

ELDER NEWS

JULY/AUGUST 2018

VIEWS

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

Power of the Purse



Purchase tickets on July 15th to attend Power of the Purse, a fun and popular fundraiser for Mobile Meals. The event includes an auction, jewelry sale, and everybody's favorite, the Purse Madness Sale Room. You will find purses in every style, size, color, and price range. There is something for everyone! Doors to Purse Madness will open at 6 pm sharp.

Over 900 homebound seniors are served Mobile Meals Monday – Friday with 300 more being served in community dining settings. On average, 100 people volunteer to serve older adults meals each day. The donated time of volunteers is a crucial resource for our agency and our community. ■



Donations are currently being accepted for Power of the Purse 2018.

Donations needed:

- New or like-new purses
- Items for the auction
- Jewelry

Auction items can include a wide variety of things such as:

- Gift cards to area restaurants, shops, and entertainment venues
- Accessories to go with handbags
- Sports tickets and paraphernalia
- Electronics, household items
- Unique and specialty gifts

Drop off purse donations at the following locations during normal business hours:

- **CAC Office on Aging**, 2247 Western Avenue, 37921
- **Chico's Turkey Creek**, 11321 Parkside Dr., 37934
- **Palm Village**, 4485 Kingston Pike, 37919
- **Mac's Pharmacy**, 2419 Washington Pike, 37917

Drop off jewelry donations at CAC or East Tennessee Personal Care, 9125 Cross Park Dr #100, Knoxville, TN 37923

POWER OF THE PURSE SEPTEMBER 20, 2018

Doors open at 5 pm. Purse Madness begins at 6 pm sharp!

Rothchild Conference Center
8807 Kingston Pike, 37923

SPONSORS NEEDED

Power of the Purse is looking for corporate sponsors to offset the cost of the event. Sponsorship comes with great perks! If your business would like more information, call Shelly at (865) 524-2786 or email shelly.woodrick@knoxseniors.org.

TICKETS GO ON SALE JULY 15.

Order tickets online at knoxseniors.org or call (865) 541-4500.

Through August 20th:
\$40 individual ticket or
\$375 for a table of ten.

After August 20: \$50
individual ticket or \$450
for a table of 10.

Covenant
HEALTH

Ticket price includes:

- Light dinner fare
- One drink ticket per person with cash bar available
- Entrance to the Purse Madness Sale Room
- Wine by the bottle available for purchase

DUNCAN AWARDS

CONGRATULATIONS TO JOAN REGESTER, RECIPIENT OF THE COMMUNITY AWARD, AND SUSIE STILES, RECIPIENT OF THE PROFESSIONAL AWARD OF THE JOHN J. DUNCAN, SR. AWARD FOR SENIOR ADVOCACY.

On May 10th members of the community and professionals from supporting agencies came together to show their support of these two most deserving individuals. Joan has been helping the home-bound seniors of Knox County remain healthy, loved and safe in their homes for the past 25 years. As a Mobile Meals volunteer, Joan serves as an advocate, currently drives 2 Mobile Meal routes 4 times a month, and she keeps track of over 2,400 volunteers logging over 48,000 hours each year.

Susie is licensed by the State of Tennessee as a clinical social worker (LCSW). She holds a Clinical Diplomate, the highest distinction bestowed on clinical social workers, from the National Association of Social Workers (NASW). In 2007, Susie joined the Elder Law Practice of Monica Franklin as an Elder Care Coordinator. Within an innovative multidisciplinary approach to elder law and long-term care planning, Susie provides clinical support, education, and advocacy for older adults and their families in Knox and surrounding counties through the practice's Life Care Plan service.



Left to right: Senator Becky Duncan Massey, Joan Regester, and Susie Stiles with portrait of John J. Duncan, Sr.

The award, named in honor of the late Rep. John Duncan, Sr., is given annually to outstanding community members who go above and beyond in their personal and professional lives to advocate for the seniors of Knox County. The Duncan Award event is a fundraiser for Senior Information & Referral (SIR), our Office on Aging program dedicated to providing high-quality, in-depth information and referral services to Knox County seniors, caregivers and professionals. Call (865) 546-6262 for answers to senior issues. ■

RED RIBBON SPONSORS

Medicare Insurance Advisors
Hunter Valley Farm
Arbor Terrace

FOOD SPONSORS

Morning Pointe of Powell
The Lantern at Morning Pointe of Clinton

GOLD LEVEL

Long, Ragsdale & Waters
Andy Johnson – Beverage Control, Inc.

SILVER LEVEL

Quality Private Duty Care
Tennova Healthcare Hospice
Cindy Cleveland

BRONZE LEVEL

Stan Boling
Becky Dodson
Pat Green
Bob & Maureen Stokes

WINE PULL SPONSORS

East Tennessee Personal Care Service
NHC Farragut

SENIOR JOB FAIR: THANK YOU TO OUR SPONSORS!

Always Moore Janitorial Service
American Job Center/Workforce Connections
Courtyards Senior Living
5/3 Bank
Hillcrest Healthcare Communities
Holiday Inn-World's Fair Park
Senior Citizens Home Assistance Services (SCHAS)
Senior Helpers
Meritan
Talbots
United Healthcare Community Plan
University of Tennessee



WHAT IS SNAP?

The Supplemental Nutrition Assistance Program (SNAP) is a federally funded program that provides certain adults over the age of 60 with a monthly benefit that they can use to buy healthy food.

We can help you with the SNAP application and explain the details of this program. If you could use more money to buy good, healthy food, apply for SNAP. Call Alice Allen at (865) 524-2786 or email alice.allen@knoxseniors.org. ■

PAWS AMONG THE BLOOMS



Thanks to all who attended PAWS Among the Blooms. The event was well-attended for Knox PAWS, which places adoptable pets with eligible seniors for love and companionship.



Congratulations to Charlie, the pup who won Best in Show by a vote of attendees.

SPONSORS

Carey & John Merz

Julia Jackson

Andy Johnson - Beverage Control, Inc.

Knoxville Insurance Service, Inc.

LAMBS Pet Ministry - Episcopal Church of the Ascension

Lange Animal Hospital

Pat & Dan Green

Stanley's Greenhouse

Thank you to everyone who donated items for the Silent Auction.

Special thanks to the Firehouse Band for providing lively, toe-tapping music.

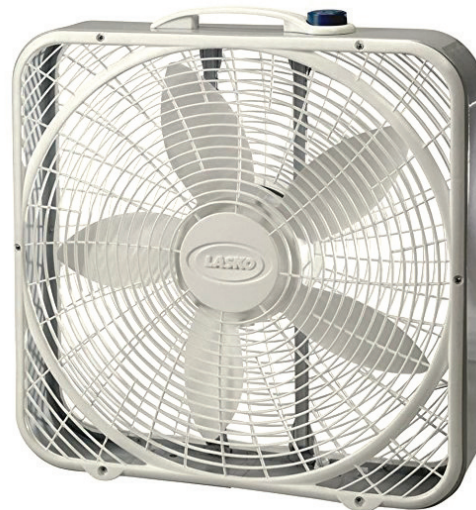


 To see photos from the event, visit our Facebook page at KnoxPAWS

THE OFFICE ON AGING NEEDS FANS

Hot weather is especially hard on our older adults in Knoxville. The CAC Office on Aging seeks donations of new box fans and oscillating fans for seniors who need extra help staying cool during the hot summer months. Overheating is especially dangerous for older adults, and can result in dehydration, heat stroke, or other medical emergency.

If you have fans to donate, you can drop them off at the Office on Aging located at 2247 Western Avenue. You can also call the office at (865) 524-2786 (Monday - Friday, 8 am - 4:45 pm) to arrange a pick-up or go online to donate funds to go towards the purchase of fans. ■



CAC BENEFITS FROM DONATIONS MADE TO KARM

If you have items to donate to Knox Area Rescue Ministries (KARM), let them know that you are with CAC and they will return a portion of the proceeds from the sale of those items to CAC in the form of gift cards. This program, called Corners of Your Field, keeps track of partner donations and gives back to the partners that support KARM. So, if you're spring cleaning and need to get rid of unwanted items, consider giving to KARM and, in turn, help CAC to fulfill the mission of helping people and changing lives. ■

ONE CALL CLUB OFFERS DEEP DISCOUNT

New! Rate reduction for remainder of 2018: from now until the end of the year, the membership fee has been reduced. Beginning July 1, 2018, you can sign up for the One Call Club at the half price rate of \$25.

One Call Club provides one-phone-call access to reliable, reasonably priced service providers to people of all ages who need easy access to services to maintain their homes and busy lives.

BECOME A MEMBER BECAUSE:

- You are too busy to research service providers.
- You are a senior and you want to remain in your home.
- You never know when you will need help.
- You make just one call. The One

Call Club staff will arrange the services for you.

- You want assurance that reliable professionals are performing the services you need.
- You get discounted rates from many service providers.
- With One Call Club staff behind you, you greatly reduce the risk of being scammed.
- You want peace of mind. You get it with One Call.

BENEFITS OF MEMBERSHIP

- Access to reliable, prescreened service providers
- Many service providers offer discounts
- Home safety recommendations
- Access to staff for nonmedical emergencies 24/7

MEMBERSHIP FEE

Members pay an annual fee to join the program (there is a sliding scale for lower-income seniors). The fee covers the cost of staff thoroughly screening vendors and arranging services. Members are still responsible for paying services they receive.

EXAMPLES OF SERVICES OFFERED

These are just a few examples of the kinds of services members ask for. Members can request any kind of service they need, and we will do our best to find providers of that service.

- Home Repairs & Maintenance: Plumbing, gutter-cleaning, insulation, housecleaning, appliance repair, yard work
- Health Related: Arranging transportation for medical



appointments and prescription refills, arranging personal care services

- Home Safety Modifications: Grab bars, handrails, ramps
- Miscellaneous: Pet-walking, errand services, bill-paying service, computer installation, junk removal, and more

JOIN NOW!
TO JOIN OR TO REQUEST MORE INFORMATION ABOUT ONE CALL CLUB, CONTACT THE PROGRAM AT 865-595-3006.

GRANDPARENTS AS PARENTS SUPPORT GROUP MEETINGS

Grandparents as Parents (GAP) educational support groups will resume in August. GAP is a program of the Office of Aging for grandparents or other relatives that are assuming the role of the parents. Each GAP support group meeting will feature a community expert to discuss current topics of interest for relative caregivers. These meetings also offer caregivers the opportunity to build a network of friends that can help navigate the emotional rollercoaster of raising a second family. There are no age or income restrictions to becoming a GAP member. All programs are free and open to the public.

For more information about the Grandparents as Parents program, contact Tracy Van De Vate at (865) 524-2786 or email tracy.vandevate@knoxseniors.org. ■

SAVE THE DATES

Fall 2018 Grandparents as Parents Support Group Meetings

10:00 am—noon

LT Ross Building • 2247 Western Avenue

Programs to be announced at a later date.

August 28, 2018	November 27, 2018
September 25, 2018	December 11, 2018
October 30, 2018	

See you at the Back to School Bash on August 8th at the Knoxville Expo Center!

LIVING LIFE TO THE FULLEST AT DAILY LIVING CENTER

Office on Aging's Adult Day Care Program, The Daily Living Center, is designed to help older adults maintain their best level of independence. DLC offers a wide variety of activities to maintain health and safety, provide exercise and leisure activities, plus offering community field trips when possible. Daily Living Center can improve mental and emotional functioning in a comfortable home-like setting. Transportation to and from the home is provided along with two full meals and a snack.

Call Wendy at (865) 689-8412 for more information. ■

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
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

Those *lazy, hazy, crazy days of summer* are upon us once again, but you will find lots of opportunities to enjoy those days in the cool and comfort of the O'Connor Center! There are activities planned to help you learn, be entertained, keep in shape, or just enjoy the fellowship. Celebrate **National Senior Citizens Day** with us on **Tuesday, August 21**, for the Creative Endeavors Group's **Thrifty Treasure Sale** as you meander toward an **Ice Cream Social** at 1:00 pm provided by the Happy Hikers! The **Seniors for Creative Learning** Fall Semester **kickoff luncheon** will be held on **August 30 at 12:30 pm** with good food, great fellowship, and special entertainment! Please call the UT Department of Conferences and NonCredit Programs at 865-974-0150 to register for the fall classes and to make a reservation for the August 30 luncheon. Also, consider participating in **Brain Games** where the only heat you will experience is from the competition--and you just might help O'Connor to bring home a trophy in September! Most of all, take time this summer to soak up the sun so when the dreary, gray days of winter shadows are upon us, you heart will remember the words of **St. Francis of Assisi: "A single sunbeam is enough to drive away many shadows."** Fill your heart with the summer solar energy that will enable you to weather the storms to come in your life!

JULY/AUGUST PROGRAMS

AARP Driver Safety Program: The Smart Driver Course will be offered Monday & Tuesday, August 13 & 14. Please call Carolyn Rambo at 382-5822 for info and to register for this two-day refresher course which might save you money on your insurance cost.

Ask-a-Pharmacist: Jay Wyrick, RPh from Walgreens, will answer questions about your medications.

Beginners Bridge: A 2-hour Thursday class for anyone wanting to learn this addictive game. Call for details.

Bingo: Wednesdays. Bringing 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: Enjoy this mental exercise that helps to keep the mind sharp while enhancing cognitive function. Group meets on Tuesdays at 11 am to review fun trivia and have a great time! Upcoming area competition will be held at the O'Connor Center on Thursday, September 6, at 10 am with the Sub-State Competition on Monday, September 24. State Champions take home a trophy and a cash prize for their Center. Newcomers are welcome!

Camera Club: Let us guide your development both creatively and technically as we focus on the benefits of

participating in the Camera Club. Monthly meeting at 10 am on Wednesday, August 15.

Co-Ed Softball: Join us for exercise, fun, and fellowship at the Caswell Park softball fields every Tuesday & Thursday from 9 am-11 am. Women must be 55+ and Men 60+. Games are slow pitch, non-competitive, and everyone plays each inning! Cost is \$10 for the season.

Cornhole Competition: A fun and exciting game that is similar to Horseshoes that's great for socialization and exercise! Boards are set up at 1 pm on Thursdays, July 12 & 26, and Aug 9 & 23.

Computer Classes: Apple and Android Basics, Part 2, Facebook, Pinterest, and Getting the Most out of Your Smartphone/Tablet Camera will be taught by Social Media 4 Seniors during July and August; please see the schedule listed below. You must register for the classes and pay in advance.

Creative Endeavors: Thrifty Treasure Sale, August 21. Group membership is available for those who are looking for ways to express their creativity; membership is free and newcomers are always welcome.

Creative Writers Workshop: Meetings resume in August on 2nd and 4th Mondays. The leader 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.

Beginner Line Dance, Wednesdays. For the 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.

Tea Dance: First Tuesdays, July 3 & August 7; great fellowship! Cost is \$2.

3rd Friday Night Dances: July 20 & August 17. "ALL TYPE" dance with great music, light refreshments, fun, and a special DJ from Pro-Audio Mobile DJs. Cost is \$5.

Saturday Night Ballroom Dances with Refreshments:

July 14, Patriotic Dance with the Mood Swing Band; August 11, Hawaii Luau with the Russell Ramsay Band. **Cost: \$6/Dance Club Members; \$8/Non Members.**

Facebook 101: Do you want to stay connected to your children and grandchildren? Do you want to see what they are doing every day? Facebook is a wonderful way to keep abreast of the daily lives of those you love. See the pictures they post, share your pictures with them, even send them messages to let them know you are thinking of them! You will learn how to do all of this as well as make sure your Facebook account is set up privately and securely. This 1-day 2-hour course is \$15; call today to reserve your seat!

Flower Lovers Garden Club: Meets Thursday, August 9. For individuals who love horticulture and are interested in learning more! This group is always open to newcomers.

French: Tuesdays. Enjoy expanding your French vocabulary beyond *Oui* or *Merci* or *Je ne regrette rien?*

Fun Film Fridays: Enjoy a weekly movie and popcorn; donations appreciated.

Genealogy: Join us Wednesdays, July 11 & 25, to find your roots.

Gift Shop: Wonderful and unique gifts are available Monday-Friday from 10 am - 2 pm. The Gift Shop Steering Committee will meet Friday, July 13, at 10 am with the general membership meeting on Friday, July 27, at 10 am. 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 am, unless otherwise stated.

July 12	AT to Double Springs or Siler's Bald 7.5 - 10 mile moderate to strenuous
July 19	Twin Arches at big South Fork 4.7 mile moderate
July 26	AT to Sweat Heifer to Kephart Prong 7.4 mile moderate to strenuous w/shuttle
Aug 2	Bldv to LeConte Lodge to Alum Cave 13.2 mile strenuous w/shuttle
Aug 9	Meigs Creek to Curry Mountain 8.7 mile moderate to strenuous w/shuttle
Aug 16	Picnic at Cumberland Mountain Crossville, TN
Aug 23	Clingman's Dome 7.7 mile strenuous w/ shuttle provided
Aug 30	Deep Creek to Campsite #53 8 mile strenuous hike

JULY 2018 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
9:00 Legal Assistance 2 <i>by appointment only</i> 10:00 SAIL Exercise Class	9:00 Co-Ed Softball 3 11:00 Brain Games 11:30 Washable Oils Painting 12:00 Hearing Screening & Hearing Aids Checked 1:30 Tea Dance	 CENTER CLOSED HAPPY INDEPENDENCE DAY	9:00 Co-Ed Softball 5	1:30 Old Time String Band 6
10:00 Apple Basics pt. 2 9 10:00 SAIL Exercise Class 10:00 Veterans Q & A 12:00 Lunch & Learn 12:30 Android Basics pt. 2	8:00 Harrah's Trip 10 9:00 Co-Ed Softball 10:00 Apple Basics pt. 2 11:00 Brain Games 12:30 Android Basics pt. 2 1:30 Afternoon Dancing	9:00 Toenail Clipping 11 10:00 SAIL Exercise Class 1:00 Genealogy Class	9:00 Co-Ed Softball 12 10:00 Happy Hikers & Thursday Walkers 12:00 Diabetic Sweet Spot 1:00 Cornhole Competition	10:00 Gift Shop Steering Committee Meeting 13 1:30 Old Time String Band 7:00 Saturday Night Patriotic Dance Mood Swing Band 14
9:00 Legal Assistance 16 <i>by appointment only</i> 10:00 SAIL Exercise Class	9:00 Co-Ed Softball 17 10:00 Smart Phone/Tablet Camera Class 11:00 Brain Games 12:00 Activity Professionals Meeting 1:30 Afternoon Dancing	10:00 SAIL Exercise Class 18	9:00 Co-Ed Softball 19 10:00 Happy Hikers & Thursday Walkers 2:00 With Hope in Mind	1:30 Old Time String Band 20 7:00 Third Friday DJ Variety Dance
10:00 SAIL Exercise Class 23	9:00 Co-Ed Softball 24 11:00 Brain Games 1:30 Afternoon Dancing	9:00 Advisory Board 25 10:00 SAIL Exercise Class 1:00 Genealogy Class	9:00 Co-Ed Softball 26 10:00 Happy Hikers & Thursday Walkers 1:00 Cornhole Competition	10:00 Gift Shop Steering Committee Meeting 27 1:30 Old Time String Band
9:00 Legal Assistance 30 <i>by appointment only</i> 10:00 SAIL Exercise Class 12:00 Lunch & Learn	9:00 Co-Ed Softball 31 11:00 Brain Games 1:30 Afternoon Dancing			

RECURRING WEEKLY EVENTS

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

AUGUST 2018 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
Blood Pressure Checks Monday—Friday 10:30 am-11:30 am		10:30 KAT Travel Training 1	8:00 Election Day 2	1:30 Old Time String Band 3
9:00 Legal Assistance 6 <i>by appointment only</i> 10:00 SAIL Exercise Class 11:30 Creative Endeavors	8:00 Harrah's Trip 7 9:00 Co-Ed Softball 11:00 Brain Games 11:30 Washable Oils Painting 12:00 Hearing Screening & Hearing Aids Checked 1:30 Tea Dance	9:00 Toenail Clipping 8 10:00 SAIL Exercise Class 10:30 KAT Travel Training	9:00 Co-Ed Softball 9 10:00 Happy Hikers & Thursday Walkers 10:00 Facebook 101 12:00 Diabetic Sweet Spot 12:30 Pinterest 101 1:00 Cornhole Competition 1:00 Flower Lovers	12:00 Lunch & Learn 10 1:30 Old Time String Band 7:00 PM Saturday Night Hawaii Luau Russell Ramsay Band 11
9:30 Creative Writers 13 10:00 SAIL Exercise Class 10:00 Veterans Q & A 10:30 Ask-A-Pharmacist 12:00 AARP Driver Safety Training	9:00 Co-Ed Softball 14 11:00 Brain Games 12:00 AARP Driver Safety Training 1:30 Afternoon Dancing	9:00 Advisory Board 15 10:00 Camera Club 10:00 SAIL Exercise Class 10:30 KAT Travel Training	9:00 Co-Ed Softball 16 10:00 Happy Hikers & Thursday Walkers 2:00 With Hope in Mind	1:30 Old Time String Band 17 7:00 PM THIRD FRIDAY DJ VARIETY DANCE
9:00 Legal Assistance 20 <i>by appointment only</i> 10:00 Apple Basics pt. 2 10:00 SAIL Exercise Class 12:00 Lunch & Learn 12:30 Android Basics pt. 2	8:30 Thrifty Treasures Sale 21 9:00 Co-Ed Softball 10:00 Apple Basics pt. 2 11:00 Brain Games 12:30 Android Basics pt. 2 1:00 Ice Cream Social Sponsored by the Happy Hikers 1:30 Afternoon Dancing	10:00 SAIL Exercise Class 22 10:30 KAT Travel Training	9:00 Co-Ed Softball 23 9:00 Toenail Clipping 10:00 Happy Hikers & Thursday Walkers 1:00 Cornhole Competition	1:30 Old Time String Band 24
9:30 Creative Writers 27 10:00 SAIL Exercise Class 1:00 Market Group	9:00 Co-Ed Softball 28 11:00 Brain Games 1:30 Afternoon Dancing	10:00 SAIL Exercise Class 29 10:30 KAT Field Trip Market Square Farmer's Market	9:00 Co-Ed Softball 30 12:30 SCL Kickoff Luncheon 10:00 Happy Hikers & Thursday Walkers	1:30 Old Time String Band 31

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Advanced Senior Cardio 10:00 Party Bridge Water Aerobics 10:30 Loss & Life Changes Support Group 1:30 Intermediate Line Dance Blood Pressure Checks Monday—Friday 10:30 am-11:30 am	9:00 Greenhouse, Quilting Tai Chi 10:00 Basic Arthritis Exercise French, Party Bridge Tai Chi Set Practice Water Aerobics, Yoga 11:00 Adv Arthritis Exercise Brain Games, Italian 11:20 Seated Yoga 11:30 Washable Oils Painting 1:00 Cribbage & Table Games	8:30 Open Painting 8:45 Advanced Senior Cardio 9:00 Cadet Band Practice 10:00 Advanced Painting Concert Band Practice Party Bridge Water Aerobics 12:15 Health & Humor 12:30 Beginner Painting, Belly Dance, Texas Hold'Em 1:30 Beg.Beg. Line Dance, Bingo 2:00 Beginner Line Dance	8:30 Blood Glucose Checks 9:00 Knitting & Crocheting 9:00 Tai Chi 10:00 Basic Arthritis Exercise Happy Hikers Tai Chi Set Practice Thursday Walkers Water Aerobics, Yoga 11:00 Adv Arthritis Exercise Beginner Bridge 11:20 Seated Yoga 1:00 Cards & Games	9:00 Greenhouse Woodcarving 10:00 Beginner Spanish Water Aerobics 11:00 Intermediate Spanish 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

Harrah's Trip: Fun trips are Tuesdays, July 10 and August 7. Cost is \$35/person and each participant must have a valid email address. \$25 play voucher and player's card for each guest! Please call Frankie Hicks at 865-525-1475.

Ice Cream Social, August 21: Celebrate National Senior Citizens Day and enjoy great fellowship and yummy ice cream; event sponsored by the Happy Hikers. **Please sign up for this FREE event before August 16.** Come early and shop in the Creative Endeavors' Thrifty Treasure Sale before enjoying ice cream!

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 - 3:30 pm by appointment; **please call to schedule an August appointment.**

Italian: Class will resume September 4.

KAT Travel Training: Join Ann Victoria every Wednesday in August for an hour training session on using the Knoxville Area Transit system for your everyday life and special activities! Each person who attends will receive an Adult Day Pass for KAT. Wednesday, August 29 you can use your pass to go with us to Market Square Farmers Market to do your shopping or just enjoy lunch on the mall. For information about how to use your SNAP benefits at the Farmers Market, call Alice Allen at 524-2786.

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

Legal Assistance: July 2, 16, 30 and August 6, 20. Call 637-0484 to schedule an appointment for free legal services for seniors.

Loss & Life Changes Support Group: Mondays. Pat Green, Group Leader/Social Worker and Bereavement Coordinator, listens to concerns and offers encouragement. Newcomers are welcome to this informal time of sharing which always ends on a positive 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 struggles with vision issues and would like to be involved in Center events, please encourage them to call the Center today at 523-1135.

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 works magic and provides encouragement and direction to

newcomers and pros alike! Gently used instruments are needed as well as warm bodies to play the gently used instruments. This wonderful time of learning and playing is great fellowship.

Old Time String Band: A weekly Friday afternoon get-together for music lovers of all kinds! Anyone who plays an acoustic string instrument, sings, or just likes to listen and dance will enjoy this fellowship! Everyone welcome, regardless of skill level. Don't miss the First Friday Sounds with the band each month and enjoy sponsored refreshments.

Painting with Washable Oils: Tuesdays. Instructor: Liberty Gialelis. Cost is \$20 for 5-week session beginning July 3 & Aug 7. Beginners and newcomers welcome. Call for information on supplies needed and sign up at 523-1135.

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

Pinterest 101: Do you want to have everything that you love on the internet in one place...just waiting for you to look at when you have time? Pinterest is a wonderful way to keep all the things you want to discover together in an organized manner. From hobbies...to recipes...to decorating ideas...to travel. Whatever you love, you can find and "pin," creating visual bookmarks to look back on at any time. Share your pins with friends and family...just another wonderful way to stay connected! This 1-day 2-hour course is \$15, call today to reserve your seat!

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.

Seniors for Creative Learning (SCL): Tuesdays and Thursdays, August 30 - September 18. A partnership between the O'Connor Center and the UT Department of Professional and Personal Development makes this lecture series possible. Call 865-974-0150 for information and to register for classes, including the **August 30, 12:30 pm, Kick Off Luncheon with Entertainment. Watch for the catalog, Courses 2018/FALL, which will be mailed by the end of July. Course catalogs will be available at all senior centers and branch libraries.**

Spanish: Beginners class every Friday, 10 am; new Intermediate class Fridays at 11 am.

Smart Phone/Tablet Camera Class: Ever tried to take a photo only to see yourself? Ever taken 20 of the same picture? Want to learn about albums? This 2 hour workshop will offer instruction and instill confidence for the novice photographer. Please bring an Apple or Android device with a camera to the workshop. Note: Being able to use your device confidently is necessary for you to participate in this class. This is a camera how-to and not a workshop

on how to use your device. Cost is \$15 and pre-registration and pre-payment are required.

Texas Hold'em: Wednesdays. Enjoy fellowship and competition with experienced and inexperienced card players; newcomers welcome! Cost is \$2/class.

Thrifty Treasure Sale: Shop for treasures prior to and following the Happy Hikers' Ice Cream Social! Sale is sponsored by the Creative Endeavors Group.

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

Veterans Services: July 13 and August 9. The Knox County Veterans Service Office representative will be available to answer questions or provide direction concerning the latest changes.

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.

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.

Apple Basics Class pt. 2:

\$25 for the 2-day class

Mon/Tues, July 9 & 10, 10:00 am - 12:00 noon

Mon/Tues, Aug 20 & 21, 10:00 am - 12:00 noon

Facebook 101: \$15 for the 1-day class

Thurs, Aug 9, 10:00 am to 12:00 noon

Getting the Most of Your Tablet/Smartphone Camera:

\$15 for the 1-day class

Tues, July 17, 1:00 pm - 3:00 pm

Android Basics Class pt. 2:

\$25 for the 2-day class

Mon/Tues, July 9 & 10, 12:30 pm to 2:30 pm

Mon/Tues, Aug 20 & 21, 12:30 pm to 2:30 pm

Pinterest 101: \$15 for the 1-day class

Thurs, Aug 9, 12:30 pm to 2:30 pm

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

"Dr. Ron" will be available for computer questions and answers on Tuesdays, from 10:30 am to 3:30 pm.

Please call to schedule an appointment.

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.

Exercise: Senior Advanced Cardio: Monday and Wednesday. Class meets 2 days/week. This Covenant-led low impact aerobic class includes an increased level of intensity and a strenuous workout; cost \$3. Newcomers welcome.

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.

Hearing Screening & Hearing Aids Checked/Cleaned by a Beltone Representative: July 3 and August 7.

SAIL Exercise Class: Learn about how this new

exercise curriculum can improve your balance and strength. Class meets every Monday and Wednesday. Class is FREE for most insurance members so please call for details.

Sweet Spot for Diabetics: July 12 Diabetic Neuropathy; **August 9** Pre-diabetes. 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*.

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

Toenail Clipping, by Appointment Only: Cost is \$12. Call 523-1135 to schedule an appointment on July 11, August 8, or August 23.

Water Aerobics: Monday-Friday, 10 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): Thursdays, July 19 & August 16. Support group for families dealing with various forms of mental illnesses.

Yoga: Tuesdays & Thursdays, 10 am; Seated Yoga: Tuesdays & Thursdays at 11:20 am: Classes held at the YMCA.

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

July 9 Tips & Tools for Helping Seniors Avoid Financial Exploitation: A representative from Regions will share this valuable information.

July 30 Brain Boot Camp: Keeping your mind sharp is as important for good health as exercise! Scot Helms from Humana will share information for protecting brain health and reducing the risk of dementia. Box lunches provided for those who preregister.

Aug 10 An African Safari in Pictures: Laura & Ed Langston of Knoxville will present their slide show of featuring the animals and scenery in Botswana, Africa.

Aug 20 What Is Your Body Trying to Tell You? Valerie Johnson, from Brown Chiropractic, will discuss how to improve bone and joint health for healthy aging. Lunch provided by Brown Chiropractic.

APRIL & MAY 2018 DONATIONS

Anonymous (10)
Glen Anderson
Bob Andres
Ken and Kaye Brock
Colonial Heights United
Methodist Church, J. Ray Stuart
Sunday School Class
David & Clare Crawford
Jerry & Cindy Eisele
Anna Goodman
Vi Hayes
Margaret Kidwell
Jo Learn
Debbie Lowe
Richard Marino
David McCormick
Meridian Baptist Church,
Women on Mission
Tyra Noe
Janice Noe
Oakwood Baptist Church,
Homemaker's Sunday School

Class
Carl & Mary Porter
Norman Queener
Shirley Reppeto
John & Beth Smith
Smithwood Baptist Church,
Joy Class
Dorothy Tompkins
Linda Townsend
Wallace Memorial Baptist
Church
David & Carolyn Wells
Elizabeth Wieselquist
IN MEMORY OR HONOR
In Memory of Leila Brown
Norma Velasco
In Memory of Dennis Daniel
Kenneth & Judy Pate
In Memory of Cabell Finch
Carol Schmid
In Memory of Dorothy Frost
Catherine Cooper

In Memory of Willie Gardner
Joseph Gardner
In Memory of Emma Kathryn
Heitman
Kathy Sergeant
In Memory of Mary Ellen Keith
Anonymous
In Honor of Kenneth Roberts
Laurie Gibson
AAS DONATIONS
Anonymous (9)
Barbara Abner
Beaver Creek Cumberland
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Mikeal Berry
Alan & Dianna Brizzolara
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Church, The Night Circle of

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Mount Olive Baptist Church,
Eagles Sunday School Class
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Marie Norman
Helen Roehl O'Connor
Judy Poulson

Lavon & Darlene Rickard
St. George Greek Orthodox
Church, Philoptochos Society,
Sts. Mary & Martha Chapter
5036
The Table
Gary & Patti West
Helen Wilder-Brown
AAS IN MEMORY OR HONOR
In Honor of Patricia Ball
Diana Clapp
In Memory of Richard
Baumgartner
Mary Littleton
In Memory of Richard May
Elizabeth Russell
In Memory of James A.
Moneymaker
Marie Norman
In Honor of Memory of Margaret
Scalia
Jim & Kathy Killingsworth

In Memory of Andrew Paul
Sorrells
Curtis Sorrells

ONE SENIOR FOR ONE YEAR
Ronald Wyrick

ONE SENIOR FOR ONE YEAR IN
MEMORY OR HONOR

In Memory of Andrew J. Smith
Anonymous

TWO SENIORS FOR ONE YEAR
Theresa Wright

FOUR SENIORS FOR ONE YEAR
Old North Knoxville, Inc.

TWENTY-EIGHT SENIORS FOR
ONE YEAR
The Thompson Charitable
Foundation

APRIL & MAY OOA CONTRIBUTORS

AFFORDABLE MEDICINE OPTIONS FOR SENIORS (AMOS)

In Memory of Stan Boling
Susan Long

CAREER CLOSET

James R. Allen

CONNECTING HEARTS

East Tennessee Foundation,
Mount Rest Fund
Sequoyah Hills Presbyterian
Church

FEED A PET

Peter & Fawn Landrum
Steve & Linda Oliver
Martha Rosson
In Memory of Lucille Millsbaugh
Anonymous

LIVE

Jennifer LaMonte

O'CONNOR CENTER

Mary Carr
Dance Club
Happy Hikers
Frankie Hicks
Kindred Healthcare
Singing Seniors
In Memory of Jim Hicks
Richard & Carolyn Wallace
In Memory of Jim Hicks
Mrs. George Willard
In Memory of Charlie Stevens

Sandy & Ken Failing
In Memory of Charlie Stevens
Mary C. Gouge
In Memory of Charlie Stevens
Susan Long
In Memory of Jim Hicks
The O'Connor Dance Club

PAWS

A Dog's Life & Kitty Too
Alice Allen
Animal Wellness &
Rehabilitation Center
Asheville Highway Animal
Hospital
Carla Babyak
Jodonna Berquist
Shonnie Brown
Diva Salon & Boutique
Double Dogs
El Barril Mexican Grill
Fleenor's Hair Design
Flemmings Steakhouse
Pat & Dan Green
Dennis Greminger
J.T. & Julia Jackson
Ellen Keith
Kitchen 919
Knoxville Insurance Company
Knoxville Soap Candle & Gifts
Bettina & Charles LaBoda
Lambs-Pet Ministry-Episcopal
Church of Ascension
Lange Animal Hospital
Isabel McCoy
Kent McGinley

John & Carey Merz
Misty's Pet Depot
Nama
Panera Bread
Pellissippi Veterinary Hospital
Pet Supplies Plus
Riverside Vet Clinic
Martha Rosson
Rub-A-Dub Doggie Spa
Rural Southern Photography
Seasons
Mr. & Mrs. Armistead Smith
The Cookie Belle
Joseph Timothy
Trader Joe's
Brenda Tucker
Vagabondary
Village Veterinary Medical
Center
Visit Knoxville
Dave West
Wonderland Bath & Beauty
In Memory of Callie Hamilton
Tina Rosling
In Memory of Foster Lewis
Diane Wilson
In Memory of Promise
Kathleen Foust
In Memory of Wilma Campbell,
Marjorie Herzel & Lillian Smith
Lola Dodge

RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP)

Knoxville Track & Field Club,
Inc.

SENIOR EMPLOYMENT SERVICE

Always Moore Janitorial Service
American Job Center/Workforce
Connections
Courtyards Senior Living
Fifth Third Bank
Hillcrest Healthcare
Holiday Inn World's Fair Park
Meritan, Inc.
Senior Citizens Home
Assistance Services (SCHAS)
Senior Helpers of West Knox
Talbots
United Healthcare Community
Plan
University of Tennessee

SENIOR COMPANIONS

Gabriel Blake
Ms. Bowers
Vanessa Curry
Knoxville Welcome Wagon Club
In memory of Callie Hamilton
Genie Braid

SIR (SENIOR INFORMATION & REFERRAL DUNCAN AWARD)

Alzheimer's Tennessee
Virginia Anagnost
Arbor Terrace
Avalon Hospice
Sandy Bell
Beverage Control - Andy
Johnson
LaWanna Broderick

John & Bonnie Callen
Choices in Senior Care
Clarity Pointe
Cynthia Cleveland
Becky Dodson
Dohi Aromatic
East Tennessee Personal Care
Elder's Ace Hardware
Donna Ellstrom
Jeanie Fox
Monica Franklin
Rachel Frazier
Evelyn Gill
Angela Grant
Pat Green
Deborah Herzel
Frankie Hicks
Home Care Assistance
Home Helpers
Home Instead
Hunter Valley Farm
Larsen Jay
Ellen Liston - Dollywood
Sheila Littleton
Nancy Lofaro
Long, Ragsdale & Waters
Maple Court Senior Living
Medicare Insurance Advisors
Morning Point of Clinton
Morning Point of Powell
NHC Farragut
Ole Smoky Moonshine
Judith Poulson
Quality Home Health
Quality Private Duty Care, Inc.
Quality Private Care

Regas Skin Care Center
Joan Register
Right at Home
Senior Companion
Senior Helpers
Senior Information & Referral
Seniors Helping Seniors
Smoky Mountain Hospice
SR Medical Services
Karen Sterchi - The Nail Place
Susie Stiles
Bob & Maureen Stokes
The Lantern at Morning Point
Clinton
Katherine Thomas
Susan Vieira
Sara Mary Wallace
Mary Catherine Willard
Leanna Wilson
*In Honor of Central United
Methodist of Lenoir City*
Stan Boling

SENIOR NUTRITION PROGRAM

Famous Dave's BBQ
Girl Scout Troop 20034
Immaculate Conception Church,
Immaculate Women's Group
Knoxville Dream Center

SENIOR NUTRITION PROGRAM- POWER OF THE PURSE

Pam Fuller

SNAP OUTREACH

Erika Allen

WAYS TO GIVE TO THE KNOXVILLE COUNCIL ON AGING

The following three programs are ways for you to donate to KCOA without any outlay except your purchases from them.

Take advantage of these painless philanthropy programs to help vulnerable Knoxville and Knox County seniors:

Kroger Community Rewards

The Kroger Family of Stores is committed to bringing hope and help to local communities. They do this through a variety of activities, including charitable giving, sponsorships and the unique Community Rewards Program of Kroger.

Kroger Community
Rewards make

fund-raising easy...all you have to do is shop at Kroger and swipe your Plus Card! Visit their website at www.krogercommunityrewards.com to review the terms and conditions and register to participate. If you don't use a computer for internet business, register by phone at 1-800-



576-4377 ["Community Rewards"].

Knoxville-Knox County Council on Aging's organization number is **16424**. You must link your card every year starting August 1st.

You Shop. Amazon gives.

Amazon will now donate 0.5% of the price of your eligible purchases when you shop at AmazonSmile (www.smile.amazon.com). Please buy books, e-books and other merchandise on the AmazonSmile website, designating Knoxville-Knox County Council on Aging as recipient of its charitable gift program.



iGive.com

iGive.com allows you to support your favorite cause with a percentage of your online shopping. Every time you shop at any of the 1,500+ online stores in the iGive network, a portion of the money you spend benefits Knoxville-Knox County Council on Aging. It's a free service and you'll never pay more when you reach a store through iGive. To get started, just create your free iGive account.



iGive.com™

Start giving at: www.iGive.com/Knoxville-KnoxCountyCouncilonAging ■

••••• TO KEEP YOU INFORMED •••••

PHILIPS LIFELINE WITH OFFICE ON AGING

In a fall or emergency, every second counts. The security of Lifeline is now more affordable than ever. Lifeline service is 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.



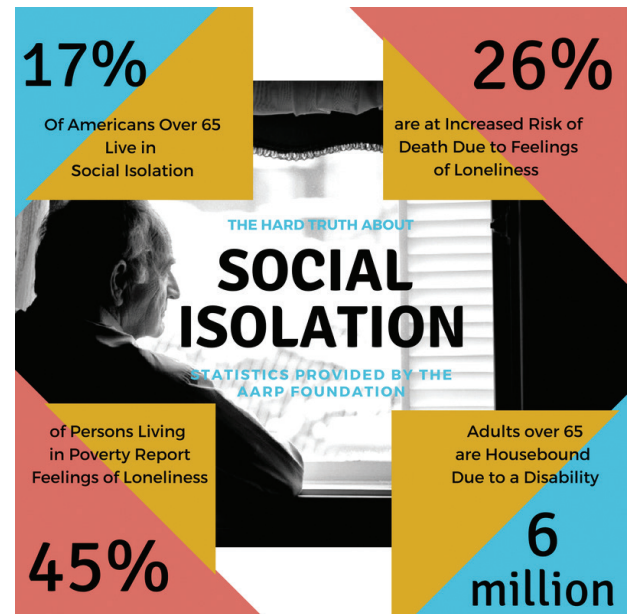
You decide whom you want to respond: a neighbor, a family member, a medical professional, or any other person of your choice. For more information, or to call and order to keep yourself safe at home, call toll-free: 1-866-674-9900, ext. 4310. Please mention code TN765. For more information about Lifeline products and services, plans, and how it works, go to www.lifelinesys.com. Please remember though, that if you want to order Philips Lifeline for yourself or a loved one in or near Knox County, Tennessee, use the phone number and extension listed above to be receive the very best pricing. ■

RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP) WORKS TO REDUCE SENIOR ISOLATION

Looking to make a real difference? Did you know that social isolation can increase the risk of physical and mental illness?

The AARP Foundation found that health risks from prolonged social isolation are equivalent to smoking 15 cigarettes a day! With the senior population growing, so is the number of older adults living with little access to human interaction.

According to the AARP Foundation, the number of seniors affected by social isolation is astonishing:



- 1. 17% of Americans over the age of 65 live in social isolation:** For Knox County, that means 11,900 seniors live in an isolated environment.
- 2. 26% are at an increased risk of death due to a subjective feeling of loneliness.**
- 3. 6 Million adults over 65 live with a disability, preventing them from leaving their homes without assistance.**
- 4. 45% of individuals in the lowest income category reported feeling lonely:** In Knoxville, 7,847 seniors 60 years and over live below the poverty level.

In Knox County, RSVP volunteers improve the lives of older adults. Whether delivering meals, providing rides, assisting with health care access, or just keeping someone company, RSVP volunteers provide much needed resources and social support to seniors in need.

Call today to find out how you can help lower senior isolation by volunteering!

For more information and ways to volunteer with RSVP, please contact the RSVP Coordinator at (865) 524-2786.

"We...heal ourselves by giving others what we most need."

~Sherry Turkle

Pick up your copy of Elder News and Views at the O'Connor Senior Center, the KCDC high-rises, or at the Office on Aging. You can also have it mailed to you. Send an email to Knoxooa@knoxseniors.org to subscribe by mail or online. The current issue of Elder News and Views, as well as back-issues, can always be found online at knoxseniors.org/env.



ELDER NEWS & VIEWS

Elder News and Views is a publication of the Knoxville-Knox County Council on Aging. The Knoxville-Knox County CAC Office on Aging prepares this publication bimonthly for the older citizens of Knoxville and Knox County.

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OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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

ELDER NEWS & VIEWS

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OFFICE ON AGING: (865) 524-2786

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

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ELDER NEWS & VIEWS

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SUMMER VOL CALL: **MOBILE MEALS NEEDS YOU!**

Mobile Meals is looking for a few good volunteers to help deliver meals during the summer months. The program always needs extra hands during the summer when regular volunteers go on vacation or otherwise cannot make their usual routes. If you would like to volunteer, contact Shelly at 524-2786 or email shelly.woodrick@knoxseniors.org. ■

