

ELDER NEWS

NOVEMBER/DECEMBER 2017

VIEWS

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE



MEDICARE **+** OPEN ENROLLMENT OCTOBER 15 - DECEMBER 7

To maintain your best coverage and prices, it is necessary to review your insurance plan each year. Even if your needs are the same, the plan may change and your costs may increase in January. Choose your plan each year during Open Enrollment.

CAC Office on Aging offers a free service to people who would like help to understand their coverage and choose a plan. Assistance is available through Affordable Medicine Options for Seniors (AMOS). Call the Office on Aging at 524-2786.

To help beneficiaries understand their options and make important coverage decisions, complete and reliable information about Medicare is available online at www.medicare.gov and at 1-800-633-4227. ■

AGING: A Family Affair

**Thursday, Nov 9, 2017
8 a.m. – 3:45 p.m.
Rothchild Conference Center
8807 Kingston Pike,
Knoxville, TN 37923**

The Office on Aging's 33rd annual fall workshop, Aging: A Family Affair, will cover a wide variety of topics of interest to seniors, professionals, senior advocates, and caregivers. More than 60 exhibitors will be on hand to discuss their products and services.

A continental breakfast and lunch is provided. Tickets are \$25 before October 27, and \$30 after. Register online at knoxseniors.org or call the Office on Aging at (865) 524-2786.

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

PLANNED GIVING: LEAVING A LEGACY



CAROLE MORGAN

Carole Morgan was not wealthy. She lived a modest life, in a humble home, and in her later years, came to find that she needed extra help from the Office on Aging. Carole was a friend of the Office on Aging and when she passed away, she left some of her estate to benefit our programs and clients. "Some of our most touching estate gifts have come from individuals who were of modest means, but who thought to give to OOA programs that had been there for them when they needed a caregiver or a hot meal or a friendly voice on the other end of the phone," said Susan Long, director of the Office on Aging.

One mistake made by people who don't consider themselves wealthy is not planning ahead for what to do with anything they might leave

behind. You don't have to be rich to leave some assets, as simple as they might be – whether it's a car, a small account, or a modest home. It's understandable when people want to leave these assets to family members or loved ones, but sometimes, they don't have anyone to leave their belongings to, or they want to pay tribute to a charity that has helped them in their later years. If that's their desire, they must make it "official."

For more ideas about estate planning, be sure to consult your legal counsel. The Office on Aging has a brochure, *What Will Your Legacy Be?* It can guide you through the various ways to give money at any time or through your will to the charity of your choice. Contact us at (865) 524-2786 or email us at knoxooa@knoxseniors.org to have one mailed to you. ■

LITTLE THINGS MAKE A BIG DIFFERENCE

Each year, the local community provides gifts and serves hot meals during the holidays for seniors served by Mobile Meals. Often, these gifts are the only ones these seniors will get, and though the items themselves are not of great value, they are priceless to those who receive them. 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.



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. Collections will be accepted from Monday, December 4, to Friday, December 15, at the following locations: - CAC Office on Aging, 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 Monday, December 18 through Wednesday, December 20.
- **Deliver Meals:** Mobile Meals will deliver on Thanksgiving Day and Christmas Day. Volunteers are especially needed throughout the busy holiday season, November 22-23, and December 18-29.
- **For information** about gift-giving or volunteering, call Mobile Meals volunteer coordinator Shelly Woodrick at (865) 524-2786. You can also click on the Mobile Meals gift icon at www.knoxseniors.org for details or visit our Facebook page at facebook.com/mobile. ■

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 16-January 2. 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 over \$10 million for the Meals on Wheels Network, providing 1.7 million delivered meals to seniors in need.



PHILIPS LIFELINE: FALL PROTECTION AND 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 at a discount 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.



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.** ■

EASY WAYS TO GIVE TO THE COUNCIL ON AGING

The Knoxville-Knox County Council on Aging (COA) is an independent 501(c)(3) organization that serves as an advisory body to the CAC Office on Aging. Members of the COA help identify the needs of seniors in Knox County and the resources to meet those needs. Anyone who is interested can join the council. Meetings are held on the second Thursday of each month (except July and August) at the O'Connor Senior Center at 2:30 p.m.

The following programs offer ways to donate to COA without any additional cost beyond your purchases.

Kroger Community Rewards®: Kroger Community Rewards® allows you to designate the charity of your choice to receive a portion of its charitable giving funds every time you shop at Kroger with your Kroger Plus card. You can register your choice of charity online or by phone, at www.krogercommunityrewards.com or 1-800-576-4377 (choose Community Rewards). We ask that you consider choosing the Knoxville-Knox County Council on Aging.

Amazon. A Reason to Smile: Amazon will donate 0.5% of the price of your eligible purchases when you shop at AmazonSmile (smile.amazon.com). Please buy books, e-books and other merchandise on the AmazonSmile website, designating Knoxville-Knox County Council on Aging as your choice of recipient for the charitable giving program. You must remember to enter the site through the smile.amazon.com address each time that you make a purchase, rather than through amazon.com for COA to benefit. ■



SAVE THE DATE FOR SNOWFLAKE BALL

Saturday, February 3, 2018 • 6 pm – 9 pm
Kerbela Temple • 315 Mimosa Ave.



Tickets are \$40 before Jan. 19; \$50 after. Rain date is Feb. 17. Order tickets at 865-541-4500.



HOLIDAY PERFORMANCE: "SOMEWHERE... WONDERFUL!"

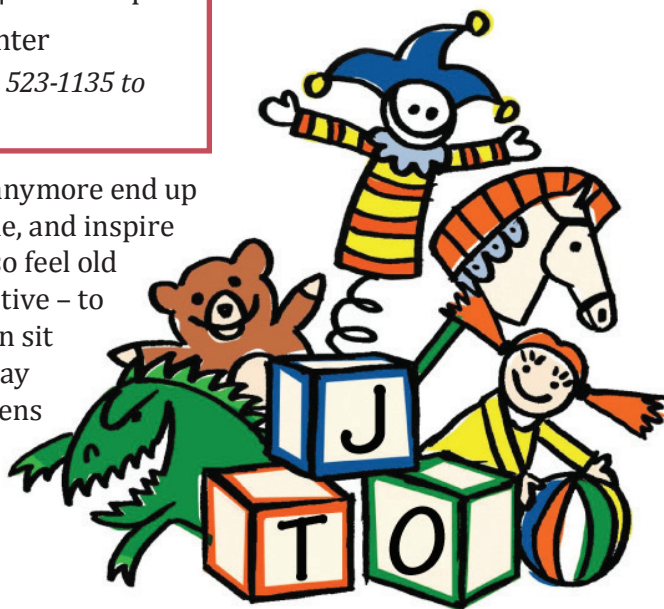
WRITTEN BY JEANETTE STEVENS; PERFORMED BY
THE O'CONNOR SILVER STAGE PLAYERS

Date: December 13, 2017 | **Time:** 1 pm

Place: O'Connor Senior Center

Open to the public. Please call 523-1135 to reserve your seat.

Old toys that nobody wants anymore end up in a yard sale at a senior home, and inspire new senior residents who also feel old and unwanted, to be more active – to DO SOMETHING – rather than sit around waiting to die. The play was written by Jeanette Stevens and will be performed by the O'Connor Silver Stage Players. Please join us for this special holiday performance. ■



ONE CALL CLUB: A GIFT THAT KEEPS GIVING

- This holiday season, consider giving a gift that keeps giving year round - a membership to the Office on Aging's One Call Club. It 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. 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 to learn more or to join. ■



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.



Appalachian Business Communications • Arnwine Home Furnishings • East Tennessee Personal Care • K & J Concrete Polishing (Kathy Killingsworth) • Knoxville Comprehensive Breast Center • NHC of Farragut • Senior Solutions Management Group

Special thanks to Akima Club

O'CONNOR CENTER SCHEDULE - NOVEMBER/DECEMBER

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

The O'Connor Center will be closed: Friday, November 10, for Veteran's Day Thursday & Friday, November 23 & 24, for Thanksgiving Monday & Tuesday, December 25 and 26, for Christmas

MOST REGULARLY SCHEDULED ACTIVITIES WILL NOT MEET DECEMBER 27, 28, AND 29.

November/December Programs at the O'Connor Center include special holiday events and celebrations that will hopefully evoke good memories and provide opportunities to make new ones! Take advantage of these opportunities to spend time with friends... take a moment to reflect and give thanks for those that are or have been a part of your O'Connor Center Family... and look toward the new year with anticipation of good health, happiness, and peace!

NOVEMBER/DECEMBER PROGRAMS

AARP Driver Safety Program: The Smart Driver Course will be offered Wednesday and Thursday, November 15 & 16. Please call Carolyn Rambo at 382-5822 for info and to register for this two-day refresher course.

Belly Dance: Wednesdays. This is a great way to work on core muscles while having fun at the same time.

Bingo: Wednesdays. Bringing both a new \$1-\$2 gift to be shared as a prize and a \$1 donation to help with program cost is greatly appreciated and helps insure the fun will continue!

Brain Games: Regular games are played on Wednesdays at 12:00 noon and new participants are welcome. There will be no meetings from November 22-December 27. Meetings will resume January 3.

Camera Club: Wednesday, November 15/no December meeting. Let us help guide your development both creatively and technically as we focus on the benefits of participating in the Camera Club. Help us identify goals and objectives of this group as we redefine the Camera Club.

Candlelight Holiday Dinner, 5:00 pm, Tuesday, December 5—Reservations and \$5.00 Required Ticket Purchase by November 29! Enjoy Famous Dave's special Christmas meal with all the trimmings with holiday music provided by the O'Connor Band directed by Linda Edwards. *Seating is limited; please make your reservation early to insure a seat!*

Cards and Games: Thursdays. Join the game of the day! Everyone welcome!

Creative Endeavors: Meeting Monday, December 4. Group has open membership for those who are looking for ways to express their creativity; free membership

and newcomers are always welcome!

Creative Writers Workshop: Mondays, November 13 & 27 and December 11 & 25. Barbara offers encouragement and direction to others who enjoy writing!

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

Dance Classes - Cost is \$2/Class.

Afternoon Dancing: Tuesdays. Opportunity to dance and visit with friends. Instruction available; \$2 donation appreciated.

Beginner-Beginner Line Dance, Wednesdays. Specifically for those with no experience. Class will NOT meet on Nov. 22-Dec. 27.

Beginner Line Dance, Wednesdays. For the beginner with some experience. Class will NOT meet on Nov. 22-Dec. 27.

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. Class will NOT meet on Nov. 27-Jan. 1.

Dances - Cost varies per dance.

Tea Dance: First Tuesdays, November 7 and December 5; great fellowship! Cost is \$2.00.

3rd Friday Night Dances w/Refreshments: November 17 and December 15. "ALL TYPE" dance with great music, food, fun, and a special DJ from Pro-Audio Mobile DJs. Cost is \$5!

Saturday Night Ballroom Dances with

Refreshments: November 11, Veteran's Day Dance with David Correll Band; December 9, Christmas Dance featuring the Mood Swing Band. **Cost:** \$5/Dance Club Members; \$7/Non Members.

Deck the Halls and Walls: Friday, December 1. Lots of volunteers are needed to help decorate the trees, hang wreaths, and supervise!! It's a fun way to get into the spirit with friends, holiday music, and snacks!

Fabric Painting: Mondays, November 13 & December 11. Enjoy socializing with others during this self directed activity! Some supplies and tools available and newcomers are always welcome.

Flower Lovers Club: Meets the 2nd Thursday each month; membership is open to all who enjoy working with flowers.

French: Tuesdays, except December 26 and January 2. Enjoy expanding your French vocabulary!

Fun Film Fridays: Enjoy a weekly movie and popcorn; donations appreciated. Want to have a say in the movie selection—join the Movie Selection Committee at 10:00 am on Thursdays, November 9 and December 14.

Genealogy: Genealogy is one of the fastest growing hobbies in the United States. Join us Wednesdays,

November 8 & 22 and December 6 & 20, to find your roots!

Gift Shop: Wonderful and unique Holiday Gifts are available Monday-Friday from 10:00 am-2:00 pm until December 22! Gift Shop will be closed the last week of December and will re-open Tuesday, January 2. Call for membership info.

Greenhouse: "Green Thumbs" are needed in the greenhouse on Tuesdays and Fridays!

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.

Nov 2 Oak Ridge/Northridge
7.5-mile moderate hike

Nov 9 Cumberland Gap Ridge Trail
7-mile moderate hike

Nov 16 Armes Gap to Prison Mine
4.5-mile moderate hike

Nov 30 Angel Falls Overlook in the Big South Fork
5-6-mile moderate hike

Dec 7 Optional Hike
Call Carrie Roller for information

Dec 14 Christmas Party at O'Connor, Covered Dish

Dec 21 Sampson Mountain in Greenville
7-mile moderate hike

Dec 28 Reservoir Hill in Norris
3-mile easy to moderate walk/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: Please call the Center at 523-1135 for trip dates. Cost is \$35/person.

Internet Café: Open daily, 8:30 am - 4:30 pm. Pop in to check the latest weather or news update! A Kindle, iPad, and laptop can be checked out. "Dr. Ron" is available for computer "questions and answers" Tuesdays, 10:30 am to 3:30 pm--*Call to schedule an appointment.*

Investment News: Monday, December 4. Join John Smartt, Jr., for *Your Investment Questions Answered.*

Italian: Tuesdays, 11:00 am, except December 22 and January 2. Expand your Italian vocabulary beyond gelato or ciao!





Knitting & Crocheting: Thursdays. Free instruction available by Linda Costner.

Legal Assistance: November 6 & 20 and December 4 & 18. Call 637-0484 to schedule an appointment for free legal services for seniors.

Loss & Life Changes Support Group: Mondays. Holidays can be difficult sometimes but Pat Green,

O'CONNOR, CONTINUED ON P. 8

NOVEMBER 2017 CALENDAR OF EVENTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY/SATURDAY |
|--|---|---|--|---|
| <p>Legal Assistance available by appointment. Call 637-0484 for more information.</p> | | <p>9:00 Holiday Market Sale Sponsored by the Market Group 9:00 Piano Lessons 10:00 iPad/iPhone Basics 12:30 Android Basics</p> | <p>9:00 Piano Lessons 9:00 Medicare Open Enrollment Q & A 10:00 iPad/iPhone Basics 12:30 Android Basics</p> | <p>10:00 Health Hub </p> |
| <p>9:00 Legal Assistance by appointment only 10:00 Morning Stretch & Balance 12:00 Lunch & Learn</p> | <p>12:00 Hearing Screening & Hearing Aids Checked 1:30 Tea Dance</p> | <p>9:30 Medic Blood Drive 9:00 Piano Lessons 10:00 Morning Stretch & Balance 11:00 Veterans' Day Luncheon 1:00 Genealogy Class</p> | <p>8:00 Toenail Clipping 9:00 Piano Lessons 9:30 Ask-A-Pharmacist 12:00 Diabetic Sweet Spot 2:00 Flower Lovers Garden Club</p> | <p>CENTER CLOSED VETERAN'S DAY</p> <p>7:00 pm Veterans Day Dance featuring the David Correll Band</p> |
| <p>9:30 Creative Writers 10:00 Morning Stretch & Balance 10:00 Veteran Q & A 12:00 Lunch & Learn 1:30 Fabric Painting</p> | <p>9:00 Happy Hikers Meeting</p> | <p>9:00 Advisory Board 9:00 Piano Lessons 9:00 Mammography Van 10:00 Camera Club 10:00 Morning Stretch & Balance 12:00 AARP Driver Safety 1:30 AARP Ch. 85</p> | <p>9:00 Medicare Open Enrollment Q & A 9:00 Piano Lessons 11:00 Thanksgiving Covered Dish Lunch 12:00 AARP Driver Safety 2:00 With Hope in Mind</p> | <p>8:45 Senior Advanced Cardio 10:00 Health Hub  7:00 PM VARIETY DJ DANCE 7:35 PM Singing Seniors perform at Knoxville Ice Bears</p> |
| <p>9:00 Legal Assistance by appointment only 10:00 Morning Stretch & Balance</p> | | <p>10:00 Morning Stretch & Balance 1:00 Genealogy Class No Line Dance or Health & Humor until Jan 3.</p> | <p>CENTER CLOSED</p> <p><i>Happy Thanksgiving</i> </p> | <p>CENTER CLOSED</p> <p></p> |
| <p>9:30 Creative Writers 10:00 Morning Stretch & Balance</p> | | <p>10:00 Morning Stretch & Balance</p> | <p>9:00 Medicare Open Enrollment Q & A</p> | |

RECURRING WEEKLY EVENTS

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

DECEMBER 2017 CALENDAR OF EVENTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY/SATURDAY |
|---|--|---|---|--|
| Blood Pressure Checks Monday—Friday 10:30 am-11:30 am | | | | 1 10:00 Deck The Halls  |
| 4 9:00 Legal Assistance <i>by appointment only</i> 10:00 Morning Stretch & Balance 11:30 Creative Endeavors 12:00 Lunch & Learn 3:00 Investment News | 5 11:00 Painting with Washable Oils <i>NEW 5 wk. SERIES</i> 12:00 Hearing Screening & Hearing Aids Checked 1:30 Tea Dance 5:00 Candlelight Holiday Dinner | 6 10:00 Morning Stretch & Balance 10:00 Singing Seniors Holiday Concert 1:00 Genealogy Class | 7 9:00 Medicare Open Enrollment Q & A 9:00 Toenail Clipping | 8 10:00 Health Hub  9 7:00 PM Christmas Dance Featuring the Mood Swing Band |
| 11 9:30 Creative Writers 10:00 Morning Stretch & Balance 10:00 Veteran Q & A 1:30 Fabric Painting | 12 | 13 10:00 Morning Stretch & Balance 1:00 Silver Stage Players Holiday Performance 2:00 Creative Endeavors Holiday Sale | 14 9:00 Toenail Clipping 10:00 Creative Endeavors Holiday Sale 10:00 Happy Hikers Christmas Party 12:00 Diabetic Sweet Spot 2:00 Flower Lovers 2:30 COA Meeting | 15 10:00 Health Hub  7:00 PM VARIETY DJ DANCE |
| 18 9:00 Legal Assistance <i>by appointment only</i> 10:00 Morning Stretch & Balance | 19 | 20 10:00 Camera Club 10:00 Morning Stretch & Balance 1:00 Genealogy 1:30 AARP Ch. 85 | 21 2:00 With Hope in Mind | 22 NO EXERCISE TODAY CLASSES RESUME JAN. 2 |
| 25 CENTER CLOSED  | 26 GIFT SHOP CLOSED RE-OPENS JANUARY 2 NO FRENCH & ITALIAN TODAY RESUMES JAN. 9! | 27 No Line Dance Will resume Jan. 3 No Health & Humor Will resume Jan. 3 | 28 | 29 |

RECURRING WEEKLY EVENTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
| 8:45 Adv. Senior Cardio 10:00 Morning Stretch & Balance 10:00 Party Bridge 10:00 Water Aerobics 10:30 Loss & Life Changes Support Group Blood Pressure Checks Monday—Friday 10:30 am-11:30 am | 9:00 Quilting 9:00 Greenhouse 9:00 Tai Chi 9:45 Singing Seniors 10:00 French 10:00 Party Bridge 10:00 Tai Chi Set Practice 10:00 Water Aerobics 10:00 Yoga 11:00 Italian 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 Advanced Painting 10:00 Concert Band Practice 10:00 Morning Stretch & Balance 10:00 Party Bridge 10:00 Water Aerobics 12:00 Brain Games 12:30 Beginner Painting 12:30 Belly Dance 12:30 Texas Hold 'Em 1:30 Bingo | 8:30 Blood Glucose Checks 9:00 Knitting & Crocheting 9:00 Tai Chi 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 11:20 Seated Yoga | 9:00 Greenhouse 9:00 Woodcarving 10:00 Beginner Spanish 10:00 Water Aerobics 11:00 Intermediate Spanish 11:00 Silver Stage Players 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

Group Leader/Social Worker and Bereavement Coordinator with Tennova Healthcare, listens to concerns and offers encouragement! Newcomers are welcome to this informal time of sharing, which always ends on a high note!

Low Vision Group: The 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 encourage them to call the Center today.

Market Group Holiday Craft Sale: Wednesday, November 1. Shop for unique gifts for the holidays, home baked goods, and jams & jellies. This event is open to the public. Come early for best selections!

Medicare Open Enrollment Q & A: AMOS will be helping with Annual Enrollment for Medicare Advantage and Prescription Plans at O'Connor Senior Center 9 am -12 noon on the following Thursdays: October 26, November 2, November 16, November 30, and December 7. Bring your current insurance cards (including the red, white, and blue Medicare card) and a complete list of Rx medicines with you.

O'Connor Center Band (Cadet for Beginners/ Concert for Advanced): Wednesdays. Band Director Linda Edwards will make a place for anyone who wishes to be a band member! She can work magic and provides encouragement and direction to newcomers and pros alike! Don't miss the band's tribute to Veterans on November 8 and the band's Holiday Concert at the December 5 Christmas Dinner. Reservations required.

Old Time String Band: Anyone who plays an acoustic instrument, sings, or just likes to listen and dance, will enjoy this Friday afternoon get-together!

Everyone welcome, regardless of skill level.

Painting (Advance & Beginner): Class instruction provided by Ann Birdwell; new 10 week Wednesday session begins January 3; cost is \$40. Call for details.

Painting with Washable Oils: Tuesdays. Instructor: Liberty Gialelis. Cost is \$20 for new 5-week session beginning December 5. 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. Newcomers are needed! If you have tops that need to be quilted, please call for information.

Singing Seniors Holiday Concert: Reservations are suggested for the **10:00 am** performance **Wednesday, December 6**, at the O'Connor Center! With almost 100 singers, this Concert promises to be the best ever! Invite friends and family to enjoy this special Holiday Concert and **come at 9:00 am and enjoy refreshments beforehand!**

Singing Seniors National Anthem Performance at the Ice Bears Game, Knoxville Coliseum, Dec. 17: Tickets are \$15 and can be purchased at the Center; no transportation provided. Admission price includes an Ice Bears baseball cap.

Spanish: NEW CLASS TIMES! *Beginners* class every Friday, 10:00 am; new *Intermediate* class Fridays at 11:00 am. Classes are taught by Bonito Lopez Abarca.

Taoist Tai Chi Classes and Practice: Tuesdays and Thursdays. During this holiday time try Tai Chi to help reduce stress and anxiety and enjoy this time of meditation in motion! Newcomers are always welcome.

Texas Hold'em: Wednesdays. Enjoy fellowship and competition with experienced and inexperienced card

players; newcomers welcome! Cost is \$2/class.

Thanksgiving Celebration of Thanks: Thursday, November 16, \$5.00/person. Join us at 12:00 noon to give thanks and enjoy a great time of fellowship and a delicious meal with Texas Road House rolls and Turkey/Dressing/Gravy provided by Parkwest Hospital. Please sign up and pay \$5.00 at the front desk by Thursday, November 9.

Veterans Luncheon: Wednesday, November 8. Join us at 11:00 a.m. for a time of celebration as we express appreciation for our Veterans. **Reservations are required--Please call the Center before Friday, November 3, to make your reservation.** Don't miss the O'Connor Band *Saluting the Songs of War!* Before or after the luncheon, Veterans can enjoy being "pampered" at the YMCA.

Veterans Services: November 13 & December 11. 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, November 16 and December 21. 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 am: Classes held at the

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 Basics Class: \$25 for the 2-day class
Wed/Thurs, Nov 1 & 2, 10:00 am to 12:00 noon

Android/Galaxy Basics Class: \$25 for the 2-day class
Wed/Thurs, Nov 1 & 2, 12:30 pm to 2:00 pm

"Dr. Ron" will be available for computer "questions and answers" on Tuesdays, 10:30 am to 3:30 pm. Call to schedule an appointment.
CALL 523-1135 FOR INFORMATION AND TO REGISTER FOR CLASSES. PRE-PAYMENT REQUIRED. Classes are taught by Social Media 4 Seniors Staff.

OOA CONTRIBUTORS**FEED A PET**

Anonymous
Peter & Fawn Landrum
Steve & Linda Oliver
Martha Rosson

LIVE

Estate of Barbara Simpson
First Tennessee Foundation

O'CONNOR CENTER

Berry Lynnhurst Funeral Home
Jim & Frankie Hicks
The Melrose Foundation
The O'Connor Dance Club
The O'Connor Volunteer Quilters
In Memory of Barbara Frye
Christopher & Shana Shallenbery
In Memory of Frank Limpus
Mary & Scott Muir
In Memory of Frank Limpus

Byron Kohlbusch
In Memory of Frank Limpus
Donald & Andra Beehler
In Memory of Frank Limpus
James & Frankie Hicks
In Memory of Frank Limpus, Sr.
Monica Jones
In Memory of Howard Sain
Jean Strange

PAWS

Robert E. Michel
Roger & Sigrd Miller
Mary Warden

SENIOR COMPANION

Mr. & Mrs. Aaron Blake
TSCHSW Mid East Council
Carol Watkins
In Honor of Gabrielle Blake's birthday

Barbara Clark
In Honor of Gabrielle Blake
Michael & Deisha Finley
In Honor of Gabrielle Blake
Kelly Geasland
In Honor of Gabrielle Blake
Jennifer Thompson

SNP/POWER OF THE PURSE

Mayor Madeline Rogero

Ask-A-Pharmacist: 9:30-10:30, Thursday, November 9, Walgreens RPH Jay Wyrick will be available for questions.

Blood Drive: Medic Regional Blood Center needs **275 units** daily to supply our hospital need; **please donate Nov. 8, between the hours of 9:30 am and 2:00 pm!**

Blood Glucose Checks: Thursdays, 8:30 am, \$1.50. A 12-hour fast is recommended to insure a correct reading.

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

Exercise: Arthritis Foundation, Tuesday/Thursday: The Advanced Class has good physical exertion and is \$2/class; the Basic Class offers seated exercise with limited physical exertion and is \$1/class. In addition to exercise, the O'Connor Friendly Nurse insures the class meets your daily requirement of fun and fellowship. *No classes Nov. 23-Jan 2.*

Exercise: Morning Stretch & Balance: Mondays & Wednesdays at 10:00 am. *No classes Dec. 21-Jan.2.* Improve your flexibility, increase your range of motion and develop better balance with the guidance of a Covenant exercise instructor. Cost is \$3.00 per class.

Exercise: Senior Advanced Cardio: Monday, Wednesday, and now on Friday! Class meets 3 days/week. This Covenant-led low impact aerobic class includes an increased level of intensity and

a strenuous workout. Cost is \$3. Newcomers welcome. *No classes Dec. 21-Jan. 2.*

Health and Humor: Laughter will always be the best medicine! Enjoy fellowshiping with Nurse Claudia and others who enjoy laughing AND learning! Wednesdays at 12:15 pm. *No classes Nov. 22- Dec. 27. Classes will resume Jan. 3.*

Hearing Screening & Hearing Aids Checked & Cleaned by a Beltone Representative: November 7 & December 5.

Lunch & Learn @ 12:00 Noon: Reservation must be made by Thursday of the previous week to get a free lunch!

November 6, Fitness for Aging Seniors: A physical therapist from Select Physical Therapy will share information to help seniors age gracefully!

November 13, Brain Health: Put your fears to rest; learn the difference: Normal Aging vs. Dementia.

December 4, Musical Medicine: Suzanne Jones, EdD: How to Use Music and Sound for Healing.

Mobile Mammography Van: November 15, 9:00-4:00: Call UT @ 865-305-9753 to schedule this important screening!

Sweet Spot for Diabetics: 2nd Thursday of each month. This Diabetic Support Group, led and sponsored by Mac's Pharmacy, includes Group Education, Discussion, and a COMPLIMENTARY DINER LUNCH for those who pre-register.

November 9 "Five Lab Tests You Need to Know"

December 14 "Navigating Holiday Desserts"

Toenail Clipping with Kelli, by Appointment Only: Cost is \$12. Call 523-1135 to schedule an appointment on November 8, December 7, or December 14.

Mobile Meals Dine-A-Mite Diner Health Hub: Come to each session and earn points towards prizes!

November 3 **Hand Therapy and Injury Prevention** - Learn how to prevent hand injuries and diseases with Carrie Roller who specializes in hand therapy.

November 17 **Bean Bag Baseball** - Get active and come play a game of bean bag baseball. Participants will play against peers, receive prizes, and learn about other physical activity.

December 8 **Fresh Savings with Nourish Knoxville** - Learn about Nourish Knoxville and the farmers markets, how to save money at the markets, Fresh Savings, a SNAP doubling program. Receive a goodie bag for participating!

December 15 **Savings at the Store** - Eating healthy doesn't have to put stress on your wallet; learn how to shop for healthy options on a budget!

AUGUST 2017 & SEPTEMBER 2017 DONATIONS

Anonymous (5)
Diana Amann
Glen Anderson
Bob Andres
Dorothy Brice
Colonial Heights United Methodist Church, J. Ray Stuart Sunday School Class
James & Brooksie Cox
Yvette Davis
Jerry & Cindy Eisele
Rollin Geddes
Anna Goodman
David & Mary Kinser
Jo Learn
Kenneth & Peggy Long
Pam Lovell
Debbie Lowe
David McCormick
Peggy Minge
Oakwood Baptist Church, Homemaker's Sunday School Class
Kevin Riley

John & Beth Smith
Smithwood Baptist Church, Joy Class
St. Paul United Methodist Church
Beverly Stamps
David & Carolyn Wells
Elizabeth Wieselquist
REGULAR IN MEMORY OR HONOR
In Memory of R.D. Baldwin
William Lauer
In Memory of R.D. Baldwin
Doug & Virginia Burton Murdock
In Memory of R.D. Baldwin
Vance & Norma Young
In Honor of Barbara Beilke
Vanessa Wilkinson
In Memory of Clarence Bowers
Lynda Bowers
In Memory of Sheila Brown
Jimmy & Maxine Fox
In Memory of Leila Brown
Norma Velasco
In Memory of Willie Gardner

Joseph Gardner
In Honor of Perry Gouge's birthday
Anonymous
In Memory of Ethel Hilton
Anonymous
In Honor of Mrs. Wilma Peterson's 102nd birthday
Monica Franklin
In Honor of Rudy Prijatel
Benjamin Prijatel
In Honor of Kenneth Roberts
Laurie Gibson
AAS DONATIONS
Anonymous (7)
Barbara Abner
Beaver Creek Cumberland Presbyterian Church,
Searchers Sunday School Class
Mikeal Berry
Alan & Dianna Brizzolara
Joyce Brown
Cumberland Presbyterian Church,
The Night Circle of Virtue

Marilyn C. Davidson
Robert & Honerlin Del Moro
Farragut Presbyterian Church
Ruben & Arlene Hernandez
David & Janice Ishee
Lacy Jones
Lake Hills Presbyterian Church
Steven & Sara Miller
Laura-Eve Moss
Marie Norman
Helen Roehl O'Connor
Everett & Berrietta Thomas
AAS IN MEMORY OR HONOR
In Memory of Mike Baez
Buddy Baez
In Memory of R.D. Baldwin
Norma Mayes
In Memory of Harvey I Cobert
Marilyn Cobert
In Honor of East Tennessee American Payroll
Ameilia Inge

In Honor of Robert & Pat Gentry
Todd & Patricia Guthrie
In Memory of Andrew Paul Sorrells
Curtis Sorrells
In Memory of Andrew Paul Sorrells, II
Edwina Sorrells
In Honor of Helen Walden
Anonymous

ONE SENIOR FOR ONE YEAR

Anonymous (1)
William Bugg
Jim & Kathy Killingsworth
Andrew & Tracy Scruggs Advised Fund

ONE SENIOR FOR ONE YEAR IN MEMORY OR HONOR

In Memory of Andrew J. Smith
Anonymous

TWELVE SENIORS FOR ONE YEAR

Mr. Will J. Pugh, WALMA Fund

FIFTEEN SENIORS FOR ONE YEAR

Anonymous

DECEMBER COA MEETING ... AND ALL THAT JAZZ!



OCTOBER MEETING

Date: Thursday, Dec 14
Time: 2:30 p.m.
Place: O'Connor Center
 611 Winona St.



Join the Council on Aging for a jazzy holiday performance with the Knoxville Jazz Orchestra! The performance will take place at our regularly scheduled Council on Aging meeting, Thursday, December 14 at 2:30 pm at the O'Connor Senior Center. Refreshments will be provided.

If you haven't gotten a chance to see the Knoxville Jazz Orchestra perform, now is your chance! The Knoxville Jazz Orchestra was founded in 1999 by trumpeter, arranger and composer Vance Thompson. Since that time, the band has appeared on jazz festivals in the United States and Europe, released four critically acclaimed CD recordings and presented scores of concerts, many featuring world renowned guest artists. This event is free and open to the public. ■

THE JOHN T. O'CONNOR SENIOR CENTER SALUTES OUR 2017 O'CONNOR CENTER OPEN SPONSORS

We extend our sincere thanks to the sponsors and participants of the Thirteenth Annual 2017 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

ALWAYS BEST CARE
 BILL HOTZ & ASSOCIATES
 HOME FEDERAL BANK

\$500 PATRON SPONSORS

GREG O'CONNOR
 VINYARD FLOORING

\$500 REFRESHMENT CART SPONSOR

MAC'S PHARMACY

\$450 HOLE-IN-ONE PRIZE SPONSOR

ELDER LAW OF EAST TENNESSEE

\$300 BREAKFAST SPONSOR

KNOXVILLE HEALTHCARE GUIDE

\$1,500 LUNCH SPONSOR

FAMOUS DAVE'S BBQ, TIM BURRESS

\$250 SCOREBOARD SPONSORS

DAN GREEN, REALTY EXECUTIVES
 DR. JOHN DAWSON, EAST TENNESSEE EYE SURGEONS

EAST TENNESSEE PBS
 EXCEPTIONAL GIFTS
 INTERNATIONAL DISCOUNT INVESTORS, INC.
 JIM & FRANKIE HICKS, EXCEPTIONAL TOURS
 KNOXVILLE COMMUNITY DEVELOPMENT CORP
 LONG, RAGSDALE & WATERS
 PEMBERTON TRUCK LINES
 SAM & ANDY'S, FOUNTAIN CITY
 STUDIO FOUR DESIGN, INC.
 SUMMIT MEDICAL GROUP, PLLC
 THE BED STORE
 THE O'CONNOR DANCE CLUB

\$200 HOLE SPONSORS

BOB & RENEE O'CONNOR, *in memory of their parents Charlie & Jeanne O'Connor & Red and Lib Kidd*
 BRIGHTSTAR CARE
 BUSINESS GRAPHICS AND SERVICES
 CASE ANTIQUES
 CITY OF KNOXVILLE PARKS & RECREATION
 COMPUTER SYSTEMS PLUS

GEORGE HAMILTON
 HUMANA
 MONICA FRANKLIN, ELDER LAW
 O'CONNOR ADVISORY BOARD
 O'CONNOR CENTER, *in appreciation of J. Gregory O'Connor*
 O'CONNOR SINGING SENIORS
 REGAL CINEMAS
 ReMAX PREFERRED PROPERTIES
 SENIOR SOLUTIONS MANAGEMENT GROUP
 SENIORS FOR CREATIVE LEARNING
 SILVER STAGE PLAYERS
 TENNESSEE SOCIETY OF HEALTH CARE SOCIAL WORKERS, MID EAST COUNCIL
 TENNOVA HOME HOSPICE PROGRAM
 THE MICHELSON FAMILY, *IN MEMORY OF PEG*
 TVA CREDIT UNION

PROMOTIONAL SPONSORS

EAST TENNESSEE PBS
 WATE ON YOUR SIDE

WVLT VOLUNTEER TV
 PROFESSIONAL ENGINEERS, INC., Towels

FRIENDS & BALL AND PRIZE SPONSORS

ARBOR TERRACE
 ASHE'S WINE & SPIRITS
 BECKY DODSON
 BOB & RENEE O'CONNOR
 BRIDGET BORNE
 BUDDY'S BBQ
 CASE ANTIQUES, INC.
 COLIN MOSKUL
 CUMULUS MEDIA
 DAVID & SUSAN LONG
 DOLLYWOOD
 HOME HELPERS OF EAST TENNESSEE
 INTERNATIONAL DISCOUNT INVESTORS, INC.
 JACKIE WILLIAMS
 JIM & FRANKIE HICKS
 JIMBO'S CENTRAL CITY FLORIST
 JOHN & BETSY O'CONNOR
 JOY, JULIA, JODY BLAZER
 KELLER GROUP
 KNOXVILLE ZOO

MARGARET & GREG HEATON
 MARY YOCHIM
 MICHAEL & MARIE ENSLEY
 MRS. GEORGE WILLARD
 NORMAN CANFIELD, JR.
 OBER GATLINBURG
 O'CONNOR DANCE CLUB
 PENNY BANDY, East Tennessee Personal Care Services
 PINNACLE FINANCIAL PARTNERS
 QUALITY HOME HEALTH
 RIPLEY'S BELIEVE IT OR NOT
 SCOTT & LYDIA VANFLEET
 SCOTT HELMS
 SMOKY MOUNTAIN HOSPICE
 THE LUNCH BOX
 THOMAS & JANE O'CONNOR
 THREE RIDGES GOLF COURSE, MARK BROWN
 TIM O'CONNOR
 TODDY'S PACKAGE STORE
 TVA CREDIT UNION
 WALGREENS VOLUNTEERS
 BEVERAGE CONTROL INC. - ANDY JOHNSON

••••• TO KEEP YOU INFORMED •••••



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.

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

L.T. Ross Building, 2247 Western Avenue

P.O. Box 51650 • Knoxville, TN 37950-1650

Phone: (865) 524-2786 • Fax: (865) 546-0832

knox00a@knoxseniors.org • www.knoxseniors.org

THERE ARE NUMEROUS WAYS TO VOLUNTEER

Knox County RSVP serves 30+ organizations across Knox County, assisting with everything from driving adults to working in nature.

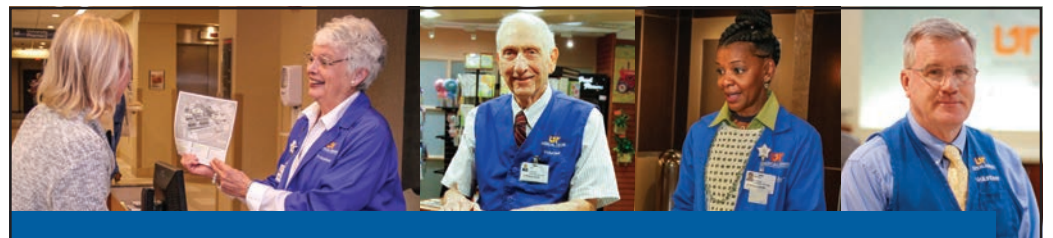


The fall is always a busy time, and our partners Mobile Meals and Volunteer Assisted Transportation are on the lookout for more hands on deck! We also have new opportunities, to help mentor kids or tutor adults to success. Don't hesitate to get involved!

For more information on ways to volunteer with RSVP, please contact RSVP Coordinator Eden Slater at (865) 524-2786 or eden.slater@knoxseniors.org.

"Service to others is the rent we pay for room here on earth."

~Muhammad Ali



VOLUNTEER WITH US!

For more than 50 years, volunteers have been a vital part of The University of Tennessee Medical Center. In 2016, more than 250 people volunteered across 65 departments providing administrative support and visitor/patient assistance throughout the hospital logging more than 37,800 hours of service, compassion and care.



Wisdom for Your Life.

Volunteer Benefits

- Free parking and meal
- 20% discount in our Gift Shop
- Appreciation gifts and luncheons
- Free mammogram or prostate screening after one year of services

Why do our volunteers keep coming back? Because they are passionate about making a difference at the medical center and in their community.

Please visit UTMedicalCenter.org/volunteer or contact us at 865-305-9515 or utmckvolunteer@utmck.edu to learn more.

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

IN THIS ISSUE

MEDICARE OPEN ENROLLMENT, PAGE 1

LEAVING A LEGACY, PAGE 2

SHARE THE LOVE EVENT, PAGE 3

O'CONNOR CENTER CALENDARS, PAGES 5-8

THE O'CONNOR CENTER OPEN, PAGE 10

Nonprofit Organization
U.S. Postage
PAID
Knoxville, TN
Permit No. 989

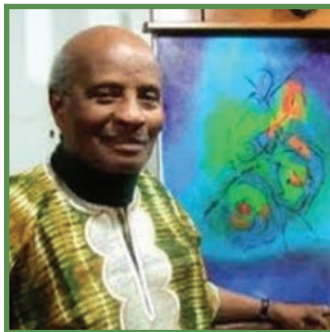
NOVEMBER/DECEMBER

ELDER NEWS & VIEWS

PAGE 12

MOBILE MEALS GREETING CARDS

Support Mobile Meals by purchasing a pack of this year's greeting cards, suitable for any occasion. The artwork for this card was painted by Fritz Massaquoi. He has created a beautiful abstract scene, full of movement, light, and swirling color.



At 91, Fritz Massaquoi has been making art almost all his life. His weavings, paintings and tie-dyed fabrics reflect his heritage from the West African nation of Liberia. He worked for several years teaching art, but now he enjoys time with his family. They run Gallinas Studio in the Emporium on Gay Street. Fritz is a true friend of Mobile Meals. He recently retired from delivering

WHERE TO PURCHASE GREETING CARDS:

Please call Mobile Meals or come to the Office on Aging.

Arnwine Home Furnishings
6217 Kingston Pike,
Knoxville, TN 37919

Clarity Pointe of Knoxville
901 Concord Road,
Knoxville, TN 37934
(865) 777-1500

Morning Pointe Powell
7700 Dannaher Drive,
Powell, TN 37849
(865) 686-5771

O'Connor Senior Center
611 Winona Street,
Knoxville, TN 37917
(865)523-1135

meals after 22 years of service!

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