

ELDER NEWS & VIEWS

JANUARY/FEBRUARY 2015

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

O'CONNOR PANCAKE FEST IS A MIDWINTER TREAT

Pancake Fest 2015

Tuesday, February 17

7 a.m.-1 p.m.

O'Connor Senior Center

611 Winona Street

\$5

It's time again for **Pancake Fest**, the annual fund-raiser at the O'Connor Center. The date has been set for **Tuesday, February 17**, from 7 a.m. to 1 p.m. There will be an abundance of pancakes, sausage, orange juice, milk, and coffee. The chef and team from UT Medical Center's Healthy Living

Kitchen will once again be preparing the famous "Heart Healthy" pancakes that have been such a hit for the past couple of years! **Tickets for Pancake Fest 2015 will remain at \$5**, which includes the "all you can eat" pancake menu and admission to other activities. Tickets are on sale now and can be purchased at the Center or from O'Connor Advisory Board members or at the door.

Pancakes To-Go will be ready at 7 a.m. and can be picked up on your way to work to share with your employees or co-workers. Just give a call to 523-1135 to place your order.

B97.5 will be at the Center bright and early, broadcasting the Ashley and Brad in the Morning Show live throughout the morning hours. WVLT-TV and other local media sponsors will be on site at 5 a.m., reminding everyone of this special day. Media personalities and community leaders will be on hand so they can show off their pancake-flipping skills.

Pancake Fest is a great way to incorporate a meeting with a fun outing. There is limited space available for your group to hold its meeting while indulging in pancakes and sharing in the other activities



PANCAKE FEST, CONTINUED ON P. 10

Snowflake Ball.

Thank You, Platinum Sponsors

Choices in Senior Care

VistaPoints
The Special Needs Trust & Resource Center

UnitedHealthcare
Community Plan

A Senior Companions Fundraiser

Date: Saturday, January 24
Time: 6:00 pm - 9:00 pm
Place: Kerbela Temple
Live Band: Al Curtis Orchestra
Dress: Black Tie optional
Catered Dinner
Silent Auction & Formal Photography

Early Bird Special: \$40 per person before January 15.
Cost: \$50 per person.

For More Information and to Purchase Tickets Please call 865-541-4500

A WINTER TRADITION

The Snowflake Ball, hosted by the Senior Companion Program, is a wintertime tradition in Knoxville. The program has just announced that tickets for this year's annual fund-raiser dance are sold out. For those with tickets, remember that the ball will be on Saturday, January 24, from 6 p.m. to 9 p.m. at the Kerbela Temple, 315 Mimosa Avenue.

"We are so pleased that this has become a sell-out event," said Deisha Finley, manager of Senior Corps. "It will be a night of great food, live music, wonderful company, and unforgettable dancing. We are looking for a larger venue for next year's dance, so if anyone has any thoughts on that, please contact us."

If you or your organization would still like to be part of this year's Snowflake Ball, the program is seeking additional items for its silent auction. Please contact Finley at (865) 524-2786 or Deisha.finley@knoxseniors.org if you have auction items or venue suggestions.

The Senior Companion Program provides assistance in the homes

SNOWFLAKE BALL, CONTINUED ON P. 10

DON'T LET THIS BE YOUR LAST ISSUE OF ELDER NEWS & VIEWS

Starting with the March/April issue, we will mail the newsletter only to those households and businesses that we've heard from who want to receive a paper copy. If you still want to receive the newsletter, but in electronic form, this would be an excellent time to make the switch from paper to email delivery.

Please contact the Office on Aging as soon as you read this to let us know if you want to receive the newsletter. You can call (865) 524-2786, send an email to knoxooa@knoxseniors.org or mail the clip-out form or a note to us. ■

I want to receive Elder News & Views by:

- Mail
 Email

Name _____

Email _____

Street Address _____

City _____ ZIP _____

Phone _____

Send this form to:
 Knox County CAC Office on Aging
 P.O. Box 51650
 Knoxville 37950-1650

HEALTHY LIVING EXPO: FUN & FITNESS FOR SENIORS

Good health is a great thing, and the Healthy Living Expo encourages Knoxvilleians of all ages to lead healthy lives by giving them the information and tools they need. **The Healthy Living Expo is on Friday, January 23, from 9:00 a.m. to 3:00 p.m., and Saturday, January 24, from 9:00 a.m. to 4:00 p.m.,** at the Knoxville Convention Center, 701 Henley Street, in downtown Knoxville.

The Healthy Living Expo offers fun and fitness information and activities for the whole family, and on **Friday, January 23, it's Senior Day at the Expo!** In addition to getting in FREE that day, seniors will find that there is special programming for them on both the "Get Active" Fitness Stage and the "Eat Right" Nutrition Stage. On Senior Day, anyone 50 and older can receive free admission at the onsite ticket booth or by presenting the ticket on this page. Additionally, printed tickets are available at area senior centers. You can also go to www.TheHealthyLivingExpo.com and print unlimited free tickets.

Whether you're looking for a hassle-free place to live or amazing doctors and healthcare professionals to help keep you feeling your best, you'll find resources just for seniors at the expo. Discovering fun, new activities and special savings on products and services you use every day are just some of the popular features at the expo. The Healthy Living Expo is the largest annual event of its kind, with free and reduced price health screenings and services, including hearing, vision, and chiropractic screenings, as well as blood glucose testing, bone density testing, immunizations, and more. ■

These tickets are valid for free admission for seniors, as well as their family members and caregivers to enter the Expo either day.

**ADMIT ONE
COMPLIMENTARY
\$10 VALUE**

www.TheHealthyLivingExpo.com

9:00 am - 3:00 pm FRI January 23, 2015
 9:00 am - 4:00 pm SAT January 24, 2015
 Knoxville Convention Center, 701 Henley St., Knoxville 37902

Food Sampling • ZUMBA • Cooking Demos • Fitness Demos
 Health Checks • Over 100 Exhibits • PRIZES! PRIZES! PRIZES!

 Knoxville - Knox County
 Community Action Committee
 Helping People. Changing Lives.
  Cigna.
  SeniorDirectory.
 

HEALTHY LIVING EXPO DOOR PRIZE REGISTRATION 2015

E-mail: _____

Zip: _____ Phone: _____

We use the E-mail to send FREE tickets and information about next year's Expo. We do not sell or share this address. We call if you have won a drawing.

www.TheHealthyLivingExpo.com for more information.

POWERFUL TOOLS FOR CAREGIVERS

Powerful Tools for Caregivers, for people who are caregivers of older people (or people with disabilities), will be offered at the O'Connor Center, 611 Winona Street, on Tuesdays, starting on March 3 and ending on April 7. The two-hour sessions will begin at 5 p.m.

The class includes a free book and six weeks of evidence-based training on how to be a better caregiver, which includes how to take better care of your loved one and yourself.

We know how busy the life of a caregiver is, so a light dinner is included with the course. The class is free, but registration is required and donations are accepted. Space is limited, and registration is first come, first serve, so be sure to call the Office on Aging at (865) 524-2786 right away to get in on this valuable training program. ■

COA: WHO NEEDS SPECIAL NEEDS TRUSTS?



JANUARY MEETING

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

We have all encountered this familiar situation: children (of any age) who have disabilities that require them to live at home and receive a significant amount of care from their parents. Perhaps you have friends who find themselves in this position, or this scenario describes your family. Have you ever wondered what families in this difficult situation will do when the parents die or are no longer able to provide the care that their child

needs? Special Needs Trusts are often the answer to this question, and the public is invited to come to the Council on Aging meeting to learn more about these trusts.

A Special Needs Trust (sometimes called a Supplemental Needs Trust) is a specialized legal document designed to benefit families who have a child with a long-term, chronic, or permanent disability. Darlene

Kemp, of Vista Points, Inc., will discuss this topic at the Council on Aging meeting on **January 8 at 2:30 p.m. at the O'Connor Senior Center.**

Kemp plans to address several questions, including:

- How can a Special Needs Trust assist with a person with a disability or chronic illness?
- Who establishes a Special Needs Trust?
- How can a Special Needs Trust pay for services and items that government benefits do not cover?
- Is a Special Needs Trust required to pay back money to Medicaid after an individual dies?
- What happens to a Special Needs Trust after an individual dies?

Darlene Kemp is the executive director of Vista Points, Inc., a nonprofit corporation that serves as Trustee of the Tennessee Pooled Trust with services offered nationwide. The company provides education, advocacy, and services related to Special Needs Trusts. ■

RELIEF OR FREEZE? PROPERTY TAX PROGRAMS EXPLAINED



Saving money and maximizing resources stays on the minds of seniors. One way to save money is to pay less on for your property taxes. Knoxville has a tax relief program, and Knox County has both tax relief and tax freeze programs. What is the difference between the two programs, and how can you find out whether you qualify for either?

The **Tax Relief Program** is designed to give a partial rebate on city or county property taxes to low-income homeowners age 65-plus, persons with a medically determined disability, or eligible disabled veterans. To find out if you're eligible, call 215-2084 (Knoxville) or 215-8554 (Knox County).

The **Tax Freeze Program** is for Knox County property owners age 65 and older. If a senior's income is at or below the eligible amount, the Trustee's office may be able to "freeze" the tax amount for future years. Your property taxes must be paid in full before you can participate in the freeze program. Eligible homeowners must requalify each year. To find out if you're eligible, call 215-8554. You can also go online for specific info about Knox County tax relief or freeze programs: http://www.knoxcounty.org/trustee/tax_freeze_eligibility.php.

It is possible to qualify for just one or both programs, so be sure to check on the eligibility requirements for both. Applications for all of these programs are taken between October 1 and April 5. ■

PROVIDE HEATERS THIS WINTER



Project LIVE is an Office on Aging program that serves seniors with the goal of keeping them in their own homes. Many Project LIVE clients do not have working heating units. The program is requesting donations of new or “gently used” (like new) portable heaters of the ceramic type or electric oil-filled radiant type (that look like radiators but are portable, electric, and safe for seniors).

The program also accepts monetary donations toward the purchase of senior-safe portable heaters. Don't let older adults go without heat this winter.

Please contact Misty Goodwin at 865-524-2786 or misty.goodwin@knoxseniors.org for more information. Donations of heaters can be brought to the Office on Aging, at the L.T. Ross building, 2247 Western Avenue, Knoxville. Financial donations should be mailed to the Office on Aging, P.O. Box 51650, Knoxville TN 37950-1650. ■

SHARE THE WARMTH WITH PROJECT HELP

DONATE WITH KUB BILL; GIVE AT FOOD CITY, HOME FEDERAL, OR RECYCLE AT PILOT

Do something heartwarming this winter: Help your neighbors in need stay warm by giving to Project Help, an emergency energy-assistance program administered by the Knoxville-Knox County Community Action Committee (CAC).

“Tough economic times mean even more people need heating assistance from Project Help to stay safe and warm this winter,” said Cecelia Waters, director of CAC Energy and Community Services. “Your donation helps elderly or disabled people on fixed incomes and individuals or families who have an emergency need because of job loss, illness, or injury.”

The Knoxville Utilities Board (KUB) collects donations and sends 100 percent of that money to Project Help, which buys electricity, natural gas, propane, heating oil, wood, or coal for people who can't afford to heat their homes. “We expect the need will be even greater this year,” Waters said. “Please help by making a donation. Even a \$1 monthly pledge or a small donation makes a big difference to families in need.”

EASY WAYS TO GIVE TO PROJECT HELP

Project Help relies solely on donations and fundraisers, so your help is vital. To make a one-time donation or a monthly pledge, see your KUB bill or go to www.kub.org. You can also give at Food City and area Home Federal banks, Jan. 5-30. Mail a check to:

Project Help

P.O. Box 59017 • Knoxville, TN 37950-9017

Recycle your newspapers for Project Help at the Pilot stores listed below, or see the Project Help page on www.kub.org for a list of recycling locations or other information about Project Help.

- **Rocky Hill Pilot**, 7686 S. Northshore Drive
- **Cumberland Estates Pilot**, 5800 Western Avenue
- **Copper Ridge Pilot**, 8642 Maynardville Pike
- **Cedar Bluff Pilot**, 421 N. Cedar Bluff Road.

HEARTFELT THANKS TO ESF, SUBARU, OTHERS WHO BRIGHTENED SENIORS' HOLIDAYS



The Office on Aging staff wishes to thank all of those who gave so generously to its programs during the holiday season. “So many people and organizations gave that it would be impossible to list them all without leaving someone out,” said Susan Long, director of the Office on Aging. “We received a variety of fruit, cards, decorations and gifts for all of the recipients of Mobile Meals,” she said. “We especially want to thank Grayson Subaru and its Share the Love campaign, which raised money and collected gifts for Mobile Meals.”

Gifts were donated by church groups, scout troops, local businesses, civic organizations, student and school groups, and retiree associations. “Many of the donations come from private individuals throughout the community who have a heart for seniors who are alone during the holidays,” Long said.

The Empty Stocking Fund (ESF) distributes about 3,500 baskets of food and gifts to people in the community. Because the seniors served by

HEARTFELT THANKS, CONTINUED ON P. 10

O'CONNOR SENIOR CENTER SCHEDULE - JANUARY/FEBRUARY

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

The O'Connor Center will be closed on
Thursday, January 1, for New Year's Day,
Monday, January 19, for Martin Luther
King, Jr., Day

Monday, February 16, for Presidents' Day
Tuesday, February 17, is PANCAKE FEST - No other activities or programs will take place that day.

JANUARY/FEBRUARY PROGRAM

AAA Driver Safety Program: Thursday, Feb. 12. Please call Kate Fleming at 862-9254 for information and to register for the one-day refresher course.

AARP Driver Safety Program: The Smart Driver Course will be offered Wednesday & Thursday, Jan. 21 & 22. Please call Carolyn Rambo at 584-9964 for info and to register for this refresher course.

Adult CPR Class: Monday, February 2. Nurse Claudia will teach you how to be prepared! Cost is \$5.

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

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

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

Camera Club: Wednesdays, Jan. 21 & Feb. 18. Join photojournalist, Shawn Poynter, for a discussion of various photography techniques.

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

Creative Writers Workshop: Monday, Jan. 12 & 26 and February 9 & 23. Open to everyone; Barbara Stephens, instructor. The new year is an excellent time to join this group!

Cribbage: Join the fun every Tuesday—and you don't need to know how to play; we'll teach you!

Council on Aging: Thursday, Jan. 8 & Feb. 12. In January join Darlene Kemp from Vista Points, Inc., as she shares valuable information about Special Needs Trusts. In February join Chris Hall, from Remote Area Medical, as he shares the Stan Brock Story.

Earth Science: Monday, Jan. 5. Jeff Munsey, a geophysicist with TVA, will discuss the 2011 Mineral, Virginia, 5.8 M Earthquake. On Monday, Feb. 2, Dr. Don Byerly will make a geological presentation.

Fabric Painting: Monday, Jan. 12 & Feb. 9. Join instructor Yvonne Fields to learn the art of fabric painting.

Flower Lovers Club: Thursday, February 5. The group will enjoy a Valentine's celebration.

French: Tuesdays. Practice conversation and grammar usage in a group setting. Fluency is not required!

Gift Shop: Open daily, 10:00 am to 2:00 pm. Handmade or handcrafted treasures provided by Gift Shop members are available for sale.

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

Happy Hikers: Thursdays. Newcomers are always welcome; please call Carrie Roller at 719-1604 if you are interested in attending a hike or additional information. Please meet at the Center as noted, or the trailhead at 10 a.m.

January 8 Southern Loop Urban Wilderness, O'Connor, 9:30 am, a 12-mile hike

January 15 Annual Meeting, O'Connor Center, 9 a.m.

January 22 Gatlinburg Trail, O'Connor, 8:45 a.m., 4-mile hike

January 29 House Mountain, O'Connor, 9:30 a.m., 4-mile hike

February 12 Rich Mountain Loop, O'Connor, 8 a.m., 8-mile hike

February 19 West Prong Little Pigeon River, O'Connor, 8:45 a.m., 3-mile hike

February 26 East Lakeshore, O'Connor, 9 a.m., 5-mile hike

Happy Hikers/Thursday Walkers: Opportunity for those who prefer less difficult hikes, these walks are open to anyone—hikers, family, and friends. Call Joyce Dukes at 525-2540, for more info. Hikes are usually 2 miles.

Harrah's Trip: Monday, Jan. 5 & Tuesday, Feb. 10. Please contact Jim & Frankie Hicks at 525-1475 for information and reservations. Light refreshments at 7:30 a.m. with departure promptly at 8 a.m. Cost: \$30/person.

Health and Humor: Wednesdays. Join Nurse Claudia and other Center participants for an informal discussion, always laced with humor.

Income Tax Preparation: Free tax preparation

begins Wednesday, Feb. 4, at 9 a.m.—first come, first served. Please see the Weekly Update or call the Center for a list of documentation to bring with you in addition to last year's tax paperwork. Preparers will be here each Wednesday during tax season.

"JAM" Session: Fridays. Enjoy local pickin'-n-grinnin' mountain music with acoustic music instruments; open to all to jam, sing, or just to listen to the music.

Knitting & Crocheting: Thursdays. This group led by Linda Costner is open to all regardless of skill level. Free instruction available.

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

Loss & Life Changes Support Group: Mondays. Pat Green with Tennova Hospice listens to concerns and offers encouragement to folks dealing with the many changes that occur in life.

Low Vision Group: Friday, Feb. 13, lunch at Louis' Restaurant to celebrate Valentine's Day. Call the Center for details.

Lunch & Learn Mondays: A free lunch will be provided for those who register in advance; call the Center to make reservations.

Jan. 12, Vaccines for Seniors: Walgreens pharmacist Jay Wyrick will discuss the recommended vaccines for seniors. Vaccines will be available following the presentation.

Jan. 26, Supportive Therapies for G.I. Issues, Hypertension, and Hyperlipidemia: Bill Satterly from Cause & Effect Natural Pharmacy will discuss the options for dealing with these health issues.

Feb. 9, Heart Health and You: A Knoxville Health Group physician will talk about basic heart health. Complimentary heart rhythm screening will be available.

Feb. 23, Healing Touch & Massage Therapy: Kate Petree will teach how healing touch can soothe, calm, relax and promote well-being.

Market Group: Monday, Jan. 26 & Feb. 23. Join the Market Group as they plan the Spring Market Sale. You must attend meetings in order to participate in the This and That Sale on May 6.

My Social Security: Jan. 14, 21 & Feb. 10, 26. Here is your opportunity to sign up for your online

O'CONNOR, CONTINUED ON P. 8

JANUARY 2015 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
WATCH FOR DETAILS OF AN EXPANDED PARTNERSHIP WITH THE YMCA FOR NEW EXERCISE CLASSES !!!			NEW YEARS DAY CENTER CLOSED	
5 8:00 Harrah's Trip 10:00 Earth Science 1:30 Intermediate Line Dance-New Class Begins	6  1:30 Tea Dance	7 8:30 Adv Open Painting 10:00 Adv Painting #1 of 10 12:30 Beg Painting #1 of 10 2:00 Beg Line Dance-New Class Begins 2:30 Beg Open Painting Classes meet weekly.	8 9:30 Happy Hikers 10:00 Thursday Walkers 2:30 Council on Aging	9 9:00 Ballroom Dance Class 10 7:00 pm Winter Wonderland Dance w/ Marvin Russell Band 
12 9:30 Creative Writers 10:00 Veterans Q & A 12:00 Lunch & Learn: Vaccines 1:00 Fabric Painting	13	14 2:00 My Social Security 3:00 My Social Security	15 9:00 Tai Chi Open House 9:00 Happy Hikers Annual Meeting	16 9:00 Ballroom Dance Class 7:00 pm DJ DANCE 
19 MARTIN LUTHER KING, JR. HOLIDAY CENTER CLOSED	20	21 9:00 Advisory Board 10:00 Camera Club 12:00 AARP Driver Safety 2:00 My Social Security 3:00 My Social Security	22 8:45 Happy Hikers 9:00 Toenail Clipping 10:00 Thursday Walkers 12:00 AARP Driver Safety	23 9:00 Ballroom Dance Class
26 9:30 Creative Writers 12:00 Lunch & Learn G.I. Issues ... 1:00 Market Group	27	28	29 9:30 Happy Hikers 10:00 Thursday Walkers	30 9:00 Ballroom Dance Class

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Advanced Senior Cardio 10:00 Party Bridge 10:00 Water Aerobics 10:30 Loss & Life Changes Support Group 1:30 Intermediate Line Dance	9:00 Beg. Bridge 9:00 Quilting 9:00 Tai Chi 10:00 Basic Arthritis Foundation Exercise 10:00 French 10:00 Party Bridge 10:00 Tai Chi Set Practice 10:00 Water Aerobics 11:00 Advanced Arthritis Foundation Exercise 1:00 Cribbage 1:30 Afternoon Dancing	8:30 Adv Open Painting 8:45 Advanced Senior Cardio 9:30 Band Practice 10:00 Adv Painting 10:00 Party Bridge 10:00 Water Aerobics 12:30 Beginner Painting 12:30 Belly Dance 12:30 Health & Humor 1:00 Texas Hold 'Em 1:30 Bingo 2:00 Beginning Line Dance 2:30 Beg Open Painting	8:30 Blood Glucose Checks 9:00 Knitting & Crocheting 9:00 Tai Chi 10:00 Basic Arthritis Foundation Exercise 10:00 Cards & Brain Games 10:00 Piano Lessons 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 10:00 Water Aerobics 11:00 Advanced Arthritis Foundation Exercise	9:00 Woodcarving 10:00 Water Aerobics 11:00 Beginning Spanish 11:00 Silver Stage Players 12:00 Intermediate Spanish 1:00 Jam Billiards Room Open Monday—Friday 8:30 am-4:30 pm BLOOD PRESSURE CHECKS DAILY 10:30—11:30

FEBRUARY 2015 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<p>2</p> <p>10:00 Adult CPR 10:00 Earth Science</p> 	<p>3</p>  <p>1:30 Tea Dance</p>	<p>4</p> <p>8:30 Income Tax Prep (Weekly until April 15)</p>	<p>5</p> <p>10:00 Thursday Walkers 2:00 Flower Lovers</p> 	<p>6</p> <p>9:00 Ballroom Dance Class</p> <p>7</p>  <p>7:00 pm Valentine Dance David Correll Band</p>
<p>9</p> <p>9:30 Creative Writers 10:00 Veterans Q & A 12:00 Lunch & Learn Heart Health & You 1:30 Fabric Painting</p>	<p>10</p> <p>8:00 Harrah's Trip 10:00 Singing Seniors Return 1:00 Forever Young Ensemble Returns 2:00 My Social Security 3:00 My Social Security</p>	<p>11</p>	<p>12</p> <p>8:30 AAA Driver Safety 8:00 Happy Hikers 10:00 Thursday Walkers 2:30 Council on Aging</p>	<p>13</p> <p>9:00 Ballroom Dance Class 11:30 Low Vision Group</p>
<p>16</p> <p>PRESIDENTS' DAY CENTER CLOSED</p> 	<p>17</p> <p>PANCAKE FEST 7:00 A.M. TO 1:00 P.M.</p> 	<p>18</p>  <p>9:00 Advisory Board 10:00 Camera Club</p>	<p>19</p> <p>8:45 Happy Hikers and Thursday Walkers 2:00 With Hope in Mind</p> 	<p>20</p> <p>9:00 Ballroom Dance Class 9:00 Toenail Clipping</p> <p>7:00 pm DJ Dance</p> 
<p>23</p> <p>9:30 Creative Writers 12:00 Lunch & Learn Healing Touch... 1:00 Market Group</p>	<p>24</p>	<p>25</p>	<p>26</p> <p>9:00 Happy Hikers 10:00 Thursday Walkers 12:30 SCL BBQ 2:00 My Social Security 3:00 My Social Security</p>	<p>27</p> <p>9:00 Ballroom Dance Class</p>

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:45 Senior Advanced Cardio 10:00 Party Bridge 10:00 New Class to Come! 10:00 Water Aerobics 10:30 Loss & Life Changes Support Group 1:30 Intermediate Line Dance</p>	<p>9:00 Beg. Bridge 9:00 Quilting 9:00 Tai Chi 10:00 Basic Arthritis Foundation Exercise 10:00 French 10:00 Party Bridge 10:00 Singing Seniors 10:00 Tai Chi Set Practice 10:00 Water Aerobics 11:00 Advanced Arthritis Foundation Exercise 1:00 Cribbage 1:00 Forever Young Ensemble 1:30 Afternoon Dancing</p>	<p>8:30 Adv Open Painting 8:30 Income Tax Prep 8:45 Senior Advanced Cardio 9:30 Band Practice 10:00 Adv Painting 10:00 New Class to Come! 10:00 Party Bridge 10:00 Water Aerobics 12:30 Beginner Painting 12:30 Belly Dance 12:30 Health & Humor 1:00 Texas Hold 'Em 1:30 Bingo 2:00 Beginning Line Dance 2:30 Beg Open Painting</p>	<p>8:30 Blood Glucose Checks 9:00 Knitting & Crocheting 9:00 Tai Chi 10:00 Basic Arthritis Foundation Exercise 10:00 Cards & Brain Games 10:00 Piano Lessons 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 10:00 Water Aerobics 11:00 Advanced Arthritis Foundation Exercise</p>	<p>9:00 Woodcarving 10:00 Water Aerobics 11:00 Beginning Spanish 11:00 Silver Stage Players 12:00 Intermediate Spanish 1:00 Jam</p> <p>Billiards Room Open Monday—Friday 8:30 am—4:30 pm</p> <p>BLOOD PRESSURE CHECKS DAILY 10:30—11:30</p>

O'CONNOR, CONTINUED FROM P. 5

Social Security account, for free! Eventually, anyone receiving benefits will be required to have an online account.

O'Connor Center Band: Wednesdays. Band director Linda Edwards provides encouragement and direction to newcomers and pros alike! No experience is necessary and everyone is welcome! Used instruments can be donated for an in-kind tax deduction.

Painting (Advanced & Beginner): Wednesdays. Class begins Jan. 7. Ann Birdwell is the instructor; cost is \$40 for the 10-week class. You may choose to work in oils, acrylics, or watercolors. Please call to register and remember the class fee is due before or on the first day of class.

Pancake Fest: Tuesday, Feb. 17, 7 a.m.-1 p.m. *Tickets will be available in advance or at the door. Enjoy all-you-can-eat pancakes, sausage, milk, juice, and coffee with local celebrities! Regular and sugar-free syrup will be available as well as offerings from the UT Medical Center's Healthy Living Kitchen. There will be a craft fair and information booths featuring local companies offering services for seniors. No regularly scheduled Center activities will meet this day. Shuttle service will be provided.*

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

Piano Lessons: Thursdays. Jean Osborne, director of the Singing Seniors, offers any level individual lessons for seniors. Cost includes a materials fee for the music and a \$5 weekly donation. Sign up to get on the waiting list.

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

Seniors for Creative Learning (SCL) BBQ: Thursday, Feb. 26, at 12:30 p.m. The \$40/\$55 registration fee includes admission to the BBQ but you must call 974-0150 by February 20 to get on the BBQ attendance sheet.

Silver Stage Players: If you're interested in participating in drama activities this spring, now is the time to join the group.

Singing Seniors: Please call 688-1960 (Joe Atkins) to register for this group; space is limited and the registration deadline is Jan. 10. Group rehearsals begin Tuesday, Feb. 10.

Singing Seniors Ensemble: This smaller group of Singing Seniors performs at venues with limited space. Practice begins Tuesday, Feb. 10.

Spanish-Beginner: Fridays. Instructor Tom

Whisman will lead this basic class for true beginners.

Spanish-Intermediate: Fridays. Class is for those with some experience and is an opportunity to improve communication skills while keeping mentally fit.

Taoist Tai Chi Classes and Practice: Tuesdays and Thursdays. Everyone is welcome to participate, regardless of level of involvement. Attend the Jan. 15 Open House to be welcomed and introduced to the art. Recent studies show that Tai Chi helps to improve balance and coordination while improving both mental and physical health.

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

Toenail Clipping by Appointment Only: Thursdays, Jan. 22 and Feb. 20, with cosmetologist Kelli Jobe. Cost: \$12; please call 523-1135 to schedule an appointment.

Veterans Services: Monday, Jan. 12 and Feb. 9. A VA representative will be here to answer questions concerning benefits and other matters for veterans and family members.

Water Aerobics: Monday-Friday, 10 a.m. 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: \$2/class.

With Hope in Mind: Thursdays, Jan. 15 and Feb. 19. This group offers support to families and friends of people dealing with various mental illnesses. For more information please contact Gerald Segroves at 523-7284.

Woodcarving: Fridays. Open to all. Personal instruction is available, if needed.

Computer Classes - Cost varies per class.

A variety of classes are planned for January and February including, but not limited to:

- Basic and Advanced iPad and Tablet;
- Computer Basics and Browsing;
- Introduction to Ancestry;
- My Social Security Required Registration;
- Stay in Touch via E-mail, Skype, Twitter, Facebook;
- Computer & Internet Security Issues.

Please call the Center for details, cost, and to register. Classes will be listed in the Weekly Update in the Sunday paper as well as on the Office on Aging website, knoxseniors.org.

DANCES COST VARIES PER DANCE.

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

Tea Dance: First Tuesdays, Jan. 6 & Feb. 3. Good music, fellowship, and refreshments.

3rd Friday Night Dance: Jan. 16 & Feb. 20. An "ALL TYPE" dance (line, country, western, swing, waltz, etc.) with a special DJ from Pro-Audio Mobile DJs. Holiday refreshments will be served.

2nd Saturday Night Ballroom Dances: Jan. 10: *Winter Wonderland Dance* with Marvin Russell; Feb. 7: *Valentine Dance* with the David Correll Band. Refreshments will be served.

DANCE CLASSES COST IS \$2/CLASS.

Advanced Line Dance: Mondays. For those with previous experience in line dancing.

Beginner's Line Dance: Wednesdays. For the true beginner. New class begins Jan. 7.

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. New class begins Jan. 5.

Ballroom Dance Instruction Class is for beginners, but those with experience can volunteer to help. *The International Standard style is followed and instruction includes learning the steps for the waltz and perhaps the tango and foxtrot. Class instructor Francisca Wilson has competed and won both national and international competitions. Class will meet on Friday mornings from 9 a.m.-10 a.m., beginning Jan. 9 and continuing until Feb. 27. Cost: \$20 for the 8-week class. Please call to register.*

Exercise Opportunities - Cost varies

Advanced Senior Cardio: Covenant-led Body Works aerobic class. Mondays & Wednesdays. Cost: \$3/class. Classes begin January 7.

Arthritis Foundation Exercise, Advanced: Good physical exertion on Tues. & Thur., \$2/class.

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

Senior Tone & Balance: (Formerly met at 10 a.m. on Mondays & Wednesdays.) Class is being modified; please call the Center for details or check the *Weekly Update* for class times and additional information.

The O'Connor Center staff and Advisory Board say a special "Thank You" for the gifts to the Center from: Akiko Takayama; Charlie and Jeanette Stevens Edkar Willis; Exceptional Gifts; Grant Bishop Jim and Frankie Hicks; Knox County Chapter 85 of the American Association of Retired Persons, Inc. Singing Seniors

In honor of the Amazing O'Connor Band:

Betty Reddick; Jacqueline Barbarette Palmyra A. Moore; Patricia Rozelle

OOA PROGRAM CONTRIBUTORS

FOSTER GRANDPARENTS PROGRAM

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Banfield Charitable Trust
Knoxville Zoo
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OFFICE ON AGING

Ken Monty
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The Church at Knoxville
Lydia's Guild

Messiah Evangelical
Lutheran Church
Florence Murat
Barbara Newlin
The Way Ministry
Word of Life Ministries

SENIOR COMPANION PROGRAM

Anonymous

SNP/MOBILE MEALS

Glen Anderson
Anonymous (16)
Sharon Billings
Richard & Sharalyn Blattner
Alan & Dianna Brizzolara
Chick-fil-A at
Kingston Overlook

Chick-fil-A at Turkey Creek
Colonial Heights UMC, J. Ray
Stuart SS class
Diana Cruze
Jerry & Cindy Eisele
Michael & Deisha Finley
First Christian Church,
Disciples class
Barbara Leftwich Froula
Dawna Gray
Julius Gregg
Mildred Gregg
Lisa Kelly
Pam Lovell
Debbie Lowe
John McCarthy
David McCormick
Laura-Eve Moss
James & Bobbie Mullins

Oakwood Baptist Church,
Homemaker's SS class
Judy Pebley
Norma Peterson
Benjamin Prijatel
Tanya Rankin
Mr. & Mrs. G.W. Renfro
Max & Lisa Smith
John & Beth Smith
Smithwood Baptist Church,
Joy Class

IN MEMORY OR HONOR

In Memory of Irene Demott
Mary Barbara Foster
Betty Kastl
In Memory of Sig Dietz
Christopher &
Ruth Ann Petersen

*In Memory of Louis I.
Harmon-Lloyd*
Angie Conatser
In Memory of Howard Heinz
Dr. & Mrs. James Acker
In Memory of Ethel Hilton
Anonymous
*In Memory of Williams Lauren
Hunter II*
Hal & Nina Fletcher
In Memory of mother
Juanita Petree Church
In Honor of Margaret Norman
Greg Norman
In Memory of Robert W. Schutt
Joanne Schutt

ADOPT-A-SENIOR SPONSORS

ADOPT-A-SENIOR DONATIONS

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Program
Linda Williams
Young High School Class
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Martha Hays
In Memory of Curtis Hill
Jim & Kathy
Killingsworth
In Memory of
Marjorie McLean
Bob McLean
In Honor of Sheila McNeil
Anonymous
In Memory of Kenneth Mills
Vivian Mills
In Honor of Jonathan Ruth
Anonymous
In Honor of Lou &
Betty Thacker
Fountain City Presbyterian
Church, Waystation
SS Class

In Memory of Roy &
Marie Willard
Lois Cameron
In Memory of Nick &
Sue Williams
Kaye Williams

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Mascot United
Methodist Church
Meals on Wheels
Association of America
St. Elizabeth's
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Carla D. Wyrick

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Arant, Mrs. Frank Tucker,
Mrs. Tom Wynegar, Dr. & Mrs.
Sam Bills, Mr. & Mrs. Gene
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Mrs. Sumner Bell, Mr. & Mrs.
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Myers, Mrs. Ben Williamson,
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Lee Congleton, Sr., Mrs. Ross
Faires, Kim Cochrane, Vickie
Welch, Sis Mitchell and Bob &
Marnie Page
Tom & Aggie Bell
In Memory of Don W. Ownby
Roger Ownby

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The Church of the
Good Samaritan

FIVE SENIORS FOR ONE YEAR

The Mark & Daisy Hamm
Giving Fund

28 SENIORS FOR ONE YEAR

The Thompson
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ELDER NEWS & VIEWS

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PANCAKE FEST, CONTINUED FROM P. 1

planned for the day. To reserve your space, call 523-1135 and speak to Sue Massingill, O'Connor Center manager.

The North Addition will once again be turned into a bargain hunter's delight with craft and specialty items that are beautiful and affordably priced. Special music will be provided throughout the event, including the toe-tapping tunes of the Circle of Friends band!

Knox County has a wide variety of services for senior adults. Many of these service providers will have informational booths at Pancake Fest to help you find the services you or your family member may need.

As the Center's major fund-raiser, Pancake Fest makes it possible for O'Connor to continue offering new and innovative programs for seniors in our community. The Center staff and the Center Advisory Board look forward to seeing you on Tuesday, February 17, at Pancake Fest 2015!

Perhaps the best new feature this year will be a shuttle service provided to and from the nearby Caswell Park and Regions Bank parking areas! Rain or shine, make your plans to support the O'Connor Center's fundraising efforts and enjoy the fellowship and the day's festivities! ■



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SNOWFLAKE BALL, CONTINUED FROM P. 1

of frail, homebound persons at no charge. There are currently 85 Senior Companion volunteers in the Knox County program serving over 200 individuals, but demand for Senior Companions, who are volunteers, always exceeds supply, with more than 300 older adults waiting for a Companion. Community donations allow the program to train and place more Companions. If you or someone you know is interested in becoming a Senior Companion, call the program at 524-2786 for information.

The Snowflake Ball is supported by Platinum Sponsors:

Choices in Senior Care is a care management company committed to EMPOWERING senior adults and their families to make the best possible care decisions for their individual situation. For more information, visit www.choicesinseiorcare.com.

United Healthcare Community Plan provides services to the aging population through benefits not offered by Original Medicare and through the CHOICES benefit program. For more information, visit www.UHCCCommunityPlan.com.

Vista Points Special Needs Trust & Resource Center is dedicated to raising awareness regarding Special Needs Trusts and serves as trustee for these types of trusts. For more information, visit www.vistapoints.org.

The Snowflake Ball is sponsored by area businesses and organizations. A special thanks to our local Sponsors this year!**Orchestra Sponsors**

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Senior Solutions At Home
Summit View of Farragut
Quality Home Health

HEARTFELT THANKS, CONTINUED FROM P. 4

the Mobile Meals program are unable to prepare their own meals, they cannot use the traditional ESF baskets. To provide for the seniors in our community, 18 years ago, the ESF began giving enough money to the Mobile Meals program to provide all of the Mobile Meals between Thanksgiving and Christmas. For this last holiday season, that was \$60,690 for 17,850 meals—a savings which will make it possible for the program to feed 69 additional seniors in 2015. ■

TO KEEP YOU INFORMED



Holiday closings:

The Office on Aging, CAC administrative offices, O'Connor Senior Center, and all Senior Nutrition Program dining rooms will be closed for **New Year's Day, Wednesday, January 1, 2015; Martin Luther King, Jr., Day, Monday, January 19; and President's Day, Monday, February 16.** Mobile Meals participants will receive boxed lunches for all of these holidays.



Make a New Year's Resolution that you can keep! Volunteer!

We all have the capacity to share time, skills, and knowledge to improve our community through volunteer services.

RSVP provides several volunteer opportunities in which individuals can share their time and talents with those in need, whether it be one hour a month or one hour a day.

Take the time and Make the time to volunteer this year!

- Provide social stimulation and a nutritious lunch for homebound seniors, age 60+, in Knox County once a week or once a month by delivering meals through **Mobile Meals**.
- Share your knowledge and skills of repairing minor water leaks, making minor house repairs, or organizing and decluttering households with the **Project LIVE Program**, and assist Knox County seniors to remain in their homes.
- Become a driver for **Volunteer Assisted Transportation** and help Knox County senior residents and people with disabilities get to appointments and other errands while providing assistance as needed throughout the errand. Volunteers

use agency-owned hybrid vehicles for transportation.

Martin Luther King, Jr. stated: *"Life's most persistent and urgent question is, what are you doing for others?"*

Take the first step to beginning your volunteer service; contact RSVP coordinator Ashley Rex (865) 524-2786 or ashley.rex@knoxseniors.org.

CAC policy for snow closings: CAC offices will usually remain open during regular business hours when bad weather occurs. The O'Connor Center and the Senior Nutrition Program, which includes congregate meal sites and Mobile Meals, do **not** follow the Knox County School System closing schedule during inclement weather. Please listen to radio and TV stations for announcements about "snow day" meal services and the need for volunteers to deliver meals.

Always look for our dogwood when you Google us!



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COA PRESENTS "REMOTE AREA MEDICAL: THE STAN BROCK STORY"



FEBRUARY MEETING

Date: Thursday, Feb. 12

Time: 2:30 p.m.

Place: O'Connor Center
611 Winona St.

Remote Area Medical Volunteer Corps (RAM) is a nonprofit medical relief corps based in Knoxville, Tennessee. It was founded in 1985 by Stan Brock, who once worked as an assistant to Marlin Perkins on *Mutual of Omaha's Wild Kingdom* TV show.

RAM provides free health care, dental care, eye care, veterinary services, and technical and educational assistance to

people in remote areas of the U.S. and around the world.

Chris Hall, Remote Area Medical's chief operations officer, will talk about Brock's life and how his vision of RAM came about. Listeners will be taken on a journey from Guyana (formerly British Guiana) in South America to the heart of Appalachia. Along the way, audience members will hear the stories of a time when "all the cowboys were Indians," leading up to the present, with a Remote Area Medical that has gone global.



Hall began his journey with RAM almost two decades ago at the age of 13. His father's friend volunteered for RAM and invited Chris to expedition #100 to gain some volunteer experience. Chris continued to volunteer whenever he could, and by the time he

became an official employee of RAM in 2013, he had over 500 clinics under his belt. Now as COO, his vision for RAM's future continues to motivate him, along with his gratitude for what he's been given.

Plan to attend the **February 12** Council on Aging meeting at **2:30 p.m. at the O'Connor Senior Center** to hear this interesting story about a fascinating and lifesaving program.

Refreshments will be provided by Senior Citizens Home Assistance Service (SCHAS). ■