get out and about.

■ **Connecting Hearts:** "Adopt a senior" to visit once a week. Deliver a bag of groceries, provided by CAC, and sit and chat with a local senior who has no family or connections in the area.

■ **It's a SNAP!** The Supplemental Nutrition Assistance Program is seeking a volunteer to help with office work, promotion, client calls, and event outreach. Why not help seniors get the benefits they need to live long healthy lives?

"The willingness to experiment with change may be the most essential ingredient to the success of anything."
~Pat Summitt

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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ADOPT-A-SENIOR SPONSORS JUNE & JULY 2016 DONATIONS

Anonymous (8)
Barbara Abner
Beaver Creek Cumberland Presbyterian Church, Searchers SS Class
Mikeal Berry
John & Debbie Black
Alan & Dianna Brizzolara
Joyce Brown
R. & S. Brown
Chick-fil-A at Kingston Overlook
Chick-fil-A at Turkey Creek
Robert & Honerlin Del Moro
Farragut Presbyterian Church
Julius Gregg
Robert & Edwina Harvey

David & Janice Ishee
Dale & Mary Kangas
Jim & Kathy Killingsworth
Meridian Baptist Church,
Ed Arnett SS class
Steven & Sara Miller
Marie Norman
Helen Roehl O'Connor
The Table
Pat Weaver

AAS IN MEMORY OR HONOR
In Memory of Jana Benton
East Tennessee Foundation, Gordon & Nancy Thomas Fund

In Memory of Thelma, Marsha & Kenneth Carrington
Marilyn C. Davidson
In Memory of Roy Ellison
K. & D. Hanlein
In Memory of Laurie Pelot Gooch
Bobby & Ellen Ellis
In Memory of Debbie Knox
Dan & Kay Golden
Happy Hiker's
T. Michael & Joanne Knox
Lindsay Phillips
Andrea White
In Memory of Dr. Arnold B. Lovell
Jim & Kathy Killingsworth

In Memory of Kenneth Mills
Vivian Mills
In Memory of Kenneth Monty
East Tennessee Foundation,
Opportunity Endowment Fund
John & Marjorie Reynolds
William & Virginia Schall
In Memory of Mike Mynatt
East Tennessee Foundation, Gordon & Nancy Thomas Fund
In Memory of Clarence Thornhill
Ronel & Phyllis Cupp
Roy & Janice LaRue

ONE SENIOR FOR ONE YEAR
William Bugg

Food Lion
Meals on Wheels America
Jim & Dorothy Petrone
West Knoxville Rotary Club

ONE SENIOR FOR ONE YEAR MEMORY OR HONOR
In Memory of Andrew J. Smith
Anonymous

TWO SENIORS FOR ONE YEAR
Fairfield Service Group, Inc., Employees Management Society at the University of Tennessee
Old North Knoxville, Inc.

OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

P.O. BOX 51650 • KNOXVILLE, TN 37950-1650

ELDER NEWS & VIEWS

IS THE NEWSLETTER OF
THE KNOXVILLE-KNOX COUNTY OFFICE ON AGING

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COA: WILL SELF-DRIVING CARS CHANGE OUR FUTURE?

Have you heard about vehicles that drive themselves and wondered if that could be safe and practical? Transportation systems are evolving very quickly and will be employing technology advancements that will change how we travel. We will explore where these technologies might take us in the near future and how they will expand transportation for local seniors. We will also look at some of the obstacles that might be slowing down the availability of these options, such as regulatory, legal, and engineering issues.

Join Jeff Branham of the City of Knoxville’s Department of Engineering on

Thursday, October 13, at 2:30 p.m. at the O’Connor Center, as he explains the ins and outs of autonomous vehicles and how they are revolutionizing transportation.

Branham has 25 years of experience in the transportation engineering industry. His professional experience includes more than 12 years as a design engineer and project manager, two years managing the



Cumberland Gap Tunnel, and two years as traffic engineering chief for the City of Knoxville.

The public is invited to attend this joint meeting of the Council on Aging and Seniors for Creative Learning to find out more about autonomous vehicles and the future of transportation. ■



OCTOBER MEETING

Date: Thursday, Oct. 13

Time: 2:30 p.m.

Place: O’Connor Center
611 Winona St.