

# ELDER NEWS

JULY/AUGUST 2017

# REVIEWS

OFFICE ON AGING  
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE



## POWER OF THE PURSE

Mark your calendar for the most exciting fundraiser of the year! Power of the Purse is being held on September 21 and will feature a beautiful array of purses, men's bags, evening bags, vintage jewelry and accessories for sale to benefit Knox County Mobile Meals. This year's event will feature a "Jewelry Corner" as well as a silent auction, wine, and scrumptious hors d'oeuvres to tempt your taste buds.

Last year's event raised enough funds to feed 36 seniors for a year. In addition to raising funds, attendees also got the opportunity to learn more about the work of Mobile Meals in Knox County. This year, we are changing the time to early evening, so that more women can join us. Doors open at 5:15 pm with Purse Madness at 6 pm. We expect this year to be as

exciting and successful as last year. We hope you'll join us!

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

Mobile Meals is actively seeking community sponsors for this event. If your business could provide funds to offset costs, we would love to partner with you. For more information, contact Shelly Woodrick, Mobile Meals volunteer coordinator, at (865) 524-2786, or email [shelly.woodrick@knoxseniors.org](mailto:shelly.woodrick@knoxseniors.org)

**Call 524-2786 for more information or to arrange a donation pick-up. ■**

### 2017 POWER OF THE PURSE

**Thursday, Sep. 21 • Door open at 5:15 pm.**

Purse Madness begins at 6 pm sharp!

**Rothchild Conference Center  
8807 Kingston Pike  
Knoxville, TN 37923**

\$40 or a table of 8 for \$300

### CHICO'S POWER OF THE PURSE PARTY

**Thursday, July 20 • 3 pm - 7 pm  
at Farragut/Turkey Creek Chico's**

**11321 Parkside Drive  
Knoxville, TN 37934**

Bring a purse or jewelry to donate for a chance to win fabulous door prizes!

Enjoy delicious food, wine, and giveaways.

**Donations needed!** Power of the Purse relies on donations of purses, bags, vintage jewelry and silent auction items. New or like-new items are welcome. Items of greater value for the silent auction are also needed. If you have donations, you can drop them off at the following locations during regular business hours or call Mobile Meals to arrange a pick-up:

- **Office on Aging**—2247 Western Avenue 37921
- **Chico's Turkey Creek**—11321 Parkside Drive 37934
- **Senior Financial Group**—100 Glenleigh Ct. 37934
- **Palm Village Store Knoxville, Western Plaza**  
4459 Kingston Pike 37919
- **Morning Pointe Assisted Living**  
7700 Dannaher Drive,  
Powell 37849

 On Facebook at [PowerofthePurseKnoxville](https://www.facebook.com/PowerofthePurseKnoxville)

# PAWS AMONG THE BLOOMS

The 7th Annual PAWS Among the Blooms event was held on May 12 at Stanley's Greenhouse. Friends of Knox PAWS gathered to celebrate the program and raise much-needed funds. Y'uns Jug Band provided toe-tapping music as everyone enjoyed hors d'oeuvres and mingled. A good time was had by all.

The Knox PAWS program matches seniors with adoptable shelter pets for love and companionship. ■



Photos by Douglas Hubbard

## Special thanks to our sponsors for their support of PAWS Among the Blooms

**WIVK FM 107.7**

**Wide Lens Thoughtful Media**

Stanley's Greenhouse

Angela Tackett

Bridgette Williams

Diamond Hill Plywood Co.

Akima Club of Knoxville

Cherokee Distributing

Knox Beverage Control

Y'uns Jug Band featuring  
Michael Crawley

The Hot Southern Mess Boutique

Douglas Hubbard



Photos from the evening can be found on Facebook at KnoxPAWS

## RETURNING TO O'CONNOR SENIOR CENTER IN SEPTEMBER 2017: SAVVY CAREGIVER TRAINING

Do you feel overwhelmed as a family caregiver for a loved one living with dementia? Do you lack confidence in your caregiving abilities?

Join us for the Savvy Caregiver Workshop, an evidenced-based program designed to train family caregivers in the knowledge and skills needed to cope with the challenges of caring for a family member living with dementia.

Care Managers from Choices in Senior Care will facilitate this six-session Workshop, as well as provide concurrent Cognitive Stimulation sessions for your loved one living with dementia.

The Savvy Caregiver Workshop will be facilitated over a 6-week time period, with each Tuesday 2-hour session building upon the previous week's information. This Workshop is offered at no charge to participants. Materials provided will include a Caregiver Manual, Program Handouts, and a copy of each session's PowerPoint presentation.

Please contact Choices in Senior Care at 865-978-6168 to register for the next workshop at O'Connor on Tuesdays, September 12th, 19th, 26th, October 3rd, 10th, and 17th, from 5:30-7:30 PM. Registration is required. Registration deadline is Tuesday, September 5th, 2017. ■

## SENIOR INFORMATION AND REFERRAL OFFERS HELP

Senior Information & Referral (SIR), a program through the CAC Office on Aging now has an Outreach Program designed to provide individual assistance throughout the community. SIR Staff will be visiting Knox County Senior Centers providing answers and assistance for a variety of services. If you have questions regarding Medicare, Transportation, In home help, Support Groups, Employment & Volunteer opportunities, Financial or Legal Assistance, you can stop by when we are scheduled at your nearest center or contact us to set up a one-on-one meeting. We can also be reached Monday-Friday 8:00 am to 4:45 pm in the office (865) 546-6262. ■



## WE ARE LOOKING FOR A FEW GOOD “GRANNIES”

The Foster Grandparent Program provides an opportunity for low-income men and women over the age of 55 to engage in meaningful volunteer experience. The volunteers, in turn, provide mentoring, tutoring, role modeling, and love to children in schools and other facilities in our community. Foster Grandparents serve at-risk children in Knox and Blount counties.

### If you are:

- Age 55+
- Live on limited income
- Have transportation
- In reasonably good health, you might be eligible.

### Benefits include:

- Help children in need
- Receive hourly tax-free stipend (for income-eligible persons)
- Mileage reimbursement
- 2 weeks of paid training



Call 524-2786 for more information about becoming a Foster Grandparent.

*The Foster Grandparent Program is a program of the Corporation for National and Community Service and a part of the Knoxville-Knox County CAC Office on Aging.* ■

## JOHN J. DUNCAN, SR. AWARD FOR SENIOR ADVOCACY

More than 100 people stopped by Hunter Valley Farm’s Pavilion to honor this year’s recipients of the John J. Duncan, Sr. Award for Senior Advocacy. This year’s Professional Award went to Special Agent Margaret Chuinard. The Community Award went to Dr. Bonnie Callen.

### RED RIBBON SPONSORS

Independent Insurance Consultants  
Hunter Valley Farm  
Arbor Terrace

### FOOD SPONSOR

Morning Pointe of Powell & Clinton

### GOLD LEVEL

Knoxville TVA Employees  
Credit Union

### SILVER LEVEL

NHC Homecare  
Quality Private Duty Care

### BRONZE LEVEL

Becky Dodson  
Maureen Stokes  
Tennessee Men’s  
Health Network  
Williamsburg Villas

### WINE PULL SPONSORS

East Tennessee Personal  
Care Service  
NHC Farragut



Left to right: Special Agent Margaret Chuinard, Senator Becky Duncan Massey, and Dr. Bonnie Callen. Photo credit: Douglas Hubbard

*Many thanks to the generous individuals and organizations who provided items for the Wine Pull & Silent Auction.* ■

## ELDER ABUSE COMMUNITY OUTREACH: YEAR ONE

In August 2016, 100 members of the community representing home health, hospitals, banks, people with disabilities, and others gathered at the O'Connor Senior Center. They were there to learn about a federal elder abuse grant received by the Knoxville Police Department. This grant—administered by the CAC Office on Aging—would provide training for law enforcement and other partners; a monthly coordinated community response where partners could identify and fill service gaps; and direct services to elder abuse victims in the form of case management.

The grant brought together multiple partners including Adult Protective Services, law enforcement, the district attorney's office, and domestic violence/sexual assault organizations with one purpose: responding to the rise of elder abuse in Knoxville-Knox County. "Many people just don't realize that elder abuse is real and happening in our community," Joseph Winberry, the Elder Abuse Community Outreach Program Manager, said at the time. "In reality, elder abuse is occurring. It is also underreported. Several national statistics show us that as little as 1 in 23 cases of elder abuse are reported."

After studying a real case of abuse, those attending brainstormed about ensuring elder abuse victims get the help they need in Knoxville - Knox County. Those ideas—combined with the goals of the grant—established a framework that the Elder Abuse Community Outreach Program has operated under throughout the past year. Some of the accomplishments of the past year include:



Joseph Winberry, Sgt. Darrell Griffin, Karen Partridge, Lauren Stuart, and Willie Santana gather before the start of law enforcement training. Photo credit: Angela Grant

- Training over 200 Knoxville Police Department officers on how to collaboratively investigate elder abuse. The program will train all sworn officers in the police department and in the Knox County Sheriff's Office by September 2018.
- Holding a monthly coordinated community response where partners work through the brainstormed ideas in an effort to fill service gaps for victims.
- Creating and sharing community education that teaches the public how they can identify, report, and respond to elder abuse.
- Educating partners on community resources.
- Sending or preparing to send prosecutors and judges for specialized training on how to approach elder abuse cases.

The program now prepares, in year two, to offer advanced training for law enforcement investigators; training for advocates in the criminal justice and medical fields; and direct case management services for victims through the Office on Aging's Project LIVE case management service. "We have a lot to be proud of after this past year," Winberry said. "But important work is still being done. I ask that everyone play their part—even if that just means paying closer attention to your older friends, clients, and relatives. We all have a role in helping the most vulnerable members of our society get the services they need to be safe and carry on with their lives."

The federal elder abuse grant is scheduled to close out in September 2018. ■

## GUIDEBOOK FOR GRANDPARENTS RAISING GRANDCHILDREN

The Grandparents As Parents (GAP) program received a generous grant from the Trinity Foundation to produce a guidebook designed especially for grandparents who are raising their grandchildren. This guidebook serves as a valuable resource for those who are parenting for the second time. The GAP program reports that more grandparents and other relative caregivers are finding themselves becoming the sole caretakers of grandchildren whose parents are incarcerated or otherwise cannot maintain custody of their children. This free book provides information and resources

a grandparent needs to know, and addresses the subjects of child care, education, health, custody and legal issues, technology, and other important information.

GAP also offers monthly informational and supportive meetings made up of people who understand what it is like to parent a second time.

If you or someone you know would like to have a copy of the guidebook, or if you would like more information about the program, call Donna Lewis at 865-524-2786. ■



## O'CONNOR CENTER SCHEDULE - JULY/AUGUST

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 Tuesday, July 4, for Independence Day

Nat King Cole reminded us to "Roll out those lazy, hazy, crazy days of summer. . ." so let the O'Connor Center be the place to help you fill those days! Start with a visit to the **Tennessee Theatre** on **July 3** to hear the O'Connor Band in concert performing their outstanding Patriotic Salute, with our **Singing Seniors** joining in for part of this salute. Volunteer Assisted Transportation will provide free transportation to/from the Center to the theatre for those who sign up. Call 523-1135 to make your travel reservation.

With the "dog days of summer" at their peak, the timely **Ice Cream Social** and **Fall Program Preview** set for **August 30** will allow you to learn about the Center's fall schedule of activities by "hiking" to various displays and information stations with the Happy Hikers dishing up yummy ice cream as well as information and encouragement!

The Seniors for Creative Learning (SCL) fall program kickoff will take place on Thursday, August 31, at 12:00 noon with both good food and great entertainment provided by the O'Connor Band! SCL is a partnership between the O'Connor Center and the UT Department of Professional and Personal Development; classes are lecture-based and taught by local experts. Pre-registration (974-0150) is required as well as a kickoff lunch reservation.

However you choose to spend your summer, remember the O'Connor Center's doors will always be open to help you chill out and add life to your years.

### JULY/AUGUST PROGRAMS

**AARP Driver Safety Program:** The Smart Driver Course will be offered Wednesday and Thursday, July 19 & 20. 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.

**Ask-A-Pharmacist:** Jay Wyrick, Walgreens RPH, will be available to answer questions related to medication.

**Belly Dance:** Wednesdays. A great way to work on 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, 8:30 am, \$1.50. 12-hour fast recommended.

**Blood Pressure Checks:** Monday through Friday, 10:30 am-11:30 am, with Quality Home Health Care staff providing BP checks on Tuesdays.

**Camera Club:** Wednesday, July 19 & August 16. Learn numerous techniques from photo journalist Shawn Poynter.

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

**Creative Endeavors:** Monday, August 7. Opportunity to get centered and unlock your creative side! Free membership and newcomers always welcome!

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

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

**Fabric Painting:** Mondays, July 10 & August 14. Bring your materials and join Yvonne Fields who teaches the art of fabric painting in a relaxed setting! Newcomers welcome.

**Fall Program Preview and Ice Cream Social:** Wednesday, August 30. From 11:00 am to 12:00 Noon visit with group leaders and friends as you learn about Fall activities at the Center. At 12:00 Noon enjoy yummy ice cream provided by the Happy Hikers!

**Flower Lovers Club:** Meets the first Thursday of every month. Members are avid flower enthusiasts and arrangers. Newcomers welcome!

**Gift Shop:** Open Monday-Friday from 10:00 am-2:00 pm. New crafters are invited to join and place hand-made/hand-crafted treasures for sale in the shop for a mere \$10 annual membership fee! Call for information.

**Greenhouse:** "Green Thumbs" are needed in the greenhouse on Tuesdays and Fridays! See the *Weekly Update* for plant sale dates.

**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.

July 6 Optional

July 13 Sweat Heifer/Kephart Prong, a 7.4-mile strenuous hike

July 20 Laurel Falls in the Great Smoky Mountains National Park, a 3-mile easy hike

July 27 Forks of the River/Will Skelton, a 2-6 mile moderate hike

Aug 3 Optional

Aug 10 Appalachian Trail/Road Prong, a 5.5-mile moderate hike

Aug 17 Picnic at Twin Creeks

Aug 24 Piney Falls Dayton, a 10-mile moderate hike

Aug 30 Fall Program Preview and Ice Cream Social

Aug 31 Mt. Sterling, a 5.5-mile moderate hike

**Happy Hikers/Thursday Walkers:** Walks in general are approximately 2 miles and less difficult than hikes. Call Joyce Dukes at 525-2540 with questions and see Sunday's *Weekly Update* for info.

**Harrah's Trip:** Monday, July 3, and Tuesday, August 1. Please call Frankie at 525-1475 for details. It's a great fun-filled day beginning with a light snack available at 7:30 am and departure promptly at 8:00 am. Cost is \$35/person.

**Ice Cream Social:** Wednesday, August 30. At Noon, enjoy ice cream with all the trimmings provided by the Happy Hikers. This event immediately follows the 11:00 am Fall Program Preview.

**Internet Café:** Open daily, 8:30 am - 4:30 pm. Drop in and enjoy today's tools of communication—and Cable TV as well! A Kindle, iPad, and laptop can be checked out and "Dr. Ron" will be available for computer "questions and answers" Tuesdays, 10:30 am to 3:30 pm.

**Legal Assistance:** July 3, 17 & 31 and August 7 & 21. Call 637-0484 to schedule an appointment for free legal services for seniors.

**Loss & Life Changes Support Group:** Mondays. Change oftentimes results in grief, for a variety of reasons! Find help from a group effort as 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:** Our Low Vision Group is an active part of the Center and new members are always welcome. If you know someone who would like to be involved in Center events, please call or encourage them to call the Center today.

**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 Center Band in Concert: Tennessee Theatre @ noon on Monday, July 3!** Enjoy this patriotic salute that will help you to remember how proud you are to be an American! Free transportation will be provided from the Center to/from the theatre. Call the Center (523-1135) to make a reservation; limited space is available!

**Old Time String Band:** Friday afternoons, 1:30 pm. If you play an acoustic instrument, sing, or just like to



## JULY 2017 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<p>3</p> <p>8:00 Harrah's Trip 9:00 Legal Assistance</p> 	<p>4</p> <p>CENTER CLOSED</p> 	<p>5</p> <p>1:00 Genealogy Class</p>	<p>6</p>	<p>7</p>
<p>10</p> <p>10:00 Veteran Q &amp; A 10:00 iPad/iPhone Basics 12:30 Android Basics 1:30 Fabric Painting</p>	<p>11</p> <p>10:00 iPad/iPhone Basics 12:30 Android Basics 1:30 Tea Dance</p>	<p>12</p>	<p>13</p> <p>8:30 Toenail Clipping 9:30 Ask-A-Pharmacist 10:00 Happy Hikers and Thursday Walkers 12:00 Diabetic Sweet Spot</p>	<p>14</p> <p>10:00 Gift Shop Steering Committee Meeting</p>
<p>17</p> <p>9:00 Legal Assistance 12:00 Lunch &amp; Learn</p>	<p>18</p> <p><u>NEW SERIES</u></p> <p>11:00 Washable Oils Painting</p>	<p>19</p> <p>9:00 Advisory Board 10:00 Camera Club 12:00 AARP Driver Safety Training 1:00 Genealogy Class</p>	<p>20</p> <p>10:00 Happy Hikers and Thursday Walkers 12:00 AARP Driver Safety Training 2:00 With Hope in Mind</p>	<p>21</p> <p>7:00 VARIETY DJ DANCE</p> 
<p>24</p> <p>1:00 Market Group Meeting</p>	<p>25</p>	<p>26</p> <p>10:00 Awesome Apps 12:30 Pinterest</p>	<p>27</p> <p>10:00 Happy Hikers and Thursday Walkers</p>	<p>28</p> <p>10:00 Gift Shop Meeting</p>
<p>31</p> <p>9:00 Legal Assistance 12:00 Lunch &amp; Learn</p>				

## RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:45 Advanced Senior Cardio</p> <p>10:00 Party Bridge</p> <p>10:00 Water Aerobics</p> <p>10:30 Loss &amp; Life Changes Support Group</p> <p>1:30 Intermediate Line Dance</p>	<p>9:00 Quilting</p> <p>9:00 Greenhouse</p> <p>9:00 Tai Chi</p> <p>10:00 Basic Arthritis Exercise</p> <p>10:00 Party Bridge</p> <p>10:00 Tai Chi Set Practice</p> <p>10:00 Water Aerobics</p> <p>10:00 Yoga</p> <p>11:00 Adv Arthritis Exercise</p> <p>11:20 Seated Yoga</p> <p>11:30 Washable Oils Painting</p> <p>1:00 Cribbage &amp; Table Games</p> <p>1:30 Afternoon Dancing</p>	<p>8:30 Open Painting</p> <p>8:45 Advanced Senior Cardio</p> <p>9:00 Cadet Band Practice</p> <p>10:00 Concert Band Practice</p> <p>10:00 Party Bridge</p> <p>10:00 Water Aerobics</p> <p>12:00 Brain Games</p> <p>12:15 Health &amp; Humor</p> <p>12:30 Belly Dance</p> <p>12:30 Texas Hold'Em</p> <p>1:30 Beg. Beg. Line Dance</p> <p>1:30 Bingo</p> <p>2:00 Beginning Line Dance</p>	<p>8:30 Blood Glucose Checks</p> <p>9:00 Knitting &amp; Crocheting</p> <p>9:00 Tai Chi</p> <p>10:00 Basic Arthritis Exercise</p> <p>10:00 Cards &amp; Games</p> <p>10:00 Happy Hikers</p> <p>10:00 Tai Chi Set Practice</p> <p>10:00 Thursday Walkers</p> <p>10:00 Water Aerobics</p> <p>10:00 Yoga</p> <p>11:00 Adv Arthritis Exercise</p> <p>11:20 Seated Yoga</p>	<p>9:00 Greenhouse</p> <p>9:00 Woodcarving</p> <p>10:00 Spanish</p> <p>10:00 Water Aerobics</p> <p>12:30 Fun Film Friday</p> <p>1:30 Old Time String Band</p> <p><b>Billiards Room Open</b> Monday—Friday 8:30 am-4:30 pm</p>

## AUGUST 2017 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<b>BLOOD PRESSURE CHECKS DAILY</b> 10:30-11:30	1 8:00 Harrah's Trip 12:00 Hearing Screening & Hearing Aids Checked 1:30 Tea Dance	2	3 2:00 Flower Lovers	4 5 11:00 Standard Knitting Mill Reunion
7 9:00 Legal Assistance 10:00 Basic iPad/iPhone 11:30 Creative Endeavors 12:00 Lunch & Learn 12:30 Basic Android	8 10:00 Basic iPad/iPhone 12:30 Basic Android/Galaxy	9 9:00 Piano Lessons	10 9:00 Piano Lessons 10:00 Happy Hikers & Thursday Walkers 12:00 Diabetic Sweet Spot	11 12 7:00 pm Hawaiian Luau featuring the Russell Ramsey Band
14 9:30 Creative Writers 10:00 Veteran Q & A 1:30 Fabric Painting	15	16 8:30 Toenail Clipping 9:00 Piano Lessons 10:00 Camera Club	17 9:00 Piano Lessons 10:00 Happy Hikers & Thursday Walkers 2:00 With Hope in Mind	18 7:00 PM VARIETY DJ Dance 
21 9:00 Legal Assistance 12:00 Lunch & Learn	22 10:00 iPad/iPhone Adv. 12:30 Android/Galaxy Adv.	23 8:30 Toenail Clipping 9:00 Piano Lessons 10:00 iPad/iPhone Adv. 12:30 Android/Galaxy Adv.	24 9:00 Piano Lessons 10:00 Happy Hikers & Thursday Walkers	25
28 9:30 Creative Writers 1:00 Market Group	29	30 11:00 Fall Program Preview & Ice Cream Social 	31 10:00 Happy Hikers & Thursday Walkers 12:00 SCL Kickoff Luncheon—RSVP	

## 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 10:00 Basic Arthritis Exercise 10:00 Party Bridge 10:00 Tai Chi Set Practice 10:00 Water Aerobics 10:00 Yoga 11:00 Adv. Arthritis Foundation Exercise 11:20 Seated Yoga 11:30 Washable Oils Painting 1:00 Cribbage /Table Games 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 Beg. Beg. Line Dance 1:30 Bingo 2:00 Beginning Line Dance	8:30 Blood Glucose Checks 9:00 Tai Chi 10:00 Basic Arthritis Exercise 10:00 Cards & Games 10:00 Happy Hikers 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 10:00 Water Aerobics 10:00 Yoga 11:00 Adv. Arthritis Foundation Exercise 11:20 Seated Yoga	9:00 Greenhouse 9:00 Woodcarving 10:00 Spanish 10:00 Water Aerobics 12:30 Fun Film Friday 1:30 Old Time String Band  Billiards Room Open Monday—Friday 8:30 am-4:30 pm

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

listen and dance, we would love to have you at this casual FRIDAY afternoon get-together. All skill levels welcome!

**Painting with Washable Oils:** Tuesdays.

Instructor: Liberty Gialelis. New 5-week sessions begin July 18 & August 22; cost is \$20. Beginners and newcomers welcome. Call for information.

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

**Quilting:** Tuesdays. Learn quilting skills and tips from our experts who will keep you in stitches! Newcomers are needed! If you have tops that need to be quilted, please call for information.

**Senior Advanced Cardio:** Monday & Wednesday. This Covenant-led low impact aerobic class includes an increased level of intensity and a strenuous workout. Cost is \$3. Newcomers welcome.

**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 August 31st **Kick Off Luncheon**.

**Spanish:** Fridays. This basic class for beginning and intermediate students is taught by Bonito Lopez Abarca.

**Taoist Tai Chi Classes and Practice:** Tuesdays and Thursdays. Originally developed for self defense, Tai Chi helps reduce stress and anxiety and has been described as meditation in motion! It promotes serenity through gentle, flowing movements. Newcomers are always welcome.

**Texas Hold'em:** Wednesdays. Enjoy fun with the Flop, the Turn, the River, and even the Fold! Experienced and inexperienced card players are welcomed! Cost is \$2/class.

**Veterans Services:** July 10 & August 14. The Knox County Veterans Service Office representative will be available to answer questions or provide direction concerning the latest changes.

**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 Alliance on**

**Mental Illness (NAMI):** Thursday, July 20 and August 17. Support group for families dealing with various mental illnesses. Contact Gerald Segroves at 523-7284.

**Woodcarving:** Fridays. Open to all, regardless of experience. Personal instruction is available if needed. Call the O'Connor Center to get a list of supplies needed.

**Yoga:** Tuesdays & Thursdays, 10:00 am, and Seated Yoga on Tuesdays & 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 is \$2/Class.**

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

**Beginner 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, July 11 and August 1. Good music, fellowship, and refreshments.

**3rd Friday Night Dances w/Refreshments:** July 21 and August 18. "ALL TYPE" dance with great music, food, fun, and a special DJ from Pro-Audio Mobile DJs. Cost is \$5!

**Saturday Night Ballroom Dances w/Refreshments:** July 8, Patriotic Dance with Mood Swing Band; August 12, Hawaiian Luau Dance with Russell Ramsey Band. **Cost: \$5/Dance Club Members; \$7/Non Members.**

**Health and Humor:** Wednesdays. **Stress relief from laughter? It's no joke!** Laughter will always be the best medicine! Enjoy fellowship with Nurse Claudia and others who enjoy laughing AND learning!

**Hearing Aids Cleaned, Checked, and**

**Hearing Tested by a Beltone Representative:** July 11 and August 1.

**Lunch & Learn: PLEASE NOTE: Complimentary lunch will be provided for those who make a reservation by Thursday of the previous week.**

**July 17:** Home Safety & Fall Prevention - Join King University students to learn simple fall prevention and home safety measures to reduce your risk of injury. Reservation required.

**July 31:** Supportive Therapies for Acid Reflux & Inflammation- Bill Satterly from Cause & Effect Natural Pharmacy will discuss options for dealing with these health issues. Reservation required.

**August 7:** Only You Can Prevent Fires- A Master Firefighter from the Knoxville Fire Prevention Bureau will discuss fire prevention,

**O'CONNOR COMPUTER CLASSES PLEASE PRE-REGISTER AND PRE-PAY Computers, as well as some iPads, tablets, etc., are available; please indicate need when registering.**

**iPad/iPhone Beginner Class:**

**\$25 for the 2-day class**

Mon-Tues, July 10 & 11, 10:00 am to Noon.

Mon-Tues, Aug. 7 & 8, 10:00 am to Noon.

**Android/Galaxy Beginner Class:**

**\$25 for the 2-day class**

Mon-Tues, May July 10 & 11, 12:30 pm to 2:30 pm.

Mon-Tues, Aug. 7 & 8, 12:30 pm to 2:30 pm.

**Awesome Apps: \$15 for the 1-day class**

Wed, July 26, 10:00 am to Noon

**iPad/iPhone Adv. Class:**

**\$25 for the 2-day class**

Tues-Wed, Aug. 22 & 23, 10:00 am to Noon.

**Android/Galaxy Adv. Class:**

**\$25 for the 2-day class**

Tues-Wed, Aug. 22 & 23, 12:30 pm to 2:30 pm.

**Pinterest: \$15 for the 1-day class**

Wed, July 26, 10:00 am to Noon

**CALL 523-1135 FOR INFORMATION AND TO REGISTER FOR CLASSES. PRE-PAYMENT REQUIRED.**

safety tips, and what to do in case of a fire. The proper use of a fire extinguisher will also be demonstrated. Reservation required.

**August 21:** Arthritis Awareness- Meet and talk with local Arthritis Foundation representative as she shares information about the types of arthritis and best treatments. Reservation required.

**Sweet Spot for Diabetics:** NEW DAY & TIME-- 2nd Thursdays. This important Diabetic Support Group led and sponsored by Mac's Pharmacy includes Group Education and Discussion. Mac's Pharmacy will also provide a COMPLIMENTARY LUNCH from the DINER for those who pre-register.

**Thursday, July 13:** A pharmacist from Mac's Pharmacy will discuss "Insulin: The 411"  
**Thursday, August 10:** A pharmacist from Mac's Pharmacy will discuss "Carbohydrate Counting"

**Toenail Clipping by Appointment Only: Cost is \$12; please call 523-1135 to schedule an appointment with Kelli!** Thursday, July 13; Wednesday, August 16; Wednesday, August 23



# OOA CONTRIBUTORS

**CONNECTING HEARTS**

East Tennessee Foundation,  
Mount Rest Fund  
Sequoyah Hills Presbyterian Church

**ELDER ABUSE**

East Tennessee Foundation,  
Mount Rest Fund

**FEED A PET**

Julia Brelsford  
Sandy Lamb  
Peter & Fawn Landrum  
Robert E. Michel  
Steve & Linda Oliver  
Martha Rosson  
*In Memory of James S. Bennett*  
Marjorie Bennett Stephens  
*In Memory of Lucille Millsbaugh*  
Anonymous  
*In Memory of Louise Musgrove*  
E. Streets

**LIVE**

Sam Bell

**O'CONNOR CENTER**

Charlenia Wilson  
Singing Seniors  
O'Connor Dance Club  
Jim & Frankie Hicks  
Happy Hikers  
Silver Stage Players  
Senior Citizens Market Group  
The Akima Club  
Exceptional Gifts  
*In Memory of Jack Gaston*  
Paul & Katherine Mays  
*In Memory of Howard Sain*  
Holly Krause  
Ronnie H Lastday & J. H. Cooper, Jr.  
Eileen Wilson  
Donald & Elizabeth Simmons  
Barbara Davis  
David & Elizabeth Simmons  
Greg & Vicky Ratcliff  
Tazewell Point HOA

**OOA**

Lisa Collins Werner

**PAWS**

Anonymous (1)  
Asheville Highway Animal  
Hospital, LLC  
Blackhorse Brewery  
Cherokee Distribution  
City Fido  
Ann Delap  
Stefanie Fountain  
Amy Gibson

Muncie Harbin  
Paul Houston  
Ellen Keith  
Knox Beverage Control  
Sandy Lamb  
Carey Merz  
Misty't Pet Depot  
Naples  
Nothing Too Fancy  
Riverdog Bakery  
Rustic Furniture  
Victor & Mary Tyler  
Bridgette Williams Allstate Agency  
*In Memory of Wilma Campbell,  
Marjorie Herzel & Lillian Smith*  
Lola Dodge

**SENIOR INFORMATION AND REFERRAL**

A Place for Mom  
Always Best Care  
Alzheimer's Tennessee  
Arbor Terrace  
Dora Arnold  
Atria Weston Place  
Sandy Bell  
Beverly Park Place  
LaWanna Broderick  
Mary Brown  
Bonnie Callen  
Choices in Senior Care  
Clarity Pointe  
Cynthia Cleveland  
Ludell Coffey  
Jennifer Dalton  
Becky Dodson  
East Tennessee Personal Care  
Donna Ellstrom  
Elmcroft West  
Zoe Evans  
Jeanie Fox  
Monica Franklin  
Friends of John Rosson  
Genesis Brain Health Institute  
Karen Hedden  
Deborah Herzel  
Jim & Frankie Hicks  
Hillcrest Healthcare  
Home Instead Senior Care  
HUGS - Habitat Urban Garden  
Stitchers  
Hunter Valley Farm  
Independent Insurance Consultants  
Karla Ingle  
Barbara Kelly  
Knoxville TVA Employees  
Credit Union

Ellen Liston  
Mark Lochhead  
Nancy Lofaro  
Susan Long  
Long, Ragsdale & Waters  
Deborah McMillian  
Morning Point of Powell and Clinton  
Diana Nelson  
NHC Farragut  
NHC Homecare  
Ole Smoky Tennessee Moonshine  
Judith Poulson  
Quality Home Health  
Quality Private Duty Care  
Raintree Assisted Living  
Sherrie Raymond  
William Schall  
Senior Companions  
Kathy Sergeant  
Karen Sterchi  
Susie Stiles  
Maureen Stokes  
Tennessee Men's Health Network  
The Pointe at Lifespring  
Sara Mary Wallace  
Mrs. George Willard  
Williamsburg Villas

**SNP/POWER OF THE PURSE**

Pam Fuller  
Knoxville Comprehensive  
Breast Center

**VOLUNTEER ASSISTED TRANSPORTATION (VAT)**

AAA Auto Club  
Applebee's,  
5316 Central Avenue Pike  
Blue Coast Grill and Bar  
Chick Fil A - West Towne  
D'TO / West Town Mall  
Crowne Plaza - Mahogany's  
Downtown Grill and Brewery  
Fred's Alignment  
Holly's Gourmet Dining  
KAT bus  
Magpies Cakes  
Maple Hall Bowling Alley  
Nama - Gay Street  
Pizza Inn, Clinton hwy  
Sandy McKelvy  
Three Rivers Market  
TN Theatre  
Tomato Head  
Visit Knoxville

# FALL FESTIVAL OF HEALTHCARE BRUNCH

Friday, September 22 • 8:30 a.m. - 11:30 a.m.

This annual event provides opportunities to help you become aware of what your body is saying to you! Various screenings will be available as well as lots of information that will enable you to make good choices as you continue on this life journey that is fraught with ups and downs! The Knox County Health Department will once again be a partner in this event and a variety of screenings will be available as well as the latest health research information. Once the screenings are completed, you can bring your "Report Card" and plan to enjoy a light, healthy buffet brunch! Save the date--Friday, September 22! ■

# ADOPT-A-SENIOR SPONSORS

APRIL 2017 & MAY 2017 DONATIONS

Anonymous (8)  
Barbara Abner  
Beaver Creek Cumberland  
Presbyterian Church,  
Searchers Sunday  
School Class  
Mikeal Berry  
Alan & Dianna Brizzolara  
Joyce Brown  
R. & S. Brown  
Harvey & Marilyn Cobert  
Connie Cole  
Norma Cox Cook  
Crossroads Farm  
Robert & Honerlin Del Moro  
Erin Presbyterian Church  
First Farragut United  
Methodist Church  
Julius Gregg  
Ruben & Arlene Hernandez  
David & Janice Ishee  
Betty Lane  
Laureate Alpha Omicron,  
Chapter of Beta Sigma Phi  
Elizabeth Lillie  
Management Society at the  
University of Tennessee  
Meridian Baptist Church,  
Ed Arnett SS Class  
Steven & Sara Miller  
Mt. Olive Baptist Church,  
Eagles Sunday School Class  
Marie Norman  
Helen Roehl O'Connor  
Lewis M. Patterson  
Rebecca Smith  
St. George Greek Orthodox  
Church, Philoptochos  
Society,

Sts. Mary & Martha  
Chapter 5036  
Sunshine Society of TN,  
Lucile M Tapp Chapter  
Steve & Deborah Zimo  
Webb School of Knoxville  
**AAS IN MEMORY OR HONOR**  
*In Honor of Hugh & Dorothy Allan*  
Robert Allan  
*In Honor of Margaret  
Blombach*  
Dale & Mary Kangas  
*In Memory of Lee Graning &  
William Deeds*  
Larry & Carolyn Proctor  
*In Honor of Libba Jacos 89th  
Birthday*  
Ben Jaco  
*In Honor of Jesus*  
Anonymous  
*In Memory of Barbara Monty*  
Chuck & Susan Brantley  
*In Memory of Wilma Dean  
Norman*  
Darryl Smith  
*In Memory of Wilma Dean  
Norman*  
Town of Farragut  
*In Honor of Neighbor at 346  
Dominion*  
David & Terri Nelson  
*In Honor of Valerie Privett*  
Kim Isenberg  
*In Memory of Andrew Paul  
Sorrells*  
Curtis Sorrells  
*In Memory of Andrew Paul  
Sorrells, II*

Edwina Sorrells  
*In Honor of Valerie Privett &  
Heather Stewart*  
Lyndon Mitchell  
*In Honor of Valerie Privett &  
Heather Stewart*  
Vicki Williams  
*In Memory of Jimmy Ray  
Valentine*  
Darrell, Catherine & Wilma  
Valentine  
**ONE SENIOR FOR ONE YEAR**  
Anonymous (1)  
Betty Chandler  
Dura-Line Corporation  
Jim & Kathy Killingsworth  
Stuart Monty  
Deborah Perry  
Sitel  
Theresa Wright  
**TWO SENIORS FOR ONE YEAR**  
Old North Knoxville, Inc.  
**THREE SENIORS FOR ONE YEAR**  
The Akima Club  
**TWELVE SENIORS FOR ONE YEAR**  
Meals on Wheels America,  
"Subaru Share the Love"  
**SEVENTY-THREE SENIORS FOR ONE YEAR**  
Knoxville News  
Sentinel Charities,  
Empty Stocking Fund

# JOIN THE COUNCIL ON AGING

Do you care about issues regarding seniors? Then the Council on Aging may be right for you. The Council on Aging meets on the second Thursday of the month from September to June at 2:30 pm at O'Connor Senior Center. Not only do we sponsor monthly programming, but we help advocate to local, state and national officials on issues regarding aging in Knoxville. Stay involved...get on the list! Call 865-524-2786 for more information or to get on the mailing list. ■



## VOLUNTEERS HONORED AT CELEBRATION

On Thursday, May 18th, the Volunteer Assisted Transportation program honored their volunteer drivers at a Meet and Mingle Volunteer Appreciation Celebration, hosted by Oakwood Senior Living. In eight years of service, volunteers have provided over thirty-five thousand assisted trips!

Door prizes were donated from various businesses in the Knoxville area. Thank you to the following contributors: Magpies Cakes, Chick-Fil-A Bearden, Fred's Alignment, Three Rivers Market, Rita's Italian Ice, Crown Plaza, Holly's Gourmet Dining, AAA Auto Club, KAT Bus, Blue Coast Grill and Bar, Downtown Grill and Brewery, Visit Knoxville, Café 4, Tomato Head, Maple Hall, Nama Sushi, Applebee's, Pizza Inn, and the TN Theatre. Thanks to Larry Blair and the Blair Xperience for providing live music. ■

## O'CONNOR ANNUAL GOLF TOURNAMENT FUNDRAISER

**Friday, September 29, 8:30 a.m.**

**Three Ridges Golf Course**

**Lunch Sponsor: Famous Dave's BBQ**

Be a player, have a team, sponsor a hole, be a Major Sponsor. . . however you would like to be involved in this year's tournament, we can make it happen. Call 523-1135 for tournament information. Funds from this event enable the O'Connor Center to expand its program of activities and continue to meet needs in the lives of seniors. Thank you for partnering with us in this fundraising effort. ■



Randy Carter, sales manager at Grayson Subaru, presents the MOWA Share the Love check to Judith Pelot, manager of Knox County Mobile Meals. Photo by Rachel Kraft.

## GRAYSON SUBARU SHARE THE LOVE PROGRAM BENEFITS MOBILE MEALS

CAC Office on Aging Mobile Meals recently received grant funding in the amount of \$10,600 from Meals on Wheels America (MOWA) as a result of participating in Subaru's national Share the Love event. Mobile Meals partnered with Grayson Subaru in the event.

Judith Pelot, Mobile Meals manager, said, "As the population of Knox County seniors in need continues to grow and federal funding challenges are a possibility in the future, this donation will provide over 3,000 home-delivered meals. We are thankful to have a local business like Grayson Subaru to step up and help."

Mobile Meals' goal during Share the Love was to educate Knoxvilleans about the severe food insecurities and hunger suffered by local homebound older adults and also to raise awareness of the excellent work that the Mobile Meals program does to meet the needs of more than 900 seniors in Knox County each day.

Randy Carter, sales manager at Grayson Subaru said, "Knox Mobile Meals tells us that this sum will provide several thousand meals for Knoxvilleans most in need. For that and so many more positive reasons, Grayson Subaru is delighted to be a part of what Mobile Meals is doing. Helping with such a worthy cause is exactly how Subaru and Grayson hope to positively impact the quality of life in Knox County." ■

••••• TO KEEP YOU INFORMED •••••

# Why Do You Volunteer?

## Retired and Senior Volunteer Program

### RSVP Volunteer Milton

**Constantine:** "I volunteer because I have an interest in what's going on."

### RSVP Volunteer Michael

**Betz:** "I volunteer because I enjoy giving back and seeing the response - most everybody feels gratitude."

### RSVP Volunteer Kitty

**Constantine:** "I volunteer because I love to be outside, work with plants, help people, and be with friends."

There are many reasons to volunteer! Whether you are looking for a way to get out of the house, make friends, learn a new skill, or utilize old talents; RSVP has an opportunity for you!



Photo by Angela Grant



### ■ Alzheimer's Tennessee, Inc.

Alzheimer's TN is a fun, laid back environment to volunteer! Located in Bearden, Alzheimer's TN volunteers help out with daily administrative tasks: answering the phone, greeting guests, assisting with filing, and entering computer data. Volunteers are needed week days, Monday – Friday, anytime between 8:00 am and 5:00 pm.

### ■ Mobile Meals

Volunteering for Mobile Meals is a fun, quick way to donate your time and brighten someone's day. Mobile Meals volunteers give two hours of their time, between 10:00 am and 1:00 pm, to deliver meals to homebound seniors in Knox County. Mobile Meals requires 100+ volunteers a day! With so many out of town for a summer, volunteers are needed every day, Monday – Friday.

### ■ Volunteer Assisted Transportation (VAT)

VAT is a great way to meet new friends and spend the day giving back! Driving a VAT Toyota Prius, volunteers pick up homebound seniors and take them to the doctor, grocery store, or even the hair dresser. VAT drivers are needed any day of the week, including weekends.

For more information, please contact RSVP Coordinator at (865) 524-2786 or eden.slater@knoxseniors.org.

# OOA WISH LIST

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

### LT ROSS BUILDING:

Gently used magazines

### PROJECT LIVE:

Pillows

Like-new sheets and towels

Fans

Household items

Ensure

### DAILY LIVING CENTER:

Bingo & game prizes

Art supplies

### MOBILE MEALS:

Volunteers

Purses, silent auction items, and jewelry donations needed for Power of the Purse Sale

Easy to open canned food for extra meals for Connecting Hearts clients

Clean plastic grocery bags for meal delivery

### SENIOR EMPLOYMENT SERVICE:

Professional work clothes

New or gently-used dress shoes

### KNOX PAWS (PLACING ANIMALS WITH SENIORS):

Pet food and supplies

## In a fall or emergency, every second counts.

The security of Lifeline is now more affordable than ever. Lifeline service is now available in East Tennessee at very low cost. Lifeline has a system that is right for you. The waterproof Help Button is easy to use and responsive any time you need help. You decide whom you want to respond: a neighbor, a family member, a medical professional, or any other person of your choice.

For more information, or to call and order to keep you or your loved one safe at home, call toll-free: 1-866-674-9900, ext. 4310. Please mention code TN765.

For more information about Lifeline products and services, plans, and how it works, go to [www.lifelinesys.com](http://www.lifelinesys.com). Please remember though, that if you want to order Philips Lifeline for yourself or a loved one in or near Knox County, Tennessee, to use the phone number and extension listed above to be connected to the correct geographical location. ■



## 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

Rachel Kraft

Knoxville-Knox County CAC Office on Aging  
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P.O. Box 51650 • Knoxville, TN 37950-1650

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

# 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

OFFICE ON AGING: (865) 524-2786

O'CONNOR SENIOR CENTER: (865) 523-1135

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JULY/AUGUST

## ELDER NEWS & VIEWS

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### GRANDPARENTS AS PARENTS PROGRAM TO HOLD "BACK TO SCHOOL BASH"

The Grandparents as Parents (GAP) program is partnering with the Tennessee Valley Boys and Girls Club for a "Back to School Bash" on August 22, 2017 at the Hall/Powell Boys and Girls Club location at 1819 Dry Gap Pike, Knoxville, TN.

The "Bash" will introduce grandparents to local resources and to the importance of joining an educational support group for grandparents who are thrust into parenting the second time around. Boys and Girls Club will provide the meeting space, childcare for Boys and Girls Club participants only, and food for the evening. In addition, we currently are recruiting other agencies for informational booths such as SNAP, the Health Department, Knox County Schools, and the Police Department. Call GAP if you are interested in exhibiting.

**Date:** August 22

**Time:** 6 pm – 7:30 pm

**Place:** Halls/Powell Boys and Girls Club  
1819 Dry Gap Pike in Knoxville

*Open to the public, but only Boys and Girls Club children receive child care.*



GAP's goal is to enroll grandparents into our program, enabling us to provide continued education and support to these families. There will be free copies of the new *Guidebook for Grandparents Raising Children* available to all attendees.

To RSVP or for information, contact the Grandparents As Parents program at (865) 524-2786 or email [donna.lewis@knoxseniors.org](mailto:donna.lewis@knoxseniors.org). ■