

ELDER NEWS

SEPTEMBER/OCTOBER 2018

VIEWS

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

AGING A FAMILY AFFAIR

Thursday, November 8, 2018 • 8 a.m.—3:45 p.m. • Rothchild Conference Center

Peggy Wirtz Keynote Address

“Aging and Evolving Optimally: A Physician’s Perspective”

Rocio A. Huet, M.D., Director, University Internal Medicine and Integrative Health, The University of Tennessee Medical Center

The Office on Aging’s annual fall workshop, Aging: A Family Affair (AFA), will cover a wide variety of topics of interest to seniors, professionals, and caregivers. The 33rd annual workshop will be offered on Thursday, November 8, at Rothchild Conference Center, 8807 Kingston Pike, from 8:00 a.m. to 3:45 p.m. The cost for the day is \$25 (through October 26), including continental breakfast, lunch, and exhibitors’ fair. Many thanks to our major sponsors, The University of Tennessee Medical Center, Lawyer Referral & Information Service of the Knoxville Bar Association, Pat Summitt Foundation, and the Knoxville News Sentinel, whose sponsorships help keep the cost very low. Registration starts at 8:00 a.m. The keynote begins at 9:00 a.m., and the first workshop session begins at 10:15 a.m. Arrive early to enjoy the exhibitors’ fair before the keynote address begins. There will also be many free health screenings in the Grand Ballroom throughout the day. Brief confidential consultation with a lawyer volunteer will be provided by the Lawyer Referral & Information Service (LRIS) of the Knoxville Bar Association. ■

ABOUT DR. HUET

As a practicing physician in the healthcare community, Dr. Rocio Angelines Huet believes that each patient needs to take an active role in creating a healthy lifestyle. She is a member of the American College of Physicians, Academy of Integrative Health and Medicine, Academy of Medical Acupuncture and Physicians for Social Responsibility. She is presently a board member of The Beloved Community Outreach Foundation and the Public Building Authority. Dr. Huet takes pleasure in hiking, traveling, reading, meditation and volunteering.



Aging: A Family Affair 2018 Workshops

- Preparing As You Age: Updates on Legal Documents
- Maintaining a Healthy Weight as We Age
- Homes for a Lifetime
- Every Breath We Take: Healthy Lungs and Living Well
- Medicare and Social Security 101
- Healing Sounds for Mind and Body
- Natural Remedies For a Healthy Heart
- Capture the Moment: Smart Phone Photography

Exhibitor's Fair

More than 50 vendors will be on hand to offer information about services for seniors and their caregivers.

REGISTRATION

To get a copy of the Aging: A Family Affair brochure:

Go online to www.knoxseniors.org and click on AFA in the programs section to find the brochure link. You can see the workshop choices there and print off the form to mail in with your payment. You can also get a brochure mailed to you by calling the Office on Aging at the number below.

If you need help with registering, please call the Office on Aging at (865) 524-2786.

The early-bird cost to attend Aging: A Family Affair is just \$25. Any registrations received after Friday, October 26, will be \$30.

You can register in a couple of ways:

Register and pay by check: Use the registration form in the brochure. Mail it and your check for \$25 to the address on the form by October 26.

Register and pay by credit card online: Go online to knoxseniors.org, click on the AFA registration link and fill out your workshop choices and credit card information.

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

O'CONNOR CENTER'S ANNUAL GOLF CLASSIC

"FUN" FUNDRAISING AT THE O'CONNOR CENTER'S ANNUAL GOLF CLASSIC: SEPTEMBER 28 AT THREE RIDGES

The O'Connor Center has two fundraising events each year--Pancake Fest is held at the Center in the Spring and the O'Connor Center Annual Golf Classic is held in September at Three Ridges Golf Course. Proceeds from both events are used to support some of the fun activities that seniors enjoy at the Center on a regular basis--Exercise, Woodcarving, Bingo, Singing Seniors, Dixieland Jazz Band, Brain Games, French, Computer, and lots of other ways seniors can stay active and healthy. Financial support will help insure that fun activities will continue to be held at the O'Connor Center.

You can help by sponsoring a hole or a team; donate items for the goody bags, or snacks for the Refreshment Cart or door prizes, or you can be a PLAYER: \$125/PERSON or \$500/TEAM. There are also \$200 hole sponsorships available. Call the Center at 523-1135 to sign up to be a sponsor or a player, and plan to have fun lending support to the O'Connor Center's Annual Golf Classic fundraiser. ■



MEDICARE OPEN ENROLLMENT (+ SENIOR CENTER OUTREACH)

Medicare Open Enrollment Period is from October 15—December 7. The 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 the AMOS program (Affordable Medicine Options for Seniors). To help beneficiaries understand their options and make important coverage decisions, complete and reliable information about Medicare is available online at www.medicare.gov. It is necessary to review your insurance plan each year to maintain your best coverage and prices. Changes in your medications or health-care providers may lead you to change your insurance plan. Or changes in the provisions of your current plan may lead you to change to a plan that works with your medications and providers. Call the Office on Aging at 524-2786 for help from AMOS advisors. ■

Help is available at the following seniors centers.

You will need to bring:

- Medicare card
- Social Security number, if different than your Medicare card number
- All active insurance cards
- Letter about Extra Help or the Medicare Savings Program (if you received one)
- List of current prescription medications

Get help with Open Enrollment at the O'Connor Center:

8:30 a.m.—12 noon on October 18 & 25

November 1, 15, & 29

December 6

Sign in at front desk; first come, first served.

Get help with Open Enrollment by appointment at Corryton Senior Center:

Thursday, October 25

8:30 a.m.—4 p.m.

Call Sara Mary at (865) 546-6262 to schedule your appointment.

Get help with Open Enrollment by appointment at Karns Senior Center:

Wednesday, November 7

8:30 a.m.—4 p.m.

Call Sara Mary at (865) 546-6262 to schedule your appointment.

Get help with Open Enrollment by appointment at Halls Senior Center:

Wednesday, November 14

8:30 a.m.—4 p.m.

Call Sara Mary at (865) 546-6262 to schedule your appointment.



Still accepting donations of new and gently-used purses, jewelry, and auction items. Also, event tickets are now available. Call 541-4500.

Dare to be fabulous!
Join us for
Power of the Purse
You'll find the hottest pocketbooks, designer purses and evening bags in every price range, all in one location.
Thursday, September 20, 2018
Doors open at 5:00 pm. Purse Madness begins at 6 pm sharp!
Light fare and cash bar will be provided.
Admission includes one drink ticket.
Rothchild Conference Center,
8807 Kingston Pike, Knoxville, TN
Early bird tickets through Aug. 20 ~ \$40, Aug. 21 - Sept. 17 ~ \$50
No tickets available at door
Contact Covenant Health @ (865) 541-4500
to reserve your seat or visit knoxseniors.org.
For event information, call Shelly Woodrick
at (865) 524-2786.

Special thanks to our presenting sponsors,
Patricia Nash Designs and Kroger.



RISE ABOVE CRIME: A PROGRAM TO COMBAT ABUSE

For nearly three years, the CAC Office on Aging has partnered with the Knoxville Police Department and others to train law enforcement officers on how to identify, report, and respond to elder abuse. 800 officers within the Knoxville Police Department and Knox County Sheriff's Office have received training under this partnership. But more than ever, our community is realizing that additional resources for older victims of crime are necessary. In response to this realization, the CAC Office on Aging is starting a new program. The "Rise Above Crime" program provides outreach, education, and services to older victims of crime. The program will also be offering outreach and education to professionals and the Knoxville community.

If you are someone fifty years or older who has experienced a crime, or if you would like more information for a church or community group, call the Office on Aging's Rise Above Crime program at 865-524-2786. As few as 1 in 23 cases of elder abuse are reported. Don't let yourself or your friends be one of those 22 unserved victims. ■

SENIOR JOB FAIR

Employers who want to hire older workers will be present to discuss current employment opportunities in fields such as clerical, retail, service industry, home health care, hospitality industry, and more.

Employers want to hire older workers because they are often dependable, reliable and experienced.

The Career Coach will be on hand to answer your questions and help with online job searches, resume writing, and more. Bring copies of your resume and learn more at the Senior Job Fair! ■



Wednesday, October 10
9 a.m.—11:30 a.m.
L.T. Ross Building
2247 Western Avenue

STOP FALLS BEFORE THEY STOP YOU!

1 IN 4 OLDER ADULTS FALL EVERY YEAR AND EVERY 20 MINUTES AN OLDER ADULT DIES FROM A FALL AND MANY MORE ARE INJURED.

The best way to prevent falls is exercise, medication management, vision screening and home safety. The Knoxville-Knox County Senior Safety Task Force is gearing up for Fall Prevention Awareness Day (FPAD) and you are invited to join us on the first day of fall, Friday, September 21, from 8:30 a.m. to 11:30 a.m. at the John T. O'Connor Senior Center. Benchmark Physical Therapy will be offering free balance screening. Please come and join us! ■

GRANDPARENTS AS PARENTS OFFERS VALUABLE INFORMATION



Grandparents as Parents (GAP) announces the Fall 2018 Educational Support Group Meetings and Legal Talks. GAP is a program for grandparents or other relatives that are serving in the parental role. Please join us at a support group meeting or legal talk. This

is the perfect opportunity to make new friends and to hear about relevant topics. There are no income or age restrictions to becoming a GAP member. All programs are free and open to the public. ■

SUPPORT GROUP MEETINGS

August 28, 2018 -Location Change
10 am-12pm

Humana Community Location
4438 Western Ave, at I-640 Plaza

This meeting will be a part of the Grandparents Resource Fair. All grandparents are invited to attend. *Light refreshments will be provided.*

Program: "Preparing for an IEP Meeting"
Knox County Schools

ALL OTHER GAP SUPPORT GROUP MEETINGS WILL BE HELD AT LT ROSS BUILDING, 2247 WESTERN AVENUE FROM 10 AM-12 PM

September 25
Technology and Children:
Keeping Them Safe

October 30
Kids Who've Lived Through
Tough Stuff: Parenting
Strategies

LEGAL TALKS

FIRST BAPTIST CHURCH, 510 W. MAIN AVE.
CENTRAL BAPTIST CHURCH FOUNTAIN CITY, 6354
NORTH BROADWAY

First Baptist Church in downtown Knoxville and Central Baptist Church Fountain City will be hosting Grandparents as Parents meetings this fall. All evening GAP meetings will focus on legal topics. Both the dinner and meetings are free for GAP families. The public is invited to attend, but reservations are appreciated!

Meeting Dates: September 19, October 17

Dinner: 5:00-6:00 pm

Program: 6:00-7:00 pm

Child care and youth activities available

Call 865-524-2786

DESIGNING YOUR LIFE, EVEN THE END

We plan for almost everything in life but have you planned all the way to the end? While we may not like talking or thinking about it, planning for it can save a lot of money for you and your loved ones. Come listen to expert, Steve Peckham,

SEPTEMBER MEETING
Date: Thursday, Sept 13
Time: 2:30 p.m.
Place: O'Connor Center
 611 Winona St.

as he discusses money saving options, insider information and funeral and cemetery planning. Steve Peckham is a nationally known expert and speaker in this unique industry with over 15 years of insider experience managing funeral home and cemetery sales departments in several states. Realizing families needed an expert on their side, he launched an independent funeral consulting business in Michigan in 2012 and has recently moved his family and business to the Knoxville area. He is a proud member of



the Funeral Consumers Alliance of Michigan and both East and Middle Tennessee. ■

O'CONNOR CENTER SCHEDULE - SEPTEMBER/OCTOBER

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.

Fall at O'Connor is always fun! Making good memories is what life is all about and there are lots of opportunities for that to happen at O'Connor. Look closely at the programs that are offered this fall and make a commitment to be involved in activities that will continue to help you enjoy life. Join the Brain Games or participate in Car-Fit and the Fall Festival of Healthcare. Sign up for the Seniors for Creative Learning fall programs or a computer class. Exercise with the Happy Hikers or go for a stroll with the Thursday Walkers.

O'Connor Fundraiser: See page 2.

SEPTEMBER/OCTOBER PROGRAMS

AARP Driver Safety Program: The Smart Driver Course will be offered Monday & Tuesday, October 8 & 9. 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.

Awesome Apps: Learn how to navigate your app store, what the best apps for you are, and how to utilize them! Call 865-523-1135 today to register. Seats are limited.

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. Group meets regularly on **Tuesdays at 11:00 a.m.** to review fun trivia and have a great time, and newcomers are always welcome! The first round of area competition, which is open to the public, will be held at the O'Connor Center on Thursday, **September 6, at 10 a.m.**, followed by the Sub-State Competition on Monday, **September 24**. State Champions take home a trophy and a cash prize for their Center.

Camera Club: The O'Connor Center would like to welcome Shane Hunter, our new Camera Club volunteer leader. Shane will focus on a number of topics that apply to any camera. All skill levels welcome!
September 19: "Understanding Your Digital Camera"
October 17: "Automatic & Assistive Settings"

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

Creative Writers Workshop: Classes for aspiring and experienced writers. Classes take place on

Mondays, September 10 & 24 and October 8 & 22.

Table 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. Singles welcome.

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. *The Dance Club Committee will meet prior to the October 13 dance.*

Tea Dance: First Tuesdays, **September 4** and **October 2**—great fellowship! Cost is \$2; light refreshments.

3rd Friday Night Dances: September 21 and

October 19. "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.

Cost: \$6/Dance Club Members; \$8/Non-Members.
September 8, Big Orange Dance with the David Correll Band; **October 13, Halloween Dance** with the Ed Niedens Band

Facebook 101: Do you want to stay connected to your children and grandchildren? Facebook is a wonderful way to keep abreast of the daily lives of those you love. 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, **October 11.** For individuals who love horticulture and are interested in learning more. This group is always open to newcomers. You don't have to have a "green thumb" to attend.

French: Tuesdays. Enjoy expanding your French vocabulary! Oui? Peut-être?

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

Genealogy: Join us Wednesdays, **Sept. 5 & 19** and **Oct. 3, 17, & 31** to find your roots.

Gift Shop: Wonderful and unique gifts are available Monday-Friday from 10 a.m. - 2 p.m. The Gift Shop Steering Committee will meet Friday, **October 12**, at 10 a.m. with the general membership meeting on Friday, October 26, at 10 a.m. Call for membership info.

Greenhouse: "Green Thumbs" are needed in the greenhouse on Tuesdays and Fridays. Plant Sale on

Wednesday, **September 5**, from 10 a.m.—2 p.m.. Be sure to shop early for the best selection. Plants will be provided by the O'Connor Greenhouse.

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.

Sept. 6	(Optional) Round Top: Shuttle provided; River crossing 7.6 mile moderate hike
Sept. 13	Oak Ridge/Northridge 7.5 mile hike
Sept. 20	Rugby/Colditz Cove 5-6 mile hike
Sept. 27	Seven Island SP 2-5 mile easy to moderate hike
Oct. 4	Hemphill Bald 9.7 mile strenuous hike
Oct. 11	3 Overlooks/Honey Creek at Big South Fork 3.6 mile hike
Oct. 18	Obed Point Trail (Lunch) 5.5 mile moderate hike
Oct. 25	Cades Cove Moonlight 3.5 mile easy/moderate hike

Harrah's Trip: Fun trips are Tuesdays, **September 4** and **October 2**. Cost is \$35/person and each participant must have a valid email address. Each guest will receive a \$25 play voucher and player's card. Please call Frankie Hicks at 865-525-1475.

Fall Festival of Healthcare & Car Fit Event: Friday, September 21 from 8:30 a.m.—11:30 a.m. Plan to participate in our 14th Annual Health Fair & GET YOUR FLU SHOT! There will be complimentary Health Screenings and plenty of health information. The Health Department Senior Safety Task Force will do balance screenings and provide information on fall prevention. AAA CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles fit them. Please call to make an appointment.

Internet Café: Open daily 8:30 a.m. - 4:30 p.m. 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 on Tuesdays, 10:30 a.m. - 3:30 p.m. by appointment; **please call in advance to schedule an appointment.**

Italian: Viva l'italiano!! Do you love everything Italian? Do you have an interest in the Italian language and culture? Join our Italian language classes every Tuesday to add a little spice to your day!

SEPTEMBER 2018 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<p>CENTER CLOSED</p> <p>HAPPY <i>Labor Day</i></p> <p>3</p>	<p>8:00 Harrah's Casino 4</p> <p>9:00 Co-Ed Softball</p> <p>9:45 Singing Seniors</p> <p>11:00 Brain Games</p> <p>12:00 Hearing Screening & Hearing Aids Checked</p> <p>1:00 SCL</p> <p>1:30 Tea Dance</p> <p>2:30 SCL</p>	<p>9:00 Toenail Clipping 5</p> <p>1:00 Genealogy</p> <p>Greenhouse Plant Sale 10:00 AM-2:00 PM</p> 	<p>9:00 Co-Ed Softball 6</p> <p>10:00 Awsome Apps</p> <p>10:00 Brain Games District Competition</p> <p>12:00 Smart Phone/Tablet Camera Class</p> <p>1:00 SCL</p> <p>2:30 SCL</p>	<p>9:30 SAIL Exercise Class 7</p> <p>1:30 Old Time String Band</p>
<p>9:30 Apple Basics pt. 1 10</p> <p>9:30 Creative Writers</p> <p>10:00 SAIL Exercise Class</p> <p>10:00 Veterans Q & A</p> <p>12:00 Android Basics pt. 1</p> <p>12:00 Lunch & Learn</p> <p>3:00 Investment News</p>	<p>9:00 Co-Ed Softball 11</p> <p>9:30 Apple Basics pt. 1</p> <p>9:45 Singing Seniors</p> <p>11:00 Brain Games</p> <p>11:30 NEW Washable Oils Class</p> <p>12:00 Android Basics pt. 1</p> <p>1:00 SCL</p> <p>1:30 Afternoon Dancing</p> <p>2:30 SCL</p>	<p>10:00 SAIL Exercise Class 12</p>	<p>9:00 Co-Ed Softball 13</p> <p>10:00 Happy Hikers & Thursday Walkers</p> <p>12:00 Diabetics' Sweet Spot</p> <p>1:00 SCL</p> <p>2:30 COA & SCL</p>	<p>9:30 SAIL Exercise Class 14</p> <p>11:00 Silver Stage Players</p> <p>1:30 Old Time String Band</p> <hr/> <p>7:00 Saturday Night 15</p> <p>Go Big Orange Dance</p> <p> David Correll Band</p>
<p>9:00 Diabetes Mgmt. 17</p> <p>9:00 Legal Assistance by appointment only</p> <p>10:00 SAIL Exercise Class</p>	<p>9:00 Co-Ed Softball 18</p> <p>9:45 Singing Seniors</p> <p>11:00 Brain Games</p> <p>1:00 SCL</p> <p>1:30 Afternoon Dancing</p> <p>2:30 SCL</p>	<p>9:00 Toenail Clipping 19</p> <p>10:00 Camera Club</p> <p>10:00 SAIL Exercise Class</p> <p>1:00 Genealogy</p>	<p>9:00 Co-Ed Softball 20</p> <p>10:00 Happy Hikers & Thursday Walkers</p> <p>1:00 SCL</p> <p>2:00 With Hope in Mind</p> <p>2:30 SCL</p>	<p>8:30 Health Fair & Car Fit 21</p> <p>9:30 SAIL Exercise Class</p> <p>11:00 Silver Stage Players</p> <p>1:30 Old Time String Band</p> <p>7:00 Third Friday DJ Variety Dance</p>
<p>9:00 Diabetes Mgmt. 24</p> <p>9:30 Creative Writers</p> <p>10:00 SAIL Exercise Class</p> <p>10:30 Brain Games Sub-State Competition</p> <p>1:00 Market Group</p>	<p>9:00 Co-Ed Softball 25</p> <p>9:45 Singing Seniors</p> <p>11:00 Brain Games</p> <p>1:00 SCL</p> <p>1:30 Afternoon Dancing</p> <p>2:30 SCL</p>	<p>10:00 SAIL Exercise Class 26</p>	<p>9:00 Co-Ed Softball 27</p> <p>10:00 Happy Hikers & Thursday Walkers</p> <p>1:00 SCL</p> <p>Field Trip</p>	<p>8:00 O'Connor 14th Annual Golf Classic at Three Ridges Golf Course </p> <p>9:30 SAIL Exercise Class</p> <p>11:00 Silver Stage Players</p> <p>1:30 Old Time String Band</p>

RECURRING WEEKLY EVENTS

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

OCTOBER 2018 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
9:00 Diabetes Mgmt. 1 9:00 Legal Assistance <i>by appointment only</i> 10:00 SAIL Exercise Class 11:30 Creative Endeavors 12:00 Lunch & Learn	12:00 Hearing Screening & Hearing Aids Checked 2 1:00 SCL 1:30 Tea Dance 2:30 SCL	10:00 Apple Basics pt. 2 3 10:00 SAIL Exercise Class 12:30 Android Basics pt. 2 1:00 Genealogy	10:00 Apple Basics pt. 2 4 12:30 Android Basics pt. 2 1:00 SCL 2:30 SCL	9:30 SAIL Exercise Class 5 11:00 Silver Stage Players 1:30 Old Time String Band
9:00 Diabetes Mgmt. 8 9:30 Creative Writers 10:00 SAIL Exercise Class 10:00 Veterans Q & A 12:00 AARP Driver Safety Training	9:00 Co-Ed Softball 9 9:00 Toenail Clipping 11:00 Brain Games 12:00 AARP Driver Safety Training 1:00 SCL 1:30 Afternoon Dancing 2:30 SCL	10:00 SAIL Exercise Class 10	9:00 Co-Ed Softball 11 10:00 Happy Hikers & Thursday Walkers 12:00 Diabetic Sweet Spot 1:00 Flower Lovers 1:00 SCL 2:30 SCL	9:30 SAIL Exercise Class 12 10:00 Gift Shop Steering Committee 11:00 Silver Stage Players 1:30 Old Time String Band 7:00 PM Saturday Night 13 Hawaii Luau Russell Ramsay Band
9:00 Diabetes Mgmt. 15 9:00 Legal Assistance <i>by appointment only</i> 10:00 SAIL Exercise Class	9:00 Co-Ed Softball 16 11:00 Brain Games 11:30 NEW Washable Oils Series 10:00 Facebook 101 12:30 Pinterest 101 1:00 SCL 1:30 Afternoon Dancing 2:30 SCL	9:00 Toenail Clipping 17 10:00 Camera Club 10:00 SAIL Exercise Class 1:00 Genealogy	8:30 Open Enrollment Assistance 18 9:00 Co-Ed Softball 10:00 Happy Hikers & Thursday Walkers 1:00 SCL Field Trip 2:00 With Hope in Mind	9:30 SAIL Exercise Class 19 11:00 Silver Stage Players 1:30 Old Time String Band 7:00 PM THIRD FRIDAY DJ VARIETY DANCE
9:00 Diabetes Mgmt. 22 9:00 Journey of Grief 9:30 Creative Writers 10:00 SAIL Exercise Class 12:00 Lunch & Learn 1:00 Market Group	9:00 Co-Ed Softball 23 11:00 Brain Games 1:30 Afternoon Dancing	10:00 SAIL Exercise Class 24	8:30 Open Enrollment Assistance 25 9:00 Co-Ed Softball 10:00 Happy Hikers & Thursday Walkers	9:30 SAIL Exercise Class 20 10:00 Gift Shop Meeting 11:00 Silver Stage Players 1:30 Old Time String Band
10:00 SAIL Exercise Class 29	9:00 Co-Ed Softball 30 11:00 Brain Games 1:30 Afternoon Dancing	10:00 SAIL Exercise Class 31 1:00 Genealogy		

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Advanced Senior Cardio 10:00 Party Bridge, SAIL Exercise, 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 9:45 Singing Seniors 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, SAIL Exercise, Water Aerobics 11:00 Jazz Band Practice 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 9:30 SAIL Exercise 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

Journey of Grief Through the Holidays: Monday, October 22, 9 a.m.—12 p.m. – Pat Green, with Tennova Hospice, will share information on how to find support through the holidays while coping with loss and how to plan new traditions.

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

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

Loss & Life Changes Support Group: Mondays, 10:30 a.m. Pat Green, Group Leader/Social Worker and Bereavement Coordinator, listens to concerns and offers encouragement. Newcomers are welcome to this informal time of sharing.

Market Group: Are you a crafter, maker, or artisan? This group is just the thing for you! Join us for monthly meetings on **September 24 and October 22** to find out how to get involved in the Holiday Market Sale in November.

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. 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.

Painting (Advance & Beginners): Wednesdays,

starting September 5; cost is \$40 for a 10-week session. Call for more information. Instructor: Ann Birdwell.

Painting with Washable Oils: Tuesdays. Instructor: Liberty Gialelis. Cost is \$20 for 5-week session; New classes begin September 11 & October 16. Beginners and newcomers welcome. Call 523-1135 for information on supplies needed and to sign up.

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

Pinterest 101: Learn how to keep all the things you want to discover in an organized manner. Whatever you love, you can find and “pin,” creating visual bookmarks. 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 & Thursdays, August 30 - October 18, with sessions at 1 p.m. and 2:30 p.m.: 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, to register for classes, and to pay by credit card. Cost for the 2018 fall series is \$40 for one person and \$50 for a couple. The **August 30, 12:30 p.m.**, Kickoff Luncheon will feature Chick-Fil-A sandwiches and ice cream with entertainment provided by the Southern Grace Trio. Course catalogs, complete with registration forms, are available at the O'Connor Center, the Knox County senior centers, branch libraries, local banks/credit unions, and the CAC Office on Aging at 2247 Western Avenue. See the *Courses 2018/FALL* listing on Page 10 of this publication or view it online at www.knoxseniors.org.

Spanish: *Beginners* class every Friday, 10 a.m.; new *Intermediate* class Fridays at 11 a.m.

Smart Phone/Tablet Camera Class: 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.

Thursday Walkers: Beginning in September, join our Thursday Walkers as they walk the distance to Nashville--without ever leaving town! Here's how it works: Walkers who would like to participate in this activity will be given a pedometer to wear for the outings. Once a month, individual steps will be counted and combined in a grand total to determine the collective group total number of miles that were walked. Once our group reaches the 181 miles, we will have a Nashville-themed party sponsored by Trinity Hills of Knoxville. 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* in the Knoxville News Sentinel for walk details.

Veterans Services: 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.

JUNE & JULY 2018 DONATIONS

Anonymous (7)
Glen Anderson
Bob Andres
Julia Benson
Ken and Kaye Brock
Samuel Burkhalter
Colonial Heights United
Methodist Church,
J. Ray Stuart Sunday
School Class
Jerry & Cindy Eisele
El Charo, Lovell
Donna Farmer
Anna Goodman
Dawna Gray
Jo Learn
Lovella Lins-Sutch
Pam Lovell
Debbie Lowe
David McCormick
Meridian Baptist Church,
Leola Walkup Class
Tyra Noe

Janice Noe
Oakwood Baptist Church,
Homemaker's Sunday
School Class
Gerald Pickel
Carl & Mary Porter
Norman Queener
Smithwood Baptist Church,
Joy Class
St. Luke's Episcopal Church,
Outreach
Everett & Berrietta Thomas
Linda Townsend
David & Carolyn Wells
Elizabeth Wieselquist

IN MEMORY OR HONOR

*In Memory of Betty
John & Carolyn Dobbs
In Memory of Stan Boling
Vickie Goad
In Memory of Leila Brown
Norma Velasco*

*In Memory of Geraldine (Gerry) C.
Davis
George Davis
In Memory of Willie Gardner
Joseph Gardner
In Honor of Kenneth Roberts
Laurie Gibson
In Memory of Toni Schmill
Joyce Pappas
In Honor of Darrell Valentine
Anonymous
In Memory of Mike Yochim
Mary Hadley*

ADOPT A SENIOR DONATIONS

Anonymous (7)
Barbara Abner
Beaver Creek Cumberland
Presbyterian Church,
Searchers Sunday School Class
Mikeal Berry
Robert & Mildred Bible
Alan & Dianna Brizzolara

Joyce Brown
Democratic Women of Knoxville
Farragut Presbyterian Church
Ann Gehin
Jeff Hodgson
David & Janice Ishee
Lake Hills Presbyterian Church
Sophie Maurer
Mount Olive Baptist Church,
Faith Sunday School Class
Ken Nolen
Marie Norman
Northwest Church of God,
Young at Heart
Helen Roehl O'Connor
Lewis M. Patterson
Nancy Peltier
Deborah Perry
Lavon & Darlene Rickard
Steve & Deborah Zimo

AAS IN MEMORY OR HONOR

In Memory of Marie Draudt

Chad Pryson
*A donation to feed a senior for 6
months, in Honor of Mr. Myron Ely
Sam & Mary Beall, Jr.
In Honor of Dorothy Frost
Catherine Cooper
In Memory of Alex McMillan
Gordon & Nancy Thomas
In Honor of Memory of Diana Richard
Deborah Lamb
In Honor of Betty Miller Scruggs
Rodney Miller
In Memory of Andrew Paul Sorrells
Curtis Sorrells
In Memory of Virginia C. Wilson
Anonymous*

ONE SENIOR FOR ONE YEAR

Anonymous (1)
Asbury United Methodist
Church, Fall Festival
Robert & Honerlin Del Moro
PJ Parkinson's Support Group

Rotary Club of Bearden

TWO SENIORS FOR ONE YEAR
Farragut Rotary Club

FOUR SENIORS FOR ONE YEAR
Anonymous (1)
Akima Club, Inc.

FIVE SENIORS FOR ONE YEAR
Anonymous

ELEVEN SENIORS FOR ONE YEAR
Knoxville Firefighters
Association, Local 65

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

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

Diabetic Self-Management: Living Well with Diabetes – Attend this 6 week Evidence-Based course and learn tools for living a healthy life with Diabetes.

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.

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: Tuesdays, Sept. 4 & Oct. 2.

SAIL Exercise Class: Learn about how this exercise can improve your balance and strength. Class meets every Monday and Wednesday at 10 a.m., and Friday at 9:30 a.m. Class is FREE for most insurance members.

Sweet Spot for Diabetics: Sept. 13 Exercising with Diabetes; Oct. 11 Family Overview of 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 with Kelli on September 5, September 19, or October 17 or with Dr. Akerman on October 9.

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 is \$2/class.

With Hope in Mind/ National Alliance on Mental Illness (NAMI): Support group for families dealing with various forms of mental illnesses meeting on September 20 and October 18.

Yoga: Tuesdays & Thursdays, 10 a.m.; Seated Yoga: Tuesdays & Thursdays at 11:20 a.m.: 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!

Sept 10

Stepping Out Strong: Dee Matchett, Certified Osteogenic Technician, will share information on fall prevention and will teach activities for posture, fracture prevention and minimizing impact/injury if you do fall!

Oct 1

Clear Captions: If you are dealing with any form of hearing loss, you may qualify for a Clear Caption phone that allows you to see every word said. Join Joyce Taylor, Title IV ADA Specialist.

Oct 22

Four Seasons of the Smoky Mountains: Ron Sentell, a nature photographer, will share photos ranging from ice patterns and deer in the snow to spring wildflowers, awakening bears to summer fields and rich fall colors.

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. Call 523-1135.

Awesome Apps: \$15 for the 1-day class
Tues, Sept 6, 10:00 am – 12:00 pm

Getting the Most of Your Tablet/ Smartphone Camera:
\$15 for the 1-day class
Tues, Sept 6, 12:30 pm – 2:30 pm

Apple Basics Class pt. 1:
\$25 for the 2-day class
Mon/Tues, Sept 10 & 11, 9:30 am – 11:30 am

Android Basics Class pt. 1:
\$25 for the 2-day class
Mon/Tues, Sept 10 & 11, 12 pm – 2 pm

Apple Basics Class pt. 2:
\$25 for the 2-day class
Wed/Thurs, Oct 3 & 4, 10 am – 12 noon

Android Basics Class pt. 2:
\$25 for the 2-day class
Wed/Thurs, Oct 3 & 4, 12:30 pm to 2:30 pm

Facebook 101: \$15 for the 1-day class
Tues, Oct 16, 10 am to 12 noon

Pinterest 101: \$15 for the 1-day
Tues, Oct 16, 12:30 pm to 2:30 pm

JUNE & JULY 2018 OOA CONTRIBUTORS

CAREER CLOSET

Barbara Mann
Darlene Simpson

FEED A PET

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

LIVE

Akima Club, Inc.
Estate of Carol A. Morgan
Dawna Gray

O'CONNOR CENTER

Akima Club, Inc.
Happy Hikers
Frankie Hicks

In Memory of Jim Hicks

The O'Connor Dance Club
In Memory of Charlie Stevens
Stephen & Rose Anne Bell
In Memory of Charlie Stevens
Kenneth & Sandra Failing

PAWS

Kandice Baker
Church of the Ascension

Ed & Nora King

Pet Smart
The Grey Muzzle Organization
Three Rivers Market
John & Maureen Tipton
In Memory of Callie Hamilton
Rex Haun
In Memory of Foster Lewis
Anonymous
In Memory of Anne Upchurch

Richard & Jean Dew

In Honor of Suzanne Young
Anonymous

SENIOR EMPLOYMENT SERVICE

United Cancer Support
Foundation

SENIOR COMPANIONS

Gabriel Blake

VOLUNTEER ASSISTED TRANSPORTATION

Anonymous

SENIORS FOR CREATIVE LEARNING FALL 2018 PROGRAM

SCL is a volunteer partnership between the O'Connor Center and The University of Tennessee Department of Professional and Personal Development. Courses are lecture-based, taught by local experts, and held at the O'Connor Senior Center. Sessions are at 1:00 p.m. and 2:30 p.m. with a break and refreshments at 2:00 p.m.

This volunteer organization is supported by membership dues which are \$40/person or \$55/couple. You may call the University at 865-974-0150 to pay by credit card or you may mail your check and Registration Form to the below-listed address. Registration Forms are available at the O'Connor Center, area Knox County senior centers, public libraries, or online at knoxseniors.org/occonnor ■

You can mail checks to:

Seniors for Creative Learning
C/O UT Professional and Personal Development
313 Conference Center Building
Knoxville, TN 37996-4137

August 30 • 12:30 p.m. KICKOFF LUNCHEON WITH ENTERTAINMENT BY THE "SOUTHERN GRACE TRIO"			
Sept. 4	1:00 PM	History of the Civil Rights Movement. . . 100 Year History!	Bob Booker
	2:30 PM	Technology for Active Aging	Jennifer Dancu
Sept. 6	1:00 PM	Swing Dance--Exercise or Fun?	Amy Sosinsk
	2:30 PM	America's Greatest Maritime Disaster--The Sultana	Norman Shaw
Sept. 11	1:00 PM	Ephemeral by Nature, Exploring the Exceptional	Stephen Lyn Bales
	2:30 PM	Knoxville Urban Agriculture and the Beardsley Farm	Adam Caraco
Sept. 13	1:00 PM	The Perfect Pair: Pets and Seniors	Misty Goodwin
	2:30 PM	Designing Your Life. . . Even the End	Steve Peckham
Sept. 18	12:00 PM	SCL, the Next Chapter? Open Planning Meeting	Call 523-1135 to make a Lunch Reservation.
Sept. 18	1:00 PM	3D Printing at the Oak Ridge National Laboratory	Lonnie Love
	2:30 PM	Our Community's Opioid Crisis, Your District Attorney's Response	Charme Allen, District Attorney General
Sept. 20	1:00 PM	The Generation Program, Alzheimers Initiative Trial Group	William B. Smith, M.D., FACC
	2:30 PM	Pollinators and Fall Gardening	Marianne Wilson
Sept. 25	1:00 PM	Urban Knoxville--What's on the Horizon!	Rick Emmett, Downtown Coordinator, City of Knoxville
	2:30 PM	State of the Park Report--Great Smoky Mountains National Park	Nigel Fields
Sept. 27	1:00 PM	FIELD TRIP: BUSH'S® Visitor Center in Chestnut Hill: a turn-of-the-century general store, museum, gift shop, theatre, and cafe	Bill & Jan Larson
Oct. 2	1:00 PM	Self-Driving Vehicles in Knoxville's Future	Mayor Rogero / Jeff Branhan, COK Traffic Engineering Chief
	2:30 PM	How To Get Heat Without the Fire	Marilyn Kallet, Knoxville's Poet Laureat
Oct. 4	1:00 PM	National Parks: Preserving Our Past, Protecting our Future	Tracy Kramer
	2:30 PM	Knoxville's Traumatic Civil War Experience	Joan Markel
Oct. 9	1:00 PM	Voter Registration	Kathy Greenberg
	2:30 PM	Knoxville's Colorful Characters and Caswell Park History	Jack Neely
Oct. 11	1:00 PM	LIFESTAR and Emergency Preparedness	Rick Harrington
	2:30 PM	Urology--When It's Time to Call the Plumber	John Paul-Newport, MD
Oct. 16	1:00 PM	The Knoxville Zoo: It all started with Al, the Alligator!	Norm Naylor
	2:30 PM	Why Essential Oils Are Necessary	Linda Battani
Oct. 18	1:00 PM	FIELD TRIP: Old Knoxville High School History and Tour	Kim Olen

••••• TO KEEP YOU INFORMED •••••

VAT CELEBRATES SUPERSTAR VOLUNTEERS

Thank you Knoxville High Senior Living for a lovely volunteer driver celebration. Last year, over 7,300 hours of volunteer service and 230 seniors were transported.

If you are a senior or if you know a senior who could benefit from VAT, call (865) 673-5001. Would you like to become a VAT volunteer? Call today! To learn more, visit knoxseniors.org/vat.

Thank you to the following contributors: *Magpies Bakery, Tennessee Theatre, our friends at ETAAD, Tupelo Honey, Ruth's Chris Steakhouse, Clarence Brown Theatre, Nothing Bundt Cakes, Duck Donuts, Café 4, Three Rivers Market, Cheesecake Factory, Twin Peaks sports bar, Mimi's Café, Great Clips, Nothing Too Fancy, Halls Cinema 7, Austin's Steakhouse, Buddy's BBQ, Women's Basketball Hall of Fame, Chick Fil A, Visit Knoxville, Downtown Grill and Brewery, Holly's Gourmet Dining, Pizza Inn, Knoxville Area Transit.* ■



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.

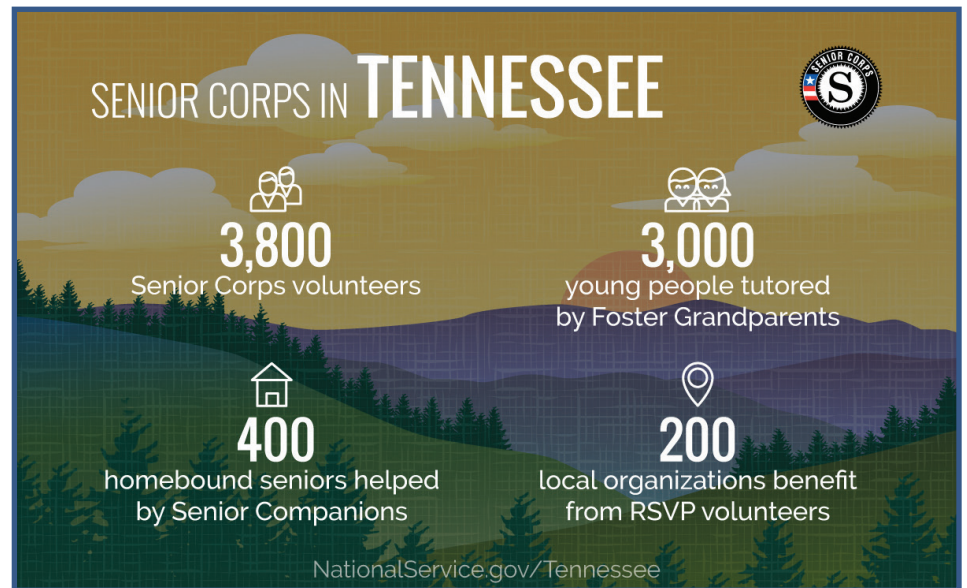
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knox00a@knoxseniors.org • www.knoxseniors.org



TN'S GOT TALENT - VOLUNTEER TALENT!

Come share your talent by helping others!

The CAC Office on Aging has several opportunities to lend a hand and offer compassion to Knox County Seniors:



Mobile Meals: Deliver a meal and a friendly smile to a

homebound senior. Mobile Meals delivers a hot meal five days a week. For some seniors, the Mobile Meal volunteer may be the only person they see all week; it means the world to them to see a friendly face.

Volunteer Assisted Transportation: Drive homebound seniors to the doctor, the grocery store, or even the hair dresser. VAT volunteers help seniors get out and about.

Connecting Hearts: Adopt a senior to visit once a week. Deliver a bag of groceries, provided by CAC, and sit and chat with a local senior who has no family or connections in the area.

O'Connor Center: Are you a movie buff? Than come help us facilitate Fun Film Fridays. Help us pop popcorn, set up the movie, and socialize with other attendees.

For more information on volunteering contact RSVP at (865)524-2786.

"The willingness to experiment with change may be the most essential ingredient to the success of anything".

~Pat Summitt

OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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

ELDER NEWS & VIEWS

IS THE NEWSLETTER OF
THE KNOXVILLE-KNOX COUNTY OFFICE ON AGING

OFFICE ON AGING: (865) 524-2786

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

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SEPTEMBER/OCTOBER 2018

ELDER NEWS & VIEWS

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UROLOGY: WHEN IT'S TIME TO CALL THE PLUMBER



OCTOBER MEETING

Date: Thursday, Oct 11

Time: 2:30 p.m.

Place: O'Connor Center
611 Winona St.

Your bladder and urinary tract are like a plumbing system. Everyone has one and as pipes age, they sometimes leak, fail or become weaker. Come listen as Dr. John-Paul Newport, an urologist, also known as your body's "plumber", speaks about the common issues and treatments of the bladder and urinary system.

Dr. John-Paul Newport is a

board certified urologist with Covenant Health's Urology Specialists of East Tennessee. He attended medical school at the University of Tennessee and did his urology residency at the University of Kentucky. Some of his clinical interests include voiding dysfunction, urinary stone disease, urologic oncology and men's health. ■



Dr. John-Paul Newport

John-Paul Newport, M.D.