

# ELDER NEWS

NOVEMBER/DECEMBER 2016

# VIEWS

OFFICE ON AGING  
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE



## WORKSHOP EXAMINES HOW WE VIEW AGING

OFFERS PRACTICAL ADVICE FOR SENIORS, FAMILIES & OTHERS

**Aging: A Family Affair 2016** features a thought-provoking keynote, an information-packed lineup of speakers, more than 60 exhibitors with valuable materials focused specifically for seniors and their caregivers, a variety of free health screenings, and includes a light breakfast and lunch.

### 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:** \$30 per person, includes lunch, an exhibitors' fair, and materials.

Preregistration is not required but ensures lunch.

**Call 524-2786 for more info.**

*Thanks to UT Medical Center, Covenant Senior Health, Tennova, and the Knoxville News Sentinel, whose sponsorship keeps the cost of Aging: A Family Affair low.*

### 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

Our keynote speaker is Tony Sarmiento, executive director of Senior Service America, Inc., (SSAI) from Washington, D.C. SSAI is committed to making it possible older adults to participate fully in determining their own future and the future of their communities by advocating for employment opportunities. For 40-plus years, SSAI has operated the federal Senior Community Service Employment Program (SCSEP) through a network of local subgrantee organizations, of which the Knox County Office on Aging is one. Sarmiento has an interest in how people of all ages view aging.

Speakers for other workshops are also experts in their fields. They include Amelia Crotwell, certified elder law attorney; Kostas Triantafyllou, M.D.; Kate Allen, caregiver consultant; Pat Green, licensed master social worker; Lawrence Lee, M.D.; W. Jeremy Mahlow, M.D.; Blake McCoy, insurance consultant; Brent Turner, financial advisor; Sandra McGuire, professor emeritus, UT Knoxville; Jim Shulman, executive director, Tennessee Commission on Aging & Disability; Suzanne Adkins, physical therapist specialist; and seasoned travelers and local business owners Angie Cannon and Crissy Cannon Glarrow.

You can learn more about our speakers, the workshop offerings, and other info about Aging: A Family Affair from the brochure, which is available at [www.knoxseniors.org/afa.shtml](http://www.knoxseniors.org/afa.shtml) or by mail (call 865-524-2786). Attendees can choose any three of the eight session topics offered.



### WORKSHOP REGISTRATION

You can register for **Aging: A Family Affair** in a couple of ways.

**Register and pay by check:** Use the registration form in the brochure. Mail it and your check for \$30 to the address on the form.

**Register and pay by credit card online:** Go online to [www.knoxseniors.org/afa.shtml](http://www.knoxseniors.org/afa.shtml) then click on the workshop registration link, and fill out your workshop choices and credit card information.

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

Go online to [knoxseniors.org](http://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 immediately: (865) 524-2786. ■

## OOA OFFERS HOLIDAY GIFTS FOR EVERYONE



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

### Exceptional Gifts

at O'Connor: A great place to start is at the O'Connor Center's Exceptional Gifts shop, which has a wide variety of unique handmade gifts, ranging from original artwork to wood carvings, knit and crocheted items, baby gifts, adorable plush animals, note cards, jewelry, and some unique gifts that you won't find elsewhere. The store is run as a cooperative, with members working together to make and sell their products. Being a co-op keeps costs low. You

can visit Exceptional Gifts at the Center, 611 Winona Street, from 10:00 a.m. to 2:00 p.m., Monday through Friday. Please note that the shop is closed from Monday, December 19-January 2.

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

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

Another gift that can bring not only peace of mind to seniors and their loved ones but also can save them money

over the course of the year is a **membership in the Office on Aging's One Call Club**. This membership program costs only \$50 annually to join and connects members to an ever-growing list of vendors who provide all kinds of home services. To become a One Call Club vendor, businesses have to go through a background check, provide references, and have proof of insurance and licensing. Vendors usually offer a discount on services to One Call Club members, and most members report that the money they saved from the first service call more than made up for their membership fee. One of the best things about the One Call Club is not having to worry about being scammed.



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

## LITTLE GIFTS MEAN A LOT

Each year, individuals and community groups assist the Office on Aging in providing gifts and serving hot meals during the holiday season for the seniors served by the Mobile Meals, Project LIVE, or the Daily Living Center. Often, these gifts are the only ones that these seniors will get, and though the items themselves are not of great value, they are priceless to those who receive them.

CAC Mobile Meals is again partnering with Grayson Subaru to fight senior isolation and hunger. This local effort is part of the national Share the Love event, with funds designated for Meals On Wheels Association members [see sidebar].

### HOW CAN YOU HELP?

- **Gifts:** Fill a medium size gift bag(s) (about 13" x 11") with daily-use items and “special touches.” Gift ideas and details available at [www.knoxseniors.org](http://www.knoxseniors.org). Collections will be accepted from Monday, November 28, to Tuesday, December 14, at the following locations:
  - CAC Office on Aging, 2247 Western Ave, M-F, 9 a.m.- 4 p.m.
  - Grayson Subaru 8729 Kingston Pike, M-F, 9 a.m.-7 p.m.; Sat., 9 a.m.-5 p.m.
- **Volunteers:** Help is also needed to sort and organize the gifts for delivery from Thursday, December 17 through Tuesday, December 22.
- **Deliver Meals:** Mobile Meals will deliver on Thanksgiving Day and Christmas Day. Volunteers are especially needed during the busy holiday season, November 21-23, and December 19-30.
- **For information** about gift-giving or volunteering, call Mobile Meals

volunteer coordinator Shelly Woodrick at (865) 524-2786 or, after November 15, you can also click on the Mobile Meals gift icon at [www.knoxseniors.org](http://www.knoxseniors.org) for details. ■

**Considering buying a Subaru?** While you are dropping off your holiday gifts at Grayson Subaru you can also help provide meals to homebound seniors in Knox County **during the Share the Love event, November 17-January 3**.

For every new car sold or leased during the event, you can choose Meals on Wheels of America to receive a \$250 donation from Subaru on your behalf. Those funds in turn will be distributed to Mobile Meals (the Meals on Wheels Association member for Knox County). Nationally, to date Subaru has raised \$10 million for the Meals on Wheels Network, providing 1.44 million delivered meals to seniors in need.





## ACTIVITIES ABOUND DURING HOLIDAYS



**THERE IS ALWAYS SOMETHING GOING ON AT THE CENTER, AND PLENTY OF FRIENDLY PEOPLE WHO WILL WELCOME YOU IN, BUT THAT'S ESPECIALLY TRUE DURING THE HOLIDAYS.**

### ■ **Second Saturday Night Ballroom Dances – with refreshments:**

November 5: **Veterans Dance** with the Al Curtis Band  
 December 10: **Christmas Dance** with the Mood Swing Band.  
 December 31: **New Year's Dance** with David Correll Band.

Tickets are required. Cost \$15 for Dance Club nonmembers, and \$10 for Dance Club members.

■ **Veterans Luncheon:** Wednesday, November 9. Join us at 11:00 a.m. for a time of celebration as we thank our veterans. The O'Connor Band will be *Saluting the Songs of War!* Before or after the luncheon, Veterans can enjoy a little pampering at the YMCA. **Reservations are a must** for both the luncheon and pampering; please call the Center, 523-1135, and YMCA, 637-9622, before Friday, November 4, to make your two reservations. You won't want to miss this special day!

■ **Thanksgiving Covered Dish:** Wednesday, November 17. Join us at 12:00 noon, for a great time of fellowship and a delicious covered dish meal with Texas Roadhouse rolls, and turkey, dressing, gravy provided by Covenant Senior Health. Please sign up at the front desk by **Thursday, November 10**. Everyone who attends the meal must bring a food item or pay \$5.00/person at the time of registration so food can be purchased for the party!

■ **Deck the Halls and Walls:** Tuesday, November 29. Get in the holiday spirit and join in decorating the O'Connor Center. Special holiday treats will be available for you to snack on!

■ **Singing Seniors and Forever Young Ensemble:** Monday, December 5. Mighty Musical Monday Holiday Performance. Our joy-filled singers will perform at the Tennessee Theatre.

■ **Singing Seniors Holiday Performance:** Wednesday, December 7. Bring your friends and family to enjoy this musical concert with holiday refreshments!

■ **Candlelight Holiday Dinner with Crafts by Candlelight.** Enjoy browsing and shopping for holiday gifts while waiting to be seated! Tuesday, December 13, at 5:00 p.m. Enjoy Famous Dave's special Christmas meal with all the trimmings, and then more shopping as you depart. Entertainment provided by the O'Connor Band, directed by Linda Edwards. Cost: \$5.00/person. You must pay at the time that you **make your reservation, by Friday, December 9**.

■ **Silver Stage Players Performance:** Thursday, December 14. Enjoy this 2:00 pm performance of the comedy **Up a Hollow on Christmas Eve**, written and directed by Jeanette Stevens. Refreshments will be served following the performance. ■

## PHILIPS LIFELINE: FALL PROTECTION & MORE

Philips Lifeline offers a variety of products to protect seniors or people who live alone. Philips Lifeline is especially known for its commitment to reduce the risk of falls in the home among seniors and others who are at risk for serious injury due to falls. Lifeline products are offered through the Office on Aging as a service to seniors in our community. There are many affordable plans and systems available, and you can help seniors you know find the ones that are right for them.

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

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


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



## ENJOY A LITTLE HOLIDAY FOOD AND A LOT OF SAX AT COUNCIL

The holidays always bring festive thoughts of twinkling lights, holiday cookies, mistletoe, gift-giving, and the sound of holiday music! **Plan to join us for the Council on Aging meeting on December 8 at 2:30 p.m.** at the O'Connor Center as holiday music fills the auditorium and hallways. The University of Tennessee Saxophone Ensemble, directed by Dr. Allison Adams, will perform a variety of

of Music, perform together on soprano, alto, tenor, and baritone saxophones. This group enjoys playing a wide variety of musical pieces, and performs both on and off campus, striving to bring quality music outside the walls of the Natalie L. Haslam Music Center. Their December concert at the O'Connor Center will feature seasonal tunes to put everyone in the holiday spirit! Or, as they say to all, Merry Saxmas!



**OCTOBER MEETING**  
**Date:** Thursday, Dec. 8  
**Time:** 2:30 p.m.  
**Place:** O'Connor Center  
 611 Winona St.

music and holiday tunes. The ensemble, composed of saxophone majors in the School

This is a great time to meet others, network and lift your spirits! Bring your holiday smile and good cheer to this fun, toe-tapping saxophone concert. Enjoy festive holiday refreshments and visit "Nick of Time" gift tables. This event is sponsored by UnitedHealthcare. ■



**Snowflake Ball**

Tickets on sale now!  
 Call (865) 541-4500

Thank You, Platinum Sponsors

- THE POINTE AT LIFESPRING SENIOR LIVING
- Senior Financial Group
- Choices in Senior Care

Sat., February 4, 2017\*  
 6:00-9:00 p.m.  
 Kerbela Temple  
 315 Mimosa Avenue  
 Tickets: \$40 by Jan. 20;  
 \$50 after  
 \*Snow date: March 25

## POWER OF THE PURSE SAYS THANK YOU!

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



Knoxville Comprehensive Breast Center



.....  
 Akima Club • Appalachia Business Communications • La-Z-Boy • NHC of Farragut

.....  
 Dickey's BBQ • Dollywood & Dollywood's DreamMore Resort • Gentry Griffey Funeral Chapel • Homewatch CareGivers  
 Marco's Pizza • National Fitness Center • Pilot Flying J • Planet Beach • Quality Private Care  
 Rita's Italian Ice • Scripp's Interactive Media • Snooty Anti Aging



## O'CONNOR CENTER SCHEDULE - NOVEMBER/DECEMBER

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

The O'Connor Center will be closed  
Friday, November 11, for Veterans Day  
Thursday & Friday, November 24 & 25,  
for Thanksgiving  
Friday & Monday, December 23 & 26,  
for Christmas  
Monday, January 2, 2017, for New Year's Day

'Tis the Season. . . and it will be busy indeed!  
But it will be filled with lots of opportunities  
for you to give thanks, to enjoy good times  
with friends, to share your love. . . and to enjoy  
special events here at the O'Connor Center!  
Activities are planned to help you celebrate  
the seasons of thanks and gift giving and the  
O'Connor staff joins me in wishing each of  
you a very Happy Holiday Season and a Great  
New Year! It is our hope that you will make  
good memories at O'Connor and that those  
memories will be a constant reminder of the  
love and good times we share!

### NOVEMBER/DECEMBER PROGRAMS

**AARP Driver Safety Program:** The Smart Driver Course will be offered Wednesday and Thursday, November 16 & 17. Please call Carolyn Rambo at 382-5822 for info and to register for this two-day refresher course.

**Arthritis Foundation Exercise, Tuesday/Thursday: Advanced,** class has good physical exertion, \$2/class; **Basic** class, offers 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; 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.

**Camera Club:** Wednesday, November 16. Learn numerous techniques from photo journalist Shawn Poynter.

### *Candlelight Holiday Dinner with Crafts by Candlelight!*

Tuesday, December 13. Doors open at 4:00 p.m. for shopping while waiting to be seated. Enjoy Famous Dave's special Christmas meal with all the trimmings and more shopping as you depart! Entertainment will be provided by the O'Connor Band, directed by Linda Edwards. Cost is \$5.00/person. You must pay at the time you make your reservation; the reservation deadline is **Friday, December 9.**

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

**Christmas Crafts for Sale:** Wednesday, December 14. Shop on your way to the Silver Stage Players' Christmas Program.

**Council on Aging (COA):** Thursday, December 8.

**Creative Endeavors:** Monday, December 5. Newcomers always welcome to join this group which provides opportunities to enhance, develop, and advance the creative endeavors of seniors, as well as to offer educational and promotional opportunities to support these goals.

**Creative Writers Workshop:** Mondays, November 14 & 28 and December 12. Join Barbara Stephens who lends encouragement and direction to others who enjoy writing!

**Cribbage & Card Games:** Tuesdays. Great fellowship! Newcomers welcome!

### *Deck the Halls and Walls:*

Tuesday, November 29. Your help is needed to make our Center beautiful for the holidays!

**Drama Workshop:** Monday, Nov. 7. Learn about Theatre History from JP Schuffman, local Knoxville Writers Guild playwright and poet who works in Poetry, Short Fiction, Southern Humor, Literary, Drama, and Haiku. This workshop is the first in a series which are free and open to everyone. Watch for additional classes.

**Earth Science:** Monday, Nov. 7. Also known as geoscience, this class deals with the fields of science dealing with the planet Earth! Living in East Tennessee affords one the opportunity to see first-hand how the Earth can change overnight!

**Fabric Painting:** Mondays, November 14 & December 12. Try something new--Yvonne Fields teaches the art of fabric painting in a

relaxed setting and you can have a gift ready by Christmas! Newcomers welcome.

**Flower Lovers Club:** Thursday, December 1. Enjoy the fellowship while planning for holiday celebrations.

**French:** Tuesdays. Bilinguals who come down with dementia and Alzheimer's do so about *four-and-a-half years later* than monolinguals! Need any other reason to begin to learn another language today?? Call today for class info!

**Fun Film Fridays:** Enjoy popcorn and a movie each Friday at 12:30 pm. Movie for the week is featured in the **Weekly Update** in the Sunday edition of the *Knoxville News Sentinel*.

**Genealogy Group:** Wednesdays, November 9 & 23 and December 7 & 21. Two expert genealogists lead an ongoing class in research methods, techniques, and the many online resources used to establish a definitive 15 generation family tree. This class covers all cultures and resources available worldwide. Newcomers welcome!

**Gift Shop:** Open Monday-Thursday from 10:00 am-2:00 pm and Friday from 10:00am - 12:00 pm. Items for sale include hand-made/hand-crafted treasures provided by Gift Shop members. New crafters are invited to join; call for details. The yearly membership fee is only \$10.

**Greenhouse:** On Tuesdays and Fridays, those who have "green thumbs" are welcome to lend a hand!

**Happy Hikers:** Thursdays. Newcomers are always 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, unless otherwise stated.

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|-------------|--|
| November 3  | Maddron-Albright Grove, a 6.8-mile hike                          |
| November 10 | Gabes Mountain Trail to Hen Wallow Falls, GSMNP, a 4.5-mile hike |
| November 17 | High Ground Park   |
| December 1  | Old Settlers Trail   |
| December 8  | John Litton Farm Loop Trail, BSF                                 |
| December 15 | Christmas Party at the O'Connor Center                           |
| December 22 | Cucumber Gap Loop, Elkmont, a 6-mile hike                        |
| December 29 | Seven Islands, Kodak   |

## NOVEMBER 2016 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
	1 8:00 Harrah's Trip 12:00 Hearing Aids Cleaned & Checked 1:30 Tea Dance	2 <b>MARKET GROUP HOLIDAY SALE</b> 	3 10:00 Thursday Walkers 	4 9:00 LawTalk Series 10:00 Sweet Spot 5 7:00 pm Veterans Dance w/ Al Curtis Band
7 9:00 Legal Assistance 10:00 Earth Science 10:00 iPad/iPhone Beg. Class 1:00 Drama Workshop 	8 10:00 iPad/iPhone Beg. Class 	9 9:30 Veteran's Pampering Day 10:00 Facebook Class 11:00 Veteran's Luncheon 1:00 Genealogy Class 	10 10:00 Happy Hikers & Thursday Walkers 1:00 Learning from the Supernatural Class 1 of 4 Classes	11 <b>CENTER CLOSED VETERANS DAY</b> 
14 9:30 Creative Writers 10:00 iPad/iPhone Advanced Class 10:00 Veterans Q & A 12:00 Lunch & Learn 1:30 Fabric Painting	15 9:30 Quilting—ea. Tues. 10:00 iPad/iPhone Advanced Class	16 9:00 Advisory Board 9:00 Toenail Clipping 10:00 Mini Painting Class 10:00 Pinterest/Twitter/Instagram Class 10:00 Camera Club 12:00 AARP Driver Safety	17 9:00 Knitting & Crocheting 10:00 Happy Hikers & Thursday Walkers 12:00 AARP Driver Safety 2:00 With Hope in Mind	18 12:30 Fun Film Friday 7:00 pm DJ DANCE 
21 9:00 Legal Assistance 10:00 Android/Galaxy Class <b>NO EXERCISE CLASSES November 21—November 25</b>	22 10:00 Android/Galaxy Class	23 1:00 Genealogy Class	24 <b>CENTER CLOSED THANKSGIVING DAY</b> 	25 <b>CENTER CLOSED THANKSGIVING</b> 
28 9:30 Creative Writers 	29 10:00 Deck the Halls & Walls 	30		Billiards Room Open Monday-Friday 8:30 am-4:30 pm

## 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 9:45 Singing Seniors 10:00 Basic Arthritis Fdn Exercise 10:00 French 10:00 Party Bridge 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 1:30 Afternoon Dancing	8:30 Adv Open Painting 8:45 Advanced Senior Cardio 9:00 Cadet Band Practice 9:00 Piano Lessons 10:00 Advanced Painting 10:00 Concert Band Practice 10:00 Party Bridge 10:00 Water Aerobics 12:00 Brain Games 12:15 Health & Humor 12:30 Beginner Painting 12:30 Belly Dance 1:30 Beg. Beg. Line Dance 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 Thursday Walkers 10:00 Water Aerobics 11:00 Advanced Arthritis Foundation Exercise	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

## DECEMBER 2016 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
Blood Pressure Checks Daily, 10:30-11:30 am			1 10:00 Thursday Walkers 2:00 Flower Lovers	2 12:30 Fun Film Friday 
5 8:00 Harrah's Trip 9:00 Legal Assistance 10:00 iPad/iPhone Beginner Class 11:30 Creative Endeavors 12:00 Singing Seniors Performance Mighty Musical 2:30 Investment News	6 9:00 Toenail Clipping 10:00 iPad/iPhone Beginner Class 12:00 Hearing Aids Cleaned & Checked 1:30 Tea Dance 	7 10:00 Android/Galaxy Class 10:30 Singing Seniors Holiday Concert 12:30 Texas Hold'em 1:00 Genealogy Class 1:30 Bingo—Weekly	8 10:00 Android/Galaxy Class 10:00 Happy Hikers & Thursday Walkers 2:30 Council on Aging 	9 10:00 Sweet Spot 12 7pm Christmas Dance w/ Mood Swing Band 
12 9:30 Creative Writers 10:00 iPad/iPhone Advanced Class 10:00 Veterans Q & A 1:30 Fabric Painting	13 10:00 iPad/iPhone Adv Class 5:00 Candlelight Dinner 	14 9:00 Advisory Board 9:00 Toenail Clipping 10:00 Facebook Class 2:00 Silver Stage Performance	15 10:00 Pinterest/Twitter/Instagram 11:00 Happy Hikers Christmas Party 2:00 With Hope in Mind	16 7:00 pm DJ Dance 
19 NO EXERCISE CLASSES Dec. 19 - Jan. 2	20	21 1:00 Genealogy Class	22 10:00 Happy Hikers & Thursday Walkers	23 CENTER CLOSED FOR THE HOLIDAY 
26 CENTER CLOSED FOR THE HOLIDAY	27 NO EXERCISE CLASSES Dec. 19 - Jan. 2	28	29 10:00 Happy Hikers	30 31 9:30 pm New Year's Eve Dance 

## RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Adv. Senior Cardio 10:00 Party Bridge 10:00 Water Aerobics 10:30 Loss & Life Changes Support Group 1:30 Intermediate Line Dance	9:00 Quilting 9:00 Tai Chi 9:45 Singing Seniors 10:00 Basic Arthritis Foundation Exercise 10:00 French 10:00 Party Bridge 10:00 Tai Chi Set Practice 10:00 Water Aerobics 11:00 Adv. Arthritis Foundation Exercise 1:00 Cribbage & Table 1:00 Forever Young Ensemble 1:30 Afternoon Dancing	8:30 Open Painting 8:45 Adv. Senior Cardio 9:00 Cadet Band Practice 10:00 Concert Band Practice 10:00 Party Bridge 10:00 Water Aerobics 12:00 Brain Games 12:30 Belly Dance 12:30 Health & Humor 12:30 Texas Hold 'Em 1:30 Bingo 2:00 Beginning Line Dance	8:30 Blood Glucose Checks 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 11:00 Adv. Arthritis Foundation Exercise	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  Billiards Room Open Monday—Friday 8:30 am-4:30 pm



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

**Happy Hikers/Thursday Walkers:** Walks are less difficult than hikes and are open to anyone. Call Joyce Dukes at 525-2540 for additional information. Hikes are approximately 2 miles. See the Weekly Update for info.

**Harrah's Trip:** Tuesday, November 1, and Monday, December 5. Please call Frankie at 525-1475 for trip information. Light refreshments are available at 7:30 am with departure promptly at 8:00 am. Cost is \$35/person.

**Internet Café:** Open daily. Drop in and enjoy today's tools of communication—and Cable TV as well! Dr. Ron will be available for computer "questions and answers" Tuesdays and Thursdays, 10:30 a.m. to 3:30 p.m.

**Investment News:** Monday, December 5. Join John Smartt, Jr., to have Your Investment Questions Answered.

**Italian:** It's never too late to learn--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.

**LawTalk Series:** Friday, November 4. Free seminar on Wills & Estate Planning and Legal Protection for the Elderly, the Disabled & their Caregivers. Registration is a must! Call 522-6522. Refreshments provided by East Tennessee Personal Care Service.

**Learning from Supernatural Phenomena:** Thursdays, November 10 & 17, and December 1 & 8. Join retired UT Professor Dr. Pratibha Dabholkar, to examine research on various supernatural phenomena experienced by individuals ranging from the dramatic to the relatively simple. The objective is to understand what these phenomena teach us about the unseen, yet vibrant spirit universe around us and how this knowledge can shape our current lives. Class size is limited; registration is required. Please email Dr. Dabholkar at pratibha@utk.edu if you have questions.

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

**Loss & Life Changes Support Group:** Mondays. The top ten stressful events listed on the original Holmes-Rahe Life Stress Inventory included: *death of a spouse, divorce, marital separation, jail term, death of a close relative, injury or illness, marriage, loss of job, marriage reconciliation and retirement.* Pat Green 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:** Members are invited to attend the Thanksgiving Covered Dish on November 17, the December 7 Singing Seniors Christmas Concert, the Tuesday, December 13, Candlelight Dinner, and the December 14, Silver Stage Players' Holiday Performance. Cost is \$5 for the dinner and reservations are required. Please call for more information.

**Market Group:** Wednesday, November 2, Market Group Holiday Craft Sale. Visit this sale for unique gifts for the holidays, home baked goods, and jams & jellies. This event is open to the public. Come early for best selections!

**O'Connor Center Band (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.

**Painting (Advanced and Beginner):** Wednesdays. New "mini" classes beginning November 16; cost is \$16 for a 4-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 will begin in February. 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.)

**Silver Stage Players Holiday Performance:** Thursday, December 14. Enjoy this 2:00 pm performance of the comedy *Up a Hollow on Christmas Eve* written and directed by Jeanette Stevens. Refreshments will be served following the performance.

**Singing Seniors Holiday Concert:** Wednesday, December 7. Bring your friends and family to enjoy this special annual musical concert followed by holiday refreshments!

**Spanish:** Fridays. Instructor Bonito Lopez

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

**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.

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

**Thanksgiving Covered Dish:** Thursday, November 17. Join us at 12:00 noon for a great time of fellowship and a delicious covered dish meal with Texas Road House rolls and turkey/dressing/gravy provided by Covenant Senior Health. Please sign up at the front desk by Thursday, November 10. **Everyone who attends the meal must bring a food item or pay \$5.00/person at the time of registration** so food can be purchased for the party!

**Veterans Luncheon:** Wednesday, November 9. Join us at 11:00 a.m. for a time of celebration as we thank our Veterans. The O'Connor Band will be *Saluting the Songs of War!* Before or after the luncheon, Veterans can enjoy some "pampering" at the YMCA. Reservations are a must for both the luncheon and the pampering; please call the Center (523-1135) and the YMCA (637-9622) before Friday, November 4, to make your two reservations. You won't want to miss this special day!

**Veterans Services:** Mondays, November 14 and December 12. 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, November 17 and December 15. Support group for families dealing with various mental illnesses. Contact Gerald Segroves at 523-7284.

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

**Yoga, Tuesdays & Thursdays, 10:00 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.

**O'CONNOR, CONTINUED ON P. 9**



O'CONNOR, CONTINUED FROM P. 8

**Dance Classes – Cost: \$2/Class**

**Beginner Beginner Line Dance, Wednesdays.** Specifically for those with no experience.

**Beginners Line Dance, Wednesdays.** For the true beginner with some experience.

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

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

**Dances – Cost varies per dance.**

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

**Tea Dance: First Tuesdays, November 1 and December 6.** Good music, fellowship, and refreshments.

**3rd Friday Night Dances w/Refreshments: November 18 and December 16.** “ALL TYPE” dance with a special DJ from Pro-Audio Mobile DJs; great music and refreshments!

**2nd Saturday Night Ballroom Dances w/Refreshments**

– November 5 (Center closed on November 11.) and December 10. Cost: \$10/Dance Club Members; \$15/Non Members

**Veterans' Dance with the Al Curtis Band, November 5**  
**Christmas Dance with the Mood Swing Band, December 10**

**New Year's Dance with David Correll Band.** December 31 Tickets must be purchased beforehand.

**\$10/Dance Club members; \$15/ Non Members.**

**Health and Humor: Wednesdays. *Stress relief from laughter? It's no joke!*** When it comes to relieving stress, more giggles and guffaws are just what the doctor ordered--join Nurse Claudia for a time to laugh and enjoy the fellowship!

**Hearing Aids Cleaned and Checked: November 1 & December 6**  
**Can You Hear Me Now?** Hearing Aids cleaned/checked by a Beltone representative.

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

November 14: **Where Did I Put My Keys?** A representative from Alzheimer's Tennessee will discuss the difference between normal aging and dementia.

December 12: **Benefits of Geriatric Massage.** Lorie Warren, licensed massage therapist, will share how massage reduces pain and stress, increases range of motion, and decreases blood pressure.

**Sweet Spot for Diabetics: Group Education and Discussion, led and sponsored by Mac's Pharmacy.** November 4: **What Can I Eat?** December 9: **Looking Forward to 2017!**

**Toenail Clipping by Appointment Only:** November 16, December 5, December 14. Cost is \$12; please call 523-1135 to schedule an appointment with Kelli!

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

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

**Android/Galaxy Class:**

\$25 for the 2-day class  
Mon-Tues, November 21 & 22, 10:00 am to Noon.  
Wed-Thurs, December 7 & 8, 10:00 am to Noon

**iPad/iPhone Beginner Class:**

\$25 for the 2-day class  
Mon-Tues, November 7 & 8, 10:00 am to Noon.  
Mon-Tues, December 5 & 6, 10:00 am to Noon

**iPad/iPhone Advanced Class:**

\$15 for the 2-day class  
Mon-Tues, November 14 & 15, 10:00 am to Noon  
Mon-Tue, December 12 & 13, 10:00 am to Noon

**How to Use Facebook:**

\$15 for the 1-day Class  
Wed, November 9, 10:00 am to Noon  
Thurs, December 14, 10:00 am to Noon

**Pinterest/Twitter/Instagram:**

\$15 for the 1-day class  
Wed, November 16, 10:00 am to Noon  
Wed, December 15, 10:00 am to Noon

**Private Lessons with Ron Dickerson:**

\$15 for 1-hour  
Tuesday & Thursday afternoons,  
*by reservation only*

**AUGUST & SEPTEMBER 2016 OOA CONTRIBUTIONS**

**FEED A PET**

- Anonymous (2)
- Carla Babyak
- Julia Brelsford
- Rosalea Cafego
- Kiwanis Club of Norwood
- Peter & Fawn Landrum
- Roger & Sigrid Miller
- Steve & Linda Oliver
- J.M. Peck
- Margaret Robinson

- Beth Robison
- Martha Rosson
- Judy Scarbo
- In Memory of James S. Bennett*
- Marjorie Bennett Stephens
- In Memory of Louise Musgrove*
- E. Streets
- In Memory of Mary Newton*
- Roxane Bowman
- In Memory of Billie & Allan Petree*
- Debra Petree

**KNOX PAWS**

- In Honor of Kathy & Dennis Hayward*
- Carol Harold
- In Memory of A.J. Hayward*
- Carol Harold
- In Honor of Lynne Scott*
- Carol Harold
- In Honor of Linda Staton*
- Carol Harold
- In Memory of Darwin Staton*
- Carol Harold

*In Honor of Carol Harold's Birthday*  
Dennis & Kathleen Hayward

**MOBILE MEALS**

- NHC Place Farragut
- Nurturing Independence, Inc.
- Ronald Wyrick
- See Adopt A Senior list on page 10 for more Mobile Meals contributors.*

**PROJECT LIVE**

- Karen Connell
- Sisters in Christ Sunday School Class

**SENIOR EMPLOYMENT SERVICE, FALL JOB FAIR**

- ADT Security Services
- Dura-Line
- Jewelry Television
- People Ready
- The ARC-Knox County
- UnitedHealthcare Community Plan (Platinum Sponsor)

## THE JOHN T. O'CONNOR SENIOR CENTER SALUTES OUR 2016 O'CONNOR CENTER OPEN SPONSORS

We extend our sincere thanks to the sponsors and participants of the Twelfth Annual 2016 O'Connor Center Open. On behalf of the O'Connor Center Participants, Advisory Board, and Staff, we salute the sponsors, golf committee, players, and volunteers who have given their time and support to the O'Connor Center and the golf classic.

### \$1,000 BENEFACTOR SPONSORS

First Tennessee Trust Department  
Home Federal Bank  
K & J Concrete Polishing, Inc.

### \$500 PATRON SPONSORS

Always Best Care  
Bill Hotz and Associates  
Greg O'Connor  
Internal Medicine Associates  
Raymond Wells, Medicare Guide  
U.T. Medical Center  
Vinyard Floor Covering Co., Inc.

### \$500 REFRESHMENT CART SPONSOR

Mac's Pharmacy

### \$400 HOLE-IN-ONE PRIZE SPONSOR

Elder Law of East Tennessee

### \$250 SCOREBOARD SPONSORS

Dominion Wellspring Sevierville, LLC  
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Dr. John Dawson  
East Tennessee PBS  
Exceptional Tours, Jim & Frankie Hicks  
International Discount Investors  
Long, Ragsdale, and Waters  
O'Connor Center Dance Club  
O'Connor Center Exceptional Gifts  
Pemberton Truck Lines  
Sam & Andy's Fountain City

Studio Four Design  
The Bed Store

### \$200 HOLE SPONSORS

Allstarr Travel  
Bob & Renee O'Connor  
in memory of parents Charlie &  
Jeanne O'Connor & Red & Lib Kidd  
Business Graphics & Services  
Case Antiques  
Chris Michelson in memory of  
Peg Michelson  
City of Knoxville Parks & Recreation  
Computer Systems Plus  
Dan Green, Realty Executives  
Forester Benefits Management, LLC  
George Hamilton  
Knoxville TVA Employees Credit Union  
Monica Franklin, Elder Law Practice  
O'Connor Seniors for Creative Learning  
O'Connor Singing Seniors  
Re/Max, Leanna Farrington  
Robert & Renee O'Connor  
Senior Solutions Management Group  
Summit View of Farragut  
Taoist Tai Chi Society, USA, Inc.

### MEDIA SPONSORS

East Tennessee PBS  
WVLT Volunteer TV  
WATE On Your Side

### BREAKFAST SPONSORS

Patrick Finn, Courtyards Senior Living  
Walter Wojnar, Hampton Inn North

### LUNCH SPONSOR

Famous Dave's BBQ

### PRIZE SPONSORS & FRIENDS

21st Mortgage  
Always Best Care  
Amedisys Home Health  
Andy Brimer  
Arbor Terrace Assisted Living  
Asbury Place, Maryville  
Ashe's Wine & Spirits  
Auto Extend Car Care  
B97.5 Midwest Communications  
Becky Dodson  
Betsy O'Connor  
Blue Cross/Blue Shield  
Bridget Borne  
Brookdale Senior Living  
Case Antiques, Inc.  
Charlie Gaut & Regal Cinema 20  
Clarity Pointe, Knoxville  
Colin Moskul  
Concord Par III  
Courtyards Senior Living  
Covenant Health  
David & Susan Long  
Debbie Gibbs, Williamsburg Villas  
Eileen Vanfleet

Elmcroft Senior Living  
Frank Limpus  
Gentry Griffey  
Greenfield Senior Living  
Greg O'Connor  
Home Federal Bank  
Home Helper's  
Home Instead Senior Care  
J. Randolph Humble  
Jim & Frankie Hicks  
John & Betsy O'Connor  
John Greene  
Joy Blazer  
Kassandra Richardson  
Knoxville-Knox County Emergency  
Management Agency  
Leading Age Tennessee  
LeeAnn Hasemeyer  
Mac's Pharmacy  
Marie Ensley  
Mary Yochim  
Michael Brady, Inc.  
Monica Franklin, Elder Law  
Ober Gatlinburg  
O'Connor Communications  
of Tennessee  
Patrick Yochim  
Penny Bandy, East Tennessee  
Personal Care Service  
Personal Care Choices  
Pinnacle Financial Partners  
ProCase Management

Professional Engineers, Inc.  
Quality Home Health  
R. T. Clapp Car Care Center  
Robert & Renee O'Connor  
Robert Dancu  
Scot Stinnett  
Social Media 4 Seniors  
Senior Solutions Management Group  
Stephen Russell  
Steve Jergensen  
Summit Medical Group  
Tammy Brooks, B97.5  
The O'Connor Family  
The Pointe at Lifespring  
Three Ridges Golf Course  
Tim O'Connor  
Tim Williams, 21st Mortgage  
Toddy's Wine & Liquor  
U. T. Medical Center  
Walgreens Employees  
West Hills Health and Rehabilitation  
Williamsburg Villas  
WVLT TV



**O'Connor Senior Center**  
611 Winona Street • Knoxville TN 37917  
865-523-1136

## ADOPT-A-SENIOR SPONSORS AUGUST & SEPTEMBER 2016 DONATIONS

### MOBILE MEALS DONATIONS

Anonymous (18)  
Glen Anderson  
R. & S. Brown  
Chick-fil-A at Kingston Overlook  
Colonial Heights United Methodist Church, J. Ray  
Stuart Sunday School Class  
James & Brooksie Cox  
Diana Cruze  
Timothy Cutshaw  
Rollin Geddes  
Donald & Phyllis Gorman  
Dawna Gray  
Audrey Livingston  
Pam Lovell  
Debbie Lowe  
David McCormick  
John & Janet Mullins  
NHC Place Farragut  
Nurturing Independence, Inc.  
Oakwood Baptist Church, Homemaker's Sunday  
School Class  
Norma Peterson  
John & Beth Smith  
Smithwood Baptist Church, Joy Class  
Mary Stuart

David & Carolyn Wells

### MOBILE MEALS IN MEMORY OR HONOR

*In memory of Family*  
Norma Peterson  
*In Memory of Mabel Davis*  
Alex & bernadette McMillan  
*In Memory of Roy Ellison*  
Nancy Breeding  
*In Memory of Debbie Knox*  
Bunco Girls  
*In Memory of June Inman & Luke Vernon*  
Doug Vernon

### AAS DONATIONS

Anonymous (5)  
Barbara Abner  
Debbie Ailey  
Beaver Creek Cumberland Presbyterian Church,  
Searchers Sunday School Class  
Mikeal Berry  
James & Mary Bonomo  
Alan & Dianna Brizzolara  
Joyce Brown  
Chick-fil-A at Kingston Overlook  
Chick-fil-A at Turkey Creek  
Constance Cole

Robert & Honerlin Del Moro  
Julius Gregg  
David & Janice Ishee  
Jim & Kathy Killingsworth  
Robert Knight  
John Lackey  
Lake Hills Presbyterian Church  
Meals on Wheels America  
Joe and Charlene Mischlich  
Mt. Olive Baptist Church,  
Faith Sunday School Class  
Marie Norman  
Helen Roehl O'Connor  
John Rozek  
St. Paul United Methodist Church  
TSCHSW Mid East Council  
Virtue Cumberland Presbyterian Church,  
Night Circle

### AAS IN MEMORY OR HONOR

*In Honor of Troop 20720 Knox County*  
Callie Fishel  
*In Memory of Laurie Pelot Gooch*  
Judy Caponegro  
*In Honor of Perry Gouge's 85th Birthday*  
Anonymous  
*In Memory of Kenneth Mills*

Vivian Mills  
*In Memory of Barbara & Ken Monty*  
William & Virginia Schall  
*In Memory of David Smith*  
David Valone  
*In Memory of Mary Mae Wheatly*  
Anonymous

### ONE SENIOR FOR ONE YEAR

Anonymous (1)  
Richard & Jackie Imbrey  
Pilot Corporation Employees, Jeans day  
Ronald Wyrick

### ONE SENIOR FOR ONE YEAR MEMORY OR HONOR

*In Memory of Stephen Cate*  
John & Loretta Cate

### TWO SENIORS FOR ONE YEAR

Fairfield Service Group, Inc., Employees  
of Fairfield Service Group  
Old North Knoxville, Inc.



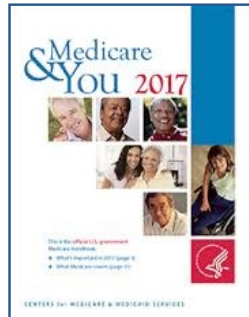
••••• TO KEEP YOU INFORMED •••••

**Holiday closings:** The Office on Aging, CAC administrative offices, O'Connor Senior Center, and all Senior Nutrition Program dining rooms will be closed for Veterans Day, Friday, November 11; Thanksgiving, Thursday and Friday, November 24 and 25; Christmas, Friday and Monday, December 23 and 26; and New Year's Day, Monday, January 2, 2017. Mobile Meals participants will receive boxed lunches for all of these holidays except for Thanksgiving Day and Christmas Day, when volunteers will deliver hot meals to those who will be home.



**FIND THE BEST MEDICARE PLAN!**

Medicare Open Enrollment Period is from October 15-December 7. Medicare Open Enrollment is for all who have either a Medicare Rx Plan (Part D) or a Medicare Advantage Plan (Part C). You can minimize your premium and maximize your benefits by comparing plans each year during Open Enrollment. The Affordable Medicine Options for Seniors (AMOS) program will have a **trained counselor at the O'Connor Center, 611 Winona Street, on every Thursday throughout November and on December 1, from 8:30 a.m. to 12:00 p.m.**, to offer free help with plan comparisons and answer your questions about your coverage. These events allow you to confidently compare Medicare plans in a "no sell" environment. Please sign in at the O'Connor Center front desk and bring your Medicare card, social security number, insurance card(s), and a list of your current medications.



**THERE ARE COUNTLESS WAYS TO VOLUNTEER!**

The holiday months are upon us, and what better way to spread the cheer than to volunteer! Whether you want to assist in the

office or help outside, volunteer once a week or just once a year, RSVP has the right opportunity for you!

RSVP stands for the Retired & Senior Volunteer Program, the nation's largest collective of volunteers age 55-plus. RSVP gives you the opportunity to help out in your local community, while also joining more than 335,000 senior volunteers in national service!

**RSVP volunteers serve at these locations across Knox County**

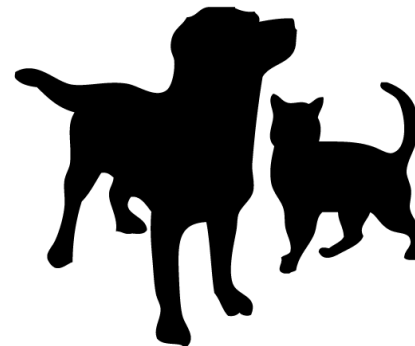
- Mobile Meals
- Volunteer Assisted Transportation
- SCAN, Senior Citizens Awareness Network
- AMOS, Affordable Medicine Options for Seniors
- Alzheimer's Tennessee
- O'Connor Center
- Karns Senior Center
- Habitat Urban Garden Stitchers
- South Knoxville Community Center
- Veterans Services
- Larry Cox Senior Center
- Chronic Conditions Self-Management
- Arts and Cultural Alliance
- Knox PAWS

**COME FIND OUT WHICH OPPORTUNITY IS BEST FOR YOU!**

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

**DO YOU LOVE ANIMALS AND PEOPLE, AND WANT TO HELP BOTH?**

**KNOX PAWS**  
Placing Animals With Seniors



Knox PAWS (Placing Animals With Seniors) needs volunteers to perform services such as taking PAWS clients to local animal shelters to help them find the right adoptable pet for them, or picking up PAWS participants' pets and taking them to the vet for checkups and annual vaccinations. If you're interested in volunteering your time with pets and people, call the Office on Aging at (865) 524-2786, or email misty.goodwin@knoxcac.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.

**OFFICE ON AGING DIRECTOR**

Susan Long

**EDITOR**

Kathy Burke

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Phone: (865) 524-2786 • Fax: (865) 546-0832  
knoxooa@knoxseniors.org • www.knoxseniors.org

**COMMUNITY ACTION COMMITTEE (CAC) GIFT POLICY:** CAC (which includes the Office on Aging) employees are often offered gifts from volunteers and participants that they work with throughout the year. Although they appreciate the thoughtfulness behind the gifts, CAC employees may not accept gifts from persons who are receiving benefits or services under CAC programs.

# 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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NOVEMBER/DECEMBER 2016

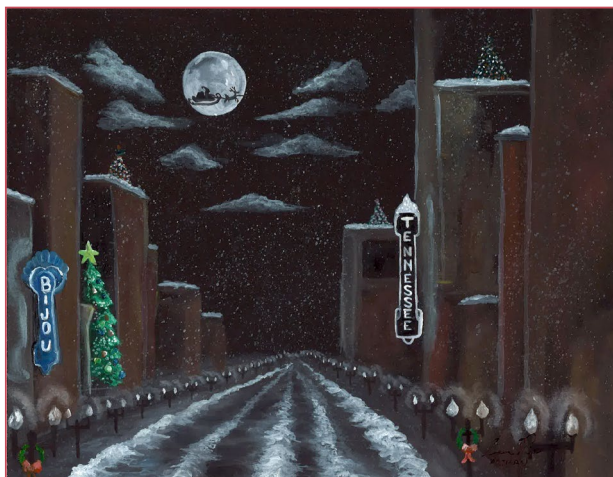
## ELDER NEWS & VIEWS

PAGE 12

### MOBILE MEALS GREETING CARDS

As Mobile Meals celebrates 45 years of serving seniors in Knox County, and just in time for the holidays, we are offering blank note cards that allow you to send season's greetings to your friends, family, and business associates.

The scene on the card, *No Windows Winter Wonderland*, depicts a silent, snowy night on Gay Street, painted by local artist Sam Artman. The artist recently donated two prints for Mobile Meals' Power of the Purse event. This fall, he offered to help Mobile Meals even more by creating this piece



for the program's anniversary. "I'm thankful that Mobile Meals has selected my painting to sell as their holiday cards. What an honor to help celebrate their 45th anniversary!" Artman said.

"We are thrilled to have this year's card celebrating the beauty

of downtown Knoxville, and providing meals for the homebound seniors of Knox County," said Judith Pelot, Mobile Meals manager.

A package of 10 cards is \$10—enough to provide about three Mobile Meals to one senior citizen in Knox County. ■

### HOW TO PURCHASE HOLIDAY CARDS

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

You can also go to the following businesses around town to pick up and pay for card orders.

#### Morning Pointe Powell

7700 Danaaher Drive, Powell, 37849  
(865) 686-5771

#### Monica Franklin & Associates, LLC

4931 Homberg Drive, 37919  
(865) 588-3700

#### Clarity Pointe of Knoxville

901 Concord Road, 37934  
(865) 777-1500